



Ocean Breeze

Altrusa of San Luis Obispo County

February 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

altrusa.sloco@gmail.com

districteleven.altrusa.org

Like us on Facebook
Altrusa of San Luis Obispo
County

President's Message: *"Coming together is the beginning, staying together is progress, and working together is success" Henry Ford*

Dear Altrusa Family,

February is the shortest month of the year, yet a very busy one. As the "awareness" month, there are many observations and celebrations: Cancer awareness, heart health, National Donors Day, historical observations such as Presidents Day, Black History Month, and of course, there's Valentines and Ground Hog Days, and Random Acts of Kindness Day.

This month, we will be preparing appetizing treats for our Super Bowl Party winner and 15 of their friends/family. In honor of Valentine's Day, our club will be hosting a children's craft activity at the Oceano Library. At our February business meeting this month, our county's district attorney, Dan Dow, will be discussing the issue of Human Trafficking.

Our club is busy planning several service and literacy events for the next few months, so stay tuned! Also, our Membership Committee is excited, as they are working on a fun activity in the spring. More details to follow. It is always great to share our mission and community activities with others who are interested in what we do. Think about joining us as a volunteer at one of our events.

Wishing you all a fabulous February!

Together in Service.

Beth





February 9	Super Bowl Party Winner Meetup and Delivery <i>Pismo Beach Outlets</i> 12:30pm
February 11	Oceano Library <i>Children's Craft for Valentines Day</i> 3:30 - 4:30pm
TBD	Membership Social



MEMBER MEETINGS

February 11- 5:30pm (5:00pm Social)

Business Meeting
Blacklake Community Room

February 16 - 1:00pm

Foundation Meeting @
Judy Sorensen's Home

March 11 - 5:30pm (5:00pm Social)

Business Meeting
Blacklake Community Room



February Birthday Wishes

Madelyn Koontz	Feb. 6
Connie Wood	Feb. 23
Linda Daly	Feb. 25
Clint Steele	
Weirick	Feb. 28

Altrusa Accent at Upcoming Meetings

February 11	Open
March 11	Debbie Volz
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 *****

Shannon Fast



Strengths - I'm flexible, happy, and a positive person
Weaknesses - Time and Travel Schedule
Interests - Woodworking, hiking, and travel

Meet Shannon Fast. Shannon joined our club in April of 2024 and her sponsor is Connie Wood. She was inspired to join Altrusa because her wish was to be in service. Here are some fun facts about Shannon:

How long have you lived on the Central Coast? Just two years. I moved here in February of 2023.

What brought you here? I accepted a role at Cal Poly to develop a corporate fundraising program.

Who are the members of your immediate family? My husband, Dennis, and my kids, Emily and John. We also three dogs, Drake, Oaks, and Harley, along with two cats, Clarice and Jack.

What is your favorite movie and why? I really enjoy 'French Kiss' with Meg Ryan and Kevin Kline. His sarcastic humor and her sweet nature and vulnerability, warms my heart. I also just love the beautiful scenery. It reminds me of the time I spent in Paris with my kids.

What is your favorite book and why? 'The Ride of a Lifetime' by Robert Iger. I appreciate his ideas, values, and the stories about running a beloved company. It made me reflect on my own leadership style.

What do you not feel guilty spending money on? Trips to Magic Mountain - I love a good thrill and it's a place that brings my family and I a lot of joy.

Share a recent WIN in your life - Buying a home in Grover Beach in 2024.

If you could be an animal, what would it be? A bearded dragon

Debbie Volz



Strengths - Office work and taking on leadership roles
Weaknesses - Cold calling, and sales
Interests - Quilting, playing games (cards, dice, board), wine tasting, estate sales
If you could be an animal, what would it be and why? A dog with a good owner. They are loyal and love unconditionally.

