



# Altrusa International District Four Service Bulletin

Alabama, Louisiana, Mississippi, Tennessee

Greetings District Four Altrusans,

Happy pumpkin spice season! If you haven't already, put on a sweater, grab a pumpkin spice latte, and take a drive in the mountains. This year's red, yellow, and orange foliage colors are so bright and beautiful. We may be in the midst of "fall-elujah", but winter is coming, and bringing frigid temperatures and a bit of snow (for some of us). Let's remember our many blessings as we enjoy the upcoming season with family and friends. Please continue with your service projects, as many of our community friends are struggling and would really appreciate a helping hand during the holidays.

It was inspiring to see many of you at the Fall Workshop. I would like to extend special thanks to the Boaz, AL, club for hosting and doing an outstanding job. The facility was decorated beautifully, the food was fabulous, and the door prizes were a pleasant surprise. District Four members received information on various topics and shared ideas among the clubs. Additionally, they played games, got creative with markers, and learned a bit about personalities.

Please continue submitting your club articles and photos for publication in the DSB. This is a great opportunity to highlight your club's activities and provides ideas for others in the district. You still have time to make your Club 21 donation for 2022, so please mail it now.

The district has just released 3 new t-shirt designs which are shown in this issue. They are available in several colors and sizes, so don't miss the opportunity to show your Altrusa pride and order one (or several) today. These beautiful shirts were designed by Pam Grantham, 2<sup>nd</sup> Vice Governor. Gillian Allen, Communications Chair, is ordering and screen-printing the tees, as well as fulfilling the orders. Just in case you're too busy over the next couple of months to think about your New Year's resolutions, allow me to suggest a few:

- ~Attend the District Four Conference in Montgomery, AL
- ~Become a VIP by donating \$100 to District Four Foundation
- ~Invite potential members to a club meeting or service project
- ~Volunteer to chair a service project or fundraiser for your club
- ~Serve on the board of directors for your club
- ~Attend the International Convention in San Antonio, TX

