**PRESIDENT’S MESSAGE**

Dear Ladies,

July is here already! I’m once again enjoying the sunshine and swimming opportunities at my mom’s house. My mom is slowly recovering from this latest health set-back. We are grateful that it wasn’t a stroke. Didn’t realize how important it is to stay hydrated, even when it isn’t 100 degrees. Lesson learned the hard way. Thank you for all your love and support.

Our District Eleven is busy as ever. Be sure to read the Governor’s Newsletter attached to this mailing. Mark your calendars for next spring and summer for conference and convention. Hopefully we will all be healthy and able to gather for these festivities.

Since our community service projects are at a standstill, you may consider joining fellow members in the *Letters Against Isolation* project that Susannah is chairing. She had an article in last month’s newsletter on

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**PRESIDENT**
Kathy Girard

**CLUB’S WEBSITE ADDRESS:**
www.alrusadistricteleven.org/sd.html

**AL-TRU-SAYS EDITOR**
Diana Ramsey

**BOARD MEETING**
First Thursday of every month
Month at 6:00 pm.

**PROGRAM/BUSINESS MEETING**
Third Wednesday of every month
Social 5:30 p.m. Dinner at 6 p.m.

**HOSPITALITY CHAIR**
Susannah Berning
Telephone # (858) 569-8444
E-mail (teachsusannah@msn.com)

Don’t forget your reservation for the program/business meeting dinner is made ahead of time.
Please contact Susannah Berning
Phone # 858-569-8444
or E-mail teachsusannah@msn.com
and CANCEL your reservation by the Sunday evening preceding the meeting if you cannot attend.
how the program works. Contact her for further information.

Pat Zoller has offered her lovely backyard for our July Business Meeting. BYO Brown Bag dinner and drinks. She has plenty of seating, so we can spread out, while socially distancing. We are gathering at 4:30 for Social Distance Chit-Chat and the meeting starts promptly at 5:00. Hope to see as many of you as possible. As always, please let Susannah know if you will not be in attendance.

See you soon,
Kathy

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Hello to you all. I hope you all had a safe, quiet, and healthy 4th of July.

Not much to report on the Literacy Front, as most of our activities are person to person.

We are meeting to discuss possible new projects. Meanwhile I encourage all of you to read. Whether it is Cook Books, Magazines, On Line articles, and as always, books. Pat Zoller gave us some great suggestions of good reads. Thank You!

Share your learnings and suggestions of things we, your fellow Altrusans, might enjoy reading, Most of all find joy every day and enjoy life.

Sandy 😊😊
Upcoming important dates

July 9 6:00 – Board Meeting-Zoom
July 15 4:30 – Dinner Meeting
August 8 – Tentative Summer Social
Dec. 4 – Christmas Party
April 29- May 2, 2021 – Altrusa District Eleven Conference in Santa Maria
July 21-24, 2021 Altrusa International Convention in Quebec

Items to collect to donate as our July service project

Please contact Sandy Pfefferkorn – she will pick up your donation or you can leave your items at her home.
Call or text her at 619-316-711
Or bring them to our July business meeting.
Or email her at pfeffy50@gmail.com

Paper Towels
Paper Bowls
Paper Plates 6” & 8”
Individual Sized Snacks
Nuts
Chips
Cracklres
Fruit Cups
AppleSauce
Fruit Roll Ips
Juice Boxes
Soda
Or any type individually wrapped items.
Dear Chapter Coordinators,

It's time to begin announcing our 2020 Project Linus Mystery Quilt Challenge. I am SO EXCITED!!! The theme for this year is "Love Notes for Lucy" named after my 14 year old granddaughter and I think you're going to LOVE this year's quilt!

For those of you who are not familiar with the challenge, it is a HUGE fundraiser for Project Linus Chapters each fall. This is our 6th year. The cost for the general public to participate is $15. They will be given a password to access detailed clues and videos each week as they create their own Lucy's Love Notes quilt. If the participant lists your chapter name on the registration the entire donation goes to your chapter (no 20% is taken out). The key to success is simply getting the word out! In order to accomplish that task, I am willing to provide a personalized "bag stuffer" (3/page) plus the above graphic for you to give to volunteers, leave at local shops or send via email attachment to guilds, clubs, etc. in your area. Once they sign up, I will take care of the rest!

