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June 10-13, 2021  
Kingsport, TN



# Altrusa International District Four Service Bulletin

ALABAMA, LOUISIANA, MISSISSIPPI, TENNESSEE

## The Governor's Message

Suzanne Allred, District Four Governor

Greetings Altrusans,

It's Altrusa District Four Conference time! And I am getting excited. It seems like forever since we have seen each other and I have missed y'all!!!

I want to take this time to give everyone a special invitation to attend our conference in Kingsport Tn. this year. Hopefully by June most all of us will have received at least one magic shot if not two. Let me assure you, we will still do everything possible to social distance and keep us safe. Our meeting area is huge with plenty room to spread out. The MeadowView Conference and Resort is the largest conference site we have ever used. The staff has assured the use of all CDC guidelines are in place for our safety. May 20th is the last day to register/reserve your room at the conference rate, so you still have time to decide.

I would love to have a nice crowd in attendance to welcome in your new Governor Susie Quillen as well as vote for your new District Board and Foundation Trustees.

Kingsport is working hard to present a great conference, they have chosen great speakers and have fun entertainment for everyone to enjoy.

So make your mind up! and I hope it's "YES I'm going to conference this year!!!"

Hope to see you in Kingsport Tn.

Your Governor in Everything Altrusa!

*Suzanne*



Suzanne Allred  
District Four  
Governor



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## Conference Invitation - Regina Lawson

Come to the mountains with your Volunteer State of Mind!



Regina Lawson,  
Conference Chair  
Altrusa International  
of Kingsport, TN

Kingsport has a rich history that you will learn more about during your visit. In 1787, It was originally known as "Salt Lick" for an ancient mineral lick and it was first settled along the confluence of the North and South Forks of the Holston River. It served as an important staging ground for pioneers who were traveling west overland on a route to Kentucky laid out by Daniel Boone. Kingsport (originally King's Port) was an important shipping port on the Holston River that loaded goods from the countryside on barges that were shipped to a port in Knoxville. In 1917 (the same year Altrusa was formed), Kingsport was chartered as an early example of a planned city which was laid out with areas for commerce, churches, housing and industry, giving it the nickname of the "Model City."

Today, Kingsport is a city of 50,000 residents and has several industries, the biggest of which is the headquarters for Eastman Chemical Company. Pal's Sudden Service, a regional fast-food chain, also has its headquarters here. Our downtown area is filled boutiques, restaurants and antique stores. Kingsport also is home to some "homegrown" notable restaurants such as Pratt's Barn BBQ and Rush Street.

The Meadowview Marriott, which is the location of the conference, is surrounded by the Cattail Golf Course for those who would like to come early or stay late for a little relaxing exercise. The hotel is very well-appointed and our conference space with the theatre-style general meeting room, our dining space and meeting rooms is very easy to access.

**ALTUSA**

Kingsport is also home to the Kingsport Carousel, which was built as a labor of love by artisans far and wide. There are 32 whimsical, platform animals and two chariots that are hand-carved and painted and are a delight for children and adults to ride for the "hefty" price of \$1! Ask Suzanne about her trip there!

We plan to have a Friday Fun Night with a Dress in Your Favorite Decade theme at the Renaissance Center, which is a former school built in the 1930's that now serves as a community center. With it's beautiful 3-story atrium, it will be a beautiful spot for a night of fun!

Come to Kingsport in June - you'll have a wonderful Altrusa time! Click below to connect with Hotel Reservations and Online Conference Registration.

[Hotel Reservation](#)

[Online Conference Registration](#)

# Tentative 67th Annual District Four Conference Agenda

Kingsport, Tennessee

**June 11-13, 2021**

## Thursday, April 11, 2019

9:00–1:00	District Four Pre-Conference Board Meeting
2:00–5:00	District Four Foundation Board Meeting
3:00–6:00	Registration/Credentials
6:30–8:00	Reception for International Representative
8:30–9:00	Flag Ceremony and Club Banner Rehearsal Expeditors Meeting

## Friday, April 12, 2019

7:15–8:15	Past Governor's Breakfast ( <i>in hotel restaurant</i> )
7:30–8:15	Registration/Credentials
8:15–9:30	Opening Session Presentation of Flags and Club Banners Welcome by Kingsport Mayor Pat Shull Keynote by Local Historian
9:30–10:00	Be the Change: First Timers Orientation (J. Gatlin)
10:00–10:30	Delegates and Alternates Briefing (M. Wyatt)
10:45–11:45	First Business Meeting Presentation of Nominees for District Four Board and District Four Foundation Board
12:00–1:30	<b>WWOW, Let's Read!</b> Literacy Luncheon WWOW Library Program - Debbie Moore (see page 7 for biography)
1:45–2:45	Old Dogs and New Tricks: All Conference Workshop (P. Grantham)
3:00–3:45	Choosing and Training Committee Chairs: All Conference Roundtable Workshop
4:00–4:45	Incoming Treasurers' Workshop (B. Hickman) Incoming Presidents' Workshop (S. Allred)
6:30	Decades of Service - Dinner at the Renaissance Center (see page 14 for more information)

## 67TH ANNUAL DISTRICT FOUR CONFERENCE CONTACTS

**Regina Lawson**

Conference Chair

423-384-0425

**Susie Quillen**

Conference Co-Chair

423-967-1600

**Scottie Harrell**

Conference Treasurer

423-429-8638

**Sally Steel**

Host Club President

sallysteele61@gmail.com

**Karyn Evans**

International Representative/

International Director

director2@altrusa.org

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**Attention District Four Altrusans! The answer to your questions is Box.com**

Log in to find criteria/forms for awards, criteria/forms for grants, DSB's, club logos, Conference information and much more! The information and forms are up to date and ready for use! There's even a folder for each club to store club information as well.

Your login is:

DistrictFourMember@gmail.com

Your password is:

DFMfiles!

*Continued on Page 6*

## CONFERENCE CHECKLIST

Be sure you bring:

- ◆ Club Banner
- ◆ Altrusa Pin
- ◆ **Silent Auction Donation.** New item(s) valued at \$50.00 or more to support the International Foundation.
- ◆ **Donation Drive for Service Project.** Granulated sugar, powdered sugar, paper towels, and almond flour.
- ◆ **Literacy Project Donation.** Book for Middle School aged children.
- ◆ **District Four Foundation.** Money for the District Four Foundation Fundraiser.
- ◆ **Money for Shopping.**
- ◆ **PPE as recommended by CDC in June.**

Before Conference:

- ◆ **Register.** Online Registration is preferred (see link on page 4). However, if needed, you can access the registration form to be mailed in by clicking [HERE](#).
- ◆ **Reserve your room.** We will be staying at the Meadowview Marriott in Kingsport (see link on page 4).

