



Ocean Breeze

Altrusa of San Luis Obispo County

November 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.

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Pismo Beach, CA 93448

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

President's Message:

As this year draws to an end, somehow, we don't slow down. We enjoy being involved in a variety of community service projects.

In October, we participated with 5CHC in their Empty Bowls outreach, not only by painting bowls, but also participating the day of the event. Our Make a Difference Day project of sponsoring a Blood Drive was an overwhelming success.

Continuing with our commitment to Days for Girls, we will participate in a packing day of supplies in SLO on November 8.

And, immediately following that, drumroll please....

November 15th is our annual Altrusa International Foundation of San Luis Obispo County fundraiser, Celebration of Trees. Our members have been working tirelessly all year to put this event together, and again this year, it won't disappoint. If you haven't purchased tickets yet, now is the time. Just go to our website www.altrusaslocounty.org > Celebration of Trees.

Once we've all recovered from Celebration of Trees, it'll be time to start our Annual Holiday Giving to the underprivileged throughout our community. We will "wrap up" the year giving back and supporting our community.

We hope you see all the details of what we've done and what's to come in the following pages of this newsletter.



CLARITY
ALTRUSANS IN ACTION

Cici & Robin

Co-Presidents





- Nov. 8** Days for Girls Packing Day
Zion's Lutheran Church SLO
10am - Noon
- Nov. 15** Celebration of Trees Fundraiser
South County Regional Center AG
5pm - 9pm
- Nov. 25** International Day for the Elimination
of Violence Against Women



MEMBER MEETINGS

November 4 - 5:30pm
COT Meeting
Coffee Bean Pismo Beach

November 11 - 5:30pm (5:00 Social)
Business Meeting
Blacklake Community Room

Foundation Meeting TBD



**No Birthdays
In November**



September
Total Service
Hours by our
members

490



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

Lisa Guy



Meet Lisa Guy. Lisa just joined our club in September and her sponsor is Beth Lorenzo. She was inspired by the work that Altrusa is doing in the community, especially in the area of literacy, which is her passion. Here are some fun facts about Lisa:

How long have you lived on the Central Coast? My husband and I moved to Shell Beach in 1996 - almost 30 years ago.

What brought you here? We came from Orange County and we were looking for a more relaxed and wholesome lifestyle in which to raise our family.

Who are the members of your immediate family? Keith, my husband of 37 years; Kathryn, our oldest daughter, with new baby Wrenley and husband James; Megan, second daughter and husband Fardis; Maliena, third daughter and husband Keir; Aurelia, fourth daughter; and son, William.

What is your favorite movie and why? "Something's Gotta Give" with Jack Nicholson and Diane Keaton. I had a tradition of taking my girls away on a special weekend the summer before they each started high school and my oldest daughter and I watched this movie together when it first came out. The location/filming is beautiful, the acting is superb, and the storyline is so engaging.

What is your favorite book and why? "Outlander" by Diane Gabaldon. This book was recommended to me by the mom of one of my son's friends over 10 years ago and it was an immediate favorite. I've always been interested in the healing arts and one of the main characters (Claire) is a doctor who goes back in time and is able to help many people with herbs and alternative methods of healing.

Share a recent WIN - On March 27, 2025, our first granddaughter, Wrenley was born to our oldest daughter Kathryn and her husband James. They had been trying for a while and we were all overjoyed with the addition of little Wren to our family!

What are your interests? I love reading, gardening, working with flowers and succulents, creating arrangements and planters, swimming, and volunteering.

If you could be an animal, what would it be, and why? I would be a bird of some kind. I've always loved the thought of being able to soar high in the sky.

Strengths - Strong work-ethic, love people, collaboration, service oriented

Weaknesses - Computers and technology

Not feeling guilty spending money on? Food. Our family rarely eats out, and I try my best to prepare lots of tasty meals made with organic, whole- some ingredients, whenever possible.

Now that you have met our current members, check out next month's edition for some holiday tips from our group!



Empty Bowls

Last month, our community demonstrated its strong support for the Five Cities Homeless Coalition's Empty Bowls 2025 project, resulting in a record-breaking success and raising \$45,000. Several members actively assisted attendees in selecting bowls for those in need.



