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70th Annual Altrusa International District Four Conference Gadsden, Alabama April 25-28, 2024 hosted by Altrusa International of Gadsden, AL



Welcome to Gadsden, Alabama

Gadsden is located on the beautiful Coosa River. It is located approximately 60 miles northeast of Birmingham, and 90 miles southwest of Chattanooga. Population is 103,931. Gadsden was the 2nd most popular city of industry, trailing Mobile. From the early 1900s thru the mid-1980s, Gadsden was a city of heavy industry and had a large steel plant named Republic Steele and was home to Goodyear Tire and Rubber Company. Gadsden was named an All -American City in 1991 by the National Civic League.

In May 1863 Confederate Brig. General Nathan Bedford Forrest was in pursuit of Union Colonel Abel Streight. Streight was ordered to cut off the Confederate Railroad near Chattanooga. He went to a small farmhouse owned by The Sansom Family and demanded coal to burn down the Black Creek Bridge to keep Forrest and his troops from crossing over the river. Forrest later stopped at that same farmhouse, and Emma Sansom led him to a low point in the Black Creek where he and his troops could safely cross in pursuit of Streight. A monument is dedicated at the North end of Broad Street in downtown Gadsden honoring Emma Sansom for her aide in helping the Confederate troops. Happy New Year District Four Altrusans! It excites me to look back over the last few months and reminisce upon some of the strides that we have made thus far as individuals, clubs and as a district. I've seen firsthand our membership take on and excel in leadership roles, our clubs grow and perform worthwhile projects and our district board work hard to ensure that we positively propel Altrusa and District Four in the right direction. I gave you all a challenge to "Do Something Good", and you've answered the call.

First and foremost, after successful fall workshops this past October, mark your calendars NOW for the 70th Annual District Four Conference to be held in Gadsden, Alabama, April 25-28, 2024! The host club is Altrusa of Gadsden and they, along with your District Four Board, have been working hard to make certain that we have a fun, entertaining and informative conference! Gadsden is known as the "City of Champions" and how appropriate it is for us to have our conference there and celebrate the accomplishments of our "Altrusa Champions". This year's conference theme is "Literacy is Our Legacy" and there is no doubt that this idea evokes the many years of Altrusa's focus on promoting reading, writing and educational awareness to citizens. In fact, in 1977, expanding on its commitment to youth. Altrusa adopted literacy as an on-going area of service. One way that this is exemplified today throughout our organization is by International President Linda Smith's continuation of "One Book at a Time"; an extension of the past biennium's literacy challenge for Altrusans to collect and donate one million books.

I am elated to announce that we will welcome International Director, Linda Ring from Connecticut to be our honored guest! Linda will bring added Altrusa knowledge and expertise to our conference as well as present an informative workshop! Use this DSB/Call to Conference as your official invitation to the 70th Annual District Four Conference. Make sure that you check out all the specifics detailed in this publication and that you go ahead and make your plans to attend. We NEED and WANT your participation!

I encourage you all to continue to utilize resources for recruiting diverse, multi-talented members as well as focus on ways to engage your membership with a concentration on retention. Our members are our future and I'm certain that you know at least ONE person who would be an asset to our organization and too would enjoy the satisfaction of helping others. *"One smile begins a friendship; one kind gesture lifts a soul. One star can*

guide a ship at sea, one word can help others reach goals".

Please make plans to attend the conference this year and always continue to "Do Something Good" everyday! I look forward to seeing you all soon!



In Altrusa Service, Jennifer Gatlin



District Four Officers and Board 2023-2024

Jennifer Gatlin

Governor Jack, Alabama 334-372-5817 jenniferdflowers@yahoo.com

Malia Wyatt

Governor-Elect Clarksville, Tennessee 931-206-5178 malia.wyatt@gmail.com

Pam Grantham

First Vice-Governor Jack, Alabama 334-685-1869 pgrantham1869@gmail.com

Gillian Allen

Second Vice-Governor Thibodaux, Louisiana 214-886-5721 gillianallen.altrusa@gmail.com

District Four Officers and Board 2023-2024

Mary Larson

Treasurer Anniston, Alabama 256-452-1434 marylarson1312@gmail.com

Leia Duhaime

Secretary Enterprise, Alabama 334-494-7249 leia.duhaime@gmail.com

Bobbie McLaren

Director Fort Payne, Alabama 256-996-4269 bmclaren2011@gmail.com

Susie Quillen

Immediate Past Governor Kingsport, Tennessee 423-967-1600 squillen123@gmail.com





Literacy Is Our Legacy

Altrusa International Inc. of Gadsden is honored to be hosting our 70th Annual District Four Conference in beautiful Gadsden, Alabama. We look forward to having each one of you come see our "City of Champions" in our historic, beautiful downtown area. We have a lot of good fun, fellowship and of course food planned for our event this year.

Our conference will have lots of helpful information provided by our District Four Board as we navigate through this next year together, and we have some wonderful guest speakers lined up who we think everyone will enjoy.

Downtown Gadsden has many locally owned shops and boutiques that are centrally located right outside our meeting facility, and we made sure to plan some shopping time in for you as well! If you aren't a fan of shopping, take time to take a short drive to Noccalula Falls Park, voted one of Alabama's Top Ten Destinations.

We have a fun filled weekend planned full of activities and fellowship that you don't want to miss! We can't wait to welcome you to our city!

Angela Walker, President

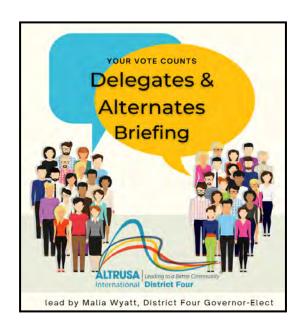
Altrusa of Gadsden

Tentative Agenda for the 70th Annual District Four Conference

Thursday, April 25, 2024

1:00-4:00 p.m.	District Four Pre-Conference Board Meeting				
3:00-5:00 p.m.	Registration & Credentials				
5:00-5:30 p.m.	Expediter's Briefing-Suzanne Allred				
	Flag & Banner Bearer's Briefing-Malia Wyatt				
5:30-7:00 p.m.	Reception for International Representative				
Past Governor's Dinner immediately following reception					







Now is your time to "brag" on your club! For our 70th Annual District Four Conference we are asking all clubs to present a brag board with their accomplishments for the past year.

What's a brag board?

