

**District One Officers
2021-2023**

Pam Lemieux
Portland
Governor
207-797-4494

pamela.lemieux@myfairpoint.net

Rita Cote
Greater Biddeford-Saco
Governor Elect
207-602-8179
rita@jonescove.net

Violet Sims
Greater Hartford
1st Vice Governor
860-223-2213
violetsims@yahoo.com

Susan Porazzo
Plymouth County
2nd Vice Governor
508-510-4788
sporazzo@hotmail.com

Wanda Pettersen
Portland
Treasurer
207-756-4431
Kettlecove_6@msn.com

Marie Pike
Portland
Secretary
207-929-0964
Pikerino2@aol.com

Cathy Baybutt
Carroll County
Director
603-651-8464
cathybaybutt@gmail.com

Hilda C. Schmidt
Central CT
Director
203-592-4819
HildaCSchmidt@hotmail.com

Linda Ring
Central CT
Immediate Past Governor
860-490-8211
Linda.Ring.Altrusa@gmail.com

Governor's Message



District One Altrusans,

I hope everyone is enjoying this lovely Spring weather and getting together with family and friends. Now that the latest version of COVID is waning and contagion rates are significantly dropping, it feels like a good time to have an in-person Spring Conference. The last two conferences had to be Virtual Conferences through Zoom. This year we can finally, safely meet. However, everyone has a different comfort zone. Personally, if I'm not 'sure' of my surroundings, I still mask up (for instance when I shop for groceries). At Spring Conference in North Conway, some may still choose to wear masks, and that is okay. Plans are shaping up for an informative and FUN District One Conference. It is less than a month away, but it is not too late to register!

In the meantime, enjoy this DSB which highlights the District One Clubs' service projects and news. Catch up on what your fellow Altrusans have been up to.

On a sadder note, a horrific war is waging in Ukraine, with Russia apparently determined to acquire Ukraine as a Russian territory. They are currently destroying the country and killing innocent, helpless Ukrainian citizens, in the process. Our hearts go out to Ukraine. If you haven't found a way to support the Ukrainian effort to save their country from an unprovoked attack from Russia, Altrusa International Foundation can be that way. The Foundation has already donated \$40,000 split between four established and effective non-profit organizations that are supporting Ukraine. You can donate to Altrusa International Foundation and earmark your donation to Ukraine Support and feel confident it is reaching those in need.

It is hard to be optimistic with what is happening in the world today. One way to do that is through helping our community through our many service projects. Increasing the amount of good work in the world, helps everyone know what is possible, and is very uplifting. Everyone, keep doing what you are doing. It makes a difference.

With the recent passing of former Secretary of State, Madeline Albright, I heard when she was asked if she was an optimist or a pessimist (about world affairs), her response was “an optimist who worries a lot”. Me, too.

I'm looking forward to seeing you all at Spring Conference in North Conway.

Pam
Governor, Altrusa District One

Table of Contents

Governor's message	Page 1	Leadership	Page 5
Conference Reminders	Page 2	Club News	Page 6 - 13
Service...	Page 3	Upcoming Events	Page 14
DFG	Page 4	Contact info	Page 15

Altrusa International District One Conference 2022 "Opening the Door to Service"

Spring Conference 2022

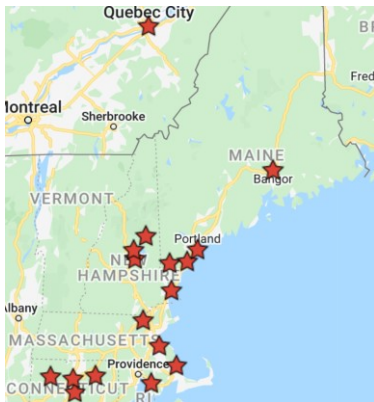


Where: North Conway Grand Hotel
72 Common Ct.,
North Conway, New Hampshire 03860
Phone: 603-356-9300

When: Friday, April 22 - Sunday, April 24
First Session starts at 2:00 on Friday and is
Hands-On Days for Girls, by Claire Behrle

What you need to bring/do:

- Item(s) for Foundation Silent Auction
 - Proceeds go to International Foundation
- Your Club 'fundraising' item(s)
 - If you take cash, remember to bring small change/bills to enable making change for a purchase.
- Cash and Checkbook
 - This will be primary method of payment.
- Names of Delegates and Alternates must be given to Wanda Pettersen, prior to start of business meetings.
- Share Service Project - Where Partnering made greater Service Impact – Anita Chandler
 - Please make sure to notify Anita who will be presenting your club's service project.
 - Your club will be allowed a 5 minute talk.
 - Consider making a visual aid for a table top display.



