



Reaching Out

Altrusa International Convention
July 17-20, 2019
Reno, NV



President's Message



Welcome to our Reno Call to Convention publication. We have included a preview of information you need to know for planning to come to Convention in Reno. After having visited the Grand Sierra Resort in November to complete our Convention planning, I will admit to having been extremely impressed with the venue. There is so much to do at the property with something for all – you could bring the whole family. The Convention facilities themselves are excellent with business, banquet and workshop rooms all close to each other so everything is nice and compact. I am excited about the program we have planned and that we have been able to incorporate many of the things that members have requested. We really have been listening to the feedback and we have been making some changes to the way we have structured Convention and how we are planning, promoting and will be conducting the event.

- Promotion - You will see a lot more advanced promotion of the Convention as requested, starting with this call to Convention and then after the International Altrusan in April 2019 there will be special Pre-Convention Newsletters for registrants and First Timers Information packs. We will have lots more information also readily available on the International website.
- Timing – We have shifted the timing of Convention so we start on Wednesday and finish on Saturday which means you can choose to make a week of it by coming a little early and exploring Reno and surrounding areas and on the Sunday after Convention concludes you can travel home ready for the next work week.
- Activities – We have built a program that includes fun activities, inspirational key note speakers, over 40 workshops (including repeats just in case you can't make it to the first offering), opportunities to network and share ideas with a Conversation Café event, and a chance to explore Reno and Tahoe. We are also offering a pre-convention tour and a partner's program.
- Value for Money – we have kept registration fees down as low as we can and have included more meal events. You will be eating almost 80% of your registration fee in the form of three dinners, 4 lunches, and 2 breakfasts. The Grand Sierra Resort is providing us with an excellent rate for accommodation rooms which includes the resort fee and there is so much to do right on site at the resort.

So, check out all the information in this Call to Convention and plan to come to Reno.

See you there!

Leanne Milligan
Leanne Milligan
International President

As the 2017-2019 biennium draws to a close, we are still...

Reaching Out

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Trying Something New

As we move into our second century of service, we thought we might try something new with Convention. We will try "going paperless" or at least partially paperless.

With our new website being mobile device friendly and along a desire to reduce our effect on the environment by cutting down a few less trees we are going to take the first step in going paperless in Reno. Not only is it good for the environment, it's good for you pockets as well as it helps us keep registration fees as low as possible. As we make changes, we will make sure we inform you well in advance.



Planes, Trains or Automobiles.... Reno 2019!

By Ilona Kerby, Past International President

It's always an adventure traveling to Altrusa International Convention! With the Wild West as your destination you are sure to have many tales to tell of the road to convention. Depending on your preferred mode of travel whether it is a scenic road trip by car, a relaxed ride by rail or a fast jet we've got you covered.

A trip to convention by car will allow you to let your sense of adventure be your guide. Fill that car with Altrusans, luggage and plenty of fun to begin your road trip. Crossing prairies, rivers, mountains and deserts or catching part of scenic Route 66, you are bound to see awe inspiring sights, bond with your Altrusa friends and find shopping opportunities along the way.

If you'd rather leave the driving to someone else Amtrak will bring you through plenty of scenic country no matter where you begin your journey. You can sit back, read a book, take photos of the sights flashing by, enjoy a drink, a meal and chat with your seat mates.

Here is a sample of some routes and times to reach Reno by train:

Chicago to Reno - 2 days

Kansas City to Reno - 2 days

San Francisco to Reno - 8 hours

Seattle to Reno - 1 ½ days

Washington DC to Reno - 3 days (change trains in Chicago)



Or, if you have limited time, an airplane ride will get you to Reno airport which is just minutes away from the Grand Sierra Resort; our location for convention fun and fellowship.

No matter your choice of transport, we wish you adventure and safe travel as you make memories to last your lifetime. See you in Reno July 2019!



Altrusa Districts Bowling Tournament

Tuesday, July 16, 2019

Taking place inside the Grand Sierra Resort.

