



Altrusa Action

MONTHLY NEWSLETTER OF ALTRUSA INTERNATIONAL, INC. OF CENTRE COUNTY, PA
OCTOBER, 2008

Dinner Meeting: Wednesday,
October 15th, 6:00 p.m.,
Celebration Hall, **\$16.00**
Menu: The buffet will be **Baked
Haddock or Braised Beef
Short Ribs**
Program: by 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) by the evening
of Sunday, October 12th.

BOARD

President: Becky Schrope
beckyschrope@hotmail.com
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hmmbird@comcast.net
2nd Vice President: Gini v2f@psu.edu
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COMMITTEE CHAIRS

Communications co-chairs: Tammy
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Finance: Phyllis, cormanpj@aol.com
International Relations co-chairs:
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Sindy:
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Membership: Doris:
doris@ccunitedway.org
Service: Gini, v2f@psu.edu

PRESIDENT'S MESSAGE

I had this given to me last week, and no message I could write could be more powerful than this. So I decided to share it with all you wonderful Altrusans of service.

Your president in service,
BECKY

A Fixer

A fixer has the illusion of being casual. A server knows he or she is being used in the service of something greater, essentially unknown.

We fix something specific. We serve always the something: wholeness and the mystery of life.

Fixing and helping are the work of the ego. Serving is the work of the soul.

When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole.

Fixing and helping may cure, Serving heals.

When I help, I feel satisfaction. When I serve, I feel gratitude.

Fixing is a form of judgment. Serving is a form of connection.

Author Unknown

NOTE: Our club's mailing address has changed: it's no longer P.O. Box 1232, but now **P.O. Box 583**. You'll need to make changes in your yearbook on the cover and at the top of page A-6, and in any correspondence you send that includes a return mailing address.

President: Becky Schrope
P.O. Box 583
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Editor: Barb
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OCTOBER PROGRAM

The speaker for the October dinner meeting will be the President of the local Council of Organizations of the UNA-USA, Dr. Lew Jillings. We will have Trick-or-Treat-for-UNICEF boxes on the tables again if you still wish to donate to UNICEF and have it count toward the Park Forest Middle School children's total.

Don't forget that we are still collecting embroidery supplies at each meeting to send off to Sierra Leone!

COMMITTEE WORK

Communications – Tammy and Ginny, co-Chairs

We met on Tuesday, September 31 at Perkins Family Restaurant. We agreed to a change in the layout of the brochure – our goal is to reformat it so that it better serves as an outreach and communications tool for new membership. We will also be working on getting more information to the Centre Daily Times regarding Altrusa and Altrusa activities. We scheduled our next meeting for Tuesday, November 18, 5:30 p.m., Perkins Family Restaurant. Please feel free to join us or to forward your thoughts about the brochure!

Finance – Phyllis, Chair

Condensed 1st Quarter report:

Income:	\$2,316.73
Expenses:	\$2,698.81
2008-9 Grants pd:	\$4,919.00
Checking Bal. 8/31/08	\$1,295.99
Savings Bal. 8/31/08	\$7,644.57

Membership – Doris, Chair

Please make every effort to bring a guest to a business dinner meeting so they can experience a meeting and become interested in joining Altrusa.

I'm delighted to report on a recommendation for membership. Thank you to Sandi Craig & Pam Ruest for the nomination.

Recommended for Membership

The following person has been recommended for membership. If you have any concerns about this candidate, please contact a Board member within a week of receipt of this newsletter.

Candidate: Carol M. Pioli

Position: Director of Development, The Second Mile

Classification: Social Services Agency

Sponsors: Sandi Craig, Pam Ruest

Service – Gini, Chair

“Dirty Books” Banned in Bellefonte

Since many have difficulty joining the bookshelf cleaning crew on the third Saturday morning of each month, we have decided to throw a special cleaning party. Come clean books and shelves at the Bellefonte Public Library **Wednesday, October 29**, anytime **6PM-8PM**. Just bring a bucket, some rags, and party attitude. While we may be a bit rowdy while cleaning, just wait `til afterwards! The women of Bellefonte promise to lead us to a fine establishment for some dinner and/or drinks. See you then! (Given the nighttime “gala”, there will be no Saturday morning cleaning this month.)

