



Governor's Message

Congratulations and welcome to a new Altrusa club in District Three. We welcome recently chartered Altrusa International, Inc. of South Marion County, Florida. We also congratulate and thank former governor Cindy Schad for her work in organizing this club. The charter banquet will be held in Summerfield, Florida on November 15th.

Congratulations are also in order for the following clubs who have been recognized as 2007-2008 Distinguished Clubs: Atlanta, Georgia; Charlotte, North Carolina; Ocala, Florida; Spartanburg, South Carolina; Statesville, North Carolina; and Waynesville, North Carolina. These clubs also received a Distinguished Club Banner Patch Award from International. This award from Altrusa International is based on the Club Activity Report which clubs have to send in to the International Office.

I have been in communication with the International visitor scheduled to attend conference at Tampa in April next year. She is Lizzette Ocasio-Campbell of San German, Puerto Rico and the International Director for District Fourteen. Quoting from her e-mail talking about District Three... "A great district with excellent, dynamic clubs and committed to extension by way of founding new clubs..." We will welcome her to District Three and look forward to getting to know her.

It is time to think about elections. Presented in this District Service Bulletin are your candidates for the District Three Board. Elections will be held in Tampa at conference next April. A big thank you goes to the Nominating Committee chaired by Betsy Burch for their great work in securing and certifying candidates for the District Three Board. Speaking of elections, a big one is just around the corner. Please exercise your right as an American citizen and VOTE! Every vote is important as we are electing the leader of our nation, also state leaders and local leaders, and deciding on special state and local issues. It is a privilege to live in this country and it is our privilege and duty to vote.



Photo by Betsy McRee, Caldwell County, NC

In Altrusa love,

Linda L. Robison, Governor
Altrusa District Three

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Happy Thanksgiving

In Memoriam

Altrusa International, Inc. of Monticello, FL

“Miss Mary”

Nov. 26, 1918 - August 28, 2008

Mary Elizabeth Mercer Whatley died peacefully on August 28th at home.

She was a very successful entrepreneur having founded Monticello Provision Company (sold to Sysco in 1975), she then founded Fantasyland Jewelry and Radio Shack stores in Cairo, GA, and Monticello and Madison, FL.

“Miss Mary” as everyone called her, was an active member of the community where she was a charter member of the Altrusa Monticello Club.

She will be remembered for her diligent work ethic and perseverance, her outgoing personality her generosity to share with those in need, but most of all her overwhelming love and companionship of family and friends.

Altrusa International, Inc. of Ocala FL

Thelma Parker



Thelma M. Parker

July 5, 1912 - Oct. 5th, 2008

Thelma Parker, passed away on October 5th. Thelma has been a beautiful, vibrant member of our club since its very beginning, and our club will miss her more than words could ever say.

The Altrusa District Three Board of Directors awarded emeritus status to Thelma on Saturday, October 4.

Marian Seeley

District Twelve Past Governor (1967-1969)

It is with great sadness that I inform you of the death of my friend and Altrusa mentor, Past District Governor Marian Seeley (1967-69).

At the age of 91, she passed peacefully on Tuesday, Aug. 5, 2008, at her home, following a sudden decline in her failing health.

Marian was a much loved Altrusan in the Olympia club and throughout District Twelve. She remained an active Altrusan and was hostess at her home to an annual club picnic just a week ago. Marian was the 2007 recipient of Altrusa International's Eleanor Roosevelt Humanitarian Award. She is survived by her son, one grandson, and two great-grandchildren.

Condolences may be sent to: Mr. Gary Seeley and Family, P. O. Box 1123, Olympia, Washington 98507.

From Lorraine Michelson, District Twelve Governor:

Message from Verona Bordok Family:

The family of Verona Bordok would like to thank all who attended her memorial services on July 19th. To recognize her service and dedication to education in Barstow, a one year scholarship in her name has been established for anyone wishing to make a contribution. Donations may be made payable to “Barstow High School”, c/o Alice Schumacher, Designate for the Verona Bordok Scholarship Fund, Barstow High School, 430 So. First Street, Barstow, CA 92311.

Condolences may be sent to: Jeffrey L. Bordok, 128 Winter Green Court; Gardnerville, NV 89460

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Margaret Inch

Past International President (1983-1985)

Margaret had a checkup, found two tumors on her bowel and abscess, also gallstones. She is home after surgery but still shaky.

Cards can be sent to her home: 54 Truscott Avenue; Johnsonville; Wellington, 6037 New Zealand. E-mail: Dourmarg.inch@xtra.co.nz

From Dona Garretson via District Fifteen Governor Chris Mouter:



Hands Up With Altrusiasm Goals

GOAL 1 - HANDS UP WITH ALTRUSIASM

Altrusa International, Inc. of Caldwell County, NC

A company in our town owns several convenience stores. Each fall they sponsor a project called "Koats for Kids" and asked the community to donate new or gently used winter coats for kids. These coats are then given to the schools to be disbursed to children who need them.

Margaret Cannon went to E. Lincoln Christian Ministries and started gathering up some coats. Gerald mentioned to one of the employees why we were buying the coats. The coats normally sale for \$3.00 each but they sold them to us for \$1.00 each. We purchased 25 coats for \$25.00 plus taxes to donate to "Koats for Kids."

GOAL 2 – ACTS OF KINDNESS

Altrusa International, Inc. of Orlando-Winter Park, FL

- Bought former employee a bus card
- Donated clothes to Heart of Francis
- Gave a friend a fax/printer combo
- Bought a young man \$50 worth of groceries
- Brought pastries twice to an elderly couple
- Made luncheon for office coordinators
- Paid for coworker's prescription that she could not afford
- Paid random compliments to strangers
- Did a fundraiser for breast cancer and donated my profit
- I did one of my customer's hair for free because she lost her job
- Took some muffins to a neighbor
- Offered a ride to the Altrusa meeting
- Took a neighbor grocery shopping
- Noticed an elderly lady carrying groceries and walking along a main street. I stopped and asked if I could drive her home. She thanked me and I realized she would have walked at least 2 miles if I hadn't stopped to pick her up.
- A friend/coworker going thru cancer treatments lost her keys and I found her in tears. She felt like things were getting out of control. I took her home to get a key and drove her back to her car.
- Purchased supplies for Ten Thousand Villages school drive. These supplies will be shipped to third world countries.
- With the afternoon thunderstorms nearly every day, I've often stopped at the bus stop near my office and offered folks a ride.
- Let someone go ahead of me in line.
- Took a cart from someone loading their car back to the store.
- Picked up nails and sharp objects on my walk, one less flat tire
- I have decided to start a neighborhood clean up. I'll collect cans, bottles and miscellaneous papers. I will enjoy my walk more, help the neighborhood look better, plus recycle.
- Bought clothes for young man who needed them.
- Gave furniture to a gentleman starting over.
- Offered to drive a friend of my husband's to medical treatments, if needed. Luckily, his condition wasn't what was thought.
- Supported a side walk sale benefiting Juvenile Diabetes research.
- Helped feed neighbors and family.
- Helped create a resume for a friend.
- Donated 10 sets of dominoes to a youth residential facility.
- Drove elderly neighbor to three doctor appointments.
- "Baby-sat" neighbor's cats for a week.
- Welcomed some new neighbors with a visit and a card.
- I let people up in line with fewer items at the grocery store.
- Gave my coupons to the next person in line.
- Purchased 15 placements to donate to a residential youth facility.
- Invited a widow that had expressed loneliness to join me at a concert.
- Left store coupons on the shelf when I couldn't use the product.
- Did lots of cooking for families in need due to illness and death.
- Left voice mails for several employees complimenting them on a good job they had done at work and to let them know they are appreciated.
- Donated \$20 to a gentleman who lost his job and has five children.
- Fostering a wild mother cat and her three kittens.
- Gave encouragement to a neighbor who was getting ready to sit for her LPN License exam.
- Took items to a Gift for Teaching.
- Collected tabs for Ronald McDonald House through my office.
- Took a shopping cart back to the grocery store for a Dad with his baby.
- Clean up our office kitchen and make coffee every day.
- Picked up family's mail while they are out of town. Opened their home for a furniture delivery.
- Treated a co-worker to lunch.
- Organized meal support for the family of a co-worker who has out of town for a bereavement.
- Changed seats in a restaurant so a large party could sit together.
- Thanked a soldier for his service and paid for his lunch.