Several community leaders served soup, prepared by local restaurants, to the attendees.



It was an afternoon where the community came together with handcrafted bowls, local soups, and celebrity servers. This outpouring of support helped families struggling with homelessness.

Make-a-Difference Day

Our Club organized a Blood Drive for Make-a-Difference Day, with the generous support of our members and the local community. We were delighted to see a great turnout of people who donated blood, making a significant contribution to giving the gift of life to those in desperate need.



Members, Connie Wood and Lisa Guy, helping out and Lisa donating blood.



(Left) Members, Beth Lorenzo, Robin White, and Carol Somerville came out to support.



SLO Vitalant Blood Source technicians were super excited and very happy to take part in our event.



Member, Donna Cettolin, is a frequent blood donor and happy to contribute.

Many thanks to Grover Beach Community Library for allowing us to use their facilities for the bloodmobile.



- **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)

City of Grover Beach - Trunk or Trunk



First year that our Club participated in the City of Grover Beach's 'Trunk or Treat'. We gave out free books and of course, candy to children. It was a huge success with well over 350 families attending.



Book Stamping Party

Members, Jo-Anne Zubiri, Donna Cettolin, Edna Tinsley, Koni Shaff, and Beth Lorenzo, sorted, stamped, and counted close to 700 new and gently used children's books. We are so excited to be able to distribute these books to children and their families in our community.



Everyone had a fun time together!

Here were books recovered at Grover Beach Community Library's Final Book Sale this year.



We were spotlighted in their Newsletter!

Thanks to our Foundation, we were able to purchase a book cart for the Atascadero Food Pantry (ALF) and fill it with wonderful books for underserved children and their families.

New Book Cart for ALF Families!

We're excited to share that Altrusa International has generously provided ALF with a brand-new book cart — and they're keeping it stocked with wonderful children's books! Kids are encouraged to choose a book to take home each time they visit. The cart is on wheels, so it can even roll outside on nice days.

We're also grateful to local author Lisa Guy, who has donated her parent resource guides, as well as a beautiful children's book, in both English and Spanish for our new parents. Supporting parents and encouraging them to read with their children gives kids a stronger start in life — and helps spark a lifelong love of reading!

Oceano Library

Our Club hosted a Halloween craft day at the Oceano Library. 28-30 kids came to design their own spooky hands. The kids had a lot of fun and were so super creative.



Fun Times!



Oceano Elks Coat Givaway

Members Debbie Volz and Koni Shaff helped distribute coats, books, and pumpkins to children. Altrusa donated 2 boxes of gently used books. The kids were excited to select their books, coats, and pumpkins.





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.

DAYS FOR GIRLS

DAYS for GIRLS PACKING DAY 2025

When: Saturday, November 8, 2025

Where: Zion's Lutheran Church (corner of Foothill & Santa Rosa in SLO)

Time: 10:00 AM to 12 Noon

The San Luis Obispo Days for Girls Team is prepared to pack 500 new Days for Girls Kits bound for the outer Fiji & Solomon Islands, funded by Altrusa International of SLO, delivered by Loloma Foundation of San Diego's Medical Missions to the Pacific, sewn by the clever ladies of San Luis Obispo County!

Each Kit consists of two snapped waterproof **SHIELDS**, 8 double thick flannel **LINERS**, a waterproof **CARRY POUCH**, and a drawstring carryall **BAG** (ALL home sewn)! Plus, two pairs of **BRIEFS**, a **WASHRAG**, bar of **SOAP**, and a Cycle-Tracking **CALENDAR**. That means we're packing 8,500 components to produce exactly 500 DFG Kits in two hours! **Come join the ruckus & fun!**

Celebration of Trees Fundraiser

We're gearing up for our annual Celebration of Trees fundraiser on Saturday, November 15. In the days leading up to the event we will be showcasing our tree raffles, silent and live auction items, Wine Extravaganza, and more!

We cordially invite you to join us in giving back to the families and children who need it most. You can participate in various ways, such as attending our event, purchasing a Wine Extravaganza ticket, making a monetary donation, or advertising your business. Your contribution will make a significant impact. Visit our website [@altrusaslocounty.org](http://altrusaslocounty.org) for more info.



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



Coming up this month...


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://altrusolocounty.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*
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