Bertruda



SERVICE.....

From our Service Chair, Anita L. Chandler



Community Service - Opening the Door to Service, Partnering With Others

In her call to conference our Governor has asked us to explore new avenues of productivity in service by partnering with other non-profit organizations.

To this end, since many of us are currently involved with other groups, let's all share our experiences with each other. Some of us also share partnerships with local businesses and other Altrusa Clubs that are incredibly necessary to the success of our projects.

Partnerships, like friendships, involve cooperation and nourishment. How do you provide these necessary qualities so that you become unified?

At Conference, each club is invited to bring examples of their projects and will be given approximately 5 minutes to explain how partnering has given you greater impact and help to your community.

Please let me know that you will be bringing a project so that the necessary time will be available for each club. You may call me at 207-772-2701 or e-mail to: achandler@maine.rr.com.
Anita L Chandler, District Chairman – Community Service



International President, Kathy Folley Literacy Challenge “ONE BOOK AT A TIME”

- ☐ a) Distribute 1M books and/or devote 1M service hours for Literacy
- ☐ b) Develop a signature literacy project and/or expand an existing one
- ☐ c) Assign a record keeper to track # books distributed and literacy service hours
- ☐ d) Carry project over into next club year
- ☐ e) Send your club numbers (books & hours) for both years to the International Service Committee **before June 1, 2023**

Let the International website be your guide.

If you are struggling to find ways to continue providing service to your community or to come up projects that keep members engaged, search the database for ideas. Feel free to tailor any of the projects you see to the size of your club, budget and community.

<https://altrusaservice.org>

From our DFG Chair, Claire Behrle



You have heard about Days for Girls, you have heard its mission, you have heard the stories of how receiving a kit from Days for Girls has changed the lives of millions of women and girls around the globe. You have heard that Altrusa has made this project our service project for the past couple of years. You may have also heard about the amazing work Altrusans have done supporting this project. You may want to get involved but you're not sure where or how to start. Well, here is the answer you've been looking for!

Claire and Steve Behrle will lead a Days for Girls hands on service workshop at Spring Conference. They will explain the components of a "kit", give a demo one how the components are created and help guide participants in constructing some of the pieces.

During this workshop our non-sewers can cut fabric, iron, apply snaps, thread ribbons on bags, trace templates and fold liners, underwear, and washcloths. The sewers can sew the bags and shields together as well as serge the liners and transport pouches.

If you're interested in learning more about the project and finding out how you can take part stop by on Friday afternoon between 2:00 and 5:00. See you there.



Kit components. From left to right: drawstring bags, transport pouches, shields and liners.



The Finished Product
Days for Girls Kit



Every girl, Every where,
Period!

From our Leadership Chair, Susan Ulino

Hello All,

My step-daughter, Sara, is a marriage and family therapist. She studied and got her masters in that area at University of New Hampshire. They have an awesome program there and she was well trained. Sara is one of the best people in the world to talk to. When I was president of our club, I would go to her often to vent fears and frustrations and she helped me solve problems. Why am I telling you this? Because Sara introduced me to Brené Brown. Brené Brown is a research professor, lecturer, and author. Brené is known in particular for her research on shame, leadership and vulnerability. She has a podcast (of course) and she has a few TED Talk videos that I invite you to watch. Here are two links.:

https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en
<https://www.youtube.com/watch?v=iCvmsMzIF7o>

In my DSB articles you have been and will be subjected to many of her quotes including:

Trust is not built in big sweeping moments. It's built in tiny moments every day.

And

I define a leader as anyone who takes responsibility for finding potential in people.

Now, you are being subjected to her wisdom because everything I know about leadership came directly from one of her book *Dare to Lead*. If you have volunteered, or have been volunteered, to lead your club, you may want to check out that book. That is the best advise that I can give you. Google her for a list of other books she has authored.

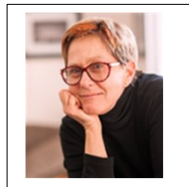
I'm looking forward to our conference in April. I can't wait to see everyone and I know there are always things that I learn when we gather.

