



# The Hearts of Altrusans

## Together - We Can!

Delaware, District of Columbia, Maryland, New Jersey, New York, Pennsylvania, Virginia, West Virginia, and Ontario, Canada

# DISTRICT SERVICE BULLETIN

ALTRUSA INTERNATIONAL DISTRICT TWO

Call to Conference WINTER 2022



## GOVERNOR'S REMARKS

January 2,  
2022

Happy New Year 2022! I hope everyone was able to bring in the New Year in a safe and happy fashion!

What exciting and interesting times that we are living in! The exciting times are preparing for Conference in April 2022. The Centre County, PA club has been working hard preparing for our conference. Can you all believe it's been over 2 years since we have all been in person hugging, talking, and reminiscing. It feels like a family reunion when we are together catching up on everybody's family, trips and just the good ole times of Altrusa.

So, the **first** thing you need to do after going thru the attached (DSB – Call to Conference) is call the hotel and book your room. There is another conference going on at the same time as ours, so we want to make sure that all attendees have secured a room. The **second** item on the list is to fill out your registration form and send it in. **Lastly**, but not the least of importance, is to get working on those awards! (There is a deadline on those please make note of it.)

The interesting times are frequently the unknown from day to day. Yet we must prevail and keep moving forward and go with the flow, as they say. For some of us that is hard because we are planners, and for others it just their everyday life. I think being Altrusans we have learned to adapt to change. Yes, it is hard, but we can do it.

I hope everyone has marked their calendars and are preparing to attend the biggest District event that we have had in a few years. For the newcomers to Altrusa or the ones that have not attended Conference, you might want to seriously consider it this year! This is a wonderful opportunity to come and meet fellow Altrusans in your District. We will always manage our business and training first, but after that we simply have good old fun and fellowship. From my experience, once you attend your first Conference you attend all going forward! Take that mini vacation with your closest Altrusans and see what fun you will have.

We will also be electing a nominating committee this year at conference so if your club has not given a name to the District Secretary, Cindy Jennings, please do so by emailing [Cindy.Jennings@trane.com](mailto:Cindy.Jennings@trane.com). Remember we need 3 people to be on this committee and the one with the highest votes will be the Chair. If you were on this committee in 2020 you are not eligible this time.

**>> Governor Tammy J. Boyd's message continued on page 2...**

District Two  
2021-2022 Board of  
Directors

**Governor**  
Tammy Boyd  
Richmond, VA  
[Just-4-T@att.net](mailto:Just-4-T@att.net)  
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**Governor-Elect**  
Linda Dorr  
Martinsville/Henry Co., VA  
[ldorr@comcast.net](mailto:ldorr@comcast.net)

**1st Vice Governor**  
Margaret Hill  
Richmond, VA  
[mhill@hcps.us](mailto:mhill@hcps.us)

**2nd Vice Governor**  
Brenda Ruby  
Centre County, PA  
[brendaruby@gmail.com](mailto:brendaruby@gmail.com)

**Secretary**  
Cindy Jennings  
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**Treasurer**  
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So Central PA  
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**Immediate Past Governor**  
Diane Kolesar  
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[d\\_kolesar@hotmail.com](mailto:d_kolesar@hotmail.com)

**Parliamentarian**  
Sherral Nelson  
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**Director**  
Becky Babb-Hollen  
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**Director**  
Shari Gomez  
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## GOVERNOR'S REMARKS >> continued from front page

Conference gives you time to acquaint yourselves with old friends and meet new ones. There is a lifetime contact that will be made. This is also a time to share your clubs' accomplishments with the district which helps give other clubs ideas on what they might be able to do in their community. I'm challenging all clubs to submit at least one entry for the District Awards. Don't forget about our Foundation 50/50 Raffle and our silent auction!

Just a reminder we have updated one of the District Awards, Mary S Resh so please look at the new requirements for entry.

We are hoping for some innovative technology this year by adding a QR code to assist having accurate information at your fingertips, but don't you worry we will have paper copies also. So, bring your phone, laptop, tablet, whatever you feel comfortable looking at on the screen as there will be technology driven opportunities to help you learn and grow as an Altrusan!

The other exciting information to share (with more to come) is that we are now able to pay District Dues via Group Tally - just like you pay International. No more mailing checks or looking for a stamp or a correct address to mail to the District Treasurer. There will be more information at Conference.

Looking forward to seeing you all at Conference. I am looking forward to all the things we can accomplish together during this biennium.

Thank you,

*Tammy J. Boyd*

Altrusa District Two Governor 2021-2023

Richmond, VA



## \*\* CALL TO CONFERENCE \*\*

### START UP AND REBOOT!! Password: 2gether@LAST



No doubt it's been a rough couple of years, but we still serve, we still collaborate, and we still make a difference! It's time to collectively take a deep breath, regroup, and REBOOT!

We invite you to attend the [66th annual District Two Conference](#) at the Ramada by Wyndham State College Hotel & Conference Center in State College, PA April 28- May 1, 2022. Altrusa International of Centre County is hosting a weekend of camaraderie, renewal, reawakening, and growth, and we're lucky to have International Vice President Christine DeVlieger from District Six as our International Representative. Guest speakers include Centre County's President Judge Pamela Ruest and A Soldier's Hands founder Trish Shallenberger. We'd love to have a record number of First Timers as the rest of us enjoy reuniting.

Conference activities will begin with a Welcome Social and Presidents/VP training on Thursday evening. General sessions will be held on Friday and Saturday, and a number of all-member workshops are planned including Accessing International/District websites & Group Tally, Membership, Leadership, ASTRA, and Treasurer Tips. On Saturday morning, members will enjoy the Foundation Breakfast and will receive updates on the activities of the International Foundation. An afternoon of service projects lead up to the Awards Banquet. So don't wait, register today for a great Conference! See the QR code on final page for a link to our evolving conference webpage.

- Brenda Ruby and Altrusa Centre County hosts



**Christine DeVlieger**  
**International Vice President**  
**International Representative**  
**for the District Two Conference**



Chris has been a member of Altrusa International of DeKalb County IL Inc. since January 2003. Chris served on many committees and held various offices in her club, including Club President (2007-2009). She served on the District Six Board from 2005 – 2009, including as District Six Governor in 2015 – 2017. At the International level, Chris was involved in several committees before she served as International Director (2017-2019), International Treasurer 2019 – 2021, and currently this biennium as International Vice President. Chris is also proud to be a Lucente Lamplighter.

