

ALTRUSAGA

Altrusa International, Inc. of Chula Vista, California

Volume 63, Issue 4

September 2025

Vision: "Leaders in Service, building bridges that elevate, connect, and empower our communities."

Club Board	
Lina Cestero	President
Eva Salas	Vice President
Carmen Richardson	Secretary
Kristi Phillips	Treasurer
Elsie Aguirre Simpson	Director
Kathy Lightbody	Director
Patti Rahiser	Director
Glenda Hogg	Immediate Past President
Eva Salas	Altrusaga Editor
	Parliamentarian

President's Message

Dear Altrusa Club Members,

As we welcome September, we have the opportunity to reflect on two important global observances: International Literacy Day on September 8th and International Day of Peace on September 21st. International Literacy Day emphasizes the importance of literacy as a vital foundation for personal empowerment and community development.

It's a reminder that access to education and literacy is crucial for a more just and equitable society. Similarly, International Day of Peace invites us to think about the role each of us plays in fostering a peaceful world. It encourages reflection on the importance of harmony, understanding, and the need for collective action in promoting peace.

To honor these themes, we are excited to invite you to our Club Mixer on September 6th. Join us for an evening of connection, celebration, and meaningful discourse on literacy and peace. This is a fantastic opportunity to bring your friends along and make new connections within our community. Please RSVP by September 3rd to ensure your spot!



Furthermore, we are thrilled to announce our collaboration with Kellogg's Cereal and their Feeding Reading Program. This initiative allows us to gather new books for Mi Escuelita Preschool. Instead of purchasing Kellogg's products, we encourage you to buy books that will spark a love of reading in young learners. Your contributions can make a significant difference in their educational journey.

In addition to these local events, we invite our members to step outside of San Diego and join District Eleven for their Fall Leadership Workshop on Saturday, September 27th, at the Marriott Phoenix Chandler. This workshop is a wonderful opportunity to enhance your leadership skills and connect with members from across the district. The RSVP deadline for this event is September 5th, so don't miss out on this fantastic opportunity.

As we embark on this month of awareness, let's also take a moment to prioritize our safety and spend quality time with our loved ones during the Labor Day Holiday. It's an ideal time to relax, recharge, and strengthen our personal connections.

Let's come together this September to celebrate literacy, promote peace, and foster community spirit. We look forward to seeing you at the mixer and hopefully at the workshop.

Warm regards,

Lina Cestero

President, Altrusa Club of Chula Vista

Foundation Board	
Lillian Leopold	President
Isis Perez	Vice President
Helyn Sloan	Secretary
Carmen Richardson	Treasurer
Helen Nosal	Director
Shauna Stokes	Director
Pat Upton	Director
	Immediate Past President



Mission:

Altrusa International of Chula Vista, Inc. is dedicated to improving the South Bay community by providing services and financial support, developing leadership, fostering education, and encouraging fellowship through an international network of dedicated volunteers.

Club Updates

Club Chairs 2025-2026

ASTRA	Lillian Leopold
Communications	Isis Perez
Hospitality	Helen Nosal
Membership	Glenda Hogg Helyn Sloan
Service	Elsie Aguirre-Simpson Eva Salas
Ways & Means	Carmen Richardson Helyn Sloan
Webmaster	Jessica Velasquez

calendar

SEPTEMBER LITERACY MONTH

3	Board Meeting
4	ASTRA Meeting- Thursday, 12-1pm
5	First Friday Breakfast
6	Club Mixer
8	International Literacy Day
11	ASTRA Meeting- Thursday, 12-1pm
15	Grant application is due to International Foundation
17	Business Meeting
18	ASTRA Meeting- Thursday, 12-1pm
21	International Day of Peace
25	ASTRA Meeting- Thursday, 12-1pm
27	Altrusa International District Eleven Workshop at Chandler, AZ Submit articles to Altrusaga Editor

**September 3,
2025**

**Board Meeting
5:30 p.m.**

Chula Vista Civic Library
365 F Street
Chula Vista, CA 91910

**September 17,
2025**

**Social 5:30 p.m.
Meeting
6:00 p.m.**

Chula Vista Civic Library
365 F Street
Chula Vista, CA 91910

September Birthday Month

4	Jessica Velasquez
7	Lina Cestero
10	Marta Michael
25	Mary Burroughs
27	Pat Upton

*In-person Ways & Means Meeting
September 8, 2025 at 5:00 p.m.
Civic Library, StorytimeRoom*

*In-person Service Committee Meeting
September 29, 2025 at 6:00 p.m.
Civic Library, Conference Room*



Altrusaga is published monthly for
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PO Box 6225
Chula Vista, CA 91909

Foundation EIN #33-0463922
www.altrusacv.club



Club Mixer

BURGERS, BREW, AND BOARD GAMES

Bring Friends and family!

