



Albuquerque Altrusans In Action

August, 2009

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Message from the President

September 7, 2009

DEAR FELLOW ALTRUSANS:

The kids have returned to school. One can always tell that Fall is in the air. We can smell green chili roasting all around us, and the New Mexico State Fair is just around the corner. Altrusa will be on exhibit at the Fair during "Women's Day at the NM State Fair" on September 25th. Leah and Frances A. will represent us. Other projects on the agenda for Fall are the distribution of dictionaries to students at Mountain view Elementary, and the gathering of children's clothes, shoes, and books for "Make A Difference Day." The International Relations Committee, headed by Frances A. will also be busy identifying their project(s) for the year, and BJ, as Chair of the Vocational Services Committee, has announced that applications are being accepted for the Lena Clave Vocational Scholarship Award through December 31, 2009.

Again, I would like to thank you all for the success of our first fundraiser, and also for your enthusiastic attitude in carrying it out. Read the details elsewhere in the newsletter. Following

is the remainder of the article on volunteerism that was started last month:

THE HEART OF VOLUNTEERISM (Continued from last issue) WHY VOLUNTEER?

In past studies of those who volunteer, the most commonly cited reason for serving has been a desire to help others and create a better society. Volunteers also serve out of a sense of personal responsibility or civic duty, a desire to make a difference and an extension of personal or political convictions. They may also serve to pursue a personal interest in the cause or issue, out of a need for affiliation or desire to learn new skills, a desire for a new challenge, to meet new people or simply to fill up empty time.

Two myths overlook important facts about volunteering:

- (1) Volunteers participate spontaneously in response to appeals for help.
- (2) People volunteer purely for altruistic reasons.

First, volunteering is a calculated decision that is rarely spontaneous. Volunteers may

deliberate for considerable amounts of time on whether to volunteer, the extent of their involvement and the degree to which particular activities match their own personal needs.

Second, not all voluntary activities can be linked to altruistic motivations. For instance, an individual who coaches her child's team and a group of citizens who clean up their neighborhood both operate to improve their quality of life. The point here is that volunteers contribute their time for both altruistic (other-serving) and instrumental (self-serving) reasons.

In fact, rather than choosing between other-serving and self-serving goals, volunteers tend to express these two motivations simultaneously. Because volunteer motivations are mixed, volunteerism is best viewed as a pro-social rather than a self-sacrificial activity; it benefits others but does not restrict the volunteer's own personal benefits. Thus, the most sophisticated studies into volunteer motivations have attempted to understand volunteer behavior as something more complicated than pure altruism.

With career-related volunteering, for example, younger age groups may express more interest in using volunteering for career development. Older adults also manifest work-related interests but of a different kind: They may be more interested in staying active, feeling competent and useful, keeping existing skills sharp, passing

on their knowledge and maintaining social or business ties.

See you at our next meeting, September 14th. I will be hosting.

Yours in Altrusa,

Annabell



Altrusa Minutes for 8/10/09

Members Present: Judith Mead, Carolina Ware, Sue Stone, Annabel Poteat, Leah Saavedra-Chavez, Pat Flammang, Frances Kurts, Janet Sanchez.

Accent: Judith read about the meaning of the Altrusa pin.

Correspondence: First Presbyterian Church sent a thank you note for the \$25.00 on behalf of Keith Mead. Foundation for the People of Burma sent their newsletter.

Financial Report: General Fund Balance-\$982.70, Foundation Fund balance-\$7,800.70, Mary Ray CD balance-\$1,193.35.

Old Business: Categories for the volunteer hours for are: Altrusa, yearbook, newsletter, budget, minutes, projects, other. Remember to e-mail your volunteer hours to Leah by the 3rd of each month. Members agreed to R. S. V. P. Hostesses, so they know how much food to prepare for the meetings.

Orientation of new members will be August 24th, 2009. Sue will have questions to pass out to all members. New member orientation will be at regular meetings.

New Business: City of Albuquerque Health Fair, August 28th, 2009. From 8am to 3pm. Sue will attend. State Fair participation tabled until next meeting. Janet will call Wal-Mart to reserve August 30th, 10am to 2pm., for our fundraiser. We will sell chili hot dogs, soda and chips. Members will be able to donate some items to be sold. Carolina will check on price for chili meat, hot dogs and buns. We will discuss the cost estimate at our next meeting. Judith will donate cans of soda.

Thank you Frances K. for a great dinner!!

BJ will host August 24th meeting.

Minutes for 7/29/09 accepted as recorded.

No further business to discuss.

Minutes recorded by Pat Flammang.

From the International Altrusan

Does your Altrusa “Elevator Speech” need a bit of tweaking?

