The 2019 Altrusa International Convention was held in Reno, Nevada, with 300+ Altrusans from around the world in attendance. It was a wonderful time to reconnect with Altrusans from past conventions and meet new friends. Thirty-five members from District Three made the journey to the 56th Altrusa International Convention to join in the celebration of Altrusa accomplishments, attend workshops and witness the installation of our new International President, Beverly Hardy (Starke, FL) of District Three and International Board.

International President Beverly introduced her “Dream Team” of Board Members, Governors and Committee Chairs. Each group has hit the ground running with the launching of the theme for the next biennium, “Teamwork Makes The Dream Work”.

They will be working on a number of initiatives that will help Altrusa Reach Out and lead to a better community. The website has been updated with presentations from the workshops and photos covering the convention. District Three continues its rich legacy of leadership.

Please join me in congratulating those who will serve at the International level this biennium:

- Past Governor and Past International Treasurer, Beverly Hardy (Starke, FL) as International President
- Past Governor, Linda Robison (Spartanburg, SC) installed as Chair of the International Foundation Board
- Past Governor, Norma Teuton (North Georgia, GA) elected to the position of International Board Director
- Past Governor and District Three Parliamentarian Colleen Duris (Ocala, FL) will continue to serve as International Parliamentarian
- Past Governor and Past International President, Donna Johnson (Gainesville, FL) appointed as the International By Laws & Resolution (BRR) Chair
- Immediate Past Governor Christy Bryant, (Charlotte, NC) will serve as the International Membership Committee Chair
- District Three Webmaster Susy Meier (Atlanta, GA) will serve as International Leadership Co-Chair

Please join me on our voyage this biennium. The District Three Board and Committee Chairs are “Navigating Altrusa” with a focus on Vision, Service, Membership and Leadership. Vision for others is provided through celebrating your achievements and sharing them with others in the District Service Bulletin. Building Better Communities is accomplished by the service projects Altrusans carry out. Days For Girls continues to be an International Service Project, and President Beverly shared an additional project whose focus is to Support Our Soldiers (SOS). Maintaining and growing membership is vital to the health of Altrusa. Leadership at all levels is accomplished by contributing to the Club’s Strategic Plan and by sharing the activities of the Club via award applications, and who knows, it may result in receiving funds to further support service projects! The goals of the biennium exemplify Altrusa Principle #7: “Altrusa develops true leadership, concerned with accomplishment and not with recognition.”

Your dedication to Altrusa and its Principles is appreciated!

With much love and in Altrusa Service,

Kitty McElhaney
District Three Governor
Navigating Altrusa: 2019–2021

The points of the compass guide us in the direction of our goals. The North point of the compass represents creativity and helpfulness. The East point of the compass represents love and compassion. The South point of the compass represents adventure and passion. The West point of the compass represents confidence and persistence.

Biennium GOALS

North: Vision
Goal: Submit at least one article for publication in the DSB.

East: Service
Goal: Participate in the International Service Project.
Goal: Enhance a current service project or initiate a new service project.

South: Membership
Goal: A net gain of two members per year.

West: Leadership
Goal: Submit the same number of award applications or increase by one the number of award applications from the prior year.
Goal: Submit a club strategic plan.

Governor’s Contact Info:
Kitty McElhaney
725 NW Zack Drive
Lake City, Florida 32055
(Home) 386-755-5565
(Cell) 386-984-0251

International President’s Message

Welcome Altrusans as we embark on our new biennium of 2019–2021. This biennium will be our 103rd year of our amazing organization. We have evolved into a top tier service organization that we can be extremely proud! I have a tremendous leadership team to support me during this biennium. I truly believe as my theme states TEAM WORK MAKES THE DREAM WORK. No one person can make Altrusa successful without the help of other talented leaders working beside them. Truly, together we thrive as we work together “Leading to a Better Community”.

You have heard me say many times and will continue to hear me say: As members of Altrusa we are volunteers! Altrusa is not a job, it is our service. My motto has always been to stress: Family first; Career second if you’re still working; Service third, which is of course, for many of us are our volunteer hours for Altrusa.

