

Vision: "Leaders in Service, improving the South Bay community through a network of professionals by building bridges that elevate, connect, and empower our communities."

President's Message:

What a joyful and productive month it has been! Together, we successfully completed our Teachers' Literacy Project, delivering 385 books to 13 teachers across 10 schools in our district. Through this project, Altrusa International of Chula Vista is expected to directly serve approximately 1,378 children—including 378 classroom students and an estimated 1,000 students reached through a music teacher serving two schools. In all, this single project has the potential to reach an estimated 7,000 children. Behind every one of these numbers is a child with a new opportunity to discover, learn, and grow. This remarkable reach reflects the generosity of our members and the strength of what we can accomplish when we work together with one purpose and one heart.

Our shared commitment has given us another wonderful reason to celebrate; we have officially completed the San Diego County Employees Charitable Organization or CECO project through our Healing Connections Through Reading Project. This milestone shows what becomes possible when we bring our compassion, talents, and dedication together around a common purpose. Every contribution helped carry this meaningful project across the finish line and extend the comfort, connection, and healing power of reading to those we serve. Congratulations and heartfelt thanks to everyone who made this achievement possible—this is truly a success we can all share with pride!

Even as we celebrate these achievements, our service continues. Each completed project strengthens the foundation for the next, reminding us that lasting change grows from consistent effort and shared responsibility. When every member contributes time, ideas, compassion, or a helping hand, a vision becomes a plan—and a plan becomes meaningful action. Let us carry this momentum into the opportunities ahead, continue supporting one another through every stage of our work, and approach our next service project with the same dedication that made these successes possible.



One of our next opportunities to put that spirit into action will be in Tijuana, Mexico. I warmly invite my fellow Altrusans to join me on Sunday, 10/25/2026, for the Los Angelitos end-of-project event. By supporting this orphanage together, we can help create brighter opportunities for the children it serves and leave a lasting, positive impact on their lives. Your presence, compassion, and helping hands will make the day even more meaningful, and I hope you will share in this day of service, fellowship, and all that we can accomplish together.

Our opportunities to serve also continue here at home. Please remember to participate in the Kellogg's Cereal Feeding Reading Project, where your involvement can nourish young minds, encourage a love of reading, and extend the positive difference we are making throughout our community. Whether your contribution is large or small, it becomes part of the collective effort that helps us complete our projects and fulfill our mission.

Another meaningful way to support our mission is by inviting your family and friends to join us for this month's Par-Tea for Literacy fundraiser on 10/17/26. We still have plenty of seats available, and every invitation extended and every ticket purchased helps provide the resources needed to turn our plans into completed projects in the upcoming club year. Together, we can make this gathering both a joyful celebration and a powerful investment in the work ahead.

continued on page 4

Club Board	
Lina Cestero	President
Eva Salas	Vice President
Hillary Sloan	Secretary
Kristi Phillips	Treasurer
Lisa Johnson	Director
Patti Rahiser	Director
Diane Trailer	Director
Glenda Hogg	Immediate Past President
Eva Salas	Altrusaga Editor
Vacant	Parliamentarian

Foundation Board	
Lillian Leopold	President
Isis Perez	Vice President
Betty Waznis	Secretary
Barbara Everett	Treasurer
Irasema Quilantan	Director
Helyn Sloan	Director
Shauna Stokes	Director
Carmen Richardson	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 2026-2027

ASTRA	Lillian Leopold
Communications	Isis Perez
Hospitality	Kathy Lightbody
Membership	Glenda Hogg Helyn Sloan
Service	Eva Salas
Ways & Means	Patti Rahiser Helyn Sloan
Webmaster	Jessica Quilantan

