

- Julie Robello** President
- Ceci Garcia** Vice President
- Isis Perez** Secretary
- Lina Silva-Cestero** Treasurer
- Danielle Robello** Immediate Past President
- Juanramón Castel** Director
- Helyn Sloan** Director
- Shauna Stokes** Director
- Glenda Hogg** Parliamentarian
- Eva Salas** Altrusaga Editor

## Vision:

*“Leaders in Service, building bridges that elevate, connect, and empower our communities.”*

**Hybrid Business Meeting  
Wednesday  
August 14, 2022 6:30 p.m.**

## *President's Message*

This July we welcomed our members to each committee and began planning for the great work ahead. In honor of Make a Difference to Children Month, Hillary made a presentation to the Club about the prevalence of child abuse in our community, how to spot it, and how we can help. For many of us, July also marks the beginning of a new school year. For us Altrusa's this is the beginning of new opportunities to share books, stories, and school supplies with the children in our community. I would like to invite you to read with a child. Our children at La Casa del Jardín would love to practice their reading with you through Zoom. If you are interested, please email me. If your style calls for a more personal touch you can always read with your own children, grandchildren, niece, nephew or even a neighbor. You can also volunteer to be a reader for a classroom in your neighborhood school. Reading is the most powerful gift we can give to a child. It makes them feel loved, cared for and it opens up a whole new world to them by sparking their creativity and opening their mind to the imagination.

As we focus on wellness during the month of August, I would like to emphasize the importance of kindness to promote mental well-being and happiness. According to Steve Siegle,



a Mayo Clinic licensed professional counselor, kindness is the act of being generous, supportive, and thoughtful without anticipating anything in return. Kindness is good for your body and your mind. Take action! Kindness begins with yourself. I challenge you to write one positive thing about yourself daily and perform at least one act of kindness for another person every day for the next 100 days. An act of kindness can be as simple as a smile or a kind word, but the benefits of your kindness are significant, according to Siegle. Acts of kindness regardless of how simple they may be, will bring about lower blood pressure, lower cortisol levels, higher self-esteem, improved mood, less stress, and will help you enjoy an overall longer, happier, and healthier life. Best of all kindness is contagious, so you will be bringing a positive change not only to your brain and your body, but that of others as well.

*“There is no limit to the amount of good you can do if you don't care who gets the credit.”*

~Ronald Regan~



2022

**INTERGENERATIONAL  
SOLIDARITY**

# Mission:

Altrusa International of Chula Vista, Inc. is an organization of professionals dedicated to a more literate and educated community. This is accomplished by providing direct service and financial support to organizations in the South Bay.

# Club Updates

Club Chairs for 2022-2023	
<b>ASTRA</b>	Jan-Marini Pacleb & Sharon Brower
<b>Communications</b>	Isis Perez
<b>Membership &amp; Hospitality</b>	Ceci Garcia & Sharon Brower
<b>Service</b>	Danielle Robello & Norma Parra
<b>Ways &amp; Means</b>	Juanramón Castel



August Birthday Month
Lily Ramirez
10 Patti Rahiser
17 Kristi Phillips
18 Eva Salas
19 Juanramón Castel
31 Danielle Robello



Altrusaga is published monthly for Altrusa Club of Chula Vista.

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www.altrusacv.club

calendar	August
	Wellness Month
	3 Board Meeting*
	12 Internaitonal Youth Day
	17 Business Meeting

## Wellness Month

### How to Make Unhealthy Foods Healthy:

- Add fruits and vegetables
- Bake instead of fry
- Use an air fryer and air popper
- Replace salt with herbs and spices
- Use whole grains

