



The Gainesville Altrusan

Newsletter for Altrusa International of Gainesville, FL, Inc

Outstanding Alachua County Volunteer Civic Organization
2010 "Work of Heart" Award
Home Club of 2009-2011 International Altrusa President,
Donna Johnson

July 2024

President's Message

A recap of the previous month and a look ahead

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Helpful Hint: If you find any font size too small for your comfort, please use the zoom function on your computer or device to enlarge text

"Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life"
Amy Poehler

Newsletter Staff

Editor: Carolyn Harrell
Proofreader: Marge Baker
Photographers: Cherise Bartley,
Sara Freeborn, Wafa Barbari

Altrusa International of Gainesville, FL
PO Box 358510, Gainesville, FL 32635-8510

"In any given moment we have two options: to step forward into growth or step back into safety."
ABRAHAM MASLOW

It seems like the longer I live the more I'm wanting to embrace and welcome change. I don't mean just change for change's sake, but positive changes and ideas to make ourselves as a club and as individuals better. Mind you, I'm

Open your arms to change, but don't let go of your values.
-Dalai Lama

for sure speaking to myself here and you'll be noticing small changes to the newsletter and some hopefully positive changes to the workings of the club and in what I try to attend to. I want to make changes that draw us all closer and

The measure of intelligence is the ability to change.
-Albert Einstein

Creativity is intelligence having fun.
ALBERT EINSTEIN

keep us on the forefront of positive changes in our community. That takes work, but we all know it's so rewarding. Still thinking change, I'm determined to let my hair grow long but am discovering that may be a change that needs second opinions *** (my daughter and husband hope I get them).

So, I know changes often need input (and more change) but that's what makes them even more worthy and fun. The important thing is to always try, experiment, take a chance. Now with a look at the last quote that holds a fun focus, I'm adding a link to a site I often played with when my granddaughters were young. Creating little celebrations for both important and crazy days with them was so much fun and a bit educational too, and I want to add that element back into my life again. I can't put all these "holidays" in our club calendar, of course, but may they spark ideas to perk up these long, hot Florida summers and perhaps inspire a moveable feast and sharing ideas.

https://www.holidayinsights.com/moreholidays/july.htm#google_vignette

***As soon as I finished this note I seemed to be drawn to a hair dresser before leaving for Scandinavia. It's those second opinions and needs for balance, I guess. Thanks to you all for so much patient support and for your ideas and encouragement. You'll see better groomed hair on me come July 11.

Fondly, Carolyn

Starting in the August issue, **Keep Up with our Calendar** will be part of **Giving and Gathering**

You will soon receive a brief working calendar for 2024-25 along with the budget for the year. Please save them for reference as the newsletter listings will primarily be reminders of major club events and meetings for each month. *"...as simple as possible."* But as always, please let me know if this works for you or not.

July 11, noon luncheon meeting at Woman's Club for looking ahead. Committees will caucus to plan events, dates, grant applications, etc and members will sign up for standing committee(s) of choice.

July 15-19 opportunities to pack backpacks at Partnership for Strong Families



Ongoing Opportunities to Serve

"Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has." Margaret Mead

"It is not enough to be compassionate. You must act." the Dalai Lama.



North Florida Sewing Center, Wesley United Methodist Church 826 NW 23rd Ave Parking in the lot on the west side of the church. (Dee is contact)

Volunteer opportunities at **Williams Elementary** begin again next school year. Please plan to become a weekly reader.

Peak Literacy Zoom tutoring. Contact Leah Galione 352-359-1270 leah@peakliteracy.org

Ukraine Contact Lyuba Wharton to arrange preparing donation boxes to send. 352-339-2278

- ✓ Magazines for Altrusa House clients and staff (Connie is contact)
- ✓ Non-recyclable tops and lids for AH art project (Sara is contact)
- ✓ For Displaced Homemakers: gas cards, canned meats, Progresso soups with meat, saltines, jelly, fruit cups, individual boxes of cereal, nuts, microwavable pasta, canned corn and beans (Shea is contact)
- ✓ Children's and young adult books for Majestic Oaks and for jail inmates' children (Carolyn is contact)
- ✓ Suggested fabrics and supplies for Sewing Center (Dee is contact)
- ✓ Clothes (esp men's) for SWAG and Grace (Carolyn)
- ✓ Supplies for Ukraine: Shoes, t-shirts needed any time and any size. Clothes, bandages, socks, hygiene items, pain meds, peanut butter are always in demand. (Carolyn is contact)



"We make a living by what we get, but we make a life by what we give." Winston Churchill.
"No one has ever become poor from giving." Anne Frank

June 13 Luncheon Meeting: Michelle Belanger

www.nfsewingcenter.org



We were happy to welcome president and co-founder, Michelle, to share the mission and some special projects worked on at the center. She also talked about how it was started and then transitioned from being an official Days for Girls site. ***The mission of the North Florida Sewing Center, Inc. is to provide a safe space for collaborative efforts using needlework arts to promote health and sustainability for humans, animals and the environment.***

Hours are Monday-Saturday 10 am – 5 pm and Sunday 1pm- 5pm.

