

# Altrusa Action



April 2024

## PRESIDENT'S MESSAGE



<https://www.facebook.com/AltrusaCentreCounty>  
[altrusacentreco@gmail.com](mailto:altrusacentreco@gmail.com)

Fellow Altrusans,

It's "Add An Altrusan" month! I am blessed to count you as friends, and these service projects and meetings have been therapeutic and a great source of positive energy to me. Why not share the vibes? Consider bringing a guest to a meeting. On April 17th we are having a presentation from Ghana Medical Relief: this is an interesting meeting to invite someone to!



Perhaps invite a friend to participate in a service project, like the watershed cleanup in Bellefonte on April 20th, or helping at our Food Drive May 18th. Service is the heart of Altrusa and there's time to chat at each. See the calendar on page 3 for more details about upcoming events.

I'm excited for all our members who are attending the District Two Conference at the end of April. My work schedule is hectic in late April so sadly I always seem to miss the Conference. However, I know Conference is a great learning experience for Altrusans; we have so much to learn from one another. Plus Conference is like a big family reunion! Please send my regards and come back with ideas to share.

Spring is blooming!  
Peace and love,

*Laura*

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Altrusa International of Centre County  
210 W Hamilton Ave. #171  
State College, PA 16801

*Please print on 100% recycled paper*

### APRIL MEMBERS' MEETING

**Date:** April 17th

**Time:** 6:00 pm start,  
Dinner and social time at 5:30 pm

**Program:** Ghana Medical Relief: Providing  
Healthcare, One Village at a Time  
(Service Committee)

**Location:** Good Shepherd Catholic Church,  
867 Grays Woods Blvd, Port Matilda, PA  
and Zoom

No computer? You can call +1 646 876 9923 and enter  
meeting ID to listen to the meeting.



**BOARD**

President: Laura Ullrich

VP: Peggy Shipley

Treasurer: Eleanor Bird

Recording Secretary  
Jackie Esposito

Directors:

Betty Kenny

Susan Babcock Hoover

Immediate Past President  
Roxanne Barzona

**COMMITTEE CHAIRS**

Communication Chair—  
Lisa Carey

Finance Chair—  
Eleanor Bird

International Relations Chairs—  
Jackie Esposito

Amy R. Miller

Membership Chair—  
Lynn Myers

Service Chair—  
Roxanne Barzona

Newsletter Editor—  
Laura Ullrich

**Committee Reports**

**COMMUNICATIONS:** Thank you for your input for our roundtable discussion “Asking for Help” at our March Members’ program.

**FINANCE:** Annual Dues will be kept at \$100 this year and are due to Eleanor by 5/23/2024. Bring them to May 15th Members’ meeting or mail to Eleanor.

**INTERNATIONAL RELATIONS:** The APIDA Heritage Festival April 20, 2024, 3-8 pm at Martin Luther King Plaza Downtown State College. There will be food, live music, performances, see page 9 for details.

Sample Indian cuisine at The Taste of India festival on Saturday, April 13 at the State College Middle School from 5-8pm, see page 9 for details.

**MEMBERSHIP:** It's Add An Altrusan month! Consider bringing a guest to a meeting or a service project.

The Membership Committee was happy to finally be able to present a 40 Year Pin to Marla Moon. While we honored Marla at the January meeting, it took a while to actually get the pin. Thank you Marla for your 40 years of leadership and service to Altrusa.



**SERVICE:** In April, we have **Watershed Cleanup** on Saturday, **April 20th** at 8am. Please contact Laura (lauralugnut@gmail.com) if you want good karma picking up trash and protecting the environment for Earth Day. Meet at Tussey Mountain Outfitters at 308 W Linn St, Bellefonte at 8 am. Invite a friend!

**May 11th** is the first day of the **AAUW Book Sale** at Penn State’s Snider Agricultural Arena. For those of you volunteering, please arrive at 8:45 to assist with the beginning of the sale: counting people coming in, helping direct folks to check out, and restocking books.

Our **food drive** is on Saturday, **May 18**, at the Weis in Bellefonte and the Weis at the Hill’s Plaza State College from 11:00am - 2:00pm.

**CALENDAR OF EVENTS**

Mark your calendar!