A brag board is a presentation board filled with pictures, articles, etc., showcasing your club's accomplishments including service projects, fundraiser, new members, and so on.

Where do you get the board?

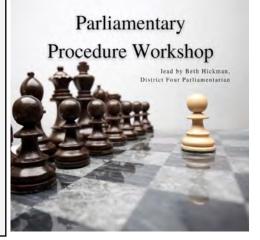
You can find trifold presentation boards at your local Dollar Tree, Amazon, Wal-Mart, etc.

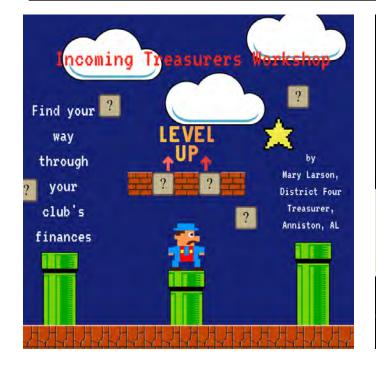
Tentative Agenda for the 70th Annual District Four Conference

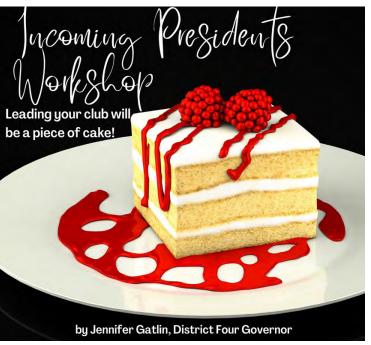
Friday, April 26, 2024 8:00-9:00 a.m. Registration, Credentials, Shopping & Bidding 8:30-9:00 a.m. Flag & Banner Bearers line up 9:00-10:15 a.m. **Opening Session** 10:15-10:45 a.m. Registration, Credentials, Shopping & Bidding Brag Boards on display First Time Attendees-Samantha Berven **Delegates & Alternates Briefing** 10:45-12:00noon **First Business Session** 12:00-12:30 p.m. Incoming Presidents Workshop-Jennifer Gatlin Incoming Treasurer's Workshop-Mary Larson **Incoming Secretaries Workshop-Leia Duhaime** Parliamentary Procedure Workshop Beth Hickman 12:30-12:45 p.m. Break 12:45-2:00 p.m. Literacy Luncheon-Malia Wyatt 2:00-2:15 p.m. Break 2:15-3:15 p.m. Group Tally-Gillian Allen & Mary Larson 3:15-3:30 p.m. Break Effective Meeting Management-Linda Ring 3:30-4:30 p.m. 4:30-6:00 p.m. Free Time 6:00-9:00 p.m. Carnival Event~ Game Night~ Sleep in Heavenly Peace







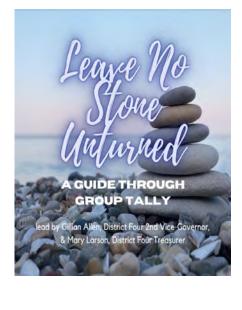




Tentative Agenda for the 70th Annual District Four Conference

	Saturday, April 27, 2024					
	8:00-8:30 a.m.	Registration, Credentials, Shopping & Bidding				
	8:30-10:00 a.m.	District Four Foundation Breakfast				
	10:00-10:15 a.m.	Break				
	10:15-11:30 a.m.	Second Business Session				
	11:30-11:45 a.m.	Break				
	11:45-12:30 p.m.	Creating a Culture of Kindness				
		Susie Quillen & Melinda Dill				
	12:30-2:00 p.m.	Awards Luncheon-Samantha Berven				
	2:00-2:15 p.m.	Break				
	2:15-3:45 p.m.	Altrusa Family Feud: Membership Edition				
Pam Grantham & Bobbie McLaren						
	3:45-6:00 p.m.	Free Time				
	6:00-10:00 p.m.	Celebrating Our 70th Conference/				
		Arnold Montgomery Mouthpieces				
	Sunday, April 28, 20	24				

District Four Post-Conference Board Meeting 8:00-11:00 a.m.



Something



Welcome to our "Altrusa Family Feud" with hosts Pam Grantham and Bobbie McLaren. Join us for a fun-filled "workshop" at this year's District Four Conference. The goal is to learn about how to improve membership of our Clubs while having a little fun too! Topics will range from how to attract new members, how to utilize members' talents, and how to retain members. "Families" will be made up of teams of six Altrusans. We encourage you to plan your teams ahead of time and include members from various clubs throughout the District. The winning team will not only leave with bragging rights for the next year but also a prize.

Dear Altrusans,

My favorite time of year is fast approaching! I love Conference time. This is a great opportunity for us to gather as Altrusans to celebrate our accomplishments for the past year, see friends we haven't seen since the last Conference, and a chance to make new Altrusa friends.

I encourage all Altrusans to make an effort to attend a District Conference. The Districts all have great workshops on not only Altrusa topics, but many Districts also offer other topics as well. This is a chance for you to get new service project ideas, find out about other club fundraisers, and gather new ideas for membership recruitment and retention. Keynote speakers are always inspirational so do not skip out on those presentation. Soak it all in!

Each District will have an Altrusa International Representative (either an officer or director) in attendance at their Conference. I encourage you to take the time to visit with them. They are there to share not only share about Altrusa but also to meet you and share any concerns you may have with the International Board.

I send best wishes for an outstanding Conference.

Altrusans R.O.C.K. – Creative Opportunities, Create Kindness

Linda K. Smith, President Altrusa International, Inc.



Time to Turn in Your Delegates and Alternates!

Sometimes this can seem somewhat confusing, but if you know you are entitled to delegates and alternates based on the chart below, you'll calculate your club's number with ease!

15 members or less	1 delegate and 1 alternate
16 to 30 members	2 delegates and 2 alternates
31 to 45 members	3 delegates and 3 alternates
46 to 60 members	4 delegates and 4 alternates
61+ members	5 delegates and 5 alternates

Please remember to choose delegates and alternates who are not current members of the District Board or Past Governors to maximize your club's voting power because these members already have voting privileges!

Please send the names of your delegates and alternates by March 15th to:

Leia Duhaime 334-494-7249 leia.duhaime@gmail.com

Introducing our International Representative

Linda Ring

Linda Ring Altrusa International Director, 2023-2025 Altrusa International, District One Altrusa International of Central CT, Inc.



