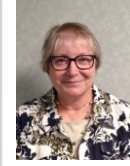




District One Altrusa International, Inc.
Bermuda, Canada, Connecticut, Massachusetts, New Hampshire, Maine and
Vermont

District One Service Bulletin
"Altrusa the Key to Service, Leadership and FUN"
Volume 20 Issue 3
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Governor's Message



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District One Altrusans,

I can't believe summer is coming to an end. It just seemed like yesterday that we had our Virtual Spring Conference, and we were looking forward to summer and the International Convention in Charlotte, NC.

I attended the Altrusa Convention in July and came back to my Governor's role rejuvenated and ready to serve. My review of the Convention can be found later in this DSB.

Now I'm looking forward to our Fall Workshop in November. It has been so long since we in District One have gotten together in person. The Board and I are planning a fun Workshop for Saturday, November 6th. The Workshop theme is "Open the Door to Membership". The day will be spent sharing how we find prospective members, how we introduce them to Altrusa and, if Altrusa is a right match for them, how to welcome them to Altrusa. Naturally, once they become Altrusans, if we want to retain them, we need to nurture and support them. We can't just have them join and then not engage with them. We need to be sure to seek them out at meetings, talk and laugh with them and encourage their participation in our service projects. We also will cover succession planning and we have a 'creative workshop' that will hopefully bring insight into dealing with change.

On Friday evening, before the Workshop, we have a dinner planned to celebrate the District One Boards and Chairs. First, Immediate Past Governor, Linda Ring, will conclude her biennium, giving recognition to her 2019-2021 Biennium Board and Chairs. Then I, as your new Governor, will recognize my Board and Chairs for the 2021-2023 Biennium. Both Linda and I will do our best to make our remarks 'pithy' and 'entertaining'. Friday night includes a plated meal and for entertainment we are booking a Karaoke DJ. We hope you all can join us for an evening of FUN.

The Clarion has a block of rooms available for Altrusans on Friday night at the low rate of \$89/night, plus 9% Maine Tax. THEY ARE ONLY AVAILABLE THROUGH OCTOBER 6TH. If booking after October 6th, the room cost will be at the prevailing rates. So, if you are planning on going and staying overnight, I encourage you to book a room soon.

There is currently a lot of concern around COVID. What will conditions be in November? I don't know. However, I am encouraged by the fact that the top 4 states with the highest vaccination rates are: Vermont, Connecticut, Massachusetts, and Maine. I'm sure New Hampshire is not too far behind. In addition, due to mandates or the seriousness of the delta strain of the coronavirus, vaccinations are increasing again, which is good. If you haven't been vaccinated yet, I hope you will do so soon. The vaccine has proven to be a good deterrent from getting COVID and if you do get COVID after being vaccinated, the disease is not as harmful as it has been to unvaccinated people. It is my hope that all District One Altrusans who plan to attend the Workshop are vaccinated.

Given all the uncertainty about COVID, I know some people may hesitate or delay signing up for Workshop in November, afraid they may get COVID and be unable to attend. However, if you have registered for Workshop and you or anyone in your immediate household tests positive for COVID-19 anytime from October 15th to the Workshop date, if you provide proof of your positive covid test to Governor Pam Lemieux by November 5th, you can have your registration refunded. Also, if you have booked a room, you can cancel with the hotel 48 hours in advance of your arrival, with no penalty.

Looking forward to seeing everyone at Workshop, November 5-6, 2021, at the Clarion Hotel in Portland, Maine.

Pam
Governor, Altrusa District One

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Convention 2021 Highlights

Review of the 57th Altrusa International Convention Charlotte, North Carolina July 28-31, 2021

Everyone,

I'd like to share my impressions of the International Convention in Charlotte, NC. I will admit that when I heard that the attendance was limited by the hotel to 250 attendees, I was skeptical that it would be as good as past conventions, but I was wrong. The International Convention in Charlotte, NC was great. If you have never attended a Convention in the past, you should plan to attend in the future. In fact, you can start planning now for the next Convention that is scheduled to be in San Antonio, Texas on **July 19 – 22, 2023** at the **Grand Hyatt San Antonio River Walk**. I've already got that date saved. The invitation to Convention showed that San Antonio has a lot to offer. I hope to see you all there in 2023.

