Ocean Breeze

Altrusa of San Luis Obispo County

March 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.
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Pismo Beach, CA 93448

altrusa.sloco@gmail.com

districteleven.altrusa.org

Like us on Facebook
Altrusa of San Luis Obispo County

President's Message: *"May your joys be as deep as the ocean, your troubles as light as it's foam"…… Irish Blessing*

Dear Altrusa Family,

March is a busy month for our Altrusa Club. Our Business Meeting on Tuesday, March 11th, will include the election of our slate of officers for 2025-2026 for our Club, learning more about our District Conference in May, selecting delegates/alternates, and sharing award submissions for International and District.

Mark you calendar for Saturday, March 29th from 1-3pm at the Blacklake Community Center in Nipomo. Our Membership Committee has a fun event planned, "Learn to Bake the Perfect Loaf of Bread". More details on page 2 of this newsletter.

Altrusa International recognizes March 8th as "International Women's Day". The theme for 2025 is 'Accelerate Action'. It emphasizes the importance of taking swift and decisive steps to achieve gender equality. It calls for increased momentum and urgency in addressing the systemic barriers and biases that women face, both in personal and professional spheres. As Altrusan's, we represent a wonderful group of women; focusing on enriching the lives of all people within and outside of our local communities. From schools to hospitals, we can find women making a difference and modeling positive role models for future generations. "Here's to strong women. May we know them. May we be them. May we raise them" - Unknown

In Service,
Beth

Enrich the lives of those around you!

Altrusa Club News

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March 4	Planning Meeting for our 2025 Celebration of Trees Fundraiser 5:30pm @ Coffee Bean Pismo Beach
March 8	International Women's Day
March 8	Grover Beach Community Library Book Sale 9:00am - 3:00pm
March 29	Membership Social - 'Learn to Bake the Perfect Loaf of Bread' 1:00 - 3:00pm @ Blacklake Community Room in Nipomo

MEMBER MEETINGS

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

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

March 18 - 6:00pm
Foundation Meeting @
Judy Sorensen's home

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February Birthday Wishes

Alana Reynolds March 3

Jo-Anne Zubiri March 11

Altrusa Accent at Upcoming Meetings

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.

Learn to Bake the Perfect Loaf of Bread

March 29, 2025 1-3pm
Black Lake Community Center
498 Colonial, Nipomo

Altrusa International of San Luis Obispo County invites you to a Bread Baking Class where you'll learn how easy it is to bake "The Perfect Loaf."

Get ready to meet some new friends and learn about Altrusa and the great things we're doing in our community.

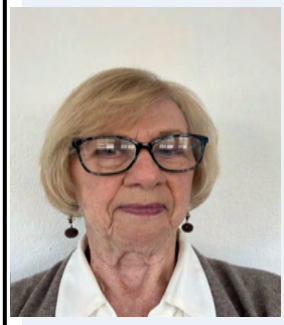
You'll leave with an enthusiasm for community service and bread dough (that you made) to bake at home.

Feel free to bring a friend.
We look forward to seeing you there!

Please RSVP (text or email) by March 24
Robin: 805-235-2935 rcwhite1@charter.net OR
Cici: 805-458-5942 ciciwynn@aol.com

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

Judy Sorensen



Strengths - I like being helpful
Weaknesses - Trying to remember things
Interests - Reading, playing solitaire, and lunching with friends

Meet Judy Sorensen. Judy has been a member since 1989 and her sponsor was Helen Kamas. She was inspired to join Altrusa because of her interest in Literacy. Here are some fun facts about Judy:

How long have you lived on the Central Coast? 61 years

What brought you here? My father's job working on the space program at Vandenberg Air Force Base.

Who are the members of your immediate family? I have two brothers, two sisters, four sons, two daughters-in-law, and nine grandchildren (six boys and three girls).

What is your favorite movie and why? South Pacific. I love love stories and I know the words to all the songs. He makes me think.

What is your favorite book and why? "Cutting for Stone" by Abraham Verghese. I enjoy his style and I learned so much.

What do you not feel guilty spending money on? Travel. So much to see, so many people to meet, and so much to learn.

Share a recent WIN in your life - Reaching 80 years old

If you could be an animal, what would it be and why? I would be a puppy dog because they like to play and they are loyal.