## The District Four Traveling Quilt is on the move!

Last year, clubs personalized quilt squares that were taken and created to make the "District Four Traveling Quilt". The quilt will be on display at this year's Conference, and conferences from now on. At the end of each year's conference, the quilt will be presented to the host club for next year's conference. Where will it end up next?



### Saturday, April 13, 2019

7:15–8:00	Vote (Election Committee)
7:30–8:00	Registration/Credentials
8:00–9:00	Foundation Breakfast (see page 18 for auction information)
9:15–10:45	Second Business Meeting BRR Update Report from International Representative Report from International Foundation Memorial Service Conference Invites Report from Elections 2021-2022 Program Presentation
11:00–12:00	<b>Drive Yourself Successful:</b> All Conference Workshop (R. Carter—see page 8 for biography)
12:30–2:30	<b>Hats off to Service</b> Hat Parade/Awards Luncheon (see page 12 for more information) <b>The Bridge Back</b> - Tabatha Sells, founder of New Maven Macs (see page 9 for biography)
2:45–3:15	<b>Girls Just want to Have Fun:</b> ASTRA Workshop (J. Gatlin/P. Grantham)
6:00	Governor's Banquet

### Sunday, April 14, 2019

8:00–12:00	District Four Post-Conference Board Meeting
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## In Loving Memory

It's important to honor the memory of those who are no longer with us. Each year, a time is set aside during our yearly District Four Conference to remember the Altrusans that have passed. This year we will be remembering those who passed during this biennium (2019-2021). Please submit memorial information (picture and biography) to Sharon Sessions (sharonsessions46@yahoo.com) or Kristit Dennison (kristydennison1@gmail.com) on or before May 1st to be a part of this year's memorial service. Memorial forms can be accessed on the box.com site or by clicking [HERE](#).



## Welcome Karyn Evans, International Director

Karyn has been an Altrusan since March 1995, just a few months after her Highland County Club was chartered. Over the years, she served as President, President-Elect, Vice President, Director, and Secretary for her club. At the District level, she served as Governor, Governor-Elect, First and Second Vice Governor, Program Coordinator, and on the Nominating Committee. Karyn is currently serving as Director on the Altrusa International Board.

Professionally, Karyn recently retired after serving her community college for thirty-five years. In her role as Dean, she served as administrator for a number of programs, including adult education, provided grant oversight, and worked with many programs in the community. Her duties included creating budgets and writing grants for the program, as well as providing fiscal and programmatic oversight to other grants held by the college. For many years, she was responsible for hundreds of thousands in annual funding. She served on her professional board at the state level for many years, including a two-year term as president. Her duties included serving as chair for state, regional, and national conferences, with registrations of over 1,200.

In the community, Karyn has been active in civic and social organizations and is currently serving as the Secretary for a local Chamber of Commerce. Other organizational commitments included President of a local foundation board, Leadership Highland and Leadership Adams, offices in the University Women, Girl Scout leader and Service Unit Director, and many others. Through church, she has served as Education Director, Sunday School teacher and superintendent, Bible School teacher and director, as well as Ladies Circle President, Vice President, and Secretary. She has been actively involved in a variety of charities.

Personally, Karyn is married to her high-school sweetheart. They have five children, sixteen grandchildren, and two great-grandchildren. She loves to read, travel, crochet, sew, quilt, and do crafts of all kinds. She is currently taking quilting classes.



**KINGSPORT FUN FACT:** The Fun Fest Crazy 8's Road Race, which holds both men's and women's 8-K world records, was listed by Blue Ridge Outdoors Magazine as one of the Top Five Best Road Races in the South.

### ARE YOU A VIP?

District Four Foundation VIP Donations - Suzanne Allred, District Four Governor

There are different ways to save your money to make your donation for the District Four Foundation (DFF) VIP Membership. If you are a **Prissy Paula**, you can put it in a piggy bank. If you are a **Frumpy Flow**, you can put it in a fruit jar. But when you save it, and don't want to spend it, or hide it, so nobody else will know you have extra cash on hand, you can be a **Lucky Lucy**, and hide it in your panty drawer.

*And now for the rest of the story...*

Not a DFF VIP Member? It's easier than you might think. There are many different ways to be a member:

- You can donate the full \$100.00 by mailing a check to the foundation treasurer.
- You can donate what ever you can afford over a period of years, and the year you reach \$100.00 you will receive your pin that year.

Regardless, you will get a reminder and mailing information each year in the call to conference. You will also receive your pin either through the mail or at conference. You will receive only one pin, but you will receiving a guard for increasing steps: Bronze, Silver and Gold.

So, remember to make that commitment. Donate what you can. Oh, I forgot a part, you can even donate more than \$100.00 each year if you want too. We'll take that too!!

Thank you.

## ADS FOR SALE

Would you like to advertise your business, send well wishes or acknowledge your club or another member with a personal greeting? You can purchase a business-card sized space of 3 1/2 inches x 2 inches in the 2021 Conference Program book for \$25! The ads will be in black and white only.

Add your \$25 fee in with your registration. You can send your card or advertising layout via text message or email to:

Scottie Harrell  
1804 Burgh Heath  
Kingsport, TN 37660  
Email: scottie\_h2002@yahoo.com  
Phone: 423-429-8638



## Safety First

Your safety is a prime concern at the Conference!

During the conference we will observe CDC guidelines in force in June which may include social distancing and will ask groups that traveled together to dine together whenever possible. Masks are currently required when we are gathered in public spaces. Marriott is also making a commitment to keep you safe with increased cleaning protocols and requirements for staff to wear appropriate protective equipment.

See details at <https://whattoexpect.marriott.com/trcc>.



## WWOW, Let's Read -

### Debbie Moore



Debbie Moore  
Title 1 Middle School  
WWOW Library Program

My name is Debbie Moore. I am a Family Liaison to over 800 teens/preteens and their families at a Title 1 middle school. I work with student and their families on different levels based on their needs. Working to increase school Attendance, creating 504 Individual Plans for students with disabilities, and providing direct and referral services for basic needs of food, shelter, clothing are a few ways in which I serve the students and families in my role.

Finding ways to connect with families and students and support both their cognitive and academic growth is a passion. Due to the Corona Virus and the virtual learning, this school year was imperative in connecting with families and students. This led to Warrior Words on Wheels (W.O.W.). This is a traveling outreach in which we take books, stem activities, and snacks to our families. This program has allowed us engage and build relationships with our families who we would not otherwise reach.