October Birthday Month

5 Diane Trailer
12 Maureen Roeber
15 Jeri Gustafsson



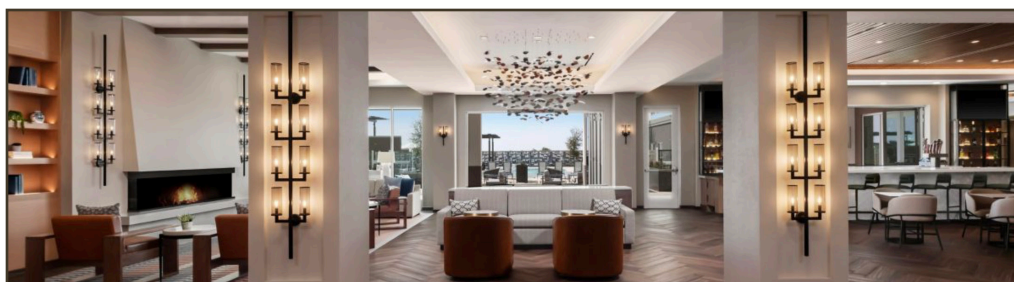
OCTOBER: MAKE A DIFFERENCE MONTH

calendar

2	First Friday Breakfast
7	Club Board Meeting
14	Business Meeting
15	File IRS Form 990s for Club & Foundation; Deadline to submit articles to District for District Service Bulletin Newsletter
16	World Food Day Submit articles to Altrusaga Editor
17	Par-Tea for Literacy
24	United Nations Day
TBD	Attend the Fall District Workshop, Work on New Member Recruitment, Make a Difference Day, Chula Vista Chamber of Commerce Mixer

October 7, 2026
Board Meeting
5:30 p.m.
 SpringHill Suites
 870 District Place
 Chula Vista, CA 91914

October 21, 2026
Social 5:30 p.m.
Business Meeting
6:00 p.m.
 SpringHill Suites
 870 District Place
 Chula Vista, CA 91914



About the September meeting

We met at the SpringHill Suites by Marriott in Eastlake for the September business meeting and at the end of the meeting we all gave Lina a thumbs up to the location.

Members filed in and placed their food/drink orders which were served as we covered our agenda. Also mentioned in this meeting was traffic getting to Eastlake. If you can, take 125 south to H Street you'll arrive in a short time. And/or take H Street all the way east to Lane Avenue and make a right, left on Fenton and you'll see the building on District Place.

At the top of the list was the Par-Tea for Literacy on October 17, 2026. It is imperative to sell more tickets. We have 16 tables to fill, up to 128 seats to fill. Knowing our club, as last minuters it is our hope to fill the Chula Vista Golf Course venue with guests.

Lisa presented a basket for the winner of the best table centerpiece contest. One lucky winner will take home a basket of goodies.

Committee reports are included in this Altrusaga.

**Ways & Means
 Committee Meeting
 Civic Library,
 October 15, 2026
 5:30 - 7:30 p.m.**

Altrusaga is published monthly for
 Altrusa Club of Chula Vista

Mailing address:
 PO Box 6225
 Chula Vista, CA 91909

Foundation EIN #33-0463922
 www.altrusacv.club



**SpringHill Suites by Marriott Chula Vista Eastlake,
 870 District Place, Chula Vista, CA 91914**

Drum Roll please.....

Altrusa International of Chula Vista

PAR-TEA!

FOR LITERACY

Altruism: Compassion, Goodwill, Generosity, Kindness

Saturday
October 17, 2026
12:00 - 3:00 p.m.

New Location:

Chula Vista Golf Course
 4475 Bonita Road
 Bonita



\$85.



scan code for tickets



The Hogg Family

ENTERPRISE BANK & TRUST

Kevin & Kimberly Marshall



THE BALDWIN COMPANY

Building Quality Communities for Three Generations



KOALA FINANCIAL

Patti Rahiser

Rick & Carmen Richardson

Helyn Sloan



Sharon & David Vega

Lisa Johnson

Machado Family Trust

Eva Salas

Shauna Stokes

Betty Waznis

As we recognize World Food Day and Make a Difference Month, I challenge every member to choose one special way to give back to our community. Service does not always begin with a grand gesture; it begins when each of us decides to act. How will you participate this month? Whatever you choose, know that your individual effort joins with the work of your fellow Altrusan's to create a much greater impact than any of us could achieve alone.

Thank you for your continued enthusiasm, generosity, and commitment to service. Every project we complete is a reflection of members who share ideas, accept responsibilities, encourage one another, and follow through with care. As we move into another month of service, let us continue working side by side, valuing every contribution and remembering that our greatest impact comes from what we accomplish together. I look forward to seeing our compassion, creativity, and teamwork become another month of meaningful action and lasting change.

*In Service,
Lina Cestero*



THANK YOU! A thank you card and gift card was presented by Kristi Phillips to Cesar Morales for his volunteer work at our Library Corner project in a Tijuana orphanage. Cesar created backpack mounts that were installed at the orphanage so that our young friends are able to store their backpacks in their reading room. Also, Alex Torriz received the same for his electric work at the orphanage.

