President’s Message

Last month, we turned up the heat! We not only have been melting from the summer heat, but also had an amazing meeting program on immunity for Wellness Wednesday, presented by Julianna Wida with Studio b Wellness Creative. THANK YOU Shauna Stokes for connecting us with Julianna. I’ve heard many positive comments and reports from members on how much they enjoyed the presentation and are putting some of her suggestions into practice to destress their lives. All our committees have met and started working on tasks for the year. Communications is more than halfway done with the website renovation and finalized the yearbook. Ways and Means has put the wheels in motion for us to conduct a raffle. Service started the club year with a running start: reading through grant applications, completing our Alta Vista School Creative Library project, and contacting organizations for our new Club hands-on project. Membership was granted revitalization funds from District and is planning for our first mixer of the year.

September is Literacy Month. Some of our members shared their favorite books with us in this month’s newsletter. Can you guess who’s who? You won’t find me because I don’t have a favorite book. There are so many great ones! The genres I love most are fantasy, dystopian, and mystery. Since quarantine, I’ve read 9 books and am eager to start the next one. Hopefully one of the books shared by our members piques your interest, stimulates your mind, and brings you joy and inspiration.

“Books wash away from the soul the dust of everyday life”.
– Pablo Picasso
Mission:

Altrusa International of Chula Vista, Inc. is an organization of professionals dedicated to a more literate and educated community. This is accomplished by providing direct service and financial support to organizations in the South Bay.

Club Updates

Club Chairs for 2019-2020

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<tr>
<th>Role</th>
<th>Chairs</th>
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<tr>
<td>ASTRA</td>
<td>Sharon Brower &amp; Lillian Leopold</td>
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<tr>
<td>Communications</td>
<td>Julie Robello &amp; Isis Perez</td>
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<tr>
<td>Hospitality</td>
<td>Sharon Brower</td>
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<tr>
<td>Membership</td>
<td>Ceci Garcia &amp; Michelle Smith</td>
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<tr>
<td>Service</td>
<td>Shauna Stokes &amp; Lillian Leopold</td>
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<tr>
<td>Ways &amp; Means</td>
<td>Patti Rahiser &amp; Helyn Sloan</td>
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2022 Conference Ideas & Volunteer Interest. Click here.

Club Committee Sign Ups: Click here.

A note from Helyn

We are all frequently asked the following questions, to explain who is Altrusa – the organization, or what Altrusa does – accomplishes. If we all answer with the same language, there is clarity and consistency in our message.

WHAT IS AN ELEVATOR SPEECH?

An elevator speech is a 30 second response given to the usual question “What do you do?” The ideal response to any elevator speech is: “Please tell me more!” Which leads to a longer conversation.

WHO IS ALTRUSA?

Altrusa is an international organization, making our local communities better through leadership, partnership, and service. We are civic minded people who strive to create better communities worldwide – add local flavor unique to the community service. Such as, working with South Bay Community Services Mi Escuelita PreSchool and Casa Segurers.

WHAT DOES ALTRUSA DO?

Altrusa gives over 1 million volunteer hours annually, through 11 countries, our focus is Literacy along with specific projects unique to individual communities – add unique projects such as working with the Chula Vista Public Library to renovate the children’s room.

Altrusaga is published monthly for Altrusa Club of Chula Vista.

Mailing address:
PO Box 6225
Chula Vista, CA 91909

Foundation EIN#33-0463922

www.altrusacv.org

Facebook Instagram Twitter

September Calendar

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>2</td>
<td>Board Meeting* Evaluation of club attendance &amp; activities Review plans for Make a Difference Day</td>
</tr>
<tr>
<td>8</td>
<td>International Literacy Day</td>
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<tr>
<td>16</td>
<td>Business Meeting** – Literacy 50/50 Opportunity Drawing Send a copy of yearbook to District Officers and International</td>
</tr>
<tr>
<td>21</td>
<td>International Day of Peace</td>
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<tr>
<td>28</td>
<td>Local Club Foundation annual report due</td>
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<tr>
<td>tbd</td>
<td>Orientation Part III</td>
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</tbody>
</table>

September Birthday Month

- Lina Cestero
- Marta Michael
- Donna Moss
- Pat Upton
- Ayarim De Anda
Resilience
by Margo Fuchs Knill

Especially during this pandemic
When summer hides in fear
When the air stands still,
When the sun is hurt by the light

Especially during this pandemic
We need each other
To collect the bits and pieces
That will hold the world together again.

Hope is with you,
hope is with me
hope is with us.