- Donated \$10 to a gentleman to help pay for his lunch.
- Donated 100,000 Sky miles to The Red Cross - Military.
- Spoke to a neighbor for the first time in 30 years. I had always admired a large cactus in her yard and asked her for a cutting. When she wouldn't accept payment I baked her a chicken pot-pie.
- Provided transportation to a co-worker whose wife needed their one car for going back and forth from work and college.
- Bought clothes for young man who needed them.
- Gave furniture to a gentleman starting over.
- Offered to drive a friend of my husband's to medical treatments, if needed. Luckily, his condition wasn't what was thought.
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- Invited a widow that had expressed loneliness to join me at a concert.
- Left store coupons on the shelf when I couldn't use the product.
- Did lots of cooking for families in need due to illness and death.
- Left voice mails for several employees complimenting them on a good job they had done at work and to let them know they are appreciated.
- Took food to friend who had recently come home from the hospital.
- Spent a few hours for several days sitting with a friend recovering from hip surgery in order to give her family a break.
- Took food to friend who had surgery.
- Took a teenage girl from church on a shopping trip and bought her new clothes for school.
- Gave money to parents at our church so they could buy clothes for their young son.
- Donated school supplies to three schools.
- Complimented a particularly excellent waitress, gave her an extra tip and informed her supervisor of her excellent work and attitude.
- Clicked on the Animal Rescue Site each week day. (This helps supply food to the animals.)
- Purchased bundles of wash cloths to be given to the "Fair" workers for their use this week.
- Purchased cases of bottled water to be given out at the Wofford game by our church youth.
- Donated 3 closets full of clothes to our church's clothes closet since April.
- Fixed extra lunch for some other ladies in the office.
- Baked a breakfast casserole for the office birthday celebration.
- Sent Birthday cards to people.
- Helped another attorney in the office with contact info when his paralegal was out.
- Donated fall decorations to a 4th grade class room.
- Took grandchildren to the park for an outing in the beautiful weather and to give children a break.
- Called a sick friend.
- Picked up an elderly member of our church and took him to the hospital to sit with his sick wife.
- Visited a sick friend in the hospital.
- Visited a shut-in.
- Took a veggie tray to the office for snacking.
- Took food and goodies to a sick friend.
- Called a sick friend

Altrusa International, Inc. of Raleigh, NC

- I helped an elderly couple, for a couple of weeks, who were both having problems: I took them a couple of dinners. Walked their dog several time a week and went to the grocery store for them as well as taking the lady to the grocery store when she was feeling better.
- July: I visited the elderly couple and took them books to read and walked their dog again.
- I sometimes make a large pot of soup or spaghetti sauce and share with an elderly widow neighbor.
- I also walk with her some Sat mornings. I did both this month.
- Aug: A friend had shoulder surgery. I took her family lunch and drove her to her hair appointment. I also bought her flowers to cheer her up.

Altrusa International, Inc. of Spartanburg, SC

- Took food for a funeral dinner.
- Went to pharmacy to look up information for a friend in nursing.
- Visited and took snacks to shut-ins.

Altrusa International, Inc. of Waynesville, NC

- I have been giving free vegetables to fellow employees.
- I made a cake and took it to the waitresses at Bogarts.
- I purchased medicine for someone who could not afford to get it on their own.
- I purchased breakfast muffins and fruit for the staff.
- When my grandchild celebrated his 1st birthday, our family gave financial aid to Haywood Christian Ministries instead of gifts.
- I picked a quart of blackberries for a neighbor who is ill.



- I gave the clerk at the grocery store money to help an elderly gentleman in front of me pay for his groceries. He was short a small amount of money since he had to buy medicine for a sick grandchild.
- Five members of my family, including myself, did a complete makeover of my son's living room. While he was at work we removed everything, washed all walls, hung new blinds and drapes, put down a new rug, sofa and table lamps. This was for his 50th birthday.
- I helped a lady pick up the change she had spilled from her wallet while in the grocery store.
- I helped a gentleman move his groceries from his cart onto the conveyor at the grocery store.
- I gave a week's worth of pay to another co-worker who is undergoing chemotherapy.
- I took meals over to friends whose husband was suffering from terminal cancer.
- I gave up my home for a week to house a family that came from out of town to take care of business when their son was murdered.
- I baked brownies on several occasions for a neighbor who had a terminal illness.
- I helped a friend move her furniture around to put down a new rug and also helped her put together her bed.
- I make it a regular practice to stop and let other drivers out who are waiting to enter the traffic.
- I prepared a meal for an elderly couple with disabilities.
- I stopped and let people out in traffic who are coming from a side street or business.
- I held the door open for an elderly lady.
- I took care of my stepmother when she returned from rehab clinic and took care of her cat in her absence.
- I took a lady who was stranded at the hospital to her home. She had ridden the public transit to the hospital on Friday night, spent the night with her mother who was a patient. She was not aware that the public transit didn't run on Saturday.
- I covered someone's shift at the arts council gallery so she could take an art class.
- I walked 60 miles in a fundraiser for breast cancer – personally raised over \$3,000 while the entire event on that weekend raised 7.1 million dollars in the Twin Cities.
- I paid for a field trip grant for a needy student to go on a field trip at Waynesville Middle School.
- Visited an elderly man in the nursing home and brought my kids along to cheer him up.
- Did volunteer work on a non-profit group web site for Friends of Haywood County Library.
- I let a young man go ahead of me to get gas last week during the gasoline shortage.
- I am a Meals-on-Wheels volunteer and I brought in the newspaper for one of my clients.
- I paid an employee's electric bill so they could keep their power on.
- I loaned our second home to a friend's family who fled Houston before the hurricane hit.
- I sponsored a WWII veteran so he could travel to Washington, DC, with other veterans from our area.
- I paid for a Vietnam veteran to have electricity in his home when he could not afford it.
- I helped my daughter set up a "toy store" for the mentally ill children she teaches. These children can earn play money for good behavior and good deeds that they can redeem at the toy store.
- I drove from Waynesville to Columbus, GA to drive a friend to Emory and back to Columbus. He has a sight threatening condition in his right eye and had no one to drive him to his doctor, wait 3 hours, and then drive him home.
- At a recent craft show a little fellow saw a Christian plaque he liked. He asked his mother if he could have it. She didn't answer. I bought the plaque and gave it to him. Both he and his mother thanked me and said it would hang in his room.
- I spent an hour and a half listening to a friend who needed to vent.
- I helped a college student with the "how to's" of the profession she has chosen.
- I helped an elderly woman on an airplane who couldn't get her seat belt figured out and brought her a blanket when she got cold.
- I told the manager of a restaurant that the server was particularly good hoping that would help her.
- I gave a friend who was burned out in a fire sheets, comforters, pillows and towels.
- I shared my groceries with another family that doesn't have much.
- I gave a Vietnam veteran who does not drive a ride home so that he didn't have to walk in the heat of the day.
- I visited an old aunt, loaded with new pictures of house and family. Also brought a painting I had done for her.
- I donated a painting to a church auction.
- I stayed with an old friend's wife who has severe dementia so he could enjoy his 80th birthday party.
- I let someone with fewer groceries go through the checkout line in front of me.
- I gave up days off on two separate occasions so that another person could take the time off.
- I gave up 2 days of pay for a co-worker who was sick and did not have paid sick leave.
- I took call on 1 Saturday and 2 Sundays for another nurse.
- I shared my lunch with someone.
- I gave my husband and back rub even though he had not asked for one.
- My husband and I did some plumbing repairs for a widow.
- I took a veteran to his appointments at the VA Medical Center.
- I took the shopping cart back to the holding area for an elderly lady so she wouldn't get wet.