With over 32 years of human resources management experience, Chris has a vast knowledge of leadership, team building, change management, as well as personal and professional development which she enjoys sharing with others. Chris is frequently sought out for her expertise in human resources, leadership, and the development of systems/processes. Chris has also presented on a wide variety of topics for schools, non-profit organizations, including all levels within the Altrusa International organization throughout the years.

For the 10<sup>th</sup> year in a row, Chris served as a Volunteer Coordinator for one of the nation's largest Feed My Starving Children MobilePacks. Mark your calendar if you should be in northern Illinois the second weekend in November and call Chris. She will gladly put you to work along with thousands of other volunteers that weekend. In addition to Altrusa and Feed My Starving Children, Chris serves on three non-profit boards in her community.

Chris holds a bachelor's degree in Management & Leadership and has been an adjunct instructor on human resources. Most recently, Chris took her career to a higher level in human resources by becoming a certified Dream Manager. (Yes – Chris and her employees get paid to dream!) She is a Real Colors facilitator and also a Ramsey Preferred Master Coach, teaching Financial Peace University classes several times a year. Chris has also trained with the U.S. Department of Homeland Security to help students prepare for their U.S. citizenship test.

In April, Chris and her husband, Steve, will have been married 33 years. They have two children: Jordan (29 years) and Emily (26 years) who is also an Altrusan. In her free time, Chris enjoys gardening, shopping at flea markets and estate sales for antiques and Christmas items, reading, traveling and spending time at the family lake house. She is keeping her fingers crossed to be able to travel to Ireland and Scotland with her family in June 2022 after having to reschedule three times.



# MEMBERSHIP REPORT



Below is the District Two Membership report ending on December 31, 2021. Not reflected in this report is 1 active member for Charlottesville, making our membership total 237.

## Altrusa International District Two Membership Report 12/31/2021

<u>District</u>	<u>Clubs</u>	<u>Charter Strength</u>				
		<u>Active</u>	<u>Life</u>	<u>Subtotal</u>	<u>Emeritus</u>	<u>Total</u>
<b>Two</b>	Capital City, VA	25	0	25	0	25
	Centre County, PA	21	1	22	2	24
	Charlottesville, VA	5	0	5	1	6
	Fauquier County, VA	5	0	5	0	5
	Martinsville/Henry Cnty, VA	19	0	19	0	19
	Mc Keesport, PA	9	0	9	0	9
	Montgomery County, MD	14	1	15	1	16
	New York, NY	6	0	6	1	7
	Reading-Berks, PA	32	0	32	1	33
	Richmond, VA	11	0	11	0	11
	Rochester, NY	16	0	16	0	16
	South Central, PA	22	0	22	0	22
	Tidewater, VA	30	0	30	0	30
	Washington, DC	13	0	13	0	13
Life Members, No Club Affiliation		0	0	0	0	0
Emeritus Members, No Club Affiliation		0	0	0	0	0
Affiliate Members		0	0	0	0	0
<b>Totals</b>		<b>14 Clubs</b>	<b>228</b>	<b>2</b>	<b>230</b>	<b>6</b>
						<b>236</b>



Hi dear sister and brother Altrusans,

Something exciting has happened with paying Club dues for 2021-2022.

You now have the ability to pay with a credit card or bank account on Group Tally!! More information will be coming at the Conference on April 2022. Hope to see you all in April!

Please, stay safe,  
In service and sisterhood,

Antonetta (Anneke) Fleming  
District Two Treasurer  
South Central, PA





# TREASURER'S REPORT

Antonetta (Anneke) Fleming  
District Two Treasurer



## Altrusa International District Two Budget June 1-Dec 31 2021 Running Totals Treasurer's Report

Altrusa International District Two Financial Statement Budget FY 2020-2021 to Actual 3/31/2021 Adopted Budget Fiscal Year 2021-2022					June 1 - December 31, 2021 RUNNING TOTALS	
Account #	Income	Budget 2020	Actual 6/1/2020 to 3/31/2021	Adopted Budget FY 2021-2022	ACTUAL	BALANCE
		<b>to 2021</b>	<b>to 3/31/2021</b>	<b>FY 2021-2022</b>		
5010	Dues Full Year	\$5,400.00	\$4,780.00	\$5,400.00	\$4,060.00	\$1,340.00
	Dues Full Year (Young Professional)	\$0.00	\$20.00	\$40.00	\$20.00	\$20.00
5020	Dues-Half Year	\$50.00	\$10.00	\$50.00	\$20.00	\$30.00
5020	Dues-Half Year Stripe Fee			\$0.00	(\$0.25)	(\$0.25)
5025	Transfers and Late Fees	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
	<b>Total Dues</b>	<b>\$5,450.00</b>	<b>\$4,810.00</b>	<b>\$5,490.00</b>	<b>\$4,099.75</b>	<b>\$1,389.75</b>
5110	Club Conference Fees	\$210.00	\$210.00	\$210.00	\$195.00	\$15.00
5120	Conference Net Income	\$0.00	\$0.00	\$0.00		\$0.00
5125	Conference Seed Advance	\$1,000.00	\$276.33	\$1,000.00		\$1,000.00
	<b>Total Conference</b>	<b>\$1,210.00</b>	<b>\$486.33</b>	<b>\$1,210.00</b>	<b>\$195.00</b>	<b>\$1,015.00</b>
5810	CD Interest	\$0.00	Put Back into CD	\$0.00		\$0.00
	<b>Total Interest</b>	<b>\$0.00</b>	<b>\$0.00</b>	<b>Put back into CD</b>		
	<b>Total Income</b>	<b>\$6,660.00</b>	<b>\$5,296.33</b>	<b>\$6,700.00</b>	<b>\$4,294.75</b>	<b>\$2,404.75</b>

