



# ALTRUSA COMMUNICATOR

March 2008

*Service Organization of Executives and Professionals Dedicated To  
Personal Growth, Community Service and Literacy Projects*

**Altrusa  
International,  
Inc. of Ocala,  
Florida**

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## *PRESIDENT'S MESSAGE*

Carol Hofle and I were working in our gardens over the weekend diligently preparing for them for spring. Carol called and asked, "Do you think I should start cutting back the dead brown branches on some of my plants?" I replied, "No not yet, Dallas says there is always one last frost in March, winter is not over yet, but now is a good time to fertilize." As I continued to work in the yard, my thoughts turned to Altrusa and I related it to my garden.

Many of our projects for the year are over, and they appear as some of my plants, "brown and dead." However, like my plants, now is not the time to trim them back now is the time to fertilize, as they are still alive and need to be continually nurtured. Here is one example:

Like my plants, membership needs constant attention. I received the International Membership Development Committee Newsletter from chairperson, Sylvia Ng this week highlighting some important and needed goals for all Altrusa clubs to remember and consider. Here are just a few:

1. Now is the time to prepare our calendar for next year.
2. Be open to everyone sharing ideas, and that everyone feels they are part of the team.
3. Always take steps that are creative, fun, supportive, and full of enthusiasm.
4. Make members aware that growth brings new ideas, and new service projects.

In addition, Dr. Willa Ramsay, past president and current District Eleven ASTRA chair, made a couple suggestions in the newsletter. Dr. Willa advocates continuous evaluation of our service projects along with suggesting new ideas for creating new projects. Living in California, a cultural diverse state, she encourages clubs to recruit members from diverse ethnicities to enrich our service projects. Lastly, remember the ASTRA's, they are our link to the future.

Speaking of membership, District Three has a new Membership Consultant, Angela Perry. Angela attended our 30th Anniversary Party last May and is a member of the Gainesville club. She is a great addition to the District Three Board.

So, remember, don't "cut back" now, fertilize, and nurture your plants and Altrusa International Inc. of Ocala.

Your Altrusa Sister,



# CLUSTER CLUB/SCHOLARSHIP COMMITTEE

Susan Keith

Scholarships, Scholarships, Scholarships! The applications are due on March 31st. If you know of anyone who would like to apply for the Vocational and Thelma Parker Scholarships, please contact Susan Keith at 401-7800 or download the application from the website. Remember, the Vocational Scholarship is open to anyone; however, the Thelma Parker Scholarship is limited to those pursuing a degree in education.



We are looking forward to meeting with our fellow Altrusans at the joint meeting on March 25th. It will be great to see familiar faces and meet some of the new members. The joint meeting will also be the March meeting of the Cluster Club. Our next regular gathering at Honey Baked Ham will be on April 16th at 6:00 p.m.

## ASTRA/ALTRUSA/CLUSTER CLUB MEETING

**DON'T FORGET !!** March 25th will be our combined ASTRA/Altrusa/Cluster Club joint meeting from 6-8PM. This will be our program meeting for March. All three ASTRA clubs are invited, and a buffet dinner will be served. ASTRA scholarship applications are due by the 14th and will be reviewed at the ASTRA committee meeting on the 20th at Jane Fontaine's. The new ASTRA AWARD will be for a check of \$125, plus a traveling trophy.

We are collecting door-prize items for the students that night. They can be brought to our next meeting or dropped off at Brenda Ford's or Jane Fontaine's offices.

### District Three Conference

If you plan to attend the District Three Conference in Charlotte, the weekend of April 3-6 now is the time to make your reservations. If you are unable to get a reservation at the OMNI, contact Madlean Rodgers, [mvralt-rusa@carolina.rr.com](mailto:mvralt-rusa@carolina.rr.com), conference chairperson in Charlotte.

If you are celebrating your 25th year Altrusa Anniversary this year, please notify Julie Watson-Helms so she may send your name to District for recognition at the Conference.

### District Three Nominating Committee

Are you a "past President" and interested in serving on the 2009-2011 District Three nominating committee? If so, contact Julie Watson-Helms

*"The best measure of a person's honesty isn't his income tax return.  
It's the zero adjust on his bathroom scale."*

*Arthur C. Clarke*

# Food 4 Kids

*Nancy Jones*

This is our ongoing contribution to the Interfaith project, Food4Kids. Volunteers fill backpacks with food not only for the children, but for their brothers, sisters and parents. These are families identified by school authorities. There will be over 300 children in this program by the beginning of school. We are in process of working on a grant to obtain the backpacks.

## Items Needed for the Backpacks:

Pudding, Jell-O, fruitcups, individual boxes of cereal, shelf type milk, small peanut butter and jelly, hot chocolate, individual drink pouches, tuna, Vienna sausages, Spam, single servings of soups, spaghetti, macaroni & cheese, ravioli, etc. Individual packages of chips and cookies. Try to get plastic containers for items like peanut butter and jelly.

**DO NOT** get items that have to be refrigerated. Please remember to pick up items for this project when you grocery shop, and then just bring them to the next meeting. Call Nancy Jones if you have any questions at 622-9090.

## The "Green Scene"

by Jessica Rodriguez:

Here are eight easy ways to be eco-friendly around the house.

