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2021-2023**

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Governor's Message



District One Altrusans,

The Fall Workshop was a lot of fun, but also addressed a pressing issue. The theme of 'Open the Door to Membership' was in response to the devastating damage that COVID has had on membership recruitment. District One lost 10% of its membership in one year. If we want to continue to do the good work of Altrusa, we all need to get actively involved in selling Altrusa to friends, family, and everyone we meet. With the easing of COVID restrictions, we have a better opportunity to interact with people, while still taking the necessary precautions.

The District One Workshop covered ideas for both recruitment and retention. It also addressed the need for people to consider leadership roles at the Club and District Level. We finished off the day with a game of FLUXX that frustrated many of us, but also taught us that 'change' happens and we need to find a way to embrace change, no matter how uncomfortable it may be.

But it wasn't all serious stuff. Altrusans also know how to have fun, as was evident on Friday night before Workshop when we had my mock 'coronation' complete with jewels from the Dollar Store and my three brothers enlisted to be footmen. It was a hoot! Also, everyone had an opportunity to sing Karaoke and we found out that we have some Altrusans with excellent voices. The Seacoast Club gave such a wonderful rendition of 'Calendar Girls' with the words changed to be about Altrusa, that I invited them to do it again at our 2022 Conference in North Conway, NH.

Now that we are energized from Workshop to rebuild our membership, let's put the spotlight on service to our communities. Our International President, Kathy Folley, has asked us to focus on Literacy and has set out a challenge to all Altrusans. Our Literacy Challenge is to enhance the lives of others ONE BOOK AT A TIME! The challenge is for Altrusans to distribute one million books and/or devote one million service hours to our communities during the 2021-2023 biennium. Each club should be tracking books distributed and related volunteer hours. Let's all do our best to help Kathy reach this goal.

Finally, I hope you all are enjoying this festive season with family and friends.

Happy Holidays,
Pam
Governor, Altrusa District One

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2021 District One Workshop

Keys to dealing with Change...

If you were not at 2021 Workshop, you missed the session on Dealing with Change. We explored why we don't like change, why we have to change, and how to make that transition better!

Why don't we like change? Status quo is comfortable... we like things the way they are. Some may be unclear about the benefits of change. Sometimes we abandon efforts too quickly – before benefits are visible. And have you ever tried to change someone else? It IS a losing proposal!!!

What are things that might change in our clubs? Since Covid, we have had to change our meeting places, perhaps some program venues. Have you embraced ZOOM technology to meet with your club virtually? Bylaws and policies have changed to allow for virtual voting. Due to supply and demand, prices of EVERYTHING are going up, so our costs for dinner meetings and events will probably change as well.

Why do we have to change? Altrusa is aging. Our membership is dwindling. In 20 years, Altrusa will cease to exist. Since last year, our District membership is down 10%.

I introduced a game called FLUXX. (You can buy it on Amazon!) Fluxx is a card game about change. It all begins with one basic rule: Draw one card, Play one card. You start with a hand of three cards. On your turn, you draw one card and add it to your hand, and then choose one card to play, following the directions written on your chosen card. As cards are drawn and played from the deck, the rules of the game change from how many cards are drawn, how many cards are played or even how many cards you can hold at the end of your turn. With each play the rules may change, the goals may change, the actions may change. After a brief introduction, everyone was set loose to play the game.

There was a lot of frustration in the room. Some found it stressful, confusing, and tiring. Some found it engaging, exhilarating and fun. The message was clear. We all deal with change differently!!

Keep in mind, **Altrusa's Brand Drivers:**

Flexibility (Keep an open mind. Adapt to newer ways of doing things.)

Clarity (Communicate. Share Information about why change is necessary. Be sure to share the good and the bad.)

Inclusion (Incorporate new events, projects, ideas. Appeal to ALL members in the club. Be sure to ask ALL members to help and be part of the new program/process.)

So next, we looked at some techniques to make transitions easier:

Acknowledge you are amid change and it's not going to be easy.

Involve your teammates – engaging everyone makes you all part of the solution.

Communicate – use many forms of communication. Ask for feedback. Garner consensus.

Create desire – talk about the benefits. Create excitement!

Be truthful – acknowledge the good and the bad!

Empathize – Listen, really listen to everyone's concerns.

Find humor in the situation...

And ultimately... ACCEPT IT and MOVE ON!

Linda Ring, Immediate Past Governor



2021 District One Workshop

Membership Growth and Retention.....

Below are some ideas that were shared at the Workshop session on membership growth and retention.

