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2021-2023**

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Governor's Message



June 2022 District One Governor's Message:

As we wind up the 2021–2022 Altrusa year, we can look back and see what a successful year it was, despite the issues COVID created. All District One Clubs found ways to serve their Communities within the COVID health guidelines. Many literacy and community service projects were accomplished over the past year! While membership has taken a hit, with District One losing 10% of its members in the past year; the signs are ripe for club growth over the next year. In addition, your District Board is working on a method to help clubs fund membership recruitment/retention events in the coming years. More information on that process will be shared soon (this is a teaser).

In 2021 – 2022 we had our first in-person events in two years, with the November 2021 Workshop in Portland, Maine and the 2022 Conference in North Conway, New Hampshire. Each event included educational elements along with a lot of laughter and fun.

Included in this DSB is my report on the 2022 District One Conference. When you read it, you'll see that it takes a lot of contributing members to make a great conference. I appreciate all who participated. It would not have been a success without you!

As we prepare for the new year (2022–2023), many clubs are having installation ceremonies for their officers and initiation ceremonies for their new members! We all look forward to a summer of travel and relaxation, while enjoying the seasonally warm weather. However, Altrusa's work will continue through the summer. When there is a need, Altrusans respond any time of the year.

Have a Great Summer!
Pam
District One Governor

“Some people want it to happen, some wish it would happen, and others make it happen.” -Michael Jordan

I think Altrusans are in the 'others' category.

Pam
Governor, Altrusa District One

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2022 District One Conference

Governor's Report

Governor's Report on the District One 2022 Annual Conference

The District One 66th Annual Conference was held at the North Conway Grand Hotel on April 22-24, 2022. The Theme was 'Opening the Door to Service'. It was hosted by the New Hampshire Altrusa Clubs (Carroll County, Laconia, and Meredith), with the president of each club (Nancy Spaulding, Susan Clauson, and Sylvia Detscher) working together as co-hosts.

Friday, April 22nd

From 2:00PM until 5:00PM, there was a **Hands on Service Project, 'Days for Girls'** set up for Altrusans arriving on Friday to participate in. Claire and Steve Behrle brought material, sewing machines, ironing board and all the tools needed for the project. Claire and Steve led the workshop. They explained the components of a "kit", gave a demo on how the components are created and helped guide participants in constructing the pieces. The non-sewers were given the opportunity to fabric, iron, apply snaps, thread ribbons on bags, trace templates and fold liners, underwear, and washcloths. The sewers were set up to sew the bags and shields together as well as serge the liners and transport pouches. Feedback from participants was incredibly positive about this service project. It allowed them to see all the piece parts of the project and Claire volunteered to meet after the conference with any clubs interested in bringing the Days for Girls Project to their home clubs.



The host clubs staffed the registration desk from 5:00PM-7:00PM and distributed to the attendees the 'goody' bag they had assembled for the conference.

Saturday, April 23rd

The Registration Desk was open from 7AM-9AM.

Prior to the start of the Conference Business Meeting there were the following sessions:

7:45AM-8:05AM Flag Ceremony Practice Session – Sarah Moore

8:30AM-8:55AM First Timers Session – Linda Ring

8:45AM-8:55AM Delegate's Briefing – Pat Jackowski

8:45AM-8:55AM Expediter's Briefing – Rita Cote

First Business Session started at 9AM.

The **Flag Ceremony** was led by Sarah Moore of the Greater Biddeford-Saco Club.

The flags in the order presented:

Altrusa was established in Nashville, Tennessee, USA in 1917. Carrying the flag of the United States of America, Sylvia Detscher of Altrusa International of Meredith, New Hampshire.

Canada became a part of Altrusa in 1945. Carrying the flag of Canada, Jackie Maciejewski of Altrusa International of Merrimack Valley Massachusetts.

Bermuda became a part of Altrusa in 1948. Carrying the flag of Bermuda, Susan Ulino of Altrusa International of Northeastern Connecticut.

ASTRA became a part of Altrusa International in 1966. District One has an ASTRA Club at Lake Region High School, in Naples, Maine. Carrying the ASTRA flag, Trish Maxim of Altrusa International of Portland, Maine.

