



Ocean Breeze

Altrusa of San Luis Obispo County

April 2025

Altrusa International of San Luis Obispo County

President

Beth Lorenzo

Vice President

Becky Lorenzo

Co-Secretaries

Cici Wynn

Debbie Volz

Treasurer

Raine Ross

Director

Alana Reynolds

Newsletter

Editor

Beth Lorenzo

Meetings 2nd Tuesdays
of each month
Social at 5:00
Meeting at 5:30

Altrusa International of
San Luis Obispo County,
Inc.

P.O. Box 1202
Pismo Beach, CA 93448

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districteleven.altrusa.org

Like us on Facebook
Altrusa of San Luis Obispo
County

President's Message: *"Alone we can do so little;
together we can do so much" ...Helen Keller*

Greetings to my Altrusa Sisters,

As we welcome spring, we look forward to longer days and more sunshine. Also, let's take time to celebrate our club and all the wonderful things that we have done for our community this past year. From collecting and delivering food to local food banks, providing children's books to our community, helping our Veterans, schools, libraries, health clinics, and so much more.

Last month we elected new club officers for our upcoming 2025-2026 year. They are Co-Presidents, Cici Wynn and Robin White, Vice President, Becky Lorenzo, Secretary, Margaret Walker, Treasurer, Raine Ross and Director, Edna Tinsley. Our Club Board is complete. Our Foundation Board is ready as well with President, Beth Lorenzo, Vice President, Jo-Anne Zubiri, Secretary, Koni Shaff, Treasurer Sally Dunbar, and Director Kathy Cohl.

April also means it's time to celebrate Altrusa's 108th birthday. April 11, 1917 is a long time ago and Altrusa's endurance is amazing. Some of that endurance is due to you, Altrusans - and you all are awesome.

"A strong woman stands up for herself. A stronger woman stands up for everybody else" (Unknown)

In Service,

Beth



what matters is
how well we do
in trying to make
people's lives better.

ELIZABETH HOLMES



April 7	World Health Day
April 11	Altrusa Awareness Day and Altrusa's 108th Birthday
TBA	South County Youth Coalition Learning Pod Series in Spanish at Oceano Library
	Mother's Day Craft Oceano Library



MEMBER MEETINGS

April 1 - 5:30pm
COT Meeting
Coffee Bean Pismo Beach

April 8 - 5:30pm (5:00pm Social)
Business Meeting
Blacklake Community Room

Next Foundation Meeting will be in June



April Birthday Wishes

Margaret Walker	April 8
Sally Dunbar	April 18
Judy Sorensen	April 20
April Smith	April 29

Altrusa Accent at Upcoming Meetings

April 8	Koni Shaff
May 13	Cici Wynn

NOTE: If the scheduled member is unable to present, please create your accent and ask someone else to read it at the meeting or swap dates.



***** MEMBER SPOTLIGHT *****

Melanie Hodges



Strengths -

Organizing get-togethers, problem-solving, working on details

Weaknesses -

Computers and technology

Interests - Cooking, traveling, sewing, and socializing

Meet Melanie Hodges. Melanie has been a member since 1996 and her sponsor is Jan Meeker. She was inspired to join Altrusa because she wanted to give back to the community. Here are some fun facts about Melanie:

How long have you lived on the Central Coast? Since 1985. Moved from North Hollywood

What brought you here? Husband John took a sales job with Trusco Tank, a local field storage tanker fabricator.

Who are the members of your immediate family? Husband, John; daughter, Jenni; son, Aaron (deceased); and son, Ben

What is your favorite movie and why? 'The Wizard of Oz'. I love the colorful costumes and the characters with some fun and useful messages.

What is your favorite book and why? 'Outlander'. Great historical fiction with interesting characters, and a bit of time travel and fantasy.

What do you not feel guilty spending money on? Travel.

Share a recent WIN in your life - first new car in 19 years.

If you could be an animal, what would it be and why? A giraffe. Was fascinated by them during a recent visit to the Palm Springs Zoo. They are very social and move lyrically.

April Smith



Strengths -

Organized, out-going, friendly, good communication

Weaknesses -

Perfectionist

Interests - Travel, golf, walking

What do you not feel guilty about spending money on?