June 1 - December 31, 2021 RUNNING TOTALS						
Account#	Disbursements	Budget 2020- 2021	Actual 6/1/20 to 3/31/2021	Adopted Budget FY 2021-2022	ACTUAL	BALANCE
6010	Club Visits	\$2,000.00	\$106.95	\$2,000.00	\$1,088.78	\$911.22
6110	District Board of Directors	\$4,200.00	\$861.84	\$4,200.00	\$884.63	\$3,315.37
6310	Administration	\$500.00	\$327.04	\$500.00	\$66.39	\$433.61
6410	Communication	\$0.00	\$60.24	\$200.00		\$200.00
6510	District Conference/Workshops	\$0.00	\$0.00	\$200.00		\$200.00
6610	International Special Meetings	\$0.00	\$800.00	\$0.00		\$0.00
6710	International Convention	\$1,000.00	\$0.00	\$2,000.00	\$1,018.95	\$981.05
6810	Club Building	\$200.00	\$0.00	\$200.00		\$200.00
6815	Club Revitalization	\$1,548.33	\$0.00	\$1,548.33		\$1,548.33
6816	Club Leadership Training	\$2,000.00	\$0.00	\$2,000.00		\$2,000.00
6910	Recognition Awards	\$200.00	\$190.00	\$200.00		\$200.00
7010	Committees	\$0.00	\$0.00	\$0.00		\$0.00
7100	Contingency	\$0.00	\$0.00	\$0.00		\$0.00
	<b>Donations</b>	<b>\$0.00</b>	<b>\$1,103.00</b>	<b>\$0.00</b>	<b>\$3,058.75</b>	<b>\$9,989.58</b>
	<b>Total Disbursements</b>	<b>\$11,648.33</b>	<b>\$3,449.07</b>	<b>\$13,048.33</b>		

# AREA WORKSHOP REPORTS

## District Two Area Workshops for 2021

Happy New Year my Altrusan Brothers and Sisters.  
I hope everyone had a safe and wonderful holiday season.

During 2021 District Two hosted three awesome area workshops.



On Saturday, October 16th, Altrusa International of McKeesport hosted the **Area I workshop**. There were 19 individuals in attendance, 16 of them were Altrusans and 3 of them were guests. There were 3 clubs represented out of the 5 clubs in Area I. The workshop ran from 10:00am to 3:00pm. Their workshop included guest speaker, Lee Wagner, a USMC Veteran and Program Manager with Veterans Place of Washington Blvd. He shared with them how homeless Female Veterans and their children are unfortunately so often overlooked and how this non-profit is helping them. The participants of the workshop brought items for these women and their children. The Altrusans also participated in a few activities led by Sue Miller. These activities revolved around using leadership skills and abilities to reach different goals that members can use in their different clubs.

On Saturday, October 9th, Altrusa International of New York, New York hosted **the Area II workshop**. There were 10 individuals in attendance, 7 were Altrusans and 3 of them were guests. There were 2 clubs represented out of the 4 clubs in Area II. The workshop ran from 1:00pm to 4:00pm. Their workshop included an introduction to Altrusa, who we are and what we do. This was followed by a discussion of Altrusa at the United Nations (UN) which included a bit of history of Altrusa as a (NGA) Non-Government Organization. The discussion also included the 17 sustainability goals of the UN and how we as individuals and an organization can work to help achieve these goals.

On Saturday, October 23rd, the Altrusa International of Martinsville/Henry County hosted the **Area III workshop**. There were 21 in attendance, 20 were Altrusans and 1 of them was a guest. There were 3 clubs represented out of the 5 clubs in Area III. The workshop ran from 9:00am to 2:30pm. Their workshop included guest speaker, local author Mary Clark Dalton. She appeared to the group as a butterfly to discuss her children's books and all the fun characters. Her first series was based on Rainbow the caterpillar and his dream of flying with beautiful rainbow wings. Her books have wonderful life lessons for children to learn and enjoy all at the same time. The workshop was held at the Virginia Museum of Natural History which included a tour of the museum and the participants got to explore behind the scenes places. This is where the employees work on all the exhibit contents before they are seen in the museum. The Altrusans were asked to bring books for the "Laundromats to Libraries" project that the Martinsville/Henry County did for Make a Difference Day. There were 140 books collected that will be placed in laundromats around the county.



Thank you to all of the Altrusa Clubs that participated in these Area Workshops and I look forward to seeing you in 2022.

**Margaret Hill**  
District Two First Vice-Governor  
Richmond, VA



## CLUB BUILDING

Soon we will have a new club in District Two.

Do You know where it will be? You, tell us!

The youngest club in our District was chartered almost 30 years ago. We are long overdue to start another viable club and we need your help to identify areas where we could begin the process of forming a new club.

Starting a new club does not mean leaving your current club. When a new club is formed, any current member can hold dual membership with their original club and the new club. A new club needs five affiliates to register a name and logo. After 10 affiliates they can elect interim officers and with 15 affiliates they can apply for a charter. The new club can complete projects or collaborate with an existing club while working towards having the 15 affiliates.

Would You be interested, or do You know anyone who would be interested in starting a new club? A new club presents an opportunity to benefit both the community and your current club. The more visibility Altrusa has in the community, the easier it will be for all clubs to recruit new members and provide more services to those in need. Help is available to get things started. Will You send an email now to Jeanette Wolfe ([wolfej1@aol.com](mailto:wolfej1@aol.com)) or Davina Johnson ([clmfixer03@yahoo.com](mailto:clmfixer03@yahoo.com)) with your thoughts?



Jeanette Wolfe  
Co-Chair District New Club Building  
[wolfej1@aol.com](mailto:wolfej1@aol.com)  
Montgomery County, MD



Contributed by Linda Dorr

We did it! Thanks to you, Days for Girls' year-end campaign was a *huge* success. Together, we raised enough funds to reach a record-breaking **2.5 million women and girls** in 2022.

That's a pretty incredible way to kick off the New Year.

We are so grateful to every single person who helped us reach this ambitious goal. We shot for the moon — and with your support, we *made it!*

Thank you for helping bring the priceless gift of equity to more girls than ever this year. Your generosity made magic happen, and that's something worth celebrating.

# FOUNDATION GRANT



Does your club have a great idea for a project, but not sure how you can fund it? Apply for an Altrusa Club Project grant from the International Foundation! There are two grant cycles per year, one in the fall (Cycle 1) and one in the spring (Cycle 2). Grant amounts vary from \$250-\$4,000. District Two had two clubs who received grants in the fall – Altrusa of Martinsville-Henry County and Altrusa of Montgomery County. Congratulations to those clubs – your club could be the next one to receive a grant!