I am a licensed Master level Social Worker. I received both my graduate and undergraduate degree in Social Work from ETSU. I am currently the chair for an outreach for grandparents raising grandchildren called *Grandfamilies Network*, a collaboration with United Way. I facilitate several programs including a morning “REGROUP” and a “Teen Space” for our students and was the recipient of the Parent/Engagement Community Engagement Award.

In my spare time, I love to read and discover new authors. I am a member of multiple online book clubs and love hearing others share their love of reading. I am the proud mother of two boys and one grandson. I have two granddaughters due in April!



**KINGSPORT FUN FACT:** Kingsport's popular Greenbelt is a 10-mile walking and biking trail that extends from one end of the city to the other, through a multitude of landscapes, historical sights, shops, and eating destinations.



# Drive Yourself Successful - Rachel Lynn

Rachel Lynn is a professional speaker and author of the book, "Drive Yourself Successful: 11 Inner States to Personal Empowerment." Rachel is a licensed professional counselor and is currently employed by the U.S. Forest Service at Flatwoods Job Corps. Rachel is a Napoleon Hill Certified Instructor, former Director of the Napoleon Hill Scholars Program, and Adjunct Instructor of the "Keys to Success" course at The University of Virginia's College at Wise. Rachel is a Certified Law of Attraction Basic Practitioner with the Global Sciences Foundation and an honorary member of The National Society of Leadership and Success.

Rachel has been a guest on "Journey to Success" blog talk Radio, "Havilah and Friends podcast, attended "Secret Knock" an "invite only" networking event for investors and entrepreneurs in San Diego, California, and begun her book tour in the spring of 2017. Rachel also appeared as a guest on WCYB News at Noon. Rachel has presented at the American College Counseling Associations National Conference in Pittsburgh, PA; Virginia Counselors Convention in Hot Springs, VA; Women Education Leaders in Virginia Conference in Charlottesville, VA; the South Carolina Counseling Association Conference in Hilton Head, SC; Florida Gulf Coast University, in Fort Myers, FL; and various other locations on topics such as mental health and well-being, personal growth and success, mindfulness, and self-care. Rachel has delivered keynote address presentations for the Virginia Farm Bureau Conference, Virginia Employer Conference, Women Education Leaders in Virginia Conference, and the Help, Hope, Healing Conference.

Rachel is passionate about inspiring and motivating others to achieve optimal wellbeing and success in all areas of their lives. Her experience as a licensed professional counselor has equipped her with first-hand knowledge of what keeps people's gearshifts stuck in park, as well as what it takes to shift into drive. She has incorporated these common life experiences into her book, "Drive Yourself Successful: 11 Inner States to Personal Empowerment" to empower you to take the wheel of life and become the assertive driver by learning to transform adversity into high-grade fuel on your journey to success.



Rachel Lynn, Author

## OUR HOME AWAY FROM HOME AT CONFERENCE



### Meadow View Conference Resort & Convention Center Kingsport, TN

Woven into the Tennessee mountains, MeadowView Conference Resort & Convention Center is a scenic haven in Kingsport. Embrace effortless relaxation in beautifully appointed hotel accommodations with modern essentials and balconies overlooking the inspiring alpine landscape. Delight your palate with delectable fare and creative cocktails at our hotel restaurant. Tee off at our manicured 18-hole golf course at the base of Bays Mountain, recently named the second best America course by Golf Digest magazine. Enjoy a coveted location in Kingsport, a short drive from East Tennessee State University, Bristol Motor Speedway and Domtar Park. Host flawless meetings, weddings and social affairs in our convention center and versatile event spaces with catering, amphitheaters, scenic views and free parking. Punctuate your day with a refreshing dip in our indoor pool or an exhilarating workout in our modern fitness center. Find your inspiration amid a stunning mountain location at our resort hotel in Kingsport, Tennessee.



See opposite page for additional pictures of venue

## OUR HOME AWAY FROM HOME AT CONFERENCE



## The Bridge Back - Tabitha

### Sells

Our speaker for Saturday's Awards Luncheon will be Tabitha Sells, the founder of New Maven Macs. Tabitha is a Graduate of the University of Tennessee with a Masters of Human Resources. She attends Harvest Community Church where she is the Director of KidStuf Family Ministry. She volunteers at Families First and is a graduate of Leadership Kingsport. She is the Former Board President of Kingsport Tomorrow and Family Promise of Greater Kingsport. Tabitha is a wife and mother.



Tabitha Sells, Founder of New Maven Macs

The dream for the social enterprise of New Maven Macs was birthed in early 2018 in a women's detention center in East Tennessee. It was there that Tabitha was helping lead a weekly life skills class for women affected by substance abuse. She heard the women's repeated concerns about what employment opportunities would be available to them after their release.

And so, New Maven Macs was established for the sole purpose of being one (delicious) piece of a network of healing, hope, and opportunity for women in East Tennessee; becoming a rising tide of hope and a trusted point of re-entry into the workforce and our community.

When you purchase these delicious macarons, you automatically join the employees, volunteers and community partners in forming a network of support and opportunity for the women we love. When you purchase a New Maven "mac", you become a community advocate, encouraging another woman to become a new maven.

New Maven Macs partners with other organizations in the area and relies on community volunteers, as well. They would also appreciate our support in providing some items that are needed on a daily basis. Please help us show them some Altrusa love by donating any of the following items:

- ◆ Paper towels
- ◆ Granulated sugar
- ◆ Powdered sugar
- ◆ Almond flour

These items will be presented to New Maven Macs at our Awards Luncheon.

Thank you so much for your generous support!



# Nominations for District Four



## AND THE NOMINEES ARE...

Over the last couple of months the District Four Nominating Committee has been busy contacting Clubs through out the district for nominations for the upcoming biennium. The committee presents the following nominations for the 2021-2023 District Four Board of Directors and the District Four Foundation Board:

### The District Four Board of Directors

#### Treasurer:

- Wendy Aurin, Altrusa of Oak Ridge, TN

#### Director:

- Jenna Watson, Altrusa of Oak Ridge, TN
- Ann Gilbreth, Altrusa of Fort Payne/Dekalb County, AL
- Samantha Berven, Altrusa of Oak Ridge, TN

#### Second Vice-Governor:

- Peggy Grubbs, Altrusa of Anniston, AL
- Pam Grantham, Altrusa of Jack, AL

#### First Vice-Governor:

- Malia Wyatt, Altrusa of Clarksville, TN

#### Governor-Elect:

- Jennifer Gatlin, Altrusa of Jack, AL

#### Governor:

- Susie Quillen, Altrusa of Kingsport, TN

## CALCULATING DELEGATES & ALTERNATES

According to the International Bylaws, "Each Club in good standing in International that has a total active membership of fifteen (15) or less for whom dues have been paid to International, shall be entitled to one (1) delegate and one (1) alternate. For each additional fifteen (15) members or portion thereof, a Club shall be entitled to one (1) additional delegate and alternate up to a maximum of five (5) delegates and five (5) alternates."

