



Altrusa Action

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

Dinner Meeting: Wednesday, May 16th,
6:00 p.m., Celebration Hall, \$14.00
Menu: The buffet choices will include Chicken
Cordon Bleu and Salmon
Program: *Installation of New Officers*
Reservations: Please call to make a reservation
or to cancel a standing reservation. Call
Barb (238-8882) or email her
(brk@psu.edu) by the evening of Sunday,
May 13th (Mother's Day).

President's Message

Dear Brothers and Sisters in Altrusa:

I cannot believe that another year has passed so quickly! It has been an honor to serve as President, and it is my hope that the club will continue to strive toward the goals we have set for ourselves in the past few years. As you know, I and several others have just returned from District Conference. It was an invigorating and inspiring experience. The amount of work done by Altrusa members across the eastern seaboard is breathtaking. Learning about others' work, understanding the world-wide connections and the opportunity to network with other clubs is an experience that should not be passed by.

As a result, I would like to challenge this club (with me charging full steam ahead as champion) to work to raise enough money to cover conference registration fees and hotel costs, at the least, for all of our officers and

committee chairs. That's a lot of support, but I believe it can be done. My first challenge is to ask that if you, as a member, are in a position to sponsor another member's participation, you let me know that you are willing to do so. In the mean time, I will increase my fervor for craft making and sales to add income to the leadership fund.

In terms of the worthiness of the endeavor to provide sponsorship to conference and continued support of Altrusa as a whole, I would like to take a moment to point out the goals we set for ourselves and have attained in the past two years:

We have worked to build a culture of amity, participation and long-term commitment by establishing ongoing relationships with sponsors and new members, using buffet dinners as an opportunity to socialize and get to know one another, offering a variety of service projects, and taking simple steps to increase our awareness of one another by offering "positive notes," larger font name tags, and a well-produced newsletter.

We have worked to stimulate participation in the club by making certain that all members have the opportunity to contribute in a meaningful way, offering the opportunity to get together and socialize while doing meaningful service, following up with members who have missed meetings unexpectedly, and providing multiple opportunities for feedback and discussion regarding projects and policies.
(continued next page)

President: Tammy Gentzel
TamGentzel2@cs.com
P.O. Box 1232
State College, PA 16801

Editor: Barb
Production: Tammy
Distribution: Alice & Micki

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We have worked to foster and maintain partnerships with other organizations by formalizing our relationships with UNA-USA and beginning a relationship with Park Forest Middle school to facilitate youth service.

We have increased funding for scholarships, operating expenses and projects by raising money for our leadership fund through our “positive notes,” and sale of our holiday angels, and doubling our proceeds from Mystery Night.

We have worked to increase community visibility and awareness by updating and advertising our web site, submitting pictures and project updates for publication in the Centre Daily Times, and releasing multiple public service announcements regarding Mystery Night and our grant application program.

Finally, and most important, we have worked to provide meaningful, valuable service to the Centre County community. We have fostered the first steps in leadership among 200 teenagers through our work with the Park Forest Middle School eighth graders. We have assisted the Youth Service Bureau in maintaining a critical, blue ribbon mentoring program for youth through our support of the Spring Fling and the Big Brother, Big Sister program. We have supported environmental projects through our Walnut Springs Park sponsorship and our ongoing education of members regarding environmental issues. We have supported international education through our Sierra Leone sewing project and our ongoing relationship with UNA-USA. We have supported children and literacy through our support of the Second Mile summer camp, Club 21, the Ethel Beaver Fund, the Women’s Resource Center Holiday Program, A Book for Every Child, and Books for Babies. Finally, we have supported our local non-profit organizations in providing critical support to the community through the distribution of Mystery Night proceeds.

Pretty impressive when it’s all on paper, isn’t it? Keep up the great work, have fun, and continue to be not just good, but good for something.

Yours in Service,

Tammy.

MAY PROGRAM

It’s time for us to express our gratitude to the outgoing officers and admiration for their accomplishments on our club’s behalf, as well as to welcome the new Board and to renew our commitment to work with them for the benefit of our club, our club’s activities, and all of Altrusa.

PLEASE BE THERE!!

ALTRUSA ACCENT

Principle Nine

Altrusa expresses good will for all mankind. It emphasizes the good and lets the evil sink into the oblivion it merits.