Your project must be a hands-on project by Altrusa members in the categories of Literacy Improvement, Days for Girls, Veterans Projects or Underserved Children and Adults. Once your club decides to apply for a grant, the following steps will help walk you through the process:

1. Login to Member Portal, then to [foundation.altrusa.org](http://foundation.altrusa.org)
2. Scroll down and select Grants & Awards to apply for an Altrusa Club Grant
3. Read the guidelines for the Project Grants
4. Answer all the application questions
5. Complete in detail the proposed budget for the project (income and expenses)
6. Complete the cover page
7. Submit by the application due date which is either September 15 for Cycle 1 or March 15 for Cycle 2

A few tips for applying for a grant:

1. Give yourself plenty of time to fill out the application
2. Complete in detail all of the questions
3. Utilize a good proofreader
4. Keep within the three-page limit for the narrative (does not include Budget and Budget Narrative)
5. Make sure the budget adds up and balances
6. Triple-check last minute changes



It's not too soon to be working on your application for a Cycle 2 grant! Good luck.

(Information from “How to Prepare a Successful Grant Application” workshop at the 2021 Altrusa International Convention)



**Deb Flage**  
International Foundation Liaison  
South Central PA



# ASTRA

**Young people should be at the forefront of global change and innovation. Empowered, they can be key agents for development and peace. If, however, they are left on society's margins, all of us will be impoverished. Let us ensure that all young people have every opportunity to participate fully in the lives of their societies.**

-Kofi Annan, Former Secretary General of the United Nations



ASTRA is our key to building our youth to be Leaders that continue Leading to a Better Community into adulthood. The pandemic has stifled the activity and clubs creation of ASTRA in recent years, school and college COVID safety protocols preventing in-person meetings and club activities. We are now coming to the other side emerging from our cocoons ready to take on new ways to lead to better communities through ASTRA!

The ASTRA resource website is filled with essential information about creating and operating an ASTRA club, the website link is [ASTRA Altrusa International – Leading to a better community](http://ASTRA Altrusa International – Leading to a better community).

If you are considering an ASTRA club, this is important information to know about an ASTRA club:

- ASTRA is different, it is **student-run** with Active Altrusa Mentorship
  - ◆ **ASTRA is run completely by its members**
    - As an Altrusan, you are an Advisor & Mentor for the group
  - Altrusans actively work with ASTRA members
    - As an Altrusan, you **guide and suggest** ideas but you do not take over the process
  - ◆ **ASTRA is all-inclusive**
  - ◆ **ASTRA members learn from their mistakes**
    - ASTRA members learn how to fix problems, learn from mistakes and move on learning from the process

Consider working with existing student groups offering assistance, educating them about ASTRA. It is important to educate yourself about the school, college or University policies and procedures required for a student-run organization. Often institutions are eager for assistance in advising student groups. An example of working with a student group at Rensselaer Polytechnic Institute in Troy, New York is found below. This is an example of working with an existing student group. The article was written by Gretchen Forbush and Hannah Price to appear in the Polytechnic which is the student newspaper.

[Food waste is a choice we don't have to make - The Polytechnic \(rpi.edu\)](http://Food waste is a choice we don't have to make - The Polytechnic (rpi.edu))

Important Upcoming Date – March 1, 2022 !

**Phyllis J. Corman ASTRA Award**

Guidelines for club submission are sent annually to each club by the international office.

Thank you for all that you do that Leads to a Better Community today and tomorrow.



Dawn Aubrey, PhD  
District ASTRA Chair  
Rochester, NY



## Support our Soldiers (SOS) Message

In October, Altrusa International of McKeesport held the District Two workshop. Lee Wagner, USMC Veteran and Program Manager with Veterans Place of Washington Boulevard was the speaker. His speech inspired me to concentrate this SOS project on women veterans.

What should we know, and how can we help?

### Women Veterans: What Are the Facts?



*“...women, who comprise approximately 15% of all active-duty forces and over 20% of new recruits, are constantly overlooked by their own communities, including by institutions that are specifically created to support veterans. The gap in access can have tragic effects: A recent report noted that women veterans have a 250% greater risk for suicide than civilian women, and they are the fastest growing homeless population in the United States. Several of the women I interviewed had experienced military sexual trauma, suicide attempts, and periods of homelessness after leaving the military. Yet, despite these harrowing statistics and experiences, most women veterans, including the women I interviewed, are thriving. There are 2.2 million women veterans in the United States – 10% of the overall veteran population – and they want to be visible.”* ([5 Things Women Veterans Want Everyone To Know](#))

- Nearly 84 percent of female veterans are of working age (17–64 years) compared to 55 percent of male veterans. ([Women Veterans Support](#))
- Significant progress has been made towards simplifying the process for applying for benefits in the case of returning veterans who suffer from PTSD ([US Department of Veterans Affairs, 2010](#)); however, the new regulations still fall short in meeting the needs of those whose source of PTSD is military sexual trauma related. “Among the most pervasive stressors experienced by military women are incidents of sexual assault and harassment. By some accounts, nearly a third of female veterans report episodes of sexual assault during military service, while 71 to 90 percent report experiences of sexual harassment. These experiences are closely associated with PTSD in a variety of studies; in fact, military sexual assault is a stronger predictor of PTSD among women veterans than combat history” ([Natelson, 2009](#); Murdoch et. al, 2003). ([Challenges Specific to Female Veterans](#))

**“A veteran is a veteran, no matter their gender.”**

### Ways to Help

In the article [5 Things Women Veterans Want Everyone To Know](#), one thing was clear, they are overlooked by their communities and the institutions that support veterans. We as Altrusans can research the information pertaining to our women veterans. This information can be presented to our communities in several ways.

- Have a program and invite a speaker who has knowledge on women veterans and invite the public in person or via zoom.
- Make flyers with facts on women in the military most of us in the public are not aware of. Ask your local merchants to display the flyers, most will welcome the opportunity to help our veterans.
- Have fundraising of any kind where you donate the proceeds to an organization of your choosing or any of the organizations listed in this article and include fact sheets about women veterans.
- Contact the [VA office](#) in your area: one of the best ways to get a better understanding of the needs of our veterans, male and female.
- Organize campaigns to collect letters: [a simple handwritten letter](#) can help with loneliness and let soldiers know that they haven't been forgotten. Contact [A Soldier's Hands](#) for advice.