**THIS means THAT**

*theVeggieGirl.com*

Craving THIS?	You really need THIS...	Healthy Foods with THAT!
sugary sweets	chromium sulfur tryptophan	broccoli, cabbage, beans, kale, cranberries, grapes
bread	nitrogen	beans, peas, lentils, oatmeal, spinach, mushrooms
fatty snacks	calcium	kale, almonds, spinach, okra, oranges, broccoli, sesame seeds
coffee	phosphate sulfur iron	nuts, black cherries, legumes, onions, red peppers, garlic
alcohol	protein calcium potassium	broccoli, kale, legumes, bananas, oatmeal
carbonated drinks	calcium	kale, almonds, spinach, okra, oranges, broccoli, sesame seeds
salty snacks	chloride	tomatoes, lettuce, celery, olives, seaweed

**Become a volunteer at your local school.  
Make a difference in the life of a child.**

Many of us have a background in working with children either as a librarian, a teacher, a parent, or something else. One of the most tragic situations we are leaving today is the increase of violence in our society and in particular within our youth. Very often after a tragic event we read that the perpetrator felt socially isolated and rejected by their peers. Socially marginalized children are a reality at every level within our education system, but it doesn't need to be that way. Our schools do their best to address the needs of all students, but the reality is that there is a shortage of time, funds, and personnel to effectively get the job done. This is where we, Altrusans, can come in and provide a helping hand. By volunteering to work with our school counselors and school psychologists in support of children that for one reason or another do not feel accepted or don't fit within the general school population, we can make a difference. Every school has a group of students that are unable to appropriately participate in unstructured activities during their recess (20 minutes) and lunch (40 minutes) periods or during independent work periods. Each of these youth needs one-on-one attention and a very structured setting in order to thrive both emotionally and academically. We Altrusans have the talent and experience to contribute to a better tomorrow by working with these youth on special projects that will help them feel valued and cared. Whether through music, art, sports, or a special club, these children can be integrated in a safe, caring environment into activities that they enjoy. These students want to be a part of their school society, but they lack the social skills, language, and tolerance to do so effectively. They need direct instruction, modeling, and caring, consistent, guidance to learn to effectively interact with other students in a positive way. All students can benefit from this kind of experience, but in particular if we are able to provide this level of attention at the elementary level, we can make a great difference overall, because the needs of the children would be met early on, before becoming significantly more serious. If you and your favorite Altrusan are able to tag-team and share a little bit of your time working with a special needs child, the rewards for you, the child, the school, and society at large will be infinite. Take the time to talk to your local school about becoming a volunteer in support of these children. Bring in your ideas, your passion, and your talent. The old saying is very true, "it takes a village to raise a child." If you are interested in participating at John Otis Elementary School in National City. Please contact the School Counselor, Alexia Lopez, at 619-336-8834 or by email alexialopez@nsd.us and introduce yourself as an Altrusan.

submitted by Juanramón Castel

	Park Clean-Ups	10-11 am
<b>2022</b>		
AUGUST 13	Mountain Hawk Park	Trash
NOVEMBER 12	Rohr Park	Recycling
<b>2023</b>		
FEBRUARY 11	Eucalyptus Park	Compost
MAY 13	Veteran's Park	What Can We Do At Home to Help?
	FLYERS TO COME	

You are invited to a special mixer in recognition of

**Rosemarie Hudson**

August **11** 2022

**Thursday at 2:00pm**

Black Angus Steakhouse  
707 E St, Chula Vista, CA, 91910

**Tickets are \$40**  
**RSVP by August 8**

## **Conference vs. Convention**

**submitted by Glenda Hogg**

To a new Altrusan these two seem to be the same thing, however they are different.

**Conference** is held yearly usually in late Spring and is put on by the local district in our case District Eleven and its hosted by one of the member clubs. It's the best way to get to know what and how Altrusa works along with meeting other members and sharing of ideas. It can seem overwhelming at first however if you just lean into the process you will leave invigorated and ready to participate with your own club's projects. My first one wasn't a ton of fun but two members (one of which became a District Governor) kept encouraging me to persevere and I'm so glad I did.

