

ALTRUSA WAVES

ALTRUSA INTERNATIONAL OF GARLAND NEWSLETTER



FIRST Altrusa Baby Shower!

PRESIDENT'S Pen

Stephanie Noland



For many, Spring cleaning represents a fresh start. Here are a few psychological benefits from this kind of fresh start.

- **Reduced Stress:** Organized spaces are associated with lower cortisol levels and a 55% reduction in anxiety symptoms.
- **Improved Focus:** Removing visual clutter helps the brain filter information more effectively, leading to increased productivity.
- **Mood Boost:** Cleaning triggers a release of dopamine (up to a 47% increase), providing a natural sense of accomplishment and satisfaction.

Altrusa Garland is supporting our friend, Dr. Elizabeth Acquaye, as her team prepares to travel to Ghana this year through a clothing, shoes, and toy drive. Not only will WE reap the rewards of our Spring cleaning, our donations will benefit a community over 6,000 miles away. Dr. Nina Fay Calhoun would be proud of our international efforts!

I've already heard from several Altrusans who are gathering donations and getting things ready to deliver to Dr. Elizabeth. Weaver Elementary is hosting a donation/sort event during the week of March 23 - 27. We will be getting more details from Sheila McComas and will be sure to share with all club members! I'm excited about how our service and kindness will create an enduring impact so far away.

Cleaning alongside you,

Stephanie
snolandtx@yahoo.com



IMPORTANT DATES

- Mar 12 Business Meeting - Strike and Reel
- Mar 20 5 Loaves Gala
- Mar 22 Altrusa Book Club; 4pm, Wildwood Firewheel
- Mar 23 Weaver Book Fair, 8:30 am
- Mar 23 -27 Clothing and Toy Drive for Dr. Elizabeth Acquaye at Weaver
- Mar 26 Board Meeting via Zoom

MARCH MEETING NOTES

Menu - Chicken Alfredo, Meat lasagna, rolls, salad, peach cobbler, drinks

Cost \$32.00

Speaker - Susan Whitenack, Principal - The DaVinci School of Dallas

MEETING INFORMATION

COMMUNICATIONS COMMITTEE

is responsible for leading the Altrusa pledge, grace and accent at the March 12, 2026 meeting.

WEBSITE

AltrusaGarland.org

DISTRICT NINE WEBSITE

AltrusaDistrictNine.org

EMAIL

AltrusaGarland@gmail.com

ALTRUSA INTERNATIONAL

Altrusa.org



COMMITTEE HAPPENINGS

COMMUNITY SERVICE COMMITTEE

5 Loaves Gala

Altrusa is partnering with 5 Loaves to support their **March 20** fundraiser gala. Volunteers are needed to help with check-in, table assistance, auction prizes, and other logistics. More details—including shifts, attire, roles, and possible wine!—will be shared by email and discussed at the March meeting.



Book Fairs are BACK!

Our next book fair at Weaver Elementary is **March 23** at 8:30 AM. Volunteers are needed to help set out books and cheer on the FROGS! Please mark your calendar to participate. Remember, a current school-year background check is required, and don't forget to wear your Altrusa shirt.



Spring Cleaning for Ghana

As noted in the President's Pen, we are collecting clothing, shoes, and toys for Ghana. Please sort clothing into men's, women's, and children's and bag items for delivery to Weaver Elementary or Dr. Acquaye's dental office. Volunteers may also help sort donations at Weaver during the week of **March 23**. More details will be shared at the March meeting.



MEMBERSHIP COMMITTEE

This month, Altrusa International of Garland focuses on the **"A" in FRANKS — Acquaintances**. Many people in our everyday circles—work, school, church, and hobbies—already see our commitment to service and may simply be waiting for an invitation. As we grow our club and expand our impact, consider inviting an acquaintance to join you at an upcoming meeting or service project.

Our **Day of Service on March 28** (location to be announced) is a perfect opportunity. This hands-on event, part of **Add an Altrusan Month**, will feature multiple service projects and welcome members, FRANKS, and the community to serve together. Start thinking about which acquaintance you'll invite to make a difference!

GENERAL CLUB NEWS

Traveling With a Passport?

If you attended the ACT's Special Arts Festival, you can stamp **Social Media #4** (we posted on Facebook)

If you attended Laura's baby shower, you can stamp **Member Engagement #2** and **Social Media #10**.

If you're donating to our clothing drive for Dr. Elizabeth, stamp **Service #1**

If you participated in the Book Bingo Night, co-sponsored by Dorsey Elementary PTA, stamp **Membership Growth #8**.

District Nine's Virtual Club

District Nine launched the Lone Star Texas Virtual Club on February 2, 2026, offering a flexible way to serve through Altrusa. Open to all, members can join from anywhere for short meetings, meaningful service, virtual socials, and an annual conference. Upcoming follow-up meetings are encouraged.



UPCOMING BIRTHDAYS



CHRISTINA CONTRERAS
MAR 30TH



Altrusa READS Book Club

The book club choice for this month

The Last Thing He Told Me by Laura Dave

A bestselling mystery thriller about Hannah Hall, whose husband Owen disappears, leaving a cryptic note for her to "Protect her," referring to his teenage daughter, Bailey. As the FBI investigates Owen's company, Hannah and Bailey must work together to uncover the truth about his identity and why he vanished, forming an unexpected bond in the process.

See you at book club on **March 22** at 4:00. We meet at Wildwood restaurant at Firewheel.

ACT SPECIAL ARTS FESTIVAL



Stop by Table 15 and visit
Altrusa - Garland for a free book!



Dorsey PTA Presents:

BOOK BINGO!



BOOK BINGO BOOK FAIR



Thank You!

for celebrating this special moment with me and welcoming my little one.

Altrusans are the BEST!

LAURA AND BABY ORLANDO