

2022-2023

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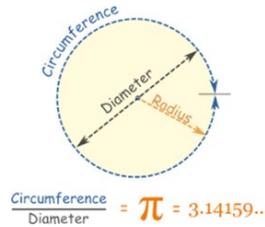


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President's Message

“Pi Day” is coming up on March 14th – the annual holiday might have flown under your radar in years past. Founded in 1988, it’s a day to celebrate this mathematical constant, often represented by the lower-case Greek letter π. Pi Day is observed



on March 14th since 3, 1, and 4 are the first three significant figures of π.

To put the *pi* pun to good use, celebrants often partake in baking and/or eating a *pie* to mark the occasion.

Pi is the ratio of a circle’s circumference to its diameter. For any circle, the distance around the edge is a little more than three times the distance across: around 3.14 times! Pi is an irrational number, meaning it is a decimal with no end and no repeating pattern: 3.14159...

Just as pi is an irrational number, sometimes we can find ourselves in irrational trains of thought. Here are some examples of thought patterns you may have experienced and how to combat them:



- **If I do things for myself, I will be considered selfish...** Self-care

is important: you ‘can’t pour from an empty cup.’ Focusing on yourself can give you the strength for further service to others.

- **I must not take a risk to make sure I don’t fail...** Stepping outside your comfort zone can be scary, but can provide you an opportunity to realize an untapped strength and develop new skills. Consider jumping into a different committee or leadership position to grow as an Altrusan. Risk can bring great reward – or at least a good deal of wisdom!
- **I can never make a mistake or I’ll be seen as a failure...** Mistakes happen – and often! Give yourself (and your fellow Altrusans) grace to learn from the experience.

There are so many delicious pies to bake: a sweet potato pie, a tasty fruit pie, a Fresh Georgia Pecan pie, a cream pie, or even a savory chicken pot pie! Join me in enjoying a pie and rearranging any pesky irrational thoughts that may be holding you back this month.

Courtney Kallergis, President
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March 2 Club Meeting

6:00 pm social
6:30 pm dinner meeting

Figlio’s
1369 Grandview Ave.
Columbus 43212

Please remember your:

- Cards for older adults—Aging Solutions
- Interview clothing for OSU students

Membership Committee

The Club has been making good progress with our Membership Recruitment Plan. In January, we worked on the "20 Potential Members in 2 Minutes." In February, everyone was reminded that if you are on Facebook, please click "follow" for the Altrusa of Columbus page, and when you see a post, please click "share." During the February meeting, the Club approved the plan to have an incentive for new members to join; new members will only pay half of the dues during the first year.

Upcoming items on the list include asking the Communications Committee to develop an 8 x 10 (or larger) poster about Altrusa, the benefits of membership, and how to acquire more information and learn of meeting locations. If the Club approves the expenditure for printing some, we can put them on library bulletin boards and in other places.

Of course, the Membership Committee has an ongoing goal of encouraging all of us to invite someone to attend a meeting. We will be having at least one guest at the March meeting who has already decided she wants to join! Don't forget that the Club pays for dinner for a guest's first visit.

Membership Committee Co-Chairs

Mary Smithson, marysmithson47@gmail.com

Mary Mars, marycmars38@gmail.com

Altrusa of Columbus Members Web Page

Altrusa of Columbus, Ohio website:

www.altrusacolumbusoh.com. Go to the

"For Our Members" link. The password is 1918.

The Grantee Journal

The Altrusa chapter of Columbus invited representatives from several grantee organizations to provide updates on their programs, which are funded in part by the club's 2022-23 grants, at recent meetings. At the February meeting, **Tamara James, COAAA Director of Strategic Initiatives**, talked about the work their Aging Solutions foundation does to help seniors in central Ohio. In 2022, about 450 clients received

assistance to help pay for housing, utilities, household items (microwaves, space heaters, etc.) and personal care items (toothpaste, detergent, etc.).

Tamara shared feedback from a case manager: "My consumer has physical limitations that prevent her from preparing meals. She needed a new microwave so she can heat up simple meals, frozen food items, and reheat her home delivered meals. A microwave means she has easy access to nutrition."

Another staff member reported: "The supply closet is great because the cost of toiletries and cleaning supplies can add up, and being able to deliver these items to our consumers is so very much appreciated..."

Tamara provided links to Aging Solutions' "wish lists" at online retailers, where Altrusa members can shop for needed items and have them delivered directly to COAAA. The lists include a variety of items and price points:

Amazon: www.amazon.com/hz/wishlist/ls/220PPRTSAV3S8/ref=nav_wishlist_lists_2

Target: www.target.com/gift-registry/gift/agingsolutions

Walmart: www.walmart.com/registry/registryforgood/3d773a56-653c-4a45-b792-727423e72874/view

Tamara thanked the club for the greeting cards members provide for seniors served by COAAA and said they "are consistently being put to good use."