Prizes for:

▶ **Top 3 Teams**

▶ **Best Cheerleaders**

▶ **Best Team Name**

▶ **Door Prizes**

Food and Beverage will be available for purchase.



2019 Reno, Nevada Convention

Schedule At-A-Glance

Wednesday, July 17, 2019

9:00 AM - 1:00 PM	GOVERNORS' COUNCIL MEETING AND LUNCHEON*
10:00 AM - 10:45 AM	WORKSHOPS
11:00 AM - 11:50 AM	FIRST TIMERS MEETING*
11:00 AM - 1:00 PM	GOVERNORS ELECT WORKSHOP*
12:00 PM - 1:00 PM	CONVERSATION CAFE
1:10 PM - 2:00 PM	2019-2021 PROGRAM WORKSHOPS (1)
2:30 PM - 4:30 PM	BUSINESS BRIEFING
6:30 PM - 10:00 PM	THE OPENING BANQUET

Thursday, July 18, 2019

8:00 AM - 8:45 AM	PAST GOVERNORS' BREAKFAST*
9:00 AM - 11:00 AM	FIRST BUSINESS MEETING
11:15 AM - 12:00 PM	KEYNOTE SPEAKER
12:15PM - 2:15 PM	LEADING TO A BETTER COMMUNITY
2:30 PM - 3:20 PM	2019-2021 PROGRAM WORKSHOPS (2)
3:30 PM - 4:30 PM	FIRST BUSINESS MEETING CONTINUED
4:30 PM - 5:15 PM	CANDIDATES FORUM
7:00 PM	AWARDS DINNER

Friday, July 19, 2019

7:30 AM - 8:30 AM	LEADERSHIP BREAKFAST
9:30 AM - 10:20 AM	2019-2021 PROGRAM WORKSHOPS (3)
10:30 AM - 11:30 AM	BIENNIUM 2017-2021 PROGRAM PRESENTATION
11:45 AM - 12:45 PM	SECOND BUSINESS MEETING
1:00 PM - 2:30 PM	FOUNDATION LUNCHEON
2:35 PM - 3:05 PM	CELEBRATION OF LIFE
3:45 PM - 11:00 PM	OPTIONAL EVENT

Saturday, July 20, 2019

7:30 AM - 8:30 AM	REACHING OUT BREAKFAST
9:00 AM - 9:50 AM	2019-2021 PROGRAM WORKSHOPS (4)
10:00 AM - 12:30 PM	THIRD BUSINESS MEETING
12:15 PM - 2:15 PM	THE KINDNESS LUNCHEON
2:30 PM - 3:30 PM	ALL CONVENTION SESSION (CYBER FRAUD)
6:30 PM - 11:00 PM	INSTALLATION BANQUET

*** = For selected members only.**

This Schedule At-A-Glance is subject to revisions.

New Take on Workshops

We are offering more workshops than ever before and with a new take. Each stream of workshops will be based around key Altrusa areas; e.g. Membership, Service, Leadership, Communication, ASTRA, Foundation, etc. Within these areas we will offer focused presentations that will promote the initiatives planned for strengthening Altrusa in the next biennium. With 10 options in each stream there will be plenty of choices (including non-Altrusa topics) and we have four Program workshop streams planned – one on each day. Added to this on the Wednesday of convention we have special leadership workshops for our Governor Elects, District Treasurers and District Secretaries, as well as a selection of other workshops for members to choose from. We will be providing lots of opportunities to learn and share while in Reno.

Idea Sharing Café

One of the best things about Convention is meeting up with members from clubs around the world and sharing ideas. We will be holding a special café (lunch is included in your registration fee for this event) on the Wednesday of Convention. Like regular cafés you will be able to choose various topics to share ideas on as you move from table to table. A great way to network and get to know other like-minded Altrusans while gathering ideas to take back to your own club. Don't miss out.

Leading to a Better Community

On Thursday of Convention we will be taking a break from business and workshops and participating in active community service. There will be opportunities to participate in active service both on-site and off-site as we reach out into the Reno community and make a difference. We have been working with affiliate members of the new club being built in Reno/Sparks to set up opportunities for Altrusans to unite and assist community organizations in the surrounding area.



