



## Albuquerque Altrusans In Action

September, 2009

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Message from the President

DEAR FELLOW ALTRUSANS:

The Labor Day Holiday and the NM State Fair are behind us, and October has arrived. October brings with it the warm days and cool evenings. It also brings us the gorgeous fall colors and the spectacular Balloon Fiesta. For ten days, we will all enjoy the beautiful sight of hundreds of balloons flying over the city. We, as Albuquerque Altrusans, also look forward to our Make a Difference Day (MADD) Project. We will, once again, in collaboration with Mano en Mano Thrift Store, assemble new or gently used clothing (including new shoes) and distribute them to elementary school children who have been identified as eligible by their respective school nurse or teacher. We hope to be able to help approximately 20 children from at least two elementary schools.

In addition, since our last "hot dog" fundraiser was a success, we anticipate having another one before year end. Janet will check with Wal-Mart to secure a date for us, preferably a Saturday. Judy has reserved the Four Hills Country Club on December 12<sup>th</sup> for our Christmas luncheon. She is also checking on March 12, 2010, for

our Spring Luncheon/Fashion Show. The Chairs of Literacy and International Relations are busy identifying their projects for the year.

We have been busy this year and I want to, once again, thank you for your enthusiasm and support of our Club and our projects. Our financial statement looks good, and we look forward to continuing our support of our community.

Please join me in wishing a Happy Birthday to our October birthdays; Ruth Cook on October 7<sup>th</sup> and yours truly on October 18<sup>th</sup>.

Yours in Altrusa,

Annabell

“The best thing about the future is that it comes one day at a time.”

\_ Abraham Lincoln

“The greatest motivational act one person can do for another is to listen.”

\_ Roy Moody

“You must do the thing you think you cannot do.”

\_ Eleanor Roosevelt

“There is no such thing in anyone’s life as an unimportant day.”

\_ Alexander Woolcott

The greatest mistake a man can make is to be afraid of making one.”

\_ Elbert Hubbard

“The future belongs to those who believe in the beauty of their dreams.”

\_ Eleanor Roosevelt



On September 12<sup>th</sup> BJ and Sue attended a Health Fair at the Alamosa Community Center. It was sponsored by the YDI. It was called Get up! Get moving! Albuquerque. BJ took her things for the UNM Hospital Maternity and Family Planning Clinics. I took our Altrusa things. Poster, baby, dictionary and flyers. They had shade for all the booths. It was so nice of BJ to let us share her booth.

There were many people from YDI sponsored programs. YSO (4<sup>th</sup> street Outreach), Juvenile Community Corrections, Family and Community Services, Alamosa Centro De Amor Head Start and many more. They had lots of entertainment. RGHS Castanet’s Dance group, Synergy Jump Rope Team, Jefferson Middle School Dance Team, Latin Aerobics and many more. Lobo mascots Louie and Lucy, Blue Cross and Blue

Shield's Blue Bear, The Thunderbirds Trey were all there. We saw Ruthie Dearing from the CYFD Children's Trust Fund. She said she would try and make a meeting.

We had lots of fun. A lot of people asked about our club. The baby is always a big hit.



#### FRUIT DIP

2 8 oz. pkgs. cream cheese  
1 1/2 c. brown sugar  
1/2 c. sugar  
1 tsp. vanilla  
1 tub caramel sauce (found in the produce section)  
1 pkg heath bits or 2 heath candy bars broken into pieces  
chopped nuts

Mix together first four ingredients and spread on dish. Warm caramel sauce and spread on top of mixture. Follow with heath bits and nuts.



These recipes are from our member Annabell Poteat

#### HOT CHICKEN SALAD

(Recipe courtesy of Paula Deene, Food Network)

2 cups cooked chicken breast meat, cubed \*  
1 cup diced celery

1/2 tsp pepper\*  
2 Tbl fresh lemon juice  
1/2 tsp salt\*  
1/2 cup slivered almonds  
1 cup mayonnaise  
1 cup grated sharp cheddar cheese  
2/3 cup crushed potato chips

Preheat oven to 350 degrees. Spray a 13 x 9 inch baking dish with vegetable oil cooking spray.

In a large mixing bowl combine the chicken, celery, almonds, salt, pepper, lemon juice, mayonnaise and cheese. Place the mixture in the prepared baking dish. Spread the crushed potato chips on top. Bake for 20 minutes or until bubbly.

\* I used a roasted chicken from Costco and skipped the salt and pepper, since the chicken was already prepared. One chicken yields 4 cups. I doubled the recipe and it fit nicely into the 13 x 9 dish; although the recipe does say to use this size dish for one recipe. You can log onto the Food Network website and read the comments from the people that have tried this recipe.



#### Altrusa Minutes for 9.14.09

**Present:** Judith Mead, Sue Stone, Carolina Ware, Frances Apodaca, Frances Kurts, Annabell Poteat, Ida Bender, Leah Saavedra-Chavez, Pat Flammang, Janet Sanchez, BJ Ciesielski, Lucy Arzate-Boyles.

Great Dinner Annabell!!

Minutes for 8.24.09, stand as written.

Accent: Questions were answered about Altrusa. This was orientation for new and old members.