### Organizations Supporting Women Veterans

- [Center for Women Veterans](#), Department of Veterans Affairs
- [Grace After Fire](#)
- [Women Marines Association](#)
- [Foundation for Women Warriors](#) (formerly Military Women in Need)
- Women's Trauma Recovery program
- [W.A.V.E. Campaign](#)

Please, don't forget to send me your projects and ideas so that I can share with our District Two Clubs.



Roxanne Barzona

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

Support Our Soldiers Liaison  
Centre County, PA



# BYLAWS, RECOMMENDATIONS & RESOLUTIONS (BRR)



District Board Members, District Committee Chairs, Past Governors and Clubs shall submit any proposed bylaws, resolutions, and recommendations to the District BRR Committee Chair ninety (90) days prior to the annual Conference.

All proposed bylaws, resolutions, and recommendations need to be sent to the District BRR Chair by **January 28, 2022**. This is ninety (90) days prior to the annual District Two Conference scheduled for April 28 - May 1, 2022.

Each proposal presented should include a history with background and rationale; an implementation date; a list of other bylaws or policies affected by the proposed bylaw, resolution, or recommendation; the fiscal impact, if any; and the suggested motion.

The District BRR Committee will distribute proposals to District Officers, District Committee Chairs, Past Governors and Clubs sixty (60) days prior to the annual Conference February 27, 2022. Please be sure your proposal is in the best interest of Altrusa since, if adopted, will affect every Altrusan.



For more details on this procedure, see pages 5-7 of the Altrusa International Official Policies (Revised July 31, 2021). If you have any questions, please contact the BRR Committee Chair, Annette Andrews, at [aahea@aol.com](mailto:aahea@aol.com).

Annette Andrews  
BRR Chair  
Capital City, VA

## bylaws & policies



## DISTRICT TWO WEBSITE

This is just a reminder that the District Two website (<https://districttwo.altrusa.org>) has amazing resources. The News & Events tab gives you access to the latest DSB, Altrusa Compass, Governor's Message, and Service Newsletter as well as information about upcoming events such as Area Workshops, District Conferences, and International Conventions. You can also find both the District Two and International Policies & Procedures and Official Bylaws, as well as the latest approved Conference Proceedings, Conference Awards, and the District Two Strategic Plan. What's new in District Two? Go online and find out!



Also, just a reminder that I would be happy to update your club web pages – just email me at [brendaruby@gmail.com](mailto:brendaruby@gmail.com) and I will update your page before you can say Leading to a Better Community!

Finally, be sure to come to Conference where we will walk you through logging in and getting the most out of both the altrusa.org page and Group Tally.

Brenda B. Ruby, Centre County, PA  
District Two Webmaster



# LEADERSHIP TRAINING

The District Leadership Training Committee Chair acts as a liaison with local, District and International personnel to promote various aspects of leadership training within District Two.

We will continue to provide leadership training including the Thursday night Conference workshop for Presidents and Vice-Presidents as well as an all-membership afternoon leadership workshop. In addition, I will chair the judging of the newly revamped Mary S. Resh Planning award. You don't have to attach all that documentation anymore, and I encourage every club to send me a submission for the award.

Finally, I strongly recommend that all members review the abundance of reference materials available online, including the Bylaws and Policies, Altrusa International Resource Guide, Membership Manual, and District Strategic Plan.

All of us are leaders at one time or another. Obviously if you're a supervisor, you're a leader, but you're also a leader if you have children. You're a leader if you teach, even if it's in an informal setting. You probably don't even notice that you're leading when you're in your comfort zone; it's only when you step outside that zone that Leadership seems like a scary proposition.

Every member in your club – EVERY member – should be in one of three stages of leadership (or two, or all at once). They are:



1. **Training to be a leader.** Maybe you're the "new kid," maybe you've been in the club for a while, but just by being a member you are learning how meetings are run, the steps to designing and participating in projects, and how much money it takes to have a successful event. Look to your current leaders for role models, of what to do (and not to do). You're soaking it all in without even trying, plus you have all your personal and work experiences, so take an extra step and attend a board meeting, volunteer to chair a project, or take the time to do a little extra reading – of your newsletter, your yearbook, or online at [altrusa.org](http://altrusa.org) – and pick up a little more knowledge. It's amazing what you can learn.
2. **Leading!** This is not just telling people what to do, and you don't have to be the President to lead; there are committees, directors, secretaries, treasurers that all have a part to play, and it is your DUTY as an Altrusan to take an active role when able. Don't sell yourself short ("I couldn't be President, I wouldn't know how"); we all suffer from "impostor syndrome" from time to time, and we all have different styles of leading. Leadership takes courage, self-awareness, and an acceptance that we are always learning. You might think, "I don't want to be President because I don't want the aggravation." Believe me, it can be very frustrating, but also very rewarding, and you can have a lot of fun doing it! If it's time to step up, please do so; we shouldn't have to have members be President (or secretary, or treasurer) over and over again because nobody else "wants" to do it or "has the time." That indicates a stagnant club.
3. **Teaching others to lead.** Once you have some knowledge, share it! Don't just think "OK, I've done my part." Take a new member under your wing, and take the time to explain why we do what we do. Groom the next leader. You don't have to be an ex-board member, either; every member has something to pass on. When you mentor, you share the load and build a bright future for the club.

We've learned how important it is to stretch our bodies to keep fit and flexible, but it's just as important to stretch our minds and our comfort zones. Pick an opportunity and STRETCH!



Brenda B. Ruby  
Leadership Training Chair  
Second Vice Governor  
Centre County, PA



# Swish, Spin, and Stories It's Official



Members of the Altrusa International of MHC Service Committee prepared for the opening of the first free library in a local laundromat on January 4, 2022. This project will provide free books for families and children while spending time at the laundromat. Children are invited to - read a book, take a book, love a book and share a book. Coming Soon! Altrusa members will have story time on Saturdays at the Laundromat!



Prepared by: Linda Dorr



**Wreaths Across America:** A total of 72 wreaths were sponsored through Altrusa Centre County, with proceeds going towards the Veterans Programs at Penn State University.