**Saturday
September 6**
4:00-7:00 pm

Bring Your favorite game!

**Bonita Food Market
Monterrey Ribeye Burgers &
Lucky Irish Beer Garden
4070 Bonita Road
Bonita**

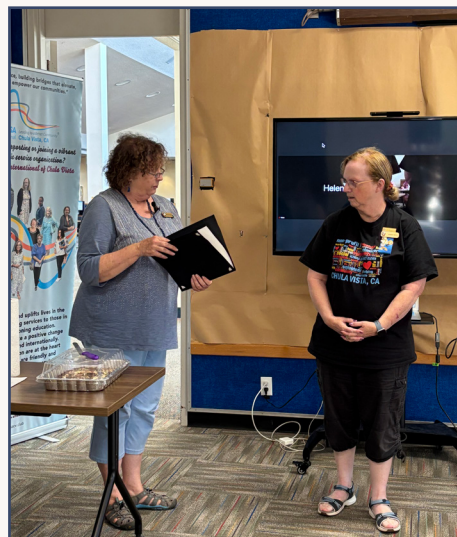
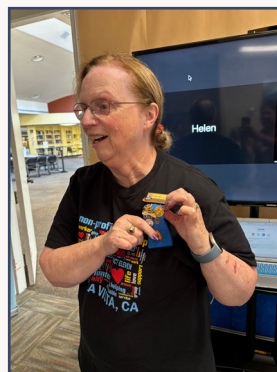
**contact:
Helen 619 933-3011
RSVP by September 3**

About our August meeting.....

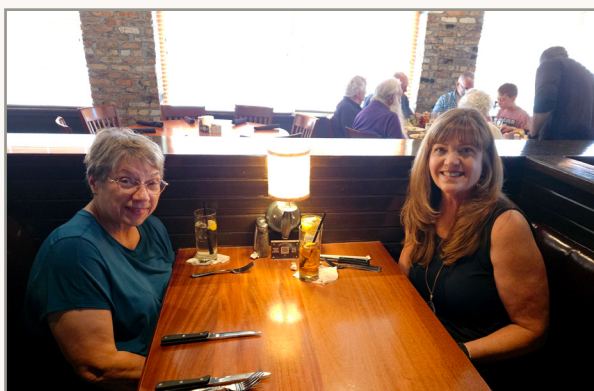
August Submitted by Eva Salas

We surprised our Immediate Past President Glenda Hogg at our meeting with a diamond Lamplighter pin, a highly coveted honor to hold. Club members organized a fund to cover the cost and we surprised Glenda. Congratulations and thank you Glenda.

Two awards were handed out, actually one since one recipient was absent. Irasema Quilantan brought in the most new members and was awarded the Dottie Miller Award. Eva Salas was awarded the Rosemarie Hudson Service Award for her service. They each received an Amazon gift card. Kudos to both.



Altrusans on the road.....



Betty in Indiana Submitted by Betty Waznis

I just returned from a family history trip with my daughter Anne. One of our stops was Crown Hill Cemetery in Indianapolis where several of our relatives are buried. As we were driving through the historic part of the cemetery, we passed several directional markers to help visitors looking for notable people (including President Benjamin Harrison, Richard Gatling inventor of gun, etc). To my surprise, I saw one for Mamie Bass. I thought, "Wait, OUR Mamie Bass?" Yes, Mamie Bass, founder of Altrusa is buried at Crown Hill. We found her grave marker, a very nicely kept obelisk, with the Altrusa emblem on top, her portrait engraved in the middle, and her epitaph below. It was a very fine serendipity moment for me.

Betty also found time to look-up and meet-up with former Altrusan Donna Moss.

LET'S GO MAKE A DIFFERENCE!