Mamie L. Bass

Some Responsibilities of Membership

(see your Yearbook, pages A-4 to A-5)

4. Attend meetings regularly and take an active part. It is the fellowship experienced at meetings and the working together in service that brings full value to Altrusa membership.
9. Be supportive of club officers and committee chairs so that they can fulfill their required assignments.
12. Enjoy being a member and don’t hesitate to share a sense of humor. It makes membership a relaxing, enjoyable activity.

Altrusa International of Centre County
Yearbook 2006-2007

COMMITTEES

Communications – Theresa, Ginny M., Co-chairs

Happy Dance Time!!! Peg Dobrinska has volunteered to maintain our web site. Yeah! In addition, we think we have strong lead for newsletter editor (yes, Barb is ready to take a break). Double Yeah!!

Don't forget, our next meeting is **Tuesday, May 29, 5:30 p.m., Meyer's Dairy**. We are actively recruiting and welcoming new members. Tammy G. has offered to buy ice cream for all **newcomers** (she's seen the current members eat ice cream and couldn't possibly manage the financial burden of treating them as well ☺).

Finances – Doris, Chair

Dues are Due this month! Please bring your check for \$90.00 to the May meeting, or mail it to Doris at the United Way office, 2790 W. College Ave., S.C. 16801.

International Relations – Jill, Chair

Unfortunately we had to cancel the bus trip due to lack of numbers. We will try to do this again at a later date.

Our first shipment of embroidery thread and materials to Sierra Leone should be on its way in the near future. We are quite excited to see how these materials are received and used. Our plan is to offer a minimum of two shipments per year of supplies. Please don't forget to ask friends and family if they have embroidery materials including thread, hoops, poplin or needles that they don't use. Donate them to the women of Sierra Leone and possibly change a life.



Plaque Presented to Bear Team

Tammy presented a plaque to the Bear team of Park Forest Middle School, recognizing their efforts for Trick or Treat for UNICEF. The Bear team was one of the top fundraisers for UNICEF, raising more than \$1,000 to help needy children. As a thank you, UNICEF sent our club a nice Certificate of Appreciation along with a beautiful plaque. We felt it was appropriate to give the plaque in turn to the Bear Team. Tammy and Jill made the presentation, in which Karen Wiser, Principal of Park Forest Middle School, participated. The Bear Team's parting words were "We're ready and excited for next year!"



The Bear Team Receive Their UNICEF Award

Membership – Gini, Chair

The membership committee is looking forward to the initiation of another group of new Altrusans at the June business meeting. Folks really have done a wonderful job of recruitment this year. It would be great to keep the momentum going so talk Altrusa to those you know...and even to some you might just be meeting!

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CONFERENCE COMMENTS

from Becky

I cannot begin to tell you how wonderful the District Two conference in Parkersburg, West Virginia was this year. The accommodations and food were excellent and the camaraderie we shared was totally awesome. And as your District Two treasurer, I can tell you that I left with a much brighter outlook at the financials than after last year's conference. All in all we had a great time, and the Centre County talent act was unsurpassed, in my opinion of course. And in all seriousness, one decision that came out of the business meeting, was to do a survey of all club members to determine why conference attendee numbers continue to decrease when this is a valuable and enjoyable part of the district's activities. So watch for the survey and please be direct and honest. The 2008 conference will be in Richmond, Virginia and Queen Elizabeth II was there this week. If you attend the 2008 conference, you may walk the same ground she did!

from Mildred

The All Conference Workshop was given by Audrey Braver, Altrusa International Inc.'s United Nations representative. She shared her day at the UN on March 29th. The anniversary of the signing of the Anti Slavery Trade Act was being celebrated that week. She gave some of the history of the signing, some of the effects of the Act and of slavery. She attends briefings and hearings at the UN three or more mornings a week.

Over the years I have heard many presentations on the UN, but this was the most unique. It was well received and whetted everyone's appetite for more.

from Cindy

I had the opportunity to go to the UN workshop and it was one of the best workshops. I really was able to learn a few things on the UN and Audrey did a great job. Our own Phyllis Corman's workshop luncheon was fun and very educational. She really puts on a great

workshop. This was one of the best conferences I have ever been able to attend. My favorite part of conference is to renew the old friendships and make new ones. The talent show was a big hit -- we went as the Centre County Marching Bag Lady Band.

from Phyllis

The 51st Annual Conference of District Two was interesting, informative, and fun. That's just how it usually is every year. So what made this one special? Having eight of us from Centre County made it special!!! We all joined in every aspect of the Conference and were recognized in many ways for the accomplishments of our club, both by its leaders and our deeds! You'd have been especially proud of the talent we shared with the members!! They were very surprised at just how talented we all were!!