Please use the following to determine the number of Delegates & Alternates for your club for upcoming voting at Conference:

15 or fewer members:	1 Delegate
	1 Alternate
16-30 members:	2 Delegates
	2 Alternates
31-45 members:	3 Delegates
	3 Alternates
46-60 members:	4 Delegates
	4 Alternates
61+ members:	5 Delegates
	5 Alternates

Please remember that Delegates should not be current District Board Members or a Past Governor since they already get to vote.

Please send a list of your current delegates and alternates to:

**Jane Carnes**

*District Four Secretary*

256-558-5100

[janecarnes70@gmail.com](mailto:janecarnes70@gmail.com)

*Names of Delegates & Alternates are due on or by April 1st.*

## **DISTRICT FOUR OFFICERS AND BOARD: 2019-2021**

### **Suzanne Allred**

*District Governor*

Boaz, AL

256-738-4616 C

allredaltrusad4@gmail.com

### **Susie Quillen**

*District Governor Elect*

Kingsport, TN

423-967-1600

Squillen123@gmail.com

### **Jennifer Gatlin**

*First Vice Governor*

Jack, AL

334-372-5817

jenniferdflowers@yahoo.com

### **Malia Wyatt**

*Second Vice Governor*

Clarksville, TN

931-206-5178

malia.wyatt@gmail.com

### **Beth Hickman**

*Treasurer*

Oak Ridge, TN

865-964-0611

bethaltrusa@gmail.com

### **Jane Carnes**

Boaz, AL

*Secretary*

256-558-5100

janecarnes70@gmail.com

### **Sharon Sessions**

*Director*

Enterprise, AL

334-447-7188

sharonsessions46@yahoo.com

### **Lisa Boyd**

*Immediate Past Governor*

Clarksville, TN

931-801-6768

alphalrb@gmail.com

## **District Four Foundation Board**

### **Board Members**

- Gillian Allen, Altrusa of Baton Rouge, LA
- Jessica Morris, Altrusa of Anniston, AL
- Jane Grossbeck, Altrusa of Oak Ridge, TN

*Please see the following pages for bios of these nominees.*

**Note:** Please remember that additional nomination can be taken from the floor during the conference business session if your or one of your club members would like to serve on the District Four Board. Nominees must meet the requirements to serve.

Nominees for the District Four Board must have served as Club President for at least one year, with the exception of the District Four Treasure, who should have served as Club Treasurer for one year. Nominees for the District Four Foundation must only be an active member of Altrusa.

If you have any questions, please contact District Four Governor Suzanne Allred or visit the Altrusa Website.



### **Treasurer - Wendie Aurin, Oak Ridge, TN**

Wendie Aurin is nominated for District 4 Treasurer. Wendie is currently serving as President of the Oak Ridge, TN club for the 2020-21 year, and has been an Altrusa member since 2018. She is currently serving as Treasurer for another civic organization, as well as having bookkeeping experience in several jobs prior to starting her career as a Realtor 13 years ago. She manages a significant inventory of rental properties, which also requires strong bookkeeping and organizational skills. She holds a B.S. in Communications from the University of Tennessee.

Wendie has lived in Oak Ridge since marrying her husband Craig in 1998, and grew up in nearby Farragut. She and Craig have 3 children-- Cody, Wyatt, and MacKenzie. She also serves as the Vice President of the Oak Ridge Civic Ballet Association, and on the Board of Directors of Aid to Distressed Families of Appalachian Counties.



## Director - Jenna Watson, Oak Ridge, TN

Jenna Watson moved to Oak Ridge in the fall of 2010 when her husband took the position of city manager. She was quickly introduced to Altrusa and became a member in the spring of 2011. Jenna has served on many committees over the years, including Partners in Education, Lunch for Literacy, Audit, Budget, Special Projects, and

MMC Totes for Kids. She served as Hospitality Chair before becoming Director of Membership for 3 years. During her tenure, the Oak Ridge Club became the largest club in Altrusa International at 128 members. Last year Jenna served as President of the Oak Ridge Club and is still on the Board as the Immediate Past President. This year she is the President of the Altrusa Foundation of Oak Ridge TN, Inc. Jenna has attended numerous workshops, District Four Conferences and two Altrusa International Conventions. This Biennium Jenna served District Four as Program Coordinator.

Jenna is the mother of four adult children, two daughters-in-law and the Facetime grandmother of 4 grandchildren, all of whom are fabulous....of course. Jenna is a retired art teacher, has a fine arts degree from the University of North Texas. She has lived in Texas, Montana, Arizona, and Tennessee. She has been active in numerous organizations and served on many boards and has been an International Flower Show Judge. She enjoys gardening and travelling (pre-Covid-19)!

Jenna has a wealth of lifetime experiences and would bring her creativity, membership knowledge and new ideas to the District Four Board of Directors.



## Hats off to Service

Let's show our involvement in diverse projects by donning a hat to the Award Luncheon on Saturday. It can be elegant, simple, or outlandish – you decide! Let your service show. We'll have a hat parade to show off our fashions.

## CLUBS & CLUB PRESIDENTS

### Alabama

- Anniston, AL - Johnnie Gamble nana19554@gmail.com
- Boaz, AL - Sue Gibson sueg4bgb@hotmail.com
- Enterprise, AL - Terri Boswell terriboswell@hotmail.com
- Ft. Payne , AL - Ann Gilbreath magilbreath@hotmail.com
- Gadsden, AL - Judy Hamilton jham317@aol.com
- Greater Gadsden, AL - Angela Walker angelawalk-ercrnp@icloud.com
- Jack, AL - Pam Grantham pgrantham1869@gmail.com

### Mississippi

- Greenwood, MS - Lorretta Assini lwa04081@aol.com

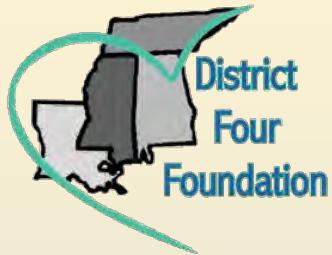
### Louisiana

- Baton Rouge, LA - Amy Drago adrago2019@gmail.com
- Thibodaux, LA - Gillian Allen gilli-an.allen.altrusa@gmail.com