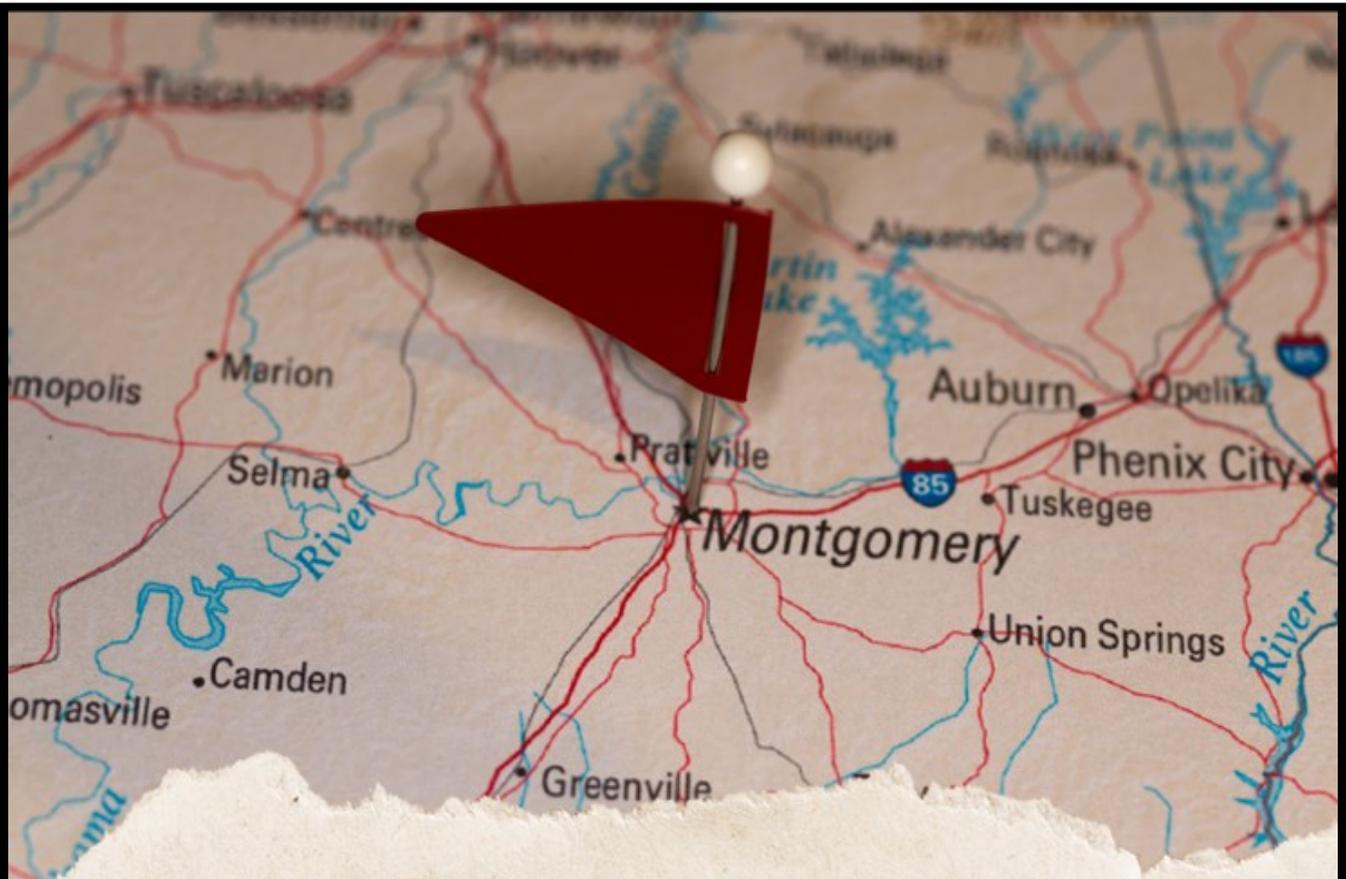


On behalf of the District Four Board of Directors, I want to wish each of you a blessed holiday season. Take time to relax and enjoy this special time with your loved ones.

Thank you for your dedication to Altrusa. Your acts of kindness in your communities are greatly appreciated.

In Altrusa Service,  
Susie Quillen





We are looking forward to seeing you at the....

## **69th Annual Altrusa International District Four Conference**

**When: April 20-23, 2023**

**Where: The Renaissance Hotel & Spa  
201 Tallapoosa St  
Montgomery, AL 36104**

**Hosts: Altrusa International of Jack, AL**

*Altrusans,  
Your host club has been working hard to prepare and  
provide both a informative conference and a great  
time. We can't wait to see you on the river front in  
Downtown Montgomery!*



# HELLO DISTRICT FOUR ALTRUSANS!!!

Altrusa International, Inc., of Jack, Alabama cordially invites YOU to the District Four Conference, April 20<sup>th</sup>-22<sup>nd</sup>, 2023, in Montgomery, Alabama! We have a fun and eventful, yet informative time planned for YOU! There will be time to visit points of interest in historic downtown Montgomery as well as take care of the business of District Four and install our new District Four Board. Altrusa of Jack will be celebrating 20 years of service in 2023 as a chartered club, so this year's conference is especially exciting for us! We look forward to seeing MANY District Four Altrusans in April and can't wait to enjoy a weekend full of excitement with YOU!

Situated in the heart of the "Yellowhammer State", Montgomery, Alabama is home to the beautiful Renaissance Hotel & Spa, the location for the 69<sup>th</sup> District Four Altrusa Conference. The Renaissance is Montgomery's only 4 Star 4 Diamond Hotel and underwent a multi-million-dollar renovation which was completed at the end of 2019. The many amenities in and around the Renaissance Montgomery make it an attractive destination for conferences or simply for a weekend away. There are over 25 local restaurants and bars and entertainment options located within 2-15 minutes walking distance of the hotel. Additionally, Montgomery serves as the birthplace of the Civil Rights Movement and is home to the Equal Justice Initiative's Legacy Museum, National Memorial for Peace and Justice, Southern Poverty Law Center's Civil Rights Memorial, Rosa Parks Museum, and Dexter Avenue King Memorial Baptist Church. For music lovers, legendary country star Hank Williams has a museum and statue in his honor located within close proximity of the hotel. The Montgomery Biscuits are a Minor League Baseball team based in Montgomery and the Harriott II Riverboat provides a unique opportunity to see Montgomery from a different perspective while drifting down the Alabama River. Montgomery, Alabama has a little something for everyone and promises to be a fun, educational, and exciting location to gather!

Your Conference Chair,  
Stacey Nelson



## 69<sup>th</sup> Annual District Award Submissions

The deadlines for the 69<sup>th</sup> Annual Awards submissions are drawing near.  
Below are the contacts and addresses for award submissions.

