



# Altrusa Action

MONTHLY NEWSLETTER OF ALTRUSA INTERNATIONAL, INC. OF CENTRE COUNTY, PA  
JANUARY 2007

**Dinner Meeting:** Wednesday, February 21, 6:00 p.m., Celebration Hall, \$14.00

**Menu:** The buffet will feature Glazed Pork and Crab Cakes

**Program:** "UPDATE ON SIERRA LEONE", Ahmed Banya & International Relations Committee

**Reservations:** Please call to make a reservation or to cancel a standing reservation. Call Barb (238-8882) or email her ([brk@psu.edu](mailto:brk@psu.edu)) by the evening of Sunday, February 18th.

## PRESIDENT'S MESSAGE

Dear Sisters and Brothers in Altrusa,

So, Winter has finally arrived. As Norma wrote in an E-mail to the UN\USA Council, "I am so excited about the coming snowstorm!!!!" And with ANY luck at all, when you receive this we will have had at least one blessed day of snow-bound bliss (i.e., the world slows down, deadlines must be extended, and at least one long nap has been worked into the schedule!).

While you're enjoying your winter bliss, don't forget to schedule your Spring respite. And what better way to do so than planning on attending the 51<sup>st</sup> Annual District Two Conference in Parkersburg, West Virginia? You should have received your call to conference letter by now. [*Editor's note: the Call to Conference edition of the District Service Bulletin will be coming out soon,*

with all the details.] We will be staying at the Blennerhassett Hotel, and the Parkersburg club has negotiated excellent room rates (\$119 for Junior Suite, \$99 for Superior King, and \$89 for an Intermediate Double). These rates are only good until March 25, so make your reservations now!!!

I recognize that scheduling both the time and financial resources for attending the District Two Conference can be difficult. Please, though, remember that this is a special time when we get to share ideas, energy and vision with our sisters and brothers from other clubs. Equally important, it is a time when we get to know each other better and develop a common vision for our future.

We have worked hard to develop a Leadership Fund to help those members who have difficulty with the financial expense of attending. If you fall into that category, please don't hesitate to contact me so that we can discuss your needs and the funds that Altrusa has available.

Please plan on attending! We will miss your spirit, enthusiasm and wisdom if you do not.

Yours in Service,

*Tammy.*

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## **COMMITTEE WORK**

### ***International Relations*** – Jill, Chair

Don't miss the February dinner meeting. Ahmed will be speaking of his latest trip to Sierra Leone. We will continue to collect embroidery threads, needles, hoops, etc to donate to Sierra Leone.

### **Road Trip to the United Nations**

Thus far we only have one person signed up for the bus trip to the UN that was announced at the January dinner meeting. Here are the particulars:

Saturday May 5th we will take a Fullington Bus **FROM THE FULLINGTON BUS GARAGE NEAR THE AIRPORT** (Note this correction from the flyer).

We meet at 5:00 a.m. and leave promptly at 5:15 a.m. Our tour of the UN begins at 11:00 a.m. and we are required to be there a half hour ahead.

Cost for this trip is \$60, and includes transportation and cost of the tour. If you are over 62, the cost is only \$56 (due to the senior discount given for the UN tour). Lunch will be in the UN cafeteria and will be your responsibility. **All payments must be received by March 31st.** Checks should be payable to "Altrusa" and sent to: Jill Lillie, 257 Madison St., State College, PA 16801.

The afternoon in New York is free to do as you please .... shop 'til you drop at Macy's ..... visit the Guggenheim Art Gallery ..... visit Times Square ... take a peek at the Empire State Building .... visit Rockefeller Center .... get a tattoo (I thought I would slip that in to see if you are paying attention!) ..... or just find a pub and sip the afternoon away.

We leave New York at 5 p.m., stop en route for dinner (Dutch treat), and hope to be home by 10 p.m. It will be a fun and informative day. You won't want to miss it!

***Service*** – Jennifer, Chair

### **Youth Service Bureau Spring Fling Yard Sale**

- Tillie and Louise will co-champion this project and attend the planning meetings.
- Altrusa is responsible for sorting and pricing donations of women's clothing on April 12 & 13 and selling merchandise and keeping the area organized on April 14.
- A volunteer sign up sheet was passed around at the January membership meeting and will also be available at the February meeting. Volunteers are needed to work shifts of a few hours each. Volunteers may also be entitled to an early-bird shopper incentive!
- Last year this event raised about **\$16,500** for the Youth Service Bureau!

### **Walnut Springs Park Cleanup**

- Ann McGlaughlin will champion this project.
- Altrusa adopted Walnut Springs Park through Centre Region Parks & Recreation's Park Partner Program. Three times per year, Altrusa volunteers perform park maintenance tasks such as weeding, brush trimming along trails, trash pick up, mulching, etc. at the direction of CRPR staff.
- April 21 is our next Park Partner Day (part of the larger Watershed Cleanup Day effort taking place throughout Centre County and the statewide Great PA Cleanup).
- A volunteer sign up sheet was passed around at the January membership meeting and will also be available at the February meeting.

