



District One Altrusa International, Inc.
Bermuda, Canada, Connecticut, Massachusetts,
New Hampshire, Maine and Vermont

District One Service Bulletin

Volume 19 Issue 1 "Leaders in Service"
March 2021

District One Officers ~ 2019-2021

Linda Ring, Central CT
Governor
860-490-8211

Linda.Ring.Altrusa@gmail.com

Pam Lemieux, Portland
Governor Elect
207-797-4494

pamela.lemieux@myfairpoint.net

Rita Cote, Greater Biddeford-Saco
1st Vice Governor
207-602-8179

rita@jonescove.net

Violet Sims, Greater Hartford
2nd Vice Governor
860-223-2213

violetsimms@yahoo.com

Hilda Schmidt, Central CT
Treasurer
203-592-4819

HildaCSchmidt@hotmail.com

Pat Jackowski, Central CT
Secretary
860-638-8018

pjicji@sbcglobal.net

Charlene Muscato, Merrimack Valley
Director
978-649-6583

charlene.muscato@gmail.com

Lucia Shannon, Plymouth County
Director
508-586-0775

lmbshannon73@gmail.com

Anne Rash, Northeastern CT
Immediate Past Governor
860-617-5715

annerash@charter.net

Governor's Message

It is March 1, 2021. Where has the time gone? This is the last edition of the DSB for the 2019-2021 Biennium. It seems like just yesterday, I was preparing to take the office of Governor, Altrusa District One.

It certainly has been an unusual Biennium. We've faced many challenges and yet continued to find ways to make our communities better and *Light the Way for Leaders in Service*. Thank you for volunteering your time! Thank you for sharing your talents! Thank you for being creative and finding ways to keep the Spirit of Altrusa **SHINING BRIGHT** in your communities!

We are preparing for the first Altrusa International – District One VIRTUAL Conference on April 23 and 24th. I hope you all plan to join us. We miss seeing EVERYONE! For now, we'll be ZOOMing into your home office, dining room or computer station in 3 sessions across Friday night and Saturday. We are even planning a breakout session WITHIN the zoom meeting structure!!! It will be different, for sure. We will have technological hiccups, I expect. But we will make it work!!! You have all found ways to continue meeting: some using ZOOM, or another videoconferencing software. Get ready for another adventure! Put on your innovation cap and plan to attend.

In this edition, you will find more details on Conference. Our final dress rehearsal will be April 16-17 so the Conference Program (with ZOOM links) will be sent out on Sunday, April 18th. That will give you plenty of time to review the board annual reports, proposed biennium budget, candidates for Biennium Board positions and other details.

Governor's message continued....

Jenette Borrell, International Director, is joining us all the way from New Zealand! She'll share news of the activities of our International Leadership Team. We will hear from Denise Doyon on what changes you can make to your website page, ASTRA members who will share what their activities have been, and Susannah Leslie and Carole Norrish on how District One has found ways to work together on service projects. Our keynote speaker, author Joanne Lannin, will share her experiences on *Finding a Way to Play*. Award will be presented. Your new Biennium Board will be installed. Pam Lemieux will introduce the 2021-2023 Committee Chairs and her plans for the next 2 years.

Be sure to check out the articles from Committee Chairs in this edition, too. We've provided a variety of reminders and lessons to refresh your memory and confirm good practices as you continue...



Lighting the Way... for Leaders in Service! Governor Linda Ring



Table of Contents

Governors Message	Page 1-2	District One Service projects	Page 16-17
Call to Conference	Page 3-4	International Service Date Base	Page 18
Nominations	Page 5-10	Leadership	Page 19
Foundation Silent Auction	Page 11	Parliamentarian	Page 20
Treasurer's Corner	Page 12	Training sessions	Page 21-22
Communication	Page 13	District Club news	Page 23-35
Membership	Page 14	International office update	Page 36
District One new members	Page 15	Reminders and contact information	Page 37
Board members reflections	Page 15		

Lighting the Way...
For Leaders in Service...
Through...



Altrusa International District One
Spring Conference April 23-24, 2021
Is going VIRTUAL!

Who:

- ♥ YOU! Each and every member of Altrusa District One!

What:

- ♥ Altrusa District One FIRST Virtual Conference 2021!
- ♥ Hosted by District One Board and Committee Chairs

When:

- ♥ Friday, April 23 from 6:30 pm to 9-ish pm
- ♥ Saturday, April 24 from 9 am to noon
- ♥ Saturday, April 24 from 4 to 6 pm

Where:

- ♥ The comfort of your own home, living room, home office, workstation
- ♥ We'll be ZOOMing into your home with all the District News, Business and Celebrations!

Why:

- ♥ Come and reconnect with colleagues and make new friends.
- ♥ COVID may have stopped our face-to-face event, but not our dedication to making our communities better!
- ♥ Learn what's new, first-hand, in our operations and policies.
- ♥ Come and refresh your knowledge of Altrusa's customs and traditions.

Cost:

- ♥ Each CLUB was assessed \$25 conference fee.
- ♥ There is NO COST for any Altrusa member to attend!
- ♥ There is no registration form needed.

The Basic Agenda

Friday Night ZOOM session 6:30 PM – 9:00 PM

- Opening Flag Ceremony
- Introductions, Welcome
- Review the conference format
- Adoption of Virtual Conference Rules
- Registration/Credentials Reports
 - STRETCH BREAK
- Update on District Activity
- Meet the Candidates for Board Positions
- Biennium Budget Presentation
 - STRETCH BREAK
- International Representative
- Celebration of Life 2021 (only includes those who passed since May 2020)

Saturday Morning ZOOM Session 9 AM- NOON – Starts with Parade of Presidents

- Welcome Back!
- Bylaw proposals
- Election Results
- ASTRA report
- Website News
- District Service Projects Update
 - STRETCH BREAK
- Conversation Café (ZOOM breakout rooms)
 - STRETCH BREAK
- **Keynote Speaker @ 11 am Joanne Lannin, author *Finding a Way to Play: The Pioneering Spirit of Women in Basketball***
- Awards Session I (Membership, Newsletter, ASTRA)
- Call to Workshop

Saturday Evening ZOOM Session 4 PM - 6 PM – Starts with Parade of Past Governors

- Welcome back!
- Foundation Update and wrap up Silent Auction
- Awards Session II (Mamie, Letha, Nina, Gaby, ASTRA, Governor's Award)
 - STRETCH BREAK
- Installation of 2021-2023 Biennium Board
- New Governor's Address
- Wrap up
- Retire Flags & Close Conference



Nominating Committee

CALLED TO SERVE YOU

We are happy to report that the following Altrusa members are slated and have agreed to serve on the Altrusa District One Board for the upcoming 2021 – 2023 Biennium.

- Pamela Lemieux - Governor effective April 25, 2021
- Rita Cote - **nominee** for Governor Elect
- Dr. Violet Sims - **nominee** for 1st Vice Governor
- Susan Porazzo - **nominee** for 2nd Vice Governor
- Cathy Baybutt - **nominee** for Director
- Hilda Schmidt - **nominee** for Director
- Wanda Pettersen - **nominee** for Treasurer

Currently all named nominees stand un-opposed and will be elected by ballot at the virtual conference. All positions are for a term of 2 years.

Please see their bios and photos on the following pages.

A CALL TO SERVE ON DISTRICT'S COMMITTEES

Our new Governor will be looking for members to serve on her Committees during her Biennium. The only requisite required is that you are a current active member of your Club and of good standing. Having served as a Club President of your Club is not applicable to these positions.