**Correspondence:** Frances received thank-you notes from Mt View students for the dictionaries. Annabell received an e-mail from District ten regarding an Astra representative. Ida volunteered to be the representative. She is talking to teachers about starting an Astra Club at Van Buren Middle School

**Financial Report:** Foundation budget total: \$7,833.20. General budget total: \$1,197.65.

Mary Ray CD: \$1,197.26. The Wal-Mart fund raiser brought in \$235.95!!! Great job everyone!!

Members donated any purchases they made for the Wal-Mart fund raiser. Thank you!! Members agreed to schedule another fund raiser before the end of the year!!!

**Vocational:** Ida will give the web site person the new application for the nursing scholarship.

**Literacy:** There are 30 dictionaries left. Ida would like to buy more dictionaries to distribute to students at Van Buren. She will check on prices and report back.

**International:** We are discussing if the club should give \$500.00 to each of the following organizations. David Broudy ( Kenya), Tres Islas Orphanage, Burma and Martha Dominguez (Honduras). BJ will contact David Broudy to give presentation and Janet will contact spokes person from Tres Islas Orphanage to give a presentation.

**Old Business:** Remember to e-mail Leah your volunteer hours. Leah and Susan will volunteer for the Women's Day at the Fair, September 25, 2009. If any other members can attend send Annabell an e-mail. Ida reported on the International Convention in Indianapolis. She brought back the new and updated Altrusan International, the brochure, which is downloadable and the At-a-glance card. We will also have new letterer head and service announcement.

By Laws are on line. Ida will make copies for the Colorado Springs conference. They will be available at conference. Ida will order some to be purchased by those who want a copy.

**New Business:** Frances A. and Lucy will get 20 names from their school for the clothing. Altrusa will buy the shoes. Get specifics about student sizes. There are more children's clothes to wash. Christmas Luncheon, Dec 12, 2009, Judith will check with Four Hills Country Club. Judith will also check on dates for the Spring Fashion Show Luncheon, March 6<sup>th</sup> or March 20<sup>th</sup>. Judith will bring the CD's with pictures taken at the 2009 District Ten Conference.

Annabell won the raffle gift!

Hostess for September 28th meeting is Leah.

**From now on send your e-mails to BJ at nmchwa@yahoo.com.**

No further business to discuss.

Minutes recorded by Pat Flammang.



Altrusa Minutes for 9/28/09

**Members Present:** Sue Stone, Leah Saavedra-Chavez, BJ Ciesielski, Ida Bender, Judith Mead, Carolina Ware, Annabell Poteat, Janet Sanchez, and Pat Flammang.

**Guests:** David Broudy, Rifka Stern and Linda Smith.

**Accent:** Leah presented accent on the Altrusa Pin

**Presentation:** David Broudy resented information on the work they do in Kenya for child hunger and malnutrition. They provide humanitarian aid and health care to the poor in Kenya. To learn more about Global Health Partnerships visit [www.gph-usa.org/](http://www.gph-usa.org/).

Minutes for 9-14-09 accepted as recorded. Except for one correction; the groups Altrusa is considering donating money are only recommendations.

**Correspondence:** The new interim marketing kit for Altrusa is now available on the International web site. We received a very nice thank-you note from Donea!

If you are interested in attending the High Tea Fashion Show, on October 24<sup>th</sup>, 2pm-4pm, \$60.00 a ticket. You can contact Brandi @ 205-0781 or Holly@ 271-9568. The proceeds benefit Resources Inc. They provide advocacy, counseling and legal services to domestic abuse victims

Judith will order 45 cases of pecans. Sue will have them delivered to her house for distribution. Fruit cakes will be ordered at a later time.

**Financial Report:** Foundation- \$7,833.20, General Fund- \$1,097.45, Mary Ray CD- \$1,197.26.

**Committee Reports:** The web site has the new/revised Nursing application.

**Vocational:** BJ has received one nursing application. Others are making inquiries.

**Literacy:** Members will decide on purchasing dictionaries for Van Buren Middle School.

**Old Business:** Remember to e-mail your volunteer hours to Leah. Women's Day at the fair went well. Leah and Sue had a great time! Leah and Pat donated the canopy!

Judith's slide presentation will be rescheduled.

**Meeting for Altrusa on 10-12-09 will be at Mano en Mano Thrift Store.** We will put together the clothes. It is just south on the corner of Lomas and Washington NE.

District Officer Judy Stubbs will visit on October 26<sup>th</sup>.

Judith has confirmed date for the Fashion Show Luncheon, March 20<sup>th</sup> and Christmas Luncheon, December 12<sup>th</sup>.

Janet Sanchez has confirmed the Wal-Mart fundraiser for October 24<sup>th</sup>. We will decide at the next meeting if members donate items or Altrusa will pay for the items.

NMCHWA (New Mexico Community Health Workers Association) 14<sup>th</sup> Annual Conference/Symposium will be on October 28<sup>th</sup>-30<sup>th</sup> at The Central United Methodist Church, 201 University Blvd. NE... If any members are interested let BJ know by October 12<sup>th</sup>. BJ put the pictures in the NMCWA newsletter of Ida and Frances A. receiving the NMCHWA Volunteer Award

Frances Kurts suggested that we target the Officer's Wives Club on base. Place an add in their paper called "The Nucleus." This will be discussed at our next meeting.

Ida will host October 12<sup>th</sup> meeting. Sue will provide raffle gift.

Minutes recorded by Pat Flammang.