President’s Corner

District Conference, check! New Club Officers Elected, check! Installation planning, check! Family Fun Day, check! Our work is a continuous calendar of good things. Our club rocks. I can’t tell you how many times I heard that comment or one like it at the District Eleven Conference. Eastern Sierra is recognized as a great club.

The Conference at the Handerly Hotel in San Diego was marvelous. The Hotel is in the North Circle of hotels. The hotel is older with immaculate grounds and wonderful staff. It is family owned and you could feel it. I highly recommend staying there if you ever need a place while you are in San Diego.

I rode with Valerie Higgs on Thursday, we arrived just in time for the Outgoing and Incoming Committee Chairs meeting at 2:30 pm. I am the new Club Building Chair for District Eleven, Margee Neer, is the new Leadership Chair and Trish Schlichting just completed her term as Service Chair as well as Ann Strohm, completed her term as Communications Chair.

I have already been working with the past District Club Building Chair, Sue Larkin, as we worked on getting the Reno/Sparks Club started. The Reno/Sparks club is still in formation. In order to charter, they need 15 members, they are currently at seven members for 2019-2020.

On Friday, the Business sessions are always impressive with traditions and parliamentary procedure paramount. At the Friday luncheon we tied for highest number of new members for the year, we had six new members join us this year! Have you paid your dues for our new year?

Saturday at conference was a day of workshops. I attended the Leadership Workshop and helped conduct the New Club Building Workshop. Saturday ended with the installation of our new Governor, Pat Zoller and our new board. Our own Andrea Shallcross has moved from District Treasurer to District Director which was just vacated by Margee Neer.

We submitted applications for the International Nina Fay Calhoun International award for our project, “Empowering Women through Health Education.” We are making the Days for Girls kits for this project as well as doing health training in Mexico and Uganda. Margee will be traveling to Mexico to help train community health educators. We received a second Honorable Mention for the project. This project is ongoing and is led by the wonderful work of Maggie Kingsbury, Trish Schlichting and Margee Neer.

We also applied for the Mamie L. Bass Service Award for the Welcome Home Baskets that we assembled for Wild Iris. We did not place for this award. The quality of all the applicants were exceptional. Even though we didn’t place at the District conference, it does not diminish what a great project this was and will continue to be for the families that need the help of Wild Iris. Many thanks to Andrea Shallcross for championing this project.

A great take away from those of us that traveled to San Diego for conference was that Altrusan’s know how to party! By party, they include dancing! So, as we are planning the installation of our new board, please know we will party and we will dance! Details are forth coming. You will also be able to invite your friends to join us, whether they are part of our club or not. Remember too, we are not for women only.

Have a wonderful Memorial Day and Mule Days!

In service,

Gail

Board and Business Meeting

May 23 Program Meeting

Place: Astorga’s

Time 12:00 p.m.
Completed blankets and sign with Project Linus info (www.projectlinus.org). (I-r: Bea Goyette, Tiffany Lau, Melinda Aguirre, Andrea Shallcross)
Trish in her hotel room preparing for her “Surfing the Literacy Board” on Thursday afternoon for the All Conference Hands on Project.

Assembling blankets for Project Linus on Thursday afternoon for the All Conference Hands on Project.

(l-r: Tiffany Lau, Aggie Kurzyna)

Newly Installed District Eleven Board

Left to right: Pat Zoller, Governor; Melanie Hodges, Past Governor; Hillary Sloan, Secretary; Leslie Johnson, Treasurer; Andrea Shallcross, Director; April Smith, 2nd Vice Governor; Bonnie McPherson, 1st Vice Governor; Melinda Aguirre, Governor Elect.
Thursday morning breakfast at The Waffle Spot. The Japanese translates to “Waffle Kingdom.” (Thank you, Google Translate!)

Friday evening entertainment with The Corvelles performing Motown music.

Parade of Flags/Club Banners at Friday Opening Session.

Dancing to The Corvelles!
Our first timers to conference and also our voting delegates. They are in line to walk in and open the conference. All the clubs have one or two attendees walk in with their club banner to open the Conference.

Left Valerie Higgs and Tiffany Lau

Sunday Morning Walk In San Diego

Left: Margie Neer
Middle: Tiffany Lau
Right: Gail Swain
Altrusa District Eleven 2019 Conference Reflections

Conference is a time to learn, share and connect.

As outgoing District Director I had the opportunity to share information about the International Foundation and to oversee events to encourage engagement in the Foundation outreach programs. One of the best events is the fitness time. This year we had a walk along Mission Bay or a yoga/stretch session. It provides a time to take care of yourself and visit with old and new friends.

I got to go to Trish’s workshop on literacy. She outlined the steps of developing a good literacy project with a creative and fun presentation. Then she divided us in groups and had us come up with our own project utilizing the steps she gave us and some project parameters. What I realized as I saw many of our members participating in various ways is that we have a special club with many talented members.

And, although at first you wouldn’t consider it a highlight, the memorial service is something that is very meaningful. I am always inspired by Altrusans who have lived interesting lives of service and commitment. They have given to others and made this world a better place. Something we can all aspire to.