The committees are as follows:

- Archives
- Awards
- Bylaws, Resolutions and Recommendations
- Communications includes DSB editor, Webmaster and Social Media
- Foundation representative
- Leadership Development
- Membership Development
- Parliamentarian
- Service Liaison

Interested members please contact Pamela Lemieux at pamela.lemieux@myfairpoint.net

Please consider serving your District. It is an honor, a great way to build character, leadership skills and everyday business and personal skills.

Mary Faries

Altrusa District One - Nominating Committee Chair



Pam Lemieux - **Next Governor** - Portland Club



After graduating from the University of Maine in Orono with a BS in Civil Engineering, I worked for Texaco in an oil refinery in New Jersey. After 3+ years at Texaco, in 1978, I accepted a position at the local phone company, in my hometown of Portland, Maine. I started with New England Telephone Company and after many mergers (i.e., NYNEX, Bell Atlantic), I retired in April 2016 from FairPoint Communications (now known as Consolidated Communications). I had many different positions at the phone company including Engineering, Finances, Construction, Business Office and Collections. My last assignment was as the Area Operations Manager for Installation & Maintenance in Southern Maine.

I became an Altrusan in the Portland, Maine Altrusa Club in 1993. Since that time, I have served in various positions in my local club, including two terms as President of the Club (2000-2001, 2014-2016). My first experience working for District One was as Secretary for Governor Joanne Doherty and later as Treasurer during Governor Susan Hawes biennium.

When tapped to serve as 1st Vice Governor in 2017, I will admit that I hesitated. However, it soon became clear that I had no need to worry. So many Altrusans have come forward to support me. If you are considering serving at the District Level, have no fear, your fellow Altrusans will have your back. I strongly encourage you to consider a position at the District level. Altrusa is a wonderful organization. It does so much for the community, both local and international. Through Altrusa you can serve your community, be a part of a leadership team, get to know and make friends with many wonderful like-minded Altrusans, and also have fun while you are doing it.



Rita Cote - nominee for Governor Elect - Greater Biddeford - Saco Club



I joined Altrusa in 2000. I have served in several positions for the Altrusa of Greater Biddeford Saco, as president, treasurer and finance committee chair.

I became involved on the district level in 2009 serving as a director. I then served as assistant treasurer for 2 years and then elected to the treasurer's position. I have served as treasurer for several terms.

In 2019 I was elected 1st Vice Governor. I am an accountant by trade. We sold our

practice in 2016 with 9 employees and started a small accounting tax firm. I am now able to work a normal day.

Dr. Violet Jimenez Sims - nominee for 1st First Vice Governor - Greater Hartford Club



Dr. Violet Jiménez Sims currently serves on the Altrusa District One Board as Second Vice Governor. She has been an Altrusan since the Greater Hartford Club was chartered in 2012 at which time she was also the Club's first President. In addition to her service to Altrusa, Dr. Sims is Second Vice President of the New Britain Branch NAACP and President of Diaspora Multicultural Society, Inc.

Dr. Sims currently works as an Assistant Clinical Professor in Curriculum and Instruction as well as Associate Director of Teacher Education (School-University Partnerships) at the University of Connecticut. She has been working in

various capacities at every level of education – from Pre-K through university public settings – for the past nineteen years. She has been an academic advisor, taught Spanish as a world language as well as ESOL, served as a public- school administrator, and led workshops and professional development as a private consultant.

Susan Porazzo - nominee for Second Vice Governor Plymouth County Club



I have been a member of Altrusa International of Plymouth County since 1998. During those years, I have served as President, Vice President, Treasurer and Secretary for the club. I did attend and present the scholarship to the winner of our Scholarship at Massasoit Community College Choices program; Warm Hands, Warm Hearts; Altrusa Reading for Life Literacy Grant committee member; Tri-Town Rotary Flea Market (served food) and participated in many club fundraisers.

My personal volunteering has been primarily with School on Wheels of MA as a volunteer tutor for 10 years and one year as a College Mentor. I worked at their sites in Stoughton MA and multiple tutoring sites in Brockton MA. I was a Red Sox Foundation volunteer for 10 years as well. I participated in their 50/50 Raffle at Red Sox games, Run to Home Base for 5 years, Scholar graduation day and Scholar back-to-school shopping events and worked at the Dimock Health Center in Boston as a RSF volunteer. I have conducted classes on behalf of Junior Achievement in the Quincy public school system, volunteered at the Quincy Community Pop-Up food bank and volunteered with Cradles to Crayons.

I have been an employee of State Street Corporation for over 30 years. I have worked in various departments and sites including almost 3 years in our Frankfurt, Germany office. I am also the former owner/president of Aloette of Boston which was located in Hanover for 5 years.

Cathy Baybutt - nominee for Director- Carroll County NH Club

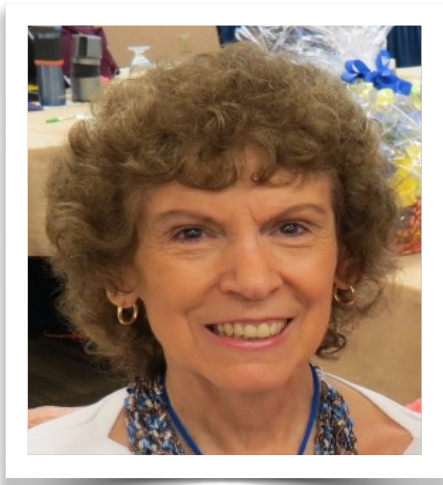


Cathy Baybutt became an Altrusan when she joined the Meredith Club in 2001. She served as treasurer for several years. In 2006 she and 3 other members were the founders of the Carroll County Altrusa Club. She served as the club's first president. She has served as president, treasurer, communications chair, newsletter editor for her club. She has served on the District One team as the DSB editor. She also served on the International Nomination committee.

She lives in Tamworth with her husband, Jim. She is retired from the construction company that she and her husband owned. She loves to garden, knit, quilt, cook, preserve the fruits of the garden, volunteer and spend time with family and friends. She and her husband have 5 children (between them) and 12 grandchildren including the youngest who are 15 month old identical twin boys.

Hilda Schmidt - **nominee** for Director

Central CT Club



Hilda grew up in New York City and raised her children, Christopher and Heather in Woodbury, CT. In 2001, she and her husband, Gary, retired to The Lakes Region in NH. There, through her involvement in her church in Meredith, NH, she met an Altrusan, Phyllis Hamblet.

Phyllis invited her to a Meredith club meeting and soon after, Hilda was initiated into Altrusa. It was just what she needed as a newcomer to the area. During her time in Meredith (2003-2011), she was chairperson of the Community Service and Literacy Committees as well as Treasurer and President from 2010-2011. When her daughter decided to return to work, she relocated to Cheshire, CT to help with the childcare of Heather's

children. Luckily for Hilda, she had met several members of the Central CT Altrusa club at one of the District Conferences, making lasting friendships.

Among her new friends was Linda Ring, who became her sponsor into the new club. Hilda joined Central CT in September, 2011. She was Treasurer from 2012-2017, and President from 2017-2019. Hilda has been a member of Altrusa for 18 years. During her accumulative years in Altrusa, Hilda has supported all of the committees in her clubs.