April 17

MEMBERS’ MEETING

April 20

WATERSHED CLEANUP

April 25-28

DIST. CONFERENCE

May 7

BOARD MEETING

May 11

AAUW BOOK SALE

MAY 18

FOOD DRIVE

**APRIL**

- 2 7:00 pm Board Meeting via Zoom
- 13 9:00 am **Tadpole Road cleanup**, PA Furnace (rain date)
- 7 World Health Day (UN)
- 11 ALTRUSA’S 107th ANNIVERSARY
- 17 5:30 / 6:00 pm **Members’ Meeting** at Good Shepherd (Service)
- 20 8:00 am **Watershed Cleanup Service project** @ 308 W Linn St Bellefonte
- 22 International Mother Earth Day
- 25-28 **District Two Conference** - College Park, Maryland

**MAY**

- 7 7:00 pm Board Meeting via Zoom
- 11 8:45 am **AAUW Book Sale assistance**, PSU’s Snider Ag Arena
- 15 5:30 / 6:00 pm **Members’ Meeting at Good Shepherd:** Membership Committee
- 15 International Day of Families (UN)
- 18 11 am - 2 pm **Food Drive at Weis stores in Hills Plaza State College & Bellefonte**
- 31 World No-Tobacco Day



# UPCOMING EVENTS

April 13th: **Tadpole Road cleanup** @ 9:00 am, meeting at Fairbrook Park, weather permitting

April 17th: Altrusa Centre County **Members' Meeting** @ 6:00 pm Good Shepherd + via Zoom (dinner at 5:30 pm) - Presentation by Ghana Medical Relief: Providing Healthcare, one village at a time (Service Committee).

April 17th: Book club meeting immediately after the Members' meeting at Book: *The Tide Between Us: An Irish-Caribbean Story of Slavery & Emancipation* by Olive Collins. Join us even if you didn't read the book, and help pick the next book.

April 20th: **Watershed Cleanup** @ 8:00 am sponsored by Clearwater Conservancy. Our site is one mile of W. Linn St in Bellefonte from Tussey Mountain Outfitters to Caperrella Furniture. Meet at Tussey Mountain Outfitters parking lot at 308 W Linn St, Bellefonte. Please let Laura (lauralugnut@gmail.com) know if you (and a friend!) want to participate.



May 7th: Altrusa Centre County **Board Meeting** @ 7:00 pm via Zoom

May 11th: **AAUW Book Sale** assistance, meet inside Penn State's Snider Agricultural Arena at 8:45am.

May 15th: Altrusa Centre County **Members' Meeting** @ 6:00 pm Good Shepherd + via Zoom (dinner at 5:30 pm) - Initiations and Installations.

May 18th: Altrusa "Patriotic" **Food Drive** at Weis Markets in Bellefonte (Buckaroo Ln) and at Hills Plaza (S. Athernton) in State College from 11am to 2pm for Armed Services Day. Sign ups for locations, times, or transport of goods at April and May Members' meetings.



## BIRTHDAYS



### APRIL

- 11 - ALTRUSA INTERNATIONAL
- 23 - Peggy Shipley
- 28 - Terry Johnson

### MAY

- 4 - Susan Babcock Hoover



# MEETINGS

## This month's Members' Meeting: April 17, 2024 @ 6:00pm



**Program: Ghana Medical Relief: Providing Healthcare, One Village at a Time**  
(from Service Committee)

Location: Good Shepherd Church upstairs classroom,  
867 Grays Woods Blvd, Port Matilda  
and via Zoom



- **Don't forget to wear your Altrusa pin with pride!**  
Or face a \$1 fine



- Dinner @ 5:30pm will be pepperoni, Hawaiian, and plain cheese pizza. RSVP to Betty [redacted] by Tuesday @ 5pm and indicate which kind of pizza you want and the numbers of slices.
- Don't forget to bring a drink.
- As always, feel free to bring your own meal.



## Connecting to Zoom for the Members' / Board meetings:

Use any computer to connect - laptop, desktop, tablet, smart phone.

Join by following this link:

or hand enter

**Meeting ID:** (no Password)



You do NOT need to have a Zoom account to join (simply hit "Join" instead of "Sign In"). There is no password. You can join with either your computer audio or by any telephone (even a landline):

*You can also just attend the audio portion of a Zoom meeting with a phone call (no internet needed).*

To use phone audio dial this line: +1 646 876 9923 if 1<sup>st</sup> line is busy use +1 312 626 6799

When prompted enter **Meeting ID:**

## Next month's Members' Meeting: May 15, 2024 @ 5:30pm social / 6:00pm meeting

**Program:** Membership Committee  
Installation of Board and Initiation of Members

♦ *Reminder: \$100 annual dues are due 5/23/24*

Location: **Good Shepherd Church** upstairs classroom,  
867 Grays Woods Blvd, Port Matilda and Zoom





## Altrusa International of Centre County Members' Meeting Minutes, Wednesday, March 20, 2024



**In Attendance:** Laura, presiding; Amy, Jill, Sindy, Roxanne, Brenda, Eleanor, Lynn, Terry, Maureen, Phyllis, Marla, Susan, Betty, Becky, Jackie, recording.