### Tennessee

- Clarksville, TN - Corinthia Elder cpelder70@mctgn.net
- Kingsport, TN - Sally Steele 61slsteele@gmail.com
- Nashville, TN - Nadine Cloute ncloute@hotmail.com
- Oak Ridge, TN - Wendi Aurin wendieaurin@gmail.com

## DISTRICT FOUR FOUNDATION OFFICERS AND BOARD: 2020-2021



Chairman  
**Eula Tatman**  
(256) 283-3983  
aifboard2@bellsouth.net

Vice Chairman  
**Jan Holmes**  
(225) 315-4024  
janholmes@gmail.com

Secretary  
**Pam Grantham**  
(334) 685-1869  
pgrantham1869@gmail.com

Treasurer  
**Sarah Housewright**  
(423) 276-4562  
slhousewright51@gmail.com

Trustee  
**Catherine Chappell**  
(256) 454-3087  
kjchappell3@aol.com

Trustee  
**Jane Grossbeck**  
(865) 804-3037  
mlgro@comcast.net

Ex-Officio  
**Susie Quillen**  
(423) 967-1600  
squillen123@gmail.com



### Director - Ann Gilbreath, Fort Payne/ DeKalb County, AL

A native of DeKalb County, Ann has lived in Fort Payne for 27 years. She has an Associates degree in Computer Science and is retired from the hosiery industry where she worked in payroll. She currently volunteers as a county master gardener and serves as secretary for the Mary C. Weatherly Foundation which raises funds for the DeKalb Co. Library. She enjoys performing in a community handbell choir and is a charter member of the Hannah White Arnett Chapter of the NSDAR , through which she enjoys researching genealogy. A member of Altrusa since 1996, she has served as recording secretary, president=elect, and three terms as president of Fort Payne/DeKalb Altrusa.

As an Altrusan of 24 years, Ann has served four terms as secretary and will begin her third term as president in June. Invited to fill-in for Jan Holmes after her move to Ohio, Ann served a partial term on the District Four Foundation as Treasurer.

Ann has been the proud wife of Noah Gilbreath, Jr. (Jack) for 27 years. Currently teaching Sunday School, Jack is a retired pharmacist and clergy. He enjoys reading mystery “who-dun-its”, and is a volunteer chaplain for the DeKalb County Sheriff’s office.



### Director - Samantha Berven, Oak Ridge, TN

Samantha and her husband Matt have 5 children, who are active in their community serving as acolytes and volunteers at the local animal shelter. Samantha is a Certified Clinical Medical Assistant and Radiology Technician.

Samantha got involved with Altrusa in 2011, becoming an official member in February 2012. She has taken an active role in her Club, serving on multiple committees. She has chaired the Scholarship and Orientation committees and is on her second term as the chair for the Partners in Education committee. Samantha has also served her club as secretary for 2 terms, President-Elect, and in 2017, President of Altrusa International of Oak Ridge, TN.

### Director - Samantha Berven, Oak Ridge, TN

## Director - Samantha Berven, Oak Ridge, TN (cont.)

During her Presidency, Oak Ridge received their first grants from the District Four Foundation and Altrusa International Foundation, in addition they were recognized with Club Lamplighter status and 2018 distinguished Club.

Samantha has also served as Club Foundation President, and is currently serving a second term as a Foundation Board of Directors member. Samantha has had the opportunity to present information at the 2017 and 2018 District Four fall workshops and served as a member of the District Four 2018-2020 biennium Nominating Committee, she is currently serving as District Four Service Chair. Samantha has served on the Altrusa International 2018 Club Presidents Manual Revision Committee and is a current member of the Altrusa International Service Program Development Committee.



## Second Vice-Governor - Peggy Grubbs, Anniston, AL

Peggy Grubbs is a member of Altrusa International of Anniston, Alabama. Experience in officer positions at the club level include Club President, Club Treasurer and Chair of the Finance Committee. At the District level, she has served as Membership Development Chair, Leadership Development Chair and Nominating Committee Chair. She takes pride in having recruited several outstanding Altrusans who are effective in club leadership.

She was also a recipient of the 2019 District Four Outstanding Altrusan of the Year award. Her regular attendance at meetings, participation in club projects, acceptance of committee assignments and support of her fellow club officers and committees are evidence of her commitment to Altrusa. Management experience acquired in former career positions that can benefit the District Four Board include Revenue Director for the City of Anniston, Alabama, President and Board Chairman of the Alabama Municipal Revenue Officers Association, President of the Alabama Retired State Employees Association and CFO of Renewable Systems, Inc.

DECades of Service

Commemorate Altrusa's commitment to providing community service over the years by celebrating your favorite decade!

50s

60s

70s

80s

Come dressed in a costume that fits the fashions of that time! Are you really a 1920's flapper at heart or is a poodle skirt more to your liking? Some of us old Hippie's will be there for sure! Just come prepared for a good time!



Don't forget to tune into "Ask About Altrusa" with Gillian Allen on YouTube each week.

Go to YOUTUBE and type in ASK ABOUT ALTRUSA in the search bar. Then PLEASE hit the SUBSCRIBE button so you can easily find the channel again. All the previous recordings are there to watch, share and enjoy.

## TOOLS FOR YOU!

### Altrusa Web Sites:

International

<http://www.altrusa.org>

District Four

<http://www.districtfour.altrusa.org>

### Altrusa Social Media:

International Facebook

<http://www.facebook.com/altrusainternationalinc/>

District Four Facebook

<http://www.facebook.com/Districtfouraltrusa/>

District Four Foundation

[https://www.facebook.com/groups/748771888475068/?fb\\_dtsg\\_ag=AdwDGBRWuj2cAvIn0qxTPiCp-Fu\\_IcTMUj30aNfa3-2xQ%3AAAdxFc7XYvIB8Mr\\_vvaUcdi1kaPt-jzK1dVMego4d0zacgg](https://www.facebook.com/groups/748771888475068/?fb_dtsg_ag=AdwDGBRWuj2cAvIn0qxTPiCp-Fu_IcTMUj30aNfa3-2xQ%3AAAdxFc7XYvIB8Mr_vvaUcdi1kaPt-jzK1dVMego4d0zacgg)

YouTube

<http://www.youtube.com/user/AltrusaInternational>

Flickr (see the idea showcase)

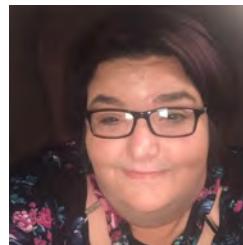
<http://www.flickr.com/photos/altrusainternational>

Linkedin

<http://www.linkedin.com/company/altrusa-international>

Survey Monkey

<https://www.surveymonkey.com>



### Second Vice-Governor - Pam Grantham, Jack, AL

Pam Grantham, a life-long resident of Jack, AL, has been a member of Altrusa International of Jack since 2012. Since joining Altrusa, she has served her club as both newsletter and yearbook editor, chaired/co-chaired and served on various committees, Secretary, Vice-President/President-Elect and current President. During her term as president, she saw her club grow from being below charter strength at 15 members to 23 members. She is also currently serving her second biennium as District Four DSB Editor and her first term as Secretary for the District Four Foundation.