Growth ideas:

- Have materials at all events
- Have wine & cheese get togethers
- Invite people to participate in a service project or a fundraiser
- Look to business associates
- Have an open house at a brew pub or some such location
- Talk to people about Altrusa
- Give guests a welcome gift
- Wear nametags and aprons at all events
- Provide a meal for volunteers at a Habitat for Humanity build day
- Invite guests to Orientations
- Send handwritten notes to guests after the event
- Send the club newsletter to guests
- Social media: Facebook, blogs, etc
 - Do TV and radio interviews
 - Sponsor events of other organizations
 - Look to bring back former members
 - Invite people to a holiday party
 - Reach out to the Chamber of Commerce
 - Look for, or organize, a volunteer forum
 - At events, show that you enjoy each other's company
 - Connect people that you know in other areas to the club in that area
 - Remember men
 - Submit articles and photos to the local newspapers and magazines
 - Wrap presents at a store/mall table
 - Have programs that are relevant and socially conscious to invite people to
 - Look at VolunteerMatch.org
 - Use Eventbrite (or other methods) for events besides fundraisers
 - Post rack card and/or bifold in various commercial and public spaces, include contact info



Retention Ideas:



- Have fun summer programs
- Let members know they are valued
- Find ways to engage members who are not as active
- Consider time of meetings, mix them up to be more accessible to all

2021 District One Workshop

Highlights.....

Call to conference as performed by our sister Altrusans from Carroll County, Laconia and Meredith.



Pam and 2 of her brothers regale the crowd with their musical Karaoke skills.

Left to Right: Jim, Pam and John. Not pictured here is Ron.

Governor Pam Thanks and Introduces her 2021 - 2023 Board and Chairs

From Left to Right:

Pam Lemieux at the Podium
Linda Ring, Immediate Past Governor
Rita Cote, Governor Elect
Susan Porazzo, 2nd Vice Governor
Cathy Baybutt, Director
Hilda Schmidt, Director
Lucia Shannon, Archives Chair



Board members not pictured here:

Violet Sims, 1st Vice Governor
Wanda Pettersen, Treasurer
Marie Pike, Secretary

Chairs not pictured here:

Anita Chandler, Service
Clair Behrle, DfG
Susan Ulino, Leadership
Jennifer Belcher, Membership
Debbie Lemieux, Communications
Anne Rash, Foundation Liaison
Trish Maxim, ASTRA Liaison
Kitty Cunningham, Parliamentarian
Pat Jackowski, BRR
Mary Fairies, Nominating



Each Board member and Chair was presented with this bracelet, personally crafted by Pam.

From our Treasurer, Wanda Pettersen



This holiday season, I would like to remind Altrusa members that Amazon will donate to your club's Foundation account if you shop at smile.amazon.com

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support Your club's Foundation account when you shop at smile.amazon.com.

You'll find the exact same prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your club's Foundation account.

How do I shop at AmazonSmile? It is as easy as:

Enter smile.amazon.com in your browser address bar

Click to support Altrusa International Foundation **Make sure you find your clubs name**

Shop & place your order

Amazon donates

So if you shop at Amazon, Please go to smile.amazon.com instead and click to support your club's Foundation Account

Wanda Pettersen

International Corner



GOAL
OF THE MONTH



FMI: <https://www.un.org/sustainabledevelopment/goal-of-the-month/>

Submitted by Anne Rash

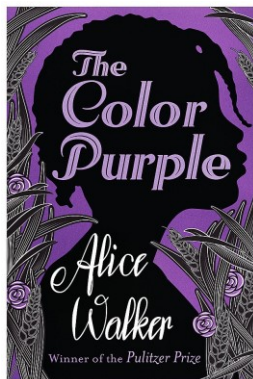
The Connecticut Veterans Hall of Fame increases awareness of lifetime contributions of veterans after honorary military service. Those selected have honorably served and continue to serve and inspire their communities.

Carlita Cotton has been selected as a veteran who has distinguished herself through a lifetime of service.

Needing to refocus after three years of college, Carlita joined the Air Force. She studied Russian and was an intelligence agent. Her tours of duty in Berlin during the cold war and after the wall came down were highlights of her military service. After finishing a degree in Russian, graduating from seminary as an ordained minister in the AME Church and completing a PhD in education, Carlita works as a psychology professor.



Beyond her commitment to her career, Carlita is a volunteer with a capital "V". She is an elected official in the town of Mansfield serving as vice chair of the planning and zoning board. Her volunteering includes work with veterans and military families and with social organizations that are involved with community service projects. Carlita is an active Altrusan and currently serves as president of Altrusa of NECT.



One of Carlita's favorite quotes is from Alice Walker and the Color Purple. "I think it pisses God off if you walk by the color purple in a field and don't notice it." Carlita notices purple everywhere, stopping to appreciate and enjoy life.

Carlita believes in humankind and the strength of the human spirit. She doesn't allow bad times to discourage. She wants to "keep the joy and wonder alive for everyone."

Congratulations Carlita, on your well-deserved selection to the CT Veterans Hall of Fame.



BRR...Really a Hot Topic

BRR stands for Bylaws, Resolutions and Recommendations. They serve as the governance of our organization on 3 levels

- Local
- District
- International.

This article will focus on Bylaws.