### **PA One Book, Every Young Child**

- Jen picked up 95 books for Altrusa distribution. Our financial commitment was \$160.
- A Splendid Friend, Indeed by Suzanne Bloom is the book for 2007.  
[www.paonebook.org](http://www.paonebook.org)

- The membership committee will once again take on the publicity of this project/event as their new member bonding project. Gini Tucker will seek a volunteer champion(s) from among the new members who participated last year.

### **SERVICE PROJECT PROPOSAL**

As some of you are aware, members of the Service and International Relations Committees completed a joint service project last fall that involved coordinating and mentoring service projects for students at the Park Forest Middle School. The project was two-fold. First, students went "Trick or Treating for UNICEF" and raised just over \$1,000. Second, students were placed as community volunteers with a variety of Altrusa mentors. As a result of the mentoring partnership, students completed many important community projects, including work in various elementary schools, assisting with recycling at the Centre County Solid Waste Authority, and making angels for Altrusa's holiday leadership fund.

More important than any of these achievements, however, was Altrusa's part in working to foster the spirit of community development and giving among young people.

As a result of the success of this venture, the Service Committee has recommended to the membership that Altrusa explore the feasibility of making the relationship between Park Forest Middle School and Altrusa a long-term, standing commitment. The Service Committee has also recommended that Altrusa of Centre County explore the possibility of creating an ASTRA Club as part of this long-term relationship.

This concept and request was presented at the business meeting in January. Phyllis recommended that a vote be tabled until the February business meeting so that members would have an opportunity to think through the proposal and to see it in writing. Hence, this article.

The proposal up for vote is as follows:

1. Would members of the club vote to explore the development of a long-term, mentoring, service-based relationship between Altrusa of Centre County and Park Forest Middle School?
2. Would the members of the club vote to provide financial support to the project, i.e., allocating funds from Mystery Night for the students' after-service celebration (a few hundred dollars for pizza, soda, venue, etc.)

Future, more explicit action on behalf of the Club would require further discussion and a vote of the membership. Having said that, there is potential for the entire middle school to become a part of the partnership and for Altrusa to provide quality, on-going leadership development to our community youth. It also seems likely that several of the projects we currently complete on our own – park clean-up, assistance with the Spring Fling, etc. -- are projects that we could mentor and supervise middle school students to complete. The result would create a truly measurable and long-term impact for our community.

Please be prepared to discuss your thoughts and to vote at the business meeting scheduled for February, 21<sup>st</sup>.

### ***REMINDER –***

The Silent Auction & Prizes committee for Mystery Night is still looking for contributions of prizes and silent auction items. Remember, folks, that these things make up a good part of the money we raise at Mystery Night to support our Community Service grants, and each member is responsible for getting an item donated or making a personal donation.

Please bring your contributions to the February dinner meeting, and contact Jill or Becky if you have any questions. Thank you.

## NEW MEMBERS

These new members were initiated at our January dinner meeting. Please cut out these yearbook entries and paste them into your yearbook in the appropriate places, using the blank pages provided.

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**Linda Leslie** (January 2007)  
3221 Shellers Bend, #840  
State College, PA 16801 .....**237-3568**  
cell: **571-0413**  
email: [lleslie49@verizon.net](mailto:lleslie49@verizon.net)  
Class: ..... Education, Elementary, Academic  
Position: . Special Ed Teacher  
Firm: ..... State College Area School District  
(on leave for 2006-2007 year)  
Birthday: July 5  
Sponsors: Gini Tucker, Jill Lillie

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**Amy Miller** (January 2007)  
316 McBath Street  
State College, PA 16801 .....404-3698 (cell)  
email: [amarama3@hotmail.com](mailto:amarama3@hotmail.com) (home)  
[arm107@psu.edu](mailto:arm107@psu.edu) (office)  
Class: ..... Education, Libraries  
Position: . Staff Assistant, E-Z Borrow Coordinator  
Firm: ..... Penn State University Libraries  
103 Pattee Library  
University Park, PA 16802 .....**865-5429**  
Birthday: November 23  
Sponsors: Tammy Gentzel, Gini Tucker

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**Karen Mrsa** (January 2007)  
3004 Fairchild Lane  
State College, PA 16801 .....**867-3018**  
cell: **441-2815**  
email: [KMRSA@centredaily.com](mailto:KMRSA@centredaily.com)  
Class: ..... Communication, News Syndicate  
Position: . Human Resources Director  
Firm: ..... Centre Daily Times  
3400 E. College Avenue  
State College, PA 16801 .....**231-6469**  
Birthday: October 12  
Sponsors: Jill Lillie, Ellie Beaver