- On several occasions, I have returned the shopping cart from the parking lot to save an elderly person the walk back to the cart return.
- During the tropical storm Fay, when we had over five inches of rain, our power went out and all of the lights at home and in the parking lot and garages were out. I noticed my 80+ year-old neighbors were out for dinner. I watched for them to return home and brought a big flashlight and a large umbrella out to the parking lot and walked them individually into their home and to a light source in their home.
- I assisted getting an elderly crippled woman into her daughter's van while I was at the doctor's office. The poor soul was struggling to get up into the van so I helped the nurse to get her into her seat.
- I took breakfast over to a neighbor's house after the passing of his wife.
- I let mothers with young children go ahead of me in the grocery checkout line to help her avoid her little ones from getting restless.
- I consistently let at least one car out into the line of traffic ahead of me.
- I have helped with the countywide trash pickup on several occasions. Also, I have helped to pick up the trash along the riverbanks.
- I take an ailing neighbor her mail every day and visit with her.

GOAL 3 – MEMBER SERVICES

Altrusa International, Inc. of Spartanburg, SC

Altrusa of Spartanburg has had several programs this year that have allowed us to learn as a group. Our first program of the year was a much sought after tour by many of our members of the newly opened Chapman Cultural Center. After eating lunch together in the foyer of the new theater, Ava Hughes, one of our members who is the Arts Education Director at the new arts center, gave us a guided tour of the three buildings which make up the Chapman Cultural Center. Two of the buildings house the Historical Museum of Spartanburg, the Natural Science Museum, rooms for art exhibits and art classes, and rehearsal studios for ballet, dance classes and other activities. These buildings are extremely well done with large classrooms and a lot of space for exhibits. We were treated to a special presentation by the curator of the Art Museum where we learned some interesting facts about art and its development in Spartanburg. The Director of the Spartanburg History Museum showed us how some of the new teaching tools worked, and we learned new facts about Spartanburg history as we opened some of the wonderful small boxes. Many of the exhibits are oriented toward the education of children, something in which our club is especially interested.

The third building is a new theater which seats 500 people and is just the right size for our local, as well as visiting productions. The seats are extremely comfortable; the acoustics are wonderful; and the theater is beautiful. One gets a warm and cozy feeling as they enjoy the performances. A number of our members go together to a variety of stage productions and the Chapman Center will give them an opportunity to go to events in Spartanburg as well as to provide the opportunity for them to encourage other members to go with them.

The City of Spartanburg deserves lots of kudos for having the foresight and fortitude to construct these fantastic facilities. All of our members were very impressed and look forward to many return trips where we will have opportunities to learn together in a group.

Another member-requested program was an extremely interesting and informative inspector from the Spartanburg Fire Department. He discussed smoke alarms, fire extinguishers and carbon monoxide detectors and gave us excellent information concerning the number of units needed, the best locations for these devices and the proper times to service the equipment or change batteries. He also reminded us about kitchen safety and explained the most effective way to extinguish a grease fire. All of our members appreciated his tips on having pre-planned fire escape plans, especially the part about having a place to meet once you are out of the building. His reminders on how to prevent fires and falls were especially good. He was an excellent speaker who was extremely knowledgeable about his subject and gave frequent examples of situations and many lifesaving tips. After his talk all of us went home and checked our fire safety equipment, and some of our members bought some more equipment. It is always nice to be brought up to date on the current recommendations and reminded of the many things we can do to improve our safety.

A third program will be helpful to the club as a whole and also to individual members. We are currently in the process of looking at how we can increase the amount of funds that we have in our endowed funds. To keep our scholarship program functioning, it is vital that we increase these funds. The speaker at our most recent meeting was the President of the Spartanburg, South Carolina County Foundation. He taught us a great deal about how funds are set up and about what we should do to increase our funds. We all learned a lot from him and will use this knowledge as we move into our study of our endowment. Also, as more and more families establish family endowments, our knowledge may help us

in starting family foundations. Members concerned about trying to save more money that is not in endowments also benefited from this person's talk.

In the spring we will be studying a number of things that will help our members, including looking at alternative health care and the need to conserve our water, something that is vital to our entire community

GOAL 4 – GLOBAL WARMING

Altrusa International, Inc. of Caldwell County, NC

I move that we support Governor Linda Robison's biennium environmental goal by purchasing as many recycled items and recycling as many items as we can."

An amendment to the motion was offered and approved that we add education to this motion by sharing info on recycled items.

Members of the club reported that they have purchased the following items that used recycled paper:

- Facial tissue
- Toilet Tissue
- Newspapers

Members of the club reported that they have recycled the following items:

- | | |
|-----------------|----------------|
| Plastic bottles | Aluminum cans |
| Glass bottles | Furniture |
| Tin cans | Clothes |
| Newspapers | Ink cartridges |
| Magazines | Cell phones |
| Telephone books | Water |
| Cardboard boxes | Lawn motor oil |
| Books | |

Altrusa International, Inc. of Spartanburg, SC

To honor Governor Linda, the Spartanburg club donated money to buy 50 trees for the Atlantic rim reforestation in South America.

Altrusa International, Inc. of Waynesville, NC

For our environmental project our club has gone paperless. We no longer print multiple copies of the meeting agenda. We send our monthly newsletter out over the internet. We will publish our yearbook over the internet, provided we can be assured of privacy. Also, each month we publish in the newsletter tips on saving water, recycling and reducing our carbon footprint.

*The Officers, Directors and
 Charter Members
 of
 Altrusa International, Inc. of
 South Marion County
 Request the honor of your presence
 At their
 Charter Banquet
 Saturday, the 15th of November 2008
 5:00pm
 \$25.00 per person
 Stonecrest Country Club
 11560 SE 176th Place Road
 Summerfield, FL 34491
 Please RSVP by November 5th to
scotttice@earthlink.net*

CLUB PRESIDENTS

Please be sure that all your members receive this Newsletter either via e-mail or a hard copy. Thanks for your help.

Be sure to check the **DISTRICT THREE WEB SITE** often for updated information on what is going on in our District.

If changes need to be made, please e-mail Carroll Myers at carrollmyers@aol.com



District Three Service Bulletin

CLUB	GOAL 1 HANDS UP PROJECT	GOAL 2 ACTS OF KINDNESS	GOAL 3 MEMBER SERVICES	GOAL4 GLOBAL WARMING
CITRUS COUNTY, FL				
GAINESVILLE, FL				
LAKE CITY, FL		X		
LAKE COUNTY, FL				
LIVE OAK, FL				
MARIANNA, FL				
MONTICELLO, FL				
OCALA, FL				
ORLANDO-WINTER PARK, FL		X		
SOUTH MARION COUNTY, FL				
ST. AUGUSTINE, FL				
STARKE, FL				
TAMPA, FL				
ATLANTA, GA				
COLUMBUS, GA				
NORTH GEORGA, GA				
STATESBORO, GA				
ASHEVILLE, NC				
CALDWELL COUNTY, NC	X	X		X
CHAPEL HILL, NC				
CHARLOTTE, NC				
DURHAM, NC				
GASTONIA, NC				
RALEIGH, NC		X		
ROCKY MOUNT, NC				
SALISBURY, NC				
STATESVILLE, NC				
WAYNESVILLE, NC		X		X
ANDERSON, SC				
GAFFNEY, SC				
SPARTANBURG, SC		X	X	X



Empowering Altrusans

Altrusa Int'l District Three 56th Conference
April 23—25, 2009
Tampa, Florida
Tampa Airport Westshore Hilton

Altrusa International, Inc. of Tampa, Florida is proud to host the 56th Annual District Three Conference at the Tampa Airport Westshore Hilton Hotel from April 23 through April 25, 2009.

