

ALTRUSA



International, Inc. of Orlando~Winter Park
Post Office Box 2972 ~ Winter Park, Florida 32790
www.altrusa-orlando.org www.districtthree.org

KEYNOTES

April 2006

“The Future belongs to those who believe in the beauty of their dreams” Eleanor Roosevelt



President's Corner:

Hello fellow Altrusans:

What a great meeting we had last month! If you missed it, we not only celebrated Altrusa's 89th birthday but had Dr. Robin Hall, who is our District Three Advisor as our guest. Dr. Hall or Robin, as she prefers to be called, gave a presentation on commitment or rather over-commitment as an Altrusan and observed our meeting.

We honored our own **Altrusa All Stars**, Carol Denton and Dr. Etta McCullough, for their outstanding community service contributions through the years. They are an inspiration to us all.

As I look towards my final meeting as president, I would like to thank all my wonderful Altrusa sisters who have been so much support and assistance in the last two years. I couldn't have done the very little I have done without all of you! From the District Conference last year to the many beneficial projects our committee's have done, I say thank you from the bottom of my heart for what great leaders you have been and I look forward to working beside you for many years to come.

Sincerely,

Anita Hope

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Calendar of Upcoming Events:

April 24, 2006- Altrusa Board Meeting at Attorney's Dean, Ringers, Morgan & Lawton office, 201 East Pine Street, Suite 1200. 6pm.

May 3, 2006- Altrusa General Meeting at Steak and Ale Restaurant, S. Semoran Blvd. at 6 pm. Celebrating The Birthday of Altrusa. Special Guest, Robin Hall, Rep. District 3.

Special message of Altrusan Nancy Rapport :

Our Altrusan member Nancy Rapport has recently injured both knees while still in the process of healing after surgery on both and we all send well wishes and prayers for a speedy recovery to Nancy. We are all hoping to have Nancy join us again at our meetings as soon as she possibly can. Right now, when she is not working she is off her feet with ice packs. We really miss you Nancy.

Altrusa Orlando-Winter Park News:

Aprils meeting was opened by our Altrusan President Anita Hope. She introduced the evening program designed to honor two of our “Altrusan All Stars” who truly embody what Altrusa stands for. She introduced Dr. Etta McCulloch and Carol Denton for special recognition and provided a brief biography of each of their contributions to the community and Altrusa.



Dr. Etta McCulloch was a charter member of our club joining in 1945. She served as president from 1970-72. Etta and her sister were orphaned at a young age, but these humble

beginnings only added strength to her character. She eventually achieved an RN and later a doctoral degree. Her life story is truly inspirational and she has served as a great role model for numerous aspiring health care professionals. As a nurse at Waterman Hospital in Eustice, she was a pioneer in the promotion of germ-free hospital atmosphere. Later at the Orange County Vocation School, she founded the Health Occupations Students of America (HOSA). HOSA has grown into a nationwide organization that helps students to learn academic and leadership skills needed to be successful health care workers. Our Altrusa Club continues to support the HOSA scholarship fund and Etta’s vision for improved health services.

Carol Denton is another remarkable



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Altrusan who has contributed countless hours of service to the community. She served as President of the club from 78-80 while maintaining a very busy professional schedule as a Program Manager and senior technical lead for a number of major weapons procurement programs for the Navy. Her accomplishments have earned recognition through a number of meritorious service awards. Although recently retired, she continues a vigorous pace of civic and personal activities. She serves on a number of boards of directors for local institutions and manages to fit in time for golfing, sailing, and most recently parachute jumping. This busy lady enthusiastically contributes time and energy in service to the community and in perpetuating Altrusa ideals. She is ensuring this legacy by example and also through the impressive recruitment of over 25 new members to the club.



