



# BRAZOS BYLINE

NOV/DEC 2006

## Sisters in Service

### Dates to Remember

- **Nov 2**—Noon— Board Meeting—Beatnix Coffee House
- **Nov 4** — District fall Leadership Event
- **Nov 8**—Noon— Business Meeting— Lake Brazos Steakhouse
- **Nov 15**—Noon—Program Meeting—Lake Brazos Steakhouse
- **Nov 18**—Turkey Trot—Cameron Park
- **Nov 29**—Noon—Orientation Meeting—Lake Brazos Steakhouse
- **Dec 7**—Noon — Board Meeting — Beatnix Coffee House
- **Dec 10**—Human Rights Day
- **Dec 13**—Noon—Business Meeting—Lake Brazos Steakhouse
- **Dec 20**—Noon—Program Meeting—Lake Brazos Steakhouse

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## From the President- Sisters in Service

### Sisters in Service – Thanksgiving



As we approach Thanksgiving, we pause to remember all of the things for which we are grateful. It is our special time to give thanks. Not just for the obvious like food, clothing, shelter, family, and friends, but for the thousands of fortunate moments and the multitude of blessings we receive each year.

Of course, that is not always as easy as it sounds. We all tend to remember the bad things much more easily than the good. By using the tips below, you can make thankfulness an everyday habit. It is a skill that can benefit all of us throughout the year.

- Keep a gratitude journal. Each day write down at least one thing for which you are thankful.
- Focus on what you have not on what you do not have.
- Think about people you have known that make you thankful for their existence. What was it they gave you that you appreciated so much?
- Think about people who have made your life hard. Now think about the things you accomplished because of them. Even the negative forces in your life can provide hidden blessings worthy of your gratitude.
- Think about the animals that give you joy.
- Think about the places that make you smile. Lessons of gratitude can be learned though many sources.
- Look for the positive side when something “bad” happens in your life. Sometimes in the midst of chaos, it can

take time to see the good. But, always, always there is some good that comes from even the worse of circumstances. Remember hard times make good times sweeter. Also, keep in mind obstacles and challenges not only make us stronger, but they force us to explore outside our comfortable routines. Without challenges there can be no progress. Without obstacles there can be no achievement.

- Tell other people when they have done something for which you are grateful. Now pass it on. True gratitude involves action. Lend a hand. Pitch in. Make a gift. Give your time. Listen. Give back as often as you can. Even a friendly greeting can make all the difference in the world.

We Altrusa Sisters in Service have the built in ability to pass our feelings of gratitude. We Altrusa Sisters in Service reach in to each other and out to our community, as we provide help and aid so that all we touch can lead a better life. These opportunities present themselves not only through our time, talents, and money, but also through a ready smile, a kind word, patience, and love. As we interact with those around us, we experience a more meaningful existence which produces new reasons to be thankful!

An attitude of gratitude spreads like ripples from a tossed pebble, benefiting all it touches. Be thankful for the opportunities those ripples provide. Giving thanks daily is a powerful tool.

It can dramatically improve your own life and the life of those around you.

Kathleen Myers



# Service Committee

Six Altrusans met at Rapoport Academy on Saturday, October 28<sup>th</sup> and made a difference in the school for all of the students and staff. We vacuumed, mopped, cleaned desks, chairs and windows, changed filters, put up bulletin boards and student art work. We were small in number, but high on energy and the school looked a lot better when we left. I visited with Crystal while we were working and we would like to plan another general clean-up day in the spring. We will provide details later on the date.

Don't forget the National Young Reader's Day on November 14<sup>th</sup>. Let Crystal know if you are able to help out and remember, you don't have to wait until then to volunteer at the school. There are many, many opportunities for you to help out every day, so please get involved in some way with Rapoport.



Altrusa-  
Thank you so much for  
doing this! It is such  
a big help. Feel free to  
move anything.  
-Sallee



# Ways & Means

## Ways and Means Committee *"The Collectors"*



TM

Just one more week and we will Turkey Trot through Cameron Park.....**What's the key to a great Thanksgiving dinner?**

We are still trotting onward this week asking for goody bag stuffers and even still receiving some sponsorship money. **Any number of any item you can collect to help with the goody bags will be greatly appreciated!** Even though we are preparing 200 bags we do not have to have one item of 200

things! Please get out and help us. Search your offices and think about any friends or business you can ask.

Upcoming meeting that all members are welcome to attend: **Wednesday, 11/15 1:00** quick check up after regularly scheduled Business meeting.