Located on the east side of **Wesley United Methodist Church**, 826 NW 23 Ave, Gainesville, FL 32609

Stitching for Good

We make **reusable, washable menstrual and incontinence products.**

We make **quilts for people transitioning out of homelessness** (staying at GRACE Marketplace, Arbor House, Created Gainesville, etc and refugees).

We use odd donated fabrics and our small scraps to make **beds for companion animals.**

We make **fidget mats for seniors** with dementia

We host and support other **groups that do community service** through needlework arts.

We offer classes and workshops to **spread the joy of needlework arts and volunteerism.**

The newsletter will tell you about upcoming events and achievements from all of our partners.

Fidget Friday, Friday July 19 6-9 pm

Come join us this Friday to make Fidget Mats. What is a Fidget Mat, you ask? Think about it as a busy box for adults. Adults with dementia fidget with their hands. These mats provide a way to keep hands busy. Mats contain a variety of different items such as zippers, bells, buttons, weaving, etc.

Mats are donated to agencies in our area that have memory units or clients with dementia.

This class is not on our calendar so if you are interested in attending, please email nfsewingcenter@gmail.com by Thursday, July 18. Space is limited.

SUSTAINABLE SUNDAYS

Starting on Sunday, June 30, we will be offering classes to make items that are reusable and will replace one-time use items, such as paper towels. June 30th, the class offering will be reusable kitchen towels. This class, along with others, is listed on our website. <https://nfsewingcenter.company.site>

July

Adult Sewing Classes July 10 and 20

Hearts and Hands Service Day Saturday, July 13

Sustainable Sunday July 28, 2-4 pm T-shirt shopping bag

August

Adult Sewing Classes August 7, 17, 21

Hearts and Hands Service Day Saturday, August 3

September

Knitting Class Monday, Sept 8

All classes, except Hearts and Hands Day, require registration. Please go to our site <https://nfsewingcenter.company.site>

Help needed!

We have a request from a school district in Colombia for 1300 menstrual sets to be provided in the next several months. A set contains 3 holders, 10 flannel inserts lined with PUL to make them 'leak-proof', a carry bag and instructions. We need help with cutting and sewing holders and inserts. If you have some extra time to work at the Center or take work home, we would greatly appreciate it.

Providing reusable feminine hygiene products allows girls to attend school when they are having their periods versus staying at home.

Committees Caucuses Coming Up: Plans and Projects for 2024-25



Sara is reminding us of the functions of the committees along with which committees have been added or updated. At our July 11 luncheon meeting we will have a chance to meet in service committees to plan for the year.

Notes/updates from committee chairs will be in the August newsletter so no worries if you missed a few details at the meeting.

The standing committees will be meeting very soon as well. Each committee chair will contact their group about time and place.

ALTRUSA ACCENT: By Sara Freeborn

As we begin another Altrusa year, it is time to review and recommit to the service opportunities of our choice. Those opportunities are represented in two separate groups of committees, Service and Standing Committees.

- The Service Committees, or the “Big 3”, are the International, Literacy, and Vocational Committees and this is where we do much of the real hands-on charitable work of Altrusa. Service projects such as collecting supplies to send to Ukraine, partnering with Williams Elementary School to help with literacy programs, and assisting the Displaced Homemakers Program at Santa Fe are just a few examples. Every member of the club must belong to one of these committees. If you have been a member for less than one year, you will continue to serve on the committee of your primary sponsor. After that, each year at this time, you have the opportunity to switch committees. Some members stay on the same committee for years, while others try out all three.
- The Standing Committees support the business of running the club. For example, there is a Finance Committee that works with the club treasurer to develop an annual budget and assists in any financial matters as needed. The Strategic Planning Committee works to update and monitor the fulfillment of our strategic plan. An important and wide-ranging committee is Communications, which encompasses our newsletter, publicity, social media, our website and yearbook. Dee is the chair of Communications and it is vital that she has a strong committee to help with the various facets. We need people who can update our social media with information about meetings and upcoming events. Publicity for our fundraising events is very important, as is keeping our website updated.

Every member is encouraged to participate on at least one of these standing committees, or more, if possible. Think about your talents and interests and where you may best be able to contribute. There are varying degrees of time commitment involved, but also remember, many hands make light work! More information and sign-up sheets will be available at meetings over the summer. These committee listings/members will be on table handouts at the July 11 meeting and included in the August newsletter.