In Charlotte, District One had 6 members attending: myself, Pam Lemieux, Marie Pike, Susan Porazzo, Sue Hawes, Diane English, and Beth Michalec, from 4 clubs. Even though we were a small District Group, District One had a lot of participation. Marie Pike is serving as a trustee on the International Foundation Board and was very busy overseeing the Foundation Silent Auction (encouraging other people to outbid me on items!). Susan Porazzo was an expeditor with a flashing star shaped crown (Susan, did you get to keep the crown?). Susan Hawes is a member of the International Leadership Committee and was a co-presenter of a Workshop I attended concerning 'Conflict Resolution'. Also, I discovered that Violet Sims is a member of the International Communication Committee. And finally, we must congratulate Ann Marie Snyder, who was elected to be a member of the Nomination Committee.

And now for the big news!! The Seacoast Club won 3rd Place for the Letha H. Brown Award, with their, "Read Me a Story". As they read the synopsis, I remarked that it sounds just like a project one of our District Clubs did. And it was exactly that. Congratulations (and a \$75 check) go to the Seacoast Club.

Finally, delegates had to attend the Business Meeting, where a lot of time was spent reviewing and approving BRR changes to our International, District and Club policies. They were primarily language updates to clarify the intent of the passages in the policies. Nothing controversial was involved.

As I said in the beginning, plan to go to Convention in San Antonio in 2023. It is a great way to meet new Altrusans and share new adventures.

I'll see you there,
Pam Lemieux
Governor
District One



The first night they recognized the Distinguished Clubs over the 2019-2021 Biennium. District One had eight clubs honored with this title. Congratulations!!

Carroll County, NH
Central Connecticut, CT*
Greater Biddeford-Saco, ME*
Northeastern Connecticut, CT*
Plymouth County, MA
Portland, ME*
Sanford-Springvale, ME
Seacoast, NH

"*" indicates club held title in both years of the biennium

The International Elected Officers for the 2021-2023 Biennium are:

International President – Kathy Folley
President Elect – Linda Smith
Vice President – Christine DeVlieger
Treasurer – Germaine Vonderhaar
Directors – Kitty McElhaney, Lisa Boyd, Sue Whitaker, and Bettina Schempf



Seated from Left to Right:

Germaine V. - Treasurer, Christine D. - Vice President, Linda S. - President Elect, Kathy Folley - President, Beverly Hardy - Immed. Past President.

Standing Left to Right:

Colleen Duris - Parliamentarian, Pat Woodward - Legal Advisor, Lisa Boyd - Director, Leslie Johnson - Foundation Rep, Kitty McElhaney and Bettina Schempf - Directors.

2021 – 2023 Trustees added to the Foundation Board at Convention:

Phyllis Corman, Karen Robinson, and Jane Hart

2021-2023 International Nomination Committee elected at Convention:

Beverly Herzog-Chair, Ann Marie Snyder, Brenda Smith, Iris N. Ramos Cofresi, and Ming-Chun Wu

There was a great selection of Workshops to attend. As I mentioned earlier, one of the Workshops I attended was "Conflict Resolution". The other workshop was "Laugh Your Club Strong". While there was the telling of a lot of funny stories, the gist was to have fun with people. The connection of laughter is strong. (I wonder if they saw my biennium theme?)

Speaking of Themes, the new International President, Kathy Folley's Theme is **"United We Can"**.

Convention Highlights



Expediter - Susan Porazzo



International Parade of Flags
Pam Lemieux holds District One flag.

Behind her isSusan Hawes from Bangor and Susan Porazzo from Plymouth County.



International District Governors
Pam Lemieux - District One Governor on the far left.

Immediate Past International District Governors
Beverly Hardy - Immediate Past International President, on the far left.





Altrusa International – District One 2021 Workshop

“OPEN the DOOR to MEMBERSHIP”

**Saturday, November 6, 2021
9 am to 3:30
Clarion Hotel
Portland, ME**

➤ Registrations:

- \$40 if postmarked by October 15th
- \$45 if postmarked by October 25th
- \$50 if registered after October 25th or at the door!
- REGISTER EARLY!!!

➤ Topics include:

- Sharing session – How do you find prospective members?
- How do you nurture and support new members?
- How to engage new members
- How to create new leaders and fill your succession pipeline

➤ Lunch is included!