Hilda has also served as Co-Chair of District One Membership Committee, 2015-2017. Hilda is currently serving as District Treasurer, 2019-2021. Besides her responsibilities in Altrusa, she is involved in St. Peter's Episcopal Church in Cheshire, CT. She is treasurer of the ECW (Episcopal Church Women), and member of the Altar Guild. She also belongs to the following church ministries; Welcome, Hospitality, Outreach.

NOMINATIONS

ARE OPEN

Wanda Pettersen - **nominee for Treasurer**

Portland Club



After 37 years of combined employment with State of Maine and the County of Cumberland, I retired. A good friend, who is a member of Altrusa Portland, told me about the Altrusa Club and suggested that I attend a meeting. I attended a meeting and was hooked.

I have been an active member of Altrusa International of Portland, ME since 2016. Within a few months of becoming a member, I became treasurer of the club and have served two terms 2016 – 2020 and have chaired the Finance Committee. My favorite service project is our ABC program. I currently hold the position of Vice President.

I have received an undergraduate degree from the University of Southern Maine. As part of my employment, was the development and administering the Human Resources budget of the facilities I worked. I have served on the Human Service committee for the Town of Windham Maine. This committee was charged to determine the level & type of human service needs of the residents of the Town ie: emergency food and clothing. I'm also the Area Director for Region V with Maine Association of Retirees, and a member of the American Legion Auxiliary.

I am honored to be considered as District Treasurer. I look forward to meeting members and learning more about District One. Thank you in advance for this opportunity.



The Super Silent Auction is off to a Great Start!



Wow! The first item to come in for the Super Silent Auction is super beautiful!! If this is indicative of what is going to be available for bidding, the International Foundation is going to be the big winner, and so will you be if you are the high bidder on this item!

What is your club donating for this fundraiser? Don't forget to get me a photo and some details of each item no later than Wednesday, April 14th. Send photos to pikerino2@aol.com with the subject Auction and also include: your club, description of the item, and its value.

We are asking that the club donating an item also then mail it to the winner right after Conference ends. So keep in mind that whatever you donate will need to be easily boxed and not too costly to mail.

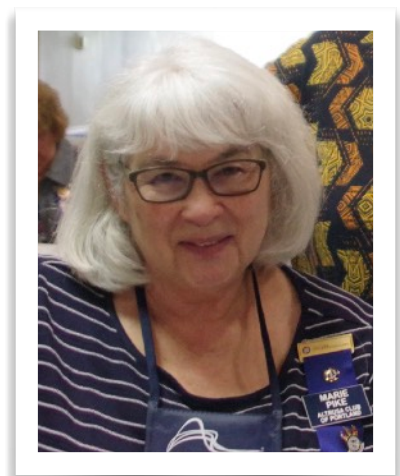
Details of the process of viewing and bidding on items is still being worked out and will be sent out once finalized. The bidding will start on Wednesday, April 21st and go through Saturday, April 24th at 3:00 pm.

So, let's all be winners! We all win by supporting the Altrusa International Foundation, by engaging our club members on finding the perfect donation, and some of us will win some amazing prizes by bidding high!

And because we are never doing just one thing at a time, the auction comes during the International Foundation's *Spring Back into Things* fundraiser, which will accumulate by club the donations from April 1st to June 30th and have awards for the clubs that raise the most funds during that period, similar to last fall's fundraiser. So your donations to the Super Silent Auction, your Club 21 renewals (yes that time of year is coming up) and any other donations you or your clubs make during this period will count towards the total.

Yes, it's time to *Spring Back into Things* and support the *Super Silent Auction*!

Marie Pike, District One Liaison



District Treasurer's Corner

District Treasurer's Corner – Note to Treasurers

One of my biggest challenges is keeping accurate club membership records at the District level. It may be that the allowance of late payment of dues as a result of the pandemic this past year, along with the delay in mail delivery has created problems in the maintenance of electronic data. District numbers do not always match the Group Tally international files of each club. Every club treasurer should verify their membership with that of Group Tally on a regular basis, especially when you are adding new members and paying dues. **Please take the time, now, to review and correct the data on all your members on Group Tally. If you have discrepancies that you are not able to fix, please contact International.**

Some of the issues I noticed are listed below:

- Active status dates of established members may have updated with the date the dues were paid.
- I have noticed that active members are showing inactive. Inactive members need to be reactivated, not just added, as dues are paid

It is imperative that District One membership be accurate on Group Tally as many reports are extracted from it for International purposes. I am happy to see a few new members being initiated at this time. Great news! Keep up the good work!

Needless to say, these have been challenging times for District One, and the Altrusa International Organization. During the Covid-19 pandemic, we learned how to ZOOM. District One Board meetings went virtual as well as club meetings. However, even with its obstacles, serving as Treasurer and being on the District Board has given me insight on the work that goes on behind the scenes. It has been a rewarding, learning experience, and I encourage all club members to consider becoming involved at the District level. You will have fun as you increase your knowledge, and learn how much energy goes into planning Conferences, Workshops, and all the other District events.

As always, feel free to contact me with any questions or concerns.

Hilda Schmidt, District One Treasurer

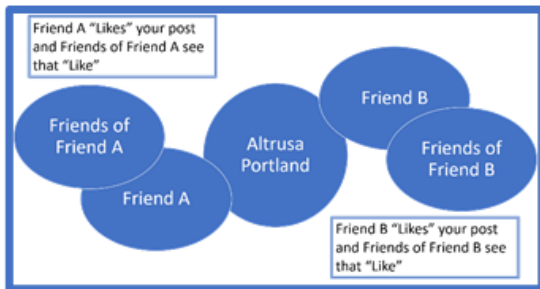
HildaCSchmidt@hotmail.com
126B Country Club Road
Cheshire, CT 06410
203-592-4819



Communication - Social Media



1. What's the BIG DEAL with Social Media? How is it different from a Website or a Blog?



Website content - Static. Limited traffic.

FaceBook and Instagram – dynamic, scrolling FEED. has an indeterminate number of potential guests. You can't know exactly who or when or how many will be present at any given time. It all depends on who your "FRIENDS" are and what "FRIENDS" those "FRIENDS" have and so on....and so on....

Encourage your supporters to LIKE and FOLLOW your page.

2. What to Post?

- ✓ Upload and Post pictures of Service Projects, Thank you letters, awards. Don't forget to TAG Altrusa District One and Altrusa International.
 - ✓ a. @AltrusaDO and @Altrusainternationalinc - @= to TAG a Page
 - ✓ b. #Altrusaservice - #= TAG a Group
- ✓ Invite FB friends to visit your local club website or the International website. Put these URL links in a post
- ✓ Post upcoming events, like: Conference, Convention, Workshop, include pictures
- ✓ Tell the Altrusa Story - Copy pictures from the International website.

3. When to Post?

- ✓ Have a regular schedule, whether once a week or twice a month
- ✓ Identify that person(s) who will take on this role



FMI: Debbie Lemieux, dalemieux33@gmail.com

International Website under Communications

[https://login.altrusa.org/files/2018/07Altrusa International Media Guide 2011 revised 03-08-2012.pdf](https://login.altrusa.org/files/2018/07Altrusa%20International%20Media%20Guide%202011%20revised%2003-08-2012.pdf)

Membership Connection

Welcome to Altrusa

Do you remember the day you were initiated into Altrusa? Were you nervous or anxious because you did not know what to expect? Were you surprised at the ceremony and how it represented the goals and ideals of Altrusa? As a member looking at the initiation of a new member, were you filled with pride and a new commitment to Altrusa?