**Make a Difference Day 2025
in October 18**



Our club is volunteering as a group: Altrusa Chula Vista for Beautify Chula Vista and you're included. It is super easy to sign up with the links below.

1. Informational link.
2. Register - as a group
3. Print out the waiver and bring it with you.

Wear Altrusa gear that identifies you as a member, gloves, hat, sturdy shoes, etc. All attending members will be entered into a raffle for a delicious prize.

Make a plan to ride together with a buddy member. We are meeting at City Hall at 8:00 to get our assignment.

Further details to follow.



Beautify Chula Vista

Saturday, October 18, 2025 • 8:00 am - 12 pm

Volunteers Needed for the 22nd Annual Beautify Chula Vista Day!

Join us for the 22nd Annual *Beautify Chula Vista Day*—a powerful community cleanup event hosted by the City of Chula Vista in partnership with the South Bay Sustainable Communities Network. Since its inception, this annual tradition has brought together thousands of passionate volunteers to enhance and preserve the beauty of our city.

In 2024, more than 400 volunteers removed thousands of pounds of litter, painted out graffiti, and helped restore our neighborhoods, creeks, and canyons. Thanks to their dedication, we continue to make a meaningful impact—one project at a time.

Now in its 22nd year, the event is set to continue this legacy of service and civic pride in 2025. We invite individuals, families, students, and groups to be a part of this effort to create a cleaner, greener Chula Vista.

What to Know:

- All volunteers must pre-register. *Registration is open!*
- Please bring your own transportation, wear sturdy shoes and appropriate attire, and bring work gloves, a refillable water bottle, and snacks or lunch.
- Students can earn community service hours!

Ready to make a difference? Register today and help us Beautify Chula Vista!

For registration questions, contact Environmental Services at:

 environmentalservices@chulavistaca.gov

 (619) 691-5122

Club Announcements

September Literacy Month

Club Mixer Sept. 6

See the flyer on page 2 for the Burgers & Brews Mixer. All members are invited. Bring a board game, bring a friend or a niece, come and have some fun with Altrusa Club.

Committee Chairs

All Committee Chair positions have been filled, please make sure that you are signed up for at least one committee and find out how you can volunteer.

Make a Difference

We are all volunteering to help on October 18 at the Beautify Chula Vista volunteer event. See the flyer on the previous page and register now.

Tea's the Season Foundation Fundraiser November 15

Tickets went on sale on August 15, 2025 and we are developing a waiting list at this time. All the tables are set to be set and the seats will be full. We are all representing Altrusa - prepare to launch.

Silent auction baskets and raffle donations

We still have a ways to go, we have a gift certificate to Old Town Trolley, Google Home White Slate One Size, Smart Speaker Google Assistant, Google Home Hub, Chula Vistaopoly, 3 facials, one haircut. Buddy Group 2 is working on "12 of Christmas Basket". Please let Eva know what you're working on.

Sept. Meetings

September 8 - Ways & Means
September 29 - Service

Membership

Membership/Buddy Groups

Submitted by Glenda Hogg

Around ten years ago while we still met at a restaurant it was decided to form Buddy Groups. Initially they were designed around who was sitting at your table that evening. The idea was to get to know each other better and become the support system for new members. These groups would stay in communication with each other and maybe even do social things together.

Then came COVID and we all became isolated from regular meetings. The restaurant we met at closed and we came to depend upon Zoom if we could even meet that way. It was a tough time for clubs and trying to communicate became even more important. For some it was an easy transition but for others learning this new technique was very difficult.

Once we were able to meet in person again it was almost impossible to find a place to meet at. We did find one place and that allowed us to have meetings in a hybrid fashion. Some chose to attend in person while others opted to use Zoom.

Buddy Groups became even more important when this occurred so that if you missed a meeting your group could fill you in on what happened before the minutes came out. Minutes became part of the President's agenda packet rather than sent out prior.

Each new President sets up the Buddy Groups for the biennium. An effort is made to mix the groups up but still having the new member and their sponsor together. Communication is still important plus the presiding President can send out information to the Buddy Leads rather than to individual members via a group mailing. We found out that many of those emails were missed due to the number of email addresses.

We use the Buddy Groups to work together on service projects and on fundraisers now and even to bring in snacks or maybe a meal at our social time prior to our meetings.