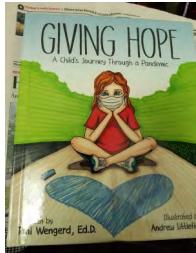
On December 18, a small but hardy group of Centre County Altrusans went to Indiantown Gap National Cemetery to place wreaths. Lynn also placed visitation stones on those graves with a Star of David. We were part of the thousands of volunteers that honored every veteran. It was a humbling experience to honor these men and women. From the ceremony at the start to the end, where you could look over the fields covered with wreaths, it was a beautiful experience. Members of the South Central Club were there as well!

Prepared by: Lisa Carey and Laura Ullrich

Latest Highlights from our clubs

Altrusa Reading-Berks has been challenged, like everyone, by this Pandemic. Still we have continued to help our communities in many ways and be safe.

We had a golf tournament in September, a BarBQ sale in October, and our wreath sale in November all to benefit our Foundation Scholarship fund. We are in good shape for giving our annual scholarships in the spring and even increase the amount of the scholarships!



To celebrate Literacy in September, we had a local author, Toni Wengard, who authored a book about surviving the pandemic written for children. Her book, *Giving Hope: A Child's Journey Through a Pandemic* was purchased for each of our Little Free Libraries.

Our 4<sup>th</sup> Little Free Library was painted and decorated by Judy Long and will be placed in the spring. This library was to be raffled at our District Conference which was cancelled due to the pandemic.



In September, the room at Mary's Shelter that we painted, furnished, and decorated for a homeless teen boy was unveiled at their open house. This agency will open its doors to a group of homeless teen boys and girls who need shelter and guidance in January.



Our club went to the Fall Workshop in McKeesport and took lots of socks and underwear for the women veterans. Sue Miller was a presenter, and a wonderful day was had by all.

With the holidays fast approaching we voted to bake cookies again for the veterans at Veterans Making a Difference. Twenty members baked 60 dozen cookies which we packed in 50 cute Christmas boxes and added a Christmas card, donated and written by Dianne Johnson. Thanks to the leadership of Barb Swales this endeavor went off smoothly. The Veterans at the social center requested that we repeat this project because they enjoyed it so much last year. The extra cookies were donated to The Second Street Learning Center for the daycare children at Opportunity House.

At our November meeting we collected gently used purses to make Blessing Bags for the women living in the shelter at Opportunity House. These were filled with tissues, toothbrush and toothpaste, warm gloves, hand sanitizer, chap stick and a pen and notepad. Barb Pizzo also donated warm scarves for the women. The children living in the shelter were gifted with a bag containing new pj's and an age-appropriate book. 275 books tied with ribbon were donated to the Learning Center at Opportunity House. The men at the shelter were not forgotten and were given new warm socks.



Infant formula was gifted to Lifeline both at Thanksgiving and Christmas to be given to the needy clients.



Club members participated in the project to send cards and letters to service members overseas. Theresa Bernardo coordinated this effort.



At our annual holiday meeting, Theresa Bernardo made a spectacular meal and a freewill offering collected to be donated to a charity of her choosing. Theresa chose Olivet Boys and Girls Club to benefit from the \$345.00 collected. Our annual club group picture was taken although many members were missing.



Looking forward to a safe, healthy, and productive 2022.

# Reading-Berks, PA Latest Happenings

Submitted by  
Judy Lysczek

# NOMINATING COMMITTEE



As the first year 2021 – 2023 Biennium is ending, we need to start preparing for the last year. One of those items would be to elect a nominating committee for the next Governor's Biennium of 2023 – 2025.

This committee consist of 3 members that will be elected at Conference 2022 and the largest number of votes will serve as the chairman of the committee. The responsibilities of the nominating committee are:

## Responsibilities:

1. Requests submission of names for nomination to District offices from local clubs, current District Officers, and past District Governors.
2. Provides eligibility requirements for each office.
3. Reviews candidates to ensure that they meet eligibility requirements.
4. Solicits the consent of the nominees to have their names placed on the slate.
5. Submits the slate with biographical facts about each nominee to the Governor and District Board of Directors, and each club in the District, at least forty-five (45) days before Conference.
6. Submits articles to the District Service Bulletin, as assigned.
7. Submits an annual report for District Conference.
8. Carries out assignments and responsibilities as described in the District Strategic Plan.
9. Promotes the interaction of District Altrusans at Conference.

We have received one person's name and we need two more. Please consider serving on this committee

1. Diane Brown – Reading-Berks, PA
- 2.
- 3.

Please submit your club's member name to the **District Secretary, Cindy Jennings @ [cindy.jennings@trane.com](mailto:cindy.jennings@trane.com)**. If this is done in advance, then all we have to do at Conference is vote on the chair.





## REGISTRATION FORM

## 66<sup>th</sup> ANNUAL DISTRICT TWO CONFERENCE

April 28 – May 1, 2022

Ramada by Wyndham Hotel & Conference Center

1450 S. Atherton St., State College, PA 16801

4) 238-3001 Group Code: ALTRUSA22 \$89/night

Last Name	First Name	Altrusa Club/State
Street Address	City	State/Zip Code
Evening Phone	Email Address	Name on Badge

Please check ALL descriptions that apply to you for Altrusa year 2021-22:

Member  First Timer  Club President  Delegate  Alternate  District Committee Chair  
 District Officer  Past International President  International Officer  International Representative

**CONFERENCE SCHEDULE (Tentative starting times)**

Thursday, April 28	3:00 – 6:00 p.m. Strategic Plan/Finance/Pre-Conference District Board Meeting 3:00 – 7:00 p.m. Early Registration/Credentials Open 7:00 – 8:30 p.m. President/VP Training 7:00 – 11:00 p.m. Welcome Social – Hospitality Room
Friday, April 29	7:30 a.m. Registration/Credentials, First Timers Meeting, Delegates Briefing, Exhibits and Silent Auction, First Business Session, Workshops
Saturday, April 30	7:30 am Registration/Credentials, Nominating Committee election, Foundation Breakfast, Second Business Session, Area Meetings, Service Projects, Awards Banquet
Sunday, May 1	9:00 am Interfaith Services, Post-Conference Board Meeting

**\*\*\*CHECK IF ATTENDING PRESIDENT/VICE-PRESIDENT TRAINING THURSDAY NIGHT:**

**ADVANCE REGISTRATION OPTIONS – Please select ONE plan:**

Full Registration       @ \$185.00 = \$ \_\_\_\_\_  
 Friday Only       @ \$80.00 = \$ \_\_\_\_\_  
 Saturday Only       @ \$115.00 = \$ \_\_\_\_\_