Convention Exhibit and Sales Tables Available

Tables will be available for those clubs who would like to display club exhibits and/or share fundraising projects at the Reno Convention July 17 – 20, 2019. The theme for the exhibits is “Reaching Out in Service” and should feature club service projects. You will have room for a “science fair” display board. There is no cost for an exhibit table. However, if you would like to sell items to help your causes, there will be a \$25/table charge. The dimensions of the tables are 8ft x 30in, draping is included.

Please note - International Staff will not be able to assist in watching your items. Please make arrangements with members of your Club or District to assist in this area if needed.

Setup can begin on July 16th, and all tables must be cleared by noon on July 20th.

If you are interested please send the following information to altrusa@altrusa.org:

- **Name**
- **Club name**
- **Is it an exhibit or sales table?**

Deadline for payments is June 30, 2019, you may submit a check via mail or call 312-427- 4410 to submit a payment using a credit/debit card. We will create a list of request in the order in which they are received and will fill on a first come first serve basis. We will do our best to accommodate all requests.



Thursday Night Awards Dinner - “Come as a Song”

By “Mustang Sally” aka Denice Gilb

“People”, “Start spreading the news”, if you feel like you “Shoulda been a Cowboy” or a “Satin Doll” be sure to come to the Awards Banquet Thursday night. This night will be “Unforgettable” as Altrusans from all over the world come dressed as their favorite song title. So, all you “Dancing Queen<s>” out there, you will hear “The Sound of Music” as you put on your “Blue Suede Shoes”. “Walk like an Egyptian” straight to a “Fun, Fun, Fun” night to “Celebrate” the Award participants and winners. “The Best is Yet to Come”!

Dessert Dash for Days for Girls

To top off our Awards Dinner event we will be organizing a Dessert Dash raising funds for Days for Girls. A Dessert Dash works like this.....members at each table make a donation into a envelope for their table. Donations are tallied and the table that makes the highest donation goes first. Each table number is called up in order of the total donation made. A representative from that table will “Dash” to the desserts display and select their chosen dessert and bring it back to their table. The first “Dasher” has the greatest amount of choice of course with less and less choice as tables are called (there is only a 10 second break between each table being called so pick your fastest runner). The Grand Sierra team are having a great time coming up with a wide variety of dessert trays to choose from. Get ready to donate and dash for Days for Girls.

Don't forget to also bring your Club Banners for the Parade of Banners at the Opening Banquet!



About Grand Sierra Resort

Located in the heart of the Reno-Tahoe region, Grand Sierra Resort is an all-encompassing resort with nearly 2,000 guest rooms and suites and 200,000 square feet of meeting and convention space. The destination offers visitors a wide variety of amenities including branded retail shopping, top-name entertainment, eleven delectable restaurant choices, a two-screen cinema, a 50-lane bowling center, adrenaline-pumping rides, an aqua golf driving range and exhilarating nightlife.

Hotel Location:

Grand Sierra Resort (GRS) is located at 2500 East Second Street in Reno, NV. It is an 8 minute drive, 2.5 miles north of the Reno-Tahoe International Airport and a 10 minute drive, 2.6 miles east of the Amtrak station in Reno. GSR only offers shuttles to/from the Reno-Tahoe International Airport.

Hotel Shuttle

Departure from Reno Tahoe international Airport - The shuttle departs the airport every 30 minutes, from 4:45am to 12:15am. Pick up is from the exit located at the far end of baggage claim area.
 Departure from Grand Sierra Resort - The shuttle departs the resort every 30 minutes, from 4:30am to 12:00am. Pick up located by the front desk in the port-cochere.
 Parking – Valet parking is complimentary – Provided by Grand Sierra Resort. Tips are welcomed.

Relax and Enjoy The Spa

Opened late 2013, The Spa at Grand Sierra Resort and Casino has separate lounges for men and women with large flat screen televisions, lounge seating, lockers, fully appointed vanities, restrooms and showers as well as steam rooms, saunas and whirlpools. The Spa offers several co-ed amenities to enjoy with friends and significant others including multiple co-ed lounges, an oversized co-ed whirlpool spa and couples treatment rooms.