Margee Neer:

Foundation is Reaching Out to Light the Way

An outreach project for the International Foundation was revealed at the district conference and will continue through the Summer convention. This project is raising money for the disaster relief fund and providing LUCI lights, solar powered blow-up lights which will be used in Puerto Rico as well as Mali and Ghana where we support projects. These lights can be recharged and used for up to 24 hours. They are used for homework, cooking, clinics and all kinds of home and community activities when the electricity is out or unreliable. A donation of $20.00 buys a LUCI light to send over seas and one for the donator to keep. A donation of $100.00 will put $91.00 in the disaster fund and the donor will receive a medallion. This is available through Margee or will be available at the convention.

Margee Neer

First I’d like to say why this was my first time attending Conference. I hadn’t attended before because I wanted to save my money and vacation time for visiting family. The “scarcity/starvation” mindset was so deeply imbedded in me that I never stopped to check if I “could” afford to take unpaid time off. I also felt guilty if I took too much time off and let my work pile up. And frankly, I didn’t want to use my limited resources to spend time with a bunch of strangers.

I had my priorities wrong. Firstly, although I liked my coworkers, I didn’t feel like my work was making the world significantly better, at least not in the way I wanted to contribute. And secondly, I wasn’t invested enough in the organization that allowed me to do meaningful work: Altrusa. And I wouldn’t be meeting strangers, I would be getting to personally know my allies.

My favorite part of Conference was spending time with members from different Clubs. Vivian Goo (Oxnard) graduated from the same Hawaiian high school as my dad. Aggie Kurzyna (Los Angeles) truly lives “the only constant in life is change,” moving cross-country and signing up as President of the Los Angeles Club. Melanie Hodges (San Luis Obispo County) can really cut a rug.

Conference is also packed full of informative workshops and speakers. My favorites: Melinda Aguirre and Pat Zoller giving resources and best practices for dealing with the challenges of Presidency, from presiding over meetings effectively to member retention and engagement. Keynote Speaker Jacqueline Townsend Konstanturos showing us the difference between brand (who we are) and logo (the signature of our organization). Chuck Kossuth at the social media workshop emphasizing that—no matter what social media platform we use—our content should entertain, educate, and empower our audience.

Tiffany Lau President
**More Reflections from Valerie Higgs**

**Ad**venture  
**Learning**  
**Trust**  
**Res**pect  
**Understanding**  
**Service**  
**Action**

That is what Altrusa is all about.

---

**Never Give Up!**

Reach inside!  
Give it all you got!  
As long as you’re alive you can keep on trying!

Never Give up!  
Discover how strong you are!  
Don’t let anything or anyone bring you down!  
Instead be someone who lifts others up by not giving up and inspiring others with all you’ve achieved

Never give up!  
Karen Salmonsohn

---

**New Club Officers Elected at May 9 Business Meeting**

President- Tiffany Lau (two year term 2019-2021)

President Elect- Margee Neer and Trish Schlichting (two year term, 2019-2021)

Recording Secretary- Valerie Higgs and Sharon Bennett

Correspondence Secretary- Diana Soltis

Treasurer- Andra Gleinn

Assistant Treasurer- Tina Cocherell

Past President- Gail Swain

Director- Vicka Stout (One year)

Director- Emma Lantz (One year)

Director- Sherri Lisius (Two Year)
May Events

23 Program Meeting 12:00

Save the Date for Mule Days
17-18-21-22-24 Altrusa Volunteers

It never too late to volunteer for Mule Days. This is the 50th Anniversary of Mule Days. If you want to have fun and meet lots of people from everywhere volunteer. Guess what? Volunteers get a free lunch. Just call the Mule Days office and they will fit you with a spot you will be happy with.

Call now 760-872-4263.

May Program Meeting

Sharon Markenson-member of The Climate Reality Corp, The Citizens Lobby, INYO350-will be speaking about legislation to reduce greenhouse gas emissions and transition to renewable energy. She is a retired high school English teacher who has been working to educate the public about solutions to global warming for the past 5 years.

Astorga’s
Buffet-style lunch included for $10.00 (includes tax and tip). Beverage service will be set up.

Please e-mail Susan Daughenbaugh
To let her know if you will be attending.

smdbaugh@gmail.com

Famous Quotes

- The most difficult thing is the decision to act, the rest is merely tenacity. – Amelia Earhart
- Life isn’t about getting and having, it’s about giving and being. – Kevin Kruse
- Life is 10% what happens to me and 90% of how I react to it. – Charles Swindoll
- I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. – Maya Angelou
- Go confidently in the direction of your dreams. Live the life you have imagined. – Henry David Thoreau

Sugestions for Our Newsletter

A favorite book you read recently.
Title and Author
New Recipe

Please fill out your Member Profile
E-mail me the profile with a photo

Looking forward to hearing from you. Please send me your newsletter items by the first of the month.
E-mail me, dmsoltis@verizon.net

No Newsletter for June I will be out of town

We make our communities better through leadership, partnership, and service.