The Conference theme is *“Empowering Altrusans.”*

The Conference will kick off on Thursday night, April 23, 2009 with a Welcome Reception and a First Timers Event followed by our Opening Ceremony featuring the traditional flag ceremony to honor all four states in our District – Florida, Georgia, North Carolina, and South Carolina – as well as the United States and the United Nations.

Friday morning will begin with the opening breakfast with our special guest speaker and featuring a moving memorial ceremony honoring those Altrusans who have died in the past year. The breakfast will be followed by the first business meeting of the conference. The Friday District Three Foundation lunch will follow where winners of the Foundation projects will be announced. Friday afternoon will be filled with seminars that will be both educational and fun. Finally, Friday night will feature a Fun Night Luau you won't want to miss.

Saturday begins another full day with the Awards Breakfast followed by another business meeting. Lunch and the afternoon will be filled with opportunities to enjoy our beautiful City with a planned conference tour or on your own. From beaches to shopping to historical sites, there is something here for everyone! The Conference will conclude with the Governor's Banquet on Saturday night honoring District Three Governor Robin Hall.

Throughout the Conference there will be exhibitors and vendors. Our very special District Three project will be collecting new shoes for Laces of Love, an organization that has provided more than 15,000 pairs of new shoes to economically disadvantaged children. For more information on this worthy organization, please see their Web site at www.lacesoflove.org.

It will be a fun-filled and busy three days: meeting new friends, renewing old friendships, hearing the great things that have been done in the past year; enjoying great food in a beautiful hotel, shopping, touring our beautiful city, and being “altruistic” with our service project.

Rooms are limited so we urge you to make your hotel reservations early. Information about the hotel and the registration form for Conference should be on the District Three Web site in early November.

COME JOIN US IN TAMPA FOR A GREAT TIME!

District Three Slate of Candidates

Governor Elect



Beverly Hardy, an Altrusan since 1994 and a member of Altrusa International, Inc. of Starke, FL, has been nominated as a candidate for the position of **Governor-Elect**.

The offices that she has held in her local club are:

- Director, 2004-2005
- Treasurer, 2000-2004
- President , 1999-2000

- 1st Vice President , 1998-1999
- 2nd Vice President, 1997-1998
- Corresponding Secretary, 1996-1997

The positions that she has held on the District level are:

- Vice Governor, 2007-2009
- District Three Awards Chair, 2007-2009
- Treasurer, 2005-2007
- Chair, Access Fund Investment
- New Club Project Committee
- Presenter, 2005 International Treasurer's Workshop
- Financial Consultant, 2003-2005

Beverly is employed as office manager of the law offices of Dudley P. Hardy, PA and co-owner of Bradford Title Services.

In Beverly's own words: In addition to my love for Altrusa, I want to be a Governor-Elect because of my knowledge of our district membership, my positive attitude about the direction our District needs to take. I would bring to the District Board of Directors my experience serving as District Treasurer, District Financial Consultant, and Vice Governor gives me valuable background to serve as Governor-Elect. My business experiences enable me to be a good marketing and public relations representative for our District.

Vice Governor



Colleen M. Duris, an Altrusan since 1996 and a member of Altrusa International, Inc. of Ocala, FL, has been nominated as a candidate for the position of **Vice Governor**

The offices that she has held in her local club are:

- President
- President-Elect
- Vice President

- Chair of Membership, Programs, Fundraising, and Community Service Committees.
- Chair, Altrusa International Foundation of Ocala, FL (two terms)
- Parliamentarian
- Selected as the 2000 "Altrusan of the Year"

The positions she has held on the District level are:

- District Conference Elections Chair, 2002
- District Director, 2003-2005
- District Parliamentarian, 2005 - present

Colleen is a Florida Bar Board Certified Elder law attorney (one of 76 in the state) and has practiced since 1994, serving clients in the areas of estate planning, probate, guardianship and long term care planning.

In Colleen's own words: In addition to my love for Altrusa, I want to be a District officer because I want to contribute to the continued success of our District and encourage leadership in others. I would bring to the District Board of Directors my organizational skills, attention to details, knowledge of Altrusa and our governing documents, consensus building skills and enthusiasm for Altrusa. I would listen to the membership and address their wishes and concerns.

Treasurer



Tammy D. Hall, an Altrusan since 1990 and a member of Altrusa International, Inc. of Lake City, FL, has been nominated as a candidate for the position of **Treasurer**.

The offices that she has held in her local club are:

- President
- 1st Vice President
- 2nd Vice President
- Treasurer
- Director
- Chair of the Service, Communications, Finance and Membership Committees.

The positions that she has held on the District level are:

- Foundation District Treasurer
- District Treasurer
- Secretary
- Communications Consultant
- New Club Project Committee
- Presenter, 2005 International Treasurer's Workshop
- Financial Consultant – 2003-2005

Tammy is a partner in the CPA firm of Odom, Moses & Company, LLP, CPA's and has been a Certified Public Accountant since 1995. Additionally, she is a financial advisor and co-branch manager for Raymond James Financial Services, Inc. located at First Federal Savings Bank of Florida.

In Tammy's own words: In addition to my love for Altrusa, I want to be District Treasurer because I have the knowledge and skills the District requires to meet its fiduciary responsibilities to the membership. I would bring to the District Board of Directors experience from my previous term as Treasurer. I am committed to the needs of our members and communities. I feel fortunate to be an Altrusan. It would be an honor to serve.



Directors



Kimberly Browne, an Altrusan since 2003 and a member of Altrusa International, Inc. of Gainesville, FL, has been nominated as a candidate for the position of **Director**.

The offices she has held in her local club are:

- President, 2007-2008
- 1st Vice President, 2006-2007
- Director, 2005-2006
- Chair of Trading Closets Fundraiser

Kimberly is a member of the Academic and Professional Assembly at the University of Florida.

In Kimberly's own words: In addition to my love for Altrusa, I want to be District Director because this organization does many wonderful and useful things for our local and international community. Service at the District level will expose me to projects that can also benefit my local chapter. I would bring to the District Board of Directors a combination of organizational skills, perception, and work ethic that will facilitate any project we endeavor.



Mary L. Kane, an Altrusan since 1999 and a member of Altrusa International, Inc. of Atlanta, GA, has been nominated as a candidate for the position of **Director**.

The offices she has held in her local club are:

- President
- President-Elect
- Vice President
- Secretary
- Director
- Chair of Membership, Program Committees and Silent Auction fundraiser.

Mary has been a registered nurse since 1975, has served in the US Army Nurse Corps Reserves for 22 years (3 years of these were active duty) from 1976-1998. She is

a Certified Diabetes Educator since 2002 and has held a wide variety of nursing positions in her 33 years as an RN.