Linda became an Altrusan in 1990. She has served as Club President twice, and all other board positions including Treasurer... but she's headed into that role this June. She calls herself an uncommon computer geek, in that she has lots of technical skills, but still strives to organize and lead community projects. Linda produces the annual club Yearbook, manages raffle tickets for the annual club fundraiser and publishes the Poetry Book for our annual Senior Citizens' Poetry Competition.

Linda was introduced to District functions as Registration Chair for 1993 District Conference. She first served on the District Level as Director and DSB Editor (2000-2002). Years later, she served as Communications Chair (2015-2019), DSB Editor (2015-2017), Governor Elect (2017-2019), Governor (2019-2021), Immediate Past Governor (2021-2023) and District Webmaster (2021 - future). Her biennium as Governor was during the height of COVID... doing most of the District work through emails, phone calls and ZOOM meetings. She created our first VIRTUAL conference... complete with breakout rooms, pre-recorded video presentations and French subtitles (for our Canadian district members). It was an exercise in creativity.

Linda's professional background is in Chemistry (BA) and Computer Science – Information Systems (MS). She was employed by Bristol-Myers Squibb Company for 34 years. Linda started out as a bench chemist--making Enfamil better for the babies of the world-- but found her niche in collecting, managing, and analyzing data. She transitioned to Clinical R&D as a programmer, then data manager, ending her career as project manager for multiple drug programs.

For 20 years, she was active with Tall Clubs International (TCI), a social club for those who are vertically gifted. Linda was co-founder of Hartford Heights Tall Club, serving in all leadership roles. She was elected to the TCI Executive Board multiple times, served on the TCI Foundation (chair for 5 years), and was honored with a Lifetime Achievement Award in 2002 for her dedication to the organization.

After retiring from Bristol-Myers Squibb Company, she joined the local VITA Coalition (\underline{V} olunteer Income \underline{I} ax Assistance), preparing free tax returns for elderly and low-income clients. After only one year as a tax preparer, she was invited to join the steering committee, as Volunteer Coordinator. Linda spearheads the computer updates and preparations, new preparer training, weekly scheduling and the season wrap-up and recognition dinner.

Early in my career, Altrusa provided me with a safe place to practice and hone my leadership skills. I feel it is important to share that knowledge and offer that opportunity to our next generation of leaders. I have always been a part of volunteer organizations, such as Girl Scouts, Honor Society, Candy-Stripers, etc. After becoming an Altrusan, I had found an "adult home" among like-minded individuals who were generous of their time and talents. It was not hard to fall in love with the organization, and its mission. I foresee being an Altrusan for the rest of my life, and plan to serve the organization in whatever capacity I am able.

2023-2025 District Four Committee Chairs

Service Committee Chair

Linda Johns Anniston, Alabama lindadj@cableone.net 256-239-2577

Communications Chair Gillian Allen Thibodaux, Louisiana gillianallen.altrusa@gmail.com 214-886-5721

Membership/New Club Building *******

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International Foundation

Liaison Lisa Boyd Clarksville, Tennessee alphalrb@gmail.com 931-801-6768

Archives Liaison

Melinda Dill Nashville, Tennessee mkd1029@comcast.net 615-504-2234 The Dolly Parton Imagination Library is near and dear to the heart of the Gadsden Club. We were fortunate enough to give a \$15,000 donation to start the Etowah County chapter of the Dolly Parton Imagination Library.

Our guest speaker for our Literacy Luncheon on Friday will be a



representative from the United Way of Etowah County, who will provide us up to date information on where the Dolly Parton Imagination Library is today and what we can do to help keep this wonderful program going in our communities.

> Decorations for the luncheon provided by Fort Payne Club.



Dolly Parton's Imagination Library is a book gifting program that mails free, high-quality books to children from birth to age five, no matter their family's income.

After launching in 1995, the program grew quickly. First books were only distributed to children living in Sevier County, Tennessee where Dolly grew up. It became such a success that in 2000 a national replication effort was underway. By 2003, Dolly Parton's Imagination Library had mailed one million books. It would prove to be the first of many millions of books sent to children around the world. Dolly's home state of Tennessee pledged to pursue statewide coverage in 2004 and global expansion was on the horizon. After the <u>United States</u>, the program launched in <u>Canada</u> in 2006 followed by the <u>United Kingdom</u> in 2007, Australia in 2013 and the <u>Republic of</u> <u>Ireland</u> in 2019.

Spring Forward

SPRING FORWARD WITH

ALTRUSA !

DECORATE YOUR TABLE ON SATURDAY FOR THE AWARDS LUNCHEON IN THE BEST SPRING COLORS AND DÉCOR !

A GUEST JUDGE WILL BE PRESENT AND A \$70 DONATION TO THE FOUNDATION OR CHARITY OF THE CLUB'S CHOICE WILL BE MADE FOR THE WINNING TABLE!

GUEST SPEAKERS WILL BE COUNSELORS FROM SARDIS HIGH SCHOOL.

PLEASE BRING DONATIONS OF FEMININE HYGIENE PRODUCTS AND FOOD ITEMS (SNACKS) FOR DONATION TO THE SCHOOL. THESE ITEMS WILL BE PRESENTED TO THE COUNSELORS.

2023-2025 District Four Committee Chairs

Webmaster Carolyn Robinson Thibodaux, Louisiana carolyn.robinson1951@yahoo.com 225-939-8057

Program Coordinator

Samantha Berven Oak Ridge, Tennessee sroberven@gmail.com 865-356-5411

DSB Editor

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

Leadership Training

Susie Quillen Kingsport, Tennessee squillen123@gmail.com 423-967-1600

Bylaws, Resolutions & Recommendations

Regina Lawson Kingsport, Tennessee rrreginadl@aol.com 423-384-0425

ASTRA

Cheryl O'Mary Enterprise, Alabama omary32@yahoo.com 334-301-3167



UNDER THE BIG TOP - BATTLE OF THE CLUBS



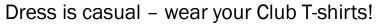
Being an Altrusan, we all must be a little competitive! Put on your best game face and join us for a night of fun, laughter, good food and prizes! Each club needs to bring their "A GAME" and fight to win some great prizes.





Decorate your table Friday night for "Battle of the Board Games" with your favorite board game! We will have a guest judge who will pick the most creative table. A \$70 donation will be made to the winning Club, to the District Four Foundation, or a charity of the Club's choice.

We will have great food from the Burger 101 Food Truck, and an ice cream / dessert bar that will more than satisfy your sweet tooth!