We are grateful for their willingness to help support us in this project.



Altrusans Attend Fundraiser for Human Trafficking Refuge

Submitted by Shauna Stokes

Irasema Quilantan and Shauna Stokes attended a fundraiser for Mary's Guest House, a refuge for women survivors of human trafficking at St. Pius X Catholic Church on September 26. The house is sponsored by Missionary Sisters of the Society of Mary. The refuge offers a safe place to live, therapy, legal assistance, vocational assessment, job searches, recreation, and help with educational achievement. They both won "raffle" items and Irasema was the successful bidder on a silent auction item.

Our club has helped human trafficking survivors in the past through financial support of Generate Hope, a local organization that provides similar services.





See's CANDIES®

Altrusans, just a short reminder that order forms for the holiday See's Candy will be available at the October business meeting. Orders will be due back to me at the November business meeting or before. Orders must be paid when placing them. Please let Kristi or Kathy know if you have any questions.



Volunteering in the community



Annual ALS Walk



Kristi recruited a fun group for the annual walk including: Estella Olivo, Glenda Hogg, Irasema Quilantan, Isis Perez, Kathy Lightbody, Lina Cestero, Patti Rahiser, Rolando Olivo, and Shauna Stokes.



Membership

HAVE YOU.....

Submitted by Glenda Hogg



We are rapidly approaching the middle of our club year. It's really important that you answer these questions

Have you attended at least one meeting of the club or board or committee since June 1st?

Have you bought a ticket for the fundraiser on October 17th?

Have you recorded your service hours for attending meetings or working on a project no matter if it is for Altrusa or for another entity?

Have you read the Altrusaga that is sent out at the beginning of the month?

Have you looked at the club website? International website? District Eleven website?

If the answer is No to even one of these questions you need to decide why? Is there something that the Membership Committee can assist you with so that No can be a Yes?

It's really imperative that all members buy a ticket to our fundraiser even if they can't attend as this is how we are able to do our projects and make our community a better place. Without our fundraiser the annual dues could increase significantly if the club votes to do so.

Please feel free to reach out to the Membership Committee co chairs Helyn Sloan and Glenda Hogg if you need help That's part of our job and we need you to help us do our job better. If we don't have an immediate answer we will work to find one.

MOST NEEDED FOOD ITEMS:

- Canned proteins (tuna, beans, peanut butter)
- Pasta, rice, cereal, oatmeal
- Shelf-stable milk (dairy or non-dairy)
- Canned fruits & veggies
- Soups & stews
- Healthy snacks (granola bars, fruit cups, etc.)
- Feminine products (tampons, pads)
- Adult diapers
- Baby food, diapers, & formula



Contact Glenda Hogg with your food donations.

Altrusa International of
San Diego Foundation, Inc.

**Left, Right, Center
Game Day**

**Lots of fun, prizes, food,
& auction items**

\$40 per person

**November 7 Saturday
1-4 PM**

Windemere Club House
2665 Caminito Merion, La Jolla

RSVP to: Charlotte @
858-213-7798 or cperry7798@aol.com

Mail Checks to
Charlotte Perry
6685 Caminito Lindrick
La Jolla, CA 92037

501(c)3 #830475717

Kellogg's Feeding Reading Program – Bring your Books to October Meeting

Submitted by Shauna Stokes

Our club once again is participating in the Kellogg's Feeding Reading Program whereby we get children's books by purchasing selected Kellogg's cereals. In lieu of purchasing Kellogg's items, some members just buy children's books.

Please bring your books and any cereal you would like to donate to our October 21 club meeting! Come early and help label the books. The books will be given to the children attending Mi Escuelita pre-school and their siblings. This pre-school is operated by South Bay Community Services for children affected by domestic violence. Cereal will be given to the Southwestern College JAG Kitchen. Last year we donated 111 books! Thank you!

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 7-14.

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., Apple Jacks, Corn Flakes, Froot Loops, Rice Krispies, and Frosted Flakes).
- **by September 22:** 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 25:** 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, 2-5, 3-7, 4-6, or 6-9 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 October 21 Altrusa Club meeting or contact Shauna Stokes to arrange drop-off (sstokes55@mac.com). We will add stickers and deliver books to Mi Escuelita as a Service project this fall. Thank you for your support!