We live in one of the most challenging eras Altrusa has ever faced. A rising tide of technological innovations and entertainment opportunities has radically altered the social landscape of our world, fundamentally changing the way our society interacts. It is in this climate of fierce competition for people’s time that are reaching out to those in our communities and asking them to join us in sharing and caring. We must embrace this tide of change if we are to survive. We are forced to compete with powerful new technologies, like smartphones, tablets and all the modern social media and entertainment opportunities that come with them for our members’ and potential members’ valuable time and energy. We need to embrace this change and realize that it is the key to growth. By embracing the tide of change, we will be able to ride atop it and increase our membership, instead of letting change simply wash over us.

We the members of Altrusa should continue to exhibit passion, enthusiasm and energy for our organization while participating in our fundraisers and projects. We need to emphasize to nonmembers the wonderful philanthropic arm of our International Foundation and all they contribute throughout the world!

By working together and embracing change, we will achieve our monumental goal of growing our membership. We can reverse the trend of a declining membership and fight to retain our members. To be able to continue to benefit from change, we need to always remember that it is change—not chance—that will get us there.
District Three Club Revitalization Grants

by Nancy Shumaker, Chair, Club Revitalization Committee

We all know that maintaining a healthy membership in our local clubs can be a challenge. Membership rolls dwindle often due to circumstances beyond our control. While recruiting new members is a crucial part of ensuring that our clubs can continue the important service they do in our communities, recruitment efforts often cost funds that a club does not have at its disposal. Fortunately, District Three clubs have a way to get the help they need.

All under charter strength clubs in District Three may submit a Club Revitalization grant proposal for consideration by the Board of Directors of Altrusa International District Three, Inc. Funds provided by the grant may be used for such things as printing brochures and invitations to recruitment events, postage, ads in local media, the purchase of Altrusa membership kits and pins, etc. Clubs are encouraged to be creative in their requests.

Letters and copies of the application and grant guidelines have been sent to the Presidents of current under charter strength clubs to advise them of the grants and to encourage those clubs to submit grant applications. E-mail applications are acceptable as long as they are sent by the club president.

Applications should be sent to Nancy Shumaker, P.O. Box 413, Statesboro, GA 30459 or by e-mail to nwshumaker@yahoo.com. Grant applications are due by September 1, 2019.

International Grants

by Nancy Mott, Salisbury, NC
International Foundation District Liaison

Is your club working on a service project or supporting an individual? Here’s how the International Foundation Can help:

PROJECT GRANT: Help make your literacy or community service projects even better with additional funding.
- $250 to $4,000 – amounts awarded are dependent upon available funds and number of quality applications.
- Clubs may apply for one grant per cycle.

INDIVIDUAL GRANT: This grant is awarded for vocational or graduate school assistance.

INTERNATIONAL FOUNDATION GRANT 2019 CYCLE 1 (Fall)
Applications are due to International by September 15
Funding decisions made by October 31
Grants awarded November 30
Follow Up Reports due by May 31, 2020

DON’T HESITATE – APPLY TODAY – This past biennium, the International Foundation distributed $345,780 to Altrusa Clubs to assist them with their service projects.

AND DON’T FORGET ABOUT THE . . .

CLUB 21 PROGRAM GRANT: Supports health concerns of children and their families through Domestic Camps and International Projects. Limited to one grant per fiscal year.

Read the guidelines carefully, and be sure to follow all the instructions, and mark your calendar for your follow-up report if you are awarded a grant. Questions? contact District International Liaison Nancy Mott njmott@att.net 704-637-9561 or Foundation Administrator Shawna Kaiser, shawna@altrusa.org 312-427-4410.

For International Grant applications: Go to the Foundation tab at www.altrusa.org and choose either Project Grant, Individual Grant, or Club 21 Program.
# Altrusa International District Three, Inc.