Initiation is a very special day for all participants, but especially for the new member. At this ceremony the new member receives the Altrusa pin and name badge, which they should be encouraged to wear with pride and honor. To welcome a new member, presenting a “Club Membership Certificate” adds a personal recognition of acceptance into the Altrusa family. Adding an informational folder helps the new member connect with their club and International. This folder can include club information: business cards, brochures or rack cards, newsletter, yearbook (or club calendar of events and member contact information) and meeting dates and times. Included in this folder can be International information: “Welcome Letter from the International President”, “Altrusa International Brochure”, “Altrusa Foundation Brochure” and “The Altrusa Tradition”. It is important to include how to connect with Altrusa International’s website and Login information. Welcoming a new member to Altrusa is always a very special day.

For a sponsor of a new member, all this information can be downloaded from: Altrusa International website; go to Member Login – click on Membership – scroll down to New Member Kit and you will find this information. Included on this page is “The Altrusa Tradition” which helps the reader understand the history of Altrusa and can be included in this folder. It is only 36 pages so it is a good read but maybe not to be downloaded. In addition, while on Membership, scroll down to Membership Tool Kit and click on “Altrusa Encyclopedia”. Adding this information to the folder can be invaluable to all members.

It is important to know Altrusa’s history and understand its significance in what we do. Wearing our pin and badge to meetings; while doing projects with members and with the community; contacting potential members; donating to the community and many other activities shows our pride in being a member of Altrusa. Always conduct yourself as a professional with confidence and with understanding of all situations.

Penny Eldridge, District One Membership Chair



District One Welcomes new members

Laconia
Welcomes new
member
Lisa Singh

Seacoast
Welcomes new
members
Cyndee Cirelli
Betsy D'Agostino
Char Plotycia

Quebec
Welcomes new
members
Pascale Levesque
Marie-Pier
Veilleux



Reflections on serving on the District One Board

Charlene Mascato, Merrimack Valley Club, shared a few words on being a director:

When I became a director two years ago, I was certainly a little apprehensive, hence Linda was there with a tremendous amount of support. What I found so helpful being on the Board was the ability to put a name with a face. Little did we know that much of this Biennium would be amidst a pandemic. Linda never missed a beat in handling everything from Fall Workshop to Spring Conference. As a director I was able to see what other clubs were doing for projects, fundraisers and membership.

As a director I was able to offer input and then act as a Liaison to bring back to my own club. Under Linda's direction we have continued to meet via Zoom and create that personal touch.

My sincere Best Wishes to All. Be well and stay safe. Thank you for the opportunity to serve as Director.

Serving on the District One Board has opened my eyes to all that District One does to support the local clubs. It is a resource to the local clubs. District One has used multiple methods to keep the local clubs linked in. There is the Good News from the Governor (GNG), the District Service Bulletin (DSB), and the Monthly Zoom calls with the club presidents. Also, you can always contact a member of the District Board if you have a question. Governor Linda has done an amazing job keeping us all on task during her biennium, despite the pandemic.

My favorite part of being on the Board is to participate in Club Visits. This gives you an opportunity to spend some quality time with members from other clubs. I prefer in person visits, but the virtual club meetings through Zoom are the next best thing.

We are always looking for members to participate at the District Level. If you think it would be a good fit for you, please don't be shy, and let us know.

-Pam Lemieux, Gov-Elect,

Cathy Baybutt, Carroll County Club writes

Being the editor of the DSB has let me meet members from all of the clubs. The photos and articles come in, I see the faces and the names and feel connected. I will admit that it is a lot of work. I've made an effort to include and expand the news from the clubs.

Governor Linda has helped by having a focus for each DSB issue and asking the Board members to write on that topic. Those themes guided the flow of the newsletter.

There were technical problems working across different platforms and using different software products, but we seemed to overcome them in the end. With each issue I learn something new about the process. With each issue I think I have reached more members and clubs and helped them engage with each other.

Thanks for the opportunity to let me meet the challenge. I will be available to the new DSB editor in the future.



SOS Support Our Soldiers District One Service Project

Susannah Leslie connected all of us in District One with the Soldiers Care Packages program at the First Baptist Church of Hingham, 85 Main Street, Hingham, Ma 02043. Several clubs have continued to send Thank you cards to the troops to be included in the packages that are sent. If you wonder if your cards are appreciated; I received this note from Joy at the church.

What a wonderful surprise just now when I went to our mailbox and found your package of Soldiers' cards. I had just run out, so you can see how appreciative I am. Thank everyone involved. Faithfully, Joy

I then asked how many cards does she use each month?

I appreciate your interest. The number of packages, including the cards inside each of them, fluctuate each month depending on how many Soldiers we have and how many supplies we have to fill the boxes. For instance, in January we sent 30 packages. This month we will send well over 75. (And you can imagine how costly it is if each box costs \$17.80). Currently our Packages travel to Afghanistan, Kuwait, On Ship, Jordan, Iraq, Saudi Arabia, Bahrain, S. Korea, Japan, and Greece..... deployed troops are everywhere. Joy

It is never too late to **make a difference**. Cards are easy to write, it just takes a bit of time and a bit of effort. Our Carroll County Club members write them throughout the month and then once a month they are sent in bulk. There is a link below to this program with more information. They have a wish list of items the need, and besides the thank you cards, they always appreciate monetary donations to help them ship the packages.

www.soldierscarepackages.com

Will your club help make a difference? Or will you as an individual act? It's up to you!





District One continues to support Days for Girls



Our Merrimack Valley Altrusa club has continued to commit our time and resources to the DFG program. Covid might have slowed us down but has not stopped us. In August of 2020 we were finally able to deliver 50 completed kits which were originally slated for Guyana. We chose to have those kits sent to Beirut instead, responding to a critical need for feminine products as a result of the explosion there. I met up with Carole Norrish who included our kits with Hartford's kits and delivered them to the distribution center in Pittsburgh.

Our group is currently working to finish up 25 kits. Since we have not had in-person meetings in just over a year, trying to swap components of the kits for each member to work her part has presented a challenge and has drastically slowed production. We are on target to finish our 25 kits by the end of May. We feel that we are making a difference in the lives of the girls that received our kits and we are hoping to do more in the future.

Claire Behrle - Vice President



Have you ever checked out the Days for Girls website. It's pretty amazing. The impact they have had throughout the world is impressive. Sign up for the newsletter to keep up to date with their projects. There is a donation link, why not make a personal contribution. Have you ever thought about sewing parts of the DFG kits. There are two clubs in District One; Northeastern CT and Merrimack Valley who do this. Maybe you could connect with those clubs and take on some of the components that go into the DFG kits. Take a few minutes to explore the DFG website and be inspired.

www.daysforgirls.org

Altrusa Service Data Base

Reminder from Cathy Baybutt

One of Governor Linda's "wants" is for each club in District One to enter at least one of their literacy or community service projects into the Altrusa Service Data Base.

- Do you know how to do this?
- It's actually pretty easy!
- Log in to altrusa.org.
- At the top of the page on the right hand side is a menu SITE.
- Click on this it has a drop down menu.
- Go to the last item on the menu Altrusa Service Database.
- You will see two options, Search the Service project Data Base or Enter a Service project.
- The directions are written right there and it's as simple as entering the title, a summary of the project, what kind of project, literacy, service, other.