By the time you read this, hopefully, your club has sent in the Gabrielle Crepeau Leadership Award applications. Fairness and objectivity were the goals for finding judges. The judges will have no connections to the candidates as they are all over the North American Continent. I know that if someone has been nominated, they are already winners. Actually, any member of this organization is a winner. So, when the scores are added up, I am looking forward to finding out what name goes on the certificate award.

See you at the conference!

Asan

Leadership Chair District One



News from Bangor...

Our December annual project for Burr House Boarding Home: delivering gifts and donations are Diann Gagnon and Martha Porter.



Members Lois Bloomer, Martha Porter, Diann Gagnon, Nancy Ozog, and Kathryn Foley met for our business meeting and gift exchange - Merry Christmas and Happy New Year for 2022!!



News from Carroll County...

Volunteering at Laura Foundation Pond Hockey event, during the blizzard of January 29th.



Cathy Baybutt & Diane Robinson



Sue Battles & Beth Wheatley Dyson

Donation of Comfort Bags to Starting Point (Services for victims of Sexual and Domestic Violence). This is a new project developed this winter. The club will be providing these shower caddies to those who seek shelter at Grace House and safe home for victims.



Left to right Cathy Baybutt, CC, Nancy Spaulding, CC president, Donna West CC, Debora Weinstein, Executive Director, Starting Point.

Pictured below members (l-r) Cathy Sholtanis, Nancy Spaulding, Beth Wheatley Dyson, new friend, Theresa, Barbara Kennett, Pat McCoy, Photo by Cathy Baybutt



The members gathered to cut and assemble kits for the Book Bags for Babies, to be sewn by other members. Once complete these bags are given to our partners at The Friends of Cook Memorial Library who will fill them with books selected to start parents reading to their infants plus literature explaining the importance of early reading,

Thank you notes written and sent to Soldiers Care Packages, A district One service project started 3 years ago. Carroll County members write notes and thank you cards and they are sent to the organizers about every other month.



News from Central CT...

Holiday Happenings and Seasonings Greetings

We were finally able to celebrate the Holidays in person this December 2021. What a great time we had! Like the sign says...

GOOD FOOD * GOOD FRIENDS * GOOD TIMES



Instead of exchanging a gift, we chose to bring an item or two for the Amazing Grace Food Pantry. We learned that there are virtually no donations of seasonings or condiments, so we decided to collect those.... And call it ...

SEASONING'S GREETINGS!!

We then delivered the collection to Amazing Grace Food Pantry a few days later.



Baby Food and Diaper Drive

We collect baby food and diapers all year long, but we focus on these especially in winter. The Middlefield Federated Church asked its parishioners to bring in baby items during the month of January. We were so pleased to be blessed with their donation! It was quickly brought to the ABC Women's Center (ABC=A Better Choice) for distribution to those in need.



News from Greater Hartford...

Hello District One.

Altrusa of Greater Hartford wanted to share an event we called "Spread Warmth". We partnered up with a local women's shelter called Mercy Housing.

Mercy housing is a Hartford based non profit organization that provides services for people who are homeless and at risk of becoming homeless in the Greater Hartford area. They help women with housing, employment assistance, food, household goods and clothing.

We were able to collaborate with Diaspora Multicultural Society in NB. We asked for donations of robes and blankets via our Facebook page and via text to many friends and family. We were able to collect over 22 robes and blankets for women in the shelter. We organized them in bags and they were delivered and gifted to them on Christmas Eve.



Gerrie Ann Diaz on the Right, And Mercy Housing Woman's Program Director, Nadia is on the Left.

News from Laconia...



Altrusa Laconia promotes Holiday Fundraising.

Taste of the Lakes Region Coupon Book helped to support local restaurants and local community projects.

The purchase of this also made for a great stocking stuffer.



Holiday Gift Wrapping Fundraiser



Friday and Saturday, December 10th & 11th

9:00AM – 12:00PM

Franklin Savings Bank lobby

11 Sawmill Road, Gilford



Bring in your unwrapped gifts and the Altrusa elves will be happy to wrap them for you! Choose from our selection of paper and decorations, or you can provide your own. All donations go directly towards funding Altrusa's many local community service projects.



If you have extra wrapping paper, bows or ribbon that you would like to donate in support of this fundraiser, please drop off by December 10th

www.altrusalaconia.org



We had a great meeting tonight with a very special guest and local celebrity Larry Frates!