Guest Speakers will be Tommy and Valerie Goodman, with Sleep In Heavenly Peace. Donations for bedding will be taken up.

Please refer to the Sleep In Heavenly Peace info provided separately for donation needs.













Conference Workshops

Effective Meeting Management – and what to do when you get derailed!

Presented by Linda Ring, Altrusa International Director

As leaders (presidents or committee/project chairs), you are the facilitator of the meeting. In order for it to be effective and productive, you need to set expectations, follow your own rules, and be ready to realign the meeting to the agenda to maintain forward motion. Learn effective techniques to set expectations, facilitate a productive meeting, and achieve the results you were anticipating.



Creating a Culture of Kindness



Presented by Susie Quillen, Immediate Past Governor and Melinda Dill. District Four Archives Liaison Kindness seems to be missing in today's society. The current culture teaches us to prioritize our wants and needs over others. People are more connected to their devices than to what is happening around them. Creating a culture of kindness in our organization is critical to the growth and success of Altrusa. Kindness is an important factor in fostering member engagement, productivity, and happiness, which subsequently contributes to a more positive and successful environment in your club. This workshop will discuss methods for cultivating healthier, happier, and kinder surroundings in day to day life.

Introducing the Nominees for District Four Foundation Board Trustee

Jackie Adams

My name is Jackie Adams and I have been an Altrusan in the Clarksville TN club since 2005. In my 18 years of membership I have served as: Club Treasurer, Foundation Director, and am currently serving as President Elect of the Clarksville club. I have been married to my husband Adell for 38 years. and have two grown children, both a daughter & son. I am also thankful to have two beautiful grand-children. I currently work as a private caregiver, and in my free time I volunteer with Loaves & Fishes - a food distribution non profit organization that serves hot meals to those in need. One of my favorite activities is visiting with friends, both old and new, at our Altrusa District Four Conferences each year, and with my friendships and connections across the District, I feel well qualified to serve our great organization as a District Four Foundation Trustee if selected.



Deidra Patterson



Hello Sister Altrusans, let me introduce myself. My name is Deidra Patterson, I am a member with Altrusa International Marshall County, AL (formally Boaz, AL). Our name was changed with the hopes of growing our membership and increasing our service projects throughout the county. After retiring in 2019, from a 25-year career as a registered nurse at Marshall Medical Center South in Boaz, I wanted to remain active. I was introduced to Altrusa by a friend, I visited a meeting, and knew I had found a new love. In the few years as a member, I have been actively serving on club committees, Membership, Service, Fundraising, and Finance. I have served as club Secretary. I am currently serving as Club President. Altrusa Marshall Co., membership is small but we are growing and continue to be active within our county. We are currently partnered with Child Advocacy Center and Marshall County RSVP, in several service projects. I look forward to serving Altrusa in the future and hope to be more involved in District Four.

Sharon Sessions

Sharon Sessions became a member of Altrusa International of Enterprise in 1995. She has served as Club President, committee chair for the Service and Membership Committees several times, and chaired numerous subcommittees. She is active in many local club projects and enjoy giving back to our community. At the District level, Sharon has served as Membership Chair and Director. Sharon was married to her husband Johnny for fifty years. She has three daughters, twelve grandchildren, and six great grandchildren. Prior to her retirement, Sharon worked at the Enterprise Career Center as a CareerLink Facilitator. Sharon worked with all learners-youth to adult– monitoring their progress from eligibility to college registration, to classroom training, to graduation, and on to employment.





Introducing the Nominees for District Four Foundation Board Trustee



Melinda Dill

Melinda Dill has been a member of Altrusa International of Nashville, TN, since April 2018 and is currently serving at Club President. She is also currently serving on the District Four Committee as Archives Liaison.

Melinda was born and raised in Tennessee and has lived in Nashville since 1974. Melinda has been retired since January 2022, but she spent the first two thirds of her career as a manager in the IT arena and the last third as a consultant in the state healthcare industry.

Melinda says the Nashville adopted club motto is "We are small but mighty," but we are in the process of changing that. We want to be mighty but not small anymore. Club membership has increased by over 200 percent in the last year, and it is my goal as president, to continue that growth.

Nashville has been the recipient of Foundation grants in the past and we truly know what an impact they make. It would be both an honor and a privilege to serve as a District Four Foundation Trustee.

Christine Walters

Christine Walters has been a member of the Fort Payne/DeKalb club since 2013. She is the current 2022-2024 District Four Foundation treasurer. Chris is also the treasurer of the Fort Payne/DeKalb club for the past 9 years and the editor of their club newsletter. She has held the office of District Four treasurer during the reign of Lisa Boyd 2018-2020.

Christine has lived in Fort Payne since 1983 She is married to her husband Rod for 41 years, they have 3 children, Julie, Jason and Jarrett and currently have 11 grandchildren. Chris grew up in White Plains, New York (thus not having that southern accent) then moved to South Florida where she met her husband. She worked at a family owned print shop while in Florida, then 25 years with a Taco Bell franchise in Fort Payne, working up positions from food prep to an Area Supervisor, followed by 10 years at a local embroidery shop in customer service and retired in 2020.





Introducing the Nominees for District Four Nominating Committee

Johnnie Gamble

Johnnie Gamble is a member of Altrusa International, Anniston, AL. Johnnie has been an Altrusan since 2014. She has served as club president, as director of the club's Board of Directors, and currently serves as chair of the club's by-laws resolutions and recommendation committee. Johnnie is a retired veteran of the United States Army. During her military career she was an Administrative Specialist and Nuclear Biological Chemical Warfare Specialist. She served as a member on the East Alabama Regional Planning and Developmental Commission Transportation Board. Johnnie is an active member of Sweet Home Missionary Baptist Church, in Munford Alabama where she serves as church secretary and Vice President of the Senior Women's Missionary Board. She works with the youth in her church by helping with fundraisers, projects, and Vacation Bible School. Johnnie is married and has three daughters and four grandchildren. Her hobbies are traveling, shopping, and interior decorating.