Pool:

The Pool is your ultimate destination to escape, unwind and delight in the outdoors. With a stunning resort-sized pool, kids splash pad area and full-service outdoor bar, this newly renovated amenity is well equipped for those long, lazy summer days. The Pool is decked out with hot tubs and fire pits, even on cool nights, it's sure to be your favorite hot-spot for chilling out.

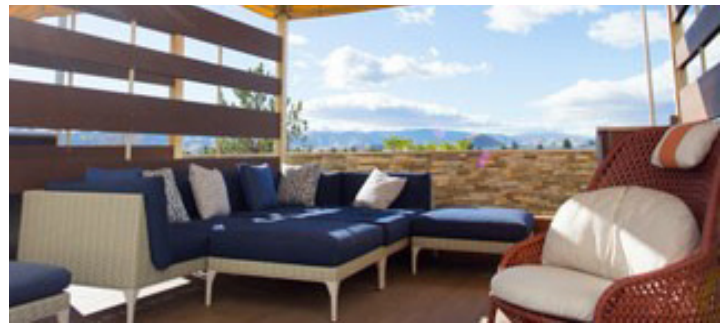


Infinity Level - With an inviting infinity pool, hot tubs, cabanas and loungers, this 21+ VIP level is your place to escape, unwind and leave your worries behind.

Serenity Level - Soak up the serenity of The Pool in your own private cabana or on a lounge in the sun. Grab a cocktail and you are set for some serious relaxation.

Whirlpool Hot Tubs - Nothing says relaxation like kicking back in a hot tub with friends.

Cabanas & Daybeds - Treat yourself to a relaxing sanctuary by reserving your very own cabana or daybed. For reservations phone 775-789-2545



The Pool Bar & Dining - Doing nothing is thirsty work! Let our friendly bartender serve you from our full-service bar and tasty dining menu.

William Hill Race & Sports Book

The Race and Sports Bar offers an exciting environment to cheer on your favorite teams while enjoying an excellent selection of drinks, food, and betting. Join us at the Race and Sports Bar to experience every action-packed moment with you friends and fellow fans. For an even more authentic sporting event experience check out the hotdog cart for hot dogs, sub sandwiches, nachos and beer. Available for select sporting events.

Restaurants:

- California Pizza Kitchen (Globally Inspired Flavors. California Vibe)
- Cantina (Fresh Mex Restaurant)
- Charlie Palmer Steak (American Steakhouse)
- Grand Café (American and International)
- Johnny Rockets (50's Style Diner)
- Reserve Wine Bar (Wines by the Glass and Small Plate)
- Rim (Pan Asian Bistro)
- Round Table Pizza (Traditional & Gourmet Pizza)
- The Grand Buffet (International Selections)
- Yogurt Beach (Self-serve Frozen Yogurt)



Bowling

Try your skills, and enjoy some serious family fun at Reno's 50-lane GSR Bowling Center. Our lanes offer automatic scoring, and you can also experience the retro fun of cosmic bowling where we turn off the lights so the bowling balls, walls, and carpet glow in the dark!



Book your stay today!

<https://book.passkey.com/event/49718199/owner/16854/home>

Speakers

Victoria Ransom

Wednesday, July 17 - Opening Banquet

Victoria has been an entrepreneur since her early twenties and has developed three companies. As founder & CEO of Wildfire (www.wildfireapp.com), a social marketing software company, Victoria led the company to profitability in just one year and built the company to tens of thousands of customers, 400 employees, and eight offices worldwide. Clients included 31 of the world's top 50 brands. Wildfire was acquired by Google in August 2012 for US\$450M. Victoria joined Google as Director of Product, initially leading Wildfire and later Google Express.



