



Ocean Breeze

Altrusa of San Luis Obispo County

November 2024

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:

Welcome to November.

Did you know that November is National Gratitude Month? Practicing gratitude can be beneficial for all of us and help shift us from focusing on the negative to appreciating the positive in our lives. I am certainly grateful for the ways each of you have impacted my life, the opportunities that Altrusa has brought me and the service I am able to achieve connecting me with our community. What are you grateful for in November?

I am thankful for the work our Altrusa club members bring to the community, including, but not limited to, helping the homeless, filling needs of children and their families struggling with basic needs, veterans, and literacy and education. We also support and partner with agencies that promote a healthy environment for kids and families, along with helping local libraries, before and after school programs, and meeting needs of our teachers in schools.

We hope you will join us at our annual fundraiser 'Celebration of Trees' on Saturday, November 16th so that we can continue our work to help fulfill the many needs in our local community.

With Thanks,

Beth





- October 26** **Make A Difference Day**
- October 28** **FALL into Fun - South County Youth Coalition 5:15pm**
Ramona Park Community Room
- November 9** **Altrusa Club of Oxnard's 26th Holiday Show 10:30am - 2:00pm**
Courtyard by Marriott Oxnard
Annual Packing Day - SLO County DfG 10:00am - 12:00pm
Zion Lutheran SLO
- November 16** **Celebration of Trees Fundraiser 5:00pm - 9:00pm**
South County Regional Center AG

Club Storage Unit Clean-Up
Party
October 27 1:00pm



MEMBER MEETINGS

October 29 - 5:30pm

Celebration of Trees Meeting
Coffee Bean Pismo Beach

November 5 - 5:30pm

Celebration of Trees Meeting
Coffee Bean Pismo Beach

November 6 - 5:30pm

SA Assembling Party/Potluck@
Judy Sorensen's home

November 12 - 5:30pm (5:00pm Social)

Business Meeting@Mountain Mike's Pismo Beach



Birthday Wishes
There are no birthdays
this month.

Altrusa Accent at Upcoming Meetings

November 12	Raine Ross
January 14	Robin White
February 11	Carole Word
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, [Connie Wood](#), shared this wonderful inspirational piece at our October business meeting.

Bernard Rimland Writes on The Golden Rule

A fascinating study on the principle of the Golden Rule was conducted by Bernard Rimland, director of the Institute for Child Behavior Research. Rimland found that "The happiest people are those who help others." Each person involved in the study was asked to list ten people he knew best and to label them as happy or not happy. Then they were to go through the list again and label each one as selfish or *unselfish*, using the following definition of selfishness: a stable tendency to devote one's time and resources to one's own interests and welfare—an unwillingness to inconvenience one's self for others." In categorizing the results, Rimland found that all of the people labeled happy were also labeled *unselfish*. He wrote that those "whose activities are devoted to bringing themselves happiness...are far less likely to be happy than those whose efforts are devoted to making others happy" Rimland concluded: "Do unto others as you would have them do unto you." (Martin & Diedre Bobgan, [How To Counsel From Scripture](#), Moody Press, 1985, p. 123).

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

Teena Colebrook



Meet Teena Colebrook. Teena joined our club in 2011 and her sponsor is Melanie Hodges. She was inspired to become an Altrusan, so she can help people in our local community. Teena heads up food pickups and deliveries in San Luis Obispo, as well as taking flowers to several nursing homes and other organizations.

Here are some fun facts about Teena:

How long have you lived on the Central Coast - Since July 2008, but before that, I attended Cal Poly SLO from Jan 1987 to May 1990

What brought you here - My partner was retired and looking for a less stressful place to move to from LA. It took us a year and then found our paradise here in SLO. Close enough to travel for events and to friends, but a place where we could have a garden, and peace and quiet.

Family - My immediate biological family is in England, sister-in-law is in Tasmania, and my nephew and his family is in France. I have three dear friends in LA and we are our own international family.

Favorite Movie(s) - "Shirley Valentine" because of the humor and how it accurately depicts life of a bored housewife with dreams in England years ago, and how she copes and finds romance. "Being There" with Peter Sellers, because of the humor and how I can see the parallels in life even today. "Schindler's List" because it reminds me of man's inhumanity to man and how one person can make a difference.