CONFERENCE OVERVIEW

from Sandi C.

District Two First Vice Governor

The hotel was magnificent and the food excellent – there were no obvious complaints from attendees.

Friday: The Opening General Session included Presentation of the Flags and a Memorial Service, and a welcome from the Mayor and a County Commissioner. They encouraged us to shop, and even had a coupon for 20% off at the Coldwater Creek outlet center for each of us. We heard reports of district officers and committees as well as the nominating committee. (Mildred M was elected as chair when the election was held the next day.) Audrey Braver, Altrusa's representative to the UN, presented an excellent All-Conference Workshop, "The United Nations and Us," which generated much positive interaction afterward. Audrey gave us a handout titled "How Can I Support the Work of the United Nations?" that contained a list of 9 suggestions. She also recommended a book "The Children of Pride."

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Phyllis Corman presided at the Leadership Luncheon, and Patsy Flensburg delighted all of us with her flair for selling raffle tickets for a 50/50 drawing. Later Beth Stone of Pittsburgh won and donated her winnings to the Foundation. The conference raised over \$ 2,000 for Foundation.

In the afternoon, workshops were presented for newly elected presidents, vice presidents, and treasurers, along with a parliamentary procedures workshop presented by District Parliamentarian Ginny E. There was also a leadership workshop by the Centre County Team. Each Altrusan attending had been asked to bring a bottle of children's multivitamins; for a Hands-on Service Project we sorted these multivitamins into 30 per pack, and tacked lap quilts. The multivitamins are going with missionaries to South America for children who now must eat from garbage bins.

Our dinner Friday night honored District Two's past and present leaders. District Treasurer Becky S. presented the proposed budget for member's consideration and study. Later, Phyllis and Sindi opened their room to the Centre County contingent as we had fun practicing for Saturday's Talent Show.

Saturday: In the second General Session we passed a resolution supporting the proposal from Altrusa International of Kansas City for bylaws change at International convention. The District budget passed for the next year. Afterward there was an excellent discussion of conference – location, attendance, etc. Before lunch we heard about many wonderful service projects that clubs had performed.

We enjoyed hearing about the work of the Foundation at lunch. Again we bought raffle tickets from Patsy, and Dave Meder reminded everyone of Club 21 – joining and renewing. Two afternoon workshops were offered: "Getting and Staying Organized" and "Conflict Resolution/Team Building". Afterward, the different Areas met and planned their Fall Workshops.

After dinner we had a talent show. The Bag Ladies of Centre County were practically unrecognizable in their Kazoo Band! Richmond club members dressed in the style of Dolley Madison invited us to next year's conference in Richmond. It would be wonderful to see more Centre County club members there!

CONFERENCE AWARDS

Our club was honored to receive a number of awards at the District Two Conference held April 26 – 29 in Parkersburg:

Conference Participation (number attending):
1st place
Environment: 3rd place
International Relations: 1st place
Literacy: 3rd place
Membership Growth (number of new members): 1st place
Newsletter: 1st place
Presidential Excellence: Centre County for Tammy
Program Planning: 2nd place
Quality Club: 1st place
Yearbook: 2nd place

In addition, in the voting for members of the Nominating Committee, Mildred got the most votes and is thus the Chairman of this most important committee.

Congratulations to all of you who worked so hard, making our club shine!



THE ENVIRONMENT COLUMN

Rain Gardens

A rain garden uses native plants and landscaping to soak up rain water (stormwater) that flows from downspouts or simply flows over land during a rain event. The center of the rain garden holds several inches of water, allowing the stormwater to slowly seep into the ground instead of flowing directly from your roof, yard, or driveway into the nearest storm drain, creek, or river.

Creating a Rain Garden

- A rain garden allows 30% more water to seep into the ground than conventional lawn (South River Federation & Center for Watershed Protection, 2002).