Addie Natalie, Corporate and Foundation Relations Manager for the Boys and Girls Clubs of Central Ohio, gave an update on the expansion of clubs to new neighborhoods in Columbus and Marion. The clubs provide academic programming and physical activity after school and in the summer for youth ages 5 – 18. Altrusa's 2022-23 grant helped support BGC-CO's Academic Success program, which is "designed to ensure that all Club members graduate from high school on time prepared for a post-secondary education and/or a 21st-century career."

The Grantee Journal (continued)

Addie shared photos of Club activities and facilities. She thanked Altrusans for their donation of items from BGCCO's holiday gift drive wish list. Boys and Girls Club members received a craft kit, mini-basketball hoop, earbuds, or other age-appropriate gift. Altrusans participated in a gift-wrapping event at the Milo-Grogan Club-house. BGCCO's second hands-on volunteer opportunity will be a school supply drive in the spring, in preparation for the start of the academic year.

Grants Committee Chair

Jackie Nielson, roger.nielson@yahoo.com

Community Service Committee

We are excited to have such great community service projects to be completed this year.

March – Bring your cards for Aging Solutions to the March 2nd meeting at Figlio in Grandview. Please refer to the email that Bonnie recently sent to all members regarding writing the cards. This is an on-going service project and we collect cards quarterly. After March, the next collection will be at the June meeting.

Also, bring donations of gently used professional clothes, shoes and accessories to the March 2nd meeting: This will help OSU students dress professionally with your donations going to OSU's Student Life's Career Closet! This free student service will help students outfit themselves for upcoming interviews, career fairs, internships, and career employment.

All the following items are accepted: men's and women's suits; skirts and dresses; men's and women's slacks/dress pants; blouses and men's dress shirts; unopened/unused hosiery and socks; dress shoes (pumps, flats, appropriate boots, men's leather lace-ups); ties, purses, briefcases, jewelry, and scarves.

If you have been out of the workforce for a while and do not have any offerings of the current styles, please ask your daughters, sons or grandchildren who are currently working to clean their closets.

If you are unable to attend, you may contact Bridget to arrange for pick-up. Bridget's email is btm810@gmail.com or phone 419-545-4159. Acknowledgement of donations forms can be provided for tax purposes.

April – Please consider **volunteering** at the Mid-Ohio Food Collective. Courtney will be coordinating this project. The Mid-Ohio Food Collective has many ways that our members can volunteer. We will gauge interest and select a date/time. Stay tuned for more details to come a little later!

June – A book drive is planned. Please start collecting new and lightly used books, puzzles, and board games to bring to our June meeting. The meeting will be a hands-on community service project as we sort books. Donations are planned to be given to the OSU Scholar House, Easterseals and other agencies. Some upcoming library book sales are the Arlington Library – <https://arlingtonlibraryfriends.org/events/book-sales/> and the Worthington Library - <https://worthingtonlibrariesfriends.org/book-sale/>

Service Committee Chair

Pat Fitzpatrick, patfitzpatrick78@gmail.com

For Your Calendars:

April 6 Club Meeting

6:00 pm at Hickory House, Gahanna
Spring Fling fundraiser planning

May 4 Club Meeting

6:00 pm at Columbus Museum of Art
Board member installation and district conference recap

June 1 Club Meeting

6:00 pm at Shelter House #1, Whetstone Park of Roses, Clintonville
Hands-on service project

2023 District Five Conference

April 28 – 30, Mansfield, OH—“Reform the Norm”
Mohican Lodge & Conference Center
Note: Room reservation deadline of March 27

58th Altrusa International Convention

July 19 – 22, 2023—San Antonio, TX
“VIVA ALTRUSA!!” - Grand Hyatt Hotel Riverwalk

Altrusa of Columbus 2023 Spring Fling

Save the date!

Mozart's in
Clintonville

May 21st ~ 3^{pm}

Details coming soon!!



3 pm—our Spring Fling
tea time at Mozart's!

Important March Dates:

8 - International Women's Day

20 - International Day of Happiness

21- International Day for the Elimination of
Racial Discrimination

DISTRICT FIVE NEWS

~68th Altrusa District Five Conference and Annual Meeting, April 28-30, 2023 at Mohican Lodge & Conference Center, Perrysville, OH. Early bird conference registration must be postmarked by March 6! (Deadlines: Registration—postmarked by March 20; hotel reservation March 27) Conference theme is "Reform the Norm." Optional trip to The Ohio State Reformatory. Workshops on Social Media, Fundraising, Awards, Foundation/Grants, Membership and Website. Our chapter will register for the Centerpiece Competition and most likely sell nuts at a vendor table!