Altrusa achieved international status in 1935. Carrying the Altrusa International flag, Jennifer Belcher of Altrusa International of Plymouth County, Massachusetts.



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Following the Flag Ceremony, Beth Dyson of the Carroll County Altrusa Club gave the **Invocation**.

The **members of the head table were introduced** by Governor Pam Lemieux.

Conference Co-hosts, Susan Clauson, and Nancy Spaulding, welcomed the group to North Conway New Hampshire and also read a **Commendation to Altrusa District One** that was issued by the New Hampshire State Governor, Christopher Sununu.

Ann Marie Snyder, of the Merrimack Valley, MA Altrusa Club, serving as Conference Parliamentarian, covered the **adoption of the Conference Rules**.

The **Registration and Credentials Report** details were presented and at that time there were 64 members, 12 clubs (5 absent clubs were Bangor, Bermuda, Greater Hartford, Quebec, and Sanford-Springvale) and 4 guests registered. The Credential Report showed 24 delegates, 7 District Officers, and 4 Past Governors in attendance for a total of 35 eligible voters. (Note: The Conference Booklet is posted on the District One Website with all the detailed information for registration and credentialsand also the Award winners)

The **budget with actuals year to date** posted was distributed to the membership and reviewed by Wanda Pettersen, the District One Treasurer. She explained that last year we approve a 2 year budget (2021 thru 2023) and this year there was no need to vote on the budget.

Nominating Committee for 2022-2024 Election The Nominating Committee for 2020-2022 (Mary Faries of Bermuda, Chair, Lucille Prescott of Greater Biddeford-Saco, ME and Charlene Muscato of Merrimack Valley, MA) presented a slate of three nominees for the 2022-2024 Nominating Committee: Anne Rash of Northeastern, CT, Sandra LaBonte of Seacoast, ME, and Joan Osborne of Plymouth County, MA. The Governor then asked if there were any nominations from the floor. This was asked 3 times. There were no nominations from the floor. Normally we would have an election with more than 3 nominees, and we would elect 3 to serve, with the nominee receiving the most votes to serve as the Chair of the Committee. The Governor shared with the membership that the District One Board met on Friday evening and passed a policy revision, effective immediately, in the event that there are only three nominees, The secretary will be asked to cast a ballot for the slate as presented and the newly elected members of the Nominating Committee will select the chair among themselves and let the District One Board know who the chair is before their next business meeting. Since this was the case, The District One Secretary, Marie Pike cast the ballot for the slate. The Governor declared the candidates duly elected members of the 2022-2024 Nominating Committee.

Break 10:00AM-10:20AM

Message from our International Representative: Kitty McElhaney

who serves as an Altrusa International Director and is a member of the Altrusa International Club of Lake City, Florida, Inc. in District Three. *(Note: Our original scheduled International Representative was Beverly Hardy, The International Altrusa Past President, however, family issues forced her to cancel, and Kitty was drafted to take her place.)* Kitty's presentation introduced the members of the International Board and highlighted that District One has two members currently serving on International Committees: Susan Hawes of the Bangor Maine Club serves on the International Leadership Committee and Violet Sims of the Greater Hartford Club serves on the International Communication Committee.

Kitty shared that the past couple of years has seen a significant drop in membership (June 2019 – 7803, June 2020 – 7612, and June 2021 – 6665) partially due to COVID.

Her message was that there are many avenues for members to reach out for assistance, including the International Altrusa Committees, the District One Board and Committees, the International Website, and finally the Interim Executive Director, David Mena, working from the International Office in Chicago, IL.

She concluded her presentation with an invitation to the International Altrusa Convention in July 2023 in San Antonio, Texas. At the conclusion of Kitty's presentation, Governor Pam Lemieux thanked her and announced that a \$100 donation will be made to the Altrusa International Foundation in her honor.



