



Ocean Breeze

Altrusa of San Luis Obispo County

October 2025

Altrusa International of San Luis Obispo County

Co-Presidents

Cici Wynn & Robin White

Vice President

Becky Lorenzo

Secretary

Margaret Walker

Treasurer

Raine Ross

Director

Edna Tinsley

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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altrusaslocounty.org

Like us on Facebook and
Instagram @ Altrusa of San
Luis Obispo County

President's Message:

September was filled with wonderful activities, and the months ahead promise even more excitement!

Last month, we were thrilled to welcome a new member, Lisa Guy! She's already jumped right in, lending her energy and enthusiasm to our projects. We're delighted to have her with us. Welcome Lisa!

On Sept. 3rd and 6th, we enjoyed painting bowls at the Oceano Library and the Vet's Hall in Shell Beach. This was in support of the 5 Cities Homeless Coalition's Empty Bowls fundraiser, which will be held on October 9. Both events were well attended. Participants had a great time painting bowls while supporting a wonderful cause. It was not only a chance to help 5CHC, but also an opportunity to showcase who we are and what we do in the community.

Our Sip&Paint Club fundraiser was held Sept. 14th at Claiborne&Churchill winery. It was a delightful success! Guests enjoyed sipping wine, unleashing their creativity, and supporting our club. We look forward to making this an annual tradition to help fund club activities & ensure strong attendance at next year's district conference.

Now our focus turns to the upcoming Celebration of Trees. This signature event is always a highlight and our members are working very hard to make it as special as ever. We'll be meeting in October to prepare (Oct. 7, 21, and 28). Members are busy selling tickets, gathering donations, and spreading the word. Please invite your friends and family and share our website - altrusaslocounty.org for details.



CLARITY
ALTRUSANS IN ACTION

Please don't forget to donate and volunteer at our Blood Drive on October 25th. See details in this newsletter.

Wishing everyone a joyful October and Happy Halloween!

Cici & Robin

Co-Presidents



Upcoming EVENTS

- Oct. 9 5CHC Empty Bowls Community Luncheon
St. Patrick's Catholic Church - 501 Fair
Oaks Ave, Arroyo Grande
11am - 1pm
- Oct. 11 Grover Beach Community Library
Book Sale 9am - 3pm
- Oct. 11 Along Comes Hope Golf Fundraiser
Pismo Beach Golf Course
- Oct. 24 Ramona Garden Park - Grover Beach
Annual Trunk or Treat
5pm - Dark
- Oct. 25 Community Blood Drive for Make-A-Difference Day
Grover Beach Community Library
10am - 2pm



MEMBER MEETINGS

- October 5 - 3:00 - 5:00pm
Foundation Meeting
Beth Lorenzo's Home
- October 7, 21, 28 - 5:30pm
COT Meetings
Coffee Bean Pismo Beach
- October 14 - 5:30pm (5:00 Social)
Business Meeting
Blacklake Community Room



October Birthday Wishes

Debbie Moore	Oct. 7
Donna Cettolin	Oct. 13
Terry McDonald	Oct. 20
Melissa Gozukizil	Oct. 27



August Total
Service Hours
by our members

360

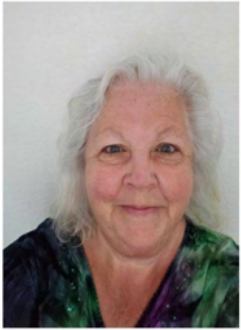
COMMUNITY

October
Be present.
Let the day flow with grace.
Expect joy. Be positive.
Serve with compassion.
Speak only kindness.
Impart only love.
Never forget you're not alone.
Give thanks for everything.
See goodness in others. mary davis

EVERY DAY SPIRIT
NET

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

Donna Cettolin



Meet Donna Cettolin. Donna just joined our club in August her sponsor is Connie Wood. She was inspired by the friendliness and enthusiasm of our members. Here are some fun facts about Donna:

How long have you lived on the Central Coast? 20 years

What brought you here? A boy!

Who are the members of your immediate family? My daughter & granddaughter

What is your favorite movie and why? The Little Mermaid. I would watch this movie over and over again because I like the songs, the colors, and because even though life takes work and sacrifice, it is worth living and you can have a wonderful life.

What is your favorite book and why? The Bible. It has everything I need to navigate life.

Share a recent WIN - I was able to meet all my deadlines. In my business , deadlines are crucial and I do not always meet them.

What are your interests? THE BEACH - I love the beach and enjoy listening to the waves day or night. To stare out and wonder and imagine, what it is out there living in the water and who has traveled those waters. I also enjoy helping people, crocheting for charities, and the most important of all is my family. Love to be a part of my granddaughter's growing up.

If you could be an animal, what would it be and why? A butterfly. Butterflies are beautiful, and they have so many exquisite colors, but it took hard work to transform into what they have finally become.

Strengths - Organized, detailed, enjoy people

Weaknesses -

Sometimes my words get the better of me, physical abilities, and overzealous

Not feeling guilty

spending money on?