Make a Difference Day

It's October and that means **Make a Difference Day**. This year we have two projects with which we will Make a Difference. The first is a grass roots food initiative, the second a literacy project:

1. **Fixin' the Fixin's**

Faith Centre of Bellefonte is asking for contributions to their up-coming holiday food drive. At the **October business meeting**, we will be collecting non-perishable, non-refrigerated items. The following is their request list:

potatoes (white or sweet), sauerkraut, broth, stuffing, pie crust, pie filling, cranberry sauce, green beans, beets, cookie mixes, flour, noodles, fruit, crackers, corn, peas, juice, popcorn, cereal, peanut butter, jelly, shampoo and conditioner.

Any of these items would be a great help – all they can get through state food is peas, corn, potatoes, cereal, and peanut butter.

2. Writing for Reading

The Retired & Senior Volunteer Program (RSVP) is looking for volunteers (18 or older) for their award-winning Pen Pal Program. Being a pen pal involves writing 4-6 letters a year to a local elementary school child. The purpose of the letters is to encourage reading and writing, as well as to share life experiences. There will be a sign-up sheet, along with more detailed information, at the October business meeting. If you cannot attend the meeting, e-mail Gini at v2f@psu.edu or call at 466-3167.



THE BUSY BEE By Amy R. Miller

(stats and tips from nature.org)

With ever increasing oil and electric prices, more and more people are looking for ways to protect and preserve the environment. Altrusa International Inc., of Centre County is no different. During the September business meeting, those present learned about their carbon footprint and some simple ways to go green.

The carbon footprint measures the impact that our everyday activities have on the environment and affect climate change. It is a measurement of all the greenhouse gases we produce in our day-to-day lives through burning fossil fuels for electricity, heating, and transportation, and has units of tonnes (or kg) of carbon dioxide equivalent.

The carbon footprint is made up of two parts: the primary and the secondary footprint. The primary footprint measures our direct emissions of carbon dioxide from the burning of fossil fuels including domestic energy consumption and transportation. We have direct control of these. The secondary footprint measures the carbon dioxide emissions from the products that we use, both from their manufacture and their breakdown. The more products we buy and use, the greater our impact.

A ton of carbon dioxide can be created from things like: driving 2,500 miles in a medium sized car, flying 5,000 miles in a plane, or cutting down a 40 foot tree. The average American emits 22 tons of carbon dioxide a year compared to the worldwide average of 5 tons a year.

So how do you find out what your carbon footprint is? There are several web sites available to help you. Log on to your computer and launch your Internet browser (Firefox or Internet Explorer). Type “carbon footprint” into your search engine and you will get a list of websites. The two that we explored at the meeting were:

<http://www.nature.org/initiatives/climatechange/calculator/>
and <http://www.carbonfootprint.com/>

Both sites will help you calculate your primary footprint and some of your secondary footprint. However the second site asks a few more in-depth questions about product consumption and seemed to be closer to an actual reading. I say this because I don't drive or own a car, and I recycle whenever possible. When I tried nature.org my carbon footprint was 24 –above the national average. When I used carbonfootprint.com my score was 5 – much closer to what I thought it should be.

When you go to calculate your footprint you will need the following information: your electric bill, your heating bill, how much traveling you do by car, bus, plane or train, what type of car you have, and a general idea of the types of products you use and how

ALTRUSA ACTION

October 2008

much you use. The sites will ask you for information and then will calculate your carbon footprint after you have finished.

Our goal as an Altrusa club and as part of District Two is to look at and try to reduce our carbon footprints together over the next year. The Area 123 Workshop and the UNA/USA dinner will also be focusing on carbon footprints and going green. Some simple things that you can do now to start reducing your carbon footprint are:

1. **Travel light.** Walk or bike instead of driving. Cars and trucks run on fossil fuels, which release carbon dioxide into the atmosphere. In the US, automobiles produce over 20 percent of total carbon emissions. Walk or bike and you'll save a pound of carbon for every mile you travel.
2. **Teleconference instead of flying.** For office meetings, if you telephone or videoconference, you save time, money, and carbon emissions. Airplanes pump carbon emissions high into the atmosphere, producing 12 percent of transportation sector emissions.
3. **See the light.** Use compact fluorescent light bulbs. These energy-efficient bulbs reduce the amount of fossil fuels that utilities burn. You save 100 pounds of carbon for each incandescent bulb you replace with a compact fluorescent.
4. **Recycle and use recycled products.** Products made of recycled paper, glass, metal and plastic use less energy to manufacture than products made of new materials. You save two pounds of carbon for every 20 glass bottles you recycle. Recycling paper saves trees and lets them reduce climate change naturally as they remain in the forest, where they remove carbon from the atmosphere.
5. **Inflate your tires.** If you own a car, it will get better gas mileage when the tires are fully inflated. Check your tires monthly. If your tires are always inflated, you save 300 pounds of carbon dioxide for every 10,000 miles you drive.
6. **Plant native trees.** Trees absorb carbon dioxide and use it as their energy source, producing oxygen for us. A tree found between

the tropics and the polar circles can remove and store 700 to 7,000 pounds of carbon over its lifetime. A tree that shades a house can reduce the energy required to run the air conditioner and save an additional 200 to 2,000 pounds of carbon.