**Membership Report**

By Mary Kirley  
District Three Treasurer

## Altrusa International District Three, Inc.  
MEMBERSHIP REPORT as of August 15, 2019

<table>
<thead>
<tr>
<th>CLUB</th>
<th>Paid Members</th>
<th>Emeritus</th>
<th>Lifetime</th>
<th>TOTAL MEMBERS</th>
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<tr>
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<td>2 Gainesville</td>
<td>74</td>
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<td>3 Lake City</td>
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<td>6 Marianna</td>
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<td><strong>TOTAL SC</strong></td>
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<td><strong>2</strong></td>
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<td>Emeritus No Club Affiliation</td>
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## REPORT SUMMARY:

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<table>
<thead>
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<tr>
<td>Active Members</td>
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<td>Emeritus Members</td>
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<tr>
<td>Lifetime Members</td>
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<tr>
<td>Affiliate Members</td>
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<tr>
<td><strong>TOTAL MEMBERSHIP</strong></td>
<td><strong>661</strong></td>
</tr>
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</table>
## District Three New Members

**Altrusa International District Three, Inc.**  
**NEW MEMBERS May 16-Aug 15, 2019**

<table>
<thead>
<tr>
<th>New Member</th>
<th>Sponsor</th>
<th>Joined</th>
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</thead>
<tbody>
<tr>
<td><strong>GAINESVILLE, FL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deborah Augenstein</td>
<td>Marge Baker/Renae Clements</td>
<td>May</td>
</tr>
<tr>
<td>Michelle Calhoun</td>
<td>Laura Gunter/Jennifer Cotton</td>
<td>May</td>
</tr>
<tr>
<td>Ruby Bell</td>
<td>Nancy Bell/Nancy Kirkland</td>
<td>June</td>
</tr>
<tr>
<td>Linda McKnew</td>
<td>Nancy Kirkland/Nancy Bell</td>
<td>June</td>
</tr>
<tr>
<td><strong>OCALA, FL</strong></td>
<td></td>
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</tr>
<tr>
<td>Vanessa Wall</td>
<td>Miranda Barrineau/Colleen Duris</td>
<td>May</td>
</tr>
<tr>
<td><strong>STARKE, FL</strong></td>
<td></td>
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</tr>
<tr>
<td>Peggy Crews</td>
<td>Shelly Bowen/Tiffany Doughtery</td>
<td>June</td>
</tr>
<tr>
<td>Gale Trotter</td>
<td>Dimple Overstreet/Mary Kramer</td>
<td>June</td>
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<tr>
<td><strong>MONTICELLO, FL</strong></td>
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<tr>
<td>Linda Harmon</td>
<td>Anita Ashworth</td>
<td>June</td>
</tr>
<tr>
<td>Kathy Joyner</td>
<td>Anita Ashworth</td>
<td>June</td>
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<tr>
<td><strong>STATESBORO, FL</strong></td>
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<tr>
<td>Trudy Counts</td>
<td>Renee Perkins</td>
<td>June</td>
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<tr>
<td>Gwendolyn Yarbrough</td>
<td>Renee Perkins</td>
<td>June</td>
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<tr>
<td>Susan Fowler</td>
<td>Nancy Waters/Martha Ray</td>
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<tr>
<td><strong>ORLANDO-WINTER PARK, FL</strong></td>
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<tr>
<td>Anna Arlene Shaw</td>
<td>Carol Thomas</td>
<td>June</td>
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<tr>
<td><strong>SPARTANBURG, SC</strong></td>
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<tr>
<td>Catherine Humphries</td>
<td>Susan Owens</td>
<td>June</td>
</tr>
<tr>
<td>Gregg Welch</td>
<td>Sherron Langley</td>
<td>June</td>
</tr>
<tr>
<td><strong>LAKE CITY, FL</strong></td>
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<tr>
<td>Kathleen Conde</td>
<td>Faye BowlingWarren/Jeanette Kennedy</td>
<td>July</td>
</tr>
</tbody>
</table>
District Three Altrusa Board enjoyed their Get Acquainted Board Meeting that was held in Lake City, FL starting on Friday, June 28, 2019. Governor Kitty McElhaney hosted a reception at her lovely home, which then led into the first Business Meeting. After adjourning for dinner, the second Business Meeting reconvened the next morning. Much was accomplished during this time and the team building aspect was on point, ensuring a smooth biennium for District Three. Thank you to our Altrusa Sister, Tammy Hall for allowing your District Three Board the use of Odom, Moses and Company/Raymond James Conference Room. (Complete with refreshments!)
Annual Club Report Summary