In Mary's own words: In addition to my love for Altrusa, I want to be District Director because much of the focus of my life from Girls Scouts to the Army to Altrusa has been working with strong women. I try to impart this to the women I come in contact with. I would bring to the Board of Directors enthusiasm, spontaneity and a sense of fun. My military background makes me a bottom line person.



Glenna R. Luca, an Altrusan since 1969 and a member of the Altrusa International, Inc. of Spartanburg, SC, has been nominated as a candidate for the position of **Director**.

The offices she has held in her local club are:

- President, 1973-1975
- Vice President, 1971-1973
- Recording Secretary
- Corresponding Secretary
- Director
- Chair of Community Service, Vocational Services, Ways & Means, Scrapbook/Archives and ASTRA committees.

Glenna is a retired legal secretary from Spartan Mills Corporate Offices, where she organized and ran their credit union for the office and their seven textile mills. She trained all the personnel and managed the credit union until her retirement.

In Glenna's own words: In addition to my love for Altrusa, I want to be District Director because I will devote my energy, experience, my altruism, to the District and would bring to the District Board of Directors my problem-solving and organizational skills, my knowledge of Altrusa and life experiences. With a happy, altruistic attitude, I am eager to share my experience and knowledge and I look forward to serving my District and my fellow Altrusans.



Teresa Y. Williams, an Altrusan since 1998 and a member of Altrusa International, Inc. of Durham, NC, has been nominated as a candidate for the position of **Director**.

The offices she has held in her local club are:

- President
- 1st Vice President
- Director of Service

Teresa has been associated with Duke University Health Systems for 30 years, including 7 years with the Foundation to address health care disparities.

In Teresa's own words: In addition to my love for Altrusa, I want to be District Director because at this time in my life, I have the opportunity, time and commitment to "give back" to our District and community. I have 10 years experience in Altrusa, serving in leadership roles in my local club. I have been inspired by fellow Altrusans who are truly a "builder of women."

District Three Calendar Events and Deadlines

November

- 1 District Service Bulletin Electronic Mailing
- 17 Final Report for Make A Difference Day to International Due

December

- 1 District Award Packets Mailed to Clubs
- One-half International Dues for new members 12/1 - 3/31

January

- 1 BBR requests due from clubs to BBR Chair
- Elect Nominating Committee for club
- Copies of Nomination Forms and photos to DSB Editor
- Club presidents receive Awards Folders from International
- 10 Review ASTRA Club Service Award information with ASTRA club officers
- 15 DSB Service Bulletin Articles due
- 18 Add-an-Altrusan Day
- 31 District Award Submission Deadline

GOVERNOR-ELECT TRAINING
 INDIANAPOLIS, INDIANA

ROBIN HALL
 GOVERNOR-ELECT



What do you get when you bring all the Governor-Elects together for a week-end? The answer — Lots of training, laughter, bonding and brainstorming.

Hard work and having fun were at the top of the list for the August 2008 Governor-Elect training. All Altrusa International Inc. Districts were represented except for one. We reviewed a very comprehensive training manual and had many opportunities to ask questions. Our passion for Altrusa was the initial common bond and then it turned into getting to know each other on a variety of levels. It's amazing how much we all have in common.

A highlight of the training was to tour the convention hotel and attend an Altrusa International Inc. Board meeting. President-Elect Donna Johnson from District Three was active in the board meeting and I know we will be in good hands under her leadership.

In addition to the formal training we received in Indianapolis, we now communicate with each other on a regular basis. Our first collaboration was to develop a spreadsheet showing how each District plans and pays for its annual conference. This information was very helpful to our District Three Board and allowed us to make some decisions at our mid-year board meeting based on what is happening in other Districts. The Governor-Elects are also looking at how we can share information with each other on the International Web site.



“TWO HANDS ONE HEART” SISTER CLUB PROGRAM

Several months ago, we sent a “Two Hands One Heart” Sister Club Program Survey to Club Presidents to determine the extent of participation in District. The results are in... there are three myths concerning the program:

Myth Number 1: The Sister Club Program was for a one year period.

Truth: Many clubs did not realize that the program is ongoing and participated the first year but did not participate the next year. The Two Hands One Heart Sister Club Program is ongoing. In fact, it was relaunched at the 2008 Conference in Charlotte.

Myth Number 2: We need to be closer to our sister club so that we can get together to work on a project.

Truth: You do not have to be physically together to complete a project. For example, two sister clubs bought a mule for a Haitian village, two clubs donated gently read magazines to nursing homes and clinics in their respective communities, etc. There are many great programs where you can jointly sponsor a child in an orphanage. Select a project and do it at the same time, but in your respective community.

Myth Number 3: We don't have time to participate since we need to concentrate on our own club.

Truth: You are concentrating on your own club and doing a project in your own community.

As your District Three Directors, we are committed to relaunching the Sister Club Program during this biennium. If you need ideas for a joint project with your sister club or if you would like to be assigned another sister club, please contact us. Our contact information is below.

Dana Crase, danabinky@comcast.net

Susy Meier, susykm@earthlink.net

Norma Teuton, nsteuton@bellsouth.net

97% of District Three Clubs Completed the Club Activity Report

THANK YOU!

Of the 30 clubs in District Three, twenty nine club presidents completed and sent to the Governor-Elect their 2007-2008 Club Activity Reports. (Two clubs submitted their reports after the deadline and their information wasn't included in the summary submitted to International. However, their results were tabulated and included in the below District Three's Summary Report.)

Service

- Membership contributed 60,000 + hours to include community service, member service and other volunteer activities.
- 22 clubs initiated a new service project.
- 9 clubs submitted entries for the Mamie L. Bass Service Award.
- 8 clubs submitted entries for the Letha H. Brown Literacy Award.
- 2 clubs submitted entries for the Dr. Nina Fay Calhoun International Relations Award.
- 6 Altrusa clubs sponsor 9 ASTRA clubs.
- 28 clubs stated that fundraising efforts supported their projects.
- 24 clubs were involved with other agencies in a service project.
- 17 clubs participated in "Make A Difference Day."

Programming

- 18 clubs have a Long Range/Strategic Plan.
- 14 clubs review the plan annually.
- 4 clubs would like the District Trainer to help in developing a strategic plan.
- 27 clubs evaluate all programs annually.
- 12 clubs meet once a month & hold business and program meetings together.
- 17 clubs meet twice a month & hold business and program meetings separately
- 27 clubs have at least 60% of their membership regularly attend meetings.
- 24 clubs set goals in all program areas, 22 clubs developed action plans, and 24 clubs met their goals.

Membership

- Total members as of May 31, 2007 was 1,076 and 1,022 as of May 31, 2008.
- 22 clubs established a membership goal this year. Goals ranged from involving inactive members, maintain current members, add 1-10 new members and increase membership from 5% to 20%.
- 22 clubs conduct regular orientations. Techniques ranged from lecture (11), panels (4), and games (10).
- Orientation activities include exciting programs, information by committee chairs, one-on-one interaction, share information, provide lunch, mail letters/distribute handouts, promote social events, article in newsletter, anniversary banquet, discuss responsibilities with each new member, skits, part of business meeting and Accents.
- 9 clubs identified potential communities for new Altrusa clubs. (Some clubs recommended the same communities.) Communities in bold are currently being organized. Areas listed were east or south suburbs of Atlanta, GA; Peachtree City area in North Georgia, University and Davidson area in North Carolina, Hunterville, Hickory, NC; Tallahassee, FL; The Villages, FL; and cluster club in St. Petersburg, FL.
- 9 clubs participated in "Add An Altrusan Day".
- Recruitment activities include recruit invited club speaker, co-workers, friend; recruit at workshops and seminars open to the public, conduct membership drive, host annual expo or non-profit organizations; word of mouth; host wine and cheese mixer at Chamber of Commerce; recruit through membership networking; host membership tea; invite prospects to program meeting with service recipients; and utilize website and brochures.
 - Most common membership retention methods are:
 - 28 clubs support service projects that meet members interests;
 - 26 clubs provide interesting and varied program meetings;
 - 17 clubs utilize telephone follow-up when members miss meetings;
 - 16 clubs provide on-going orientation;

- o 14 clubs promote strong partnership between member and sponsor; and
- o Other methods include to send birthday/get well cards, we missed you e-mails; encourage attendance at District Conference; spread out service projects; name that Altrusan and exit interviews; educate members on service projects, assign new members to a committee with sponsor; and conduct membership survey.