Pam is the Senior Drafter/Project Coordinator at Johnson & Associates Engineering, where she has worked for the past twenty-three years. She has an Associates of Science in Drafting and Design from LBW Community College and studied Civil Engineering at Auburn University.

Pam has been married to her husband Jody for 15 years. They do not have any biological children, but have never seen an empty home with their honorary children and grandchildren, and their fur baby Brutus. Along with her husband Jody, she is very active in her church, serving as church pianist for over 25 years.



### First Vice-Governor - Malia Wyatt, Clarksville, TN

Malia Wyatt has been a member of Altrusa International of Clarksville, TN, since February, 2011, where she is currently serving as Club Treasurer. In addition to Treasurer, Malia has also held the positions of Vice-President and President in her club. She has served as the District Four Communications Chair and DSB Editor, and is currently serving as the District Four Membership Chair.

Malia says it has been a privilege to work with her fellow Altrusans to change our world - one step at a time.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” - Margaret Mead.



## Governor-Elect - Jennifer Gatlin, Jack, AL

Jennifer Flowers Gatlin became an Altrusan in 2003, when her local club, Altrusa of Jack, Alabama was chartered. Over the past 18 years, she has held the office of President (three separate terms), Vice President and Secretary of her local club. She has also served on almost every committee in her club and has chaired or co-chaired several of the committees. Additionally, she has served as a sponsor of ASTRA of Jack for the past 5 years.

On the District Four level, Jennifer has served as Service Committee Chair, Board Members and 2<sup>nd</sup> Vice-Governor, and currently holds the position of 1<sup>st</sup> Vice- Governor. She coordinated the 60th District Four Conference in 2014 when Altrusa of Jack hosted the event in Troy, Alabama. Jennifer received the coveted Judy Atkinson President's Award in 2018. She feels that Altrusa is truly a way of life for her and she looks forward to many more years of serving others.

Jennifer has attended two International conventions and will serve as International Communication Chair for the 2021-2023 biennium. She is a Lamplighter and supports the Club 21 program.

On a personal note, she and her husband Tate have been married for 6 years. Together they have 3 adult children and a new daughter-in-law.



## Governor - Susie Quillen, Kingsport, TN

Susie Quillen has been an Altrusan since 1994 and has served in all board positions with her local club, Altrusa International of Kingsport, Tennessee. She has chaired and served on nearly every local committee. On the district level, she has served as District Four Secretary, Membership Chair, 2<sup>nd</sup> Vice-Governor, and currently as 1<sup>st</sup> Vice- Governor. She has also served on the International Leadership Committee.

Susie is a Tusculum University graduate with a degree in Organizational Management. She retired from a 30 year career in the telecommunications industry. While employed with Sprint, she worked in several positions in the areas of product development, sales, and advertising. Susie retired a 2<sup>nd</sup> time from the Tennessee Lottery, where she held the position of Sales and Marketing Representative. She also worked for the U.S. Census Bureau in 2020. She is a member of Harvest Community Church where she serves on the Guest Services Team and assists with the Children's Check-in Ministry. Susie has two grown children and five grandchildren. Her oldest granddaughter, Bradie, became an Altrusan in 2019.

Susie believes that each one of us has leadership capabilities, and Altrusa helps develop those skills. She says it is an honor and a privilege to serve District Four as Governor for the upcoming biennium of 2021-2023.

## 2021 International Convention – Lisa Boyd, International Service Program Development Committee, Chair, Convention Committee, Chair

On behalf of the International Convention Committee, we invite you to join us at the Hilton Charlotte University Place, Charlotte, NC, for the 2021 Altrusa International Convention, July 28-31, 2021. We hope that you will make plans to visit Charlotte, also known as the Queen City, and experience all that it has to offer. And let me tell you, Charlotte's got a lot.

Once determined that International travel would not be feasible for 2021, changing our destination to Charlotte was an easy choice.

You'll find our venue, the Hilton Charlotte University Place, offers superb accommodations and ample amenities, and is situated in a great location.

Conducting the business of this great organization is of extreme importance, but there are so many other reasons to attend: election/installation of a new International President and Board of Directors; recognizing outstanding contributions made by Altrusa and ASTRA Clubs; updates from the Altrusa International Foundation; participating in exciting workshops, to name a few.

## IS YOUR CLUB AN OUT-STANDING ALTRUSA CLUB?

Recently Governor Suzanne Allred sent an email containing the award information/submit form to all club presidents in regards to the 2021 Governor's Outstanding Altrusa Club award.

### *Note from District Four Governor Suzanne Allred*

I encourage all 13 clubs of Altrusa International District Four to send an entry for this award application. Completing this form will also assist you in submission of the Club Annual Report in 2021 as some of the same information is requested.

In applying for this award, it is a way of showing your service to your community and beyond and allows recognition for all that you do. I encourage you and your members to take every opportunity to continue *Making Dreams Come True!*



## 2021 International Convention (cont.)

Drawing on our tenets of inclusion and flexibility, plans are in the works to offer a virtual convention experience for Altrusans who are unable to travel.

*Please mark your calendars, save the date, and plan to join us in the Queen City!*

## District Four Foundation Board Nominations



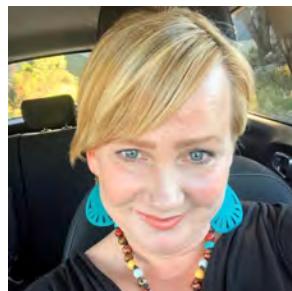
### Gillian Allen, Baton Rouge, LA

Born in a castle in Scotland (yes, really!!) Gillian Allen was a member of the United Kingdom Immigration Service's first ever Scottish Enforcement Arrest team. She speaks (or more accurately used to speak) French, Russian and Spanish, with a smattering of other languages.

She moved to Texas with her husband, Cliff and daughter Natalie in 2005. She has worked with many Universities and Research Institutions, leading teams of interviewers carrying out social research in many inner cities across the USA.