**FOR GUESTS ONLY – Additional Meal Tickets**

Friday luncheon @ \$19.00 = \$  
 Saturday breakfast @ \$18.00 = \$  
 Saturday lunch @ \$18.00 = \$  
 Saturday Awards Banquet @ \$35.00 = \$  
**LATE REGISTRATION FEE (Postmarked after March 31, 2022)** @ \$10.00 = \$

**LATE REGISTRATION FEE (Postmarked after March 31, 2022)**

**Total Payment Enclosed:** \$ \_\_\_\_\_

**Registration includes Friday breakfast (through hotel) and lunch, Saturday breakfast/lunch/dinner.**

Please list any dietary requirements or physical needs: \_\_\_\_\_

## **PAYMENT OPTIONS:**

1. Make checks payable to: Altrusa District Two, Conference Account  
Mail completed form with check to: Altrusa District Conference Treasurer  
Eleanor Bird  
1121 Woodberry Circle  
State College, PA 16803

## 2. Credit Card – there will be a 5% fee incurred:

Name on card: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ SVC#: \_\_\_\_\_

# CONFERENCE DELEGATES, EXHIBITS, AND AWARDS

## Delegates and Alternates:

page 1 of 2

Names of Delegate(s) and Alternates(s) from each club must be reported on the enclosed form to the District Secretary. There are NO credential cards to give to your delegates(s) or alternates(s). Delegates and alternates are determined sixty (60) days prior to District Conference pursuant to Club Bylaws. Each club in good standing that has an Active and Active Retired membership of 15 members shall be entitled to one delegate and one alternate. For each additional 15 members or portion thereof, a club shall be entitled to 1 additional delegate and alternate. The District Treasurer will review with the District Secretary and notify you of any discrepancies. Send attached form **by March 1** to:

Cindy Jennings  
Altrusa District Two Secretary  
9231 Fair Hill Court  
Mechanicsville VA 23116  
Cindy.jennings@trane.com



## Conference Exhibits/Merchandising:

If you plan to bring an exhibit or sell items for fundraising, please complete the attached form and mail by to:

Linda Dorr  
Altrusa District Two Governor Elect  
560 Owsley Drive  
Martinsville VA 24112  
lrdorr@comcast.net



## AWARDS/RECOGNITIONS

Celebrate your SERVICE! Share what MADE A DIFFERENCE! It is a thrill to learn what our clubs in District Two accomplish during the Club year.

### Mamie L. Bass Community Service Award

District Service Program Coordinator of District Two selects judges for this award. She serves as chair, and the three persons selected as judges are prominent persons of the community but are not Altrusans and who independently score each entry. The judging panel returns the score sheets and entries to the Chair who tallies the scores and provides the 1St, 2nd and 3rd place winners to the Governor. The Chair is also responsible for sending the winning entry to the International office for International competition. District Two 1st place receives \$100. **Submit 3 copies of your entry or email to Shari Gomez, 8222 Carrene Drive, Norfolk VA 23518 - [sharigomez66@gmail.com](mailto:sharigomez66@gmail.com). Deadline: postmarked March 1.**

### Betty S. Brooks/Letha H. Brown Literacy Award

District Two International Foundation Liaison coordinates the judging activity and appoints three (3) prominent members of the general public to serve as judges who independently score each entry. The judging panel returns the score sheets and entries to the Chair who tallies them and provides the 1st, 2nd and 3rd place winners to the Governor. District Two for the Washington, DC Club presents \$40 to 1st place in recognition of past District Governor Betty S. Brooks. The winning entry also receives a \$100 award from Altrusa International Foundation presented by the International Representative at Conference. The winning entry is submitted by the Foundation Liaison to the Letha H. Brown International competition. **Submit 3 copies of your entry or email to: Deb Flage, 136 Circle Drive, Hummelstown PA 17036 - [dflage@verizon.net](mailto:dflage@verizon.net). Deadline: postmarked March 1.**

### Dr. Nina Fay Calhoun International Relations Award

Chair of the Judging Committee is appointed. The Chair selects three prominent members of the community who are not Altrusans to independently score each entry. Score sheets and entries are returned to the Chair who tallies the scores and provides the 1st, 2nd and 3rd place winners to the Governor. The Chair is also responsible for sending the winning entry to the International Service Program Development Committee for International competition. **Submit 3 copies of entry or email to: Ida Hill, 132 Lancaster Drive #709, Irvington VA 22480 - [marlene2two@verizon.net](mailto:marlene2two@verizon.net). Deadline: postmarked March 1.**

**Please note that you can find International Awards on the <https://www.altrusa.org> website once you log in go to the Service Tab and scroll down. Also, for the Chair that receives the awards please respond back to the club notifying them that you have received their award - \*\*ALL ENTRIES SHOULD BE SENT VIA EMAIL**

>> Awards continued on next page >>

# CONFERENCE AWARDS

page 2 of 2

## Mary S. Resh Award – THIS AWARD HAS BEEN REVAMPED PLEASE REVIEW THE UPDATED CHANGES

District Two Leadership Chairperson serves as chair of the judging committee with two additional members. Award recognizes excellence in program planning and execution and is given in recognition of District Two's first International President. 1st place receives \$50. Submit 3 copies of your entry or email to Brenda Ruby, 214 Homestead Lane, Boalsburg PA 16827 - [brendaruby@gmail.com](mailto:brendaruby@gmail.com). Deadline: postmarked March 1.

## Betty C. Schwartz Presidential Excellence Award

Award recognizes local club Presidents who excel in leadership, Altrusa knowledge, parliamentary procedure, and timeliness. Includes the club's and the President's participation in Area, District and International activities. Given by District Two in recognition of Past Governor Betty Schwartz. Submit or email your entry to: Tammy Boyd, 117 McCauley Pkwy, Aylett VA 23009 – [Just-4-T@att.net](mailto:Just-4-T@att.net). Deadline: postmarked March 1.

## Edith W. Nelson Environmental Award

Recognizes clubs that participate in a variety of activities that protect and enhance the environment. Chairperson and two additional members are judges. Given by District Two in recognition of past International President Edith W. Nelson. 1st place winner receives \$50 from the District. Submit 3 copies of entry or email to: Shirley Garnett, 832 Welch Drive, Chesterfield VA 23832 - [sgarnett96@gmail.com](mailto:sgarnett96@gmail.com). Deadline: postmarked March 1.