Leadership

- 23 clubs' Board of directors meet monthly.
- 25 clubs invite committee chairs and members to board meetings.
- 9 clubs' program committees meet at least once a month.
- 18 clubs conduct a joint training session for retiring and incoming officers and committee chairs.
- 16 clubs use annual workshops or leadership training sessions to help train officers and chairs
- 22 clubs sent a full complement of delegates to the last District Conference
- 17 clubs sent a full complement of delegates to the last International Convention.
- Reasons stated for not attending conference/convention were financial, time, distance, and schedule conflicts. Three clubs indicated lack of interest because their focus is on their local communities.
- The # 1 topic clubs would like addressed at district conference is recruitment and retention of membership/ club building strategies. Other topics mentioned are service projects and partnerships; workshop for secretary, building leadership in membership, public speaking; how to apply for District and International awards; and Website workshop.

Communications

- 20 clubs publish a newsletter (8 clubs more than 10/yr; 5 clubs 8-10/yr; 5 clubs 5-7/yr; and 2 clubs 2-4/yr).
- 7 clubs send newsletters to the International Office, 8 clubs send to all District Officers (4 clubs send to selected officers) and 6 clubs send to all District Chairs (4 clubs send to selected chairs).
- 19 clubs publish a yearbook.

- 13 clubs have a page on the World Wide Web.
 - o 10 clubs use it for communication and 11 clubs use it for publicity.
- 16 clubs send their newsletter electronically by e-mail.
- 19 clubs publish a brochure to promote:
 - o 19 clubs promote membership, 15 clubs promote general image building, 5 clubs promote a service project and 5 clubs promote a fund-raiser
- 79 Altrusa service announcements and/or paid advertisements were aired on local radio and television stations.
- 23 clubs had 238 club-related articles and or paid advertisements in their local newspapers.
- 13 clubs submitted information to the International Office on their club activities.
- 17 clubs report information from District and International in their publications.
- 27 clubs give committee reports at business meetings.
 - o 15 clubs give committee reports at each board meeting.
 - o 13 clubs give committee reports in club newsletter.

International Foundation

- 15 clubs contributed to the Foundation's Funds.
- 21 clubs have membership in club 21.
- 4 clubs applied to the International Foundation for a grant.
 - o 2 clubs received a grant from the Foundation.
- 1 club held a specific fundraiser for the International Foundation.
- 17 clubs participated in District Foundation fundraisers at Conference.
- 13 clubs participated in the International Foundation fundraiser at Convention.

Thank you for time and energy in completing this very valuable report. I'm very appreciatively of your timely responses to my request for information. Your comments will be used by your District Board to help us plan how we can best serve you. Additionally, we are proud of the many accomplishments in our District and want to ensure our reporting to International accurately portrays all of the great activities happening in your local communities.



First of all, I would like to say THANK YOU on behalf of the Foundation Board, to those members who so graciously bought Foundation pins, bid on or purchased a Silent Auction item, bid on or won one of the two quilts that were auctioned off or if you just made a cash donation to the Foundation. A very special recognition to the new members to the Governor's Circle: Dot Brock from Durham, Christy Bryant from Charlotte, Jane Gray from Raleigh and Richard Van Wagoner from Spartanburg. These folks have given over \$500 to the Donor Program and were recognized at the Conference in Charlotte and also received a beautiful crystal vase engraved with the Foundation logo. Moving up into the Partners Category were Martha Epps from Starke, Robin Hall from Lake City, Cindy Schad from Ocala and Marlene Jones from Charlotte. These members have donated between \$250 and \$499 to the Donor Program. Also important are all of you who helped make the sale of our pins a success.

This was the first year that we have been able to offer Grants to local clubs through the Donor program and it was very rewarding to have been able to do that under the direction of past chair Jane Gray. This was one of the goals that Jane set when she took over the chair position and we feel that this has let you, the members of District Three, realize that the Foundation is set up to not only to help you funnel your funds through a non-profit organization but also to help out with projects in your communities. We have asked those clubs who received a grant to respond with how the money was used and the effect it had on their project. We will print those replies in the next DSB issue.

A great big THANK YOU to the District Three Board for a \$5,000.00 check donation for the Donor Program. Interest from this endowed Donor Account will enable the Foundation to award an annual grant to a club. The gift is greatly appreciated by the Foundation Board and we feel this shows a bond between the two District Boards as they attempt to help the clubs in our District in any way possible with their growth and service.

The Foundation Board met in Atlanta in August and accomplished much at their mid-year meeting. More information will be sent to your club presidents but, please go to the District Three Web site at www.districtthree.org and look in the section set up that shows some of our forms. There is information about the grants and also you will find forms for setting up a new account with the Foundation, as well as a check form to use when your club requests money from your funds that are deposited with us. There is information on the awards but your president has also received a CD from Beverly Hardy with information about the awards.

Please note that this year your award entries are to be sent to Martha Epps in Starke, Florida and all requests for grants are to be sent to Jane Gray in Raleigh, North Carolina.

At the District Three Conference in Tampa in 2008, we would like to acknowledge all clubs who have 2/3's member participation in our donor program – whether the gifts have been a \$10 pin or up to the Governor's Circle. We are working on trying to identify all the members who purchased a pin but we have plenty of pins available if your club wants to order them. If you want to order some for your club, contact me at marlene@cmenterprise.net. Be the first club to be recognized for the 2/3 member participation!

In closing, again on behalf of the current Foundation Board, please accept our THANKS for your support and your interest in the program. All of our officers are listed on the website in the back of the brochure section and we ask that you call or e-mail us if there are any questions or concerns that you have.

Sincerely,

Marlene Jones, Chair

DISTRICT AWARDS SUBMISSION AND THE LITTLE RED HEN SYNDROME
JULIE WATSON-HELMS
 SERVICE PROGRAM
 DEVELOPMENT CONSULTANT

Right now I am sure many of you are asking yourself “What is the Little Red Hen Syndrome?” and what has it got to do with submitting District Awards? Go back to your childhood days and recount the story of the Little Red Hen who found grains of wheat and wanted to plant it, reap it, harvest it, and finally bake bread. Unfortunately, she needed help, however none of the other barnyard inhabitants wanted to assist her...so she did it herself. After accomplishing the task and the bread sat steaming on her table, everyone wanted to help her eat it!

Sometimes this happens when it is time to write up our projects for District Awards. Everyone wants to submit a project, and certainly, everyone wants to win an award, but sometimes the responsibility falls on the shoulders of the Committee Chair. Therefore, the question then becomes, “What can we do to change the Little Red Hen Syndrome?”

It has been my experience that sometimes members just do not know HOW to start writing an award submission. Here are some simple steps to follow to make the submission process just a little bit easier and hopefully fun.