**Convention**, as I understand it can be more fun than a conference. This is held every two years and encompasses clubs from all over the world. Convention sites can be anywhere in the world that has clubs. It's been here in the United States multiple times and in my time it's been held in Australia. Convention was originally scheduled in Canada for 2021 however the world-wide pandemic prohibited that one so it was moved to Charleston, South Carolina. This is where the big decisions are made that keep our organization current on all matters and it is a learning experience for all members. It is my hope to go to the next one in 2023 that will be held in San Antonio Texas.

## **Club vs. Foundation**

This is another area of confusion. Yes we are a club but it's our club foundation that is a non-profit with 501C standing. I liken it to be the bankers who provide the funding for our various projects. Without that we can't do all of our good works. The club is the depositors and borrowers along with the hard workers. It's a great working relationship but there are clubs that don't have a foundation. They still do great works but their income source(s) are different.

## **Service Committee**

Our Service Committee held their first meeting of the club year on July 18, where we planned out our big projects for the year based on our members' feedback. To promote literacy, we will be adopting classrooms in the South Bay by identifying specific classroom needs through Donors Choose. Committee members Maureen, Glenda, Helyn, and Julie will be kicking us off as leads for Harborside, Los Altos, Cook, and Central Elementary Schools within the Chula Vista and National City school districts. Through our buddy groups, all members will have the opportunity to purchase donations with reimbursement from our Foundation. As a Club, we will gather together to label the donations and distribute them to the teachers at our business meetings. For future classroom projects, we will create Amazon wish lists to gain public support and a head start. This will also enable us to serve more classrooms with the grant funds we received. If you know anyone who may be interested in supporting this project monetarily, please share our fundraising page with them:

<https://altrusaclubofchulavistainc-bloom.kindful.com/?campaign=1204121>

In support of low-income families, we will be looking for projects that serve teens in alternative schools and/or live in foster homes. This will be our focus for the CECO grant project application. We will also be hosting quarterly park clean ups the second Saturday of August, November, February, and May. For Make a Difference Day and in support of our District-wide service project, we will collect Christmas gifts for children rescued from human trafficking who are sheltered at International Network of Hearts' *La Casa del Jardín* in Baja California, Mexico, and distribute them in November.

In December, we will start getting ready for Mary Thigpen Month of Service by collecting and purchasing donations for Meals on Wheels "We Care" Packages. Donations will be packaged and distributed in January. If you are interested in leading this project, please let Danielle or Norma know.

## Committee Roster

### **ASTRA**

Co-Chairs: Jan & Sharon B.  
Danielle  
Julie  
Lina  
Norma

### **COMMUNICATIONS**

Chair: Isis  
Danielle  
Eva  
Julie  
Lina  
Rebecca

### **MEMBERSHIP/HOSPITALITY**

Co-Chairs: Ceci & Sharon B.  
Danielle  
Glenda  
Helen  
Irasema  
Julie  
Kathy  
Kristi  
Lina  
Marta  
Pat

### **SERVICE**

Co-Chairs: Ceci & Sharon B.  
Betty  
Carmen  
Glenda  
Helyn  
Irasema  
Julie  
Maureen  
Shauna

### **WAYS AND MEANS**

Chair: Juanramón  
Alana  
Danielle  
Eva  
Helyn  
Joy  
Mary  
Maureen  
Pat  
Patti R.  
Rasha  
Rebecca  
Sharon B.  
Sharon V.

# ALTRUSA BUDDY TEAMS

## TEAM 1

**Rebecca Garcia - Lead**  
**Ceci Garcia**  
**Hillary Sloan**  
**Sharon Vega**  
**Alana Wilson**  
**Juanramon Castel**

## TEAM 2

**Mary Burroughs - Lead**  
**Isis Perez - Lead**  
**Helyn Sloan**  
**Danielle Robello**  
**Julie Robello**  
**Lily Ramirez**  
**Jan Marini-Pacleb**

## TEAM 3

**Helen Nosal - Lead**  
**Irasema Quilantan**  
**Shauna Stokes**  
**Lillian Leopold**  
**Lisa Johnson**  
**Carmen Richardson**  
**Patti Rahiser**  
**Rasha Roshdy**  
**Eva Salas**