I enjoyed looking around and seeing all of the creative ideas from across our Altrusa Universe. District One had 33 projects entered. These were from 8 clubs who had posted some of their projects. There are 9 clubs who have yet to enter any of their wonderful projects. **Can you make this happen?** Enter your project. Thanks.

My suggestion is to celebrate Linda's biennium that we have 100% of clubs participate. Let's do this in honor of Linda who, as Governor, has faced more challenges because of Covid than any Governor in recent history.





Do you have a fear of PUBLIC SPEAKING?

Here are five helpful tips to make it easier and better

1. Love the topic about which you are speaking- If you are not passionate about the topic, your audience won't be either.

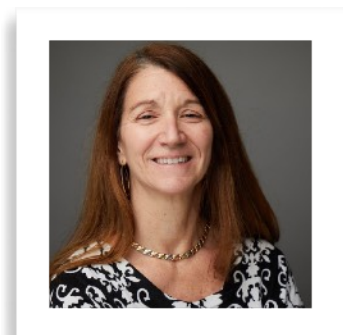
2. It is always about the audience - You need to know about them (ex. age, interest, where they come from, etc.) and especially why are they attending your presentation. Then you can tailor your remarks to accommodate their interests, needs, or concerns.

3. Do not use notes – You're likely to just read them if you are nervous. You can use your slides as hints or guidance for what you want to talk about.

4. Use fun and interesting slides to enhance your presentation – Avoid using full sentences, don't pack a lot on each page, add animation if it makes sense, engage your audience in the topic.

5. Prepare, practice, and perform – You have to spend time preparing your story. Sometimes you can create the slides and then craft your story around the slides and other times you might have the story and need to make slides to fit the story. Make an outline. Think about what your audience wants to know and how you are going to tell them. Then practice, practice, practice. Do this out loud. You need to hear the words roll off your tongue. This way you can hear if you are rambling. Stand up and walk around while you practice your presentation out loud. Use a little showmanship when you present. Make your story and presentation so they engage the audience. It will build your confidence when you see the audience reacting to what you are saying.

Elsie Mathews
Leadership Chair



Parliamentary Procedure is the best way to get things done at your meetings.

Are you new to meeting rules? Appointed to a committee? Chosen as a convention delegate? Elected as an officer or board member? You will find the rules you need for successful meetings, made simple and easy, in Altrusa's **Point of Order**.*

Keep in mind that it is not just the Chair's responsibility to know parliamentary procedure. All the Officers and members should be knowledgeable to ensure effective and productive meetings. To help achieve this goal, the Point of Order discusses the basics of parliamentary law. It does not replace Altrusa's official and complete guide, Robert's Rules of Order, Newly Revised. **What Is Parliamentary Procedure?** It is a set of rules for meetings that allows everyone to be heard and to make decisions without confusion. So it's important that everyone know the basic rules!

March Happenings – Election of Officers and Board

All officers and Board members, except the Immediate Past President, are elected by ballot at a regular Altrusa meeting in March and then installed to assume their duties as of June 1st each year. (Article XIII, Section 1 of the Club Bylaws)

In January, at least 8 weeks prior to elections, the membership elects the Nominating Committee, consisting of a Chair and two other members. (Article XIV, Section 2 of the Bylaws) The committee is tasked to prepare a slate of officers, one person for each of the open positions. More than one candidate for an office is permissible, but a rare situation for the smaller Altrusa Clubs. At the club level, it is also acceptable for members of the committee to be nominated for an officer position. The Committee Chair should be prepared to formally report to the membership prior to the elections meeting. This will allow other individuals to consider placing their names into nomination if they wish.

At the March Elections meeting, the President of the Club should call for additional nominations for each office. Any nominations from the floor are added to the slate and the elections are held per Altrusa Bylaws, which mandates a ballot vote. A *ballot vote* requires that the candidate who receives the *majority of the votes cast* is elected to the position.

However, if there is a single slate for each office, Altrusa Club Bylaws provide the option that “the Secretary may be instructed to cast the ballot”, as stated in Article XIII, Section 1.

If no additional nominations are made (from the floor), a motion can be made: “I move to direct the Recording Secretary to cast the ballot.” With a second, the President repeats the motion and asks for discussion. If there is no discussion, the vote is called.

*You can download a copy of the Point of Order from the Altrusa website (www.Altrusa.org). After you login (user id **Altrusan** Password **MamieLethaNina1917**), click on the **Leadership** tab and scroll down.

Anne Marie Snyder, Parliamentarian



Training Sessions via Zoom

This past year has created many changes for Altrusa, that hardest part is not being together. It has also brought many opportunities to grow and share through the monthly training sessions: Did you know that some of these sessions are available to you 24/7 on line.

Check out districtone.altrusa.org

Training sessions available on line:

- Club Presidents
- Club Treasurer
- Club Secretary
- Club Communication - Newsletter writing
- Video Etiquette - in English and French



Notes from the *Communication Training Session* lead by Deb Lemieux.

This training event focussed on Club newsletters. It was well attended and to the delight of the DSB editor, I received several “new” newsletters.

- The **Volunteer** from Northeastern CT,
- The **Link** from the Meredith Club,
- **Altrusa Life** from Laconia,
- The **Mill Run** from Merrimack Valley

Of course there are the regular issues:

- The **Altruist** from Greater Biddeford-Saco,
- The **Carroll County Chatter** from Carroll County,
- The **AltrusaGram** from Portland,
- The **Cranberry Scoop** from Plymouth County,
- The **Central Breeze** from Central CT.
- **ZOOM Quebec**
- **The Longtale** from Bermuda

I apologize if I have missed any clubs, I don't always see these newsletters, but you should always send a copy to altrusa.districtone.dsb@gmail.com. That's where the news comes from for the DSB. **Cathy Baybutt, Editor**

How Things Changed due to Covid was lead by Rita Cote.

What a wonderful exchange of ideas we had. There were 12 clubs who presented and 34 attendees.

The topics ranged from

- how meetings changed
- how we learned to ZOOM
- how we had to think out to the box
- How to go virtual
- how clubs got creative with fundraising

FUTURE TRAINING SESSIONS

Save the dates, save this page with the link.. hope to see you all at ZOOM TRAINING

Training Session (2nd Thursday):

Thursday, March 11, 2021 @ 6 pm

Making Orientation FUN

Join Penny Eldridge. Membership
Chairman

Thursday, April 8, 2021 @ 6 pm

Information Scavenger Hunt

Join Anne Marie Snyder & Sandy LaBonte

Thursday, May 13, 2021 @ 6 pm

Finding Funding

Join Anne Rash, Immediate past governor



Here's the forever link for 2nd Thursday Sharing/Training sessions:

Linda Ring is inviting you to a scheduled Zoom meeting.

Topic: Altrusa District One Monthly Sharing Session

Time: This is a recurring meeting - 2nd Thursday of the month at 6 pm.

Join Zoom Meeting

<https://us02web.zoom.us/j/88922325677?pwd=R0MrK0IMZHk1M212OXBrU3pleGRtdz09>



ZOOM on the Quebec Club

Even with pandemic sticking to us, we have kept on each of our member and board meetings on Zoom.



It's a real pleasure to see each other every time. Most members are getting used to Zoom and even if some disappear at times, they manage to come back on the screen.