- This increase helps replenish the groundwater supply (our source of drinking water), and also helps hold back stormwater from contributing to the flooding of nearby creeks.
- A rain garden reduces the amount of water pollution that would otherwise eventually reach the streams and rivers through runoff. Scientific studies have demonstrated that the first inch of rainfall is responsible for the bulk of pollutants in stormwater runoff. A rain garden is designed to temporarily hold this one-inch of rainfall and slowly filter out many of the common pollutants in the water, such as oil, grease, and animal waste, which would otherwise flow into the waterways via the nearest storm drain or stormwater runoff.
 - The native plants used in rain gardens require less water and less fertilizer than conventional lawns. They also require less maintenance and provide habitat for birds and other wildlife.

Step 1. Size and Locate your Rain Garden

- First, measure the footprint of your house by getting the area (length x width) of your house and then determine how much of your rooftop area drains to the downspout you are disconnecting to your garden (for gutters with a downspout at each end, assume that half the water goes to each downspout). Be sure to measure the house footprint only, but include the area of any driveway or patio areas that will drain to the rain garden (do not take the roof slope into account). The surface area of your rain garden should be between 20% and 30% of the roof area that will drain into the rain garden.
- Locate the garden at least 10 feet away from your house and your neighbor's house (to prevent water leakage), and create the garden in the lowest point of this section of your lawn, maintaining a minimum 1% slope from the house down to the rain garden.
- When finding the right spot for your rain garden, keep in mind that you will want to create a shallow ditch or swale that carries the stormwater runoff from the disconnected downspout to the rain garden. The swale will help slow the runoff before it reaches the rain garden.
- Finally, lay out the boundary of the garden with a rope.

Step 2. Dig the Rain Garden

- To enable the rain garden to hold several inches of water during a storm, you'll have to dig a hole 3 - 4 inches deep across the entire surface of the rain garden. If the soil lacks organic material, you can improve it by digging



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the hole 5 - 6 inches deep and adding 2 - 3 inches of humus or other organic material. Make sure the bottom is level, but gently slopes from the bottom to the ground level around the edges. If the drop at the edge is too steep, you might get some erosion around the edges.

- Next, test how the garden will hold water during a storm by letting water flow into the rain garden from a hose placed at the downspout. Based on this test, make any necessary adjustments (e.g., create a berm on the lower side of the garden using the soil that was excavated from the rain garden.

Step 3. Add Plants to the Rain Garden

- Choose native plants that won't require much watering, but make sure they can withstand wet soils for up to 24 hours.



- Also, take into account how much sun your garden receives. It's often helpful to draw out a planting plan before you start, and mark planting areas within the garden with string. After planting, weeding may be required until the plants become established. You may also need to periodically prune some of the plants to let others grow. In the winter, leave dead or dormant plants standing and cut back in the spring.
- Your garden may need a bit more maintenance than a lawn in the beginning, but in the long run it will be easier to care for and provide many added benefits!

Excerpted from "A Homeowner's Guide to Stormwater Management", Office of

Watersheds, Philadelphia Water Department, January, 2006.

Locally, ClearWater Conservancy has developed a demonstration project at their office building at 2555 North Atherton Street, State College. More information about the "Conservation Techniques for Watershed Wise Backyards and Businesses" project, including a plant list and photos, can be found at www.clearwaterconservancy.org/watershed%20wise%20demonstration.htm.

BUSINESS MEETING MINUTES

April 18, 2007



The meeting was called to order by President Tammy. Following the Altrusa Grace, Ginny E introduced her guest, Sonja.

Altrusa Accent: Vicki presented the Accent based on Principle 9.

Positive Notes:

- Norma K. thanked everyone's help for the Spring Fling that raised over \$17,000;
- June K. was happy to report that the PA Museum had electric wheelchairs so she and Dick could enjoy the whole museum;
- (somebody?) reported that she had the experience of being a successful "shoplifter";
- Ellie B. announced that a memorial fund was being established by the United Way and the PSU Physical Plant through Nittany Bank to remember Jeremy Herbstritt;
- Linda L. announced she is happy to be cancer free at her six-month checkup (to which all applauded);
- Sandi C. spent Easter Sunday with her two-year old grandson for his birthday;

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- Ginny M. was pleased that her cat is doing fine now after its leg was dislocated;
- Ann M. asked for everyone's support in her bid for State College Area School Board;
- Tammy announced she had pins for sponsors of new members, and that April 11th was Altrusa's 90th birthday;
- Tammy also announced that Barb K. is in the hospital, but is doing fine and expected home the next day.