7. **Turn down the heat.** Heating and air conditioning draw more than half of the energy that a home uses in the United States. Turn down the heat or air conditioning when you leave the house or go to bed. You can easily install a programmable thermostat that can save both money and carbon.
8. **Buy renewable energy.** Electricity generation produces 40 percent of carbon emissions from the United States. A growing number of utilities generate electricity from renewable energy sources with solar panels, windmills and other technologies. If your utility offers renewable energy, buy it.
9. **Act globally, eat locally.** If you shop at a supermarket, the food you buy may travel in a plane from the other side of the world, burning fossil fuels the entire trip. Shop at a local farmers' markets and you will find fresh and healthy food, and help save our climate.

DID YOU KNOW ...

by Mildred

Three of our sisters visited Mt. Nittany Medical Center this past month. Helen Bell was the first one. Then Barb Kautz decided to take a vacation and came home to do her own visit. And Nancy Desmond decided to do laundry and have a cup of coffee in the wee hours of the morning. Then lights out and into the hospital she went. As a result, Barb can no longer go on a vacation and Nancy has to quit getting up in the middle of the night. Helen is looking after herself very well.

UNA/USA Annual Dinner

On October 26th at 6:00 p.m. the UNA/USA of Centre County will hold their annual dinner highlighting the environment. It should be one of the best and most interesting that we have had. Dr. Dan Brown will share information on global warming. The price is \$30.00. A formal invitation should be forthcoming, but you can always call Mildred at 238-7779 to make a reservation.

MINUTES

Altrusa Business meeting 9/17/08

Accent: Presented by Phyllis Corman

UNA/US A Millennium Development Goal 7: Ensure environmental stability.

Target: Integrate the principles of sustainable development into country policies and programs and reverse the loss of environmental resources. 1.2 million people in poverty depend on forests to provide jobs and food

Target: By 2015 reduce by half the number of people without sustainable access to safe drinking water. In 2000, more than 1.1 billion people lacked access to clean and safe water

Target: Achieve a significant improvement in the lives of at least 100 million slum dwellers by 2020. One third of the global urban population lives in slums. In 2001 more than 70% of the urban population of developing countries lived in slums.

Our looking at our carbon footprints and trying to reduce them, goes hand and hand with the goal.

Positive Notes:

Jill Lillie: She is walking in the Heart Walk on Sunday September 21st – please donate if you can.

Sandi Craig: She forgot Habitat houses but she will still take donations if people want to give them. Her daughter went to California in June without having a job. On Monday the 15th, she became the director of a home care facility and is doing very well

Ginny Mulhatten: She wanted to praise and thank Louise Hess, who is a key member of her line dancing group. Louise recently was their back line point person and helped all the new people. She did an awesome job.

Micki Pharo: is celebrating her 60th wedding anniversary

Ann Walker: She wanted to let us know that the school district is going to be having meetings starting next week about the facilities. Residents are encouraged to come. She also wanted to let us know that Altrusa is becoming known in the school district.

Norma Keller: She has been good friends with Frank Ahern(our presenter) for 25 years

Approval of Minutes from the Last Meeting: One correction: District Two (not our club) has \$10,000 in reserves; otherwise the minutes stand approved as they appeared in the newsletter

Treasurer's report was on the tables: balance \$2,519.81 in checking, \$7,644.57 in savings. 37 members have paid their dues for this year. 12 members have resigned. There are still a few pending renewals that we are hoping to come in. The report will be filed for audit.

Correspondence: Hope for Kids and Clearwater conservancy have sent thank you notes for the grant money we provided them. It allows us to keep environment in PA beautiful. The Women's Resource Centre also sent a thank you for making the child access center a reality. It is now open.

Communications: Yearbooks are out – please pick yours up, or if you live close to another member, please take theirs and give it to them please.