**Celeste Olmstead** (January 2007)  
234 Elm Street  
State College, PA 16801 ..... 238-8935  
email: [cmo118@psu.edu](mailto:cmo118@psu.edu)  
Class: ..... Universities, Administration  
Position: . Asst. Director, Penn State Development  
Communications  
Firm: ..... Penn State University  
11 Old Main  
University Park, PA 16802 ..... **865-5761**  
Birthday: December 8  
Sponsors: Tammy Gentzel, Gini Tucker

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**Cynthia Thackston** (January 2007)  
2231 Bristol Ave.  
State College, PA 16801 ..... **238-7970**  
cell: **440-8164**  
email: [cynthia.thackston@gentiva.com](mailto:cynthia.thackston@gentiva.com)  
Class: ..... Medical Services, Nursing Agency  
Position: . Branch Director  
Firm: ..... Gentiva Health Services  
1631 S. Atherton St.  
State College, PA 16801 ..... **235-9583**  
Birthday: May 24  
Sponsors: Susan Hoover, Jill Lillie

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Thanks to our photographer Jennifer Shuey --



Initiation Ceremony, left-to-right: Cynthia Thackston; Sponsor Susan Hoover; Celeste Olmstead; Amy Miller; Sponsor Tammy Gentzel for Celeste and Amy; Karen Mrsa, Sponsor Jill Lillie for Karen and Linda Leslie, last on right.

## ***THE ENVIRONMENT COLUMN: Winter De-icing***

As snow piles up in the winter, we oftentimes turn to salt to melt snow and ice. Salt, however, causes adverse environmental impacts, especially on our streams and rivers. Excess salt can saturate and destroy a soil's natural structure and result in more erosion to our waterways. High concentrations of salt can damage and kill vegetation. Salt poses the greatest danger to fresh water ecosystems and fish. Studies in New York have shown that as salt concentrations increase in a stream, biodiversity decreases. Excess salt can seep into groundwater and stormwater runoff. Effective ice control can help prevent excess salt runoff to our waterways.

### **DE-ICING IN THE WINTER**

There are many alternatives to salt including potassium chloride, calcium chloride, and magnesium chloride, corn processing byproducts, and calcium magnesium acetate (CMA). Most can be found in your local hardware stores under various trade names, so check the labels for chemical content. While these alternatives can be spread in a dry form or sprayed as a liquid, their best use occurs when they are used with salt. They tend to increase the efficiency of salt thereby reducing the amount that needs to be applied. When over-applied, all chloride compounds can be harmful to the environment. Non-chloride corn byproducts recycled from mills and breweries have been shown to be effective de-icers as well. While they are often advertised as organic or natural, they can have extremely high phosphorus content, a major water pollutant. Numerous studies have shown calcium magnesium acetate (CMA) to be the most environmentally benign de-icer. Many northern states use CMA on roads in sensitive areas (wetlands, endangered species' habitat, drinking water supply, etc.). A couple of disadvantages with CMA however, are that it does not work well below 25 degrees Fahrenheit, and it is the most expensive de-icer. Because all de-icers can be harmful to the environment when applied in excess, the best strategy is to reduce the use of these chemicals as much as possible.

- The first line of defense should simply be to shovel sidewalks and pathways to keep them clear and to prevent ice from forming. Also, consider that salt and de-icers are not effective when more than 3 inches of snow have accumulated.
- Consider the temperature. Salt and calcium magnesium acetate (CMA) have a much slower effect on melting snow and ice at temperatures below 25 degrees Fahrenheit.

- Track winter weather and only use salt and de-icers when a storm is about to come through. If a winter storm does not occur, sweep up any unused material, store, and reuse for the next big storm.
- Apply de-icing products discriminately, focusing on high-use areas and slopes where traction is critical. Apply the least amount necessary to get the job done. This will save money in product costs and will also help minimize property damage to paved surfaces, vehicles, and vegetation.
- Reduce salt and other chemicals by adding sand for traction.
- Become familiar with various de-icing products and wetting agents such as magnesium chloride and calcium chloride, which can improve the effectiveness of salt and reduce the amount needed.
- If you observe ongoing issues of ineffective ice management or examples of poor application, such as excess piles of road salt left to disperse, share your concerns with the property manager of your residence, business, or municipality.
- Plant native vegetation that is salt tolerant in stormwater drainage swales and ponds that may receive salt-laden runoff. Not only will these native species have a greater chance for survival, but they will continue to act as an effective buffer for our local waterways.
- Store salt and other products on an impervious (impenetrable) surface to prevent ground contamination. Also store products in a dry, covered area to prevent stormwater runoff.