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Con't Saturday, April 23rd

2022 Memorial Service was presented by Violet Sims of the Greater Hartford Altrusa Club. Over the past year, District One lost ten members. Violet called for members from their respective clubs to celebrate the lives of these recently departed members. The members we lost over the past year were:

Helen Fletcher of the Bermuda Club,
Sarah Jane Poli and Sharon Staz of the Greater Biddeford-Saco, ME Club,
Judy Addazio of the Litchfield CT Club, Susan Amiss of the Meredith, NH Club,
J. Lynne Stanley-Haney and Jane McGuigan of the Northeastern CT Club,
Theresa Mancini and Carolyn Holman, of the Portland, ME Club and finally,
Kelly Cobble, President of the Quincy, MA Club. They are forever in our hearts.



12PM Lunch

Lunch was started with a **parade of club banners** by the Presidents of attending clubs.



At the conclusion of lunch, we had a **keynote speaker, Katie Pelczar, from CASA (Court Appointed Special Advocates) of New Hampshire**. Katie serves as an Outreach Coordinator for CASA. She brought along a coworker who is a special advocate. They reviewed what their responsibilities were and the issues they often encounter in the doing their jobs. *(Note: Katie was a former member of the Meredith Club's ASTRA group.)*



After the Keynote Speaker the members reassembled in the Business Meeting Room to see the **Service Presentation: Partnering for Greater Impact** led by the District One Service Chair, Anita Chandler. Each club in attendance was asked to give a 5 minute presentation of an example of partnering for greater impact in their club's service projects. While the service presentations shared many examples of partnering and people were taking notes with ideas gleaned from the presentations, it went longer than expected and we needed to postpone the Service Presentation: Recycling for GOOD by Denise Doyon. We were sorry this happened and appreciate Denise's flexibility with this last minute change. (Note: Denise will be giving this presentation at the November 12, 2022, Workshop in Cromwell, CT)

3:30PM The Business Session concluded for the day, and everyone prepared for the **FUN-raising Fair** that ran from 4PM to 5PM. Susan Porazzo and Hilda Schmidt were in charge. This is when clubs are given an opportunity to sell their wares and raffle tickets for baskets to raise money for their respective clubs. It is also a wonderful time to meet with members and rekindle friendships. In the meantime, Anne Rash, District One Foundation Liaison had the **Foundation Silent Auction** items on display all day in the Business Meeting Room. The items were distributed to the highest bidders on Sunday morning.

6PM-7PM Reception for International Representative and the Past Governors All were invited to attend. The Bar was opened. Hot and cold hors d'oeuvres were served.

7PM-8PM Dinner The International Representative (Kitty McElhaney) and the past (Denise Doyon, Sandra Labonte, Anne Rash, Ann Marie Snyder and Linda Ring) and present (Pam Lemieux) Governors were escorted into the dinner by Ralph Ring, Charlie Jackowski, and William Kovel, conference guests and husbands to Altrusa members.

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After dinner, Jennifer Belcher, District One Membership Chair, presented the **Membership and Attendance Awards**. Below is a breakdown of who won the awards:

	<u>1st Place</u>	<u>2nd Place</u>	<u>3rd Place</u>
Conference Attendance (# in attendance)	Portland, ME (10) 	Seacoast, ME (8) 	Biddeford-Saco, ME (7) 
Conference Attendance (% based on # club members)	Merrimack Valley, MA 42% 	Seacoast, ME 35% 	Meredith, NH 33% 
Membership (# new members)	Northeastern CT (3) Sanford-Springvale, ME (3) 	N/A	Biddeford-Saco, ME (2) Portland, ME (2) 
Net Gain New Members	Sanford-Springvale, ME (1)	(note: Only club in District One that had a Net Gain)	

These presentations were followed by Cathy Baybutt, District One Director, presenting the **Newsletter Awards**.

1st Place Central CT's '*Central Breeze*' Editor: Elsie Mathews

2nd Place Portland, ME '*Altrusagram*' Editor: Marie Pike

3rd Place Laconia, NH '*Altrusa Life*' Editor: Sue Clauson



The following clubs also submitted their Newsletter for consideration:

Greater Biddeford-Saco, ME '*The Altruist*' Northeastern CT '*The Volunteer*' and Plymouth County, MA '*The Cranberry Scoop*'. We appreciate all clubs that submitted their newsletters!

Following these presentations, the members were entertained by 'The Bakery Band'

At 9:30PM All were invited to the Governor's Suite for a '**Wind Down**' Party.