Favorite Book - Growing up, I enjoyed "Little Women" and Charles Darwin

What Teena doesn't feel guilty spending money on: Having an hour massage

Carole Word



Meet Carole Word. Carole was inspired to join Altrusa from her friend and sponsor April Smith. She was invited to our 'High Tea' Membership event last February. She enjoyed hearing about who we are and what we're involved in. Here are some fun facts about Carole:

How long have you lived on the Central Coast - 8 years

What brought you here - The beach, love watching the waves and smell the salt air

Family - Daughter Wendy, grandson Preston, and "heavenly" granddaughter Emily. Wendy is a phlebotomist at AG Hospital and Preston is a security guard in Pismo Beach.

Favorite Movie - The Notebook. Carole loves the storyline as well as the time period and actors. Her mother had Alzheimer's and the movie is very endearing.

Favorite Book - 'Flying Solo: A Journey of Divorce, Healing'...by Denise Hildreth Jones. It chronicles the author's painful journey at the end of her 13 year marriage. It isn't about being alone, rather, soul-searching and learning to "fly".

Strengths - Patience, customer service skills, organization, and prioritization

Weaknesses - Tends to procrastinate and if something isn't enjoyable, it's hard retaining the information.

Recent WIN - Being given the opportunity to move back to the coast

Interests - Journaling, walking, water aerobics, listening to music, dancing, family, and helping for a cause

If you could be an animal - A horse. I loved helping my granddaughter with her horse and barn duties. Horses are graceful and loving most of the time. You are out in the fresh air and it's peaceful.

What Carol doesn't feel guilty spending money on - Hair and mani/pedis! I worked since the age of 13 and it's my main treat for myself.

13th Annual Empty Bowls

Such a great turnout for 5 Cities Homeless Coalition's 13th Annual 'Empty Bowls' event in Arroyo Grande. Several members of Altrusa of San Luis Obispo County did a great job - from unpacking, monitoring, and ticket/raffle sales. Delectable soups from wonderful restaurants were ladled up by local celebrities! #communitysupport #givingback #volunteer

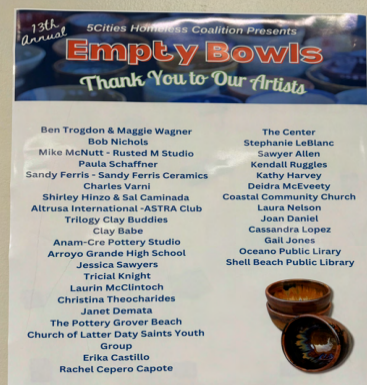


Madelyn Koontz (in for Margaret Walker) organized this wonderful event. Members, (pictured from left to right), Madelyn Koontz, Sher Austin, Koni Shaff, Debbie Volz, Jo-Anne Zubiri, and Edna Tinsley volunteered at the event.

Member, Connie Wood, helping with bowl selections for guests



Our Club has been volunteering at this community event for several years. All proceeds help 5 Cities Homeless Coalition continue their work to strengthen the South San Luis Obispo County community by mobilizing resources, hope, and support for the homeless and those facing homelessness.



Fashions for a Purpose Fundraiser

Several Club members attended FFAP's 10th Annual Fashion Show and Silent Auction benefiting Domestic Violence, and Safe Dating Awareness #onevoicesaveslives #communitystrong #createpositivechange

Many thanks to our Club's Foundation for granting \$1000 to FFAP so they may continue their mission to Engage, Educate, & Empower.



Member, Melanie Hodges, had the winning bid and took home this beautiful cake!



Pictured above from left to right, Club members, Koni Shaff, Melanie Hodges, Becky Lorenzo, Beth Lorenzo, Margaret Walker, Jo-Anne Zubiri, and Connie Wood were in attendance.



FFAP Founder, Kimberley Victor, modeling one of several fashions by Madonna Inn Boutique and First Class Seconds. All proceeds raised benefits FFAP.



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.

- **Oceano Library:**

The library's 1st year anniversary @ their new location was on Saturday, October 19th. We provided cookies and distributed "May I Have a Cookie" bilingual books.

- **Grover Beach Library Book Sale:**

Our club participated once again with Grover Beach Community Library's Book Sale on Saturday, October 12th. We helped with set-up & cleanup. We collected several used children's books and they will be delivered to New Life Pantry.

- **South County Youth Coalition:**

SCYC hosted a **FALL into FUN** series for school aged kids. It was a 3 week series focusing on Art, Music, and Movement. Our club provided books and activities to the kids and their caregivers.

- **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)

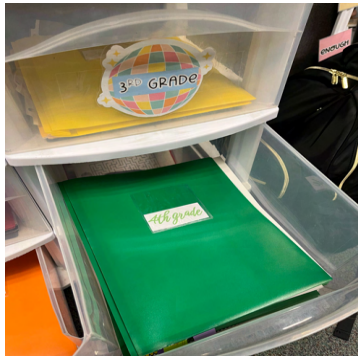


Members, Sher Austin and Connie Wood (pictured), along with Koni Shaff, helping at Grover Beach Community Library's Book Sale.