**Call to Order:** 6:07 p.m.

**Happy Notes:** Jackie acknowledged recent election to Vice President, Centre County Historical Society and upcoming award from AAUW; Roxanne's daughter is coming home on 4/15; Betty is going to Key West; Phyllis traveled to Hilton Head with niece; Brenda got to see son, daughter-in-law and granddaughter; Terry is happy to be here; Amy got a visit from sister and nieces last week; Amy was grateful to be able to participate in Saturday's service project; Jill had a wonderful time in Las Vegas.

**Accent:** Early history of Altrusa, first club founded in April in 1917 in Nashville, TN. Background information on Mamie L. Bass, Altrusa's 1st President. Altrusa name coined from combining altruism and United States of America. The first conference was in Indianapolis in 1918. Mamie L. Bass created the Principles of Altrusa. Mexico was the first international member. Altrusa became a partner with the United Nations in 1948. Environmental concerns mission established in 1989.

**Minutes for February 2024 Meeting:** Moved by Brenda, seconded by Jill. Approved as distributed.

**Roundtable Discussion led by Communications Committee: Topic: Asking for Help**  
Identify the tipping point for when to ask for help; realize personal limitations; learning to say no; strengthening club by asking others to help; understand your role and learning to delegate; identify individual member strengths; award submissions require at least two members to craft the applications; asking for help is not a weakness; reaching affords opportunities to learn new skills; requesting help allows individuals feel a sense of accomplishments; Altrusans will lift you up; not asking for help is actually the weakness; teamwork is the beneficial; if you put me on the spot, the answer is no, give me a few days and I might find a way to accomplish the task.



### Committee Reports:

- 1) **Finance:** Balance is including a check from Bellefonte Elks for school supply project; Note: if literacy programs at both schools need help this year, notify Lisa. Letter from Becky, as auditor, reporting on financial health. Betty moved to accept audit, seconded by Terry. Audit accepted as read [See Appendix A]. Budget work will be done by the Finance Committee to be reviewed at the April Members meeting. Discussion of rental fees ensued.
- 2) **Service:** Distributed laundromat and Out of the Cold library shelves; Park Forest Preschool Easter event, Tuesday, March 26 @ 10:00 a.m.; Tadpole Road cleanup, Saturday, April 6, sign-up sheet distributed; Watershed Clean-up scheduled for 4/20 @ 8:00 a.m.; AAUW Used Book Sale, Saturday, May 11; Food Drive to be scheduled for May 18; Days for Girls donation dropped off in Pittsburgh; donation for Lion's Party scheduled for March 24.
- 3) **Communications:** District award updates discussing possible changes.
- 4) **International relations:** UNA Centre County meeting, Thursday, March 20 @ 6:00 p.m. with speakers focused on food insecurity issues worldwide; International Poetry Night, Wednesday, April 3 @ 7:00 p.m. at Webster's Bookstore.
- 5) **Membership:** Presentation of 40-year pin to Marla. May meeting is a group initiation meeting. April is add-an-Altrusan month.



> Minutes continued on next page



# Altrusa International of Centre County Members' Meeting Minutes, Wednesday, March 20, 2024 continued, page 2 of 2



### New Business:

- 1) **Annual Dues:** Effective June 1, district dues are increasing by \$10. The board recommends keeping dues at \$100 for 2024-2025 fiscal year which includes international (\$55), district (\$30) and local dues (\$15) in total. Recommendation approved unanimously.
- 2) **Nominating Committee:** To check with all officers about remaining on Board including one Director and create a slate for voting at the April Members meeting. Volunteers include Cindy, Jill, and Amy. Motion made by Brenda, seconded by Maureen. Nominating Committee approved. Jill will chair the committee.
- 3) **AAUW Community Action Grant,** deadline April 15 – possible projects Book Boats and Lion's Pantry. Ad-hoc committee to write grant: Susan, Jackie, Roxanne, Laura, Betty, Jill.



**Ongoing Business:** Intentional Acts of Kindness – Linda Smith, International President, made this quantification as a goal. Discussion of counting ensued. Many pros and cons delineated. Reporting is voluntary. Conference Basket donations discussed. Sandi is donating a Ten Thousand Villages basket; Club basket will include PSU books and wines. Phyllis, Cindy, and Lisa will develop exhibit.

Adjourned: 7:37 p.m.

**2024 DISTRICT TWO CONFERENCE**  
**BUZZING WITH EXCITEMENT!**

What to bring?  
Your Altrusa pin  
Silent Auction Items  
Your Club Banner  
Something Black & Yellow for Friday Fun Night  
YOUR ENTHUSIASM!!  
Attire for the Awards Banquet



Roxanne & Eleanor brought our folded party donations to the Days for Girls collection site in Pittsburgh and reported back about the bag sewing stations.





# SERVICE



### Hopping Down the Bunny Trail

Another year of Easter fun at Park Forest Pre-school is in the books.