SPECIAL ADDRESS: Anita Hope introduced Dr. Robin Hall and explained that this was her first official chapter visit from District. Dr. Hall offered greetings from District and was very complimentary of the membership and the strong organization that was evident. She wanted to recognize Linda Wright’s talent as the web master and was also complimentary of the excellent support for the District Conference last spring. She mentioned the upcoming District Conference in Spartanburg at the end of the month and encouraged attendance to hone team-building and leadership skills.

She congratulated the honored “Altrusa All Stars” and praised their contributions as leaders that exemplify the ideals and principles of Altrusa. Since the topic of her address was about maintaining balance as an active Altrusan, these examples of

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exceptional service provided a good lead in. The adage of seeking out a busy person to get something done is definitely true, but we all need to exercise some common sense in sharing responsibilities and not becoming overburdened. She offered a few helpful tips:

- Make sure the club is committed to the project you are promoting. Don't take on too much. Delegate and share duties.
- Select a Co-chair. Pairing a seasoned person with a novice helps to share the work load, as well as prepare someone new to assume responsibility the next time.
- Hold committee meetings at a restaurant or location other than your home. This way you avoid the additional stress of cleaning and hosting guests in your home. If you want to meet at your home be sure to have someone else take care of the refreshments.
- Don't be a perfectionist. Maintain perspective and don't drive those who want to help crazy. Remember this should be fun and build friendships.
- Be a good delegator. Once you've assigned duties, don't hover. Also remember that it is OK to request funding to have something done if it falls in the too hard range.
- Be good to yourself. Make time for yourself. We all require some space, don't deny yourself a break.

Have fun. Remember to thank all those who helped you. Enthusiasm is contagious

May Birthdays:

	
Jean Campbell	23
Maureen Bergondy-Wilhelm	24

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Minutes from April Meeting:

ALTRUSA INTERNATIONAL OF ORLANDO-WINTER PARK

GENERAL MEETING

April 05, 2006

Steak and Ale, Orlando, FL

CALL TO ORDER: President Anita Hope called General Meeting to order at 6:20 pm.

MEMBERS IN ATTENDANCE: Linda Bond, Mary Kay Chester, Kathy Chonody, Toni Dedik, Carol Denton, Sandy Drake-Caldwell, Chris Gennaro, Carol Halliburton, Anita Hope, Martha Kirby, Cheryl Malloy, Allie Myers, Betsy Sushinsky, Carol Thomas, Patricia Tobin, Leah Treppel, Jane Van Bemden, Connie Washam, Peggy Wolford, and Linda Wright.

MEMBERS ABSENT: Doug Adams, Maureen Bergondy-Wilhelm, Debbie Berry, Linda Blake, Sharon Blake, Barbara Brown, Jean Campbell, Lisa Daniels-Wentz, Diane DeWolf, Tammy Douglass, Leslie Dubow, Liz Finley, Jennifer Franklin, Diane Goigel, Roberta Klusmeier, Sue Maston, Danielle Merket, Judy Nelson, Terry Pass, Margot Perez-Rios, Carol Phifer, Barbara Radosky, Nancy Rapport, Mary Trier, BJ Watson, and Suzanne Weinstein.

GUESTS: Arlene Shaw (2nd visit) sponsored by Carol Thomas; Dr. Robin Hall from District 3 and her husband, Chuck; Dr. Etta McCullogh.

ALTRUSA ACCENT: Anita Hope read an address that was given at last year's "Add an Altusan" meeting that provided some history, as well as described the goals and guiding principles of our organization. This served as a lead in to our program for the evening.

MINUTES: Allie Myers offered clarification that the slate of officers discussed at the previous general meeting did not include a list of Directors. With no further revisions or corrections to the minutes from the March 2006 General Meeting offered, the minutes were approved as submitted.

TREASURER'S REPORT: Linda Wright reported

that the Project Account currently has a balance of \$3,762.13, and the Operating Account currently has a balance of \$9,674.97. The Treasurer’s Report was approved as submitted.