Giving to other people

Tracy McCoy



Meet Tracy McCoy. Tracy also joined Altrusa in August and her sponsor is Connie Wood. She was inspired by what we bring to our community. Here are some fun facts about Tracy:

How long have you lived on the Central Coast? 44 years

What brought you here? My parents moved here while I was still living at home.

Who are the members of your immediate family? My son, Joey; daughter-in-law, Bethany; grandchildren, Tessa (13), Emi (10), and Abby (4).

What is your favorite movie and why? Bed of Roses. It's a chick flick.

What is your favorite book and why? The Bible

Share a recent WIN in your life - Beating cancer in 2017

What are your interests? Spending time with family, bunco, swimming, and being at the beach.

If you could be an animal, what would it be and why? A dolphin because they get to swim all day!

What do you not feel guilty spending money on? My granddaughters

Strengths - Independent

Weaknesses -

Stubbornness

Empty Bowls Paint Parties

Our community came out in a big way last month to help paint bowls in support of the Five Cities Homeless Coalition's 'Empty Bowls' event happening this month. Club members were in attendance to assist in this worthwhile project.



It was heartwarming to witness children actively participating in this meaningful project.

Oceano Library

New member, Debbie Moore, ready to get to work on her bowl.



Nancy, the librarian at the Oceano Library, even got involved by painting two bowls.



Members, JoAnne Zubiri and Koni Shaff were all smiles.

It was a family affair over at the library



Approximately 35 adults and children attended the paint party at Oceano Library. In total, 41 bowls were painted.

Paint Parties Continued at the Vet's Hall in Shell Beach



42 members of our community, gathered to paint bowls, showcasing their remarkable creativity.



Club members, Terry McDonald, Beth and Becky Lorenzo, Koni Shaff, Sally Dunbar, and Cici Wynn served as helpers and painters.



● **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)

Book Donations from Atascadero Library



Laura Smith, from the Atascadero Library, reached out to us, offering gently used children's books. We're excited to get them out to children in the community.



Sip & Paint Fundraiser

Last month, our Club hosted a Sip & Paint event at Claiborne & Churchill Winery in Edna Valley. We had a great turnout of people who created their unique masterpiece while sipping award-winning wines.



Local artist, Peggy Valko, directed everyone in painting.



Everyone had a great time!



Here are some more pictures of our event.



Getting ready to paint

“Birds on a Wire”



New Member Initiation

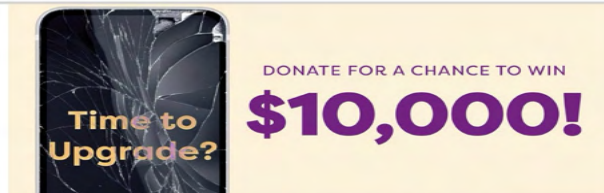
Thank you to Emeritus Member, Judy Sorensen for introducing Lisa Guy to our Club. Judy delivered a beautiful presentation and gifted Lisa a lovely bouquet of flowers. Co-President Robin White stood in for Lisa's sponsor, Beth Lorenzo.



Lisa is very excited to join our group. Welcome Lisa!



Blood Drive on Oct. 25th



Donate in October for a Chance to Win BIG!

Does your technology need a tune-up? Donate in October to help patients in need and you'll be automatically entered for a chance to win a \$10,000 gift card.* That's enough to buy the latest tech gadget or device on your list!

**BLOOD DRIVE
ALTRUSA OF SAN LUIS
OBISPO COUNTY**

**DATE: SATURDAY, OCTOBER 25TH
TIME: 10:00AM – 1:00PM
LOCATION: GROVER BEACH
COMMUNITY LIBRARY
ADDRESS: 240 N. 9TH STREET**

*Terms and condition apply; see vitalant.org/TechGiveaway.

Find us @vitalant:    

vitalant 

Join us on Saturday, October 25th, from 10 am to 1 pm at Grover Beach Community Library for a Blood Drive. For more information on blood donation, contact Beth Lorenzo at blogrover@yahoo.com.

#givethelife #everydropcounts



MAKE A DIFFERENCE DAY

Club Committees

Service

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

Email Marketing

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

- Club Website has gone LIVE

Membership: More details coming in the next few months about plans for our next event.

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



ALTRUSA INTERNATIONAL FOUNDATION OF
SAN LUIS OBISPO COUNTY PRESENTS



Celebration of Trees
"Christmas Around the World"
Saturday November 15, 2025
So. County Regional Center—Arroyo Grande, CA
Doors open at 5pm

Event Tickets \$120
(includes admission, plated dinner, & dessert)

No-Host Wine & Beer
Live & Silent Auctions
Holiday Tree & Vignette Drawings

Wine Tree Drawings
(separate tickets @ \$100)



Purchase Tickets

<https://altrusaslocounty.org>

Altrusa.sloco@gmail.com

Ticket Deadline: Monday Oct 20, 2025
Advanced ticket sales ONLY

Bring a new children's book to support
our Community Book Drive
Check out our Amazon Wish List



Stay up to date with our events and activities



Altrusa supports literacy projects in local libraries & schools,
provides scholarships, & helps with veterans, the homeless & food pantries
Tax ID# 77-0396494

Altrusa Club News

Celebration of Trees Fundraiser

Our annual fundraiser is just around the corner, and we're excited to share some of our local efforts.