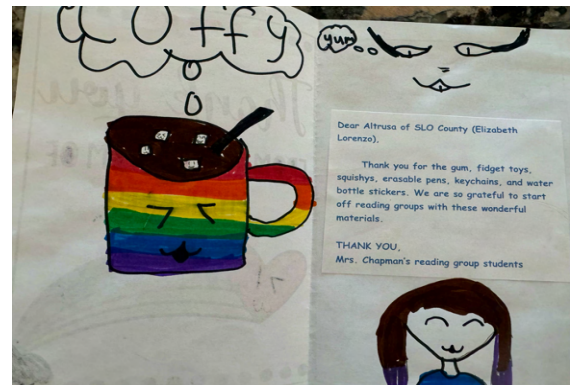
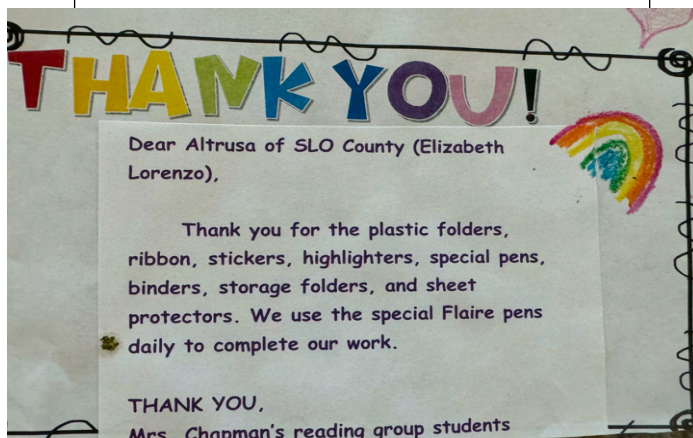
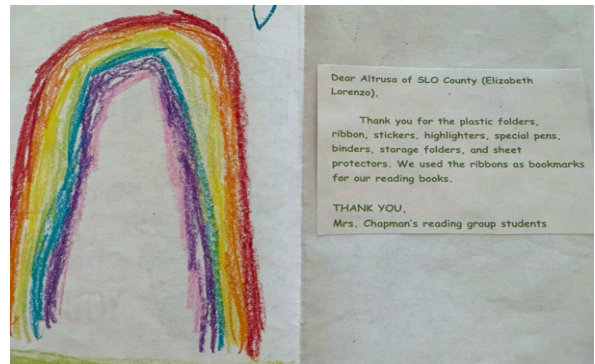


Hawthorne Elementary

Thanks to our Foundation, we were able to support a K-6 Reading Intervention teacher, Alison Chapman, at Hawthorne Elementary in SLO with much needed supplies and materials for her classroom and students.



Thank You Letters from some of her students



Reading is the **KEY** to learning

Fall Fest-Boys & Girls Club of So SLOCO

Members of Altrusa of San Luis Obispo County participated in Fall Fest sponsored by Boys & Girls Clubs of South San Luis Obispo County. It was to celebrate Latinx & Hispanic Heritage Month. Our Club gave out bilingual books to kids and connected with families in our community. Such a wonderful event.



From left to right, members Beth Lorenzo, Becky Lorenzo, Koni Shaff, and Terry McDonald were excited to share about Altrusa to our community, along with giving out bilingual books to kids/families.

Pictured below, this young man and his dad were super excited to receive books.



Pictured above, members Koni Shaff and Jo-Anne Zubiri were ready to welcome everyone to Fall Fest.

Members, Connie Wood and Alana Reynolds were also helping at the event.

Oceano Library 1 Year Anniversary Party



Oceano Library's One Year Anniversary Party was a huge success. Members Terry McDonald, Jo-Anne Zubiri, and Becky and Beth Lorenzo gave out 'May I Please Have a Cookie' book in both English and Spanish to kids along with cookies. It was a great turnout and families enjoyed face painting, decorating pumpkins, spinning the wheel for prizes, a scavenger hunt, playing several outdoor games, and more. #communitysupport #librarylove #encouragereading #altrusasloco



Club Committees for 2024 - 2025

Service: Margaret Walker/Debbie Volz Co-Chairs

5CHC - Empty Bowls was a huge success. Thank you to all the volunteers that came to help. Looking forward to participating again next year with bowl painting parties and working the event.