Meet Debbie Volz. Debbie joined our club in 2011 and her sponsor is Melanie Hodges. She was inspired to join as she was fairly new to the community and thought this would be a good way to get involved and meet people. Here are some fun facts about Debbie:

How long have you lived on the Central Coast? I have lived here since 2008.

What brought you here? Brad and I met in Mexico in 2007 and started dating long distance. After a year, we got engaged and I moved to Arroyo Grande to be with him.

Who are the members of your immediate family? Brad is my spouse. I have his daughter and son, along with 2 grandsons. I have a brother & sister-in-law who live in Oregon, as do all of my family. I have 2 daughters and a son. Lindsey has 3 kids, Evander, Sophia, and Lilah. Merab and her husband have golden retrievers. Peter is single and has a cat.

What is your favorite movie and why? 'Sweet Home Alabama' - it's a sweet love story and I love Reese Witherspoon.

What is your favorite book and why? 'The Help' by Kathryn Stockett. I loved how the black maid and the white women came together in this. I was touched by how Aibileen, the maid, and caregiver continued to reinforce positive thoughts into the little girl by telling her she was smart, pretty, and basically she was worthy. It's a beautiful story.

What do you not feel guilty spending money on? I really don't feel guilty about spending money on anything, except Cheddar Jalapeño Cheetos! They are my kryptonite!

Share a recent WIN in your life - Rescuing two abandoned cats. They are a welcome addition to our fur family. Also, finishing a quilt that I started 5 years ago!

Happy Hour Fundraiser (Be Your Own Bartender)

Thanks to our member, Raine Ross, for coordinating a successful and fun event over at House of Bread in San Luis Obispo. Our club received 25% of ALL sales that night. All monies raised will help us to continue serving the needs in our local community



Member, Terry McDonald, showing the flyer that was made up for our event



Members, Melaine Hodges and Raine Ross, shown how the Happy Hour event works at the bar.

Join ALTRUSA for HAPPY HOUR FRIDAY, JANUARY 31ST, 4-6 PM



Come grab a delicious sandwich and a drink while supporting Altrusa Internat'l Club of SLO Co.

which thrives to make a difference in our community through service, partnership and leadership. Altrusa's mission and goals are to help the underserved and deserving families, children and veterans in a variety of ways. Altrusa is especially committed to literacy and education, as well as getting food to those who are struggling. Come support this local organization and enjoy \$6 drafts and \$9 premium wines, knowing that

25% of ALL sales that night (including all items purchased, baking classes booked, gift cards, etc.) will be donated to Altrusa!



House of Bread (across from SLO Airport)
1025 Farmhouse Lane, SLO
(805) 592-0255



Members, Raine Ross and Margaret Walker, working behind the counter.



Members, Robin White, Margaret Walker, and Raine Ross, mingling with some of the guests.



Pictured from left to right, member Raine Ross, House of Bread owner, Sheila McCann, members, Melanie Hodges, Margaret Walker, Koni Shaff, Terry McDonald, and Jo-Anne Zubiri.



Current club president, Beth Lorenzo chatting with one of our supporters, Blanche Hollingsead



Book Sorting/Stamping Party -

Our Club would like to thank, Shirley Albrecht, of 'A Child's Smile Preschool' in Arroyo Grande, for her generous donation of gently used children's books. We are so grateful.

Club President, Beth Lorenzo, arranged for us to meet over at her home to help go through the many wonderful books.



Here are the over 10 boxes of gently used children's that will be distributed to local kids in our community.



Members, pictured from left to right, Beth Lorenzo, Robin White, Jo-Anne Zubiri, Sally Dunbar, Terry McDonald, and Koni Shaff. These ladies got right to it, had a great system going, and knocked it out the park.



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)

Deliveries of Children's Books



With the help of members, Judy Sorensen, Jo-Anne Zubiri, and Koni Shaff, 691 gently used children's books were delivered to New Life Pantry in Pismo Beach and 218 new and almost new books to Oceano Clinic. Grand total for both Pantry and Clinic was 909 books!