Bylaws of an organization are the governing rules by which the organization operates. Bylaws are created by the board of directors when the organization is formed.



The purpose of Bylaws

- provide for the legal structure and operation of the group.
- define the rights and obligations of both the association and its members.
- protect, enhance and promote the values and purpose of the group.

Once bylaws are created, they become the backbone for operations and are a living document that requires review and revision to meet the organization needs.

How often should bylaws be updated?

Regular review of the bylaws should be made every two or three years. This ensures that the current practices of the organization conform and provide a workable framework for governing the organization.

Altrusa International revised Club Bylaws July 31, 2021. Upon review, I noticed there were several references to virtual meetings for Members and Board of Directors. Utilizing virtual meetings would reduce the chance of cancelled meetings and include members who have difficulties with travel due to bad weather, illness or age. This increases the member's opportunity to attend meetings thus allowing Clubs to vote on measures to keep Club activities moving forward.

To make it easier for Clubs to incorporate the use of virtual meetings into Club Bylaws, I contacted International and was given permission to inform Clubs they could incorporate the following statement regarding virtual meetings,

"Meetings of Altrusa International Inc. of _____ may be held in person or virtually to maintain the health and safety of all Club and Board Members."

When a Club updates and approves its Bylaws

- The Club Bylaws should be forwarded to the District Bylaws, Resolutions and Recommendations Chair for review.
- No amendment adopted by the Club shall be effective until it is reviewed for conflict with the International Articles and Bylaws.
- After review, the Chair shall report back to the Club and to the District Governor.
- Rejection by the District BRR Chair may be appealed to the full International BRR Committee upon the written request of two Club members.

--Patricia Jackowski, BRR Chair
Altrusa International District One



From our DFG Chair, Claire Behrle



A Time for Giving

As I'm sitting down to write this article, I'm thinking back on how hectic the last few days have been; Thanksgiving, Black Friday, Small Business Saturday, the Patriots game, and Cyber Monday.

With all the excitement it is easy to forget Giving Tuesday. Started in 2012, the Tuesday after Thanksgiving is a day that has been set aside to "unleash the power of radical generosity around the world". Generosity can be expressed in many ways. The most obvious is opening your checkbook to donate to a favorite charity but making someone smile, helping family, neighbors or even strangers out, or giving some of what we have to those who need our help, are all ways of expressing generosity. Every act of generosity counts and everyone has something to give. We may not realize how essential some of our skills are until they help organizations and people in need.

As Altrusans we don't need a special day to express our generosity, we do it all year.

Did you know:

- You are part of an organization reaching more than 2.1 million women and girls with Days for Girls Kits and education.
- Altrusans have made monetary donations totaling \$61,789 since adopting DfG as our International Service Project at the Nashville Convention in 2017.
- Most recently, YOU helped with the collection of 10,000 panties (in just three weeks) as part of the Chad Hamartian Project.



Days for Girls Kit

YOU are making a difference around the world in advancing equity, health, education, dignity and opportunity for ALL. DfG is transforming periods into pathways and YOU are part of this movement.

We have done much but there is still more to do. Let's make 2022 the best year yet. Best wishes for a joyous and generous holiday season.



Every girl, Every where,
Period!

From our Leadership Chair, Susan Ulino

Hello Members,

For those of you who were at the annual workshop in Portland, much of what I talked about there will be in this article.

This workshop focused on recruitment of members and development of leaders in our organization. Governor Pam, Past Governor Linda, and I talked about cultivating a succession of leaders in our clubs.

Why do we need leaders? My hypothesis is that structure generally works better than anarchy. So, we need leaders. Even in the most loosely knit groups a leader always emerges. Someone says "Let's go to the movies," and everyone else says, "Yea, let's go." And there's your leader. For our organization it seems as if the biggest obstacles are fear and resistance. People, understandably, do not want to put themselves in positions where they feel vulnerable. People are afraid to make mistakes and afraid of the stress and time needed that comes with added responsibility. As a group, we don't want anyone to find out that we have no idea what we're supposed to do as leaders. Granted, some people are born leaders. They exhibit confidence and swagger. Those are our role models. By example, they lead the way and show us what to do. Part of being a good leader is seeing potential in people even if they don't see it themselves. A good leader will suggest, encourage, and be your biggest cheerleader.

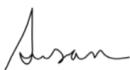
How do we motivate people to step up? The answer to that question may be different for each of us. But being continually aware of what the tasks are for any given office is paramount. Of course, knowing the tasks answers the questions and puts things in perspective. For this there are three great references including an abundance of information on the international website and in the president's handbook (also on the website). Then there is your strategic plan, which addresses just about everything that your club does or needs to do. It's your blueprint for action and success. Your strategic plan provides a detailed description of how your club functions including the specific tasks of your club's officers.