One more thing:

At our June luncheon meeting, Finance Director Dee presented the 2024-25 budget which was unanimously approved by the club. A copy of this budget came as an email attachment along with the newsletter should you wish to keep a copy.

NEWS & NOTABLES



Lisa Renner 5
Sharon Bauer 14
Nancy Kirkland 20
Norma Green 28



From Bennye Alligood:

Congratulations, **Dr. Bea**, for an award that we know is highly deserved. Having you involved with Altrusa is a blessing indeed.

The Fierce Awards showcase women in the community who are influencers, leaders and game-changers to improving Greater Gainesville.



BITS & PIECES

Before book group Dee had time to visit Vibeke's garage of treasures to gather some fabrics for Sewing Center. *Carolyn took a trunkful of other Vibeke goodies to Repurpose Center and the latest load of books to Majestic Oaks kids. News and photos of what you are up to would be welcome additions to our newsletters. Please send to share.



From Lisa Renner:

Some of you may remember our emeritus Altrusan, **Marion Healy Freund**, who passed away on March 28th while living in Halifax, Nova Scotia, Canada.

There will be a Memorial Service and celebration of Marion's life on July 16th at 2:00 pm at Holy Faith Catholic Church in Gainesville, followed by a private family burial.

*Correction: After Women Build, Sharon loaded Carolyn's trunkful of donations from Vibeke into her car to take to Repurpose. That's Altrusa helpful sisterhood at work. In photo below Carolyn and Sharon serve our final Women Build lunch of the year—the menu offerings of course augmented by Sharon's largesse.

Mid-June update: The house has now been completed and Jasmine circle has landscaped it. We know that having housing is life changing for these women and children and our help with lunches is an appreciated part of this service. We'll begin again in the fall so get your recipes and groups in mind.





Community Topics in Mental Health Altrusa House, 2002 NW 36th Ave, Gainesville, FL 32605

You are invited to attend a presentation on Community Topics in Mental Health at Altrusa House in Gainesville, FL August 13, 2024, at 10 am.

This event will be open to all Guests, Caregivers, and Employees just wanting to know more on big topics in Mental Health Support.

Information guides will also be provided to all attendees regarding available resources right here in your own community for support and assistance.

We all truly look forward to seeing you there!

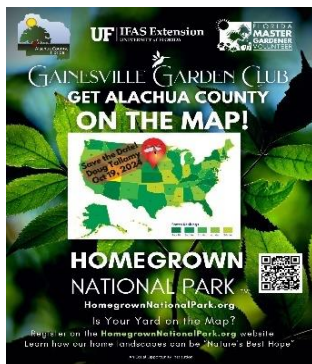


From Bennye Alligood

Jennifer (Jenn) Duncan, a staff member at Altrusa House, is coordinating with the VA a Community Topics in Mental Health workshop at Altrusa House (see above). Lee and Lisa will speak of adult day benefits. The VA will be discussing mental health and support within the community for those who are not connected to the VA as well as VA connection services. Sounds like a great workshop if anyone is interested. Please let me know if you are interested in attending.

Please RSVP to Bennye if you plan to come to this brief presentation followed by tour and refreshments.

GRANTED



The Garden Committee of Altrusa House was recently awarded a \$500 grant from Jasmine Circle of Gainesville Garden Club. We are so happy to be in partnership with this active, committed group. Our plans are to repair/restore the raised garden that clients enjoy using and plant an area that highlights native plants and attracts butterflies.

Altrusa House is a 501 (c)(3) tax-exempt non-profit organization. Please contact Nancy Hult at altrusa.calendar@gmail.com for information about planning and placing a commemorative brick for someone you would like to recognize in the Garden and Tribute Book. We will notify recipients so honored or the families of the remembered.

Local Leadership and Highlights from Board Meetings

President	Carolyn Harrell harrelland@cox.net
1 st VP (Programs)	Sara Freeborn svfreeborn@gmail.com
2 nd VP (Membership)	Cherise Bartley cklmbart@aol.com
Treasurer	Tobi Doering tobi@rejuvenada.com
Recording Secretary	Debbie Handberg deborahallenhandberg@gmail.com
Director, Projects & Fundraisers	Harriet Buxbaum buxbahh@hotmail.com
Director, Communications	Dee Dugger ladydragonfly54@gmail.com
Parliamentarians	Bob and Ginny Percy



Altrusa House Board of Trustees

President: Bennye Alligood
Vice-President: Fran Vandiver
Treasurer: Shea Huey
Secretary: Margaret Fields
Altrusa House Director: Lee Johnson

Contacts for sharing/updating club information:

Carolyn Harrell for newsletter
 Dee Dugger for website and social media
 Donna Johnson for Yearbook/Phone Directory
Foundation Treasurer Marilyn Mitchell m313mitchell@yahoo.com