We talked about an upcoming collaboration to showcase his magic, music, storytelling and caricatures . More information to come as we plan this amazing event with Larry!
So exciting, Altrusa District One

News from Litchfield County...

Exciting News! Altrusa of Litchfield County has welcomed four new perspective members. They will be joining us at our upcoming events and we look forward to them becoming permanent members in May!

Our Little Free Library continues to be a huge success.

Check us out at littlefreelibrary.org.
We are number 79402!



52 boxes of mashed potatoes were collected for the Community Soup Kitchen at Trinity Church.



Once again, we were able to give gift cards to two local elementary schools.

They were given to families to help with the purchase of groceries over the holidays.



56 Birthday Cake Kits were given to FISH and the Friendly Hands Food Bank. Each consisted of a 9 x 13 pan, a box cake mix, a can of frosting, candles and other goodies. Families will use them to celebrate their child's birthday.

Margaret Franz visited our meeting and told us about her work at FISH. We were able to donate many blankets for her to give out to clients.



News from Meredith.....

On March 15, District One Governor Pam Lemieux joined our club at festive dinner to celebrate Literacy Month at the newly renovated Meredith Public Library function room.

Pam reminded us of the importance of working together with other non-profit organizations for the betterment of our community, the importance of acquiring new members and attending conference in April.



She enjoyed the presentation of our guest speaker, Children's Book Author Ann Biese, noting that Literacy is our International President's focus for her biennium.



In honor of National Muffin Day in February, more than 14 dozen muffins were baked by our club members and distributed to brighten the day for many in group homes and homeless shelters in the NH Lakes Region Area.



Displaying muffins at Isaiah 61 Café shelter are (left to right): Community Service Co-Chair Kathy LaPoint; Co-Founder of Isaiah 61 Café Dawn Longval; and Staff Member Roy.

On February 14, in honor of St. Valentine's Day, the Community Service Committee of the Meredith Altrusa Club delivered over 100 cards to all units at Goldenvue Health Care Center.

Boxes of candy were also gifted to all the hard-working Staff.

Shown during this exchange are Goldenvue's Concierge, Maureen and Altrusa member, Karen Truberg. It is the sincere hope that these efforts helped to brighten the day for both residents and caregivers.



Meredith Altrusa hosted a mobile vaccine clinic at the Community Center on the morning of January 15th. Despite frigid temps, we vaccinated many of all ages, keeping them and our community safe. We thanked all who came out, and especially thanked the crew of the NH State Mobile Van and the volunteers from our Community Service Committee.

Pictured left of the banner are Altrusans, Nancy and Carol.

Far right, Kathy. State Vaccine Administrator, Alissa is to the right of the banner.



Local Girl Scout Troop 58666 made a surprise visit to the Meredith Altrusa Community Dinner Committee's December Dinner and distributed a personalized Christmas card to each guest. The magical evening of sharing and giving was topped off with everyone enjoying a variety of beautifully decorated cupcakes.



Back Row (L-R):
Troop Leaders
Christine Supprise,
Heather Gray,
Abby and Amy Horne;
Middle Row (L-R): Addison, Felicity and Shelby;
Front Row (L-R): Beatrice, Aubreigh and Savannah.

At their December 14, 2021, meeting, the Inter-Lakes School Board honored Altrusa Literacy Volunteers for their classroom assistance in improving early literacy success for Kindergarten and First Grade students at Inter-Lakes Elementary School.



From left to right: Altrusans Patti Williams, Pat McFarlin, Sylvia Detscher, Marie Stephens, and Doreen Carson. Altrusans Lynne Cayer and Julie Vonderstaud weren't able to attend the meeting and were also recognized.

News from Portland...

Once again we were able to partner with the Cricket Comforts program by donating 20 Picture books and 50 upper grade books - see pictures from Martha Gross!

The books will be matched up with handmade pillow cases and given out in the Barbara Bush Children's Hospital at Maine Medical Center, bringing "comfort" to kids undergoing treatment.



Books delivered to Cricket Comforts, pictured are Cindy and Heidi from Cricket Comforts

Portland's 18th Annual Volunteer of the Year Award is in process!

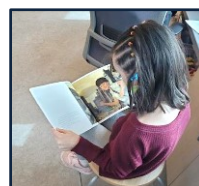
We have mailed out over 120 nomination requests to Greater Portland non-profits and organizations for the 2022 Volunteer of the Year!!