Patience Travosos



I have been an active member of Altrusa International of Baton Rouge since 2018 post retirement from our local public school district after 36 years of service. I knew that I wanted to continue be part of a service organization when I retired and Altrusa really filled that space. The many options our club provides for volunteerism in our city is broad enough to suit any member. I always tell people that we are a "boutique" volunteer organization. I did not expect to build the many friendships that I've built over the years. It has been such a pleasant experience. I do enjoy participating in our annual District Four conference, and I enjoy catching up with the membership who live all over our four state area. I've held a number of offices in our club from Foundation Secretary, club Vice President, and currently as President of my club. I appreciate the opportunity to serve District Four in this capacity and look forward to other tasks in the future. Currently, I work for a curriculum company which involves part-time travel around the country and training. Our daughter lives in Atlanta where she is a practicing physical therapist and planning her wedding in May of this year.

Jennifer Amlong

Jennifer Amlong is a member of Altrusa of Jack. Her journey with Altrusa includes serving as Charter President and ASTRA Sponsor and contributing to various committees, reflecting her dedication to making a positive impact. In her role as Library Director of the Elba Public Library, Jennifer plays a vital role in promoting literacy and access to knowledge within the community. Her passion for local history extends to her membership in the Elba Historical Association, where she actively participates in preserving and celebrating the rich heritage of the region. Beyond her professional and community engagements, Jennifer finds joy in her role as a wife to Jeff Amlong. They have two children and three grandchildren. In her spare time, Jennifer enjoys traveling with friends and family. She is deeply involved in various community service activities which reflects not only her dedication as an individual with a heart for service but also her profound love for family and her community.



Member Spotlight

Altrusa International of Fort Payne/Dekalb has so many amazing members it's hard to just choose one. However, I would like to



spotlight one of our members that has not been able to attend many of our meetings due to family commitments. She cares for her wonderful and lively 98 year old mother. Brenda Bryant has been a member of Altrusa long before I joined and even with the restraints of work and family, she has never failed to assist us somehow on our fundraisers. She works in any capacity she is able and always with a

smile. She has held numerous positions and offices in the club and did so with enthusiasm. Brenda is a great example to all of us, that even if you can not be at every meeting or event you can still assist in the greater good. She has the heart of a true Altrusan in that each time you meet her she is more interested in you, your concerns and what she can do to help you. It is not 'about me' when she enters your space. Many people would not continue with an organization if they can't give their all, but she knows everyone can help in some way. We are so fortunate to have Brenda in our Altrusa, for she is a bright and shining star leading the way wherever she goes. She is a blessing to her family, her community and Altrusa International!

> ~Bobbie McLaren Club President, Altrusa of Fort Payne/DeKalb





Altrusa of Enterprise is proud to spotlight our Nicole O'Brien. Nicole has been a member of Altrusa since 2015 and has served on many positions on the Board of Directors including Club President. She is currently the editor of the District Four DSB and the Altrusa of Enterprise Club newsletter. Nicole has lead projects such as Stuff the Bus (providing school supplies for the children of our entire school district), Baskets of Love (providing health, sanitation, and entertainment items for hundreds of Seniors isolated at home), and snacks for Healthcare workers working long hours in our local hospital during the COVID-19 pandemic. Our club nominated Nicole and she was selected Enterprise Woman of the Year 2020. She is always available for advice for other members, continuously thinking of new projects we can do to bring awareness to our club and raise funds for our service projects, and willing to lend a hand wherever it is needed. Every Altrusa Club needs a Nicole, but you can't have ours.

> ~Lisa Fenner ~Club President Altrusa of Enterprise

It is important to honor the memory of those who are no longer with us. Each year, a time is set aside during our District Four Conference to remember the Altrusans who have passed. Please submit memorial information (picture and biography) to Nicole O'Brien dfdsbeditor@gmail.com by 3/31 to be included in this year's memorial.



All children deserve a safe, comfortable place to lay their heads. In Idaho and across the US, too many boys and girls go without a bed—or even a pillow—to sleep on. These children end up sleeping on couches, blankets, and even floors. This can affect their happiness and health. That's where Sleep in Heavenly Peace comes in. We're a group of volunteers dedicated to building, assembling, and delivering top-notch bunk beds to children and families in need. Our organization has grown steadily over time, and we're working on opening more chapters in different states to serve more people.

Currently, there are 270 chapters nationwide, including Alabama, Louisiana, Mississippi and Tennessee. Alabama has 8 chapters. Gadsden SHP has served thousands of children and families in the areas we serve since our inception in the summer of 2019. It is a privilege and honor to serve our community in this way. Our mission is to see that

"NO KID SLEEPS ON THE FLOOR IN OUR TOWN"

SHP is currently taking monetary donations for beds and bedding.

Checks may be mailed to:

SHP

C/O Tommy and Valerie Goodman

1670 Cedar Bend Road South, Southside, AL 35907

You may also shop online at Amazon. Search for our SHP wish- list and ship to the above address.

A Message from our International Foundation Representative Lisa Boyd

Hello District Four Altrusans! I'm so looking forward to seeing you all (yall) at our Conference in Gadsden, AL! As your International Foundation Liaison, I'll be hosting our annual silent auction to benefit the Altrusa International Foundation. Please come prepared to bid generously! Each year, the Altrusa International Foundation awards more than \$325,000 in grant funding to our Altrusa and ASTRA Clubs, as well as to international agencies, to support healthcare, educational, and economic development initiatives that truly impact thousands of children and underresourced communities. Moreover, through its disaster relief aid program, it provides timely response and financial support to communities affected by natural disasters and other devastating crises.

I hope each club in District Four will send/ bring an item to Conference for the silent auction. And, if any individual wishes to donate an item, I'll gladly include those as well. Items should be new and valued at \$40 and up. Thanks in advance for your support!

Lisa Boyd District Four International Foundation Liaison





District Four Foundation Fundraisers!

Back by popular demand, the District Four Foundation will once again hold our PURSE AUCTION. If you have a new or gently used purse that you wish to donate, please bring it with you to Conference. Also, Trustees will be selling 'fun ribbons' for your name tags. Buy one or several for your friends or for yourself. We also have some other opportunities coming your way, that you'll see at the Foundation Breakfast!!



And, of course, please send in your VIP contributions to our Treasurer Christine Walters. VIP clubs receive pins for their banners based on annual contributions of \$100, and individuals receive pins - Bronze (\$100), Silver (\$500), and Gold (\$1,000) - based on cumulative totals. Attendees contributing \$100 this year will receive VIP seating at the Foundation Breakfast. As always, we thank you for your support. We couldn't do a thing without YOU!