Victoria has an MBA from Harvard Business School and a bachelor of arts degree from Macalester College where she graduated Summa Cum Laude. In 2015, Victoria was named a Young Global Leader by the World Economic Forum and recognized by KEA in their annual World Class New Zealander awards. She was named #19 on Fortune Magazine's 40 under 40 list and was recognized by President Obama in 2013 for her contributions to entrepreneurship. In addition, she was named one of Fortune Magazine's Most Powerful Women Entrepreneurs in 2012, one of the '25 Women to Watch in Tech' for 2011 & 2010 and E&Y Young Entrepreneur of the Year for New Zealand (her home country) in 2011. In her capacity as an entrepreneur, Victoria has been featured in scores of publications including The New York Times' Corner Office, Bloomberg TV, Entrepreneur Magazine and The Wall Street Journal. In her spare time she is an avid snowboarder and surfer and a passionate adventure traveler who once spent six weeks living with a remote Amazonian tribe and five months living in a favela in Brazil!



Celeste Mergens

Thursday, July 18 - 11:15 AM Keynote Speaker

Celeste is the founder and CEO of Days for Girls International (DfG). Since 2008, Days for Girls has restored days of education and opportunity to over 1 million women and girls in over 125 countries, through providing access to sustainable feminine hygiene solutions and health education. Celeste founded Days for Girls at a time when virtually no other organizations were speaking about the global need for menstrual hygiene management solutions, or the potential for those solutions to help break the cycle of poverty for women. Celeste has led Days for Girls to develop a global network of over 1000 volunteer Chapters and Teams, and social enterprise programs in 14 countries, all while maintaining an extremely low overhead. Celeste was featured as a panelist at the 2015 and 2016 UN Commissions on the Status of Women. Her TEDx video has over 28,000 views. Days for Girls is a two-time Girl Effect Champion, winner of the African SEED award and

was named by the Huffington Post as a 'Next Ten' Organization poised to change the world in the next decade. Celeste averages over 50 speaking engagements per year and has been featured in Oprah's O Magazine, Forbes, Stanford Social Responsibility and more. Most recently she won the Purpose Prize Award for 2017 and was named Conscious Company Global Impact Entrepreneur in 2018.

2019 International Convention

Brian Williams

Saturday, July 20 - 12:15 PM The Kindness Luncheon

Brian Williams Inspires Measurable Acts of Kindness in Schools Around the World

Brian is on a mission to inspire Kindness movements in schools across the nation. His message is one that calls students to action and creates measurable change in each school he visits. He is energetic, funny and gets students to think outside-the-box on how they can create a ripple of positivity within their school.

- Spoken to over 250,000 students
- Documented over 500,000 acts of kindness
- 4th degree black belt
- Inspires kindness movements across the world



For more information visit: TopYouthSpeakers.com



Steve DeVlieger

Saturday, July 20 - 2:30 PM All Convention Session: Cyber Fraud

Steve is a Financial Services Professional working in the credit card industry assisting companies with the challenge of selling their merchandise or services online and most important, accepting payments online. It is through this experience that he will share his thoughts on technology past, present and future and how it is impacting our daily lives. How information is being gathered, stored, accessed, leveraged for both good and bad purpose by companies and players on the Dark Web. He will share thoughts and ideas on what individuals can do to protect themselves and their identities online. The purpose is to educate, entertain, frighten and make individuals be aware of their online presence.

Convention registration is now open: [CLICK HERE](#)

Make 2019 Your First Convention!

By Bonnie Jones

If you've never attended an Altrusa Convention before, now is the time! This Call to Convention is designed to prepare you for the Altrusa International Convention, scheduled for July 17th through 20th, 2019, in Reno, Nevada. Over the course of the coming months, be sure to read each issue of the Compass, as well as the International Altrusan, which is the official Call To Convention. In all of these publications, you will find a wealth of information: the schedule, business to be conducted, biographies of candidates up for election, pre-Convention tours, the special Lake Tahoe dinner cruise and several events for your spouse/friend to attend while you are busy learning and networking with Altrusans from around the world. As a First Timer, you will also receive a special packet of information ten days before the Convention that will be designed just for you to help you navigate your way around Convention. We guarantee there will be lots of opportunity for learning, networking and FUN!