- Soup
- Assorted Sandwich Wraps
- Beverage

**Altrusa International – District One
2021 Workshop**

**Optional Dinner Event on Friday Evening
5-Nov-21**

**Past Governor Linda Ring and Governor Pam Lemieux
Invite all of District One to join us on Friday night and
celebrate our first in-person event in 2 years!**



- **Registrations:**
 - \$45 (to attend this Friday evening event)
 - PLEASE REGISTER EARLY WITH MENU CHOICE
- **Evening to include:**
 - Past Governor Linda Ring thanks her Board and Chairs
 - Governor Pam Lemieux welcomes her Board and Chairs
 - Entertainment – Karaoke DJ
 - Come, socialize, and have FUN
- **Registration includes:**
 - Cash Bar and Appetizers during social hour
 - Plated dinner (includes Spring salad, choice of chicken, haddock, or vegetarian strudel, and for dessert, cheesecake with raspberry sauce)
 - Freshly brewed coffee



Altrusa International – District One 2021 Workshop

HOTEL INFORMATION



Clarion Hotel
1230 Congress St
Portland, Maine 04102
Telephone (207) 774-5611
www.clarionportlandmaine.com



Room Rate for either Two Double Beds or 1 King Bed: \$89.00
These rates are subject to 9% Room Tax, and are net, non-commissionable.

RESERVATION CUT OFF – October 6, 2021

Room requests after this date would be accepted on availability basis only, at the best prevailing rates at the time.

Guests are responsible for making their own reservations by calling the hotel at **207-774-5611** and mentioning the Altrusa room block for **Friday, November 5th**.



Portland Skyline
Casco Bay



Fort Williams Park
Portland Head Light
Cape Elizabeth, Maine

Altrusa International - District One
2021 Fall Workshop - REGISTRATION FORM
"Open the Door to Membership"
November 5-6, 2021

Friday Evening, 6pm-9:30pm, November 5, 2021

Registration Fee is \$45 (includes dinner, check off entree choice)	\$
---	----

Select one of the following entrees:

Chicken Piccata	
Baked Haddock w/ seasoned crumb topping	
Vegetarian Strudel w/ roasted vegetables and	

Saturday, 9am-3:30pm, November 6, 2021

Registration Fee (includes lunch) -

Early Bird, \$40 Postmarked by October 15th	\$
Regular, \$45 Postmarked by October 25th	\$
\$50 Postmarked after October 25th up to November 6th	\$

Total Amount Enclosed for Friday and Saturday

\$

NAME	
ADDRESS	
PHONE	
EMAIL	
CLUB	

Make checks payable to: **Altrusa District One**

Mail this registration form and payment in full to:

Wanda Pettersen
77 Evergreen Ln
Windham, ME 04062

From our Treasurer, Wanda Pettersen

District Treasurer Note for Club Treasurers

Congratulations! I am happy to report that all dues have been paid by all District One clubs. Thank you!

A reminder per District One Policy: To ensure the fiscal responsibility of all Clubs in Altrusa International of District One, all clubs shall submit, by email if possible, the following information to the District One Treasurer by October 1st of each year:

- Club Budget-General Fund, Project Fund, Foundation
- Documentation of payment for State Incorporation Fee
- Documentation of current 990-N IRS submission

Have you filed the 990-N (also known as *e-postcard*) for your foundation organization **AND** for your non-foundation organization (i.e. club, or operating entity,) for the last fiscal year yet? This form must be filed between June 1st and October 15th every year, in order to keep the non-profit status. If this form is not on file with the IRS, contributions made to your club projects or your foundations are not tax exempt. There is no charge for filing the 990-N form, however, failure to file can result in revocation of the non-profit status, which is costly and time consuming to reinstate.

Filing Form 990-N

To e-file go to www.irs.gov/charities/ and click on [Annual Electronic Filing Requirement for Small Exempt Organizations — Form 990-N \(e-Postcard\)](#) then follow the directions. You will leave the IRS website to actually file and will need the federal id number (EIN #) for each organization.

If you have any questions, contact me.

Wanda Pettersen
77 Evergreen Lane
Windham, Maine 04062
Kettlecove_6@msn.com

207-756-4431

Stay safe!