District Four Club Presidents 2023-2024

Anniston, Alabama

Janice Vera 256-282-3698 jan8492@gmail.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

Angela Walker 256-458-4685 angelawalkerrn@yahoo.com

Greater Gadsden, Alabama

Karen Kulas 256-553-3695 karen17may@aol.com

Jack, Alabama Stacey Nelson

334-494-6184 staceynelson73@yahoo.com

Marshall County, Alabama

Deidra Patterson 256-744-6101 deidrapatterson12@gmail.com

Spotlight on

The Past Governors' Service Award

Awards are a vital part of our District Conference. It is a way to spotlight our service projects, literacy projects, presidents and individual members! Award entries are also a great way to share ideas, cheer on each other and honor club members. It is worth the time to fill out the entry and submit your entries on time!!

The Past Governors' Service Award is a way to honor a member of your local club for her years of dedication and hard work. All Altrusans who have served 15 years or more are eligible. The deadline date for submissions is February 14th. Immediate Past Governor Susie Quillen will be sending the entry forms to all presidents and will be receiving the submissions. Her email address is squillen123@gmail.com .

Start right now thinking of all your members who have served 15 plus years and how you can honor these members with submissions for the "Past Governors' Service Award."



District Four Club Presidents 2023-2024 Baton Rouge, Louisiana

Patience Travasos 225-206-7742 pwtravasos@yahoo.com

Thibodaux, Louisiana

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

Greenwood, Mississippi

Alison Pittman 662-392-2129 mshaderack@gmail.com

Clarksville, Tennessee

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

Kingsport, Tennessee

Sarah Housewright 423-276-4562 slhousewright51@gmail.com

Nashville, Tennessee

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

Oak Ridge, Tennessee Judy Gooch 865-310-8826 judygooch@gmail.com Calling all District Four clubs in good standing. Now is the time to submit your applications for consideration in the 2024 Grant cycle. (Clubs awarded grants in 2023 are ineligible for this cycle). Amounts up to \$1,000 may be requested. The completed application should be submitted to <u>District4Foundation@gmail.com</u> no later than March 1, 2024. Our Grants Committee will consider all applications according to the judging criteria set forth in the District Four Foundation application. Grants will be announced at the District Four Conference. Please Note: Any club receiving a grant must submit their preliminary or final report detailing how the funds were used. We would request that this be done to the same email as shown above, no later than March 31, 2024.

Supporting Service to our Communities, Carolyn Robinson Chair, District Four Foundation



70th Annual District Award Submissions

The deadlines and contact information for each award submission are noted below.

February 14, 2024 due date:

Please submit three hard copies and/or a digital copy for each of the following awards.

Mamie L. Bass Service Award

Gillian Allen 237 Cindy St. Thibodaux, LA 70301 gillianallen.altrusa@gmail.com 214-886-5721

Letha H. Brown Literacy Award

Linda Johns 1013 Berkshire Drive Anniston, AL 36207 lindadj0709@gmail.com 256-239-2577

ASTRA Award

Cheryl O'Mary 50 County Road 747 Enterprise, AL 36330 omary32@yahoo.com 334-301-3167

Dr. Nina Fay Calhoun International Relations Award

Pam Grantham 200 Grove Park Lane, #820 Dothan, AL 36305 pgrantham1869@gmail.com 334-671-4783

Outstanding Altrusan Award

Jennifer Gatlin 30709 Highway 87 Troy, AL 36079 jenniferdflowers@yahoo.com 334-372-5817

Past Governor's Service Award

Susie Quillen 409 Park Terrace Road Kingsport, TN 36663 squillen123@gmail.com 423-967-1600

March 1, 2024 due date:

Please submit three hard copies and/or a digital copy for each of the following awards.

Best Club Yearbook

Gillian Allen 237 Cindy St. Thibodaux, LA 70301 gillianallen.altrusa@gmail.com 214-886-5721

Social Media Award

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

Best Club Newsletter

Jennifer Gatlin 30709 Highway 87 Troy, AL 36079 jenniferdflowers@yahoo.com 334-372-5817

Judy Atkinson President's Award

Susie Quillen 409 Park Terrace Road Kingsport, T squillen123@gmail.com 423-967-1600

Spotlight on District Award Categories....

Mamie L. Bass Community Service Award

The Mamie L. Bass Community Service Award was established by the International Board of Directors in July 1963, as a memorial to the first National President of Altrusa. The name was changed to the Mamie L. Bass Service Award by

the International Board of Directors in July 1975.

OBJECTIVES

- To stimulate interest in developing action programs in the community that fall within the scope of Altrusa's program of service.
- To encourage members of local Clubs to participate actively in service projects designed to meet specific local needs.
- 3. To recognize outstanding Club achievement in service to the community.

DISTRICT AND INTERNATIONAL COMPETITION

- Service projects nominated for the Mamie L. Bass Service Award are judged each year at District Conferences. First-place winners from each District are entered in the competition at the International level. Established judging criteria are used by Districts and by International.
- One (1) service project from Clubs-At-Large is included in the competition by International. The International Membership Committee organizes the same selection process for projects for Clubs At-Large as the Districts.

Letha H. Brown Literacy Award

The Letha H. Brown Literacy Award was established by the International Board of Directors in July 1993, to honor Past International President Letha H. Brown, who, in 1977, introduced literacy as

a major in developing active literacy projects to serve the emphasis of the organization.

OBJECTIVES

- 1. To stimulate interest their community.
- 2. 2. To create an awareness of Altrusa and its commitment to literacy.
- To encourage members of local Clubs to participate actively in literacy projects designed to meet specific community needs.
- To recognize outstanding Club achievement in service to the community.

DISTRICT AND INTERNATIONAL COMPETITION

- Literacy projects nominated for the Letha H. Brown Literacy Award are judged each year at District Conferences. First-place winners from each District are entered in the competition at the International level. Established judging criteria are used by Districts and by International.
- One (1) literacy project from Clubs-At-Large is included in the competition. The International Membership Committee organizes the same selection process for projects for Clubs-At-Large as the Districts.

Dr. Nina Fay Calhoun International Relations Award

The Dr. Nina Fay Calhoun International Relations Award was adopted in 2003 as a memorial to the only International President who served two terms and who focused on the International aspect of our organization.