I love to travel to places both near and far, and sometimes will indulge in fancier, more expensive hotels, upgraded air travel, and cruises

Meet April Smith. April has been a member since 2016 and her sponsor is Peggy Sharamitaro. She was inspired to join Altrusa because of new friends that she met when she moved to Chula Vista and the service projects they did. Here are some fun facts about April:

How long have you lived on the Central Coast? My late husband, Lee, and I moved to Nipomo eight years ago after living on a boat for 19 years. We were in Newport Beach Harbor for eight years and then 11 years in the Coronado area of the San Diego Back Bay.

What brought you here? After living on a boat, It was time to move to dry land and live in a real home. Plus, my mom lived in Pismo Beach and was starting to need more help as she was getting older, so I wanted to be closer to her.

Who are the members of your immediate family? At this time my immediate family consists of my three grandchildren, Sawyer-10, Stella-8, and Lake-5, from my only child Lee Jr. who passed 7 years ago. I am still very close to my daughter-in-law and her husband. I maintain a close relationship with my 5 siblings, and I am also fortunate to have an extended family which includes 5 stepchildren and lots of grandkids and great grandkids.

What is your favorite movie and why? "A League of Their Own" with Gina Davis and Tom Hanks. Having been a female athlete when I was younger, and just when title 9 was passed, I lived through the discrimination of women's sports. I love the way the movie depicts how dedicated those ladies were to the sport of baseball and their athletic talents and yet, were able to maintain who they were as women.

What is your favorite book and why? I read so many books in a variety of genres, It's hard to think of a favorite. I love Women's Historical Fiction, stories about Family & Relationships, Mysteries, Romance, and Rom-Coms. I always have a book that I am reading and an audiobook that I listen to when I am walking, driving, or traveling.

Share a recent WIN: I have a new romantic relationship.

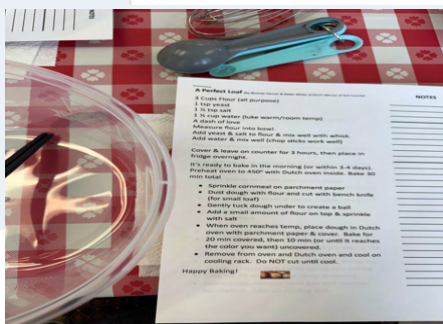
Membership Event

Our Club's Membership Committee, (Cici Wynn, Robin White, and Sally Dunbar) planned and implemented a wonderful Bread Making Class for members and invited guests this past weekend. Rhonda Hause (honored guest speaker) and member Robin White, collaborated together on how to make "A Perfect Loaf of Bread". Everyone in attendance really enjoyed themselves.

Members, Sally Dunbar, Cici Wynn, and Melanie Hodges ready to help with serving appetizers and drinks to guests.



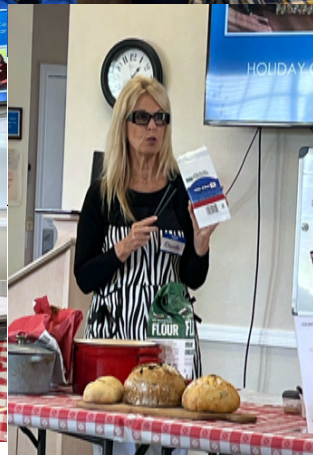
Member, Terry McDonald, welcomed members and guests.



Here's the recipe that everyone followed.



Rhonda Hauser and members, Robin White and Linda Daly, getting ready to show everyone the process of making bread. The choices were; Jalapeño Cheddar, Olive, and Original (samples pictured)



We shared about Altrusa and had a slide show of the many projects that we do, along with giving out a brochure, flyers of Foundation grants, and our upcoming Celebration of Trees fundraiser.

South County Youth Coalition

Thanks to our Foundation for awarding funds to support SCYC's Learning Pod Series. Our Club was able to purchase new children's books for their parent participation style learning pod series.



Pictured right, this little child just couldn't wait to open one of the books that our Club provided.



So many smiles from parents and children as they received book bags that included topics such as, Art, Movement, Sensory Play, Yoga, Music, Nutrition, and more.