From our Leadership Chair, Susan Ulino

By way of introduction, I am Susan Ulino. I hail from the Northeastern Connecticut club and I've been an Altrusan since 2010. I have served as the chair of the service committee, 1st Vice President and President of our club. I'm the editor of *The Volunteer*, our club's newsletter and I started our Facebook page. Nothing makes me prouder than to be an Altrusan and part of this amazing group of people whose major work is to make this world a better place.

So, why did I let myself be suckered into becoming a board member of our club? I was approached by our nominating committee that consists of 1 person (Ethel). She asked me if I wanted to become the 1st Vice President of our club for the next two years. I asked her what that meant. Her answer? "After that, you become president." (Way to bury the lead, Ethel). Anyway, I asked if I could think about it. Her reply, "Sure, you have 5 minutes." I quickly found myself surrounded by several members, many of whom were past presidents of our club. They PROMISED that they would be there for me. They PROMISED that they would help. Then, I found a glass of wine in my hand. I'm not sure how it got there but I'm glad that the glass was in my hand, because I knew those people surrounding me would be there for me for help and support. I heard the word "yes" come out of my mouth and that was that.

However, I am not a leader by nature. Many of you have heard me say this many times; I am a worker bee. Give me a task and I will do the best job that I can to complete the task. Over time as president of our club, however, I learned many things such as:

Listen to your people

Don't take anything for granted

Trust that it's ok not to know something.

Be brave enough, and vulnerable enough to know that trying may bring failure. And trying again, may mean asking for help. So just ask for help first.

I learned to be open to constructive advice, Altrusans are usually very supportive and forgiving. Your club members and the district will gladly be there to dig you out of any hole. Actually, your club members won't let you get that far down into any hole!

You know, regular stuff.. nothing ground breaking here.

Why should you choose to be a leader? Because it's the brave and vulnerable thing to do. It's just another way of doing service. Remember, you are not alone.

John Quincy Adams once said:

"Leaders instill in their people a hope for success and a belief in themselves. Positive leaders empower people to accomplish their goals."

But isn't that what we all do anyway? We help each other. We encourage each other. We are supportive of each other. In many ways, we all take a leadership role. We get the job done. As the leader in an Altrusa club, we help each other get the job done.

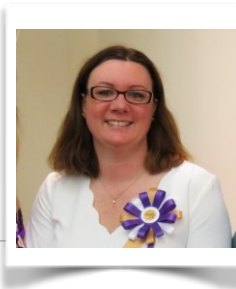
The most important thing to learn is that "no leader can achieve anything great or long lasting alone." John Maxwell.

So, when your nominating committee approaches you and offers you a leadership position, say YES! What's the worst that could happen? Well, the answer may be different for everyone but whatever that is for you, the worst may happen. And that's ok because you have an entire international organization that's got your back.

Yours' in Sisterhood,
Susan

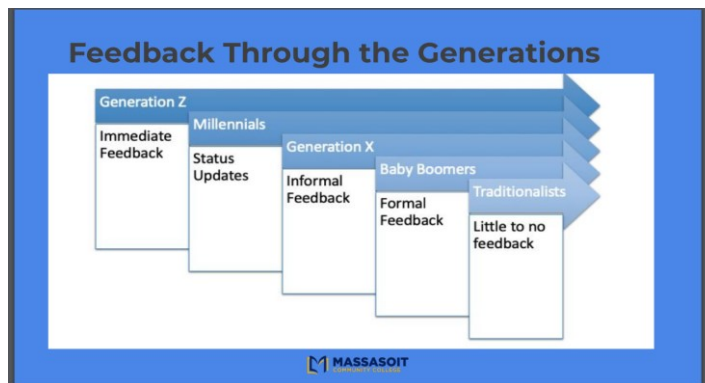
Retaining Club Membership

From our Membership Chair, Jenn Belcher



Membership Marketing Difference Between Generations

After a recent training presentation I had at work where we learned how the different generations receive feedback:



It got me thinking, how do we market new members and keep our current members up-to-date? In the article *3 Ways to Market Effectively to Different Generations* by Peter Daisyme (www.entrepreneur.com/article/340850) he recommends the following:

1. Keep marketing efforts diverse: *"...instead of centering your campaign on a single generation, make sure you feature a diverse group of models with a variety of lifestyles."*
2. Don't play favorites with your message's medium: millennials are mostly likely to find their information on Instagram and Facebook, Baby Boomers use at least one social media site; they will be the ones to share content on Facebook. *"So don't assume you'll only get results by targeting all your social ads to Millennials and all your print ads to Baby Boomers. Instead, incorporate messaging that appeals to each generation on every platform your marketing team uses."*
3. Market to all with respect, not generalizations: don't assume one generation is prone to using one social media platform to obtain information. *"...start using every medium at your disposal to reach out to [all generations]---and don't make one generation more important than others..."*





Hints and Tips from the Communications Committee

From our Social Media Chair, Cathy Baybutt



Have you ever thought about member recruitment?