Service

Service Committee September Highlights

Submitted by Eva Salas, Service Committee Chair

The Altrusa Club Service Committee met on August 24 at Irasema Quilantan's home. We met, updated our service project information. Some members stayed to help wrap some baskets.

**Thanks
IQ!**

It was soup night at the Quilantan's and we enjoyed a delicious dinner of Corn Chowder and Tuscan soup + desserts hosted by the Quilantans. We visited for a bit before formally starting the meeting.

Make a Difference Day will be a little different this year. We are going to help the Chula Vista Rotarty with their Make a Difference Day Project. Stay tuned for sign ups and donations.

Eva read the highlights of Diane's impressive end of project report. Her report is based on the report Irasema created for her project - we are using it for this going forward. All leads will receive both forms. This is all new and developing the forms is a process. We know that will certainly be organized and informed on projects.

Orphanage International Project

This carry-over project is set to be completed on October 25. We are looking at an additional love seat, bean seats, computer table, curtains and books. Lina is the lead and you should contact her if you'd like to volunteer for the day in Tijuana.

Healing Connections Through Reading Project

The project was completed on September 24. The libraries were left at two locations: Trolley Trestle and Victorian Heights each loaded with books. The books were donated by Landon Brittan, Southwestern Foundation and Kindness Club. They will be formally installed into the ground by their staff. The third location is off limits to the public and Hillary will provide photos once its complete.

2026 - 27 Projects Slate

The Projects Slate is complete with the fall projects to start or already in the works.

Fall Projects

- **The Fall Teacher Literacy Grant Project** Delivered and completed the week of September 14 through 18 by Diane Trailer and service committee members.
- **Voices for Children** led by Kathy Lightbody - Kathy will let us know about the balance of the filled backpacks delivered.
- **Comfort Kits Project** Kristi reported that we received a \$500 donation toward this project and the budget is now \$1,000. Helyn Sloan donated first aid kits and Eva

Salas donated 40 corrugated boxes. We have blankets and possibly jackets pending. The kits will be filled at a November date and will be delivered to our un-housed neighbors.

- **Make a Difference Day** in October, the Saturday after our fundraiser. We will sign up to help Chula Vista Rotary.
- **Kindness Week Pop-up** this fun filled event takes place November 14, during Kindness Week and led by Helen Nosal. Location - Greg Cox Cultural Center on Bonita Road. Please let Helen know how you can help. Books will come from our Storage facility, Lina's garage and Betty will get some books from Friends of the Library, Peñasquitos. We will label the books at the October Service meeting on October 26 at Carmen's house.
- **Kellogg's Feeding Reading** - please see the flyer or page 8, thank you Shauna for organizing.

Spring 2027 Projects

- **International Project** - once again we are building a Reading Corner for an orphanage in Baja California. Irasema Quilantan has taken the lead of this Spring 2027 reading corner.
- **Mary Thigpen Month of Service** - partnering with Chula Vista Rotary to provide service to seniors in our community. Betty Waznis is the lead and we understand that Rotary is organizing this project. This will take place in January - Mary Thigpen month of service, delivery will follow closer to Valentines Day.
- **Build A Home** - this international project is about building and furnishing a home for an un-housed family in Mexico. The project stems from Chula Vista Rotary's partnership with house builder Project Mercy Baja. We can participate with the house building but instead we will participate by donating a much needed household appliance or furniture item.
- **Read Across America** in the month of March will be led by Amy Bosler. She will be coordinating with ASTRA for this project at Mi Escuelita.

Sharia's Closet has been removed from the list until further notice.

Service Meeting Date	Location	Time
June 22	Eva's house	5:30 - 7:30 p.m.
July 20	Starbuck's on Central	5:30 - 7:30 p.m.
August 24	Carmen's house	5:30 - 7:30 p.m.
September 21	Irasema's house	5:30 - 7:30 p.m.
October 26	Carmen's house	5:30 - 7:30 p.m.
November, no meeting		
December, no meeting		

CVESD Teacher Literacy Project — Summer/Fall 2026

Submitted by Diane Trailer

Altrusa partnered with CVESD to provide literacy resources to teachers serving students with significant needs. Grant opportunities were distributed to schools in July with high-need populations, including McKinney-Vento, Community, Purple Star, and Title I schools. Grant wishes were delivered to the classrooms during the week of September 14-18.