Members, Connie Wood and Koni Shaff, showing the bags that were distributed.



Group picture of some of the families that participated in the Learning Pod classes, along with members, Connie Wood and Koni Shaff. Member, Judy Sorensen helped distribute other classes the following day.



LITERACY NEWS

Koni Shaff/Jo-Ann Zubiri: Co-Chairs

- **Book Donations:**

We are always looking for new and used children's books. These books would then be distributed to locations within our community. Let us know if you can help.

- **Book Distributions:**

Continued distributing new children's books to Oceano CHC and used children's books, as well as, used adult books to New Life U-Pick Pantry.

- Continued distributing new and used adult books to community (5CHC, Prado shelter, Veterans Clinics, Senior Convalescent Homes, Grover Beach Library or Friends of the Library).

- **Recommendations/Issues to be considered:**

Meeting with local libraries and schools to discuss future projects (book readings/give-away, craft projects)

Learning Pods Stamp and Sorting Party



Club members (pictured), Judy Sorensen, Jo-Anne Zubiri, Connie Wood, and Koni Shaff displaying the book packets that will be distributed to the families. Members, Sher Austin, Terry McDonald, and Alana Reynolds helped as well.



Some of the books that were purchased for the Learning Pods.



Inspiration - The Dancing Nana

At 102, an age when most people need to rest their body, Shirley Goodman would rather do the Tush Bush.

She's known as "The Dancing Nana" on Instagram, where her family posts videos of the great-grandmother tap dancing, shimmying, doing the floss dance, and otherwise having a great time at parties and family gatherings.

Here is her longevity advice:

Keep Moving

Life Comes With Setbacks. Stay Resilient

Enjoy What Your Eating

Seek The Warmth Of Family

Club member, Alana Reynolds shared the following Inspirational piece at our March business meeting.



Altrusa Accent - "Call to Conference"



Hope you all are getting excited about our 69th Conference in May in the beautiful San Diego area.

The Conference every year is an opportunity for our district members to come together to conduct official business and hold elections, as needed. It helps new members to understand and appreciate Altrusa's principles, ideals, programs, and reminds seasoned members why they continue to love being an Altrusan. We get to recognize, celebrate, and reward our clubs and members for the achievements that they have accomplished over the previous year. We also have a fun Friday event.

Altrusa Honky-Tonk Friday Night Event

May 2, 2025 ~ 6:00 pm

\$45

Garden Terrace, Handlery Hotel
Dress in your best country outfits,
learn how to line dance,
and partake in some light grub.
(This is not a dinner so please be
considerate of overfilling your plate.)

Stella Foundation/Keeping Girls in School Update from Africa

Our Club always looks forward to hearing from Stella Kyozi, of the Stella Foundation about the wonderful work that is happening in Africa. They have decided to help some community homes by treating several neglected diseases such as bedbugs, jiggers, and many more by purchasing medications used to spray or treat. Also, they help needy families with cooking and clothes washing.

Hi everyone,

Hope you're doing well over that side.

We are doing great too this side of the world. This is a women's month and week, so as we celebrate our women's day on the 8th March 2025, Stella Foundation has decided to help some community homes by treating the neglected tropical diseases such as bedbugs, jiggers and many more because so many families are being disturbed by these diseases since they can't afford buying the necessary medications used to spray or treat.

Junior, Martin and some other boys go and fetch water to fill the drum in case the family has one, then the women or ladies wash the old persons clothes as well as cooking for them some food for the day.

We identify only the needy families and the elderly persons as seen in our videos and photos below.

Thanks so much everyone Raine, Koni, Margret, big thanks to Altrusa Club and Happy Women's day to you all.



Club Committees for 2024 - 2025

**Service: Margaret Walker/Debbie Volz
Co-Chairs**

SLO Food Bank - Daily pickups from Costco, Trader Joe's, and Whole Foods. Deliveries to Prada CAPSLO, Oceano Food Bank and 5 Cities Food Bank.

5 Cities Food Bank Team - Food recovery Thurs-Sat from California Fresh Market and Grocery Outlet with deliveries to NLCC Pantry, 5 Cities Women's Pantry, Captive Hearts, and Casa Solana. When there is excess food, deliveries are also made at St. Pat's, Salvation Army Pantry, and a small church in Oceano.