### February 14, 2023 due date:

(Please submit 3 hard copies and/or a digital copy for each of the following awards)

#### **Mamie L Bass Service Award**

2<sup>nd</sup> Vice Governor  
Pam Grantham  
106 County Rd 303  
Troy, AL 36079  
pgrantham1869@gmail.com

#### **Letha H Brown Literacy Award**

District Service Chair  
Sue Gibson  
48 Aurora Rd  
Boaz, AL 35956  
sgaltrusa@gmail.com

#### **ASTRA Award**

ASTRA Chair  
Britley Parker  
2688 Hwy 87  
Elba, AL 36323  
mikebritkin@hotmail.com

#### **Dr Nina Fay Calhoun International International Relations Award**

1<sup>st</sup> Vice Governor  
Malia Wyatt  
331 Union St Ste B  
Clarksville, TN 37040  
malia.wyatt@gmail.com

#### **Outstanding Altrusan Award**

Governor  
Susie Quillen  
409 Park Terrace Rd  
Kingsport, TN 37663  
squillen123@gmail.com

#### **Past Governor's Lifetime of Service Award**

Regina Lawson  
110 E. Sevier Ave.  
Kingsport, TN 37660  
rlawson@frontierhealth.org

### March 1, 2023 due date:

(Please submit 3 hard copies and/or a digital copy for each of the following)

#### **Best Club Yearbook**

Communications Chair  
Gillian Allen  
237 Cindy St  
Thibodaux, LA 70301  
gillianallen.altrusa@gmail.com

#### **Social Media Award**

Webmaster  
Carolyn Robinson  
4900 Claycut Rd # 23  
Baton Rouge, LA 70806  
carolyn.robinson1951@yahoo.com

#### **Best Club Newsletter**

DSB Editor  
Nicole O'Brien  
140 Private Rd 1703  
Enterprise, AL 36330  
nobrien2005@gmail.com



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## Communication Thoughts



Greetings District Four Altrusans! In addition to serving as your Governor-Elect, I am currently the chair of the International Communications Committee. I'd like to take the opportunity to share a few "communication thoughts" that will hopefully help you and your clubs be more productive when relaying information to your membership.

With the challenges that we have faced over the last few years, effective communication is seemingly more important now more than ever. Five of the most important aspects of effective communication are: Listening; Trust; Focus and Control; Confidence and Influence; and Clarity of the Message. As you communicate, which of these are you most proficient with? Do you and your club use these when communicating with your members?

To ensure accurate and successful communication with your club members, consider the following skills:

- active listening – the most important aspect of communication.
- non-verbal actions, facial expressions, and body language add to the message.
- communicate in a clear, concise manner while demonstrating respect and trust.
- enter the conversation with a flexible and open mind, listening to other points of view.
- provide constructive feedback and collaboration opportunities.

Implementing these techniques can greatly improve and enhance the messages given to and received from members.

When communicating with others, these four "C's" can help you successfully connect:

- Consideration for the recipient; to whom is the information being relayed?
- Clarity ensures a better understanding.
- The content being communicated is for the intended audience.
- Completeness in the information being disseminated provides the recipients sufficient content.

Applying these four "C's" will assist you in ensuring your members are accurately informed.

*"If you just communicate, you can get by. But if you communicate skillfully, you can work miracles."*

*Jim Rohn*





## What does Leadership In A Volunteer Organization look like?

Leadership is a key component of an effective volunteer program. It can be very difficult to effectively lead in an organization where unpaid, volunteers are the lifeblood of the organization. All Altrusans are *Leaders in Service*, so leadership is everyone's responsibility. Leadership looks like **YOU!**

It's important for leaders to understand and appeal to everyone's "WHY?"

Are you and your fellow club members there:

- To make a contribution to the community?
- To use their skills and experiences?
- Because they have been personally affected by cause/mandate?
- To explore their own strengths?
- To network or meet new people?
- Because their friends/family volunteer?
- To improve and increase job opportunities? Or,
- To fulfill religious obligations or beliefs?



It is not uncommon for volunteers to become uninspired or consumed by other issues in their life that reduces their ability to give or stops them from serving altogether. We are all human and at times feel like we need a break from our club or even consider leaving our club. When "life" happens, sometimes it can be hard just to show up, much less put in an effort. If you're speaking with a member with those thoughts, uplift him/her and remind them of a few key things:

Most importantly, **the vision & mission of the organization and our club.**

"Why" you are doing what you do.

And secondly, **the impact we have on the lives of others.**

"Who" benefits from what you/we do?

This will reinforce their desire to stay and be a part of the organization, as well as your own!

To be effective, leadership must be generous and authentic with gratitude and appreciation for the work and efforts of club members. We must value every contribution, big or small, because those contributions may be all a member has to offer at a given time. Gratitude doesn't need to just come from a President or a Governor, we should all take time to thank and appreciate each other.

Create dedicated time to connect with each person in your club, whether that time is during meetings or outside of them. Establish relationships. Volunteering is a great way to meet new friends as well as to strengthen existing connections with friends, family, and co-workers that you volunteer with. You'll sometimes find that you show up just because you don't want to let your fellow Altrusans and friends down. And that's ok, we're just happy you are here.