MEMBER SPOTLIGHT

Who will be our Altrusa member in the spotlight next month?
# May 2019

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Calendar for Club and Community Events

Altrusa
Program Meeting
May 23
Time: 12:00
Place: Astorga

Save The Date

May 17  Mule Days afternoon set up
May 18  4:30 pm Mule Days Volunteer Dinner Serving
May 21  Mule Days afternoon set up
May 22  4:30 pm Mule Days Opening Night Dinner Serving
May 23  12 Noon Program Meeting
May 24  3:30 pm Mule Days BBQ Dinner Serving
June 13  Board and Business Meetings
June 27  Program Meeting
June 29  Installation (pending)

Do You Have Mule Days Tickets Yet?

You’ve probably heard by now that 2019 will mark the 50th Anniversary of one of Bishop’s most beloved events. That means the party’s going to be bigger and better than ever and you do not want to miss out!

Interesting in becoming a co-sponsor or volunteer? Call (760)872-4263 or stop by the Mule Days Office - 1141 N. Main Street in Bishop.

Pamper Pedal
All Female Bike Event

June 1, 7am-3pm

The Pamper Pedal is the highlight to the cycling season for women. This ride features a 44-mile, fully supported event with gourmet treats at three rest stops, on-road SAG, gift bag, and post-ride party at Bishop City Pool & Park, which is catered by Red Lantern. All levels and ages welcome.

Please visit the Bishop Chamber of Commerce Web Page for more information about more community events.

Bishop Area Chamber of Commerce and Visitors Bureau

760/873-8405 | execdir@bishopvisitor.com

www.bishopchamberofcommerce.com
About Altrusa of the Eastern Sierra California

Club business and program meetings are held on the second and fourth Thursday of each month. The business meeting, which is the 2nd Thursday of the month, is held in the evening at 5:30pm and the program meeting is held on the 4th Thursday at 12 noon. Both meetings are held at Astorga's and both meetings have a meal. The evening meeting is $12 and the noon meeting is $10. Your first meeting is on us, you just have to let our membership chairperson know that you will be attending.

Membership dues are $100 to join the club, with renewal at $90. Currently, until May 1, dues to join are only $50.

Each Altrusan determines their level of involvement in our projects. We are a great group of women and enjoy doing good things for the community.

We would love to have you join us at a meeting or two and see if you would like to become a member.

DAYS FOR GIRLS SEWING GROUP Progress

Altrusa International chose the Days for Girls Project as an international service project and encouraged clubs to get involved in whatever way they could to support the project. Many of our members were inspired by this project and have been interested in moving forward. For our club we have been able to write for a grant to the International Foundation that will help us in this effort. We will be assisting women of childbearing age in both Uganda and Mexico with menstrual hygiene kits and information and support related to menstruation, reproduction, pregnancy and general health.

We have obtained supplies and some patterns and training to set up some sewing days to begin to put together kits. These kits are put together carefully in order to provide a quality product which will last as long as possible for the women and girls who will receive them. If you sew we welcome you to come assist. If this is not your skill, there will be many jobs from cutting, to ironing, to assembling the final kit. Come be a part of this exciting project.

Call Margee or Trish for more information.

DAYS FOR GIRLS
HELP IS STILL NEEDED ON THESE DAYS
WHERE Highlands Clubhouse
May 19
MEMBERSHIP BEGINS WITH ME

I’ll start my first article by quoting from the Altrusa International Resource Guide. Section 4: Club Information: Membership -

Recruitment Guidelines: It is the responsibility of every active member to help build the Club’s membership by recommending outstanding candidates for membership.

You are our most effective advertisement! We can place notices in the paper, put up posters, or use the radio, but your telling others about who we are and what we do will always be the most effective way to build our membership.

Membership is a constant, and the umbrella over which all other functions of our club operate. Membership is fluid, because members move away, life puts out new demands, and choices often have to be made, so we need to be constant in our efforts to bring in new members. They bring a myriad of new ideas, talents, and, hopefully, an interest in leadership positions, as well.

Make the most of every opportunity to share what it means to be an Altrusan, and remember that membership does begin with ME.

Susan Daughenbaugh
Membership Chairman
ALTRUSA of the EASTERN SIERRA
MEMBER PROFILE QUESTIONNAIRE

NAME: ____________________________________________________________

FAMILY: __________________________________________________________

WHERE DID YOU GROW UP? _________________________________________

EDUCATION: _______________________________________________________

OCCUPATIONS: ____________________________________________________

OTHER ORGANIZATIONAL EXPERIENCES __________________________________

HOBBIES / INTERESTS / ACTIVITIES: ________________________________

FAVORITES: _________________________________________________________

TELL US SOMETHING ABOUT YOURSELF OR SOMETHING YOU DID THAT WOULD TOTALLY SURPRISE US.

FAVORITE QUOTE OR EXPRESSION: ________________________________

OTHER ___________________________________________________________

_________________________________________________________________

_________________________________________________________________