We have several service projects coming up, as well as, some new ones that we will be exploring in the next few months. We are always looking for volunteers to help us. If interested, email us at altrusa.sloco@gmail.com, message us on our Facebook page, or talk to one of our Altrusa members.



Our Committee is always looking for new service projects to partner with in our community.

Communication: Beth Lorenzo

Email Marketing - (Becky Lorenzo)

- Continue to subscribe friends/family to MailChimp
 - Our Instagram is now up and running. Consider following us @ altrusaofslocounty
- Recommendations:

- Club Website

Membership:

The Membership Committee wish to thank those that attended the 'Bread Making' event on Saturday, March 29th

ASTRA: Follow-up with committee to discuss and plan to contact school staff at Lopez HS and possibly reaching out to Nipomo HS about promoting an ASTRA Club.

Mark your calendars...
More details to follow in
the coming months.



Save the Date
Saturday November 15, 2025

ALTRUSA INT'L FOUNDATION OF SAN LUIS OBISPO COUNTY PRESENTS:

Celebration of Trees

South County Regional Center — Arroyo Grande, CA

Holiday Tree & Vignette Drawings

Live & Silent Auctions

Wine Tree

Our last Altrusa SLO County Foundation Board Meeting of the year. President Judy Sorensen has done a great job over the past 2 years and we had a terrific group of Board officers and Director (pictured from left to right, Jo-Anne Zubiri, Connie Wood, Judy Sorensen, Margaret Walker) (not pictured, Melanie Hodges and Koni Shaff). Ready to hand over the reigns over to the new 2025-2026 Board!



Grants Approved for February/March 2025

Boys and Girls Club Gala	\$1,000
Talent Dreams	\$1,600
Days For Girls	\$2,500
American Red Cross CA (Wildfires)	\$3,000
Cal Poly Wine & Vitaculture Scholarships	\$4,000
Honor Flights of the Central Coast	\$1,300
Estero Bay Kindness Coalition	\$1,000
Cuesta Scholarships	\$1,000
Lange Elementary School Grades 6-8	\$182.
Stella Foundation/Keeping Girls in School	\$1,000
Boys and Girls Summer Camp	\$750.
Altadena Fire Victim Family of 4	\$750.
Grover Beach Elementary School PreK-2	\$560.
Grover Beach Elementary School Gr.1	\$755.
SLO County Youth Coalition	\$1,500
Camp AG Discovery Camp	\$415.
Oceano Community Track&Field Project	\$500.
Along Comes Hope	\$500.

Total Grants that we were able to fulfill and give to our local community **\$22,312**

Altrusa Club News

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- **SERVICE COMMITTEE** - Margaret Walker/Debbie Volz (Co-Chairs)
Cici Wynn, Sher Austin, Kathy Cohl, Becky Lorenzo, Connie Wood, Madelyn Koontz, Edna Tinsley, Teena Colebrook, Beth Lorenzo, Shannon Fast, Emily Fast
 - **LITERACY** - Koni Shaff/Jo-Anne Zubiri (Co-Chairs)
Kathy Cohl, Beth Lorenzo, Becky Lorenzo, Connie Wood, Judy Sorensen, Terry McDonald
 - **MEMBERSHIP** - Cici Wynn, Robin White, Sally Dunbar, Alana Reynolds
 - **ASTRA** - April Smith, Raine Ross, Carole Word, Becky Lorenzo, Cici Wynn
 - **COMMUNICATION** - Melanie Hodges, Becky Lorenzo, Beth Lorenzo
-
- ## FOUNDATION BOARD FOR 2024-2025
- President - Judy Sorensen
Vice President - Connie Wood
Treasurer - Melanie Hodges
Secretary - Margaret Walker
Past President - Koni Shaff
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FOUNDATION BOARD FOR 2024-2025