Early Bird Prize

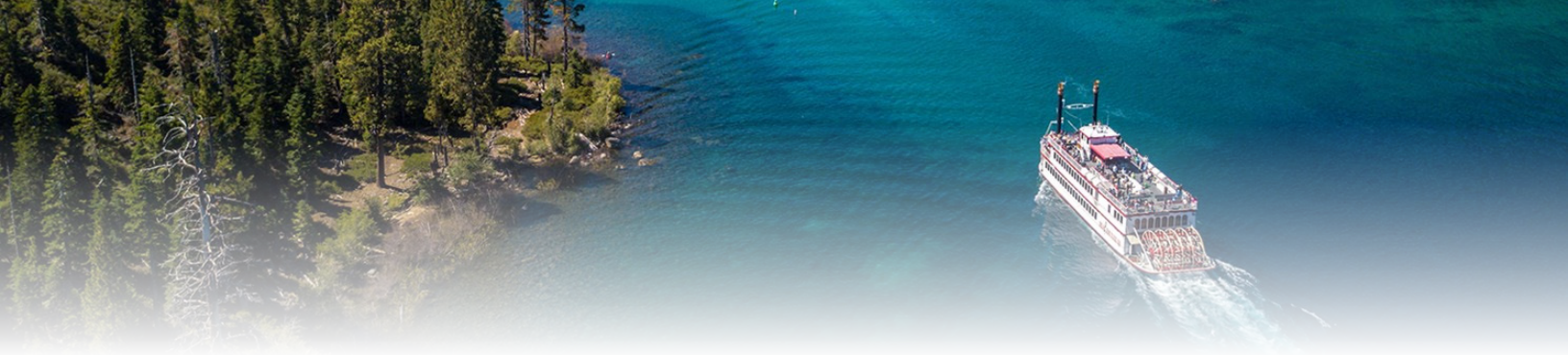
Registrations for Convention are now open and we are going to enter all Altrusans who register prior to 31st of March a chance to win a special New Zealand **Rimu Keepsake Box and Paua pendant**. So, it's time to get that Registration form submitted and be in to win.

The Rimu (hand crafted native NZ wood box) features a paua inlay in the shape of a fish hook. The necklace also features Paua with the Koru symbol in the filigree. The Koru stands for new beginnings. Paua shell is found only in NZ coastal waters. According to Maori legend, Paua was a special gift from Tangaroa, the god of the sea.



**enlarged to show detail*

Remember to order a charm or two on your convention registration form. At just \$10.00 a piece you can have your own keepsake charm to commemorate your attendance to the 2019 International Convention.



Lake Tahoe Dinner Cruise

This year's optional event is the Lake Tahoe Dinner Cruise. Tickets will be available on the Convention Registration Form at \$140.00 per person; guests welcome! Space is limited, don't miss out.



This 2.5-hour scenic daytime cruise offers fabulous photo opportunities, sunshine, and fresh Lake Tahoe air, which has a way of invigorating everyone around. As you cruise to Emerald Bay, you'll learn how it was formed, some of its fascinating history, and enjoy a special video presentation. With plenty of room to spread out and get comfortable, you'll quickly settle in and find the best place on-deck to snap magazine-worthy photos.

Professional photos (taken upon boarding) will be available for purchase at the end of the cruise. For our passengers' comfort, smoking is not permitted aboard our boats. Personal picnics are not permitted aboard the M.S. Dixie II. However, lunch and complete bar services are available for purchase once on-board the boat.



“Best Cruise in Nevada”

So Much To See and Do in Reno!

*Partner tours available to Altrusans and their guests.
Online and Paper Registration form will be available next month!*

Monday

Squaw Valley, Truckee & Donner Tour

Travel along the Truckee River, through the Sierra Mountains to Squaw Valley USA, home of the 1960 Winter Olympics.

Lunch included. - \$52.00 per person

Tuesday

Historical Virginia City Tour

Guests will be transported from Reno to beautiful Virginia City. Our Convention Activities guide will narrate and point out interesting sights along the way.