One more important point. Those of you who are *Gray's Anatomy* (the tv show, not the text book) fans saw the character Amanda Shephard taking the "SUPERHERO" pose to gain confidence. Interestingly enough, there is scientific evidence that striking this pose can raise testosterone levels and decrease serotonin levels thus raising confidence and lowering stress. The evidence suggests that success rates also increase. So, the next time someone asks you to "step up," try it out!

Is it a bird, a plane, NO! Its Super Pam!

Have a great holiday season, everyone. Stay well and enjoy your families and all the great food. Be Safe.

Yours in Sisterhood,



From our Membership Chair, Jenn Belcher



District One's November Workshop was a fun and inspirational time for me. Thank you to all the Clubs that presented during the Sharing Session, "Membership Recruitment and Retention." I really enjoyed the membership poem presented by the Meredith Club and wanted to share it with all that couldn't attend.

'GO MEMBER GO'

Altrusa takes on Dr. Seuss. Written for Altrusa membership installation ceremony by Diane Skilling and Diane Kimsey, Altrusa membership year June 2015 thru May 2016.

Linda: **'You asked me to come but I don't understand
What is Altrusa....where do I stand?'**

MaryAnne: **Let me explain all the terms and the phrases,
Committees, meetings and all our fundraisers
Meet each of our 'sisters'.... they're nice and they're true
Come join in discussions and please share your views**

Laurie: **'I have so many questions.... What's this and what's that
How do I fit in...where am I at?'**

Carol: **Just take it slow; feel completely at ease
Read all the emails, newsletters and please
Explore ALL committees before you decide
You'll figure it out and soon get your stride**

Marie: **Invite friends and neighbors to come check us out
Visit meetings and functions.... they'll enjoy it, no doubt!**

Paula: **'When I have suggestions or ideas to work out
Help me to voice them; do I have any clout?'**

Nancy: **You're our sister, our family.... we work toward the good
Of community betterment; we do what we should
Every member is vital for a successful club
We can't do it without your commitment and love**

Kathy: **We don't just help locally; don't get that wrong
We are international leaders, active and strong!
As Altrusans, 'encouragement' is what it's about
So speak up, jump in and help new members stand out!!**





Service is the Key to Altrusa.

How do you share your club's service?

One way is to post photos on social media. In our club we ask one person to take pictures at each event/activity. They send the photos to the communications committee chair who then uses them in the newsletter, shares them with District One for DSB and submits to local newspapers, posts on Facebook and uses them on our Blog posts.

The old saying **a picture is worth a thousand words** is so true. When you view Facebook don't you stop when there is an interesting photo? Then you read the caption and find out what it's all about.

Facebook gives clubs the opportunity to promote and market activities and events. It can be used for fundraising as well.

Facebook also lets you share your posts. The more members who see a post and share on their personal page, means there are more people who will see your post. Encourage members to "share" your posts.

Follow District One Page and other Altrusa club pages so that you will see the other club activities. Just like a news article always include, who, what, where, when in your post. I usually don't include full names and be careful not to post pictures of people who do not want to be on Facebook.

Ideas of subjects for your Facebook page:

- Meeting schedule
- Fundraising events
- Service projects
- Social events
- Service that partners with other non-profits
- New member initiation
- Board Installations
- Donations given to others. (We use a large check as a visual aid)
- Group photos from workshops and conferences
- Photo of your board of directors

Facebook Post ideas:

- Ask a Question
- Show Behind the scenes activity
- Use the Altrusa Logo
- Tell Stories
- Use Videos
- Post regularly and at optimal times

I'll be looking for your posts and ready to share. Cathy Baybutt, District One Communications

News from Bangor...

Altrusa Int'l of Greater Bangor attended the District One recent workshop. Martha Porter and Lois Bloomer represented our club.



For Make A Difference Day, members contributed items on the Bangor Humane Society's wish list and delivered them.



News from Bermuda...



On Tuesday, November 2nd 2021, the Altrusa Club of Bermuda donated a cheque for \$2,000.00 to The Reading Clinic to assist one or two students with their tutoring needs.

The cheque was presented to Dr. Kendra-Lee Pearman, Executive Director of The Reading Clinic, by Altrusa's Treasurer Tine Perry. Dr. Pearman advised that there is a real need for assistance with children's tutoring at the moment and was very grateful for this donation.

Contributed by Mary Faries



A Calling at the Heart of the Humble Palm



Thousands of palm crosses are crafted each year for Palm Sunday but do you know where they come from?

Every year on Palm Sunday Christian congregations all over the world receive palm leaf crosses. These are a symbol of Christ's triumphant journey into Jerusalem just before the crucifixion. This tradition is of course followed in Bermuda but with a special twist. At least 40 of our Churches distribute to their congregations, crosses made right here on the Island.

The making of the crosses was the brainchild of Occupational Therapist, Angela Mocklow. In the early 70's, when she became Coordinator of vocational and rehabilitation services at the then St. Brendan's Hospital, she began teaching to her clients the skills to make these charming crosses. The crosses are made from the closed central leaf of the Palmetto palm.