Shared by Shauna Stokes at the August meeting.

We are pleased to announce. . . .

1920 2020

We recognize the women in Chula Vista who have achieved, excelled and paved the way!

Iracema Quilantan was recognized on the 100th year anniversary of the 19th amendment by the City of Chula Vista as a “woman who has achieved, excelled and paved the way!” We are proud of her achievements.

We celebrate. . . .

The city of Nashville, Tennessee dedicated a monument to the Women’s Suffrage movement at Centennial Park, marking 100 years since the 19th amendment was ratified. Tennessee was the last state to approve the amendment.

St Paul’s PACE in Chula Vista is holding a service opportunity for Sunshine for Seniors and SPEND. Please see the flyer on page 8 for detailed information regarding the program and how you can donate. The link to Sunshine for Seniors correspondence program is https://www.stpaulseniors.org/sunshine-for-seniors/

ALTRUSANS IN QUARANTINE

Members: When you’re done with daily attendance of virtual gatherings, working from home, and taking care of your family, share any service projects you’ve been able to perform and also how you’re spending a little "me" time during the pandemic.

Betty Waznis is part of a singing group, Pacific Coast Chorale, trying online Zoom rehearsals - “not the same but better than nothing” -- I am sure that a lot of us could say that about some of our activities. In addition, Betty is contributing every week to her local food bank - up in the Poway Unified School District area.
Our Members are Readers Too!

September is Literacy Month and members have posted a “Book Face”. Do you recognize the members?

The country is blessed with scenery that also evokes the past. Germany is a young nation (united in 1871) with a long history. It’s as modern as the architecture, and the archery towers and the apothecary shops, and the picturesque villages, and the picturesque history. And the medieval herbs. And the Gothic cathedrals.

But beyond the medieval ambience, the Peach (a Protestant city), the Kölner (the Rhineland city), the Rhine, and all the cities famous for their bridges and great plagues. Spry Klaus, who doesn’t know the difference between jogging and running, would call Rothenburg ob der Tauber, another Dixie, a Dixie. But she invents words and phrases and possibly history to fit her comfort. Her husband was one/true Rumpelstiltskin.

At the English Conversation Club, held every Wednesday night at a town pub, locals enjoy a weekly excuse to get together, drink, and practice their English.
ASTRA

Lillian Leopold,
Sharon Brower, Chairs

The ASTRA-Jag Kitchen Club meetings have been postponed until further notice.

ASTRA

Last year, our club of 40 ASTRA members completed 15 community service projects and over 60 community service hours! They actively recruited new members at several Campus Club Fairs to help with their service projects. Follow our ASTRA club on Instagram.

Membership

Ceci Garcia, Michelle Smith, Chairs

Membership Mixer at Pinot’s Palette
Join us for a morning of painting and fun on Saturday, October 10, 10 a.m. – noon at Pinot’s Palette at Liberty Station. It will be a private class held outdoors. Cost is $35. If you bring a guest (potential member) the cost for you will be $30 and your guest will be FREE! Please RSVP by September 20 to Ceci at cmcgarcia@cox.net. Social distancing will be enforced with a maximum of 15 attendees. Once you are confirmed, you will receive and email with further information.

Let’s Mingle and Walk!
Members are invited for a nice morning walk. Let’s get to know each other (at a distance) while we walk and get some exercise. Please meet at Mountain Hawk Park, 1475 Lake Crest Dr, Chula Vista, CA 91915, on Saturday, September 19, at 8 a.m. There is a walking trail, parking, and views of the mountains and Otay Lake. Please RSVP by September 17 to Ceci at cmcgarcia@cox.net so we can make sure we don’t start without you!

DID YOU KNOW?...

Interviewed by Helyn Sloan

Marta Michael

• Came to America and obtained a good education.
• Worked for Home Federal Bank and completed many levels of banking requirements.
• Had the opportunity to be selected for airline school and became a lead flight attendant for Southwest Airlines with the title of Miss Congeniality in 1977.
• Is enjoying retirement to the fullest with many loved ones and especially with her friend Rosemarie, her amazing daughter Carina, and her two beautiful Grandsons Sylas and Maddox.