OUR IMPACT AT A GLANCE

Grant Applications Received 104

Grants Accepted 13

Schools 10

Books Distributed 385

Estimated Students Reached 1,378

Altrusa Membership Postcards Distributed 13

Smiles Created Countless



Donate Your Old Prescription Glasses

Did you know that more than 60% of adults in the U.S. wear prescription eyeglasses? If you're part of that group, you've probably wondered what to do with your old glasses when you get a new pair.

Member Helen Nosal, will be collecting used prescription glasses for men, women, and children. Let's face it, everything is so expensive and often not covered by insurance.



There are people all over the world who need glasses but can't get them. When you donate prescription glasses, you may help change someone's life. Your glasses donation could help the receiving organization provide new glasses to a child who can't see the school board or a person who can't see the road well enough to drive to work.

Just another way for Altrusa International of Chula Vista to help students in the classroom and families in our community.

Contact: Helen Nosal (lead) 619.933.3011

Service



Teacher Literacy Grant Recipients Chula Vista Elementary Schools



Service

**Sign-up
Now!**

**Your opportunity to sign up for a project is now!
Contact the leads and let them know you are available to help
and maybe help lead the project. No experience required.
Attend a service meeting to learn more.**

Project Name	Brief Description	Project Leads		2026 /2027
Teacher Literacy Grant	Grants for Chula Vista Elementary School District	1.Fall - Diane Trailer 2.Spring - Carmen Richardson		Fall Spring
International Project	Continue work with Baja California Orphanages	Irasema Quilantan		Spring
Pop-Ups Community Projects	Four community pop-up tents with giveaways, name recognition \$250. each pop-up	Irasema Quilantan	CVESD Fair	Summer July 25, 2026
		Helen Nosal	Kindness Week	November
		Carmen Richardson	Rotary	Spring
		Vacant	Day of the Child	Spring-April
Voices for Children	Supplies for backpacks	Kathy Lightbody		Summer July 21, 2026
Mary Thigpen	Partnering with Chula Vista Rotary to contribute to the senior community	Betty Waznis		Spring
Homes	Building of homes in Baja California in partnership with Rotary	Carmen Sandoval		Spring
Read Across America	Mi Escuelita project with ASTRA	Amy Bosler		Spring
Comfort Kits	Kits to be distributed at local parks to our un-housed neighbors	Kristi Phillips		Fall
Kellogg's	box tops for children's books for future distribution	Shauna Stokes		Fall



Healing Connections Through Reading Project

We delivered two of the three Little Libraries to two locations where they will be installed by maintenance staff soon after leaving them. These libraries will enhance the quality of life to the residents at these facilities. A home for unhoused teens, a home for young adults, and another home for families escaping domestic violence. The last is not included here and we will post pictures later. Betty, Eva and Hillary spent the morning with this project.

The black dedication plate can be seen on the wood base that will sit on the post. The libraries were purchased with the grant from San Diego County Employees Charitable Organization, CECO + Altrusa Foundation funds. Built by Optimist Tim Simmons and Elizabeth Cox then painted

in lively colors to brighten up the space. Painters Hillary, Helyn and Elizabeth added their style to each one with paint donated by the Kindness Club. The libraries were filled with 25 - 36 books per library size and book size with a selection of books for youth and books to enhance young peoples lives.

Book were donated by Landon Britton, Southwestern College Foundation and the Kindness Club. We're starting with over 100 books and will resupply the libraries twice a year.





Random Acts of Kindness Week 2026

It can be hard to stay positive in this crazy world. Bullying is prevalent, and bad things often happen to the nicest people. Having an attitude of gratitude can be helpful in optimistic. So can being kind to others. Kindness is the quality of being friendly and considerate. Showing kindness goes a long way. Kindness helps others feel valued.

Altrusa International of Chula Vista will man a pop up supporting literacy and acts of kindness. Each child will be asked to pledge something that they will do for others. In return, the child will receive a free book.

Hey, Club Members,
We need: books labeled at the Service Committee meeting and 2 or 3 volunteers for the event.

When: November 14, 2026

Time: 8:00-10:00 & 10:00-12:00

Where: Bonita Library & Cultural Center (in front)

Contact: Helen Nosal 619.933.3011

ALTRUSA International | Leading to a Better Community
District Eleven

Fall Workshop

Join Us !