Mrs. Mocklow mentioned that the crosses used to be made by the Church guilds but with women out working, the guilds gradually disappeared and so did the locally made crosses. A suggestion was made for her to take over and so each year the crosses are made by the clients of the now Mid Atlantic Wellness Institute. Their fame is crossing the pond as some American Churches order crosses for their palm Sunday celebrations.

The skills and steps involved are therapeutically valuable because they can be transferred to employment in the community. Starting in November, clients visit the vocational and rehabilitation area of the hospital every day so they can make sufficient crosses to meet the demand. A production line is formed with each person taking responsibility for one step. The central leaf, before it has opened, are stripped from the palmetto palms, then split and flattened. Every cross consists of two strips one long and one shorter. So, the strips are cut the desired length, their edges trimmed then plaited after which knotting and looping begins. Making the crosses allows the opportunity for fine motor coordination and concentration skills. No two crosses are the same. One person is responsible for making sure they are straight and symmetrical. If not, they are reworked. Around 8,000 crosses are made.

Perhaps the story of the making of these crosses and the diligent clients of Mid- Atlantic Wellness Institute could be printed for each denomination to display for their congregation to read. Maybe less would end up on the floor and more used as bookmarks for bibles and books.

Mrs. Angela Mocklow is a member of the Bermuda Altrusa club and we thought this would be interesting reading for all Altrusans.

Contributed by Jennifer Gibson

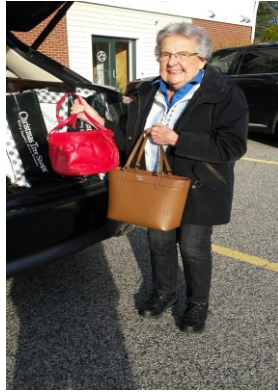


On Monday, November 1st 2021 the Altrusa Club of Bermuda donated a cheque for \$250.00 to Meals on Wheels in memory of late long serving member Helen Fletcher.

The donation was presented to Tannika Rodrigues and Miriam to assist the organization purchase food for the meals they serve to their clients.

Contributed by Mary Faries

News from Biddeford-Saco...



Sarah is helping Denise deliver pocketbooks and toiletries to the Purseverance 207 project depot in Scarborough. This non-profit delivers used purses filled with necessary toiletries to women at risk in all types of settings. It's our way of showing them that we care and that we support their efforts to move their lives forward. Many of you have contributed your purses (we delivered 35 purses total.) and many of you donated small size toiletries. Merchant donated gift cards purchased those items that we didn't have enough of.



Pictures from a past Altrusa Christmas dug out of Judy's club archives. Here's Judy and Lucille at work wrapping gifts for our Salvation family.

Below:
Picture of Sharon and Linda all decked out for Salvation Army bell ringing.



And the gang, at work wrapping.
from left to right:
Bev, Linda, Lucille, Judy and Nancy.

Facts about Greater Biddeford Saco, ME Inc.

1. Greater Biddeford-Saco, ME has two nonprofits corporations one for the operating club including membership dues and the other for our foundation.
2. All funds raised from the community goes into the foundation account to be distributed back to the community.
3. The Portland club is our mother club and we are the mother club for Sanford-Springvale club.
4. The first president of Altrusa Biddeford-Saco was Judy Cadorette.
5. The club was organized in 1975 and chartered in 1976. A club had to have at least 20 members to be chartered. International has now reduced it to 15 members.
6. Altrusa Greater Biddeford Saco has a Facebook presence as well as a web site.
7. Besides doing service for Altrusa members our members also contribute their time and energy to 35 additional nonprofits.
8. Greater Biddeford-Saco, ME club received distinguished club status for the past 3 years 2018-2019, 2019-2020, and 2021-2022). Our club is one of only 7 clubs out of 17 clubs in District One having the distinguished club status.
9. Greater Biddeford-Saco has given over \$55,000.00 to nonprofits in the past 15 years.
10. Our club averages 4,900 volunteer hours each year. Those include hours volunteering in the community, hours spent on Altrusa service projects and hours spent on Altrusa work. That averages over 235 hours per member. Great job everybody.---Rita Cote

News from Carroll County...

Supporting Days for Girls.

This summer we sold hand knitted cotton clothes at the farmers market. These funds will be dedicated to Days for Girls and we're working toward an expanded program. The clothes that were left were delivered to The NECT Days for Girls chapter, along with some soap that members collected. We are not 100% sure these clothes will work, but this is potentially another opportunity to support Days for Girls.



Packing End 68 Hrs of Hunger

Carroll County Altrusa packs these weekly weekend food bags once a month all year long.

Pictured below:
Ruth, Janelle,
Cathy SH, Nancy,
Marsha, Beth
(Photo by Cathy B)



At our November meeting our Guest Speaker was Crystal Sawyer from Carroll County Adult Education and Carroll Academy. She shared all the ways that the Academy has to provide literacy and education to non traditional students and those who were not able to complete high school.