2022 District One Conference

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Sunday, April 24, 2022

9AM Second Business Session

The **Registration and Credentials Report** were updated. The Registration new numbers were 64 members, 13 clubs (the 4 absent clubs were Bangor, Bermuda, Quebec, and Sanford-Springvale) and 4 guests registered. The Credential Report showed 25 delegates, 8 District Officers, and 4 Past Governors in attendance for a total of 37 eligible voters.

Budget Review Treasurer, Wanda Pettersen asked if there were any questions concerning the budget information that was distributed on Saturday morning. While there were no questions about the budget as presented, Pat Jackowski of the Central CT Altrusa Club, asked the Board to consider helping the local clubs with membership recruitment and retention expenses. (Note: The Board met at the end of the Conference and discussed this request and agreed to institute a Club Revitalization Grant. The process and the resulting policy revisions are being worked on and should be available soon.)

Awards were presented in the following categories.

ASTRA

Governor, Pam Lemieux presented the ASTRA Service Award to the District One ASTRA Liaison, Trish Maxim for the Lakes Region Maine ASTRA Club. Their submission was:

Yellow Tulip Project – ASTRA of Lake Region High School

Lake Region High School ASTRA participates in a mental health initiative called the 'Yellow Tulip Project' The ASTRA members maintain a garden of tulips at the school in solidarity with those experiencing mental illness. The goal of the project is to increase awareness of mental health. In the fall of 2021, the entire ASTRA Club participated in maintaining the garden.



Mamie L Bass Service Award

District One Service Chair, Anita Chandler presented the Mamie L Bass Service Awards to the following clubs:

1st Place

The Heart of Our Mission – Seacoast ME

Seacoast Altrusans partnered with Community Action Partnership of Strafford County, as representing the very heart of our mission which is dedicated to helping those in the community. In this case, Altrusans provided cozy handmade blankets, created joy in delivering new books and teddy bears, and provided help bagging and distributing food to those in need.

2nd Place

Ronald McDonald House Donation – Bangor, ME

When the Adopt a Room costs at the Ronald McDonald House rose above the Bangor Clubs funding ability, they looked for other ways to support this charity. After consulting with Staff, they voted to purchase heat register covers and new metal baseboards to improve the bedrooms at the facility. All member participated in securing the materials.

3rd Place

Holiday Cheer – Northeastern CT

Altrusa International of Northeastern Connecticut, working with Eastern CT Veteran's Center, Next Step Cottage, and the Storrs Congregational Church, designed projects that would involve all club members and bring smiles and holiday cheer to individuals and families. Projects included donating books, providing toiletries, decorating cookies, and more. These projects provided both hands on opportunities, and work at home activities.

Other Award Contenders were (in alphabetical order by club):

Adopting Grace House – Carroll County, NH

Carroll County Altrusa provides Comfort Bags to Grace House: a safe house for Victims of Domestic and Sexual Violence. The bags are a shower caddy that contain items needed for personal care. Also included are a personal note of encouragement and some kind of treat selected by the shopper. The plan is to make this a sustainable project.

Pamper Me Gift Bags – Central CT

We had lots of FUN getting together on our first club gathering (Halloween) in over a year on October 27th and packaging goodies for the ladies at New Horizons. Twenty gift bags were donated (and extra supplies too!) for their use on Thursday, October 28th, celebrating October as Domestic Violence Awareness Month and Make a Difference Day.



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Letha H Brown Literacy Award

District One Director, Hilda Schmidt presented the Letha H Brown Literacy Awards to the following clubs:

1st Place

Amen (Altrusa Meets Educational Needs) – Meredith, NH

The past two school years have shown an increase in young students whose reading skills are below grade-level – in large part due to covid-related issues such as mask-wearing, remote learning, and disrupted home situations. Altrusa volunteers are providing supplemental reading support on a weekly basis by facilitating small group activities in the classroom to strengthen reading skills.

2nd Place

Building Bridges With Books – Seacoast

"Building Bridges With Books" is a literacy project created to bring reading into the lives of vulnerable children. Dover Children's Home and Altrusa of the Seacoast worked in tandem to provide books for different skill sets, diversities, and therapeutic needs. The benefit of reading, augments developmental strength and growth, helping to shape the residents to be productive, responsible adults.