Proud of our two new members:



To the left: **Pascale Levesque** and to the right: **Marie-Pier Veilleux**
Both were initiated on Zoom in January. Pascale took care of the Valentine Day for the women of la Maison Zoé-Blais and Marie-Pier is the one who bought the books for the children of la Maison Zoé-Blais.

Sandra Ferguson, our February speaker told us about the Sourdine Foundation for children with hearing and language difficulties. The Club agreed to make a dedicated donation to buy books for l'Ecole Oraliste, a school dedicated to children with hearing and language disabilities from primary to end of secondary school.



Valentine Day at la Maison Zoé-Blais

To the left: **Sr Raymonde Dumont** with two happy recipients of a chocolate treat added to the weekly pantry box especially for Valentine Day.



Books and "sans souci" dolls for the Children of la Maison Zoé-Blais

To the left, **Madeleine Ferguson** and right, **Thérèse Morin**, our new member, preparing books bought by Marie-Pier Veilleux and dolls given by Madeleine's friend.



ZOOM on the Quebec Club cont'd

Thanks to the great success of our fundraising activity held from mid October to December, the women from la Maison Zoé Blais and their families and our elderly from La Résidence Havre Joie de Vivre had their share of the Christmas joy. All our members participated in planning, preparing and sowing happiness for those who need it most in these difficult times.

Thanks to the Altrusa International Foundation Grant, la Maison Zoé-Blais can keep on its activities despite the pandemic: sanitary material has been provided, books for children at Christmas, supplements to food pantries are being given and each altrusan is involved, respecting the sanitary rules.



Delivering books for the children 12/15/2020



Preparing the food pantry

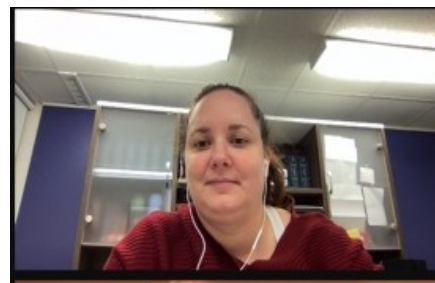


Christmas for the elderly :
Georgette Rondeau, Alice from the Residence Havre Joie de Vi-vre, Thérèse Morin, Lise Blais and Lise Mercier.



Raymonde Coté taking orders from **catalogue built and posted on Facebook** by Véronique Veilleux and Sister Raymonde to sell articles made at la Maison Zoé-Blais for the Christmas Market.

May you find a «sans-souci doll» to which you can tell about your worries and which will make them fade away. According to a Guatemalan legend.



New website:

<http://www.clubaltrusaquebec.com>

You are invited to visit our new website completely renovated by the good care of **Véronique Veilleux** and to follow our us on **facebook**

Thanks to Veronique, our **zoom** Master, who allows us to chat and meet freely at each board and member meeting.



Altrusa - Eliza DoLittle pantry donation



The Altrusa Club of Bermuda was able to make an annual donation of non-perishable foods to the Eliza DoLittle's pantry on Saturday, December 5, 2020 despite the Club not being able to hold our yearly Christmas luncheon due to the COVID-19 virus.

Normally attending Club members and guests donate a variety of items for our give away boxes. However due to this drive only being limited to just the Club members, we were amazed at the amount of items donated. Members were very generous and doubled the normal required quoted per person giving us quite a good amount of useful basic non-perishable goods.

The goods were delivered to the pantry after collection and Danielle, who is now in charge of running the pantry, was very appreciative and thanked the Club for coming and donating all the much needed food items.

Submitted by
Mary Faries

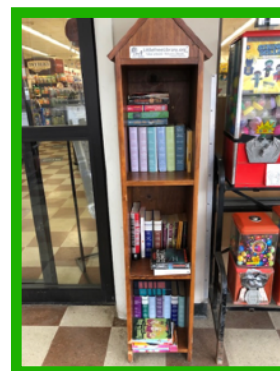




LITERACY COMMITTEE

We continue to stock our Little Free Library with books for all ages. Recently, the Downtown Gym in Laconia has donated books to us, thanks to an Altrusa member! We have found this project to be very positive, getting reading material into the hands of many.

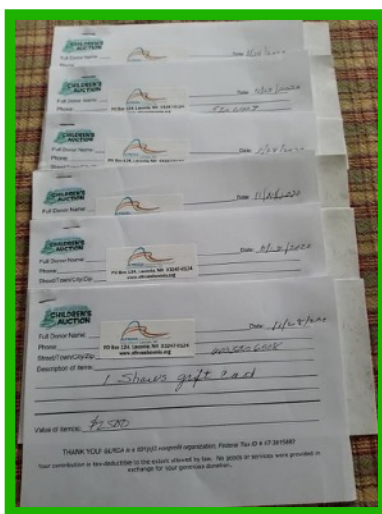
Another free book giveaway is planned for the spring. We hope to use a different laundromat than the one we did for fall. Books for children who accompany adults will be the focus.



BELKNAP COUNTY NURSING HOME

Each month birthday cards for residents with birthdays that month are dropped off. While we cannot host monthly birthdays parties for a while, we hope this keeps us in the minds of residents.

Recently, we created 70 cards for all residents of the Nursing Home. These had a Happy New Year message, encouraging the residents to stay positive and safe. Each resident had his/her name on the card. We do hope to see them soon-- when the Nursing Home feels it



Laconia Altrusa supported the Greater Lakes Region Children's Auction with donations of \$250 in Gift cards. The Children's Auction was founded in 1982 and has raised millions of dollars over the years. This group provides grants to organizations that support children's programs.

Taste of the Lakes Region 2021 - Cancelled

With heavy hearts, the difficult decision has been made to cancel Taste of Lakes Region 2021 rescheduled to April 18. We are looking forward and hope to see you in 2022. Thank you as always for your continued support. Wishing you all Health and Happiness in the New Year 🌞

News from Meredith ...



On Wednesday morning, December 2, Meredith Altrusans decorated the window boxes at the Chamber of Commerce. Left to right and holding a colorful ribbon are Carol Gerken, Chamber member Stephanie Whiting, Altrusa Vice President Mary Anne Skawinski and President Sylvia Detscher.



L-R: Vivien Mitchell and Community Service Co-Chair Kathy LaPoint

Headed by the Community Service Committee, the Altrusa Club of Meredith collected a wide range of items, including scarves, mittens, hair, and nail products. They placed them in decorative shower caddies and distributed them to the residents at New Beginnings, a women's shelter in Laconia, NH.



Barbara and Paula pack up some of the many tasty muffins prepared by club members to distribute to various shelters/housing

locations and to first responders in honor of National Muffin Day on March 1st.



Standing L-R: ILES Principal Michael Bryant; Altrusa "Charity Trees" Co-Chair Marie Stephens; Altrusa President Sylvia Detscher; ILES Reading Specialist Alesia Parks; Isaiah 61 Café Founder Dawn Longval. Seated L-R: Inter-Lakes Schools K-12 PTO members Ashley Suckling and Liza Epstein.

Because of generous community support for our 25th Anniversary Festival of Trees

"Charity Trees" fundraiser, Meredith Altrusa contributed matching funds up to \$1,000 to each of the following non-profit organizations: Inter-Lakes Christmas Fund, Inter-Lakes K-12 PTO, and Isaiah 61 Café. The total amount donated through the Altrusa International Foundation of Meredith, NH, Inc. was \$4,277.00.



The Portland club is saddened to share the news that Martha Donahue passed away in February. Martha was a devoted aunt, friend, teacher and volunteer.