Mentorship & AI
Building Relationships,
Embracing Innovation

October 3, 2026
10:00-12:00 PM

Join Zoom Meeting
[https://us02web.zoom.us/j/81341394997?
pwd=8ggLXrvBjtRJ9rbDPGFNXhZBZVObNq.1](https://us02web.zoom.us/j/81341394997?pwd=8ggLXrvBjtRJ9rbDPGFNXhZBZVObNq.1)

Meeting ID: 813 4139 4997
Passcode: 413424

ALTRUSA International | Leading to a Better Community

NEW LITERACY CHALLENGE

ONE BOOK. ONE MEMBER. BIG IMPACT.

SEPTEMBER 1 - NOVEMBER 30

- DONATE**
At least one book per club member.
- CAPTURE & SHARE**
Email a photo to altrusa@altrusa.org.
- LOG YOUR IMPACT**
Record donated books under Service on the Altrusa website.

COMPLETE ALL 3 STEPS
Earn a commemorative patch for your club banner.

NEW OR GENTLY LOVED BOOKS • CHILDREN OR ADULTS • ANY DESTINATION

See the full challenge announcement for details and photo release requirements.

It's a Wrap



Ways & Means

Par-Tea for Literacy October 17

Submitted by Patti Rahiser

Just a few weeks left to pull together a fantastic fundraiser on October 17! We could use more baskets (possible themes: coffee basket, chocolate, basket or...). AND, be sure to nudge your potential guests as we have fewer than 50 tickets sold. Remember, we committed to 125 attendees so spread the word! Table decorators will be getting a final notice regarding your table # and time to set up your table. Tablecloths are cream, white napkins. If you want any other colors, feel free to bring whatever table cover/napkins you want. Also, note that the venue does not have tea cups, only coffee mugs. If you want tea cups, feel free to bring them.

Chula Vista Altrusans ALWAYS come through and make this an amazing event!

Helyn & Patti

Contact: Lina

Theme-Based Basket Ideas for You

1. Girls' Night In

Bottles of wine or mocktails
Gourmet popcorn, chocolate, or cheese
Cozy blankets, candles, and face masks
A fun board game or streaming gift card

2. Coffee & Conversation

Local coffee shop gift cards
Assortment of gourmet coffee beans and syrups
Cute mugs and a French press or pour-over set
Biscotti, pastries, or flavored creamers

3. Spa Day at Home

Bath bombs, essential oils, and lotions
Nail polish and manicure set

Fluffy towels or a robe
A bottle of sparkling water or champagne

4. Book Lovers Basket

A Kindle or bookstore gift card
A stack of popular novels or uplifting reads
Cozy socks and a reading light
Herbal tea and a mug

5. Wine & Cheese Experience

A couple of nice bottles of wine
Cheese board set with knives
Gourmet cheeses, crackers, nuts, and dried fruits
Wine glasses or tumblers
Experience-Focused Baskets

6. Date Night

Restaurant gift card
Movie tickets or streaming subscription

A bottle of wine or sparkling cider
Chocolate-dipped strawberries

7. Local Adventure

Tickets to a local event, play, or concert

Gift certificates for a fun activity (bowling, escape room, mini golf)
Snacks and drinks for afterward

8. Cooking Fun

Themed basket like Italian Night (pasta, sauces, olive oil, cookbook, wine)
Mexican Fiesta (tortilla press, margarita mix, hot sauces, chips & salsa)
Baking Basket (mixer accessories, sprinkles, measuring cups, gourmet mixes)
Luxury / Pampering

9. Self-Care Sunday

Journals, pens, affirmation cards
Scented candles and tea
Silk pillowcase and eye mask
Bathrobe or cozy slippers

10. Travel Ready

Weekender bag, Travel-sized toiletries, Luggage tags and neck pillow, Starbucks gift card for the airport

Club Announcements

October **Make a Difference Month**

26-27 Service Slate

The fall check-marks will be checked off by end of December. Sign up to help with Spring 2027.

Par-Tea Fundraiser

We are all set for the Par-Tea of the season. The tickets are for sale, sponsorships secured and donors have donated. Thank you to all the generous members who have donated baskets, wrapped baskets and procured items for the fundraiser. The Buddy groups were also generous with basket donations. The tables will be set. Lets get into our Tea gear and we'll see you at the Tea. Our time to shine.

