



Ocean Breeze

Altrusa of San Luis Obispo County

September 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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altrusaslocounty.org

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

President's Message:

As we say goodbye to Summer and welcome Fall, we're excited for a season filled with new projects, activities, and opportunities for our Club. September through November is usually our busiest time, and this year is no exception!

First, we want to warmly welcome our new members -Tracy McCoy, Debbie Moore, and Donna Cettolin. We're so grateful for their enthusiasm and eagerness to jump in and get involved with community service.

We're also thrilled about our first Sip&Paint Club fundraiser at Claiborne and Churchill winery on **September 14th**. This promises to be a fun afternoon, and we hope to make it an annual tradition that brings friends together to support our Club.

This year, we're also making a difference by sponsoring a Blood Drive on Make-A-Difference Day, **October 25th**. A few members have already committed to donating, and we encourage everyone who can, to participate. Every donation helps to save lives & your involvement truly matters.

And, now for some exciting news - after much anticipation, there will be an in-person conference in 2026! Mark your calendars for the first weekend in May in Avondale, AZ. District Eleven is also hosting a workshop in Chandler AZ on September 27th. A flyer was sent to all members with details.

And that's just the beginning. Be sure to read the rest of this newsletter for even more updates and opportunities to get involved.



CLARITY
ALTRUSANS IN ACTION

Cici & Robin

Co-Presidents





Sept. 3 Empty Bowls Paint Party
Oceano Library 2:30 - 4:30pm

Sept. 6 Empty Bowls Paint Party
Vet's Hall (next to the Shell
Beach Library) 9am - Noon

Sept. 14 Sip and Paint Fundraiser
Claiborne & Churchill Winery
2:00 - 4:00pm

Additional Empty Bowls Paint Parties TBD

Mark your calendar - Blood Drive on
Saturday, October 25th for Make-A-
Difference Day



MEMBER MEETINGS

September 9- 5:30pm (5:00pm Social)

Business Meeting
Blacklake Community Room

September 23 - 5:30pm

COT Meeting
Coffee Bean Pismo Beach

TBD

Foundation Meeting



September Birthday Wishes

Raine Ross Sept. 2

Melanie Hodges Sept. 9

Judy Hearn Sept. 21



July Total
Service Hours
by our members

463



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

Becky Lorenzo



Strengths - Humor, creativity, technology, empathy, honesty
Weaknesses
 Scheduling/time mgt, public speaking, not an audio learner
If you could be an animal - A monkey. They swing from trees/groom each other
Not feeling guilty spending money on?
 Giving gifts to other people or to charitable organizations

Meet Becky Lorenzo. She joined Altrusa in 2024 and her sponsor is her mom, Beth Lorenzo. She joined to be more involved in our local community. Here are some fun facts about Becky:

How long have you lived on the Central Coast? 11 years.

What brought you here? Got a job with MindBody. My parents and brother already lived here.

Who are the members of your immediate family? My mom and dad, brothers, Josh & Chris, nephews, Nicholas & Julian, niece Alina, and my fur baby, Abbey Mae.

What is your favorite movie and why? Legally Blonde. In the movie, Elle Woods, (Reese Witherspoon) loved pink. I agree. She also thought the best decision was to follow her boyfriend to law school only to find out he was not at all what she had known him to be. With hard work and a different mindset, she ended up excelling in her class at Harvard. The movie definitely has some memorable moments for me, especially because I had just graduated from high school when it was released and I was in a sorority in college.

What is your favorite book and why? It's hard to choose a favorite. One of the books in process right now is 'Doom and Bloom'. I'm enjoying it because of the wonderful artwork in the message about using your creativity to overcome the adversities in this world.

Share a recent WIN - Challenging myself by signing up for art classes, focused on watercolors, doodling, and free expression of creativity.

What are your interests? painting, drawing/doodling, writing, lounging outdoors

Beth Lorenzo



Strengths - Organization, detailed, and love to interact with people
Weaknesses - Sometimes taking on too much, impatient
If you could be an animal - I would be a Honey Bee. They are hardworking, always busy, and their ability to adapt
No guilt spending \$\$ on - Art, wine, travel

Meet Beth Lorenzo. She joined Altrusa in 2020 and her sponsor is Connie Wood. She wants to make a difference in our community and her focus is Literacy (retired teacher). Here are some fun facts about Beth:

How long have you lived on the Central Coast? Since 2011, so 14 years.

What brought you here? Growing up as a SoCal girl, I have always loved the ocean. The Central Coast has the perfect weather along with a smaller community feel.

Who are the members of your immediate family? My husband Mike, 2 sons, Josh, who lives with his family in Texas and Chris, who resides in North Carolina, along with my daughter Becky in Arroyo Grande. I also have 3 grandchildren, Nicholas, Julian, and Alina.

What is your favorite movie and why? The movie 'Rudy'. Based on a true story, of a passionate young man that his greatest dream was to play on the Univ. of Notre Dame football team. Despite facing many obstacles and widespread doubt regarding his limited physical stature, Rudy defied the odds and ends up appearing in the last home game of his senior year.

What is your favorite book and why? My favorite book is 'The Diary of Anne Frank'. It is a heart-wrenching window into courage and loss. It's emotional and insightful. A classic, real view of war, antisemitism, and prejudice.

Share a recent WIN - Successfully planning a 48-day trip that took us from the states to South America, Southern Caribbean, and up the Eastern Seaboard to North Carolina.