Most importantly if using Buddy Groups isn't your thing please let our club President know. If you have a better way please share it. This is what works for now but this club is flexible enough to at least try something else.

You are an important part of our success!!!!

Be a Buddy!

Here are three Buddy Group Member Responsibilities:

1. PLEASE respond to emails from your Buddy Group Lead. If you are not one to use email much let them know what is the best way to get the information to you. It's okay if text messages are best or maybe a phone call. Make sure to let them know the best time of day for those texts or calls.

2. Make sure your Buddy Lead's email and cell or landline number is in your contacts list. You can always find this information in our club yearbook which is updated regularly. It's also important that you keep your information updated as well. Our Club Treasurer is responsible to update Group Tally on the International website.

3. If you aren't able to participate in a project please speak up so the Buddy Group Lead doesn't waste time sending you information that doesn't work for you.





LEADERSHIP WORKSHOPS



Saturday, September 27

10am Strategic planning

12pm Lunch

1pm Succession planning

Marriott Phoenix Chandler

1600 South Price Rd, Chandler AZ 85286

REGISTER NOW



\$50

Hotel rate
\$159 / night

Deadline
September 5

DistrictEleven.Altrusa.org



Service

Service Committee Meeting Submitted by Eva Salas & Elsie Aguirre Simpson

Another Service Committee meeting for the books was held on August 25. We had a good turnout with 12 members present in person or Zoom. Thank you committee members for taking the time to join us.

The projects for the 2025-26 slate were discussed with leads and some new ideas as well. Below is the list of the projects - we discussed and updated details of the projects and subsequently the Service spreadsheet will be updated and detailed then released to all leads. The only project that has not been finalized is Voices for Children led by Kathy Lightbody.

For those not leading a project please contact the leads and let them know how you can help. A few of the projects have already been started with contacts and organizing dates, but some are next year and still in the process of scheduling. A timeline will be posted for those interested and at this time the Feeding Reading (on the next page), Make a Difference Day and Bikes for Kids are next. November is promising to be active with Kindness Week - November 8-15. Irasema shared some exciting ideas at the meeting -details to follow.

The committee spent some time after the meeting bagging the tablets and covers, gift card that will be delivered on September 4 to the GRG grandparents.

Carmen Richardson will draft Altrusa International Foundation Grants. Carmen's taking the lead in writing and submitting a grant application for the Teacher Grants for Literacy project. Deadline to International is September 15, 2025. Thank you Carmen.

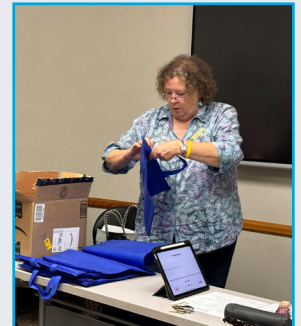
Irasema will review the grant prior to submission.

Elsie will send out a monthly Google form to committee members for tracking service hours.

Upcoming Service Meetings are as follows, we are keeping our meetings on Mondays for consistency:

- Monday, September 29, 6:00 p.m. - Zoom
- Monday, October 27, 6:00 p.m. - Zoom
- Monday, November 24, 6:00 p.m. - Zoom

Project	Lead
Grandparents Raising Grandchildren	Eva/IQ
Middle School Drone Project Camp	Lillian/Helen
Middle School Girl's Female Robotics Camp	Lillian
Teacher Grants for Literacy	Elsie/Elizabeth
Kindness Week Service Project	Elizabeth/IQ
Reading Program via Kellogg Cereal	Shauna
Tijuana Orphanage International Project	Jeri/IQ
Bikes for Kids Project	Elsie
Astra Service Project	Lillian
Mary Thigpen Service Grant Project	Lisa/IQ
"Loving You Through It" Service Project	Helen
Make a Difference Day	Eva
Little Libraries/SBCS	Eva/Hillary



**See you at the
September meeting
later this month. Any
questions please
contact Elsie or Eva**



Feeding Reading

Submitted by Shauna Stokes

We are once again participating in the Kellogg's Feeding Reading Program whereby we can get children's books by purchasing selected Kellogg's cereals. Please see the flyer that has all of the information you need, courtesy of Elizabeth Cox. In lieu of purchasing Kellogg's items, members can just buy children's books. The books will be given to the children attending Mi Escuelita pre-school and their siblings. This pre-school is operated by SBCS for children affected by domestic violence.