Lisa Boyd, Leadership Development Chair

**District Four  
Officers and Board  
2021-2023**

**Susie Quillen**

*District Governor*  
Kingsport, Tennessee  
423-967-1600  
squillen123@gmail.com

**Jennifer Gatlin**

*District Governor Elect*  
Jack, Alabama  
334-372-5817  
jenniferdflowers@gmail.com

**Malia Wyatt**

*First Vice Governor*  
Clarksville, Tennessee  
931-206-5178  
malia.wyatt@gmail.com

**Pam Grantham**

*Second Vice Governor*  
Jack, Alabama  
334-615-1869  
pgrantham1869@gmail.com

**Wendie Aurin**

*Treasurer*  
Oak Ridge, Tennessee  
865-0567-6092  
wendieaurin@gmail.com

**Regina Lawson**

*Secretary*  
Kingsport, Tennessee  
423-384-0425  
rlawson@frontierhealth.org

**Ann Gilbreath**

*Director*  
Fort Payne, Alabama  
256-845-2605  
magilbreath@hotmail.com

**Suzanne Allred**

*Immediate Past Governor*  
Boaz, Alabama  
256-738-4616  
allredaltrusad4@gmail.com

**Welcome, Welcome, Welcome  
to our newest Altrusans!**

Mary Travasos ~Baton Rouge  
Allene Bridges ~Boaz  
Amy Gray ~Clarksville  
Jacki Pociеча ~Enterprise  
Camellia Gatlin ~Enterprise  
Stephanie Hawkins ~Enterprise  
Amanda Iffinger ~Enterprise  
Meghann Gifford ~Enterprise  
Taylor O'Mary ~Enterprise  
Julie Walters ~Fort Payne-Dekalb  
Melissa Miller ~Oak Ridge  
Cliff Allen ~Thibodaux



**Altrusa International District Four**

**Make A Difference Day, October 22, 2022**

A huge thank you to all members of Altrusa International District Four for their participation in the gift bag service project at the Fall Workshop on Make a Difference Day. This project thoroughly encompassed the Altrusa Motto...Patriotism, Efficiency and Service.

With almost 40 Altrusans in attendance, representing over half the clubs that make up District Four, gift bags were prepared for distribution to Veterans in the Boaz, Crossville, Albertville, and Fort Payne communities. Your contributions of personal hygiene products, puzzle books, coloring books, notepads pens, crayons, and candies will be most appreciated by Veterans when the gifts are delivered prior to Veteran's Day.

Although working to complete a project, there were many opportunities for fellowship and reconnecting with those from other clubs including our newest Altrusan, a veteran of 23 years' service to the UK's Royal Navy, Cliff Allen.