Interests - Art/wine, concerts, travel, shopping, cooking/baking, entertaining

Stuff the Bus

Several Club members participated at United Way's "Stuff the Bus" event on August 10th. We collected, sorted, tallied, and organized school supplies to help youth and families in need in our community. #BackToSchool2025 #givingbacktothecommunity



Member, Carol Somerville, handed out school supply wishlists to customers.

Becky Lorenzo and Debbie Volz organized the school supplies aboard the school bus.



Members, Donna Cettolin, Beth Lorenzo, Carol Somerville, Gayle Harbert, Becky Lorenzo, Koni Shaff, and Debbie Volz teamed up at the event.



A mother and daughter graciously supported the event.

Member, Gayle Harbert, received several bags filled with needed school supplies from a wonderful young lady.



Jo-Anne Zubiri and Donna Cettolin showed some of the school supplies that are needed.



Member, Koni Shaff, received several backpacks for local kids

New Member Initiation



District Eleven Past Governor, April Smith, conducted the New Member Initiation, “Fruits of Altrusa” as we welcomed three new members - all sponsored by Connie Wood.

Co-President, Cici Wynn, presented new member, Donna Cettolin, with her badge and pin.



New member, Tracy McCoy, was presented with her badge and pin, by her sponsor, Connie Wood.



Pictured from left to right, Donna, Debbie, and Tracy with their sponsor, Connie.



Cici Wynn, presented Debbie Moore, with her badge and pin.



Welcome
to our
New Members

- **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)

Grover Beach Community Library Book Sale



Members, Debbie Moore and Connie Wood, were able to acquire many gently used children's and some adult books at the GBCL's Book Sale on August 9th. We will be able to distribute them throughout our community. Thank you Debbie and Connie!



Book Stamping Party

Several Altrusans put their hands together to clean, label, sort and pack up eight boxes of 725 gently used children's and some adult books ready to donate out into the community. We are on our way to reach the goal of donating 5000 books this year. Thank you to all who helped.

#community #literacy #education



Here are some of the wonderful books that children will be enjoying very soon.



Many thanks to member, Connie Wood, for hosting and providing some delicious treats for all of us to enjoy (Koni Shaff holding a tray of muffins).



Local Author

Thanks to our Foundation, we were able to help local author, Lisa Guy, with printing costs of her parenting book, 'Pearls'. It was written to help parents foster a strong relationship with their child/children through comforting words. South County Youth Coalition (we partner with them for their Learning Pod Series), will be donating these books for their fall parenting classes.



Lisa has also published a simplified/abridged version of her parenting book for school-aged kids, a Spanish translation of the simplified parenting book, and two children's companion books, one in English and one in both Spanish and English.



Foundation President, Beth Lorenzo and Foundation Director, Becky Lorenzo, presented Lisa Guy with a check to help with book publishing costs.



Foundation Update

Recent grant requests approved -

- Grover Beach Community Library for their Summer Reading Program
- San Benito Elementary School for bilingual books
- Author Lisa Guy for parenting books
- Empty Bowls to support 5Cities Homeless Coalition



A Foundation page has been added to our altrusaslocounty.org club website which includes information about our Foundation, our Foundation Tax ID number, and local projects and partnerships. A donation link has been added along with contact information.



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

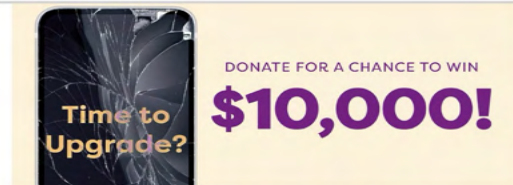
Email Marketing

- 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.



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 



MAKE A DIFFERENCE DAY

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.

Here is the link to find out more.

<https://altrusaslocounty.org/celebration-of-trees>


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

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 Paint Parties

Are you an artist? Do you know an artist?
Do you want to have fun AND support
5Cities Homeless Coalition's 2025 Empty Bowls event?

Come join Altrusa International of SLO County
at one or both of these Painting Parties

September 3, 2025 2:30 pm - 4:30 pm Oceano Library 1511 19th Street, Oceano	September 6, 2025 9:00 am - 12:00 pm Shell Beach Library (Vet's Hall) 230 Leeward Ave., Shell Beach
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Check out our website - <https://altrusaslocounty.org>

Send us an email - altrusa.sloco@gmail.com

Like and follow us on social media



SIP & PAINT FUNDRAISER

Altrusa Intl. of San Luis Obispo County

SEPTEMBER 14, 2025 | 2:00-4:00 PM

CLAIBORNE & CHURCHILL WINERY
2649 CARPENTER CANYON ROAD - SAN LUIS OBISPO, CA

"Birds on a Wire"

Create your masterpiece while sipping award-winning wines!
Our talented local artist, Peggy Valko, will direct us in painting.
Claiborne & Churchill will have their splendid wines available for purchase.

\$50 PER PERSON

Includes all supplies & afternoon appetizers

Space is limited. Please RSVP by September 6th to:
Robin White (805) 235-2935 or Cici Wynn (805) 458-5942

ARROYO GRANDE VALLEY HARVEST FESTIVAL SINCE 1937

Friday - September 26, 2025
Saturday - September 27, 2025

"Where community grows!"

agharvestfestival.com | [@agharvestfestival](https://twitter.com/agharvestfestival)

A collage of four photos: a man eating corn, a woman painting, a child with pumpkins, and a person in a costume.