By Shannon Schell, District Three Governor-Elect

Many Thanks to all the clubs who completed and submitted their Club Annual Report this year. This was the 2nd year for submitting the reports electronically via Survey Monkey. This year seventeen (17) of our twenty-four (24) District Three clubs submitted their reports, giving us a 70% submission rate. We placed above the International average rate of 65%. So let me say way-to-go and a big thumbs up to Atlanta, GA, Caldwell County, NC, Charlotte, NC, Durham, NC, Gastonia, NC, Lake City, FL, Lake County, FL, Live Oak, FL, Monticello, FL, North Georgia, GA, Ocala, FL, Orlando-Winter Park, FL, Raleigh, NC, Spartanburg, SC, St Augustine, FL, Starke, FL and Statesboro, GA for completing and submitting their reports for 2018-2019.

The information compiled several pages and categories within all the Districts, below are some insightful facts from District Three:

- The 17 clubs provided 40,551 hours of service, with an average of 2,534 per club
- Membership recruiting activities were prevalent in 16 of the 17 clubs that reported
- Sixteen (16) clubs are diligent in updating membership information in Group Tally
- Thirteen (13) clubs showed interest in chartering a new Altrusa Club
- Fifteen (15) clubs financially assist members to attend District Conference while sixteen (16) budget and assist members to attend International Convention
- The total amount the 17 clubs raised for service projects and donations was $99,419
- Sixteen (16) clubs have a Strategic Plan that has been updated within the past year
- Twelve (12) clubs provide mentoring and training sessions for leadership positions
- Fifteen (15) clubs had members attend workshops at District or International events
- Our District has 41 members serving at the District and/or International level
- Sixteen (16) clubs have a web page, social media site and newsletter to promote their activities and raise awareness of Altrusa in their communities

I am also very pleased to announce that 7 clubs submitted their reports by the July 1 deadline and attained the Distinguished Club Award:
1. Charlotte, NC
2. Lake City, FL
3. Lake County, FL
4. North Georgia, GA
5. Ocala, FL
6. Spartanburg, SC
7. Starke, FL

The data in these reports is very valuable to our District and International, it is a “progress report” of how we are doing in each of our communities. Hopefully next year we can achieve 100% participation. So, a huge “Thank You” to each and every club that submitted a report and keep up the great work you are doing!
Convention Pictures

District Three

Past International Presidents
Convention Pictures

Days For Girls Service Project

Photographer Volunteer

Leading to a Better Community
Convention Pictures
Convention Pictures

2019-2021
International Committee Chairs and Appointees

We are the Champions

LET’S KEEP REACHING OUT

Celebration of Life
Altrusa members we will always remember

11 Altrusa International – District Three Service Bulletin – Summer 2019
Convention Pictures
An additional International Service Project was introduced to all attending the International Convention in Reno, Nevada as the International SOS Service Project.

This service project was at the request of our now International President Beverly Hardy. Her vision was to offer the SOS Service Project to all Districts which includes the military service men and women all through the U.S., Canada and New Zealand.

The workshop attendees were enthusiastic and informative within their own communities with additional suggestions and discussions. The International SOS Service Project designed to assist service men and women in 3 ways.

- Care Packages to Active Duty deployed Military
- Returning Military in need of assistance.
- How Altrusans can help homeless Veterans.

The flyers and the power point presentations are available to download and share within the districts and additional information will be included as it becomes available.

There is a request of a District Liaison and a club liaisons to be in contact with successes in any three categories to contact me the SOS Service Project Committee coordinator Carol Thomas.

I can be reached by email carol.thomas1211@gmail.com.

I am looking forward to hearing of your club success stories and I am also here to help in any way I can with assistance and additional information that is requested...

In Altrusian service,
Carol Thomas, SOS Service Project Committee Coordinator
Support Our Soldiers
International Service Project
Category 1 Care Packages to Deployed Troops

Some of the best packages are the ones with practical items in it. Soldiers do not have a lot of room for clutter, so the things that are most important to them are the things which can be used to help them in their jobs and enduring their downtimes.