Edna Tinsley

Strengths - When I work, I work with my whole heart and soul, am a people person, and a team player
Weakness - Sometimes I bite off more than I can chew
Interests - gardening, crocheting, knitting, cooking, helping people

Meet Edna Tinsley. She has been a member since 2018 and her sponsor is Connie Wood. She was inspired to join Altrusa because she always wanted to help in anyway that she could and she found out that Altrusa is a very good organization with a good cause. Here are some fun facts about Edna:

How long have you lived on the Central Coast? My husband of 22 years, Greg and I moved here from Bakersfield in November 2013.

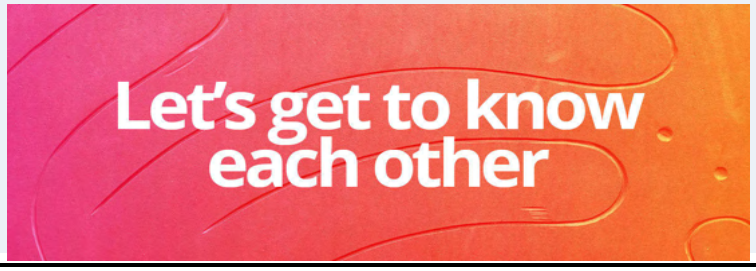
What brought you here? Clean air, beautiful weather all year round, pace of life, and less traffic.

Who are the members of your immediate family? As a single parent, I raised five children, two girls, a boy, and twin girls in that order. I have 10 grandchildren, five boys and five girls, all degree holders, and all doing great.

What is your favorite movie and why? I have 2. "An Affair to Remember" - I am a romantic and the second one is "Imitation of Life" - I am a believer in respect of family.

What is your favorite book and why? "We the Living" by Ayn Rand. Russian born American novelist, philosopher in mid 20th century. It is from this book that my eldest daughter named her daughter, my eldest granddaughter, Kira Andrea. Kira was the leading character and her lover Andre, thus Kira Andrea.

Share a recent WIN in your life - Being a single parent to five wonderful children who are all degree holders/scholars.



Super Bowl Party for 16

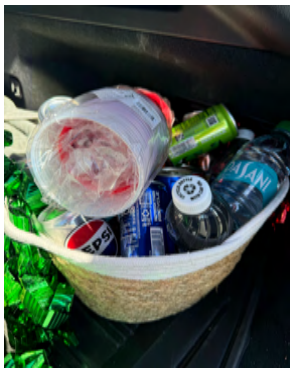
Our Club coordinated a Super Bowl Party last month for the winning bidder at our Celebration of Trees event in November 2024. They were super excited and so thankful to Altrusa for delivering all the delicious food before game time. They also expressed gratitude for what our organization does for our community.

Members, Beth Lorenzo, Debbie Volz, and Becky Lorenzo were all smiles.

Members, Melanie Hodges and Judy Sorensen, arriving with their contribution for the party.

Some of the treats that were contributed by Altrusans, as they were ready to be transported to the winner's home.

Members, Alana Reynolds, Edna Tinsley, Beth and Becky Lorenzo, meeting up with their homemade treats.



Some of the beverages that party guests will be enjoying.

Pictured from left to right, member Edna Tinsley, Melanie Hodges, and Koni Shaff, at the party winners home.

Delivery complete by members, Edna, Melanie, and Koni. Such a beautiful spread. Ready to get the Super Bowl Party started!

Oceano Library Craft Event -

Our Literacy Committee sponsored a Valentines craft day at Oceano Library on Tuesday, February 11th.

Members Judy Sorensen, Terry McDonald, and Koni Shaff, assisted approximately 10 children (and several parents), as they made beautiful Valentine's Day cards for their family and loved ones.

All the kids were so creative and proud of their special cards. They couldn't wait to take them home.

Many of the kids made multiple cards, and they were very creative. In addition to card making, the club provided Valentine's themed Spanish, Bilingual, and English books. The remaining books were donated to Oceano librarian Nancy, who will give them out to kids visiting the library the rest of the week.

After finishing their cards and choosing a book, the kids also took a few mini Valentines along with heart-shaped chocolate covered pretzels and suckers. Member Terry McDonald, getting ready to pass them out to the kids.

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)

Oceano Library Valentine's Day Books

Our Club provided Valentine's themed Spanish, Bilingual, and English books at our craft event.

Every child was able to take home a book to enjoy.