Announcement: Ann M. reminded members about the Walnut Springs Park Cleanup scheduled for Saturday, April 21. She asked that members bring gloves and tools to start at 9:00 a.m.

Approval of minutes: The Minutes of the April Business Meeting were corrected to read Gini Tucker instead of Ginny M. in "Positive Notes" The minutes were approved as corrected.

Treasurer's Report: Doris C. reported that the balance in the account was \$19,067.37.

Correspondence: None

Communications Committee: Ginny M. inquired if there were any members who could assist with the website. The Committee is in dire need of some expertise in the area. Please contact any member of the Committee if you can help.

Finance Committee: Doris C. requested all committees to submit their budget requests immediately. Doris held the drawing for the 50/50; it was won by Janice K, who donated the proceeds back to the club treasury.

International Relations Committee: Tammy announced on behalf of Jill that the U.N. bus trip had to be cancelled because only twelve people had signed up for the trip. Money will be refunded to those who had paid.

Membership Committee: No report

Service Committee: Jennifer S. announced that the only remaining project at this time is the park cleanup. She announced that the Second-Mile lunch would be coming up later this summer. She requested members to contact her with suggestions for any other projects.

Old Business: UNICEF presented the club with a plaque which Tammy G. and Jill L. took to Park Forest Middle School and presented to the Claws for Cause Bear Team kids who participated. They were very excited to receive this plaque. Tammy indicated that this project will be our display for Conference.

Recommendations for International Bylaw Changes: Phyllis C. presented an explanation of the proposed Bylaw Changes that will be presented at International Convention. She moved the adoption of a Resolution pertaining to these changes. Motion approved.

New Business:

Convention Delegates: Phyllis C. moved that Sandi C., Sindy B. and Barb K. serve as delegates to the International Convention. Motion approved.

Proposed Changes to Centre County Policies and Procedures: Phyllis C., chair of the club's BRR committee, moved to change Policy #3 "Funds for District Conference and International Convention." Motion approved. Phyllis moved to adopt the changes to Policy #23 "Altrusa Golden Scholarship Fund." Motion approved. Phyllis moved to combine and extend Policies #5 & 7. After much discussion, Mildred M. moved to postpone this motion until the next meeting on May 16. Motion approved. The approved changes and the proposed change will be printed in the next newsletter. *{Editor's note: Due to*

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unforeseen circumstances, the changes will instead be printed in the JUNE newsletter.}

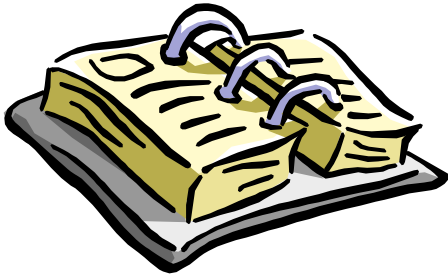
Change in Delegate for Conference: Ginny E. moved to have Tammy G. serve as delegate to Conference and she (Ginny E.) will serve as Alternate. Motion approved.

Announcements: The pamphlets on each tablet are regarding Women's Health Month. The Fruit centerpieces were donated by Charlotte Z. on behalf of the International Relations Committee.

Meeting Adjourned

Program: Jennifer Shuey of ClearWater Conservancy presented the program "Earth Day, You Can Make a Difference." After the very informative program, each member was invited to take with them a live red or white oak tree to plant.

Sindy Butler
Acting Secretary



CALENDAR OF EVENTS

May

- 1 Board Meeting
- 16 Dinner Meeting (Membership)
Program: *Installation of New Officers*

June

- 5 Board Meeting
- 20 Dinner Meeting (All Members)
Program: *Initiation of New Members;
Committee Planning for 2007-2008
Year*
- 24 **56th Anniversary of Club's
Organization**

BIRTHDAYS

May

- 2: Jana King
- 4: Susan Hoover
- 15: Ann Walker
- 19: Judy Moyer
- 19: Jennifer Shuey
- 24: Cynthia Thackston

June

- 9: Nancy Desmond
- 17: Marisa Flynn
- 22: Meredith Weber
- 28: Lynn Myers



HAVE A GREAT DAY!

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State College, PA 16804

MAY DAYS ARE PAY DAYS!



www.AltrusaCentreCounty.homestead.com