The Communications Committee has added it to our website, posting it on social media and marketing it through local publications, as a way of getting more nominations.

In addition to donating 42 Picture books to Presumpscot School for the ABC project, we were able to actually read to 2 kindergarten classes - I bet the Altrusa readers were happy to be doing this again!

25 (3rd and 4th grade) books were delivered to Tonya Bufano at Rowe Elementary for the older students and we also will read to the Kindergarten classes on 3/24.

Christine Johnson delivered over 30 books for 4th to 8th graders to the Westbrook Community Policing Center. These books will have been handed out at the annual Westbrook Blizzard Bash on March 18.



Readers from the 3rd grade at Rowe Elementary enjoying the books we delivered.

We provided a wonderful meal at the Ronald McDonald House on Tuesday February 15. Chefs were Karen Valley, Anita Chandler, Nicki Griffin and Christine Johnson with fruit from Marie Pike. Dinner was an amazing Mac and cheese with chicken, accompanied by green beans and then chocolate chip cookies. We made enough to leave one full casserole for the freezer.



Left to right: Nick G and Christine J



Left to right: Anita C, Karen V, Nick G and Christine J

Baked Macaroni and Cheese Casserole for Sue's Supper at Ronald McDonald House

Servings: 20-24

4 Two Quart Deep Dish Casserole Dishes

Ingredients:

Elbow small macaroni, two 3lb pkgs (regular or gluten free)
 1½ lbs. chicken breast per casserole, cooked and cut up into small pieces (omit for meatless casseroles)
 1½ lbs. per casserole extra sharp white cheddar cheese, shredded
 4 large eggs per casserole
 Gallon Milk (prefer whole or 2%)
 Large can Italian style breadcrumbs (or two small)
 1 lb. Butter (to dot top of casseroles and to grease bottom and sides of casserole dishes)
 Paprika

Directions:

Preheat oven to 350 degrees. Grease the sides and bottom of casserole dishes. Set aside.
 Cook macaroni for ten minutes at full boil. Drain and set aside. Cook chicken in olive oil with salt, pepper, a little garlic. Set aside.

When ready, layer macaroni, chicken, light on breadcrumbs and the cheese for two layers.
 Then last layer is just macaroni, breadcrumbs, and cheese on top layer.

Mix 4 cups of milk to 4 well-beaten eggs. Add to casserole to within a half inch of top. Add additional milk if needed. Add extra breadcrumbs to top layer, paprika and dot with butter.

Bake in 350-degree oven for about an hour. Cool for 5min. then serve with a vegetable on side.





April 22-24, 2022

District One Conference
At the North Conway Grand Hotel



Hosted by:
Carroll County
Laconia
Meredith



Workshop
November 12, 2022

Hosted by:



Courtyard Marriot
Cromwell, Connecticut

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**

Contact information:

**Altrusa International
One North LaSalle St. Suite 1955
Chicago, IL 60602
1-312-427-4410**

altrusa@altrusa.org

**Treasurer, District One
Wanda Pettersen
77 Evergreen Lane
Windham, Me 04062**

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

Bangor	Martha Porter	mewporter@yahoo.com	Merrimack Valley	Jacquelyn Maciejewski	Jackie.maciejewski@yahoo.com
Bermuda	Mary Faries	maryff@ibl.bm	Northeastern CT	Carlita Cotton	drcarlitabcotton@gmail.com
Biddeford-Saco	Laura Cortwright	llcmb@yahoo.com	Plymouth County	Susan Porazzo	smporazzo@hotmail.com
Carroll County	Nancy Spaulding	spauldingnancy@gmail.com	Portland	Deborah Lemieux	dalemieux33@gmail.com
Central CT	Lynne Reilly Havlicek	clreilly24@yahoo.com	Quebec	Danielle Blondin	gingrasblondin@hotmail.com
Greater Hartford	Jacquelyn Medina	jlynmed@yahoo.com	Quincy	Acting - Becky Egan	brjznab@aol.com
Laconia	Susan Clauson	sclauson55@atlanticbb.net	Sanford-		
Litchfield County	Ann Lindner	altrusalitchfield@gmail.com	Springvale	Thea Murphy	theaellamurphy@gmail.com
Meredith	Sylvia Detscher	sylviadetscher@gmail.com	Seacoast	Barbara Leavey	blueheron518@gmail.com