OBJECTIVES

- 1. To encourage and to stimulate international relations
- 2. To create an awareness of other cultures and people of the world
- 3. To recognize outstanding club achievement in international relations

DISTRICT AND INTERNATIONAL COMPETITION

- 1. Service projects nominated for the Dr. Nina Fay Calhoun International Relations Award are judged each year at District Conferences. First-place winners from each District are entered in the competition at the International level. Established judging criteria are used by Districts and by International.
- 2. One (1) service project from Clubs-At-Large is included in the competition by International. The International Membership Committee organizes the same selection process for projects for Clubs At-Large as the Districts.

Spotlight on District Award Categories.....

Social Media Award

The District Four Social Media Award for the 2024 Awards has undergone several updates and clarifications that benefit local clubs utilizing Facebook. Here are some of the changes:

~The time frame of the age requirement for the Facebook page has been clarified.

~The accessibility of the public page has been specified.

~The About section of the award has been modified to remove the portion for links to other social media platforms since this award focuses only on Facebook.

~The requirement for Facebook page verifications has been eliminated. Facebook/META now charges for page verifications.

~The "Apps" section has been replaced with "Events" to reflect the updated focus.

~The section for reviews has been changed to address potential issues with scammer comments affecting overall reviews.

The fully edited form of the Social Media Award submission is available here: https://app.box.com/s/q1pot2nnp5t56mxl7dqli2qoanb644yx

Initial View – 30 Points	Points	Earned
Public Club Page (instead of Private Club Page and/or Club Group)	6	
Cover Image	6	
Profile Picture	6	
Meeting Information	6	
Average Number of Posts (1-5 Posts = 2 Points, 5-10 Posts = 4 Points)	8,	
11+ Posts = 6 Points)	6	
About Section – 35 Points		
Club Description (with Mission Statement)	8	
Contact Information (Phone/Email)	6	
Current Club Officers/Board (Names)	5	
Details of Club Projects/Events	8	
Category (Community and/or Non-Profit Organization)	4	
Website URL (Club or International Club page)	4	



To view the descriptions of all awards which will be awarded at the District Four Conference visit:

Miscellaneous – 25 Points		
Pictures	10	
 Do posts with pictures have descriptions (look at posts 		
NOT photo section)	5	
Engagement (Likes, Comments, Shares, etc.)	5	
Apps: Does Club use EVENTS app	5	
Mentions - 10 Points		
Has Club been "mentioned" by outside organizations (i.e. Non-Altrusa)	5	
Does Club respond to "mentions"	5	
Total Social Media Points		

https://app.box.com/s/ q1pot2nnp5t56mxl7dqli2qoanb644yx

Spotlight on District Award Categories....

ASTRA Service Award

The ASTRA Club Service Award has been established by Altrusa International and sponsored by Altrusa International Foundation to encourage ASTRA Clubs to actively participate in service projects designed to meet specific needs in the local community or within their own school community. This award is an opportunity for Altrusa International to recognize outstanding ASTRA Clubs for their achievements in service.

District and International Competition

Service projects nominated for the ASTRA Service Award are judged each year at District Conferences. First-place winners from each District are entered in the competition at the International Level. Established judging criteria are used by Districts and by International. Projects will be assessed by impartial judges based on their merits and results. One (1) service project from Clubs-At-Large may be included in the competition at the International level. This service project selection will be organized and overseen by the International ASTRA Committee.

Eligibility

Every ASTRA Club is eligible to enter one (1) service project each year. Projects that are primarily fundraising projects are not eligible. Also, a project submitted for an ASTRA Service Award may not also be submitted for the Mamie L. Bass Service Award or any other Altrusa award.

Judy Atkinson President's Award

Eligibility

Clubs in District Four may submit a JAPA application. Three (3) copies must be submitted to the Immediate Past Governor, Chairman of the JAPA Awards Committee, post marked no later than **February 14th**. No President may win two (2) consecutive years. The winner shall be announced at presentation of the awards at the following District Conference.

Criteria

- A. Demonstrates exemplary participation in community service activities
- B. Utilizes strategic planning process
- C. Recruits and retains members actively
- D. Exhibits strong leadership development
- E. Utilizes advanced communications means
- F. Displays superior activity in wide range of Foundation programs

Outstanding Altrusan Award

Every club has members who give willingly of their time and talents in service to Altrusa. These members make a lasting contribution to our organization as well as their communities. District Four Club Presidents may nominate only one member each year to be honored at District Conference, on the District Four Facebook page, The Call to Conference and/or in subsequent District Service Bulletins. Your nominee should be a hard working individual who is committed to club projects and club leadership. Your nominee could also be your go-to person for advice or the one who other members look up to. Please attach 300 words or less regarding the nominee's participation and why you nominated him/her. Include how this Altrusan has demonstrated leadership and made a difference to Altrusa.

Submit entries to the District Governor by mail or email NLT February 14th

Welcome to our Newest Altrusans!

Clarksville Virginia Winstead Anniston **Diane Roberts Carol Cunningham** Jacqueline Dinwiddie Linda Mann Maggie Owens **Oak Ridge** Valarie Emery Hollie Allison Jayne Hubbard **Brittany Webb** Valerie Hansen **Emilie Damos** Paula Smith Sherry Burchfield Nashville Johnnie Luken **Teresa Travis Christina Wideman** Thelma Foley Ann Morrison Jeannette Parker Jennifer Threadgill Jack SaLena Embry Erin Wright Sarah Killingsworth Carrie Whitworth Pam Flowers Tori Stone Amber Danley Fort Payne **Diane** Cole Enterprise Annabeth Kendrick Jeanne McCarthy Pamela Kyser Wendy Thomas

Greenwood Kimberly Steed Paulette Gregg Thibodaux Tonya Stiel Kristy Daigle Aggie Thibodaux Angela Pitre Kingsport Sandra Byington Melissa Bare Baton Rouge Karen Julian Marshall County Angela Blair Annette Hall Greater Gadsden Manta Mishra Diane Robertson Tammy Parris



ALTRUSA INTERNATIONAL INC OF GADSDEN CORDIALLY INVITES YOU TO JOIN US IN CELEBRATING OUR 70TH ANNUAL DISTRICT FOUR CONFERENCE AT THE HISTORIC DOWNTOWN GADSDEN PITMAN THEATRE, SATUIDAY, APIIL 27TH, 2024 AT 6 PM. WE WILL ENJOY A WONDERFUL EVENING OF FELLOWSHIP AND GREAT FOOD ALONG WITH AMAZING MUSIC PROVIDED BY ARNOLD MONTGOMERY MOUTHPIECES. WE WILL END THE CONFERENCE SESSION WITH A CHAMPAGNE (OR GRAPE JUICE) TOAST TO 70 WONDERFUL YEARS! DRESS IS 70s THEME



~Governor's Challenge~

International President Linda Smith is continuing Immediate Past President Kathy Folley's book challenge entitled "One Book at a Time" and I want you to be a part of it! President Linda firmly believe that literacy is the number one focus for Altrusa and we want to continue to enhance that commitment. Our ultimate goal is to enhance the lives of others ONE BOOK AT A TIME! The challenge is for Altrusans to distribute one million books to our communities during the 2023-2025 biennium.