**What's still the best race to enter around Thanksgiving?**  
**The Central Texas Turkey Trot!** Thank you to all the members for all that you have done to promote our success to this point! Please continue to promote and support this race with all your efforts! Talk about it and ask everyone to register! **"The task ahead of us is never as great as the power behind us."** We know that we as Altrusan sisters in action ARE making a huge difference!

**The key to a great Thanksgiving dinner.....the turKEY you silly!**



14 members attended

**COME AND GOBBLE WITH US AT OUR**  
*First Annual*

**Runner's Goody Bag and Sister's Pizza Stuffin' Party**

**Monday, November 13<sup>th</sup> 6:00 p.m. -8:00 p.m.**

**Heart of Texas Health and Wellness**

**Office of Dr. Marilyn Goodman**

**Behind Baskin Robbins on Wooded Acres**

Our best turkey gobbler winner was Rose and our Word Search winner was Kathleen Mo. with 47 words in 10 minutes! Much pizza and fun was had by all!

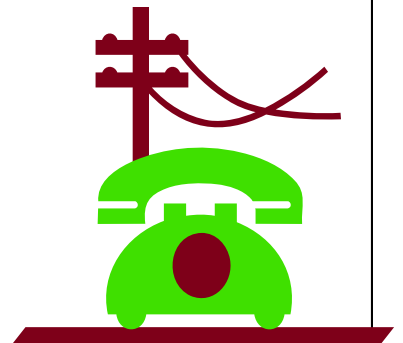
A very special thank you from Stephanie and Judie for all the support.

See everyone Saturday at 6 a.m.!

(don't turn it upside down to 9 a.m. as Linda C. tried to do!)

## Communications

There are 3 meetings in November. November 8, 15, and 29. In December our 2 meetings will be one week apart: December 13 and December 20. Those members who have responsibility for the Accent are: Judie R (11/15), Terry L (11/29), Linda H (12/13) and Kathleen My (12/20).



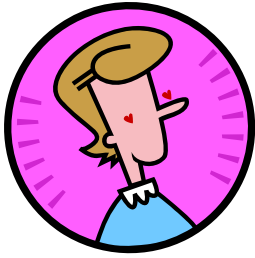
## Membership Committee

**WELCOME**

Membership would like to welcome our new members; Chandra, Kristi, Terri P. and Joyce Si. An initiation meeting is in the planning stages and will either take place in December or January.

Remember that you are welcome to bring guests and prospective members to any of the meetings.

Thank you to all who have brought us guests who will become friends and hopefully members of Altrusa



# Altru-Sue !”

## Altru - Sue: Heart

### Body, Mind and Spirit approach

**Body:** Heart provides oxygen that is necessary for everything else to work – neurons send messages, fingers wiggle to do work. Rest of body just doesn’t function without it, so is the basis for the physical work of Altra – Sue and all Altrusans.



**Mind:** Heart represented in the intellect and inspirational areas

History speaks of Richard the Lion Hearted

Musical Comedy and movies: “Gotta Have Heart” in Damn Yankees

In our club, many examples of that kind of courage in the face of physical challenges:

- Aurora
- Lori
- Dot

**Spirit:** Care and compassion not just for others, but first for ourselves so that we have the taproot of strength to draw on to help each other through our own trials and tribulations, as well as our community.

Good recent example: goody bags for Dot, and Janie’s helping care for Dot..

**Altrusa is a builder of women; and we are building Altra-Sue as a leader. All Altrusans are leaders, or wouldn’t be here. Altra-Sue as a leader among leaders embodies all aspects of Heart.**

## ALTRUSA BIRTHDAYS

Janie — Nov 5

Ann—Nov 26

Linda H.—Nov 26



Linda C.—Dec 4

Susan — Dec 7

Cindy— Dec 30

# District News

## Report from the District Nine, Altrusa Fall Leadership Event: Getting Jazzed Up about Leadership

Terry L., Judie, Lori, Rose, and Kathleen My. met in Nacogdoches late Friday afternoon. Of course, our first priority was food so we checked out a local, favorite restaurant. Enormous portions, good food and lots of laughs were the bill of fare for the evening. Upon returning to the hotel, we were able to meet and visit with some Altrusa members and friends from the other clubs. That is always a great part of going to conference – renewing old friendships and making new friends.

The next morning started with Registration and a Continental Breakfast, a great time to visit and share with members from other clubs. Judie brought Turkey Trot Brochures for each table. So, the whole conference is now aware of our new fund raiser. At our table were members of the Greenville club. They left us with a brochure of their Annual Tour of Homes being held on December 3<sup>rd</sup>, which benefits the Hope Center. Wouldn't be fun to go to Greenville for the day and support their efforts? I was fortunate to be in a small group with their President. She is very excited about the possibility of our club attending this event. She and I agree that Altrusa Clubs can reap great rewards by supporting each other's efforts!

