

Altrusa Club of Bedford, Indiana

Bedford Altrusa Monthly ~ BAM!! *Your Club*Your News*

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**November 25th
International Day of
Elimination of Violence
Against Women**



Norma's Notes

The longer I live, the more I realize the impact of attitude on life. It is more important than facts or money, more important than circumstances, than failure or success. It will make or break a company or a home. The remarkable thing is, we have a choice everyday regarding the attitude we will embrace for that day. We cannot change the past, nor how people have acted towards us, nor the inevitable. The only thing we can do in life's situations is to control our attitude towards what has occurred. I am convinced that life is 10% what happens to us and 90% how we react to it. And so it is with each of you: You are in charge of your attitudes. Hopefully, these words will help all of us deal with the many challenges life brings us.

Norma

International Day for Older Persons



November 16th

Celebrate Our Life Experiences!!

**Word of the Month:
THANKFUL!**

MUSEUM VOLUNTEERS

November 1st :

9:00-12:00 Marti Arvin
12:00-2:00 Mary Barnes
2:00 -4:00 Kay Weldon

November 8th :

9:00 -12:00 Mary Barnes
12:00 -2:00 Susie Turner
2:00 - 4:00 Patty Kirkman

November 15th :

9:00-12:00 Donna Rainey
12:00-2:00 Becky Bailey
2:00 -4:00 Kathleen Row

November 22nd :

9:00-12:00 Sara Kern
12:00-2:00 Kathleen Row
2:00 - 4:00 Kathleen Row

November 29th :

9:00-12:00 Sara Kern
12:00-2:00 Fannie & Norma
2:00 -4:00 Sammie Kay Polley

December 6th :

9:00-12:00 Becky Bailey
1200-2:00 _____
2:00 -4:00 _____

No November Birthdays

11/11/22



Kentucky Flood Victim Help



Bedford Altrusa purchased cleaning supplies & donated cash to assist the residents of Buckhorn, Kentucky, an area devastated by severe floods.

The area schools, along with many homes and vehicles were destroyed.

Our Club partnered with Life Missions Ministry. Funds raised were added to cash donations and used to purchase microwaves. Items were delivered to a local church from which they were freely distributed to those in need.

L.I.F.E. Pantry Needs

The most recent needs noticed for the L.I.F.E. Pantry are **\$ MONEY \$**, **Pancake Mix & Syrup, Vegetable Oil, Canned Meats—But NOT TUNA!!** (Jay-C donated a skid of Tuna) **Maybe Tuna Helper?**



Avoca Daze Fund Raiser



Altrusans volunteered at Avoca Daze, an event raising funds for the operation of the Avoca Park. There was an endurance race, concessions, silent auction, face & pumpkin painting, a gospel sing, etc. Altrusans were there from start to finish. President Norma even donated the pumpkins for painting!

Altrusa's Room at Becky's Place



Kelly Myers assembled desk, chair and futon



Sara, Becky, Norma & Nina Doan cleaned



Since the 2012 opening of Becky's Place, a shelter for abused women & their children, Bedford Altrusa has sponsored the largest family room. This year, under Susie Turner's guidance, we were able to obtain a grant from Walmart to update bedding, curtains, supply a new desk & futon and paint. Sorry I don't have pictures of Fannie, Susie & Sammie as they painted & others I might have missed. The room now looks cheery and welcoming.



Why ALTRUSA? In 1917, due to WWI, a record number of women were working outside the home. Dr. Alfred Dunham, Kiwanis Club organizer saw the need for a civic group for women. He first started clubs in Nashville, Louisville, Indianapolis, Dayton & Chicago. Our name came from abbreviating the word Altruistic (Unselfish, as our projects are!) and, due to this patriotic era, U S A was added. *Altrusa was created!*