- When mailing packages overseas for US Military, USPS provides documents and instructions to be followed, which are necessary for troops to receive packages in the best possible way.
- NZ care packages are sent for Defence Force personnel around the world by the RSA (Returned and Services Association). There is a special list in the care packages with a green custom label identifying the packages.
- For military in deployment in Canada, the MFRCs provide instructions to mail Morale-Mail-Parcel Services.
- The Canadian Forces Morale and Welfare Services (CFMWS) is responsible for coordination of donations to Canadian Armed Forces deployed troops. All donations must be coordinated through the CFMWS.

There may be local organizations you can contact for locations where packages can be sent for troops to enjoy. Correspondence may or may not be reciprocated by those receiving the packages. Just knowing they are being shared is rewarding.

US Military Care Packages

Suggested Wish List:
- Postcards – Self return addressed can be mailed with no postage needed
- Letters – Kind thoughts with no expectation of reply
- Current Magazines – People, US, Car & Truck
- Paperback Books, Comic Books, Crossword Puzzles, Word Search
- Mechanical pencils and erasers, Black Pens, Writing Paper, Envelopes
- Calculators (Small pocket size), Scotch Tape, Drawing Paper
- Playing cards, Puzzles, Dominoes, Silly String (detects Booby traps)
- Telephone calling cards, Beanie Babies, DVD Movies, Blank CD’s
- Fly Paper, Off insect repellent in plastic bottles
- Any items of personal comfort razors, small plastic bottles shampoo unscented, gel shaving cream, Icy/ Hot Patches
- Sunblock SPF 45 – 55 +, Sunglasses, Chapstick with SPF rating
- Dr. Scholl’s products for tired feet, Foot Powder
- Small Travel Size – Baby Wipes, Lens Wipes
- Small Size Toothpaste – Toothbrushes, Dental Floss
- Hand Sanitizer, Body Wash, Body Spray, Shower Gel – No Glass
- New socks (cushioned white calf high)
- Vitamin C cough drops (they get the C and also a hard candy)
- Single Wrap– Oreo Cookies, Peanut Butter Crackers, Pringles
- Powered Drink Mix, Crystal Lite, Lemonade (Single Serving Size for bottled water)
- Snack Foods, Power bars, granola bars (No Chocolate – 120 degrees)
- Good Coffee – Dunkin Donut or Starbucks (Single Serving Size), powdered coffee creamer
- Beef Jerky, Nuts (Small Bags), Pop Tarts, Granola Bars, (Small Bags) Jelly Beans, Bubble Gum, Hard Candy (Single Wrap)
- Tabasco Sauce (No Glass), Skyline Chili (in a can), hot sauce, Taco Bell Sauces
- Can Tuna, chicken salad, Ramen noodles (any flavor)

Prohibited Items:
- Alcohol or alcohol products, fresh fruit, live plants, animals, pork or pork by products, pornographic materials or sexual materials, obscene materials and horror comics, non-authorized political material, religious material in bulk quantities, firearms and ammunition, cash, coins, securities or precious metals in raw state, hazardous flammable toxic and/or radioactive substances.

Special Note: Don’t use packing boxes that are labeled with a prohibited substance.
Altrusa
SUPPORT OUR SOLDIERS
International Service Project
Category 1 Care Packages to Deployed Troops... Continued

ITEMS THAT MAY LEAK (ALSO PROHIBITED):
aerosols, batteries, liquids in glass container (prefer no glass containers sent), perishable food, or electronic devices with
batteries installed.

FREE SHIPPING BOXES ARE AVAILABLE
USPS has Priority Mail APO/FPO Flat Rate Box – MILIFRB
Size: 12 in. x 12 in. x 5.1/2 in.
SKU: MILI-FRBX

Following these precautions will safeguard your package on the way to its final destination:
• Place the mailing address inside the parcel on a separate piece of paper.
• Use a box that is constructed to conform to the contents you are sending.
• Place items in the box so that the weight is evenly distributed.
• Add packing material on the inside if any portion of the box sags or is easily depressed. Use packaging tape for wrapping the
outside of the box. Do not wrap with string.
• Cross out or cover excess markings or printing to prevent your box from being mis-sent.
• Enclose all personal hygiene items, such as deodorant, lotion, or shampoo, in a sealable bag.
• Place all perishable items, such as cookies, chips, etc., in a plastic container.
• When mailing liquids, ensure they are properly packaged. Limit the quantity, use a leak-proof container, and wrap the
articles in an absorbent material between the inner and outer containers.