- Step 1: Committee chairs gather your members together and start with a brainstorming session.
- Step 2: Review the criteria for the award. The front page of the designated award states the objectives concerning specific needs to be met, such as stimulating and creating awareness as well as the purpose of the project.
- Step 3: Review the “Judging Criteria” and answer the questions. Have a member take notes during this process. Remember, there are 3 categories to review:
 - 1) Selection of Project,
 - 2) Development/Implementation, (worth 50 points and it is the “meat” of the award) and
 - 3) Evaluation.
- Step 4: This is the “fun” part, taking all the notes, and then reducing them to the required word count. (I have heard a rumor that the word count is being increased this year) When writing, be specific, short, direct, explicit, and pretend you are Sgt. Joe Friday, “just the facts madam, just the facts”.
- Step 5: Have several friends read it and proof read it. Most importantly, remember to have your president sign it in the correct and designated place.
- Step 6: Have fun with it! Make it a time for Altrusa camaraderie, then pat yourselves on the back and know you have escaped from the Little Red Hen Syndrome.

THE GREEN SCENE

JULIE WATSON-HELMS
 SERVICE PROGRAM
 DEVELOPMENT CONSULTANT

“Go Green for Halloween”

In case you have not noticed... green is everywhere these days. “Green” has become the “mantra” of the new millennium. It has even spread into the cosmetic industry. Fortunately, we no longer have Kelly Green iridescent eye shadow “a la 60’s,” and green lipstick is only for Halloween, however some cosmetic companies are seriously taking a stand on chemical free “green” skin care and make up products.

Have you ever read the list of ingredients on your shampoo, face creams, and hand lotion bottles? What are all those big word you cannot pronounce? More importantly, what are they really doing to your skin and your body?

For example, what are polyethylene, polyoxyethylene, and polyoxynol? They are man made chemicals produced from 1,4-Dioxane, a petroleum based chemical used as an industrial solvent or solvent stabilizer that prevents chemical breakdown. These chemicals, primarily used in industrial solvents, are also in common household products such as, shampoos, liquid dishwashing soap, baby lotion and many cosmetic products.

So why should you be concerned? The EPA, the US Department of Health and Human Services, and the International Agency on Cancer Research have all listed 1,4-Dioxane as a probable carcinogen. The Environmental Working Group (EWG) researchers found cosmetics and personal care products contaminated with 1,4-dioxane including, hair dyes, baby soap, facial moisturizers, anti-aging products, around-eye creams and body lotions.

I remember hearing the saying... “You are what you eat!” but what about, “You may become what you put on your skin!” Your skin is the largest living organ on your body... take care of it and **GO GREEN!**

For more information and research on this topic visit www.safecosmetics.org, www.ewg.org, or www.cosmeticdatabase.com

Please remember, green lipstick is only for Halloween!





2008 REMINDERS

DANELLE HILLS
TREASURER

Between Dec. 1, 2008 and March 31, 2009, International dues for new members are one-half. That means the Dues are \$ 27.50 plus the regular \$10.00 processing fee for a total of \$37.50.

However, District Dues remain at \$20.00, there isn't any one-half provision.

Starting April 1, 2009, International Dues will be \$55.00 plus \$10.00 processing fee, but the member is covered for the remainder of the fiscal year through May 31, 2009, plus the full following membership year through May 31, 2010. This makes the member a "14-month" member, as we call it, and it saves the member money since the two months of April and May are essentially "free."

The same is true for the District dues. \$20.00 is due if the member joins from April 1 to May 31, but the member is also covered for dues and paid in full until the following May.

In the beginning of February 2009, an invoice will be sent out to the club treasurers and presidents for the Conference Delegate fees due from your club. The amount is based on your membership of record (that is, the District's record, not the club's or International's record) as of Jan. 31, 2009. For every 20 members the club has, or part thereof, the club is entitled to one voting delegate and one alternate at Conference, up to a maximum of five voting delegates. There is a \$20.00 fee due from each club per voting Delegate allowable. The Conference Delegate fee is due to District Three, whether or not your club sends or plans to send a delegate or alternate to Conference.

So it is very important that you check the Web site roster for your club and make sure it is correct and matches your records. If there are any discrepancies, please let me know personally. The Web site should be correct for any membership changes, additions and deletions as of Aug. 31, 2008. If anything differs from what you show your club membership was of Aug, 31, 2008, please let me know asap so that this can be resolved. After you receive your bill for the Conference Delegate fees in February, it will be too late! Your club's membership needs to be correct as if Jan. 31, 2009. You can e-mail me at: danellealtrusa@gmail.com or call me at (336) 226-2909.

ALTRUSA INTERNATIONAL INC. DISTRICT THREE MEMBERS SEPTEMBER 30, 2008

New Member

Sponsor

CHAPEL HILL, NC

Eleanor Hale

Frances M. Alguire

GASTONIA, NC

Debbie Cox

Angela Osborne

Connie Elzey

Lynn Jimison

Sue Hunter

Sandra Katzenotein

Mary Alice Rogers

Cindy Moose

LIVE OAK, FL

Garnet Dasher

Kelli Hicks

MONTICELLO, FL

Dottie Taylor

OCALA, FL

Claudia A. McGaughey

Colleen Duris

Kelly A. Thompson

Michelle Smith

Ronni Viola

Cindy Schad

SPARTANBURG, SC

Nancy S. Bernard

Jean Sydnor

Bobbie Schoss

Joe Ann Lever

AFFILIATES

SOUTH MARION COUNTY, FL

Antoinette Chiarulli

Cindy Schad

David Clements

Cindy Schad

Jan Clements

Cindy Schad

Bruce Hall

Cindy Schad

Jackie Hall

Cindy Schad

Frank Russo

Cindy Schad

Judy Brine

Janis McNemar

Joy Ann Robbins

Janis McNemar

Sallie Shookman

Janis McNemar

LAKE NORMAN, NC

Shirley Hudson-Bobo

Janis McNemar

CLUB 21

Are you a member of Club 21? This is an easy way to support the International Foundation and their projects. Your contribution goes toward supporting Camp Safe Haven for children with HIV/AIDS. These camps are free of charge to the children and the entire staff of professionals and volunteers donate their time and services.

As funds to Club 21 increase the Foundation will be able to support other agencies that offer programs worldwide for children with HIV/AIDS. One such project is the Ghana Health Initiative which offers education about the prevention of HIV/AIDS.

For only \$21 per year you can support these projects. You can find an application on the Altrusa International Website under Club 21 of if you want to wait until conference, I will have applications.

Martha Epps
International Foundation Liaison

International News

It's not too early to start making plans to attend the **2009 Altrusa International Convention in Indianapolis, IN on August 6-9, 2009.**

In addition to the convention, there are plenty of attractions waiting for you to visit. Some of the more popular ones are:

- Indianapolis Motor Speedway Hall of Fame Museum
- The Eiteljorg Museum which features Native American and Western Art.
- The Conner Prairie... Live some history! Journey back to long ago and experience how life has changed.
- White River State Park located in the heart of downtown, offers an awesome array of attractions, including the Indianapolis Zoo, Victory Field Baseball Park, IMAX Theater, and NCAA Hall of Champions & Headquarters are just a few of these.

Don't miss this opportunity to catch up with Altrusans from around the world!

DISTRICT THREE CLUB NEWS**Altrusa International, Inc. of Caldwell County, NC****CALDWELL COUNTY CLUB SUPPORTS THE WIG BANK**

Altrusa International, Inc. of Caldwell County held its October meeting at the Wig Bank of Caldwell County in Lenoir. In observance of Breast Cancer Awareness Month, all members were encouraged to wear pink to the meeting.

The Wig Bank is a non-profit organization that lends support to individuals that are diagnosed with cancer. It provides wigs and makeup at no cost to individuals who have lost their hair due to treatment by chemotherapy.