~Open to all Altrusa members free of charge, training sessions for president, treasurer and secretary positions to be offered on Zoom Saturday, May 20 from 9-11 am. Registration deadline is May 5: <https://forms.gle/Y2Dpq3aSfB1xTNxT6>

INTERNATIONAL NEWS

~ Want to learn something new about social media and project management tools? Maria Mackay suggests looking up WordPress, Trello, Yammer and Asana, sample modern communication technologies she recommends.

~Perhaps we can mentor one another, not just new members or those in new leadership roles. Susan Hawes identifies key mentorship qualities: respect, active listening, empathy, helpful questioning/challenging and collaboration. One way to practice might be during an Altrusa Columbus "Crosstown Conversation!"

~Brenda Ruby reminds us that every member of an Altrusa club should be in at least one of three stages of leadership: 1) Training to be a leader, 2) Leading! and/or 3) Teaching others to lead. Which stage describes you?

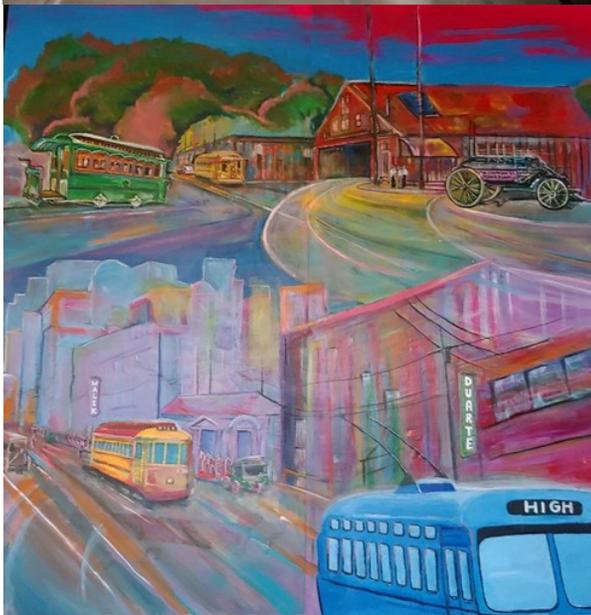
~Have you ever looked at the Service Project Toolkit in the member area of the Altrusa International website? Shari Gomez draws our attention to this helpful tool for ensuring success of our service and other projects. Look for this and other Project Guides in the Service section of the website.

~Kathy Schrein explains International Women's Day 2023 theme "#EmbraceEquity." This special call to action first gained attention on March 8, 1908 when 15,000 women workers in the "needle" trade marched through NYC's Lower East side protesting child labor, sweatshops and worker conditions and demanded women's voting. This day was initially honored in 1911, belonging to all groups collectively worldwide.

~2023 Call to Convention! Our 58th Altrusa International Convention is taking place in the Grand Hyatt Hotel Riverwalk, San Antonio, Texas on July 19-22. A special Call to Conference publication to be released soon.

HAPPINESS CORNER!
A place for Altrusans of Columbus to share simple things that make them smile.

Nancy: Lewis and I visited The Historic Trolley District East Market for lunch (close to Franklin Park Conservatory). There were many types of food available, and we enjoyed reading the history of the trolleys. The market appears to still be adding food vendors. <https://eastmarketcolumbus.com/>



HISTORIC SIGNIFICANCE

The Franklin Park Trolley Barn complex is located within the boundaries of the Near East Side Historic District, which was listed in the National Register of Historic Places in 1983. The property is associated with the transportation history of the city of Columbus. The buildings, which were constructed over a period of several decades, reflect the history and development of the city's streetcar transportation system and its expansion to fit the needs of the growing capital city. The site was first developed with a horse stable and later expanded to include streetcar barns and repair facilities. After the end of the streetcar era, the facilities served the city's bus transit system. Prior to the redevelopment by Connect Real Estate, the buildings were in varying states of deterioration. The completed adaptive reuse development conveys a strong sense of their transportation and industrial character. The buildings retain their original relationships to one another; original materials and methods of construction are still evident; and the physical form and industrial character remain largely intact. This complex is an important and rare link to the city's late 19th and early-to-mid-20th century transportation history.

HAPPINESS CORNER (continued)

Pat H: Here are my three little loves, nearly four year-old Elizabeth meeting Santa for the first time; and two year-old Knoa (*pronounced Noah*) with his little brother, two month-old Atlas. They bring me so much joy!



Bonnie: Here is Daisy, the resident “Wellness Lab” at COAAA (our grantee Aging Solutions).

Daisy has recently been accepted to “Paw Force One” which is a dog therapy program designed to assist passengers with situations evoking stress and anxiety. The dogs also roam the terminal interacting with passengers along the way. Daisy’s human (a COAAA employee) is waiting on security clearance to begin their volunteering.

Bob (already a Paw-Force member) appears in the photo with Daisy. For more information on Paw Force One: <https://flycolumbus.com/at-the-airport/services-amenities/paw-force-one>