What inspires someone to become an Altrusan?

In today's modern world, sometimes the **KEY** is to make a name familiar. One way to have Altrusa become a familiar name is to use social media and web presence.

Membership Recruitment.

When we post to our Altrusa Facebook page, we encourage our club members on Facebook to "share" our posts. That means that many of their friends and family will also see their posts. Some will comment, which increases post views and Altrusa name recognition.

As part of the communications team at the District One level, I try to share any posts that I see from each of your clubs. Also using hashtags #Altrusa #Altrusadistrictone #Altrusaliteracy #Altrusaservice #Altrusafundraising makes it easier to search for Altrusa posts. If you haven't added these hashtags to your posts you can go back and edit a post to add them. Take a few minutes to see what other clubs are doing and to update your posts with hashtags.

When your friends and family see your posts, and their friends and family see their posts (and comments), follow up with a friendly reply and even an invitation. Have them join you for a service project, have them attend a meeting (or two), have them participate in a fun activity. YOU know they will want to be a part of Altrusa ... if not now.... In the future.

Positive News and Positive Actions are attractive to all. Make it a tool for membership recruitment.

Knowing how your club members communicate is very important.

In our Carroll County Club of 25:

- 50% of members use Facebook.
- Most of our communication, which includes our monthly Newsletter, is via email.
- Some members prefer a text.
- Some small number prefer phone calls.

We do have an emergency phone chain that is included in our annual member yearbook. I suggest that your club president and board as well as communications person have this knowledge.

As we all know, information and communication are the key to success.

More from Communications Committee

From our Webmaster, Linda Ring, District One Immediate Past Governor



One way to reach **Younger Members** is to **speak their language**.

Everyone walks around with smart phone in hand or pocket, right? The younger set likes quick and immediate access to information. One way to accomplish that is by incorporating **QR Codes** in your signage, publications and distributed media.



What is a QR Code? It's that funny looking square that shows up on advertisements. The quick response, or QR, Code is a two-dimensional version of the Barcode able to convey a wide variety of information almost instantly with the scan of a mobile device.

I found a quick and easy guide to creating QR Codes for free in this you-tube video

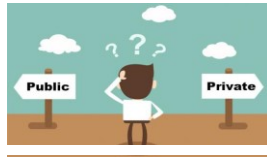
<https://www.youtube.com/watch?v=GadmYWAVnjE>

Then I went ahead and created a bunch of them! One for each club! ([Click here](#))



Just copy and paste the QR Code as an image in any document (flyer, newsletter, sign, banner, etc.)

What is **Public** vs **Private**



information on the Altrusa Website?

Private:

Anything in the Members Only section of Altrusa.org
Anything in Group Tally

Public:

Anything we post on the District One Website or Club pages (So note, your newsletters are **public** information.

If your email or phone number is listed there, it is **public** information.

If you are concerned with your email address being accessible, we do suggest you create a new email (firstname.lastname.altrusa@gmail.com) specifically for such posts. That is one way to identify where spammers are finding your email. Of course, now you must remember to check that email account as well.

So when you get SPAM emails, it's not that someone has hacked into Group Tally or my address book, it could be that someone has taken the time to pour through web pages and/or newsletters to pull out emails belonging to people I know!

We do believe, however, that there are times when you want your contact information to be available... especially your club president!

Consider carefully how much (or how little) you want shared when you send me your club newsletter to be placed on the website!

Linda Ring, Webmaster

News from Bangor...

Altrusa Int'l of Greater Bangor continues our monthly dinner for Ronald McDonald House, headed by Lois Bloomer and helpers



Our "summer outing" meeting held each August, hosted by Kathryn Foley.

Those attending were Diann Gagnon, Kathryn Foley, Lois Bloomer, Nancy Ozog, and Martha Porter. Unable to attend were Susan Hawes and Margaret Brown.

Martha Porter (Took picture)!