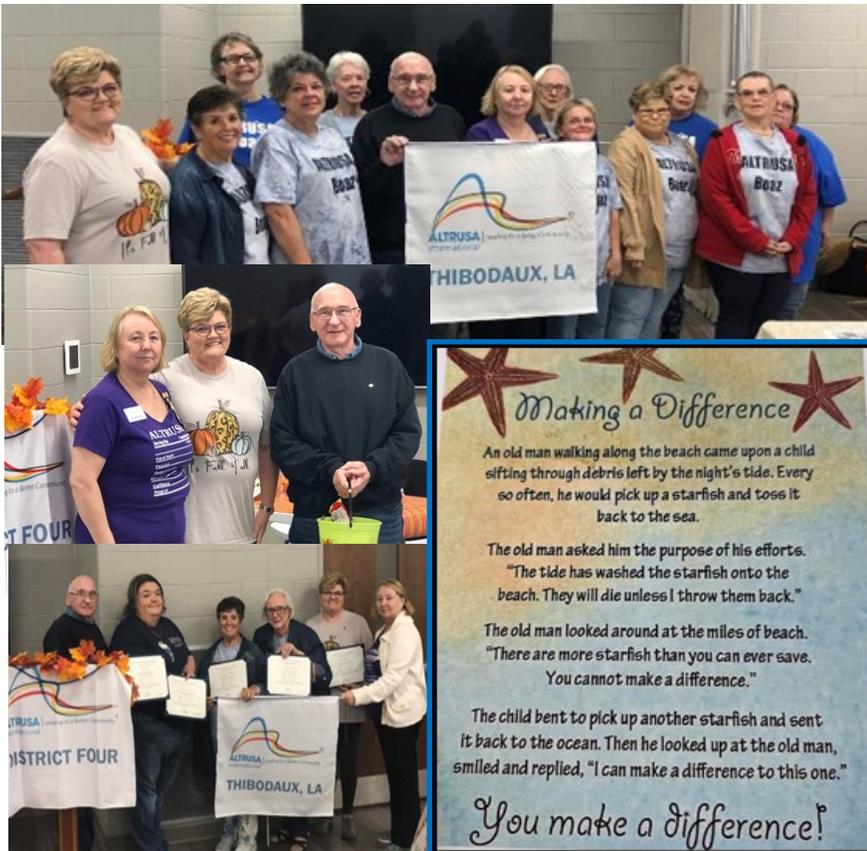




## District Four Fall Workshop

On Saturday, October 22<sup>nd</sup>, the District Fall Workshop was held in Boaz, Alabama. Thirty-nine Altrusans, representing ten clubs throughout the district, joined together to learn something new, share ideas, and assist with a service project. Special thanks to the Boaz club for hosting this event. The facility, the food, and the hospitality were superb and appreciated by all.

Additionally, a new member initiation was conducted for Cliff Allen, from Altrusa International, Inc. of Thibodaux, Louisiana. The Boaz, Alabama, club presented the club banner to the Thibodaux club president, Gillian Allen. Membership certificates were presented to charter members of the Thibodaux club who were in attendance.



### District Four Committee Chairs 2021-2023

#### ASTRA Chair

Britley Parker  
334-300-6974  
mikebritkin@hotmail.com

#### Archives Liaison

Raikes Ann McCrary  
615-337-7343  
raikesann@gmail.com

#### BRR Chair

Beth Hickman  
865-964-0611  
beth4altrusa@gmail.com

#### Communications Chair

Gillian Allen  
214-886-5721  
gillianallen.altrusa@gmail.com

#### DSB Editor

Nicole O'Brien  
334-494-8792  
nobrien2005@gmail.com

#### Finance Chair

Wendy Aurin  
865-567-6092  
wendieaurin@gmail.com

#### International Foundation Liaison

Clara Bennett  
662-419-9770  
clarabennett55@ymail.com

**District Four  
Committee Chairs  
2021-2023**

**Leadership Training**  
Lisa Boyd  
931-801-6768  
alphalrb@gmail.com

**Membership  
Development/  
New Club Building**  
Suzanne Allred  
256-738-4616  
allredaltrusad4@gmail.com

**Program Coordinator**  
Kristy Dennison  
276-346-6349  
kristydennison1@gmail.com

**Service Chair**  
Sue Gibson  
256-744-0230  
sgaltrusa@gmail.com

**Secretary**  
Regina Lawson  
423-384-0425  
rreginadl@aol.com

**Webmaster**  
Carolyn Robinson  
225-939-8057  
Carolyn.robinson1951@yahoo.com

**Nominating Committee  
Chair**  
Peggy Grubbs  
256-225-3690  
pjgrubbs1@gmail.com



**District Four Fall  
Workshop**

During the Recruitment and Membership workshop, participants listened carefully to hear the correct words to mark on their “Recruitment Bingo” cards, hoping to be the first person to “Bingo” and win a prize. First Vice Governor Malia Wyatt then presented each club with a set of personalized club business cards containing meeting location, date, and time details.

Attendees were encouraged to submit grant applications during the District Four Foundation Grant Application Guidelines workshop. The AmazonSmile program was discussed, along with instructions on how to designate the foundation as the recipient of the donation. The International Foundation Liaison provided an update and discussed the Club 21 Program and how to get involved.

retention	motivating	Facebook	Susie	dues
helping	invested	Wendie	Jennifer	reconn
Suzanne	April		deep end	elevat
community	energy	technology	email	Ann
positive	member	networking	Regina	brainst

Meeting Location:  
First Methodist Church  
217 S. Main St.  
Enterprise, AL 36330



Meetings are every

2nd Tuesday at  
6:30pm

Phone: \_\_\_\_\_

You are Invited!  
Please join us

At our next meeting



Altrusa is an international nonprofit  
organization, making our local  
communities better through  
leadership, partnership, and service

*“Leading to a Better Community”*

## How can YOU donate to the District Four Foundation?



- \*become a VIP donor
- \*designate the District Four Foundation for your Amazon Smile contributions
- \*create an online birthday fundraiser for the District Four Foundation
- \*donate Silent Auction items at Conference and BID
- \*make a club donation
- \*donate funds to the District Four Foundation in lieu of visiting District officer gifts or outgoing President gifts



## Have you considered these ways to publicize the work of your Club?

- \*Creating Social Media posts
- \*Generating Local newspaper press releases
- \*Attending Community events
- \*Delivering your club's Altrusa Elevator Speech by describing the work YOUR club did with the GRANT from the District Four Foundation or Altrusa International Foundation