Lunch included. - \$74.00 per person



Wednesday

Reno FOOD WALK TOUR

Traverse the vibrant streets of one of Reno's most energetic neighborhoods. Explore this unique artists' colony that has evolved into a foodie paradise. Enjoy delectable foods from four locally owned and operated shops, eateries and restaurants while getting up close and personal with the numerous murals that reflect a strong and powerful narrative message.

Includes up to 4 locations with food choices. - \$98.00 per person

Thursday

Visit to Carson City, Nevada Railroad Museum, Nevada State Museum and a stop at the Capitol Grounds

Guests will see the Capitol Building's dome, the Supreme Court and Legislative Buildings as they wander the grounds. After lunch, we will head on over to the Nevada State Railroad Museum is a cultural resource dedicated to educating visitors and the community about Nevada railroad history.

Lunch included. - \$106.00 per person



Friday

Picasso & Wine

Guests will enter and see a wonderful bar set up and walk through the "easels & paint" room. An easel will be set for each guest. An artist will instruct guests to gather their paints and begin the adventure.

One alcoholic drink and snacks included.

\$106.00 per person

Saturday

Palomino Valley National Wild Horse and Burro Center Tour and Pyramid Lake -- NO Lunch

Guests are welcome at the corrals to view the wild horses. Then it's off to Discover Pyramid Lake, with views of the The Pyramid and Anaho Islands.

\$46.00 per person





Altrusa Convention Registration

July 17-20, 2019 Reno, Nevada

Full Name _____ Name on Badge _____
 Email Address _____ Daytime Telephone _____
 Cell Number _____
 (by providing your cell number you agree to receive notifications during Convention)
 Altrusa International of _____ District _____

As of June 1, 2019 I am: (check all that apply)
 Delegate Alternate Past Governor Governor PIP First Timer

Registration	Fee	Remitting	Meal Tickets	Fee	Remitting
Full Registration (1/10/19 - 6/14/19)	\$350		Wednesday Lunch (7/17/19)	\$20	
Late Registration (6/15/19 - 6/30/19)	\$375		Opening Banquet (7/17/19)	\$50	
Partial Registration 7/17/2019 (No Meals)	\$50		Thursday Box Lunch (7/18/19)	\$20	
Partial Registration 7/18/2019 (No Meals)	\$50		Awards Dinner (7/18/19)	\$50	
Partial Registration 7/19/2019 (No Meals)	\$50		Past Governors' Breakfast (Private Event for Past Governors ONLY) (7/18/19)	\$30	
Partial Registration 7/20/2019 (No Meals)	\$50		Leadership Breakfast (7/19/19)	\$20	
Optional Event - 7/19/2019 Lake Tahoe Dinner Cruise (includes round trip transportation - limited space available)	\$140		Foundation Luncheon (7/19/19)	\$30	
Yes, I require mobility assistance (check box) <input type="checkbox"/> Wheelchair <input type="checkbox"/> Scooter <input type="checkbox"/> Walker			Saturday Breakfast (7/20/19)	\$20	
			Saturday Keynote Lunch (7/20/19)	\$30	
Convention Charm	\$10		Installation Banquet (7/20/19)	\$50	
			Dietary Restrictions: (check box if applicable) <input type="checkbox"/> Vegetarian <input type="checkbox"/> Gluten Free <input type="checkbox"/> Diabetic <input type="checkbox"/> Other, please explain:		
Registration Total		\$	Meals Total		\$
				Grand Total	\$

All payments must be made in U.S. funds. Registration closes June, 30, 2019.

Full payment must accompany your Registration Form. Make all checks payable to Altrusa International, Inc. If you wish to pay with credit card or an e-check please register online at: <https://altrusainternational.regfox.com/altrusa-international-inc-2019-convention>.
 A cash refund will be made if a written notice of cancellation is received at the International Office by June 15, 2019.
 No Refunds will be made after June 15, 2019. Consider protecting your trip investment with travel insurance.

Send completed Registration Form (one per person) to:

- Altrusa International, Inc., One North LaSalle St, Suite 1955, Chicago, Illinois 60602 •
- Phone: 312-427-4410 • e-mail: altrusa@altrusa.org •