She leaves behind a legacy of sharing the love of reading with everyone she met.

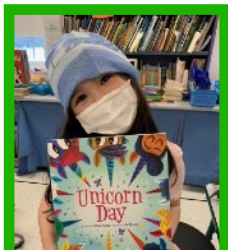
The Portland club was excited to be invited back as guest chefs at the **Ronald**



L-r: SusN KING, nn Amirh & Nicki Griffin

McDonald House, the FIRST guest chefs to cook since COVID interrupted the cooking for families. We met 3 families to

talk to... They were DELIGHTED by the smells of our meal...and the cookies. It was AWESOME!



Happy kindergartener with her Forever Book

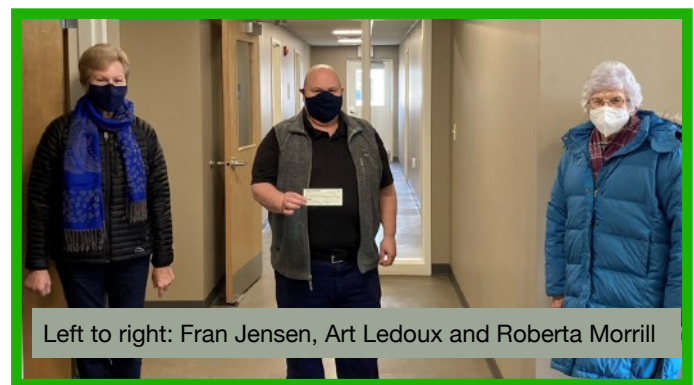
COVID-19 stepped in again. So the Portland club decided to take its BOOK BLIZZARD on the road. Bags were packed with 25 books each and delivered to local schools. In total 23 bags went to schools in Portland, Westbrook, South Portland, Windham and Lake Region.



Portland club gathered 60 books for Heidi Farrin of Cricket Comforts to match up. Cricket Comforts brings matched sets of cases and books to the kids at **Barbara Bush Medical Center**.

Portland's SOS Project

The Portland club was pleased to have Arthur Ledoux join their November Zoom meeting. Arty shared with us his work at the Veteran Services Program in Westbrook. Its mission is to serve Westbrook veterans and their families with dignity, respect, and compassion and to be their principal advocate in ensuring that they receive the support, benefits, and recognition they earned in service to our country. In January two Altrusans, Fran Jensen and Roberta Morrill, delivered to Arty a contribution from the Portland club to further his organization's mission in service to veterans.



Left to right: Fran Jensen, Art Ledoux and Roberta Morrill

Vacation was closing in on our elementary school friends and Portland Altrusans leaped into



left to right: Fran Jensen, Anita Chandler, and Pam Lemieux

action! Eleven Altrusans stickered, sorted and bagged books for 71 classrooms...over 1,200 books. Many were delivered before February vacation!



left to right: Cristine Johnson, Wanda Petersen, Debbie Lemieux and Martha Gross



Betsy D'Agostino



Cyndee Cirelli



Char Plotycia

Congratulations to Seacoast as it welcomes three new members to the club.



In December, we donated 5 blankets and 10 scarves, which were made by the Seacoast members, and a few Teddy Bears to the York Community Service Association (YCSA). Maureen Monsen, Manager of the Food Pantry, accepted our items outside the building because of Covid.

In February, we made Valentine Cards and donated them to Durgin Pines, a Rehabilitation and Long-Term care Center. Judith Goldsterin, Carol Xenos and Joan

Carnahan presented these items to their representative because we were not able to join the patients in person. This is our third year of providing these patients with cards and beads to help them celebrate "LOVE".



Carol Xenos and Judith Goldstein.

In October 2020 the granddaughter of a member was diagnosed with cancer in both of her eyes. This required frequent driving to Boston for treatment. We presented the family with a gift card for \$500 to help with this trip. Members also planned a weekly meal service under the organization of Nadine Rueter. Once a week a dinner and dessert were driven over to the family to enjoy after an appointment. The family is very appreciative of this support from Altrusa. The mother of the child joined our Zoom meeting with Dr. Violet Sims, who was with us for her club visit, to thank us for our support. The child is doing well and continues to be under doctor's care. If the need arises again, we will continue our support. We are happy that we were able to provide this assistance.





Toys for Tots



These two ladies snuck right into Denise's minutes to share their Toys for Tots donation made in early December. Thanks to Ann Milliard and Martha Taylor.



When asked if she was involved in this effort hosted by the Ferry Beach Retreat & Conference Center, our own Altrusan, Lynn Steed, answered:

"Yes I organized the 29 drivers to 156 different addresses in Old Orchard Beach, Saco and Biddeford. Thankfully it went well and I am grateful it is over. The food really was exceptional. The drivers were not just from the Saco Food Pantry but also Age Friendly volunteers."

Lynn is an excellent example of a true Altrusan.



At our January 26th program meeting, we welcomed Deanna McNamara and Joseph McKenney representing the Friends of Clifford Park. A Story Walk has been set up in Clifford Park on Pool Street in Biddeford. The Story Walk runs 1/2 mile and each kiosk has 1-2 pages of the story. The Friends of Clifford Park have had to buy the stories and they currently have 5 on hand, attempting to change the story every quarter. They would love to have some resources to purchase more stories.



Despite Covid, Carroll County has managed to continue with some of their regular service. The 4th Thursday of each month members pack weekend bags for End 68 Hours of Hunger.



The book bags for baby program continues as new babies join the community and the parents are encouraged to read to their children.



Since fundraising hasn't been possible we collected donations in the name of 2 organizations (Starting Point and the Laura Foundation) but also 3 local food pantries.



We stole an idea from the Northeast Ct club and came up with our own Change for Altrusa coffee cups for your car (to collect loose change) and flip your lids for Shriners (collecting aluminum tabs) containers.



The annual Foster Family Christmas party had to be moved outside and then it had to be contactless, from plan A, to plan B, to plan C. It ended up being a driveway event with the families remaining in their cars. Club members baked cookies, made family craft activity, purchased a book and packed items into a new backpack for each Foster Child. Those families who weren't able to attend had their gifts delivered by the staff at DCYF. It wasn't quite as much fun as in years past, but it did put a smile on everyone face.



News from Plymouth County....

Random Acts of Kindness

Governor Linda Ring encourages us to join in Random Acts of Kindness Day this February 17. The idea is very Altrusan, light a candle rather than curse the darkness by doing something nice for someone else. The random part helps extend goodness to someone not familiar with your usual good deeds. It is the stranger part that really has an impact. As simple as a smile, buying a cup of coffee for the person behind you in line, add to the person's grocery fund ahead of you, compliment a teenager, bring candy or baked goods to any frontline service person, encourage someone dealing with addiction. So many people feel invisible, just being treated like a human being can be huge.

Linda tells us that Random Acts of Kindness, RAK, began in Denver, Colorado, 1995. It spread to New Zealand in 2004 by Josh de Jong. Is he an Altrusan? You have to wonder! An added benefit to acts of kindness comes in a rise in serotonin. Be still my heart! Blood pressure gets lowered as do the risks of heart disease. So, lets all get behind this activity to increase good will and good health.