3rd Place

AltrusaPortlandGivesBooks.org – Portland, ME

Portland Altrusans were sitting on a treasure trove of books for kids 8-18 years old, but we struggled to distribute them. Our website, altrusaportlandgivesbooks.org was created to reach the older siblings of the kindergarten students we'd visited with our longstanding ABC project. We are thrilled that our website enables us to provide more youth with books of their own.

Other Award Contenders were (in alphabetical order by club):

Make Way for Readers – Carroll County, NH

Only 48% of 3rd graders in Carroll County demonstrate a proficiency in reading, our club partnered with local libraries and preschools to promote the 1000 Books Before Kindergarten program. Children received book bags, bookmarks, and library information, the class received a class book, and libraries received funds to promote the program. Success will see an increase in participation in the program.

Girls Love Mail – Central Connecticut

Girls Love Mail is an organization that collects inspiring, uplifting and encouraging mail to send to women with a recent Breast Cancer Diagnosis. While safely quarantining during COVID times, we stumbled upon this project and started writing inspiring and uplifting messages. Over fifty letters were submitted during October, Breast Cancer Awareness Month.

Books for Everyone – Northeastern Connecticut

Putting books in children's and families' hands is the key to literacy.

Altrusa of NECT provides books to non-profit agencies for take away libraries and literacy events. Grants fund the purchase of books and members sort, insert bookmarks, and deliver books to eight agencies four times a year. Over 3000 books were delivered in the past year.



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Nina Faye Calhoun International Service Award

District One Foundation Liaison, Anne Rash, presented the Nina Faye Calhoun International Service Award to the following club:

1st Place

Altrusa/Jou Nouvo Community Center Library – Plymouth County

Plymouth County Altrusans adopted Jou Nouvo, an international charity whose mission is to help the extremely poor in Haiti attain independence through education. Through extensive fundraising they bought books and computers/software for their new library. The resources provided for the library will enable learners access to targeted materials to advance their education and skills, and lead to a better life.



Gabrielle Crepeau Leadership Award

District One Leadership Chair, Susan Ulino, presented the Gabrielle Crepeau Leadership Award to:

Anne Rash of the Northeastern CT Altrusa Club

Congratulations!!

This award is for Altrusans who exemplify leadership in Altrusa and their Community. They "Walk the Talk". This year there were only 2 nominees, Anne Rash of the Northeastern CT Altrusa Club and Violet Sims of the Greater Hartford Altrusa Club. The judging was very close between these two deserving candidates.

The 'Gaby' comes with a Lamplighter pin awarded to the winner.



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Foundation Presentation Anne Rash, District One Foundation Liaison spoke to the various projects that are supported by our International Foundation. All club presidents in attendance received handout with Foundation information to share with their clubs. Clubs not present will be mailed this material.

In addition, Anne reported that between the Foundation Silent Auction and the Foundation Raffle Ticket sales, **District One raised \$3290 at Conference to be donated to the International Foundation.**



Calendar Girls by the Seacoast, NH Altrusa Club

provided a mid-morning entertainment break. The Seacoast members sang a song about Altrusans that went to the tune of 'Calendar Girls.'

Their rendition included a segment where they included dance steps.

This catchy tune and their high spirits brought laughter and enjoyment to all.

10AM Stretch Break

Presentation: "What's the Story with the Story?" was presented by Rebecca Lambert-Egan of the Quincy, MA. Becky reviewed all aspects of illustrated children's books, from the physical presentation to artistic approach to the storyline. She had piles of books available where she was able to demonstrate all the nuances that come into creating the book. (I never thought to remove the paper cover on a book to see what the publisher put on the hard cover – It is not always the same!). Becky's goal is to foster a new way to experience a book.