Make a Difference Day

October 24, 2026. Announcement for our volunteerism is coming. Find out how you can make a difference.

Tijuana Orphanage

Sunday, October 25 is your opportunity to volunteer for this effort. Contact Lina - let her know you want to go and get ready for a heart fulfilling day.

Board and Business Meeting

The October 7, Board meeting at 5:30 p.m.
SpringHill Suites Chula Vista/Eastlake
870 District Place Chula Vista, CA 91914

The October 21, Business meeting at 6:00 p.m,
social is at 5:30 p.m.
SpringHill Suites Chula Vista/Eastlake
870 District Place, Chula Vista, CA 91914

Committee Meetings

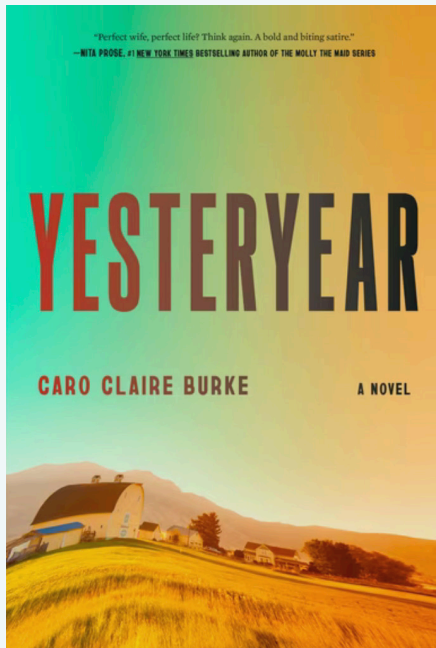
Communications:
Hospitality:
Ways & Means: October 15, 2026 at Civic Library
Service: October 26, 2026 at Carmen's house



BOOK ends BOOK ends



Submitted by Eva Salas



Yesteryear:

A GMA Book Club Pick: A Novel

by Caro Claire Burke

A tradwife influencer wakes up in the 1800s but this isn't really a time travel book. It's a deep dive into the psyche of women who benefit from feminism while denouncing it. It is also about the manosphere and misinformation.

A gripping, electrifying novel that is as darkly funny as it is frightening, Yesteryear is a gimlet-eyed look at tradition, fame, faith, and the grand performance of womanhood.

Committee Roster

ASTRA Chair: Lillian Leopold
COMMUNICATIONS Chair: Isis Perez

Lina Cestero
 Jessica Quilantan
 Carmen Richardson
 Eva Salas
 Hillary Sloan

HOSPITALITY Chair: Kathy Lightbody

Lina Cestero
 Helen Nosal
 Sharon Vega

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

SERVICE Chair: Eva Salas

Amy Bosler
 Lina Cestero
 Elizabeth Cox
 Barbara Everett
 Glenda Hogg
 Lisa Johnson
 Lillian Leopold
 Kathy Lightbody
 Helen Nosal
 Kristi Phillips
 Irasema Quilantan
 Patti Rahiser
 Carmen Richardson
 Maureen Roeber
 Helyn Sloan
 Hillary Sloan
 Shauna Stokes
 Diane Trailer
 Betty Waznis

WAYS & MEANS Co-Chair: Patti Rahiser
 Co-Chair: Helyn Sloan

Lina Cestero
 Jeri Gustafsson
 Glenda Hogg
 Lisa Johnson
 Kristi Phillips
 Lily Ramirez
 Maureen Roeber
 Eva Salas
 Sharon Vega
 Alana Wilson

ALTRUSA BUDDY TEAMS

TEAM 1

Lead: Diane Trailer
 Helen Nosal
 Jessica Quilantan
 Lily Ramirez
 Maureen Roeber
 Hillary Sloan
 Shauna Stokes

TEAM 2

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

TEAM 3

Lead: Patti Rahiser
 Lina Cestero
 Glenda Hogg
 Carmen Sandoval
 Pat Upton
 Betty Waznis
 Joy Whatley

TEAM 4

Lead: Elizabeth Cox
 & Kristi Phillips
 Amy Bosler
 Deepti Kurup
 Lillian Leopold
 Kathy Lightbody
 Irasema Quilantan
 Sharon Vega

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.