In 2012 she started The Cats Pajamas, offering embroidery services. She became interested in designing and moved into other mediums including rhinestones and screen printing. Gillian moved to Thibodaux, Louisiana in September of 2019.

Gillian was introduced to Altrusa by Past Governor District Two Maureen McGough – Maureen asked Past/Current Governor of District Nine Beth Blair to invite Gillian to a meeting in December 2012...and in January of 2013 Gillian became an Altrusan, with 2 past Governors as her Sponsors. Gillian has served as Club President for Altrusa of Dallas (District Nine) as well as Membership Chair for District Nine for the 2018-2019 Biennium with Governor Linda Moore. She was also co-chair for District Nine Conference in 2019 when Beth Blair was installed as Governor for an historic second biennium. Gillian is currently a member of Altrusa of Baton Rouge while she works towards building an Altrusa club in the Thibodaux area.



### Jessica Morris, Anniston, AL

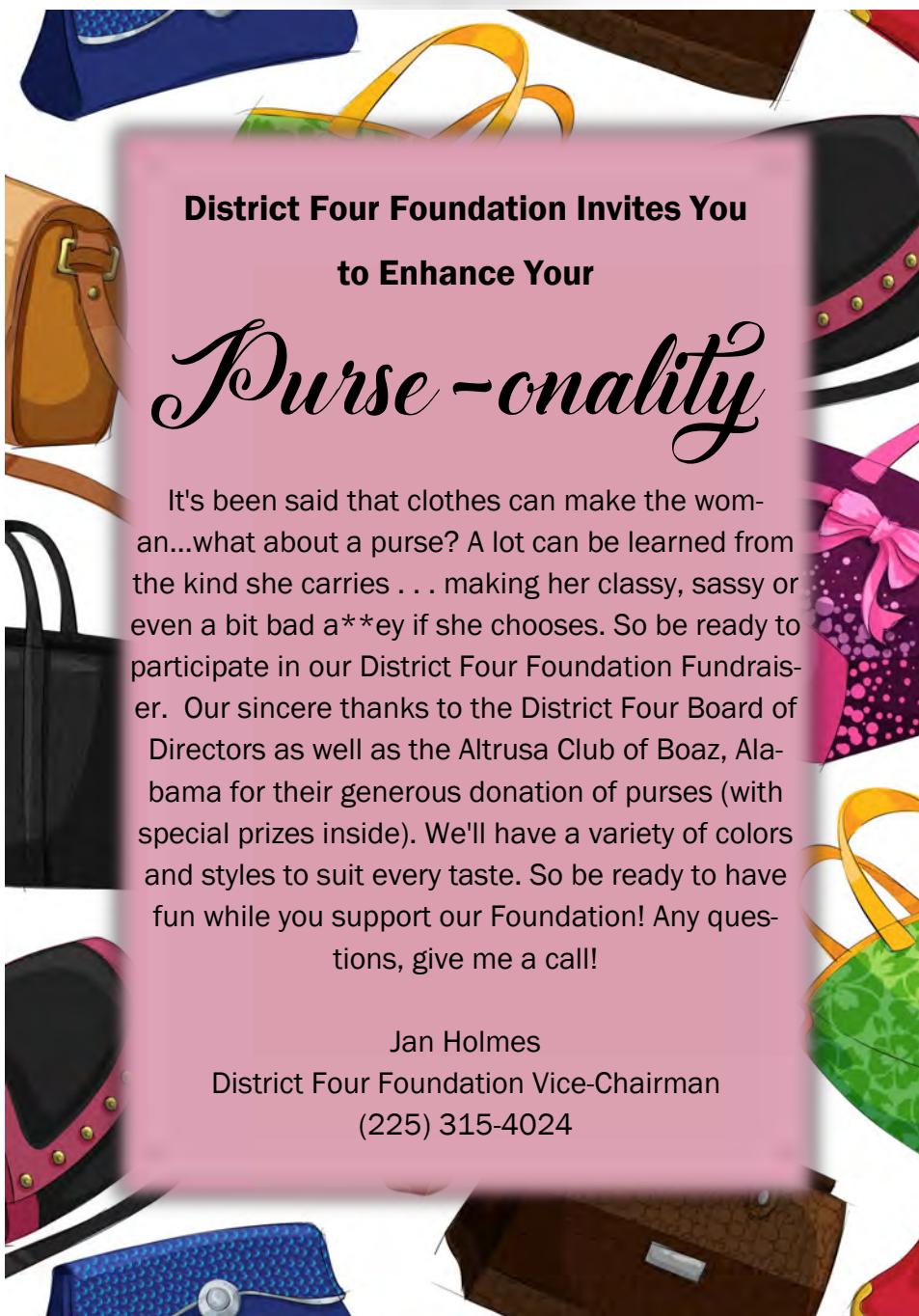
I am Jessica L. Morris. I enjoyed Astra all 4 years as a high school student and luckily found my way to Altrusa just last year. My sole goal was to get Astra out there in Calhoun County, as well as give back in all ways I can. I am a divorced 43 years old with 4 children. I

am a nurse of 21 years and I am currently back in school to further my education. It would be both an honor and a priority to serve on this committee.



## Jane Grossbeck, Oak Ridge, TN

Jane has been an Altrusan since 2014. She has served her club in Oak Ridge, Tennessee, as secretary and on numerous committees; currently she is serving as Treasurer. Since retiring from teaching, she has been an active volunteer in her community and is now a member of boards and committees of several non-profit organizations, as well as, at her church. Currently serving a one year term on the Foundation Board, she would like to now serve a full three year term.



**District Four Foundation Invites You  
to Enhance Your**

# *Purse-onality*

It's been said that clothes can make the woman...what about a purse? A lot can be learned from the kind she carries . . . making her classy, sassy or even a bit bad a\*\*ey if she chooses. So be ready to participate in our District Four Foundation Fundraiser. Our sincere thanks to the District Four Board of Directors as well as the Altrusa Club of Boaz, Alabama for their generous donation of purses (with special prizes inside). We'll have a variety of colors and styles to suit every taste. So be ready to have fun while you support our Foundation! Any questions, give me a call!

Jan Holmes  
District Four Foundation Vice-Chairman  
(225) 315-4024

## PARTING IS SUCH SWEET

## SORROW...

Even though Shakespeare penned the famous words of parting, Winnie the Pooh said it best, "How lucky I am to have something that makes saying goodbye so hard". For the past four years, I've been lucky and blessed to hear from Altrusans all over District Four, and further, with updates and articles for the DSB. It's a true joy to see what everyone is doing and the things they are accomplishing, especially through this pandemic. That being said, it's time to pass this position along to the next Editor, who I know will do a great job.