COMMUNICATIONS:

- Anita Hope announced that a flyer had been received advertising a juried Art Show at UCF on April 6-14 which was circulated around the room.
- Anita Hope also mentioned that the District newsletter included an article about our Beta Christmas Party. A copy was sent out via email by Carol Thomas prior to the meeting, but a hard copy was also passed around for those who may have missed seeing the write up.
- Allie Myers said that she had received a note from Charity Frankouski that provided a wish list of items needed for the PACE prom night. Allie will coordinate any donations.
- Anita Hope mentioned that a Thank You had been received from Beta for the Christmas Party.
- Linda Bond also shared that she had received some correspondence about the money that Grace Sanford had left to Overland and Julliard schools.

COMMITTEE REPORTS:

Anita Hope mentioned that most of our activities for the year were complete at this point. In the absence of our Committee chairs that were occupied with business obligations, she asked if anyone had some comments to add on behalf of the chairs.

Community Services: Betsy Sushinsky expressed regrets from Linda Blake who has been very busy coordinating their Curves facilities. There was nothing new to report from the committee at this time.

Vocational Services: Betsy Sushinsky also expressed regrets from Mary Trier and several other members who were on travel.

- Operation Prom Dress – Anita Hope said that donations of cocktail/party dresses, accessories, and formal wear were being accepted. PACE prom night has been scheduled for April 27th 28th so time is of the

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essence.

- Dress for Success. Toni Detik announced that volunteers were still needed to assist dressing ladies for job interviews and maybe providing a few interview tips. There is a link on the web site for directions and the types of donations that are needed.

Literacy Committee:

- Allie Myers mentioned that on March 24th the books she sent to Nepal were received.
- Linda Bond announced that the Women’s Residence Counseling Center (WRCC) project was a huge success. She thanked all who participated, with special thanks to Pat Tobin’s husband for providing the crushed stone and muscle that added the finishing touches. Carol Thomas mentioned that she spoke with the staff at WRCC after the garden was complete and they were very appreciative. Carol also dropped off a VCR, some tapes and a fax machine.

NEW BUSINESS:

• **Elections:**

Anita Hope explained that the slate of officers presented by the Nominating Committee at the last meeting did not include Board members. She had contacted those Directors who were currently serving and most agreed to continue. She asked if there were any other nominations for Directors from the floor. With none offered, Betsy made a motion to close nominations that was seconded by Carol Denton. The motion to close nominations was approved unanimously. In accordance with our bylaws, Anita then asked that a paper ballot be distributed for the official election of the slate of new officers. The ballots were collected and tallied. The slate of officers and Directors approved by ballot includes:

President	Allie Myers
Vice-President	Martha Kirby
Treasurer	Kathy Chonody
Recording Secretary	Cheryl Malloy
Director	Anita Hope
Director	Toni Dedik
Director	Pat Tobin

- **Membership Initiation:** Betsy Sushinsky, Jane Van Bemden, Carol Halliburton, and Robin Hall assisted in the initiation ceremony for Liddy Coffman (sponsored by Pat Tobin). Each assistant read a description of the types of Altrusan hands (friendly, dedicated, reaching, generous, busy, and guiding) that Liddy will experience as a member of the club.
- **Dues:** Anita Hope reminded everyone that membership dues would be payable for the next year very soon. Allie Myers also circulated a sign-up sheet for committees for the following year. Some members had already responded to a previous email, but for those who did not Allie requested them to sign-up before they left. Once the membership had been assigned to committees, she would then seek chairs and co-chairs for each committee.
- **Activity Forms:** Anita also said that Activity Forms for each member who participated in various club activities would also need to be completed.

NEXT SCHEDULED MEETING: Wednesday, 05/03/06, at 6:00 pm at Steak and Ale, located on the corner of 436 and SR 50.

ADJOURN: There being no further business to conduct; the President adjourned the meeting at 8:25 pm. A birthday cake was served after adjournment in celebration of Altrusa's 89th birthday, as well as our members born in April and Dr. Robin Hall.

Respectfully submitted,

Cheryl A. Malloy
Interim Recording Secretary

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