Do you include the fact that Altrusa is the only women-focused organization with representation on the United Nations? This one important fact will cause people to stop and listen to your 30-second speech.

Our International Communications Committee will focus on four goals that they set during the 2009-2011 Program Planning meeting last fall.

1. Define our image
2. Develop useable promotional materials
3. Promote training or best practices to optimize use of materials prepared.
4. Play a meaningful role in developing and implementing future communications



New member Leah Saavedra Chavez, her sponsor Pat Flammang and Sue Stone who did the initiation.

Altrusa Minutes for 8-24-09

Members Present: Sue Stone, Frances Apodaca, Janet Sanchez, Annabell Poteat, Leah Saavedra-Chavez, Ida Bender, Frances Kurts, BJ Ciesielski, Pat Flammang.

Guests: Linda Smith, Benita Brennen, Janet Dominguez.

Thank you, Frances for a delicious dinner!!
Linda won the raffle gift!!

Altrusa Accent: Members will answer orientation questions for next meeting.

Minutes for 8-10-09 filed with no corrections.

New E-Mails: linda541@hotmail.com,
sit5511@aol.com, jandominguez@earthlink.net.

Vocational: BJ sent out reminders for the Nursing Scholarship deadline, December 1, 2009.

Literacy: Frances will confirm date for distribution of dictionaries at Mt. View Elementary.

International: Committee will consider helping the following international organizations: Tres Islas Orphanage Fund (www.orphanagefunds.org), Honduras (Martha Dominguez).

Foundation for the People of Burma and Kenya. BJ, Ida, and Janet will arrange for guest speakers.

Old Business: Remember to e-mail your volunteer hours to Leah, the 3rd of each month, separate hours for each month. Remember to R.S.V.P. hostess for meetings.

City of Albuquerque Health Fair- August 28, 2009, Convention Center, 8am-3pm, Sue and Annabell will attend.

Women's Day at the NM State Fair- September 25, 2009, Leah and Frances A. will attend.

Wal-Mart Fundraiser- August 30, 2009 9:30am to 2pm. We will sell chili dogs, chips, soda, snow cones and cotton candy.

Annabell will buy chips.

BJ will bring mustard and ketchup.

Frances A., BJ and Annabell will make chili meat with beans.

Judith, Lucy and Carolina will bring sodas.

Frances and Lucy will bring hot dog buns.

BJ will make signs.

Ida will bring chopped onions.

Hot dog- chips- soda-\$3.00.

Each member will donate one package of hot dogs (all beef), unless Frances K. gets them for less, with Mike at Southwest Distributers (also hot dog boats).

Chili dog- chips- soda-\$3.50.

Cotton Candy- \$2.00.

Snow Cones- \$1.00.

New Business: Judith will make CD copies of the District Ten photos for each club.

Annabell will host 9-14-09 meeting. Pat will bring raffle gift.

No further business to discuss.

Minutes recorded by Pat Flammang.

ALTRUSA REPRESENTED AT HEALTH AND WELLNESS FAIR

The City of Albuquerque 2009 "Summer Health Fling," Employee Health and Wellness Fair, was held on Friday, August 28, 2009, from 8:00 a.m. to 3:00 p.m., at the Albuquerque Convention Center. There were a total of 67 exhibitors representing a wide range of health services that are available to the public. Approximately 850 individuals attended the event.

Altrusa was among the exhibitors, thanks to BJ who allowed us to share space with



UNM Maternity and Infant Care Program. In addition to our poster board outlining all our past and present projects, which included pictures, Altrusa's table exhibited the "Baby, Think It over Doll, and the dictionaries we provide to Mountain View Elementary School. Literature on Altrusa was also available, as well as brochures that participants could take with them.

Janet, Sue and Annabell represented our Club at this event. The "Baby" generated much interest, especially when Janet took him up and down the aisles introducing him to exhibitors and participants. Many people stopped by our table and received information on Altrusa. Whether it will result in further communication and possibly new members remains to be seen; however, there is no doubt that Altrusa was introduced to the City employees who attended.

ALTRUSA FUNDRAISER

On Sunday, August 30, 2009, our Club held our first fundraiser for 2009-2010. Janet secured the location at the Wal-Mart Super Center on I-40 and Coors. Tables were set up outdoors and we sold hotdogs, chilidogs, frito pie, cotton candy, snow cones and drinks for a nominal fee. Members agreed to donate the items we would need; therefore, the Club's funds were not used. Our thanks to all who participated, either through donation of items or by helping on Sunday, or both. A special thanks to Janet who not only furnished the equipment; i.e., roaster, snow cone and cotton candy machines, tables, fire extinguisher, etc. but also set it up for us. We all look forward to doing this again in the future