There will be a meeting on Sept 30th at Perkins at 5:30 pm. We want new members – please join us if you are interested. Also we want someone willing to publish announcements about meetings in the CDT. This person would need a computer and a regular schedule. Contact Tammy if interested

Finance: The board discussed our current fund raiser and would like to recommend that this year we do

ALTRUSA ACTION

October 2008

the Night at the Races as our fund raiser and target Jan/Feb. to hold the event. If we don't make as much money as we would like, we can hold a second Night at the Races later on. We would not have a Mystery Night this year.

The advance work for the Night at the Races is minimal. We could charge less for tickets, will not have to ask for prize donations, and we would give cash prizes. Jill's husband has been willing to figure out the odds for us. This would be a trial year. If it didn't work we could always go back to Mystery Night

The recommendation passed unanimously by the members present.

Membership: no report; our possible new member had to wait due to personal reasons.

Service: Sindi, Phyllis, Sandi and June went to clean the library and got the whole section done. Since we have had few members able to go on a regular basis, we are now going to try a Wednesday evening cleaning session. The first one will be Oct 29th at 6pm. We will eat or imbibe afterwards.

On Sept 28th is the Clearwater Spring Creek day Family Festival; it will be from 12-5, and they are looking for people to help that day. June, Gini, and Cindy are signed up, but they will take a few more volunteers. Let Gini know if you can help.

International Relations: met on Thursday – still collecting for Sierra Leone, have new projects but not ready to announce yet.

Announcements:

- There is one extra copy of the Green book for \$10.36 if someone wants to buy it.
- Ginny Mulhatten won the 50/50 for \$7 – donated back to the club
- Helen Bell is in Mt. Nittany Medical Center if people want to visit her. Barb K has bronchitis and missed the meeting because of it. She is doing well but might like it if we email or call her to see how she is.

- Ellie Beaver wanted people to know that Otto's is doing a special for the United Way. For every 4 sandwiches that you buy, \$5 will be contributed to the United Way. The United Way now has a blog on the CDT site called "Along the Way". Ellie is enjoying doing it.

Workshop:

Things are moving right along. So far we have reservations for 8 from Reading, 7 from Harrisburg, 2 from Parkersburg, 6 from Blair county, 3 from NYC, Governor Nancy Minter is coming from Richmond, and 13 from our club.

Magnets have been ordered for the workshop and for UNA/USA. Unfortunately we can't get Dan Brown as our speaker, but are hoping to get Elizabeth Gorham to see if she will talk about what State College is doing.

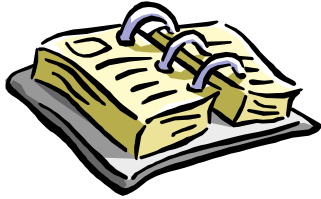
The workshop will be held at Woodcraft Industries – the factory on Rolling Ridge Drive. Jill and Sindy are coordinating the food for the workshop. We will be having wine tasting in the afternoon, and Candy Covey will tell us how.

Claws for a Cause: We are again partnering up with Park Forest Middle School bear team – 8th graders. The event is October 27th. They need work sites to do community service in the morning. There will be groups of 8-10 kids who will do things like yard work, etc., and it does not have to be for nonprofit agency. We are going to help fund their party after the event. They are also going to Trick or Treat for UNICEF. We will have boxes on the table at the next meeting – you can put a check in the box if you wish. If you have a work site, contact Jill.

Adjourned at 7:25

Program: Frank Ahern and our Carbon Footprint

CALENDAR OF EVENTS



October

- 1 5:45 Board Meeting
- 2 United Way Day of Caring
- 11 9:00 AREA WORKSHOP**
- 15 6:00 Dinner Meeting: UNA-USA
- 16 World Food Day (UN)
- 24 United Nations Day
- 25 Make A Difference Day
- 26 6:00 UNA/USA DINNER, Ramada Inn

November

- 5 5:45 Board Meeting
- 17 57th Anniversary of Club's Charter**
- 20 Universal Children's Day (UN)
- 21 6:00 Dinner Meeting: **The Power of Altrusa** – Highlight of Service Organizations and Altrusa Members

BIRTHDAYS

October

- 7: Charlotte
- 8: Barb
- 12: Karen
- 14: Cheryl
- 20: June
- 21: Sindy

November

17: OUR CLUB

- 23: Amy Miller
- 30: Gini Tucker



ALTRUSA ACTION:

October 2008

Altrusa International, Inc. of Centre County

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State College, PA 16804

OCTOBER IS UNITED NATIONS MONTH



www.altrusacentrecounty.homestead.com