District Governor Carolyn Rash and Nacogdoches President Virginia Reneau made us feel very welcome

to the conference and to the town. Their gracious style set the mood for the whole day – one of a friendly, fun filled learning experience. Our own Judie wrote and gave an excellent Accent for the conference. I heard many Altrusans sing her praises during the day. Then, Altrusa of the Brazos was up front again with “How to Get People to Lead”, an excellent leadership development exercise co-authored by our own Terry member of the District Leadership Development Team. Of course, this exercise was well received. I know I took notes, as did Altrusans all around the room.

A chicken salad croissant was served for lunch, which everyone seemed to enjoy, judged by their empty plates. (Can you tell that good food and conversation

and fun are also a part of Conference?) Melva Hill provided us with a fun exercise that allowed us to not only meet new people, but also to share part of our life experience with them.

Altrusans submitted questions for the Town Hall Meeting, led by Carolyn. Information was shared about District and International. By mid after-

noon the 2006 District Conference was over, giving us plenty of time to get home before it got too late.

I do want to encourage all of you to think about attending District Convention this spring. Many very talented women work very hard to make each meeting, be it Conference or Convention, a time to hone old skills, learn new ones, stimulate ideas by hearing what other clubs are doing, and have fun building new relationships and renewing old ones.



## **LEADERSHIP WORKSHOP— Terry**

A leadership workshop in Nacogdoches, Texas did not sound like the most exciting thing to do on a Friday and Saturday in November to us at first, but it turned out to be lots of fun and very informative. Of course, any time you get 80 Altrusans in a conference room together, it always turns out to be a fantastic event.

We (Lori, Judie and Terry) rode up together on Friday afternoon. On the way, we saw the Atlantic Ocean, Lake Tahoe, the Eiffel Tower, and a Pistachio Farm. Actually, the body of water turned out to be Lake Mexia, the tower was just a water tower and the Pistachio Farm turned out to be the PitchFork Farm. Judie was driving so fast that she misread the sign on the gate.



We met up with Kathleen Myers and Rose and had a delightful dinner, but then Lori, Judie and Terry went back to the room and by about 9:00, we were asleep. The next morning, Terry met with Jo Henderson who chairs the District Nine Leadership Committee that she is on and they went over the program for the morning.

The meeting started at 10:00 and our very own Judie Ridley did the accent. It really illustrated how much Altrusa is a builder of leaders. Remember when Judie was first elected as Treasurer and gave her first report to our very small group—she was so nervous, but made it

through fine. She continued her journey of leadership, served as President of our club, and on Saturday, stood up in front of a very large group and gave one of the best Accents the rest of us had ever heard.

The program was written by Terry and Jo and had lots of tips on getting people to serve in leadership roles. The information was very timely, because it will not be too long before a Nominating Committee will be elected and they will be seeking people in our club for the slate of officers for 2007-2008. We will be sharing the program with our members at the Orientation Meeting on November 29<sup>th</sup>, so please mark your calendars for this very important meeting.

The best part of the workshop was seeing old friends, making new ones, and just visiting with members of other clubs. We heard of awesome new service projects some of them are doing, got some tips on membership recruitment and retention, and heard how almost all clubs struggle with moving their members into leadership.

We came home Saturday afternoon tired, but very inspired by what we heard. On the ride home, we continued to share what we had learned and it was obvious that the workshop made an impression on Lori about the importance of stepping up in new leadership roles. We are already planning our trip to Amarillo for District Conference next year!

## **Altrusa International, Inc. of The Brazos Minutes—Board Meeting—November 8, 2006**

Due to an immediate emergency of President Kathleen My., Terry L., Past President, called the meeting to order at 11:20 a.m.

Members present were Phyllis, Terry L., Lori, Ovida and Susan. Juanita, Parliamentarian, was also present.

The minutes of the last meeting were reviewed and approved as presented.

Phyllis gave the Treasurer's Report. She noted two new members dues received and income reported for the upcoming Turkey Trot. She also stated that one member had not responded to her meals due notice but she was following up on it. The printed report was received and will be filed for audit.

Phyllis, Membership Co-Chair, presented a Recommendation For Membership form.

UPON RECOMMENDATION OF THE MEMBERSHIP COMMITTEE, MOTION IS MADE TO ACCEPT THE RECOMMENDATION FOR MEMBERSHIP FORM FOR KRISTIE M.