Excitement was in the air as the children chased down the colorful Easter eggs. Each child could collect 8 toy-stuffed eggs to enjoy at home. After the hunt the children were enthralled by all of Phyllis's singing friends. While the head bunny (Phyllis) charmed all the 2-, 3-, and 4-year-olds, Cindy and Jill played backup. The culmination of the morning



Phyllis introduces one of her singing friends



was when each child received a book to take home to enjoy.

-Photos and story by Jill



## SERVICE - Altrusa International of Centre County



### MARCH 2024

#### Community Service Hours

- \* Total # of service hours - 456.7
- \* Altrusa-organized service hours - 244.6
- \* Other service hours - 212.1

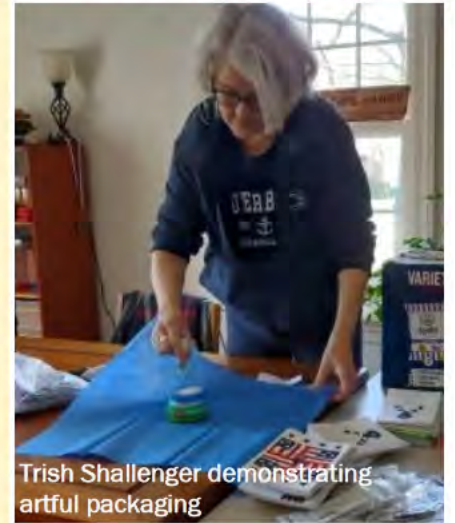




# SERVICE

## A Soldier's Hands – Care package assembly

On Saturday, March 16, nine Altrusa club members fulfilled one of our favorite service projects. We flocked to Trish Shallenberger's home, the CEO of A Soldier's Hands, to help fill care packages that her organization sends to our troops overseas. Together, we sorted, stacked, separated, and ribbon-curled the carefully designed packages for our service members. Ultimately, it was a humbling and satisfying service project to help those who give up so much and put themselves at risk to keep us at home, safe.



Trish Shallenberger demonstrating artful packaging

-Roxanne

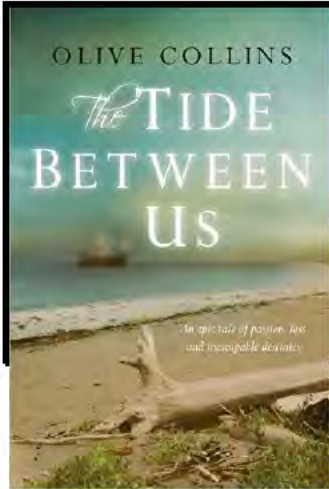


Photos by Amy & Brenda





# COMMUNITY NEWS & SHARING



### BOOK CLUB

We invite you to join us for some socializing and light book discussion at \_\_\_\_\_ following the April Members' meeting. You do not need to read the books to attend.

This month's book:

***The Tide Between Us: An Irish-Caribbean Story of Slavery & Emancipation*** by Olive Collins

### Taste of India Food Festival on April 13th

Taste of India is an annual fundraising event that offers homemade, authentic Indian food prepared and served by volunteers.

Get ready for a cultural carnival, a powerhouse of energy, and a commitment to making a real impact. Every dish served isn't just a masterpiece; it's a part of a mission to empower communities through volunteer work and grassroots development projects.

**TASTE OF INDIA 2024**

**GRAB YOUR TICKETS NOW!**

Afterall, Happiness is Homemade!

**Taste of India Food Festival**

Date: Saturday, 13th April  
Time: 5 to 8 PM  
Venue: Mount Nittany Middle School

Tickets are available in two slots  
5 to 6.20 PM, 6.40 to 8 PM  
Student: \$20  
Adults: \$25  
Children (Age 5 to 12 years): \$12

Our Sponsors:

**APRIL 22ND 2023**  
**DR. MARTIN LUTHER KING JR. PLAZA • 11 AM TO 4 PM**

**APIDA HERITAGE FESTIVAL**

WITH APPEARANCES OF...

**FANAA • K-POP MUSIC & DANCE**  
**• SHER BANGRA • RAM SQUAD • LOCAL ARTISTS**

**HENNA • PHOTOBOOTH • FOOD AND DRINKS FROM KOOP, TEADORI, CAFE ALINA, BIG BOWL AND MORE!**

ENJOY FOOD, MUSIC, PERFORMANCES, PRIZES, TABLING FROM YOUR FAVORITE AAPI CLUBS AND MUCH MORE!

Penn State's Asian, Pacific Islander, and Desi-American (APIDA) Caucus is set to debut its Heritage Festival from 11 am to 4 pm on Saturday, April 22, at the Dr. Martin Luther King Jr. Plaza in State College. There will be food, live music, performances.



# ALTRUSA ACTION

Altrusa International of Centre County

210 W Hamilton Ave. #171

State College, PA 16801