FEEDING Reading



An Altrusa Club Act of Kindness

Join the Altrusa Club of Chula Vista by gathering new books for Mi Escuelita pre-school in honor of Kindness Week Worldwide, November 8-15.

Your purchase of eligible Kellogg's cereal can earn **free book awards to benefit local schools**. Each person can maximize their participation to earn **10 free books** by purchasing 10 eligible items. You can also buy new books from your local bookstore.

Here's how to make the most of your shopping and donating:

- **by September 20:** Make your purchase(s) of qualifying products (e.g., Raisin Bran, Special K, Rice Krispies, and other Kellogg's cereal products).
- **by September 25:** Take a picture of each receipt and upload it on the FeedingReading.com website. Make note of the email you provide (you'll need it to redeem the book awards) and provide your mailing address. Within 24 hours, you should receive a confirmation email from WK Kellogg Co (subject: Submission Received) for each successful receipt upload. Within 48-72 hours, you'll receive a book award email (subject: Congrats! Claim Your Free Book) with a redemption link to select the book(s) you want to order.
- **by September 30:** Redeem your book award(s) by clicking the "Claim Reward" link in the email you receive. Enter the email address that you provided when you uploaded your receipt. Search for books for ages 0-3, 4-6, and 7-9 and use the "Claim this Book" button to make your selection. Under the "Keep your book" option, click "Order Now" button. Your book(s) will be shipped to the address provided when you registered. You will need to follow the steps above to select one book for each book credit you earn.

[View Qualifying Products](#)



Your Grocery Shopping = Children's Books

1 box = 1 book

Donate your books: Please bring new books to the next Altrusa Club meeting or contact Shauna Stokes to arrange drop-off ([sstokes55@mac.com](mailto:ssstokes55@mac.com)). We will add book plates and deliver books to Mi Escuelita as a Service project this fall. Thank you for your support!



Ways & Means

Sponsorships Update "Tea's the Season"

Submitted by Maureen Roeber

We are happy to report that we are getting closer to reaching the goal of 10K in sponsorship support.

The sponsors listed below have pledged their financial support for the event.

Baldwin and Sons \$2000 Title Sponsor
Glenda Hogg \$2000 Catering Sponsor
Richardson Family \$2000 Double Gold Sponsor
Enterprise Bank and Trust \$1000 Gold Sponsor
Southwestern College Foundation \$500 Silver Sponsor
Koala Financial \$500 Silver Sponsor
Republic Services \$250 Bronze Sponsor
Sharon Vega \$250 Bronze Sponsor
Lisa Johnson \$250 Bronze Sponsor
Helyn Sloan \$250 Bronze Sponsor

There is always the opportunity for more members to become sponsors. If you are interested please reach out to Maureen Roeber 619-384-6992 or Lisa Johnson ljohnson@ntcfoundation.org. Any suggestions for potential corporate sponsors are also welcome as we are currently searching for additional support. Let's exceed the goal of 10K for the fundraiser this club year! See below for sponsorship level benefit details.

A note from Helyn Sloan, Co-Chair

We are looking for donations to this event to be used in our Silent Auction and Raffle. If you have contacted a business to donate (not be a sponsor), please let Eva know so that she can make sure we do not inadvertently contact them again. And let Eva know if you have received a donation, or if you are going to donate towards our event.

75 DAYS TO GO....

Tickets go on sale August 15, 2025!



Opportunity
Drawing

Tea's the Season

Silent Auction
for Literacy



Altruism: Compassion, Goodwill, Generosity, Kindness

Join us at the Chula Vista Altrusa Club's **Tea's the Season** event to support and foster literacy and community service in the South Bay. We celebrate 67 years of serving children, teens, adults, and seniors to improve their circumstances, expand their world, or increase their literacy.

Saturday November 15, 2025

Sweetwater Woman's Club

3855 Sweetwater Road,

Bonita

12:00 - 3:00 p.m.



Ticket includes: tea, champagne, sandwiches, scones and dessert



www.altrusacv.club

501(c)3 Tax ID: 33-0463922

Thank you Sponsors.....