### District Four Club Presidents 2021-2023

#### **Anniston, Alabama**

Tammy Doering  
256-310-1406  
tammydoering@gmail.com

#### **Boaz, Alabama**

Betty Gilbreath  
256-298-3535  
bettygilbreath10@yahoo.com

#### **Enterprise, Alabama**

Lisa Fenner  
334-806-6607  
altrusapres@gmail.com

#### **Fort Payne/DeKalb, Alabama**

Bobbie McLaren  
256-663-4269  
bmclaren2011@gmail.com

#### **Gadsden, Alabama**

Becky Potter  
256-613-9364  
bpotter1002@gmail.com

#### **Greater Gadsden, Alabama**

Lacy Thomson  
256-312-3867  
lacythomson2017@gmail.com

#### **Jack, Alabama**

Stacey Nelson  
334-494-6184  
staceynelson73@yahoo.com

**District Four  
Club Presidents  
2021-2023**

**Baton Rouge, Louisiana**

Patience Travastos  
225-206-7742  
pwtravastos@yahoo.com

**Thibodaux, Louisiana**

Gillian Allen  
214-886-5721  
gillianallen.altrusa@gmail.com

**Greenwood, Mississippi**

Pat Gulledge  
662-299-5770  
pkgulledge@yahoo.com

**Clarksville, Tennessee**

Sarah McAfee  
931-237-8031  
mcafeesarah@yahoo.com

**Kingsport, Tennessee**

Regina Lawson  
423-384-0425  
rlawson@frontierhealth.org

**Nashville, Tennessee**

Melinda Dill  
615-504-2234  
mkd1029@comcast.net

**Oak Ridge, Tennessee**

Kesha Waters  
865-607-4857  
kesha@casatnh.org



**District Four  
Fall Workshop**

Creativity was abundant as each club designed their own Coat of Arms during the Team Building workshop. The three sections on each Coat of Arms represented a recent club achievement, their club's values, and the future of their club.

The hands-on service project involved filling gift bags with items for veterans currently residing in nursing homes in the Boaz area. These items included books, socks, brushes, combs, lotion, body wash, etc. The bags will be delivered to Boaz Nursing Home and Branchwater Assisted Living Facility for distribution to resident veterans.





## District Four Mid-Year Board Report

The mid-year board meeting was held in Montgomery, AL, on September 10, 2022, with all board members in attendance. District Four business was conducted and included the typical agenda items – financial and membership report, international update, foundation report, and club visit reports. Plans for the 2022 Fall Workshop to be held in Boaz, AL, were finalized.

After reviewing the 2023-2025 biennium budget and the 2023 conference budget, the board voted and approved the following:

- \*Membership dues will increase from \$25 to \$30, effective June 1, 2023, and forward.
- \*Conference fee was increased from \$35 to \$50 per club, starting June 1, 2023, and forward.
- \*The conference seed money provided to the club hosting the upcoming conference will be increased from \$500 to \$600, effective with the 2024 conference and paid out at the 2023 mid-year board meeting.
- \*The Social Media award will now include a \$25 check for the winning club, effective with the 2023 conference.
- \*T-shirts will be a district fundraiser and will be made available as early as the Fall Workshop. (Additional ordering information will be distributed in the DSB)

Jennifer Gatlin and Pam Grantham, conference committee members from the host club of Jack, AL, presented the conference plans. A representative of Renaissance Hotel provided a facilities tour. The proposed conference budget was reviewed and updated.



## Growing Our Teams

Growing our Altrusa membership is important, not only to our clubs, but to our communities. When we look for ways to serve our communities, we are showing people in our hometowns that we care. As we increase membership numbers, we maximize the potential to complete our existing service projects and undertake additional ones.

When our members are serving the community, the public sees our individual involvement as well as how we work together as a team. Teamwork allows our clubs to achieve their goals. Growing and building our “teams” allows each club to accomplish more and to help strengthen District Four.

As your clubs conduct service projects, it’s important to show up, participate, and let your communities see a cohesive team working together for the betterment of their towns. This may spark an interest in membership by some of the locals. When someone shows an interest, take the time to tell them that we are part of an international organization with members all over the world. Invite that person to a club meeting or involve them in a service project.

There’s no better way to show pride in your personal membership, than to invite someone to share the joy of becoming an Altrusan!





## New Club Building

Why is it important to build new clubs within District Four? New club building is vital to the growth and welfare of the district. Over the past few years, all service organizations have been struggling to maintain existing clubs and membership levels. It's not uncommon to hear about disbanding service clubs - Kiwanis, Rotary, and unfortunately, Altrusa clubs.