News from Carroll County...



Tamworth Farmers market (Fundraisers). Carroll County Altrusa has three dates June 5, August 21 and September 18th to sell their wares at the Tamworth Farmers market. Photo is Shawn Flannagan-Rogers, Pat McCoy, Nancy Spaulding. Items for sale include jams & jellies, etched glass, knitted items as well as free children's books. One thing new is hand-knit cotton clothes. The sale of these items will support Days for Girls, any unsold clothes will be sent to NECT DFG chapter to include in their kits.



DCYF Foster Family summer outing (Service). Members co-sponsored an outing with DCYF staff. Outdoor games (Corn hole & ladder ball), arts & crafts (sand art and painted bird houses), Face painting, nature scavenger hunt, Pizza and even an ice cream truck. This was all hosted at Tin Mountain Conservation Center. Members: Pat McCoy, Pat Kehoe, Nancy Spaulding, Cathy Baybutt, Jan Estes. Other members came throughout the day.



Jen's Friends Cancer Foundation

On June 16th, members played miniature golf while supporting Jen's friends Cancer Foundation which assists families with life expenses (food, groceries, and gas) while a family member is suffering and receiving treatment for cancer.

Kathy Somerville, Cathy Baybutt, Diane Robinson, friend of Altrusa, Susan, Beth Wheatley-Dyson

End 68hrs of Hunger (community Service). The fourth Thursday of every month finds members packing weekend food bags that are delivered to children who are food insecure. During the summer bags are delivered to different recreation programs in the county, where parents pick up the bags when they pick up their children at the end of the day on Friday. Once School starts, these bags go to the elementary schools in the county, usually over 150 bags each week.



News from Central CT...



Summer 2021 Outing at Gouveia Vineyards in Wallingford, CT

On Wednesday June 23, 2021, Altrusa International of Central CT, Inc. hosted its summer outing. It was a gorgeous evening with great food, fun, and camaraderie. Everyone enjoyed the beautiful views of the vineyard along with their Altrusa sisters. Thank you, Jamie for organizing the event.



Proteins for the Pantry Joint Club Project

Thank You!

Two small words hold so much meaning.

For those who helped and supported our efforts with the food and product event on August 21st., Thank You!

"Pack the Pickup with Proteins and Products for the Pantry" was held at St. Pius X Church. Altrusans, Civitans and Soroptimists gathered together for this joint community service project. We met Kathie Lang, President of the newly merged Soroptimist Club of Central CT.

Advertisement for the event was on many Facebook Pages, Event Calendars and newspapers. Facebook was very well used and thanks to all who shared and posted on their pages. We had continued support from the outdoor street signage at St. Pius X and announcements in their weekly bulletin.

And now the big reveal...*This year we gathered 2095 pounds of food and products, 376 individual and multi pack school supplies and \$756.* This is 400 pounds more than last year. This brings our totals for this project to 14018 pounds and \$5510.81. Our 2021 collection is the second highest to date. Congratulations and be proud!

Thanks to everyone for their time and donations to make this event so successful.



Altrusa International of Central CT is a renewed member of the Middlesex Community Chamber of Commerce and actively participates in community activities.



News from Laconia...

Laconia Altrusa welcomed two new members back at our year end party on June 8, 2021.

Brenda Tillotson, a former member, was reinstated into the club and was also installed as our new Treasurer for this term.

Lisa Singh, a former member, was reinstated into the club at our year end party on June 8th. Welcome back Brenda and Lisa!



June 8, 2021 Installation of Board

Sue Clauson, President;
Barbara DeAngelis, 1st Vice President; Barbara Laros
2nd Vice President;
Brenda Tillotson, Treasurer;
Gloria Gallant Assistant Treasurer;
Nancy LeRoy, Recording Secretary;
Kathryn Beliveau, Director;
Anne Cheshire, Director;
Carla Peterson, Immediate Past President



Teaming up for Literacy

Big THANK YOU to Nicole Rea - FSB Central St Branch Manager and her daughter Marin for donating children's books to Little Free Library Vista Foods Laconia!

Thanks to Barbara Nylk Laros for getting us in contact with Nicole.