Motion was made by Phyllis and seconded by Susan to accept the form for Kristie M. Motion carried.

There being no further business, Ovida made a motion to adjourn and was seconded by Susan. The meeting adjourned at 11:33 a.m.

Respectfully submitted,

OVIDA, Recording Secretary



**Altrusa International, Inc. of The Brazos  
Minutes—Business Meeting—November 8, 2006**

Kathleen My., President, called the meeting to order at 12:10 p.m. with 20 members and three guests present.

Kathleen welcomed the following guests: Chandra, Evelyn, and Joyce So. Dot, longtime member, was greeted with a hearty welcome as she has been unable to attend for several months due to a serious illness.

Juanita led the grace and pledge. Juanita then gave her accent on Parliamentary Procedures.

Minutes of the October Business meeting were presented by Ovida, Recording Secretary, and reviewed by the members. The minutes were accepted as presented.

Phyllis, Treasurer, presented the Treasurer's Report. Phyllis noted the two new member dues income, that meals income is good and reported on Turkey Trot fundraiser. The report was received and will be filed for audit.

The following committee reports were received:

Communications: Linda C. noted again that it was good to have Dot back with us. A sign up sheet was passed out for members for meeting next week on 15th. Due to Thanksgiving holiday, the monthly meetings are two weeks in a row.

Ways and Means: Judie reported on the Turkey Trot fundraiser. Things were going good, can use volunteers, will be filling goodie bags and could use more items for bags. Meetings for final wrap up being held. She also noted ad in today's paper under Community Service Events and that PSA's would start soon on the radio. Stephanie reported that the t-shirts were ordered and showed how the front and back would look. She stated we had 23 runners with more calling about the event and more to sign-up.

Membership: Phyllis Co-Chair, reported that a new member had been accepted at the Board meeting and a letter of invitation would be mailed to her. An initiation is to be planned for December.

Publicity: Rose reported on publicity for the Turkey



Trot. She stated flyers have been delivered to Starbucks locations and had been passed out at other run sites. Other members would pass out more flyers also. Press releases were being done. Patti was to be contacted regarding the Temple area and the Temple Altrusa club.

Service: Terry L. reminded the members about "National Young Readers Day" at Rapoport on Tuesday, 14<sup>th</sup>. Some members had already signed up and others could still sign up to read. Crystal would spear head the sign-up. A discussion was held regarding doing a Thanksgiving dinner for a family and Christmas gifts. Crystal, our liaison at Rapoport, will coordinate this project. She will report further information to us. Non-perishable food items can be brought to the next meeting for Thanksgiving.

Kathleen Mo., who serves on the Steering Committee of Storybook Christmas, reported that she had signed up the club for gift wrapping at Barnes and Noble on Tuesday, December 19<sup>th</sup>, from 5:00 to 9:00 p.m. A sign-up sheet was passed around for members to participate.

SOS: Judie reported on an upcoming social at Gotta-Bead. A date will be confirmed later. She also discussed getting a group together to go to the Junior League's "Deck The Halls" event being held at the convention center November 30 - December 3.

For Leadership Development, Terry L. of the Past Presidents Council recapped the segments for Altra Sue: face, body, eyes, ears, brain. Lori presented Altra Sue to the club while Maggie presented her segment - the heart. Maggie noted how the heart keeps everything going, is the basis of a leader - both intellect and spiritual. As Altrusans, we all have heart and is shown in many different ways through personal experiences as well as community experiences.

Dot's ticket was pulled for Joker's Wild but she did not win.

The meeting was adjourned with the Benediction at 12:50 p.m.

Respectfully submitted,

OVIDA ,Recording Secretary



## Altrusa Accent

### Leadership Styles

Leadership style is the manner and approach of providing direction, implementing plans, and motivating people. There are normally three styles of leadership: Authoritarian, Participative and Delegation. Although good leaders use all three styles, with one of them normally dominate, bad leaders tend to stick with one style.

#### Authoritarian (autocratic)

This style is used when the leader tells her followers what she wants done and how she wants it done, without getting the advice of her followers. Some of the appropriate conditions to use this style are when you have all the information to solve the problem, you are short on time, and your followers are well motivated. Some people tend to think of this style as a vehicle for yelling, using demeaning language, leading by threats and/or abusing power. This is not the authoritarian style...rather it is an abusive, unprofessional style called bossing people around. It has no place in a leader's repertoire.

The authoritarian style should normally only be used on rare occasions. If you have the time and want to gain more commitment and motivation from your followers, then you should use the participative style.