Excerpted from *A Homeowner's Guide to Stormwater Management, Office of Watersheds, Philadelphia Water Department, January 2006.*

## ***PERSONALS***

**Sally McAneny** reports that her email address has been switched from Adelphia.net to Comcast.net. **IF YOUR ADDRESS HAS BEEN CHANGED, PLEASE LET US KNOW.**

**Pam Ruest** has announced her candidacy for the position of Centre County Judge in the Court of Common Pleas, and would be the first female judge in Centre County history! **GO, PAM!!!**

## ***MINUTES***

Wednesday, January 17, 2007

The meeting was called to order by President Tammy G. at 6:20 p.m.

Treasurer's Report: None

Correspondence: Thank you from Women's Resource Center of Centre County for grant funding.

Committee Reports:

*Communications:* Preparing for Mystery Night mailer and outreach. Please watch for announcements.

*Finance:* None.

*International Relations:* Announcement regarding trip to U.N. Trip is scheduled for Saturday, May 5. Cost is \$60.00 per person or \$56.00 for those over 62. Cost includes tour of UN and bus fair. It does NOT include meals. Bus leaves at promptly 5:15 a.m. Please contact Jill L. for more information or to make reservations.

*Membership:* None.

*Service:* Jennifer announced the committee's use of "Project Champions" to provide leadership and cohesion to the various projects we take on. Several project sign-up sheets were circulated, including Spring Fling and Park Clean up. The Committee proposed the club vote to approve the exploration of a new service project which will involve mentoring Park Forest Middle School students in service. It was further proposed that membership explore using the relationship to build an ASTRA Club. Phyllis moved the topic be tabled to the February meeting so that members would have time to reflect on its scope and feasibility. The motion was moved and seconded.

Old Business:

The Board presented the following slate for the nominating committee:

Tammy Gentzel  
Barb Kautz  
Ginny Mulhatten

The slate was unanimously approved by the membership as presented.

New Business: None.

The meeting was adjourned at approximately 7:20 p.m.

Program: "Accentuate Altrusa," Initiation of new members.

## ***FAMILIES NEEDED TO HOST IRISH TEENS***



Have you ever thought about adding an international dimension to your family? Would you like to play a role in promoting peace? The Ulster Project of Central Pennsylvania is requesting host families for the summer of 2007. The goal of the Ulster Project is to promote peace, trust and understanding between Catholics and Protestants in Northern Ireland. Each Irish teen is matched with an American

teen of the same gender, between the ages of 14 and 16. The teens live in the U.S. for 4 weeks, during the month of July. The teens in our project come from County Tyrone, which is 30 miles west of Belfast.

During the month, the Irish and American teens participate in a variety of activities. These are planned to help them learn more about each other's faith and culture, as well as to enjoy the summer!

We are planning two Information Sessions to answer questions and provide more information. Teens and families from previous years will be available to share their own stories.

For more information about the Ulster Project, please contact Lorraine Fello at 814-383-4262 or Larry Dansky at 234-3474. You may also email Lorraine at [lfello@earthlink.net](mailto:lfello@earthlink.net) or Larry at [lsd5@psu.edu](mailto:lsd5@psu.edu). Information about the international project can be found at: <http://www.ulsterproject.org>.

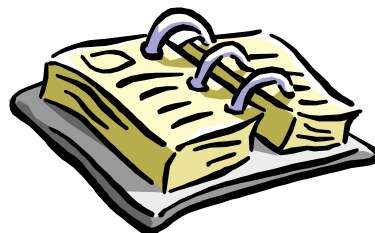
***Ulster Project of Central Pennsylvania***  
Information Session for Prospective Teens and Families

Sunday February 18, 2007-1:00 p.m. State College Presbyterian Church

Or

Sunday February 25, 2007-1:00 p.m. St. Johns Catholic Church, Bellefonte

## ***CALENDAR OF EVENTS***



### **February**

- 6 Board Meeting
- 21 Dinner Meeting (International Relations)  
Program: "Update on Sierra Leone" – Ahmed Banyan

### **March**

- 6 Board Meeting
- 21 Dinner Meeting (Board)  
Program: "Fund Raising"
- 24 ***An Evening of Mystery and Fellowship*** – Fund Raiser

## ***BIRTHDAYS***

### **February**

- 1: Elizabeth Goreham
- 8: Sandi Craig

### **March**

- 8: Ann McGlaughlin
- 25: Sara Krumrine
- 26: Kathy Mowery



# *ALTRUSA ACTION:*

*February, 2007*

Altrusa International, Inc. of Centre County  
P.O. Box 1232  
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*WELCOME AGAIN, NEW ALTRUSANS!*



[www.altrusacentrecounty.homestead.com](http://www.altrusacentrecounty.homestead.com)