The highlight of the event was listening to a father reading one of our books to his young son…priceless!

Accent - Ideas for a Spring Garden

PLANT THREE ROWS OF PEAS;
1 peace of mind
2 peace of heart
3 peace of soul

PLANT FOUR ROWS OF SQUASH;
1 squash gossip
2 squash indifference
3 squash grumbling
4 squash selfishness

PLANT FOUR ROWS OF LETTUCE;
1 lettuce be faithful
2 lettuce be kind
3 lettuce be patient
4 lettuce really love one another

NO GARDEN WITHOUT TURNIPS
1 turnip for meetings
2 turnip for service
3 turnip to help one another

TO CONCLUDE THE GARDEN, WE MUST HAVE THYME;
1 thyme for each other
2 thyme for family
3 thyme for friends

Club member, Beth Lorenzo, shared the following Altrusa accent piece at February's business meeting. We thought we would share it with all of you.

Inspiration was shared by member, Melanie Hodges.

INTROSPECTION

There's a very special person
Who's in our group today,
With goals and aspirations
For Altrusa to Display.

This woman is resourceful,
Creative, sharp and bright.
She always works hard in her club
With Altrusa goals in sight.

She can be depended on
To collaborate and plan,
Her optimism shining through
For her motto is "I CAN".

She gives tirelessly to her community
With projects she can do,
No matter what the challenge,
She always follows through.

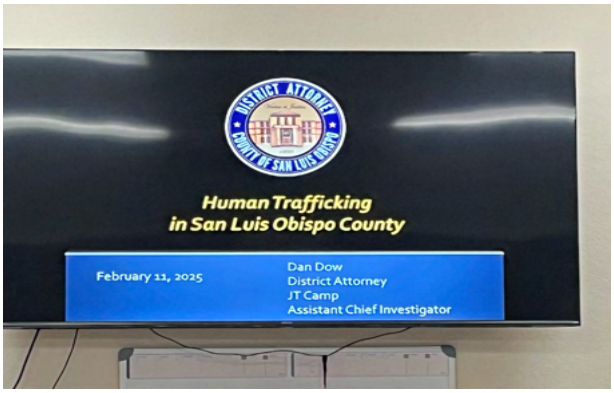
A person quite professional,
A friend through thick and thin,
Who believes in helping others
Leaving goodness where she's been.

This very special person
With pride wears white and blue,
She's blessing to ALTRUSA
Because….of course she's YOU!

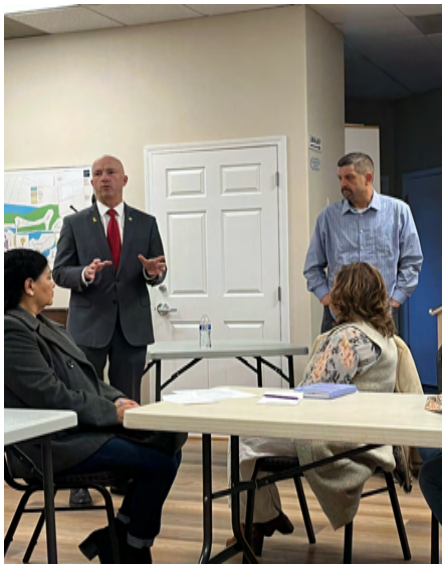
Linda Kinnert
Altrusa International, Inc.
New Castle, Indiana
District Six

Guest Speaker - Dan Dow

At February's business meeting, our club welcomed a special guest, SLO District Attorney, Mr. Dan Dow to come speak to us about Human Trafficking in our community. He shared with us, along with JT Camp, Assistant Chief Investigator, the serious impact that human trafficking is having in our community. We learned what his office and staff are doing to help those that have been victimized, as well as, prosecuting those responsible for their crimes. It was very informative and several members and guests were able to ask questions about this very concerning issue.



Members, Connie Wood and Alana Reynolds, chatting with Dan Dow, before his presentation.



We had a good turnout of members and guests that evening.

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 will be hosting a Bread Making Class on Saturday, March 29th from 1-3pm at Blacklake Community Room.

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:

SCAN ME

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…

GROVER BEACH COMMUNITY LIBRARY EST. 2004

Let's make 2025 the best reading year yet! Our first Book Sale will be on Saturday: March 8, 2025. Come check out all the wonderful books. You will find something for everyone!

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. Une 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