Since this is District Four's 70th Conference, my "Governor's Challenge" to you is to bring at least 1 children's book to the conference in hopes that we will collect at least 70 books to donate to the children of the Gadsden community.

Remember the end goal is to enhance the lives of others. And 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.

Will you accept the challenge and join our movement? We all know that Altrusans R.O.C.K. and what better want to REALIZE OP-PORTUNITY, CREATE KINDNESS than to create intentional acts of kindness by donating books. As Altrusans we can make a difference! We can change lives – sometimes the book you donate is the only one a child can call their own! Let's help others develop a passion for reading that will last a lifetime!



The challenge is out there ... will you take it?

Vendons Wanted \$25 PER TABLE

Do you or your Club have items to sale? If so, we have space for you. Show and sell tables are available at \$25 per table. Please contact Angela Walker at gadsdenatIrusa@gmail.com or (256) 458-4685 today. All show and sale tables must be turned in on or before March 1st.

Conference Program Ads \$25 EACH

Do you have a special message you want included in this year's conference program? Do you have a business you would like to advertise? If so, we have space for you. If you, your club or a local business would like to purchase a business card sized ad in the upcoming conference program, they are available at \$25 each. Please contact Angela Walker at gadsdenatlrusa@gmail.com or (256) 458-4685 today. All ad sales must be turned in on or before March 1st.



Relax along the scenic Coosa River at the Hampton Inn by Hilton in Gadsden, Alabama for the upcoming 70th Annual Altrusa International District Four Conference. The Hampton Inn is located just off I-759/US-411 intersection, next to the Coosa River and the Gadsden Mall. The Hampton Inn is offering a special conference room rate of \$139.00 plus tax, per night. Rooms are on a first come, first served basis with 10 king rooms and 20 double rooms available. Use Group Code: AAC. Reserve your room by calling (256) 546-2337. Additional accommodation will be available at the Gadsden Inn & Suites located at 200 Albert Raines Blvd., Gadsden, AL. Special Conference rates: Singles-\$89.00+tax, Doubles-\$99+tax, Suites-\$149+tax. Mention "Altrusa" for these discounted rates. Reserve your room by calling (800) 637-5678.

Conference Contacts Angela Walker 256-458-4685 angelawalkerrn@yahoo.com Becky Potter 256-613-9364 bpotter1002@gmail.com







70th Annual District Four Conference Registration Form April 25-28, 2024 - Gadsden, AL

Name	Altrusa International of	_ Altrusa International of		
Address	City	StateZip		
Cell Phone	E-mail			
Year You Became an Altrusan: Please check all that apply:				
 Delegate* Alternate* First Conference Host Club Member Serving/Incoming Club Officers: Serv. □Inc. President Serv. □Inc. Treasurer Serv. □Inc. Secretary 	 Expediter Parliamentarian Governor* Past Governor* District Board* District Committee Chair Registration Committee Credentials Committee Election Committee 	 International Foundation Trustees District Four Foundation Trustees Past International President International Board International Committee Member Foundation Lamplighter Lucente Lamplighter Hofmeister Lamplighter 		

* Votes taken for District Four Foundation trustees and 2024-2026 Nomination Committee members will be done digitally. Please indicate whether you would like to receive your invitation to vote via text message or email (from the information given above): Text 🗆 Email

Information must be confirmed/acknowledged with Credentials at Conference Check-In to be marked eligible to vote at Conference.

Registration Type	Postmarked Before March 30, 2024	Postmarked After March 30, 2024
Full Registration (meals included)	□ \$195.00	□ \$220.00
2023-2025 District Board Members	□ \$135.00	□ \$160.00
2023-2025 District Committee Chairs (Program Coord., Service, Communications, Membership, Intl. Foundation Liaison, Leadership, Archives, BRR, Nominating, ASTRA, Webmaster, Parliamentarian)	□ \$145.00	□ \$170.00
DSB Editor, Conference Chair, International Representative	□ \$0.00	□ \$25.00
Ad for Conference Program	□ \$25.00	N/A
Table for Show & Sell	□ \$25.00	N/A
Guest's Name Se	lect Guest's Meals from	the List Below

Conference T-Shirts (\$28.00 for S-XL, \$30.00 for 2X-3X)

Qty:

Thursday April 25, 2024	Friday April 26, 2024		Saturday April 27, 2024		
☐ International Reception	☐ Literacy Luncheon \$20.00	□ Dinner ** \$20.00	☐ Foundation Breakfast \$10.00	Awards Luncheon \$25.00	Governor's Banquet \$60.00
** For Friday's night's dinner, please chose between: 🗌 Fried Chicken Fingers 🔹 Double Cheeseburger					

Identify any special dietary needs _

__Total payment enclosed \$___

Cancellations may be refunded by submitting a written request to the Conference Treasurer. Refund amounts as follows. Requests made by March 30, 2024, refund of full registrations minus \$20.00, Requests made after March 30, 2023, refund of \$50.00. Meals are not refundable. ------

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Send completed registration form with payment (make checks payable to Altrusa District Four Conference) to: Altrusa International of Gadsden, AL Contact Angela Walker at (256) 458-4685

PO Box 251, Gadsden, AL 35902

gadsdenaltrusa@gmail.com

Size:

The hotel is Hamton Inn located at 129 Rive Road, Gadsden, AL. Special Conference rate. \$139.00 + tax (rooms available for April 24-28, 2024). Rooms are on a first come, first serve basis with 10 king rooms and 20 double rooms available. Use Group Code. AAC. Reserve your room by calling (256) 546-2337. Additional accommodations are available at the Gadsden Inn & Suites located at 200 Albert Raines Blvd., Gadsden, AL. Special Conference rates: Singles-\$89.00+tax, Doubles \$99+tax, Suites-\$149+tax. Mention "Altrusa" for these discounted rates. Reserve your room by calling (800) 637-5678.