Altrusa of Laconia awards scholarship



Altrusa International of Laconia recently presented a Stevens/Normandin \$1,000 scholarship to Lydia Tucker of Laconia. Pictured are Altrusa of Laconia members Tracie Grant and Stephanie Gilbert with Tucker. Tucker will be attending Dartmouth College this fall. She has been very active at Laconia High School where she participated in athletics and excelled in her studies, being named the 2021 class valedictorian. Happy Cow on Union Avenue has been an avid supporter of Altrusa scholarships through donations over the years. The club is grateful to Calise and the staff. (Courtesy photo)



**Altrusa
Supports Local
Restaurants
and Offers
Valuable
Savings with**

**Taste of the
Lakes Region
Coupon Book**



News from Litchfield County...

At the April zoom conference, Carole Norrish gave a presentation on Days for Girls.

The presentation really touched the three Litchfield County members who were present. We asked if we could donate fabric and panties since we were not equipped to make the bags. After the conference, we presented the information on Days for Girls to the general membership and asked them if they would like to contribute to this important cause.

Then on June 23rd, at our first meeting in person in over a year, the members came with many yards of fabric, packages of panties and monetary donations. Three members brought the donated fabric, panties and a check to Carole Norrish's home where we saw her workroom and were shown all the many steps it takes to complete each bag.

We came away with such respect and awe for all the work that is being done. Carole and members of the Northeastern club then treated us to a delicious lunch.



Members of Litchfield County



Ann Lindner, Diane English, and Jean Collins (front row) with members of Northeastern, Ct



Litchfield County 2021-2023 Officers: (left to right) Bernadette Grescyk, Barbara Ferrarotti ,
Board of Directors:
Ann Lindner, President,
Emily Barbero and Patty Fairchild, Vice Presidents,
Diane O'Reilly, Treasurer,
Carolyn Mosher, Secretary

News from MEREDITH...

The Community Service Committee launches our "Help Save Your Life with File of Life"

Project. Emergency information packets are being distributed throughout our local area.

Medical personnel and First Responders can access the File of Life upon arrival at the emergency location which will enable them to treat the person needing help and act appropriately.

In the photo, left to right, are: Officer Will Goulet, Altrusan Judy Hodges, Detective Corporal John Eichhorn and Lieutenant Mike Harper.



Lynne Cayer and Judy Hodges pack fresh veggies curtesy of Moulton Farm. Our Farm to Table Service Project provided fresh produce every Wednesday throughout the summer to many food pantries and organizations serving the needy

During the months of August and October, the Meredith Altrusa Club benefited from Hannaford Supermarket's "Reusable Bag Program." For each purchase of a \$2.50 bag, Altrusa received \$1.00 to assist the club in its many charitable pursuits. Displaying the reusable bags are Meredith Hannaford's Associate Relations Manager Marie Whitty and Altrusan Vickie Carty; joining them are Store Manager Joe Gentile and Altrusan Doreen Carson. More information about the bag program is available at hannaford@bags4mycause.com.



Inter-Lakes Community Caregivers, Inc. Board President David Hughes recognized ICCL volunteer driver and Meredith Altrusan Nancy Law as a COVID Hero for quick thinking and possibly saving a life when an ICCL Neighbor didn't answer her door and was found unconscious on the floor. Congratulations, Nancy! We're so very proud of you!

News from Northeast CT...

"Some days she has no idea how she'll do it. But every single day, it still gets done."
~ Unknown ~

Altrusans of Northeastern CT greeted the lazy days of the summer with much joy and lots of fans! This was an unseasonably warm summer for Connecticut and most of us were grateful to be able to do some extra gardening, hiking, local travel, lobster-eating, frequent trips to the UConn Dairy Bar, taking selfies with veteran and incoming UConn basketball players and enjoy nature. Even Carlita, who admittedly has "no sort of green thumb," managed to get her knockout roses to bloom 5 times in one season—which is no small feat.

We also enjoyed sharing some much-needed social time and great food with each other as we met for our Annual NECT Summer Picnic. This is the event where we invite those who received scholarships and grants from us during the year, and we get to learn how the grant/scholarship helped their organization improve the lives of their clients. This year, we scaled back the amount of attendees and practiced appropriate social distancing, but we were glad to hear from Holy Family Shelter, Manchester Community College, Madonna Place, Natchaug Hospital, Click and The Windham No Freeze Project. We also wanted to extend a very special thank you to VP Claire Berhle and Ann Marie who came all the way from Altrusa of Merrimack Valley to share with us and left some wonderful "Days for Girls" gifts with us.



