

ALTRUSA WAVES



ALTRUSA INTERNATIONAL OF GARLAND NEWSLETTER



Deja vu for Altrusa Garland as we AGAIN welcome new members at our July meeting. Pictured here is Helen Partain pinning new (returning) member Gale Wallace.

PRESIDENT'S Pen

Stephanie Noland



Are you watching the Summer Olympics? If you follow the sport of gymnastics (like me), then I'm sure you know the name Stephen Nedoroscik. This is the guy who sat watching his teammates for nearly the entire night of the men's team final competition. See, his only event on Monday was the pommel horse – the LAST apparatus of the competition. Did you see him? When he wasn't competing, he was on the sidelines cheering and celebrating his teammates' successes. And, when it was his turn to compete (I'm sure you know this), Stephen took off his glasses, approached the apparatus and NAILED his routine. Cut to the rest of the US team on the sidelines...and you better believe that they were cheering LOUDLY for Stephen. Of course, you also know that the US men took the bronze medal that night.

This practice of celebrating our teammates – even if it's not our "event" is classic Altrusan behavior. And one of the many reasons that I'm proud to be a member of our club. Not every member connects through every single service or fellowship opportunity and that's okay. We find those events and opportunities where our skills and talents are best suited and join in! Other times, we cheer and celebrate the efforts of our fellow Altrusans doing the good work in our community.

I want to encourage you to take every advantage to join in the fun of serving with kindness...and leaving an enduring impact in our communities this year. Go Team USA and Go Team ALTRUSA Garland.

Cheering for you as we serve together.

Stephanie
snolandtx@yahoo.com



IMPORTANT DATES

- Aug 08 Business Meeting, 6 PM, Strike + Reel
- Aug 25 Book Club, 4 PM, Wildwood Firewheel
- Aug 22 Board Meeting, 6 PM, via Zoom
- Aug 29 5th Thursday Social, 6 PM, Lakewood Brewery
- Sept 19 North Texas Giving Day
- Nov 2 District Nine Fall Leadership Conference

AUGUST MEETING STRIKE + REEL

VENUE UPDATE
We are continuing to work with the staff at Strike & Reel to address the specific needs of our club meetings. One example: advance purchase of drink coupons (based on our meal guarantee) gives those wanting bar service at a discounted price. Specifics on this were emailed to club members recently.

MEETING INFORMATION

PROGRAMS COMMITTEE

is responsible for leading the Altrusa pledge, grace and accent at the August 8, 2024 meeting.

WEBSITE

AltrusaGarland.org

DISTRICT NINE WEBSITE

AltrusaDistrictNine.org

EMAIL

AltrusaGarland@gmail.com

ALTRUSA INTERNATIONAL

Altrusa.org

garlandaltrusa on



CLUB NEWS



WELCOME NEW MEMBERS

We are pleased to welcome **B.J. Hawkins** and **Gale Wallace** into our club membership. B.J. lives in Garland and is a church friend of Helen Partain. Former Garland member, Gale Wallace stepped away from Altrusa for a while, but has decided to rejoin. Helen Partain is sponsoring both these new members. We are so glad that both of you are now a part of us!

SCHOOL SUPPLY WISH LIST BUY NOW, DISTRIBUTE LATER.

Tax free weekend is August 9-11, avoid the tax on school supplies during this time.

- Crayola Crayons (24 count)
- Black/White Composition Books
- Pocket Folders *without brads*
- Dry Erase Markers
- Crayola Colored Pencils
- Tissues

BOOK FAIRS AND BACKGROUND CHECKS

Our first GISD bookfair at Daugherty Elementary is just around the corner - **September 10** with Shorehaven not too far behind on **October 4**. In order to volunteer in GISD schools for these events, each person must submit a background check through the Garland ISD website. The process is quick and easy and accessible here: [Volunteer Application](#)

ALTRUSA SHIRT ORDERS

We will be taking orders for Altrusa Garland shirts at the August meeting OR you can email Betty directly with your size and shirt choice of V-neck or crew neck. (V-neck may not be available in all sizes.)

She will collect your payment upon delivery. Remember, our FROG shirts are the perfect choice for service events like our upcoming book fairs.



SAVE THE DATE!

September 19, 2024 is North Texas Giving Day (and our ONLY fundraising project). Please begin to think of how you will participate to support our local community service projects - both personally and by reaching out to your network. More to come soon from the Fundraising committee.



COMMITTEE HAPPENINGS

SOCIAL COMMITTEE

5TH THURSDAY SOCIAL

Thursday, **August 29th**, **Lakewood Brewery**, 2302 Executive Drive in Garland at 6:00 PM. Please put this date on your calendar and remember spouses are welcome.

EDITOR **Christina Contreras** cmcontreras01@yahoo.com

AUGUST BIRTHDAYS



Altrusa READS Book Club

The book club choice for August

Girls Like Us

by *Cristina Alger*

The instant New York Times bestseller, for the first time in mass market: Worlds collide when an FBI agent investigates a string of grisly murders on Long Island and faces the impossible question: What happens when the primary suspect is your father?

See you at book club on **August 25 at 4:00**. We meet at Wildwood restaurant at Firewheel.



Check out our picks on GoodReads [2023 List Here](#)



HOPE'S DOOR YAC OPPORTUNITY

Hope's Door/New Beginning Center is accepting applications for their 2024-25 Youth Advisory Council. The HDNBC Youth Advisory Council (YAC) offers a collaborative partnership between our organization and the youth in communities they serve. Opportunities include educating about violence prevention, leading fundraising and other outreach projects, and providing new youth perspectives. It is their hope to empower youth and raise awareness about the anti-violence movement. Altrusan **Amy Sausamede** can answer questions about this one-year commitment/leadership opportunity is open to students in grades 9-12 in Garland ISD and Dallas ISD.

VOLUNTEERS NEEDED

Christian Care Mesquite would like Altrusa of Garland to join the residents for the 2nd Annual Fair Fun Friday, September 27 from 10am to 12pm. We will escort Assisted Living and Nursing residents to the church auditorium to play Fair Games, win prizes and eat fair food and then escort them back to their rooms. The call is for as many volunteers as we can get! It's for Fair after all, and the more the merrier!



JULY BUSINESS MEETING 2024



GOVERNOR'S HOME CLUB