Readers, left to right, top to bottom: Alana, Betty, Ceci, Eva, Glenda, Helen, Helyn, Hilary, Isis, Jeri, Jul, Lina, Michelle, Norma, Sharon B. Shauna

Buddy Teams 2020-2021

Team 1
Ceci Garcia
Barbara Harris
Donna Moss
Hillary Sloan
Michelle Smith
Sharon Vega
Alana Wilson

Team 2
Helyn Sloan
Diane Ayala
Ayarim De Anda
Lisa Perey
Lily Ramirez
Danielette Rebello
Jazie Rebello

Team 3
Eva Salas
Rosemarie Hudson
Marta Michael
Patty Nestor
Helen Arenas
Betsy Vargas

Team 4
Iracema Quilantan
Lisa Johnson
Lillian Leopold
Pat Breid
Carmen Richardson
Shauna Stokes

Team 5
Kari Phillips
Lisa Breid
Lisa Centers
Brinda Digig
Ruthy Lightbody
Norma Parra
Joy Whatley

Team 6
Maureen Roeber
Sharon Brower
Jeri Creah/Smart
Sandy Muniz
Pat Upson
Service Projects
Shauna Stokes, Lillian Leopold, Chairs

Alta Vista Academy Library Project Nearing Completion

Buddy teams were out in force purchasing art supplies, games, and puzzles for the Wellness Area/Creative Library space at the academy, and sorting, labeling, and shelving them, along with 103 previously purchased books. Barbara, Carmen, Glenda, Hillary, Jeri, Lillian, Sharon V., and Shauna participated on various days in late July and August. Purchase and installation of additional shelving, storage bins, chairs and sensory items are all that remain to be done. Many thanks to Carmen for making all of the labels/bookplates recognizing the Altrusa International Foundation for its grant and our club foundation for its funding.
This is the link to the voluntary project mentioned at the August club meeting. If you would like to participate here is the link: https://www.kelloggsfamilyrewards.com/en_US/promotions/feeding-reading-national.html

This is an easy hands-on project whereby you purchase from one up to 10 various Kellogg's products and then can select children's books to be sent to you, on a one-for-one match. If you want to keep the food products, great; if you want to donate them to Altrusa, we will get them to club-approved places, such as Hillary’s school, Community through Hope or homeless students we will be helping. We will collect all of the books and the Club will decide where they should go. You just have to make the purchases by September 30. The link above gives the details, specific products, etc. Thank you and happy shopping!

P.S. You do not have to participate – it is strictly voluntary.

The Ways & Means committee is researching options moving forward to raise funds for the projects we fund. To date, Helyn, Kristi, Alana, Barbara, Lily, Maureen and Sharon Brower, the committee have:

- The club agrees to link any fundraising effort with a specific project to help increase interest.
- There is agreement to start with a $1,000 gift card raffle. Carmen has determined, from the state, that we can advertise a raffle on social media and our website. However, we cannot sell tickets electronically on the Altrusa website but we can mail the tickets via US Mail.
- Carmen is working to get California Justice Department approval for holding a raffle.

- Patti viewed a webinar to obtain information on how to organize an online auction event. The software required to ensure any success would need to be purchased for approximately $1,200. The club will have to evaluate this before pursuing.
- Service committee will let us know what projects they plan to fund from existing resources and identify a project that Ways & Means can focus on fundraising via raffle.

It's heeeeeeere!
The new yearbook has arrived.
Sharon Brower is in charge of distributing them to all members.
The following items are needed to meet the basic needs of San Diego’s most frail, low-income seniors:

- Food gift cards (Vons, Albertsons, anywhere that sells food) are a HUGE need and canned/non-perishable foods
- Cleaning supplies
- Laundry detergent
- Fabric softener
- Dish sponges
- Paper towels
- Toilet paper
- Blankets
- Kleenex
- Socks
- Sweatshirts
- Trash bags
- Denture cleaner
- Eye glass cleaners
- Hygiene care items:
  - shampoo
  - body wash
  - deodorant
  - toothbrushes
  - toothpaste
  - hair brush/comb
  - razors
  - shaving cream

St. Paul’s PACE cares for seniors. You can help too, through St. Paul’s Essential Needs Drive (SPEND). While you may only SPEND A LITTLE – your donation will HELP A LOT!

You can drop off your donations at any of our three St. Paul’s PACE locations:

**St. Paul’s PACE - San Diego**
(619) 677-3800
111 Elm Street, San Diego CA 92101

**St. Paul’s PACE - Chula Vista**
(619) 271-7100
630 L Street, Chula Vista, CA 91911

**St. Paul’s PACE - El Cajon**
(619) 551-7400
1306 Broadway, El Cajon, CA 92021

Donation sites are open from 8am to 4:30pm, Monday through Friday. Please, do not gift wrap and no used items.

StPaulsPACE.org