## TEAM 4

**Glenda Hogg - Lead**  
**Kristi Phillips**  
**Joy Whatley**  
**Lina Cestero**  
**Kathy Lightbody**  
**Norma Parra**  
**Sanayah Hilaire**

## TEAM 5

**Sharon Brower - Lead**  
**Maureen Roeber**  
**Pat Upton**  
**Jeri Gustafsson**  
**Betty Waznis**  
**Rosemarie Hudson**  
**Marta Michael**

## Welcome Ukrainian Refugees Outreach Event

submitted by Rasha Roshdy

On July 15, 2022, Amna Sanctuary organized a "Welcome Ukrainian Refugees" outreach event at the Handlery Hotel. A total of 385 Ukrainian refugee families were served. They were able to apply for basic services like Medi-Cal, CalFresh, housing assistance, and many other services. The Department of Motor Vehicle personnel were on site and were able to issue California Identifications to the refugees. Thanks to the disaster relief funds provided by Rotary, District 5340, and the Rotary Foundation, Amna Sanctuary was able to offer laptops, Visa cards for food, and vouchers for trauma counseling. The needs of these refugee families is a lot greater than was originally anticipated. There are still a lot of opportunities to help Ukrainian refugees. If you would like to host a Ukrainian refugee family or volunteer you can contact Rasha at, [rroshdy@amnasanctuary.com](mailto:rroshdy@amnasanctuary.com)

The following providers were on site to support the refugees: Alliance for African Assistance, Alliance San Diego, Amna Sanctuary, Azam Health and Wellness, CSA San Diego County Fair Housing, Department of motor Vehicles, MyPoint Credit Union, Palm Care pharmacy, San Diego County office Self Sufficiency Services, San Diego County Office of Immigrant and Refugee Affairs, and San Diego Unified school district.



### Media Coverage Links:

<https://www.nbcсандiego.com/videos/resource-fair-helps-ukrainian-refugees-in-san-diego-get-on-their-feet/2995800/>  
<https://fox5sandiego.com/news/local-news/local-event-provides-resources-to-more-than-300-ukrainian-refugees/>