The Academy offers diploma programs as well as High School Equivalency certifications. They offer courses in English as a 2nd language, resume preparation, college application assistance, and so many other programs.

Pictured are Nancy Spaulding (club president) and Crystal Sawyer (speaker). The club presented a check in support of the graduation program offered at the end of the year. Rita Cote, Governor Elect, was also a speaker. She was representing the District One board. She explained the responsibility of District One and that she was "our" point person for the year. She would be available to answer questions and support throughout the whole year. She encouraged members to attend workshop and spring Conference.

Six members of Carroll County Altrusa attended the fall workshop. Back row (Diane, R Cathy B, Nancy S), seated (Barb K, Ruth S, Pat McCoy).

Nancy gave a presentation about how our Carroll County Club recruits and supports it's membership.



SOS Project.

The club has continued to support the SUPPORT OUR TROOPS program that was introduced at District One Conference in 2019. Almost every month, members (and friends and family) write thank you cards and Christmas cards (in season). This month we sent over 150 cards as well as small items to be included in the care packages sent out by the Support Our Troops outreach at the First Baptist

News from Central CT...

Preparing "Pamper Me Bags"
for victims of Domestic
Violence

Left to Right:
Kimberly C, Tiffany S., Lynne
H., Linda R, Jamie S., Pat J.



Delivering Pamper Me Bags to New
Horizons Representative



Kimberly C. and
Pat J.

Gift bags were filled with inspirational
coloring books, coloring pencils, self-
help/motivation books, journals, Sheabutter
nourishing face masks, lotion, nail polish,
nail files, body mist and other little goodies.



Lynne H. (President), Bonnie L.,
Linda R., Edna L., Tiffany S.,
Kimberly C., Pat J., Kathleen D.,
Ellen P., Hilda S., Jamie S., Virginia T.

In support of Homeless Female
Vets, we delivered laundry
detergent and hand lotions to the
ladies at Nicholas Madaras Home
in Bridgeport on Veterans Day.



Veterans Day
Donations:



Pat J. and Linda R.
purchasing coats at
Ocean State Job Lot for
\$40 and donating to
their Veterans Coat



We participate and co-sponsor the Walk to
end the Silence – in support of victims of
Domestic Violence
Hilda S., Lynne H. (President), Edna L.

News from Laconia...



Laconia Altrusa participated in Belknap Mill Community Fest and Riverside Duck Derby in Rotary Park on Oct 16th. Twenty five local nonprofit clubs and organizations attended the event. We had a display of Altrusa information along with our Taste of the Lakes Cookbook and Taste of the Lakes Coupon Book. We also had a sock toss corn hole game to play.



Make A Difference Day on Oct 23rd places an emphasis on volunteerism and community service. Altrusa of Laconia donated personal items to Isaiah 61 Café located on 100 New Salem Street in Laconia, NH.

It is a nonprofit organization providing access to bathroom facilities, showers, lockers, washer and dryers and breakfast and lunch daily.

GIVE—SHARE—BE KIND
#MakeADifferenceDay

Belknap Community Fest 10/16- we had some excited players for our Sock Toss game.



Literacy project- Our Little Free Library continues to do well. This has been a wonderful literacy project with outstanding results!
#Altrusaliteracy

Donation -We were so thrilled to donate to Happy Cow Ice Cream shop in Laconia. Every year Happy Cow collects frozen turkeys and donations. Every Thanksgiving, St Vincent de Paul helps to feed over 600 families right here in the lakes region!

#altrusaservice



News from Meredith.....



L. to R.: Meredith Altrusa President Sylvia Detscher, 1st Vice-President MaryAnne Skawinski, Members Pat McFarlin, Nancy Law and Karen Truberg helped plant 2,977 flags in Meredith's Hesky Park to honor the people who died on September 11, 2001. Truberg herself was working in the World Trade Center at the time of

Shown above are Altrusans Nancy Law (L) and Paula Trombi (R) with Isaiah 61 Café's, Greg. Our club, under the direction of the Community Service Committee, recently donated 15 sleeping bags to Isaiah 61 Café in Laconia, NH. Isaiah 61 provides meals and services to area homeless.



New Member Doreen Carson gives goodie bags for Golden View Health Care residents to Director Frank Vignand.

Meredith's Community Service Committee's outreach to the local community is tireless. From a successful Blood Drive in August which yielded 43 pints, to Flag Installations at Hesky Park in both September and November to honor those lost on 9/11 and in remembrance of Veterans Day, the committee has never wavered. 500 Files of Life packets have been distributed and more are on order, the Inter-Lakes Elementary School nurse has received gift certificates for students that may require footwear, and Thanksgiving Gift Certificates, each valued at \$50, will be given to the public assistance offices in Meredith, Center Harbor and Sandwich. Several members provided meals for a family that had experienced Covid when they first moved into Sadie's Place, a newly-established women's shelter in Meredith.