During my time as editor, I can say I've learned some new things. I've met some great people. I've gone through three computers. And, I've realized people do know Jack!

So here's a big **THANK YOU** to everyone who has helped bring the DSB's to life over the last two bienniums.

See you soon,

*Dan*



## COMING SOON...

The next District Service Bulletin (DSB) will be coming to you in after Conference. The deadline for submitting information for the next edition is June 30th. Articles should be sent to the new DSB Editor at [dfdsbeditor@gmail.com](mailto:dfdsbeditor@gmail.com). Please designate "DSB Article from [your club name]" in the subject line. If pictures are attached, please identify clearly the people in each photo.

Coming next quarter:

- Governor's Message
- 2021-2023 District Four Officers
- New District Four Foundation Board Members
- 2021-2023 Committee Chairs
- New Members
- Conference Highlights/Awards
- Club Presidents List/Contact Info.
- Important Dates
- News You Can Use



# Altrusa International Foundation



Clara Bennett, International Foundation Liaison

Hello one and all,

Let me introduce myself, I am Clara Bennett, your International Foundation Liaison. I missed getting to see all my friends at Conference this year, but it just wasn't meant to be!

Because of the Covid-19 Virus this year we missed a lot of things, graduations, vacations, weddings and even the birth of some new family members. Hopefully that is beginning to change and we can once again get out and have our hair done, go out and eat, have our Altrusa meetings again. One thing we did miss at conference this year was the International Foundation Salient Auction. This serves as an important factor to our conferences, and is predominate fund raiser for the Foundation.

I wish to make a few suggestions to you and your club members to use as food for thought. Do an internal silent auction in your club. As a starter you have the item your club was to bring to conference. Gather several more items, and have a fun time with your own silent auction. This would be a great program night in starting our meetings again.

We have Luci Lights, solar lights sale for \$20.00 ea. New are the Luci Lights that are chargeable and come with a USB cord. \$40.00 ea. These are available through order from Altrusa International Foundation. Club 21. Is your club a member? Club membership is a donation of \$210 a year. If you have not renewed this year now is the time to do so. First time club membership you receive a patch for your club banner. Are you a Club 21 member? If not its \$21.00 a year and now is the time to renew also. If you are a first-time member you will receive a 21 Pin to wear with your other Altrusa pins.

Think outside the box, if your club plans to do something special, have fun or if you wish just make a club donation. These are only suggestions, if you would like to do something special for International Foundation.

I do hope this finds everyone doing well, staying at home as much as possible and staying safe if you go out!



**67<sup>th</sup> Annual District Four Conference Registration Form****June 10-13, 2021 – Kingsport, TN****Online registration is preferred at: DistrictFourConf.regfox.com**

Name \_\_\_\_\_ Altrusa International \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Year You Became an Alrusan \_\_\_\_\_

Please check all that apply

<input type="checkbox"/> Delegate	<input type="checkbox"/> Governor	<input type="checkbox"/> Election Committee
<input type="checkbox"/> Alternate	<input type="checkbox"/> Past Governor	<input type="checkbox"/> BRR Committee
<input type="checkbox"/> First Conference	<input type="checkbox"/> District Board	<input type="checkbox"/> Foundation Board of Trustees
<input type="checkbox"/> Host Club	<input type="checkbox"/> Serving/Incoming District	<input type="checkbox"/> Past International President
<input type="checkbox"/> Club President	<input type="checkbox"/> Committee Chair	<input type="checkbox"/> International Board
<input type="checkbox"/> Expeditor	<input type="checkbox"/> Registration Committee	<input type="checkbox"/> Foundation Lamplighter
<input type="checkbox"/> Parliamentarian	<input type="checkbox"/> Credentials Committee	<input type="checkbox"/> Lucente Lamplighter
<input type="checkbox"/> Serving/Incoming Club Treasurer		

Registration Type	Postmarked Before May 20, 2021	Postmarked After May 20, 2021
Full Registration (meals included)	<input type="checkbox"/> \$175.00	<input type="checkbox"/> \$200.00
2019-2021 District Board Members	<input type="checkbox"/> \$140.00	<input type="checkbox"/> \$165.00
2021-2023 District Committee Chairs (Service, Communications, Membership, Intl Foundation, Leadership, Archives, BRR, Nominating, ASTRA)	<input type="checkbox"/> \$125.00	<input type="checkbox"/> \$140.00
DSB Editor, Program Coord, Conference Chair, International Representative	<input type="checkbox"/> \$0.00	<input type="checkbox"/> \$15.00
Friday One-Day Registration (meals included)	<input type="checkbox"/> \$100.00	<input type="checkbox"/> \$125.00
Saturday One-Day Registration (meals included)	<input type="checkbox"/> \$125.00	<input type="checkbox"/> \$150.00
Ad for Conference Program	<input type="checkbox"/> \$25.00	
Table for Show & Sell	<input type="checkbox"/> \$25.00	

Guest's Name \_\_\_\_\_ Select Guest's Meals from the List Below:

<input type="checkbox"/> Fri. Literacy Luncheon \$30.00	<input type="checkbox"/> Fri. Dinner \$20.00	<input type="checkbox"/> Sat. Foundation Breakfast \$20.00	<input type="checkbox"/> Sat. Awards Luncheon \$30.00	<input type="checkbox"/> Sat. Governor's Banquet \$40.00
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Identify any special dietary needs \_\_\_\_\_

Will you attend Thursday's reception for International Rep? Yes \_\_\_\_\_ No \_\_\_\_\_

Conference T-Shirts: All Altrusans registered will receive a t-shirt. Additional T-Shirts can be purchased for \$15.00 each. Registered Alrusan T-Shirt Size: \_\_\_\_\_ Additional T-Shirt Size (\$15.00 Each): \_\_\_\_\_

Total payment enclosed \$ \_\_\_\_\_

Cancellations may be refunded \$60.00 by submitting a written request to the Conference Treasurer by June 17, 2021. Meals are not refundable.

Send completed registration form with payment (make checks payable to Altrusa District Four Conference) to:

Scottie Harrell, District Four Conference Treasurer  
1804 Burgh Heath Drive  
Kingsport, TN 37660Contact Scottie at:  
[scottieharrell@me.com](mailto:scottieharrell@me.com) or  
423-429-8638Hotel is MeadowView Conference Resort & Convention Center. Special Conference rate, \$135.00 + tax (rooms available for June 9-13, 2021) until May 20, 2021. Reserve your room on-line here [Reservation](#)