- Clean Out Your Storage-We all have a closet or garage full of items that aren't used anymore. An easy way to organize these areas is to group the products and decide what to do with them accordingly. Some sample groups could include electronics, household waste (paint, pesticides, motor oil) and scrap metal.
- Recycle Smarter-Once you've grouped out what you want to get rid of, figure out how and where to recycle these products or donate them for reuse. Earth 911's recycling locator at the top of this page can help. Another way to recycle smart is by closing the loop; buy items made from recycled content and with limited packaging.
- Use Energy More Wisely-Compact fluorescent lightbulbs (CFLs) use 20 percent of the energy of incandescent bulb, and they also last 10 times as long. Keeping your thermostat at reasonable temperatures in both the winter and the summer is also a good energy saver. Finally, read your energy bill and check for trends from month to month, and ask your energy company about renewable alternatives.
- Use Less Water-Whether it's taking shorter showers or putting a bottle in your toilet tank, saving water is important because it is a limited resource. You can also reuse water around the house, such as using cooking water for plants (the nutrients from the food will benefit the plant).
- Start Composting-Composting is hip again, and it's a great way to reduce your waste and help your garden at the same time. You can include most food scraps and material like cardboard, which will biodegrade in your yard and produce nutrient-rich fertilizer. A cubic yard of compost is worth \$80 in dirt costs.
- Invest in Energy-Efficient Appliances-If you can afford it, start replacing older appliances in your home with more energy-efficient ones. These products will reduce your energy output and save money on your electricity bill. Buying a hybrid car is also an eco-friendly investment.
- Start a Green Group-Plenty of green activities are meant to be a shared experience, such as carpooling. Talk to your friends about the importance of conserving, and develop programs and activities in your neighborhood for others to get involved. Students can also start a Club Earth 911 at their school.
- Plant a Tree-It may seem cliché, but planting trees was the original carbon offset. Not only do they reduce the amount of carbon dioxide in the air, but they can provide shade for your home (reducing energy costs) and produce fruits that you won't have to buy at the store.

# Slate of Officers for 2008-2009

Nominated Slate of Officers and Directors for Altrusa International Inc. of Ocala for 2008-2009

President  
President Elect  
2nd Vice President  
Treasurer  
Recording Secretary  
Corresponding Secretary  
Director (2 yrs)  
Director (2 yrs)  
Foundation Director (2 yrs)  
Foundation Director (2 yrs)

Michelle Smith  
Connie Larsen  
Valerie Forster  
Brenda Ford  
Carol Hofle  
Rhonda Spotts  
Mary Cay Landt  
Jane Fontaine  
Sue Dean  
Mary Williams



International Women's Day is March 8th. Check out this great website,  
[www.internationalwomensday.com](http://www.internationalwomensday.com)

## EYEGASSES TO SEE

We have had more applications than we budgeted for--thanks to the Board we were given another \$500. We had six applications in January and nine in February. So we are going to close the eyeglass applications for this year. If we wish to continue this project, we will need to budget additional funds. We have had a total of fifty-six applications this year.



*"Four short words sum up what has lifted most successful individuals above the crowd: a little bit more. They did all that was expected of them and a little bit more."*

*A. Lou Vickery  
Writer*



## "THANK YOU'S" to.....

Rhonda Spotts for jumping in and getting wet

Many thanks to all of you wonderful Altrusans that continue to support the FOOD4KID& program. There are now 500 children on this program and I know that we have helped make a difference.

**KEEP  
ON  
GOING!**

Thank you for sending me the copy of the Ocala club's "Communicator". It is very well done, and enjoyable to read. Glad to see all the wonderful projects the club is doing, great ideas!

Danelle Hills  
District Three Treasurer  
Altrusa International, Inc.

## Birthdays



## March

- 2 Carol Hofle
- 4 Betty Cluster
- 8 Carol Trow
- 15 Valerie Forster
- 27 Mary Williams
- 30 Joan Coke



Please visit our District Three website:

<http://www.districtthree.org>

June 1, 2007 to May 31, 2008

### OFFICERS

President ..... Julie Watson-Helms  
 President-Elect ..... Michelle Smith  
 Second Vice-President ..... Connie Larsen  
 Correspondence Secretary ..... Valerie Forster  
 Recording Secretary ..... Carol Hofle  
 Treasurer ..... Brenda Ford  
 Past-President ..... Roseann Fricks  
 Director ..... Diane Freeman  
 Director ..... Debbie Catabia  
 Director ..... Mary Cay Landt  
 Parliamentarian ..... Colleen Duris

### COMMITTEE CHAIRS

Astra ..... Cindy Schad  
 Budget ..... Jamie Hampy  
 Care ..... Nancy Jones  
 Cluster Club ..... Susan Keith  
 Community Service ..... Jessica Rodriguez  
 Literacy/Scholarships ..... Dorothy Fry  
 Membership ..... Connie Larsen  
 Newsletter ..... Sharon Mai  
 Program ..... Michelle Smith  
 Public Relations ..... Carol Hofle/Valerie Forster  
 Scrapbook ..... Carol Trow  
 Web Page ..... Julie Watson-Helms