Their goal is to provide a haven of community hope for individuals and their families touched by cancer. They aim to create needed services that are sensitively suited to meet the emotional, intellectual and spiritual needs of all involved. Many support services are offered and they work collaboratively with the Cancer Care Program of Caldwell Memorial Hospital.

David Icard, founder of the Wig Bank, recently traveled to Washington, DC, to accept the National Acts of Caring Award. The Wig Bank is the only one of its kind in the U.S. He spoke to the club and explained the workings of the Wig Bank and how our club could become involved.

Altrusa International, Inc. of St. Augustine, FL

St. Augustine, FL, Altrusa member, Marci Segui planned a garage sale this summer. Her son, Sebastian, and his cousin, Ian, planned their first lemonade stand to accompany the garage sale. Sebastian and Ian decided to donate all the proceeds from their stand to the children who are part of the St. Augustine Emergency



Coalition. (Above) They are pictured with their sign in front of the stand. (Below) They are presenting \$51.70 to Sharlene Jackson-Smith, program coordinator for the St. Augustine Emergency Coalition. The St. Augustine Altrusans are very proud of these children and their generosity to a worthwhile program in our community.



Christine Plant, *President*

Altrusa International, Inc. of Spartanburg, SC

The Spartanburg Club has had a very busy fall.

The Spartanburg *Herald-Journal* published an article about the clubs contributions to Park Hills Elementary School and the effects our organization has had on the students.

Altrusans Marianne and Richard “Van” Van Wagoner have been chosen by TV News Channel 7 as their November recipients for the “*Caring for the Carolinas*” Award.



This award is given to individuals, projects or groups that give back to their community. A video clip will be on the WSPA-TV Web site the month of November. Anyone who knows this dynamic duo, knows that this award is well-deserved!

October 22 was a wonderful day for us. State Superintendent of Education Jim Rex spoke to about 70 people including Altrusans, professional educators, students planning to become teachers, and the winners of our Eula Sherman Scholarships as part of our regular Altrusa meeting.

Dr. Rex talked about a wide range of issues in South Carolina education, including his public school choice plan, the establishment of a Teacher Renewal Center, and his initiatives on single-gender education and the Montessori Method. Much of his time was spent answering questions from the audience.

Everyone I have seen who was at the meeting has told me how excellent Dr. Rex’s talk was. His presentation was interesting, filled with facts, and often approached with humor. We had a wonderful meeting!



Altrusa International, Inc. of Charlotte, NC

BOOK GIVE AWAY



The Charlotte club received a grant of free books and were manning a booth at the Sweet Tea Festival at SouthPark in Charlotte. The booth space and

tent were provided by a Charlotte business for our club. Over 1000 books were given away free to children attending the festival. The emphasis is on literacy and making reading fun for all ages. The children were thrilled with the books and the Altrusans working the Festival had fun interacting with the children.



Altrusa International, Inc. of Statesville, NC



Please find below an article that appeared in the August Issue of the Lake Norman Woman Magazine on Janis McNemar.

Janis McNemar has come a long way from her Kentucky roots. In the Bluegrass State she worked in law enforcement as a 911 dispatcher. Today Janis is an investment broker for R.M. Stark Co., Inc. Although this path is much different than her original one, she is very happy with the direction she has taken.

Janis moved to the Statesville area in 1990, and with her family motivating her, she began working as a broker's assistant soon after relocating. Later, the firm where she worked offered her a partnership, which she accepted. That's when a client approached Janis about joining Altrusa. Janis credits Altrusa, an international organization that provides community service, develops leadership, fosters international understanding, and encourages friendship through a network of professionals, with helping her on her journey through life.

"I was drawn to Altrusa because of its service to the community," says Janis. "Altrusa is all about giving back, and I wanted to be a part of that." Founded in 1917 in Nashville, Tennessee with only 40 members, today Altrusa has thousands of members in 407 clubs in 19 countries. The clubs are grouped into 14 different districts, each having a governor, board of directors, and committee chairmen.

Janis has served as a club officer for Altrusa International Inc. of Statesville, NC, as well as on the district level as vice governor. At present she is serving as a new club building consultant for the district, which covers North Carolina, South Carolina, Georgia and Florida. In fact, Janis is currently working to create an Altrusa International Lake Norman Club. She also remains active in the Statesville club's events, including Taste of Statesville, which Janis helped start 10 years ago. It remains the main source of funding for the community programs the club supports and operates, such as educational scholarships and a reading program that provides a new book to all first graders in Iredell County for summer reading.

Altrusa has given more to Janis than the opportunity to give back to the community, however; its members have also given her the support and encouragement she needed to advance in her career as an investment broker. She almost threw in the towel after a couple of attempts to pass the necessary exams, but her Altrusa sisters were there for her. "I was about to give up when two Altrusa members took me to lunch, and the rest is history," Janis recalls.

And support is what Altrusa is all about. Janis explains that one of Altrusa's main principles is to be a builder of women, which the club accomplishes by encouraging and helping women to pursue and advance their careers. Each year Altrusa International Inc. of Statesville gives between \$1,500 and \$2,000 in scholarship money to three women hoping to continue their education so that they can move forward in their professional lives.

Janis says that in addition to the support she received from Altrusa, her mentor and principal manager, Sean Kilmarten, really kept her going at a pivotal point. You see, her first official day as a licensed investment broker was September 11, 2001. She wanted to pack it in, but Sean has had a big impact on her. She acknowledges her family for helping her through those times as well. She's been married to her husband, John, for 33 years, with two children and three grandchildren to brag about. At the time of this interview, Janis and John were preparing to travel in their new RV to visit family and go camping. She's looking forward to the relaxation, but admitted she will be working on Altrusa projects while she's gone.

Altrusa International, Inc. of Orlando-Winter Park, FL



Candy Dawson pictured on the shore of Lake Michigan with the city in the distance. Fifty miles down and ten to go!

The first sign I saw said, "It's sorta fun to do the impossible." All who gathered at 5:30 a.m., 60 miles north of our Chicago destination knew what that meant and took a deep breath. The training alone was a physical challenge most had not thought possible. Well, I'm happy to report that I DID IT! I was able to walk every one of those miles toward eradicating breast cancer with the Susan G. Komen 3-DAY Walk for the Cure.

I was encouraged by the outpouring of support and donations from my sisters at Altrusa. When I heard that our members, who had already given generously,

made an additional contribution at the August meeting, I was very touched. That brought my total to \$2,905! Money that will help save lives! I was so proud to wear my "Altrusans for the Cure" shirt during the last day of the walk. I also wore it the first night at the camp where 2,400 women and a smattering of men spent the night in tiny two-person tents. The question arose: "Who are Altrusans?" My answer: "They are a group of professionals, mostly women, who volunteer in their local communities to make life a little



This young woman's t-shirt and her beautiful smile spoke volumes. can--and will-- find a cure for breast cancer!

better for those who need a hand up. My Altrusans live in the Orlando area and, like women everywhere, too many of us have been confronted with a breast cancer diagnosis. The rest of us have friends and family who have fought their own battles. Their names and their stories are literally the wind at my back." As I turned around to show the names and notes of encouragement, I felt gentle fingers tracing those names, and in my mind, underscoring the reason I was there.

Thank you again, Altrusans, for making a difference in the lives of so many. I was honored to walk on your behalf. My sentiments can be summed up by the words of

a fellow walker. "I am walking in gratitude because I can. I am walking in hope for all of those who cannot. I am walking with faith that someday no one will have to walk." If you ever feel like maybe you could do this – then I KNOW you can! And we can – and will – find a cure for breast cancer!

It was right about there that this sign came into view and propelled my achy feet the rest of the way.

by Altrusan Candy Dawson

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2007 – 2009

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