#### Participative (democratic)

This type of style involves the leader including one or more follower in on the decision making process (determining what to do and how to do it). However, the leader maintains the final decision making authority. Using this style is not a sign of weakness; rather it is a sign of strength that your followers will respect. This is normally used when you have part of the information, and your followers have other parts. Note that a leader is not expected to know everything -- this is why you have *knowledgeable* and *skillful* followers. Using this style is of mutual benefit -- it allows the followers to become part of the team and allows the leader to make better decisions.

#### Delegation (free reign)

In this style, the leader allows the followers to make the decision. However, the leader is still responsible for the decisions that are made. This is used when followers are able to analyze the situation and determine what needs to be done and how to do it. You cannot do everything!

You must set priorities and delegate certain tasks.

This is not a style to use so that you can blame others when things go wrong, rather this is a style to be used when you have the full trust and confidence in the people with whom you are working. Do not be afraid to use it, however, use it wisely!

#### Forces

A good leader uses all three styles, depending on what forces are involved between the followers, the leader, and the situation. Some examples include:

- Using an authoritarian style on a new follower who is just learning the job. The leader is competent and a good coach. The follower is motivated to learn a new skill. The situation is a new environment for the follower.
- Using a participative style with a team of followers who know their job. The leader knows the problem, but does not have all the information. The followers know their jobs and want to become part of the team.
- Using a delegative style with a follower who knows more about the job than you. You cannot do everything! The follower needs to take ownership of her job. Also, the situation might call for you to be at other places, doing other things.

*Using all three: Telling your followers that a procedure is not working correctly and a new one must be established (authoritarian). Asking for their ideas and input on creating a new procedure (participative). Delegating tasks in order to implement the new procedure (delegative).*

*Leadership is influencing people -- by providing purpose, direction, and motivation -- while operating to accomplish the mission and improving the organization."*

A definition of 'influence' is a means of getting people to do what you want them to do. It is the means or method to achieve two ends: operating and improving. But there's more to influencing than simply passing along orders. The example you set is just as important as the words you speak. And you set an example -- good or bad -- with every action you take and word you utter. Through your words and example, you must communicate purpose, direction, and motivation.

### Altrusa International, Inc. of The Brazos

PO Box 8933  
Waco, TX 76714  
www.altrusawacotexas.com

#### President

Kathleen Myers  
971 Elm Lake Rd.  
Riesel, TX 76672  
**Newsletter Editor**  
Carol Leitzell  
1013 N. 63rd. St.  
Waco, TX 76710

Altrusa International is an international association of professional women and men who volunteer their energies and expertise in projects dedicated to community betterment.



**Club meetings** are held the 2nd, 4th, and 5th Wednesdays of each month at 12:00 noon.

The meetings are located at the Lake Brazos Steakhouse, 1620 N.

Lake Brazos Dr. in Waco. For lunch reservations, please contact Linda Cobbs (710-4538)

**Board meetings** are held the first Thursday of each month at 12:00 noon. The meetings are located at the Beatnik's Coffee House at N. 19th & Lake Shore Drive. All members are welcome to attend.

**Other Meetings**— Altrusa International, Inc. of Waco Meets 2nd, 4th, and 5th Thursdays at 7:00 pm Hamilton House, 1521 Austin

## MEETING INFORMATION

**Nov. 2**—Board Meeting—  
Noon—Beatnix—Lake Shore Dr

**Nov. 4**—District Fall Leadership  
Event, Nacogdoches

**Nov. 8**—Business Meeting—  
Noon—Lake Brazos Steakhouse  
President's Council Leadership  
Development—Maggie  
Club Sandwich  
*Accent*—Juanita  
*F & H*—Carol



**Nov. 15**—Program Meeting—  
Noon—Lake Brazos Steakhouse  
Ron Epps, "Volunteerism"  
Chicken Salad  
*Accent*—Judie *F & H*—Juanita

**Nov. 29**—Orientation Mtg.  
Noon—Lake Brazos Steakhouse  
Vegetable Plate  
*Accent*—Terry *F & H*—Janie

**Dec. 7**—Board Meeting—  
Noon—Beatnix—Lake Shore Dr

**Dec. 13**—Business Meeting—  
Noon—Lake Brazos Steakhouse  
Mid-Year Evaluation  
Baked Potato and Salad  
*Accent*—Linda H. *F & H*—Terry

**Dec. 20**—Program Meeting  
Noon—Lake Brazos Steakhouse  
Christmas Party  
Chopped Sirloin and Salad  
*Accent*—Kathleen My.  
*F & H*—Linda C.