Meredith's October 2021 Guest Speaker, Hilda Schmidt



Meredith Community Service Co-Chairs, Nancy Law and Kathy LaPoint, display our club's sock donations. Every October, we support the efforts of Inter-Lakes High School InterAct Club's "Socktober" project, which strives to provide socks for men, women and children in

Congratulations to our 2021-2022 Board Members!

L. to R.: Director, Paula Trombi
Past President, Kathy LaPoint
Treasurer, Cindy Day
Director, Marie Stephens
Co- Vice President, Linda French
Director, Connie Van Dam
Secretary, Lynne Cayer
President, Sylvia Detscher



News from Northeast CT...

Submitted by Carlita Cotton

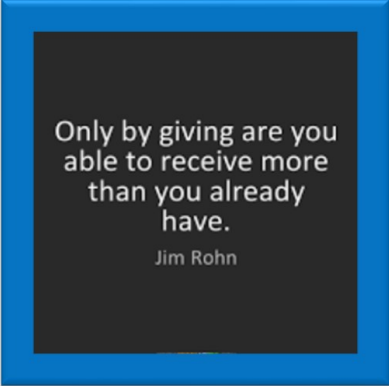
Many of us were taught “Disaster Preparedness,” in school, at work, or even as first responders and mission-essential personnel. Sometimes, however, circumstances arise that one cannot plan for. It helps if you have reserve funds for emergencies, but in the age of Covid, product shortages and dwindling finances, the song *“Everybody needs somebody, sometimes,”* has become even more relevant for all of us.

Such was the case when a member’s daughter (a DCF Social Worker) reached out to us on behalf of a family. Three children had been removed from their parents’ custody and placed in the care of their grandparents. The grandparents were on a fixed income and struggling to make ends meet before their grandchildren arrived. In fact, things were so tight that they were almost out of heating oil for their home, and for those of us in New England, heat is a must in the Fall and Winter months, and time was of the essence.

When Altrusa of NECT heard of the family’s plight, we tapped into our grants (our disaster preparedness) to see if we could help. Not only were we able to grant the family \$500.00 to their heating oil company, but also, when the oil company found out WHY we were granting the family, they decided to match our funds and ensure that the family would get their entire oil tank filled! By providing this grant, the family was then in position to use a local state-funded agency for assistance with other urgent household needs.

The helping didn’t stop there, however! Another member had a contact who runs a toy drive each year for churches and DCF case workers. When her contact found out what we were doing, she asked, “well, they’re going to need toys for the holiday season too, aren’t they?” Thus, Altrusa of NECT now has 3 large bags of brand-new toys that we’ll be giving to the same DCF social worker to not only help the one family, but also several other northeastern CT families struggling during this holiday season.

To say that we were so grateful to be able to help a family in a tough spot, is an understatement. Yet, as Altrusans, that is what we do: see a need and try to meet it.



Only by giving are you
able to receive more
than you already
have.

Jim Rohn

News from Plymouth County...



Photos from our STARR shoot on Dec. 2 at our dinner meeting at Adria's. This is Plymouth County's annual service project for teens away from home. Holiday fun!



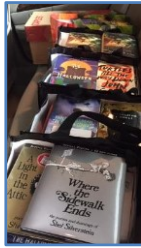
News from Portland...

ASTRA

Thanks to Altrusa, I delivered six bundles of books, prepared by Susan King & Martha Gross, for the 4th & 5th grades at CRES (Casco's new Crooked River Elementary School), to ASTRA Advisor, Katrina Theriault.

The plan is for ASTRA students to deliver them to the school and make a presentation in the classrooms about ASTRA and their community service activities.

-- Trish M



ASTRA Officers 2021-2022



left to right:

Shelby Sheldrick - Publicity
Liz Smith - Treasurer
Sabrina Lopez - V.P.
Rebecca Caron - President
Aleah Warren - Secretary

They are all Seniors. -- Trish M

BOOKS TO PRISONERS PROJECT

Arlene Hanson delivered 280 books to Windham Corrections on Friday, Oct 15. The books were collected in the summer and September of this year.

Thanks for Martha Gross, she labeled each book with an Altrusa sticker and stored the books in her garage!!! Fortunately the Windham administration allowed our books this year because the librarian Renee knew how much need these books are for the prisoners. Also the children's books are viewed by the prisoners who have children visiting them. The prisoner picks the book that is appropriate for the child that visits.

The new idea talking with Renee: an overflow of books could be transported by the Corrections vehicles to the main prison in Warren Maine that only have male prisoners that have children visitors. Their library is also very popular area and can always need new books.

Renee is so pleased with all that we do! She will be inviting us in the near future to visit the new woman's correction center. I am hoping the visit will be around the Christmas holidays; since I will be back from Florida during the Holiday Season.

Any information about the visit and or expanding our books behind bars project to other prisons will be announced in the upcoming meetings and or the Altrusagram.