Always use the APO or FPO address, without the name of the city and country

This is to make sure the item is handled in the military mail system instead of the international mail system.

INCORRECT:
PFC JOHN DOE 123RD ENG 2ND PLT – B CO APO AE 09398-9998
BAGHDAD, IRAQ

CORRECT:
PFC JOHN DOE
123RD ENG 2ND PLT – B CO
APO AE 09398-9998

NEW ZEALAND DEFENCE FORCE CARE PACKAGES

Care Packages for defence troops in New Zealand are sent by the RSA.

Wherever you are in New Zealand (or the Cook Islands) you’re never far from an RSA.
Find your nearest local Centre for Support, Remembrance and Camaraderie. There are 190 local RSAs. For information on how
support can be directed to go to www.rsa.org.nz.
CANADIAN MILITARY CARE PACKAGES

When mailing to military members in Canada:

- **RANK/INITIALS/NAME**
- **UNIT/SECTION**
- **OPERATIONAL NAME**

PO BOX #### (this varies depending on the operation)
Belleville, ON K8N 5W6

- The address as shown above
- Your return address in the top left corner
- An International Customs Form (CP72), which can be picked up from your local Canada Post outlet or the TMFRC. It should include the address, an accurate list of contents, the estimated cost of the items, and your name, address and signature. Insure that the parcel is wrapped properly and securely and use packing tape. Do not use string to bind the parcel.
- The maximum permitted weight is 18 kilograms (40 pounds). The length, width or depth of the parcel must not exceed 60 centimetres and combined measurement of length plus width plus girth must not exceed 180 centimetres.
- No article may be sent by mail if its nature or packaging may expose postal employees to hazards, or damage other items of mail.
- Bring your package to your local post office (you will have to pay to ship it) OR drop it at a local armoury or the Toronto MFRC (Free shipping from these locations!).

Mailing the following items is strictly prohibited:
- alcohol, beer or wine
- explosives, radioactive materials or ammunition
- matches
- flammable liquids or solids
- compressed gas
- propane cigarette lighters
- corrosive fluids
- obscene magazines or pictures
- batteries
- drugs
- perishable items
Disabled veterans deserve our utmost respect and assistance. Each one is unique and faces unique challenges. For this reason, Project SOS (Support Our Soldiers) has expanded its mandate from its original pilot program to include disabled veterans.

Many cities have organizations and foundations who help returning service men and women in need of assistance adapting to living with seen and unseen wounds. There are different ways we, as Altrusans, can be of assistance either as an organization or individually.

If you live near a military installation, contact the military chaplain or Family Resources Coordinator for more information on how to help our disabled heroes. If you do not live near an installation, contact your local Veterans of Foreign Wars, American Legion, AmVets, or DAV. In New Zealand, the RSA has 190 local organizations. In Canada contact your local MFRC.

How can an Altrusans help veterans in need?

Honorable Ways You Can Help Veterans as a random act of kindness:
1. Pick up the tab for their coffee or meal
2. Drive a veteran to a doctor’s appointment.
3. Listen to a veteran’s stories. This is quite a gift to them.
4. Support an organization which trains service dogs
5. Replace one clear light bulb with a green one.
6. Help sponsor an honor flight Write a letter
7. Volunteer at a VA hospital
8. Get involved with the Veterans Assistance Program.

The New Zealand RSA (Returned and Service Association) and New Zealand Veterans Affairs are available to support service personnel and their families. Their website is www.rsa.org.nz

In Canada is MFRCs (Military Family Resource Centres) across Canada and Royal Canadian Legion are available to offer support.

In the US, the following organizations, as well as others, offer support:

WOUNDED WARRIOR FAMILY SUPPORT  www.wwfs.org
Holidays are especially hard for disabled veterans and their families. Consider inviting a veteran and their family into your festivities during the Holidays. A home cooked meal and sharing stories can be meaningful to all participating. Your club can make disabled veterans feel respected and treasured during a time when we all have something for which to be thankful.