News from Portland...

Even with the heat and rain, the Service committee had a productive summer with cooking, book gathering and book distribution!

Because of the way the City of Portland organized it's meal delivery system (only 15 minutes per stop), we were not able to participate in the Summer Success program. Knowing we wanted to get our books out there, we sorted and delivered 1228 books to 71 classrooms in Portland - this meant that students in grades 1 to 5 were able to take home their very own new book before the school year ended. We hope they all enjoyed reading and sharing these books.

Susan and Anita hosted Sue's Supper at the Ronald McDonald House in July and August. Given the heat waves we had, they provided a light meal of Italian Sandwiches for up to 30 guests with ham, cheese, onion, pickles, tomatoes, green pepper – all individually wrapped. They also provided bagged chips, and Oreo cookies. Planning a menu is a bit more complicated with the requirement that all food be pre-packaged, but the families at the RMD House certainly appreciated our efforts.

Susan also organized volunteers BAM book drive over four weekends in July and August, including book pickups and deliver to Waldron way. A giant thank you to everyone who gave up part of a summer Saturday to help with this effort. Now we need to think about getting the books sorted and stickered.

Susan and Anita sorted through the stuffed animals and board books at Waldron Way. A representative of Head Start was able to pick them up and we know they were put to very good use.

The Service committee met on July 19 in Payson Park to plan the 2021-22 projects. The scholarship committee will be Martha, Wanda and Roberta. We'll be getting ready for World Book Day with Arlene connecting with Windham Correctional and the Cumberland County Jail. We do know that Windham needs more up to date non-fiction books. For the 2021-2022 year, ABC coordinators are Susan FK– South Portland, Martha G – Portland, Wanda P– Windham, Roberta – Westbrook. Of course, visiting school will be entirely dependent on COVID requirements in the schools. Nicki will continue to head up the Barron Gardens work, as needed.

We look forward to working with all Altrusa members for the coming year.

- Nicki G



left to right: Anita C and Susan K at the Ronald McDonald House meal



left to right: Susan K, BAM employee Heidi and Roberta M at BAM Book drive.



left to right:
Susan K and
Ann S at BAM

News from Quebec...



A good occasion to meet with our new members, Pascale Lévesque, Véronique and Marie-Pier Veilleux.



And a perfect time to wish a happy birthday to Danielle's mother who celebrated her 93rd anniversary on that day.

La Maison Zoé-Blais is very grateful to The Altrusa International Foundation for the 4,000\$ Grant

provided to address the many needs associated with the pandemic.

These funds were used for the following expenditures

- Protective Equipment
- Special equipment due to Covid-19
- Maintaining certain activities (with pandemic adaptations)
- Purchase of supplements (bonus) for grocery baskets
- Special support for families (emergency needs)



Sister Raymonde, the director, kept each member busy and happy to participate to the success of the project, always respecting Covid's sanitary rules.



Our 2021-2022 Board met on August 3rd to plan this year's schedule and will be officially installed at the September meeting:

Danielle Blondin, President,
Madeleine Ferguson, 1st Vice-President,
Georgette Rondeau, 2nd Vice-President,
Lise Blais, Treasurer,
Jocelyne Picard, immediate past-president,
Véronique Veilleux, Secretary
Directors: Raymonde Côté, Sister Raymonde Dumont, Lise Mercier,
Thérèse Morin, Charlotte Filion.



November 5-6, 2021
District One Workshop
Portland, Maine

Celebrating the old and the new Bienniums,
with Dinner on Friday. You won't want to miss



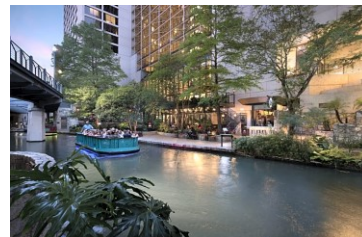
April 22-24, 2022
District One Conference
At the North Conway Grand Hotel



Hosted by:
Carroll County
Laconia
Meredith



July 19 - 22, 2023
International Convention
Grand Hyatt San Antonio River Walk
San Antonio, Texas



**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.**

**District One Communications Committee
Linda Ring, Webmaster,
Cathy Baybutt, Social Media,
Denise Doyon, Communications Support Extraordinaire,
Debbie Lemieux, DSB editor**

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