Accent

Club member, Robin White, shared the following Altrusa accent piece at last month's January business meeting. We thought we would share it with all of you.

'Altrusa Ten Commandments'

1. Thou shalt not come to meetings late, nor for the benediction refuse to wait.
2. Thy hungry stomach cannot be fed, until the Altrusa blessing has been said.
3. And when the reports are sounded out, thou shalt listen - not look about.
4. The endmost chair thou shalt leave free, for more to share the table with thee.
5. Thou shall serve on committees well - and every opportunity of Altrusa tell.
6. Thou shall not the hour misuse, nor come alone to just take a snooze.
7. Forget not thou the occasional fee, nor permit the treasurer to remind thee.
8. Thou shall give heed to the program well, and not on thine own business dwell.
9. Be friendly at the meeting, so shall all member love thee more.
10. May the Altrusa motto mean more every day, as each Altrusan travelers her way.

Days for Girls 2025

Dear Wonderful Ladies of Altrusa Int'l of San Luis Obispo County:

Two weeks ago (January 13), we drove **654 Days for Girls Kits--paid for in large part by Altrusa Int'l of San Luis Obispo, County!**--in 13 crates to Long Beach, California, and hand-delivered them to Bob Sykes, one of the founders of San Diego's Loloma Foundation Medical Missions to the Fiji & Solomon Islands. We had planned on taking **554** kits--which were beautifully packed during our November Packing Day (at which four of your Altrusa members came up with a more productive way to pack them!) (We will ALL do it next year!) We were excited to find that we had enough components to assemble **100 extra Days for Girls Kits**. Bob Sykes was especially thrilled, as was Linda Kwasny, the Managing Director in San Diego. **Here's why:**

This year the **Loloma Medical Missions** will be conducted in **May & June of 2025**, in the Fiji & Solomon Islands where they have held special clinics for women and girls, men, children, and dentistry on the remotest islands since 2003. Between clinics, special distributions will be held at each of these sites for distributing **554** of our Days for Girls Kits. Each recipient is trained to care for her kit to get the most life out of it. Prior to receiving the DfG kits, the girls and women are tutored in the biology of menses, how to protect themselves from disease and abuse, and how to manage pregnancy. **In answer to the 'WHY' above:** This year Loloma volunteers moved the surgery clinic to a more centralized location in the remotest islands so they can bring patients to the center rather than having to move the center. This will improve intensive medical care and facilitate urgently needed surgeries for the most impoverished islanders. **The American medical volunteers are very much dependent upon support of the locals to carry out their missions, and the 100 extra kits will be a boon. Loloma is delighted to have them to distribute among local Fijian women to help promote their support of the new surgery center.**

As I think you at Altrusa know, our dedicated, hard-working sew-ers of the San Luis Obispo DfG Team couldn't do it without your support. It was an extra delight to have your members help us pack again, and we are deeply indebted to Altrusa for your generous support of our team. Still more indebted are all the women and girls of the remotest Fiji & Solomon Islands who thank you from the bottom of their hearts for newfound freedom and dignity as they gain a clean, safe way to handle one of the most basic functions of human biology. **You are all angels at Altrusa SLO. We hope you know that.** The DfG kit surely recipients do!

With all my best wishes for a lovely, productive new year,
Gogi Van Duren, SLO DfG Team Leader
sanluisobispo@daysforgirls.org
920 Ropa Ct., Atascadero, CA 93422
(805) 610-8549

Kathy Rinkenberger's Atascadero DfG Team is working as hard as we are, with several distributions a year to Mexico, the Philippines or Central or South America. In case any Altrusa members wish to visit them, they meet the fourth Monday (from **9-12:00 Noon**) of each month in the ABC Church (**6225 Atascadero Ave., Atasc.**) to assemble components sewn in their homes and to cut, distribute, and sew new components.