OPERATION GIVING BACK
After giving so much to our country, Operation Giving Back is the opportunity to give back. Providing a meal, preparing gift bags or baskets, writing notes of appreciation, or giving cards can go a long way towards giving back. Sending cards to our soldiers who are hospital bound not only offers support to the veteran, but reaches out to show appreciation for the service they have provided for us.

PROJECT LIFTING SPIRITS  www.projectliftingspirits.org
Re-adjusting to life after being wounded is difficult. It may take weeks, months or even years before the soldier can heal from these wounds. This project would have gifts available to give the veteran so that he or she may have a present to give to their child when he or she comes to visit the hospital for the first time; or when the child comes to visit their parent in the hospital on their birthday or during Thanksgiving or Christmas.
HOMES FOR OUR TROOPS (HFOT)  www.hfotusa.org
Most states now have access to a privately funded 501(c) (3) non-profit organization which builds handicapped accessible homes for veterans at no cost. There are many opportunities available which might peak the interest of an Altrusa club member, including but not limited to, cash donation or volunteering with the building of the home.

FISHER HOUSE  www.fisherhouse.org
Many military communities have a local Fisher House. Its main purpose is to assist the family of a disabled or sick/injured veteran while he or she is in the hospital. They are normally located close to a V.A. Hospital and are helpful to the family of the veteran so that they can spend more time with their loved one and less time traveling between home and the hospital.

OPERATION HOMEFRONT  www.operationhomefront.org
A national non-profit organization whose mission is to "build strong, stable, and secure military families" so they can thrive in the communities they have worked so hard to protect.
Altrusa
SUPPORT OUR SOLDIERS
International Service Project
Category 3 How Altrusans Can Help our Homeless Veterans

Veterans are more likely than civilians to experience homelessness. The veteran population is at a higher risk of experiencing traumatic brain injuries and Post-Traumatic Stress Disorder; both of which have been found to be among the most substantial risk factors for homelessness. Veterans face the same shortage of affordable housing options and living wage jobs in countries internationally. These factors, combined with the increased likelihood that veterans will exhibit symptoms of PTSD, substance abuse or mental illness, can compound to put veterans at a greater risk of homelessness than the general population.

As an individual you can donate money or professional services to local Homeless Shelters. Contact the National Coalition for Homeless Veterans, www.nchv.org, or 1–800–Vet–Help, where a donation of clothing, non-perishable food items and personal care items to the shelter are always welcome. As an organization, Altrusans can promote the local shelter at their Stand Down Events where several agencies within a community gather to provide food, clothing, and information as to how the organization can help them.

Organizations helping our Homeless Veterans in the U.S.

- **Disabled American Veterans** (DAV) The DAV Homeless Veterans Initiative helps veterans "lead high-quality lives with respect and dignity." DAV Homeless Veterans Initiative also promotes the development of supportive housing and necessary services to assist homeless veterans in becoming productive, self-sufficient members of society.

- **The National Coalition for Homeless Veterans** (NCHV) The NCHV mission is to end homelessness among veterans. They do this by acting as the resource and technical assistance center for a national network of community-based service providers and local, state and federal agencies that provide emergency and supportive housing, food, health services, job training and placement assistance, legal aid and case management support for hundreds of thousands of homeless veterans each year.

- Since 1993, **U.S.VETS** has empowered homeless and at-risk veterans to attain their highest level of independence, with specialized assistance to post-9/11 veterans, female veterans and veteran families.

- **At Volunteers of America**, we are committed to ending homelessness for those veterans on the street and preventing others from becoming homeless by providing a wide array of well-designed and managed services to meet the specific needs of homeless veterans.

Organizations in Canada with assistance to the Homeless.

The **Royal Canadian Legion**, **Veterans Affairs Canada**, **VETs Canada** and **Soldiers helping Soldiers** are committed to helping Veterans and their families in need find homes. There are national and provincial programs that offer financial assistance through the Poppy Fund and support for homeless Veterans and those at-risk of homelessness find suitable accommodations for a long-term support and services.