



Albuquerque Altrusans In Action

October, 2009

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PRESIDENT'S MESSAGE

Halloween is over, November is here, and the pecans and fruitcakes that have been ordered will soon be received. The Club decided to increase the pecan order to 45 cases this year. Judy has placed the order and a shipping date of November 7th is expected. The fruitcake order of 14 cases will remain the same as last year. This is our biggest fundraiser of the year. All members will be asked to sell, sell, sell.

Ms. Judy Stubbs, Vice-Governor, District Ten, visited our Club on October 26th. She was very complimentary on our accomplishments. She also presented some suggestions on how to grow and strengthen our Club. We were glad to have been given the opportunity to host her at our meeting.

We had another successful "hot dog" fundraiser on October 24th. This was our second one this year. Special thanks to Janet for again arranging this for us. Our MADD Project was a success again this year. Frances reported that approximately 25 kids at Mountain View Elementary School were clothed and new shoes were purchased for each of them. Thank you all for your participation in this worthwhile project. It allowed us to spend time working together

with our Altrusa friends, and in turn helping those in our community who are less fortunate.

For those of you who are interested, the Roadrunner Food Bank is asking for volunteers for Saturday, November 14th, Letter Carrier Food Drive, helping to unload food donations from postal vehicles, sort and organize the food, and Sunday, November 22nd, Sortin' Sunday, at the new home of the Roadrunner Food Bank. If interested, call Christina Berlin at 349-8825.

Thanks again to all of you for all you do for Altrusa and our Community.

Yours in Altrusa,

Annabell

*“Don’t just sit there...Stand up whenever you can.
Standing burns twice as many calories as sitting.
It may also increase “good” cholesterol and
Stimulate enzymes that burn fat.
The rates of obesity and heart disease double for
people who sit for long periods of time. Since
you tend to pace when standing, you
automatically move more.
Stand up when you talk on the phone. Stand up
at children’s sports events. Hide the remote and
get up to change channels when watching TV.*

A word to the wise:
Carefully read restaurant menus for clues to fat
and calorie content. The words baked, braised,
broiled, grilled, poached, roasted and steamed
can mean less fat and calories.



Happy October Birthdays to
Ruth Cook 7th
Annabell Poteat 18th

Altrusa Minutes for 10/12/09

Members Present: Annabell Poteat, Leah Saavedra-Chavez, Janet Sanchez, Frances Apodaca, Judith mead, Sue Stone, Ida Bender, BJ Ceilieski, Linda Smith, Lucy Arzate-Boyles, Pat Flammang.

Accent: Altrusa has been involved with Make-A-Difference-Day for the last 4 years.

Minutes for 9/28/09 accepted as written.

Janet scheduled Heidi to do a presentation, Nov. 9th, for Tres Islas Orphanage.

Old Business: Remember to e-mail your volunteer hours to Leah.

Wal-Mart fund raiser, Saturday, October 24th, 9:30 am to 3:00 pm.

9:30 am-1:00 pm Sue, BJ, Frances, Ida, Janet

10:00 am - 3:00 pm Pat and Leah

We will sell frito pie, hot dogs, chili dogs, pop corn and snow cones weather permitting. Ida will make the signs.

Judy Stubbs, District Officer, will visit October 26, 2009.

Judith has confirmed Four Hills Country Club March 20th for the Luncheon Fashion Show and December 12th Christmas Luncheon.

Quota will be having their Fashion Show Brunch, November 7th, at the Embassy Suites. Tickets are \$35.00.

Hostess is Lucy- October 26th meeting.

.No further business to discuss.

Minutes recorded by Pat Flammang.



Altrusa Meeting 10.26.09

Members Present: Judith Mead, Janet Sanchez, Frances Apodaca, Frances Kurtz, Lucy Arzate-Boyles, Annabell Poteat, Ida Bender, Leah Saavedra-Chavez, BJ Ciesielski, Carolina Ware, and Pat Flammang.

Membership: Congratulations to our newest member, BB Brennan!!!

Guests: Judy Stubbs, District Ten Vice Governor and BB Brennan.

Thank you Lucy, for a great dinner!!

Minutes accepted as written for 10.12.09.

Financial Report:

General Budget- \$1,062.66

Foundation Budget- \$7,432.35

Mary Ray CD- 1,201.05

The Wal-Mart fund raiser money will go into the general fund to pay for conference fees.

Members agreed to have Judith Mead choose the food for the Christmas Luncheon, on December 12th.

Correspondence: Judy will order 14 cases of fruit cakes. Pecans will sell for \$7.50 lb. fruit cakes will sell for 3.50 lb. Pecans should be delivered week of November 7th.

Committee Reports: BJ has received one more application for the nursing scholarship.

Heidi will do the presentation on Tres Islas Orphanage, November 9th. Judith will give her slide presentation, on Burma, on January 11th.

For Make-A-Difference-Day, 25 students from Mt View received clothes, shoes and jackets. Frances reported that the children were very excited to get the clothes. One student sent a very nice thank you note.

Old Business: Remember to report you volunteer hours to Leah, via e-mail.

The Wal-Mart fund raiser was very successful. We sold a lot of hot dogs and Frito pies. Thank you Janet for donating the popcorn!!!

New Business: We will put \$50.00 into the Foundation. President Honorarium money will go to grants/awards.

No nominations for the Nominating Committee or the Trustee of the International Foundation. If anyone is interested, let Annabell know before December 15th.

This was Judy Stubbs first club visit. She has been a member of Altrusa for 24 years. She is very involved with the Roswell community. The 2009 Conference in Albuquerque was wonderful! District Ten is very proud of Albuquerque Altrusa for getting closer to charter strength. As we get stronger, we should consider doing board meetings and exchange of duties/information. Another suggestion was to get more publicity for the nursing scholarship. Judith Mead has put all the financial information on a CD. It was suggested that the minutes also be put on a CD or USB flash drive. Leah will help Pat do this. No further business to discuss.

Minutes recorded by Pat Flammang.

Since the Albuquerque club sells Pecans every year here is a recipe that sounds good.

Maple Spiced Pecans

½ tsp coconut oil
2 cups raw pecans
4 tbsp maple syrup
1 tsp cinnamon
¼ tsp ground ginger
1/8 tsp each ground nutmeg and ground cloves
¼ tsp sea salt

Preheat oven to 350 degrees and lightly grease baking sheet with coconut oil. Combine remaining ingredients in a bowl and mix well. Spread mixture on prepared baking sheet and bake 10 minutes. Stir nuts then bake another 10 minutes. Transfer to a plate to cool before serving.