A few members of our **San Luis Obispo DfG Team** meet from **9:30 to Noon** every Monday at the Lutheran Church (**4500 El Camino, Atasc.**) and every Wednesday in Brenda Earle's garage workshop (**875 Grapevine, Templeton**) to sew. Altrusa members are welcome to join us at any of these sessions. However, most SLO DfG team sew-ers sew in their own homes from San Miguel clear down to Nipomo. We drive a lot delivering supplies and picking up sewn components! We will be heading down to Nipomo soon in case you need me to pick up that DfG banner and stand. Hope it was useful! :)



Altrusa Inspiration

'The Value of a Member'

Ten little members standing in a line,
One disliked the president, and then there were nine.

Nine ambitious members offered to work late,
One forgot her promise, and then there were eight.

Eight creative members had ideas as good as heaven,
One lost enthusiasm, and then there were seven.

Seven loyal members got into a fix,
They quarreled over programs, and then there were six.

Six members remained with spirit and drive,
One moved away, and then there were five.

Five steadfast members wished there were more,
One became indifferent, and then there were four.

Four cheerful members who never disagreed,
'Til one complained, and then there were three.

Three eager members! What do they do?
One got discouraged, and then there were two.

Two earnest members, each enrolled one more,
Doubling their number, and then there were four.

Four determined members just could not wait,
'Til each won another, and then there were eight.

Eight excited members signed up sixteen more.

In another six verses, there will be A thousand twenty-four.

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District Eleven



At January's business meeting, member, Raine Ross, shared an inspirational piece. Hope this inspires you to not give up hope.

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:

Committee Members will be meeting to discuss ideas/plans for hosting membership events in 2025

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

Altrusa Club News

Club Committees for 2024-2025

- **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
Director - Jo-Anne Zubiri



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

South County Youth Coalition

Participación e padres e hijos Serie de cápsulas de aprendizaje

Los temas incluyen:
**Arte, Movimiento, Juego Sensorial,
Yoga, Música, Nutrición y Más!**



**5 de febrero -
7 de marzo**

**8 sesiones
por favor,
comprométase a
todas las clases**

**las clases
seran en ingles**



Inscribase hoy para esta serie gratuita:
<https://tinyurl.com/spring25learningpods>

¿Preguntas? Email: megan.scyc@gmail.com

0-12 meses - Miércoles: 11h - 12h30

12-24 meses - Miércoles: 9h30 - 11h

24-36 meses - Jueves: 9h30 - 11h

3-5 años - Jueves: 11h - 12h30

Ramona Garden Park Community Center

993 Ramona Ave. Grover Beach

Generosamente patrocinado por:



PARENT-CHILD PARTICIPATION Spring Learning Pod Series

Topics include:
**Art, Movement, Sensory Play,
Yoga, Music, Nutrition & More!**



**February 5th -
March 27th**

**8 sessions
PLEASE COMMIT
TO FULL SERIES**



NEW PARTICIPANTS - register here:

<https://tinyurl.com/spring25learningpods>

Questions & returning participants:

Email: megan.scyc@gmail.com

0-12 months - Wednesdays: 11am - 12:30pm

12-24 months - Wednesdays: 9:30am - 11am

24-36 months - Thursdays: 9:30am - 11am

3-5 years - Thursdays: 11am - 12:30pm

Ramona Garden Park Community Center

993 Ramona Ave. Grover Beach

Generously Sponsored By:



Coming up this month...



SATURDAY, FEBRUARY 22, 2025, 2-4 PM

Pismo Beach Veterans' Memorial Hall
780 Bello St, Pismo Beach, CA 93449



Honoring J Johnson with our annual
Betsey Kelton *Changemaker* Award

\$100.00 donation per person

We also offer multiple sponsorship opportunities
to suit a variety of giving levels.

Join us in making a difference!



PLEASE VISIT OUR WEBSITE
FOR TICKETS AND SPONSORSHIP
INFORMATION.

21+ EVENT. ID REQUIRED.

[BGCsLO.ORG/DREAMBIG](https://bgcslo.org/dreambig)