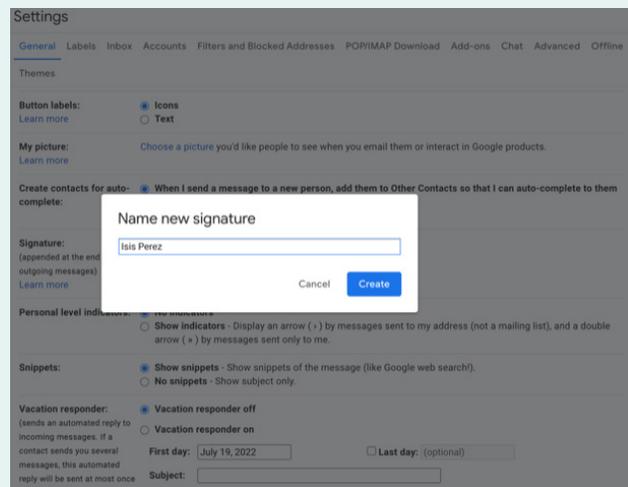
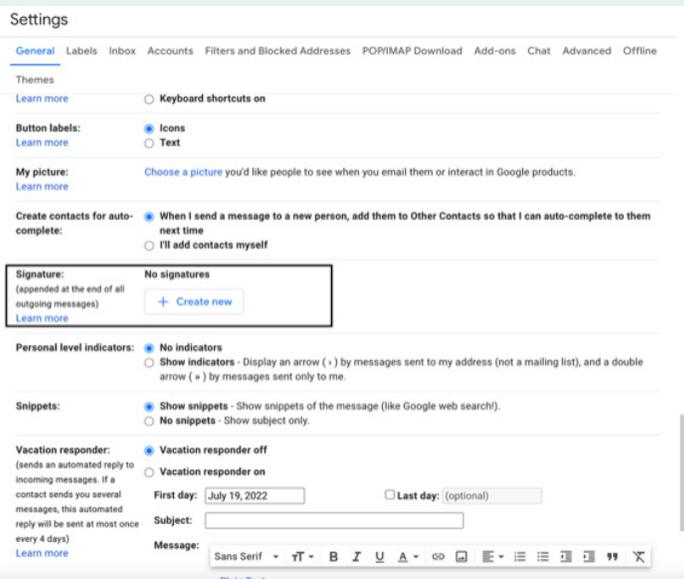
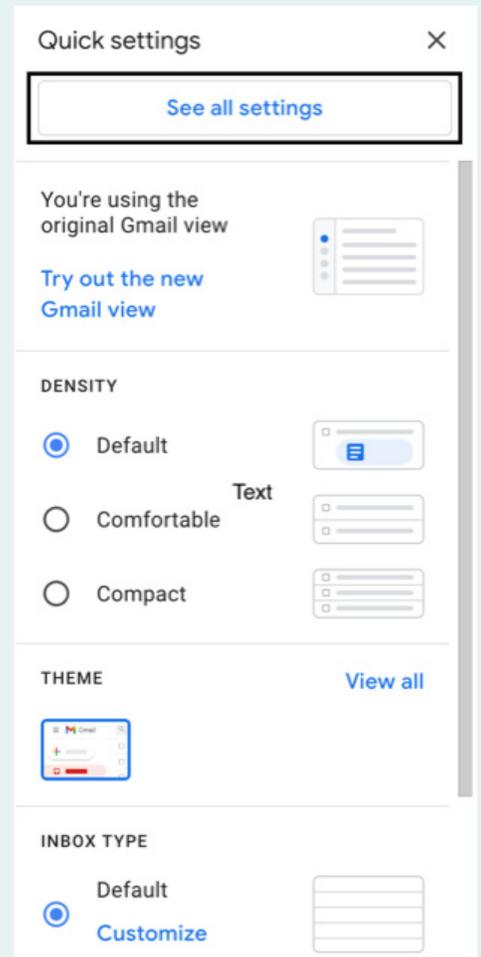
# Technology Tip of the Month

submitted by Isis Perez

Email signatures can give your email a more professional look. If this is your dedicated Altrusa email and a Gmail account, follow these steps to set a signature for every outgoing email.

How to do this:

1. Open Gmail
2. In the top right, click Settings. See all settings.
3. In the "Signature" section, add your signature text in the box. If you want, you can format your message by adding an image or changing the text style.
4. At the bottom of the page, click Save Changes.
5. You can use different signatures for your emails. For example, you can set a signature default for new emails you compose or reply to. You can also choose a different signature with each



## We Amazon Smile

This year, our Foundation received \$200.48 in donations from Amazon Smile purchases. That's \$160 more than last year and the most we ever received in a year!! Thank you to everyone who supported our Foundation while shopping on Amazon!

## Use Amazon Smile

Remember that using AmazonSmile is an easy way for you, your family, and your friends to support Altrusa Club of Chula Vista Inc. Foundation. Every time you purchase something at [smile.amazon.com](https://smile.amazon.com), you will be buying the same items with the same discounted prices, but with the added bonus of a portion of the purchase price being donated to our foundation. If you have not yet selected us as your preferred organization, now is the perfect time. Amazon donates 0.5% of the price of eligible purchases.

## 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 **\$8,455** and allowing us to focus our funds on the needs of our community.

## Say What?!

Join our **SUPER** challenge and help each club donate at least **500 books** or **500 hours** of community service over the biennium! The simple gift of a book to a child who has never had one can help eradicate illiteracy and give these children a chance to succeed in life.

Our challenge is to distribute **ONE MILLION** books or devote **ONE MILLION** hours of service to our communities in the next biennium!!!



**TOGETHER, WE CAN DO IT!**

## Thank you



for being our partner in bringing literacy to our community.