- We support literacy projects in local libraries and schools.
 - We provide scholarships to high school seniors & viticulture students at Cuesta College and Cal Poly.
 - We assist with veterans' needs, homeless services, and local food pantries.
 - We donate funds for disaster and emergency relief within our community.
- The funds raised at our annual fundraiser directly return to the community through the programs we support.

We invite you to attend, sponsor a tree, donate a live or silent auction item, purchase a wine tree ticket, make a monetary donation, or advertise your business. Join us in giving back to the families and children who need it most. Your help will make a significant impact.



Our 2025 Wine Tree Extravaganza has officially begun! Tickets for this event are now available, providing an opportunity to win fine wines and tasting experiences from the Central Coast. Only 120 tickets will be sold at a price of \$100 each. For more info, visit our website at altrusaslocounty.org/wine-tree or contact Teena at 310-420-0508.

FOUNDATION BOARD FOR 2025-2026

President - Beth Lorenzo
Vice President - Jo-Anne Zubiri
Secretary - Koni Shaff
Treasurer - Sally Dunbar
Director - Becky Lorenzo
Past President - Judy Sorensen



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



Community News

Coming up this month...



EMPTY BOWLS IS HERE!!!!
It's the event you have been waiting for!

Join us for our **Fourteenth Annual Empty Bowls!** Empty Bowls benefits families who are homeless or are facing homelessness. Enjoy the afternoon picking out the very best bowl to eat the very best local soups. Community celebrity servers will be on hand to make your dining experience a sure delight. Don't miss out on the delectable raffle. You will be a winner, no matter what, when you take home your wonderfully artistic bowl and engage with other community-minded neighbors!

Your donation helps our community. When you purchase a ticket to Empty Bowls, you receive a hand-crafted bowl generously donated by local artists, and as much soup as you can handle from participating local restaurants. The cost of your ticket goes directly towards supporting our community!



Empty Bowls 2025 fun is just around the corner!

- Handcrafted Bowls Donated by Local Artists
- Soups Provided By Local Restaurants
- Soups Served by Local Celebrities
- Exciting Raffle Prizes!



We look forward to dining with you!



Want A Second Helping?
It's Pop-Up Party Time!

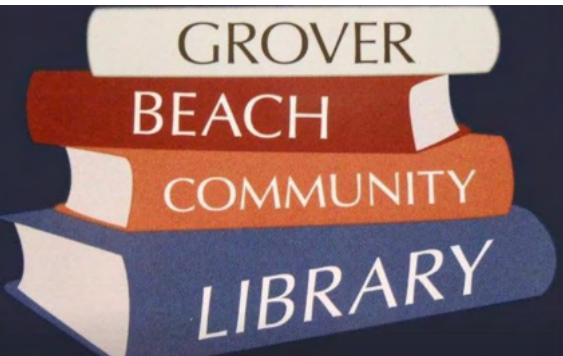
Couldn't make it to the Luncheon? We've got you covered! Join us outdoors for our open-air Pop-Up Party — the second serving of this beloved community tradition.

We will see you at New Life Church on October 11th from 10 am to 12 pm!
• Address: 990 James Way, Pismo Beach, CA 93449

The Empty Bowls Pick-Up Party is the same fun with a twist:

- Pick out your favorite artisan bowl
- Enjoy live community spirit in an open-air setting
- Connect with neighbors who care about making a difference
- **AND A Pick-Up Party exclusive soup coupon good for one bowl of soup at the restaurant of your choice!**

Don't miss this chance to fill your bowl, fill your heart, and fill the community with hope.



Come out to the Grover Beach Community Library's Final Book Sale of the year on Saturday, October 11th, from 9 am to 3 pm. Their address is 240 N. 9th St. in Grover Beach.

ALONG COMES HOPE
GOLF FUNDRAISER 2025
Benefiting Children with Cancer
Saturday, October 11th 2025

9 HOLE SCRAMBLE
ENTER TEAMS OF 5
Team Registration Preferred.
Singles/partial Team will be matched with a Team on availability

\$375 Per Team **\$75 Per Player**

Win Cash & Prizes:
• \$10,000 Hole-in-One
• Closest to Pin
• 1st Place & Most Honest
• BEST Team **GOLD Theme**
• Games & Contests

GO GOLD for Childhood Cancer Awareness

Pismo Beach GOLF COURSE
9 Le Sage | Grover Beach | 93433

Times
7:00 AM Check-In
8:00 AM SHOTGUN START
11:30 AM Tri-Tip BBQ & Prizes
12:00 AM Raffle & Silent Auction

Scan for Golf Event Site

Sign-ups & Sponsorships at QR code

For P's or Info Contact:
Jenny Mulks
(805) 748-3888
Jenny@AlongComesHope.com

Post Golf FUN too!!!
Invite Friends for BBQ, Live Music & \$1,000's in Raffle & Silent Auction Prizes
*Extra BBQ tickets online & at door