### What are other reasons for starting a new club?

- \*To allow other communities to experience the benefits and allow other individuals to enjoy the Altrusa way of life
- \*To increase the numbers of members and clubs, which is essential for Altrusa's success
- \*To extend the hand of service to others

### Why should each of us get involved in New Club building?

- \*New club building is a challenge that will enhance leadership capabilities
- \*New club building helps to improve our membership recruitment techniques, which will ultimately help our own club

Are you aware of a prior Altrusa club that can be revived? Do you know any current or former Altrusans that have moved to an area without an existing Altrusa club? If you or your club identify a location for a new club, please contact me, Suzanne Allred, New Club Building Chair. I look forward to working with you to research demographics, determine the area's needs, develop a budget, and offer ideas for a membership recruitment event.

## Club News



~Altrusa of Fort Payne/DeKalb

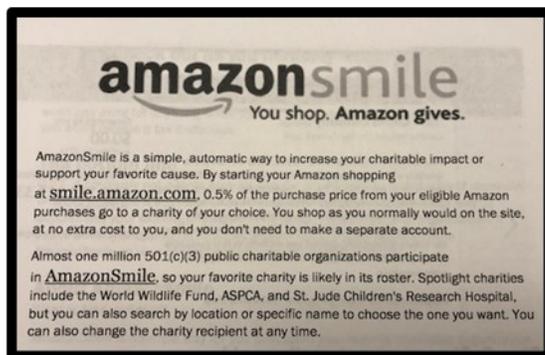
The Bread of Life Community Ministry in Fort Payne seeks to provide food and shelter for those in need. In celebration of Make a Difference Day the Fort Payne Club worked at Bread of Life to provide to-go lunches for their community members. Making a Difference in their community Bobbie McLaren, Wilma Playford, Peggy Bledsoe, and Ann Gilbreath prepared a delicious lunch of Southwest soup, crackers, dessert, and beverage for anyone wishing to get a warm meal.



## Club News

~Altrusa of Boaz, AL

Members of Boaz Altrusa joined with a group of ladies from First Baptist Church (Blessed Hands) recently to work on the Days for Girls project. Some members took sewing machines and sergers. The ones who couldn't sew did the cutting and tying. Our efforts aided in the completion of around 100 sanitary pads to be sent to girls in Ukraine.



You can support the District Four Foundation through your Amazon account!

## Club News

~Altrusa of Kingsport, TN

During the recent devastating floods, the town of Fleming-Neon, Kentucky was devastated and resembled a war zone with debris piled high and homes knocked off their foundations. Regina Lawson (pictured here) and Kristy Dennison took much needed money and supplies to the area to



support the relief efforts. Working with other volunteers, these ladies donated countless hours to sort and organize the multitude of donations that poured into this town.



## Club News

~Altrusa of Enterprise, AL

The Taste of Coffee County is one of our biggest fundraisers of the year. Once again over 20 vendors came together in one place for a night of delicious food and fellowship. As always the event was a sell out and we look forward to next year's event! We are so thankful to the Altrusa International Foundation for our recent \$4000 grant for our Bags of Love project. Working together we were able to bless 400 seniors in community. Through our partnerships with local hospice and home healthcare organizations, these gifts of health and entertainment items will be distributed to local seniors this holiday season.



## Club News

~Altrusa of Jack, AL

Altrusans in Jack are always doing something. On October 1st, we started the month off with our 19th Annual Jack Day Community Festival. Jack Day is our biggest fundraiser, which we hold each fall. This year we had a great turnout. We invite you to come join us next year. As October came to an end, we also participated in Make a Difference Day. Altrusa of Jack donated 60 books to children at the Jack in the Box Daycare. In addition, club members Jennifer Gatlin, Pam Grantham, Beverly Boutwell and Margaret Johnson joined with other District Four Altrusans at the Fall Workshop in Boaz, AL. Now we are back to work on the upcoming District Four Conference in April. We invite all of you to join us in Montgomery for a great time on the river front!!



## Club News

~Altrusa of Gadsden, AL

On October 29, 2022 Altrusa of Gadsden distributed 800 plus books ranging from National Geographic to Scholastic titles for school children grades kindergarten through Middle School. School teachers, librarians, and school personnel from Etowah County were invited to attend and choose books for their classrooms and school libraries. We are so excited to help children in our area develop a love reading and help our educators stock their classrooms with books for their learners. We are so thankful for our partnership with the UPS store on George Wallace Drive in Gadsden, Alabama for their help to make this event a success.