Submitted by Arlene Hanson

"STICKERING"

Ray Clark-McGrath and Martha Gross (shown below L to R), and Susan King enjoyed a lovely time together on October 16th. They stickered about a hundred books from the recent BAM drive. Lots of books left to sticker.

-- Susan K



Christine Johnson organized her coven of Martha Gross, Ann Smith, and Karen Valley to prepare Witches' Brew stew and Witches' Veggies stew.

They gathered at the Ronald McDonald House on October 19th to cook for the residents. Cookies and fruit rounded out the menu.

So spooky!



What a really fun morning! Susan King and husband Michael visited South Portland's 5 elementary schools to deliver our ABC books to their kindergartens. While we were only allowed into the lobbies, we received enthusiastic welcomes. The secretaries were thrilled to accept our donations and they were anxious to gift them to the kindergarten teachers. We delivered over 260 books to South Portland. We're off to a great start.



News from Quebec...



ANNUAL FUNDRAISING:

All members have been mobilizing to make a success of our mail/email fundraising activity.

The committee chair, Madeleine Ferguson and its members, Pascale Lévesque and Jocelyne Picard, have spared no effort to arouse favorable response from its generous donors.

Collection continues throughout November and December.



A SPECIAL THANK YOU TO ALTRUSA INTERNATIONAL FOUNDATION FOR THE 4,000\$ GRANT

This allowed the Altrusa Club of Quebec to carry out its 2020/2021 project :

REACHING OUT TO WOMEN'S NEEDS OF LA MAISON ZOÉ-BLAIS

Through this important support, combined with that of the altrusans and the community, La Maison Zoé-Blais was able to cope with the difficult reality of the pandemic.

Our involvement in La Maison Zoé-Blais is a matter of heart that continues since its foundation 35 years ago.

Christmas is already at our doorstep and our members are preparing to take care of those in need in our community and bring them some happy moments.



Books and educational games for the children of la Maison Zoé-Blais

Thérèse Morin, Lise Mercier, Jocelyne Picard, Georgette Rondeau and Sr. Raymonde Dumont, director of La Maison Zoé-Blais.



Gift wrapping session preparing for our Elderly's Christmas party on December 4.

From Left to Right:

Lise Blais, Danielle Blondin, Jocelyne Picard, Thérèse Morin, Adélice Lafrance.



Happy hour after gift-wrapping session

News from Seacoast...

The pinning of our new President, Barb Leavey, by outgoing President, Penny Eldredge.



This year in order to continue on our service mission, we are participating in a variety of crafts fairs to raise funds. We all contributed our time and efforts culminating in our first endeavor in early August.



Altrusa of the Seacoast Books on Call program

Altrusa volunteers are once again delivering books to home bound patrons. This is a project with the York Public Library and Altrusa of the Seacoast. COVID halted the deliveries for awhile but we are back!

We've begun an association with Community Action Partnership of Strafford County in Dover, NH. We presented CEO Betsey Parker with our Make a Difference Day donations of 15 gift bags containing blankets, teddy bears and books. This was followed by a tour of their new facility. Altrusa of the Seacoast looks forward to continuing our support of CAP.



Judith Goldstein, Tricia Gosselin, Joan Carnahan with Nadine Rueter (not shown) purchased, packaged and delivered snacks and everyday essentials to the Serving Our Soldiers project (SOS) in Portsmouth. Volunteers from Pease Greeters pack up individual boxes which are mailed to deployed US soldiers in many countries.



Sue Chagnon was able to reinstate our annual yard sale. As a club we donate and man the event but we appreciate that Sue stores the donations and spearheads this effort.



Joan Carnahan spearheaded our collaboration with the Wildlife Center in York, Me. Altrusa of the Seacoast participated in their Halloween celebrations; reading Halloween stories and passing out treats.

The following week we enjoyed a wonderful tour of their facility. Our plans include supporting classroom visits at a local elementary school where the Center will introduce "Ambassador" animals. We hope to join with the Wildlife Center in having the children involved in projects highlighting each visit.





Happy Holidays from Altrusa International Foundation.

Remember the next grant deadline is
March 15, 2022.

Let's ring in the New Year with a grant application.



April 22-24, 2022

District One Conference
At the North Conway Grand Hotel

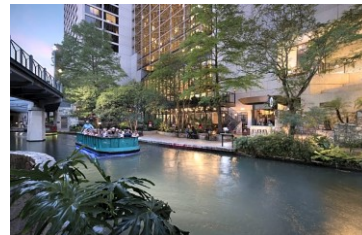


Hosted by:
Carroll County
Laconia
Meredith



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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altrusa@altrusa.org

**Treasurer, District One
Wanda Pettersen
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Windham, Me 04062**

For your convenience, we have created this current District One President contact list .

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Carroll County	Nancy Spaulding	spauldingnancy@gmail.com	Portland	Deborah Lemieux	dalemieux33@gmail.com
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