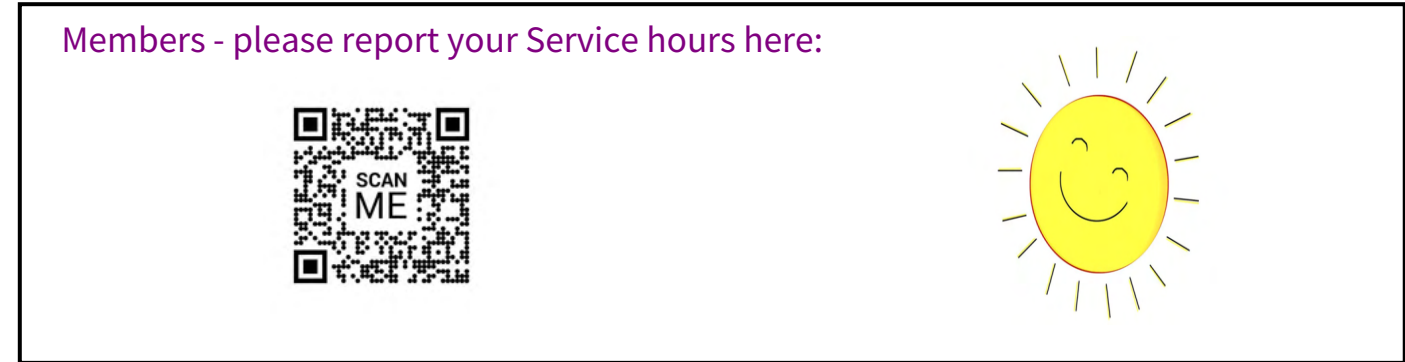
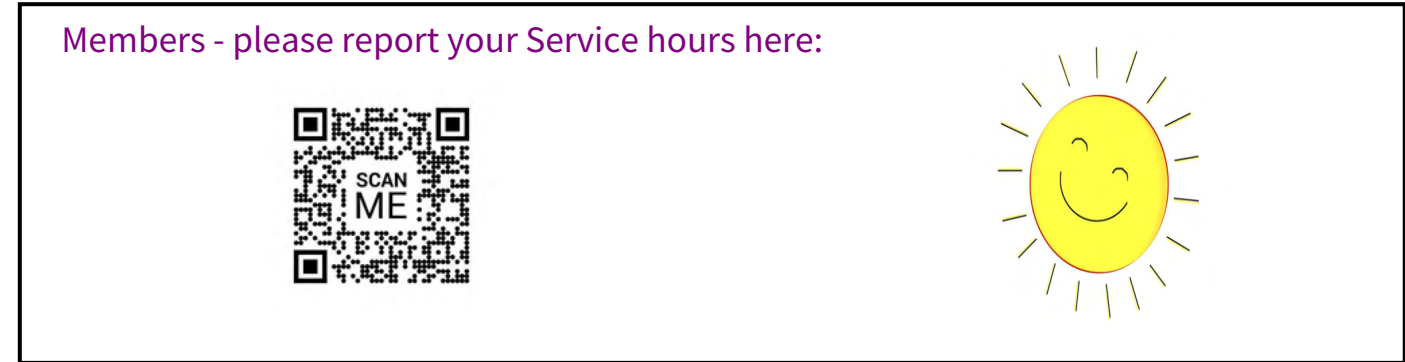
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Members - please report your Service hours here:





Reminder on navigating the web...

Where can you find more information about District Eleven?
districteleven.altrusa.org

Where can you find more information about Altrusa International?
altrusa.org

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Coming up this month...

BILINGUAL PARENT-PARTICIPATION LEARNING PODS

March 11 to April 15, 2025

Oceano Library

Free of charge.

More details coming soon!

Questions? Please contact megan.scyc@gmail.com

CLICK HERE TO VIEW ALL UPCOMING CLASSES ON THE SCYC EVENTBRITE PAGE

"If a community values its children, it must cherish their parents." John Bowlby

Clases en Español

PARTICIPACIÓN DE PADRES PARA NIÑOS

12 de marzo a 15 abril, 2025

Biblioteca Oceano, 1511 19th Street, Oceano

Más información próximamente

Gratis. En Español. Una serie de 6 semanas que ofrecerá apoyo y habilidades para mejorar la vinculación y el desarrollo saludable. Cada semana, los padres y los niños aprenderán juntos participando en actividades.

Llame a la biblioteca para registrarse **805-474-7478**



**South County
Youth Coalition**