## Club News

~Altrusa of Greenwood, MS

Altrusa of Greenwood has been rebuilding their club in recent months! The club membership now totals 19 with the addition of seven new members in recent months! The members have recently completed their yearly dictionary project which put dictionaries in the hands of 1600 local 3rd graders in county, public, private and independent schools. The club is preparing to honor veterans in nursing home and assisted living facilities with care packages and goodies and have just purchased items for the local "Gracefully Broken" program which helps women in their recovery from drug addiction. The club members recently blessed a local teacher with a set of novels for the classroom library. December will be a busy time as well when the upcoming Angel Tree program and "Begin with Reading" programs get under way. Always a local favorite, the yearly nut sale continues to generate funds with over \$11,000 in sales thus far which will allow Altrusa of Greenwood to continue their work within the community.

### Important Dates

#### November 16

Int'l Day for Tolerance

#### November 25

Int'l Day for Elimination  
of Violence Against  
Women

#### December 1

Altrusa Half Dues  
are in effect

#### December 3

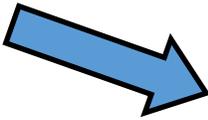
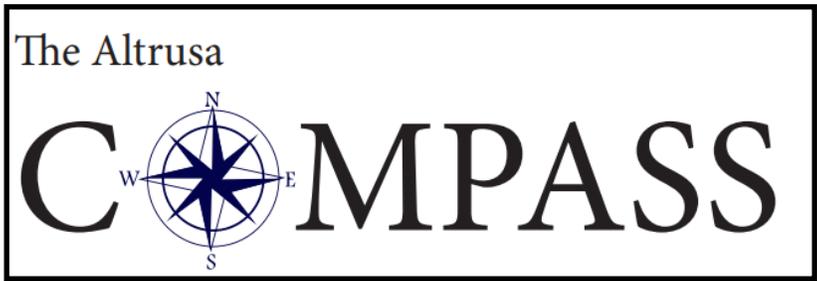
Int'l Day of Persons  
with Disabilities

#### December 10

Human Rights Day

# In case you missed the most recent issue of ...

From the message of Brenda Smith, the New Club Building Chair/ Membership Chair for Altrusa International, Inc.....



As new club building chair for Altrusa International, Inc. myself and our Altrusa International membership committee would like to welcome Altrusa International of Thibodaux, LA and Altrusa International of Hatillo, Puerto Rico.

Altrusa International of Thibodaux, LA is in District Four and was chartered last October with 16 members. President Gillian Allen is to be commended for moving to a new community and starting a new club. She had been a member in Texas prior to moving to Louisiana.

### Record Retention

Sue Whitaker, International Director

Some of the questions most often asked by clubs and districts are: What records do I need to keep, where should I keep them and how long should they be kept? A Record Retention Committee was appointed and charged with coming up with recommendations for what and where these records should be kept for clubs and districts. A one-page chart was developed to identify the records that must be kept and where they should be kept. Since it is not necessary for all records to be kept in perpetuity, a time frame for keeping was also identified. The International Board approved the document at the July 2022 board meeting. The document can be found on the international website under the Governance Tab. Scroll down to the District Treasurer's Guides and Forms. [Link: <https://login.altrusa.org/files/2022/07/Altrusa-Records-Retention-Guidelines.pdf>]

Remember these are recommendations for what and where to keep your Altrusa documents. Each club or district may want to adapt these to fit their individual needs. Whatever is decided by the club or district, it will be important to make sure the location of these documents is kept and passed along to the incoming club president or district governor.

### Important Reminder to Clubs:

The names "Little Free Library," "Little Free Libraries," "Little Library," and similar are trademarked. If you are a Little Free Library steward who has a registered Library with charter sign, you may use the trademarked name for activities associated with that particular Library.

For all other situations, express permission is required from Little Free Library. Permission forms can be found on its website: <https://littlefreelibrary.org>

Pat Woodward  
International Legal Advisor

## IF YOU HAVE NOT ORDERED YOUR DISTRICT FOUR T-SHIRTS, YOU STILL HAVE TIME.

All t-shirts are available for \$15.00 each with a large portion going directly to District Four. T-shirts come in both Ladies and Unisex sizes with V-Neck and Crew-Neck, with the colors shown below and design shown to the right. There will be an additional shipping cost to get you your t-shirt prior to conference.

Please contact  
Gillian Allen  
(214) 886-5721  
to order your shirt  
TODAY!

**POW!**

**BANG!**

Portion Size	1 Amazing Person
% Daily Value	
Hard Work	150 %
Passion	120 %
Determination	110 %
Pride	400 %
Respect	180 %
Caffeine	250 %
Regret	0 %

**OH!**