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.

Service (Continued)

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



Communication: Beth Lorenzo

Email Marketing - (Becky Lorenzo)

- Oct. 25th - Send November club newsletter to subscribers
- Nov. 2nd - Send to all Altrusa members and those attending our Celebration of Trees Fundraiser. It will contain more specifics of the event + reminder to bring a book + donation option, etc.
- Facebook - Posts will begin 2 weeks before our Celebration of Trees event, highlighting trees, auction items, and other information.
- Continue to subscribe friends/family to MailChimp
- Our Instagram is now up and running. Consider following us @ altrusaofslocounty

Communication (Continued)

Recommendations:

- Club Website

Membership: Committee Members will be meeting to discuss ideas/plans for hosting membership events for 2024-2025

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.

Fundraising:

Our Club's annual fundraiser is our **Celebration of Trees** event on Saturday, November 16th at the South County Regional Center in Arroyo Grande. We are continuing to reach out to businesses in the areas of tree sponsorships, silent auction items, advertising opportunities, and ticket sales. Wine Tree tickets are now available. Contact Teena Colebrook or Koni Shaff for more info.

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

A heart-shaped word cloud graphic. The central text reads "ALTRUSANS ROCK" in large, bold, red letters. Surrounding this central text are various words in different sizes and orientations, all in shades of red and pink. These words include: VOLUNTEERS, LEADERS, ASTRA, LITERACY, CLARITY, OPPORTUNITY, TALENT, INCLUSION, RESPONSIBILITY, KINDNESS, UNITY, ALTRUISM, LEADERSHIP, COMMUNICATION, and SERVICE.



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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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altrusa.org



**ALTRUSA INTERNATIONAL FOUNDATION OF
SAN LUIS OBISPO COUNTY PRESENTS**
Celebration of Trees
"Evergreen Dreams"
Saturday November 16, 2024
So. County Regional Center—Arroyo Grande, CA

Event Tickets \$110 (includes admission & dinner)
Doors open at 5pm

**No-Host Wine & Beer
Plated Dinner & Dessert
Live & Silent Auctions
Holiday Tree & Vignette Drawings
Century Wine Tree Drawings**
(separate tickets @ \$100)

Ticket Deadline: Monday Oct 21, 2024
Advanced ticket sales ONLY

Purchase Tickets
(805) 619-0237
✉ Altrusa.sloco@gmail.com

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

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





**ALTRUSA INT'L FOUNDATION
OF SAN LUIS OBISPO COUNTY**
15th ANNUAL CELEBRATION OF TREES FUNDRAISER

It's that Wine of the year again!
110 tickets will be sold - \$100.00 each
12 prizes will also be drawn with a minimum value of \$450 each

**PURCHASE TICKETS FOR A CHANCE TO WIN
ONE FABULOUSLY DECORATED ARTIFICIAL CHRISTMAS TREE WITH FINE WINES,
AND TASTING CERTIFICATES**

Value of the decorated tree with gifts is \$5,000!

Drawing on November 16th 2024 at The South County Regional Center in Arroyo Grande, CA.
Buy your ticket fast before they are all gone!
(Winners do not need to be present - Pick up at the Center the next day)
Ask for your favorite number between 1-110. If not available another will be substituted.



ALL PROCEEDS GO BACK INTO OUR LOCAL COMMUNITY HELPING CHILDREN &
FAMILIES IN NEED, PROVIDING SCHOLARSHIPS AND OTHER LITERACY BASED PROJECTS.
Altrusa International of San Luis Obispo County
www.altrusa.org
Team's Tel # 805-432-0508
altrusa.sloco@gmail.com
https://www.facebook.com/altrusa-international-of-san-luis-obispo-county

PayPal VISA

Venmo: @altrusa-sanluisobispo
Paypal: altrusa.sloco@gmail.com
Check: Payable to Altrusa Int'l Foundation of SLO County;
mail to Altrusa Int'l of SLO County, PO Box 1202, Pismo Beach, CA 93448
✉ Please complete memo sections with "Tree of the Century Tree"
and include your name/phone number and chosen ticket # 108

Additional tax-exempt donations are greatly appreciated and will go towards our
service and literacy projects making a difference in our local communities.
donor tax-exempt receipts issued

Good Luck and Thank You For Your Support!

Please join us for our 15th Annual
Celebration of Trees Fundraiser on
Saturday, November 16, 2024

We are looking for Tree/Vignette Sponsors,
as well as, Live and Silent Auction items

Help us continue our mission to serve the
needs of our local community, through
service and literacy