## Phyllis J. Corman ASTRA Award

Guidelines for club submission are sent annually to each club by the International office. Submit or email your entry to: Margaret Hill, 3711 Stratford Road, Richmond VA 23225 – [mhill@hcps.us](mailto:mhill@hcps.us). Deadline: postmarked March 1.

## Irene Mardis Newsletter Award

District Two Communications Committee Chair serves as chair of the judging committee along with three other members. Three (3) copies of three (3) issues published between May 2021 and March 2022 are to be submitted by each club. Award given in recognition of past District Two Governor Irene Mardis. Submit 3 copies of your entry or email to: Barbara Speight, 5117 Warrington Drive, Suffolk VA 23435 - [sp8barb@gmail.com](mailto:sp8barb@gmail.com). Deadline: postmarked March 1.

## Ann Ayer Club Yearbook

Yearbooks sent to the District Governor, Governor-Elect, First Vice-Governor and Second Vice-Governor postmarked by 10/31/2021 are eligible for judging and are automatically included in the competition. Points may be deducted for yearbooks mailed after 10/31. District Two Communications Chair serves as chair with three members for this award: Barbara Speight, 5117 Warrington Drive, Suffolk VA 23435 - [sp8barb@gmail.com](mailto:sp8barb@gmail.com). Deadline: 10/31/2021 postmark.

## Patsy Flensburg Conference Exhibit Award

The Governor-Elect chairs the judging Committee along with the immediate Past Governor and the visiting International Representative.

Please note that you can find the District Awards on the District Two website @ <https://Districttwo.altrusa.org> go to the News & Event Tab and scroll down to District Two Policies & Procedures. Also, for the Chair that receives the awards please respond back to the club notifying them that you have received their award \*\*ALL ENTRIES SHOULD BE SENT VIA EMAIL

- An Altrusa Club may not submit the same project for the Nina Fay Calhoun, Letha H. Brown Literacy Award and the Mamie L. Bass Service Award in the same biennium.

All info after NOTE (above) make the time frame relative to the project as explicit as possible. Language utilized is parallel to the language used for Mamie L. Bass and Letha H. Brown Awards.

## The Eleanor Pettersen Membership Growth Award

Recognizes the clubs with the greatest percentage of growth in membership from April to the following March, and the greatest number of new members each year. The District Governor with the assistance of the District Treasurer will determine the clubs showing the most growth.





## MEMORIAL FORM

Submit to: Judy Lysczek  
313 Carsonia Avenue  
Reading, PA 19606

\*Please provide a photograph if available

Name of Club: Altrusa International of \_\_\_\_\_

Name of deceased member \_\_\_\_\_

Age: \_\_\_\_\_ Member of Altrusa since: \_\_\_\_\_ (approximate if unsure)

Contributions to Altrusa and this club include:

Person submitting this form: Name:

Address:

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Telephone: \_\_\_\_\_

### Position in Club

Name of member to participate in Memorial Service at Conference if known:



### Conference Exhibit and Merchandising Space Reservation Form

Altrusa International of \_\_\_\_\_

Wishes to reserve the following space at Conference:

Exhibit depicting a service project \_\_\_\_\_

Space requirement \_\_\_\_\_

Space for selling a product or service \_\_\_\_\_

Space requirement \_\_\_\_\_

Submitted by \_\_\_\_\_

Telephone # (H) \_\_\_\_\_

(C) \_\_\_\_\_

(B) \_\_\_\_\_

Send to:

Linda Dorr  
560 Owsley Drive  
Martinsville VA 24112  
lrdorr@comcast.net

*The Governor-Elect chairs and the Immediate Past Governor and the visiting International Representative serves as Judges*



### Designation of Delegates and Alternates

Determined sixty (60) days prior to District Conference pursuant to Club Bylaws. Each club in good standing that has an Active and Active Retired membership of 15 or less for whom dues have been paid to International and District shall be entitled to one delegate and one alternate. For each additional 15 members or portion thereof, a club shall be entitled to 1 additional delegate and alternate.

Altrusa International of \_\_\_\_\_

Name of Delegate (s): \_\_\_\_\_

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Name of Alternate (s): \_\_\_\_\_

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Club President's Signature

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Club Secretary's Signature

Return form to: Cindy Jennings  
Altrusa District Two Secretary  
9231 Fair Hill Court  
Mechanicsville VA 23116  
Cindy.Jennings@trane.com

804-241-8386

## CONFERENCE FEEDBACK

YOUR  
FEEDBACK IS  
IMPORTANT!!!!



### PLEASE COMPLETE THE ONLINE CONFERENCE EVALUATION SURVEY

An Online Evaluation Survey will be available for the 66<sup>th</sup> District Two Conference. The Conference will be held April 28 – May 1, 2022 at the Ramada by Wyndham State College Hotel & Conference Center, State College, Pennsylvania. Altrusa International of Centre County, Pennsylvania will be hosting the Conference. Your host club and the District Two Board members have been working to prepare a Conference that will be fun, energizing and informative.

Conference participants will be able to evaluate all conference activities by completing the online survey. The URL will be available soon. The survey will be short and easy to complete.

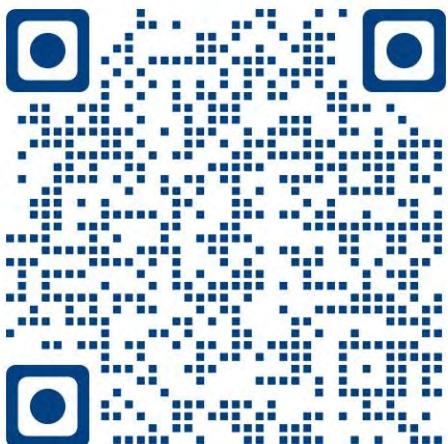
Conference participants are encouraged to complete the online Conference Evaluation Survey. The information you provide is always valuable, helpful and appreciated. The District Two Board Members use your feedback in planning for future District Two Conferences. By participating in the survey, your voice will be heard and will help shape future Conferences. The complied results of the survey will be detailed in the summer edition of the DSB.



Thank you in advance for completing the survey!!!!!!

Margaret Hill  
District Two  
First Vice-Governor





Scan this to get the scoop  
on Conference!