So, if you would like a copy of the bag stuffers personalized with your chapter name on it and a copy of the graphic, please CLICK HERE to email Mary (mary.balagna@gmail.com) and I will make one up for you as a pdf document. Be sure to include EXACTLY how you want your chapter name to be listed on the bag stuffer, in the email. Please do not wait until right before registration opens to request your personalized copy as we are very busy at that time.
Registration opens on Monday, August 24 with the first clue revealed on Saturday, September 26th. There will be 7 clues with the “Big Reveal” on Saturday, November 7th. Registration ($15) will be open until February 20th, 2021 (when the contest ends). The pattern will then be available for purchase on the projectlinus.org website for $20.

Chapters will no longer receive the $15 donation after February 20th, 2021.

In addition, we will have a contest that will follow with some GREAT prizes. Details will be forthcoming.

In past years we have had participants express their willingness to donate more than $15 - so this year we will have a place on the registration form where they can add to their $15 donation - but ONLY if they would like to do so.

Here is a generic view of the bag stuffers. They are printable (landscape setting) on an 8.5” x 11” sheet of paper and then can be cut apart for distribution.

If you haven't already, please join our Mystery Quilt Challenge Facebook Page to get a full view of our following and the beautiful quilts that have been made in past years. CLICK HERE to check out the Mystery Quilt Challenge Facebook page.

Thank you,

Mary Balagna
Project Linus National Vice-president
News to Share

🌟 Kathy submitted a grant to Altrusa Foundation for Disaster Relief $1,000 to the San Diego Food Bank. She called it “Feeding Hungry School Families During Covid 19. She is waiting to hear if it was approved. Kudos for this excellent grant idea 😊

🌟 (Shared by Charlotte)

Hi Charlotte.

Happy 4th of July Weekend! I hope that you’re enjoying it.

This week, we surpassed our goal of writing 2419 letters. Together, we wrote 2694 letters! It only makes sense, our volunteers always give 111%! If you wrote a letter this week, I would like to extend an enormous thank you. Your letters have brought so many seniors around the county some sunshine.

Monday also marks 3 months since Saffron and I started Letters Against Isolation. In that time, we have written 18,335 letters to over 4,000 seniors in 16 states around the USA. Those are some incredible numbers, and we owe them all to you. As one of our volunteers, you have made it possible to reach so many seniors, and brighten so many days. We are so grateful for all the cards you have written, your wonderful ideas for how to improve, and your kind words. Thank you.

One of our lovely volunteers, Lois, had the wonderful idea of making a sticker that other volunteers can use to mark their letters as ones coming from LAI. We loved her design, and decided to share it with you. You can buy a sheet of 20 for $6.30 here - Zazzle.com. It is not required for sending letters, and neither of us profit from a sale.

LAI (and many of our volunteers) was featured on the NBC Nightly News with Lester Holt. You can watch the clip here - LAI NBC News Story. Some of our volunteers, and the seniors we serve are featured! Getting to see their faces really made me smile. I’m kind of blown away that we were on national news. Thank you for sending your photos, and videos. Saffy and I had a lovely time watching them!

This week, we hope to write more letters than we have ever written in a single week before. Our goal is to write 3000 letters. I am confident that together we can write enough letters for seniors at 35 nursing homes around the country!

To do this, we need all hands on deck. Please tell your friends, family, offices and classes about us.

Have a wonderful day, and keep smiling!

Shreya

Saffron

Recipe For Happiness

- Live with enthusiasm
- Smile for no reason
- Love without conditions
- Act with purpose
- Listen with your heart
- Laugh often

www.Livelifehappy.com
about how you can help during this pandemic.

https://www.daysforgirls.org/masks4millions

Great pictures to share!!!!

July 27- Diana Ramsey  
July 28 – Kathy Girard

Kathy’s sweet grand baby Emilia is already 6 months old!!!

Diana’s Little Everett Cole is almost 7 months old!!!!

I just love our grand babies! Their eyes are so full of happiness and wonder 😊
Kathy found them!!!
Her contributions to our brown bag dinner meeting!!!

Join us for our Altrusa
July 15th BYO Brown Bag Dinner Meeting
Where: Backyard of Pat and Russ Zoller

2425 Valley Mill Road
El Cajon, CA 92020

Social Distance Cocktails 4:30
Meeting starts at 5:00

Please note the earlier start time because we will be outside.
Pat and Russ have plenty of Social Distance seating and we will spread out
around their backyard.

Please RSVP to Susannah Berning by 5pm this Sunday
if you are not attending.

teachsusannah@msn.com
619-522-4830

Hope to see you there!!!