**Rick & Carmen
RICHARDSON**



BALDWIN & SONS

Glenda Hogg



**ENTERPRISE
BANK & TRUST**



**Kevin & Kimberly
Marshall**

Helyn Sloan

Lisa Johnson



Sharon Vega

Committee Roster

ASTRA Chair: Lillian Leopold

COMMUNICATIONS Chair: Isis Perez

Lina Cestero
Carmen Richardson
Eva Salas
Jessica Velasquez

HOSPITALITY Chair: Helen Nosal

Lina Cestero
Kathy Lightbody
Eva Salas
Sharon Vega

MEMBERSHIP

Co-Chair: Glenda Hogg
Co-Chair: Helyn Sloan

SERVICE Co-Chair: Elsie Aguirre-Simpson
Co-Chair: Eva Salas

Lina Cestero
Elizabeth Cox
Barbara Everett
Glenda Hogg
Jeri Gustafsson
Lisa Johnson
Lillian Leopold
Kathy Lightbody
Helen Nosal
Kristi Phillips
Diego Quilantan
Irasema Quilantan
Patti Rahiser
Carmen Richardson
Maureen Roeber
Helyn Sloan
Hillary Sloan
Shauna Stokes
Jessica Velasquez

WAYS & MEANS

Co-Chair: Carmen Richardson
Co-Chair: Helyn Sloan

Elsie Aguirre-Simpson
Mary Burroughs
Lina Cestero
Jeri Gustafsson
Glenda Hogg
Lisa Johnson
Kristi Phillips
Irasema Quilantan
Lily Ramirez
Maureen Roeber
Eva Salas
Pat Upton
Sharon Vega
Alana Wilson

ALTRUSA BUDDY TEAMS

TEAM 1

Lead: Alana Wilson
Helen Nosal
Lily Ramirez
Maureen Roeber
Hillary Sloan
Shauna Stokes
Jessica Velasquez

TEAM 2

Lead: Carmen Richardson
Barbara Everett
Jeri Gustafsson
Lisa Johnson
Isis Perez
Eva Salas
Helyn Sloan
Pat Upton

TEAM 3

Lead: Patti Rahiser
Mary Burroughs
Lina Cestero
Glenda Hogg
Diego Quilantan
Betty Waznis
Joy Whatley

TEAM 4

Lead: Elizabeth Cox & Kristi Phillips
Elsie Aguirre Simpson
Lillian Leopold
Kathy Lightbody
Irasema Quilantan
Sharon Vega



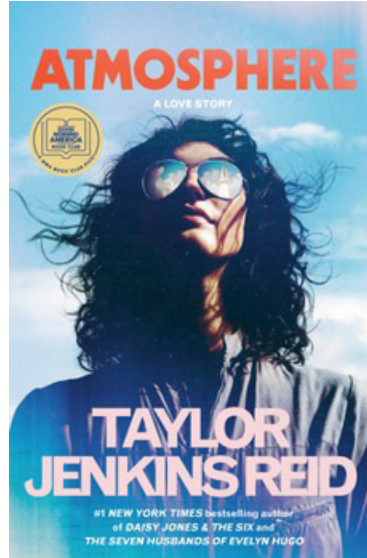
BOOK ENDS BOOK ENDS



Submitted by Eva Salas

A ride back to the 80s when a woman's place was not in space. Read about the women who got their ticket to ride into space. Life-long dreamers to get up there and they did but the journey to get there was not less than the competition. Get yourself a cool drink, take a seat in your comfortable chair and join me in this read. Share this book with your friends.

I invite you to share your book recommendation for an upcoming Altrusaga or thereafter. Just send me a book cover and a short write up on your thoughts. You don't have to tell me the story, let our members enjoy your book.



Atmosphere
by Taylor Jenkins Reid

Joan Goodwin has been obsessed with the stars for as long as she can remember. Thoughtful and reserved, Joan is content with her life as a professor of physics and astronomy at Rice University and as aunt to her precocious niece, Frances. That is, until she comes across an advertisement seeking the first women scientists to join NASA's space shuttle program. Suddenly, Joan burns to be one of the few people to go to space.



Thank you



The Eastlake Self Storage has been supporting Altrusa International of Chula Vista for over five years. Thank you for being our partner, saving us over **\$10,000** and allowing us to focus our funds on the needs of our community.

**Monthly
Business Meeting**