Juo Nouvo

With an eye towards an international project focused on literacy, President Susan Setterland, Vice President Susan Porazzo, and Secretary Marcia Mantell met with former Plymouth County Altrusan, Kerline Tofuri, founder and president of Juo Nouvo last September. Kerline's efforts to raise capital for building a centrally located structure housing a computer lab, library, a multi-functioning classroom, offices, and a cafeteria to nourish the students while providing an appropriate environment for studies to improve their economic opportunities has inspired our club to write an Altrusa International grant. Such a grant would allow us to help kickstart the construction of the library room, "The Altrusa Library", and fund books and related equipment for it. Additionally, we would have the ability to have hands on experiences using zoom to teach English, assist in creating financial literacy classes, business mentoring, and working with children. Kerline is now in Haiti.

Kerline's online October Gala raised \$100,000 for the construction!



News from Northeastern CT...

The Literacy Committee has received a grant from the Ossen Foundation. The funds will be used to replenish the books in the Take Away Libraries in the Covenant Soup Kitchen, No Freeze and Windham Holy Family Shelters, and United Health Services. We will also be receiving more books for our local "Read to Grow" Program. that provides books to children in Windham. Thank you to Anne Rash for writing the Ossen grant and securing these much-needed funds.

Welcome to **Northeastern Ct** as they have their first issue of **The VOLUNTEER**, Club Newsletter

Susan Ulino, editor named this newsletter *The Volunteer* not to invoke **anything** to do with Tennessee, but because that is what we do. We put ourselves out there when it is needed. We are the volunteers.



**CHECK OUT Facebook;
Altrusa of Northeastern Connecticut**



Read to Grow program delivered 21 boxes of outstanding books to Altrusa of Northeastern CT. These books were sorted for distribution to several non-profit agencies including Access Agency, the Covenant Soup Kitchen, the Holy Family Shelter, Social Services as well as a collection of young adult titles for Windham High School. Bookmarks were added and the books were delivered by the literacy committee members to the each non-profit group. The Altrusa members participating in this event were Patricia Hempel, Mary Weinland, Carole Norrish, Barbara Gibson, Anne Rash, Bonnie Ryan, Barbara Willard and Chris Lamb.





Blankets of Warmth



One of 9 beautifully assembled afghans created for the Female Veterans at the Veterans Home. Bobbi Tunderman continues to gather these 7"x 9"

rectangles and works them into afghans. It takes 48 squares for each blanket.

"Support Local Businesses" Raffle Recap

In total we raised \$4040.00. (take that on your way out 2020). 657 tickets were sold in total for \$3285.00 and an additional \$755.00 in donations.

With all the uncertainty this year of Covid brought, my committee helped me stitch Raffle 2020 together but you my Altrusa sisters, were the fabric for our success. Thank you and bless you all in the New Year,



Wreaths

Two Central CT Altrusans, Kimberly Czaja and Tiffany Shaffer volunteer passing out wreaths at the Veterans Cemetery in Middletown CT.



31 Years of the Diaper Drive.. usually a picture is worth 1000 words, but the story below is better than a picture. Kathleen Didato tells us that she and Bill were in line at Sam's Club



buying diapers, *of course*, and checking out as two orders to get more of the diapers that had a limited sale quantity. A gentleman behind them had only a jar of cashews to check out, so Kathleen offered to let him go ahead of them. He thanked her but said he was fine waiting his turn. Kathleen also suggested that he go to the self-checkout lane, but he insisted he was fine where he was. "Naturally" they started talking and the subject got to volunteering which he said he also tried to do. When she got to the register, Kathleen asked the cashier to put the cashews on her bill. The gentleman protested, but she insisted that she wanted to and that he could pass the favor along to someone else. As she was leaving and saying goodbye to him, the gentleman pressed a rumpled \$100 bill in her hand and said she should use it for her baby collection. The incident is straight out of a Frank Capra movie—who was he and how did he get behind the indomitable Kathleen anyway?

News from ASTRA ...



Former Altrusan Brianna White (pictured) picked up the BAM books that Martha Gross stickered and bagged for ASTRA. She delivered them to Trish Maxim who passed them on to the Lakes Region ASTRA club. ASTRA then delivered them to the new Kindergarten children in SAD 61 at Stevens Brook Elementary School and the Songo Locks School.

Pictured is ASTRA President Cierra Grover and the Altrusa/BAM books she delivered January 7th to Songo Locks School in Naples, Maine for the now 1st graders who were the



Kindergarteners last spring who missed out on ASTRA's ABC due to the COVID-19 pandemic. (It's simply a drop-off. The teachers will distribute.)



In addition, ASTRA member Emma Cole (no picture) delivered the "last spring's ABC books" for the now 1st graders at Stevens Brook Elementary School in Bridgton, Maine.



ASTRA completed their first hands-on service project on Wednesday, February 10th by delivering the 100+ 'Activity Bags' they created for 3rd graders to Stevens Brook Elementary School in Bridgton and Songo Locks School in Naples. (This was the same day they dropped off this year's 'ABC' books for the Kindergartners at



those same schools.) Each colorful 'Activity Bag' contained age appropriate word searches, math puzzles, coloring pages, & seasonal crafts for the children to do at home on vacation the next week. Now ASTRA is preparing their entry to the "ASTRA Service Project" competition for District One and International.

Submitted by Trish Maxim, Portland

News from International Office

As you all know there are continuing issues with USPS and extreme delays. Just to keep everyone informed: complaints have been filed not only with the local post office but with the main office in downtown Chicago as well. USPS is doing everything they can to work through their back log and the issues of being short staffed due to COVID. These issues have been reported on by major news agencies.

Below is the address where Association mail should be sent:

Altrusa International Association, Inc.
C/O Carrie Shrader
3815 S Normal Ave Apt 1
Chicago, IL 60609

Below is the address where Foundation mail should be sent:

Altrusa International Foundation, Inc.
1 N LaSalle Suite 1955
Chicago, IL 60602
Attn: Shawna Veldhuizen

ATTN:

Please *email only* Grants Program applications to foundation@altrusa.org. The deadline is March 15th, 2021. You will receive a confirmation email when the application is received. Do not mail grant applications to the Chicago office.

We all understand this is frustrating to all parties involved and ask for your continued patience while USPS sorts themselves out.

As always, please print and share with your members who do not have email.

Call to Convention - July 28 to July 31, Charlotte, NC

Here is the link to all the Convention information and registration

https://login.altrusa.org/files/2021/02/2021_CalltoConvention.pdf

Communications

District Service Bulletin & Website updates

**Please send news stories, photos, new members,
officer installations and all things Altrusa to**
altrusa.districtone.dsb@gmail.com

Schedule of DSB publications: Submission Deadline
March 1st, June 1st, Sept 1st, Dec 1st

Publish Sept 15, Dec 15, Jan 30 (Conference forms), March 15, June 15

We know you are all busy doing wonderful things, wouldn't you like to share the news with your fellow Altrusans. You can submit photos and captions any time. We'll include as many as we can. Thank you for helping to make our job easier.

The new communications team will be introduced at Virtual Spring Conference.. the email address will remain the same.

Current Contact information:

**Altrusa International Association, Inc.
C/O Carrie Shrader
3815 S Normal Ave Apt 1
Chicago, IL 60609
1-312-427-4410**

altrusa@altrusa.org

**Treasurer, District One
Hilda C. Schmidt
126-B Country Club Road
Cheshire, CT 06410**

Save the Dates:

April 23-24, 2021
Virtual - Spring Conference
Your living room - details included

July 28 to 31st
International Convention 2021
Charlotte, NC
Link included

November 6, 2021
Details TBA
Sept DSB