<https://www.facebook.com/p/Altrusa-Club-of-Gainesville-FL> <https://districtthree.altrusa.org/gainesville/>

<https://altrusahouse.com/> <https://www.facebook.com/altrusahouse/>

Club Board Retreat June 2024

Updates in organization and standing committees:

- Agenda: handled by president; committee not needed
- Projects/fundraisers: Harriet will organize communication with each chair in a way that suits her and facilitates communication with the Board.
- Altrusa House no longer needs a committee to keep members informed as newsletter does that
- ASTRA at UF was disbanded; possibly create a new (non-UF) ASTRA club
- Awards: handled by 1st VP
- Bylaws, Resolutions, Recommendations: no committee needed
- Sunshine included in Membership with Ginny as coordinator. A shorter, continually updated mini-membership section will be available on-line to all members.
- Presentations: to be handled by Shea
- Yearbook: falls under Communications and Donna handles it.
- Carolyn will form a new Hospitality Committee for luncheon menus, decorations and deliveries, sign-in, set-up and clean-up.
- Human Library: Cherise will co-chair with Harriet, along with Kimberly's input.
- Festival of Trees: Myra and her committee
- Wreath Sales: Fran
- International Dinner: Fran
- Music Trivia Bingo: Dee

Major projects and fundraisers need to be spread out rather than several events occurring between November and January. Yearly calendar will be sent to all members as soon as dates for major fundraisers are determined. The club will cover expenses for name tag, pin, and new member fees.

AH Board Retreat June 2024

As many on the board were unable to attend in June, the meeting was moved to July 18. Highlights will be in the August newsletter.

Click and Connect: District and International Info

Get comfy by your computer, iPad or phone and click through Altrusa websites and Facebook pages from around our district, across the US, and as far away as New Zealand and India! It's inspiring and fun to see photos and read reports on projects and fundraisers. You'll also find lists and contact info for Altrusa International Leadership

Click below for International Facebook and Website and Compass

<https://www.facebook.com/altrusainternationalinc/>
<https://www.altrusa.org/>

Click here to see where some of your dues are going/have gone:

<https://foundation.altrusa.org/>

2023-2025 Biennium Goals for Our District

Submit club strategic plan to Gov Dimple Submit at least two articles to the DSB Recruit four new members.



District Service Bulletin (DSB) <https://districtthree.altrusa.org/news-events/district-service-bulletins/>
Published in Summer, Fall, Winter, Spring

District Three Newsletter comes on the first of each month to your email inbox.

District Three Board of Directors 2023-2024

Governor Dimple Overstreet Starke, FL
Governordimple@gmail.com
Read and enjoy the District Three newsletter,
Serving Up Service
with Dimple's notes: Governor's Gossip/Spilling the Tea.



Governor-Elect Mantha Young Lake City, FL mantha@macmediaservices.com
*Vice Governor Nancy Shumaker Statesboro, GA nwshumaker@yahoo.com
Treasurer Scott Frieser Charlotte, NC scottfrieser@gmail.com
Director Roberta Klusmeier Orlando-Winter Park, FL gators1307@aol.com
Director Scott Tice Ocala, FL scottaltrusa@gmail.com
Director Anita Ashworth Monticello, FL Manda1944@gmail.com
Secretary Amanda Seyfang Starke, FL aseyfang@gmail.com
Parliamentarian Kitty McElhaney Lake City, FL kittyaltrusa@gmail.com

*Vice Governor, Nancy Shumaker is the director assigned to our club.

Here are the 23 District Three Altrusa Clubs.

The earliest, Charlotte NC chartered in 1928 and most recent in North GA in 2005, Gainesville was chartered in 1959.

Atlanta, GA; Caldwell County, NC; Charlotte, NC; Citrus County, FL; Gaffney, SC; Gainesville, FL; Gastonia, NC; Lake City, FL; Lake County, FL; Live Oak, FL; Marianna, FL; Monticello, FL; North Georgia, GA; Ocala, FL; Orlando-Winter Park, FL; Raleigh, NC; Salisbury, NC; Spartanburg, SC; St. Augustine, FL; Starke, FL; Statesboro, GA; Tampa Bay, FL; Waynesville, NC

District Three Committee Chairs

ASTRA: Kitty McElhaney
Communications: Josie Frieser
District Service Bulletin (DSB): Pat Janke
Finance: Scott Frieser
Leadership: LaShone Surrency
Membership: Rosemary Leake
Service Program Development: Dee Dugger
Webmaster: Susy Meier
Club Revitalization: Gale Trotter
New Club Building: Lucy Montford
Program Coordinators: Susy Meier and Colleen Duris