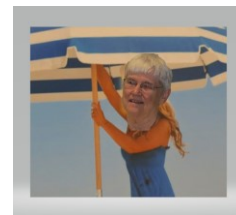
Following Becky's presentation, we had the following Announcements:

2022 Workshop will be hosted by the Greater Hartford Altrusa Club and will be held at the Courtyard Marriott in Cromwell CT on **Saturday, November 12th, 2022.**

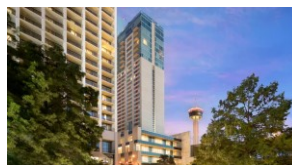


Call to 2023 Conference in Kennebunkport, ME hosted by the Greater Biddeford-Saco Altrusa Club

The club members distributed pamphlets on the Nonantum Resort where the conference will be held **April 21-23, 2023.** They also encouraged people to attend by showing posters of Governor-Elect Rita Cote enjoying relaxing summer days, sunning, skiing, reading a book, etc. (The posters had Rita's head superimposed on a 'super model's body'!)



Call to Convention in San Antonio, Texas video showed the convention hotel, The Grand Hyatt San Antonio Riverwalk on **July 19-22, 2023.** In addition, it showed all the fun sites located near the hotel, including the zoo, the aquarium, various museums, shops, and restaurants, and of course the Alamo! Unfortunately, at conference, the audio wasn't working on the video, but everyone still got to see the sites.



At 11:15AM on Sunday, April 24th, The District One 66th Annual Conference was concluded with **Benediction**, followed by the **retiring of the flags** and fond **farewells**.

Congratulations to the 2022 Cycle 2 GRANT Recipients

Below is the list of District One Clubs that were awarded grants during Cycle 2 International Foundation Grants in April 2022.

<u>District One Altrusa Club</u>	<u>Project Title</u>	<u>Grant Awarded</u>
Central, CT	TEMP: Thermometers Enhance My Physical Well-Being	\$1,500.00
Greater Quincy, MA	Homeless Teens Dignity Project	\$700.00
Seacoast, ME	All Wrapped Up	\$2,000.00

Congratulations to these three District One Clubs who were able to obtain funding for their service projects through the International Altrusa Foundation. Now you need to put these funds to good use and by May 15, 2023* submit a write up to International, documenting what you did.

The Altrusa International Foundation offers grants twice a year.

	<u>Application Due Date</u>	<u>Decision</u>	<u>Funds Issued</u>	<u>Follow Up Due</u>
Cycle 1	- September 15	October 31	Nov. 30	Nov. 30, 2023*
Cycle 2	- March 15	April 30	May 15	May 15, 2024*

*Grant Follow-Up Reports are due to the Altrusa International Foundation, Inc. office one year after the award is granted.

Applicants may request between \$250 and \$4,000. The number of grants funded, and the amount of each grant, is dependent upon available funds. In Cycle 2 (April 2022) the Altrusa International Foundation awarded \$156,196.00 to multiple clubs and projects. If a project is not awarded a grant during a Grant Cycle, they can resubmit their proposal during the next Grant Cycle.

A grant recipient is obligated to use the grant award for the intended purpose and must file a report within one year after the grant is awarded. However, if the grant is not used for the intended purpose, it must be returned in full to the Foundation.

Altrusa Clubs, ASTRA Clubs, and Districts may apply for one service grant per cycle in the fiscal year and all applicants must agree to the terms of the grant.

If you missed applying for a grant in Cycle 2, get ready to submit one in for Cycle 1 in September 2022.

Humanitarian Aid to Ukraine Submitted by Linda Ring

Attention Crafters!!! Here's a new service opportunity for those who knit or crochet -- make hats for preemies in Ukraine!



There's a Facebook group called **Tiny Hats for Ukraine** - It's a private group (someone needs to invite you to join) working out of Washington State. (Send me a Private Message on Facebook and I'll invite you to the group!) They have detailed information on patterns for knit and crochet and size recommendations. You can knit or crochet or PURCHASE premade ones! Easy to participate!

The group's goal is to send 10,000 hats for Preemies born in Ukraine! What can you do to help them meet that goal?

Linda Ring

From our Leadership Chair, Susan Ulino

Happy Summer!

For those of you who were not at the conference, you missed a wonderful weekend. The best part for me was looking at all the members who were there. We are all so different, we come from different places and cultures, we like different music, art, books, we look different, talk with different accents, and in many cases different languages. However, this organization that has meant so much to me and you, has brought us all together to focus on the same goals. We are the same in the ways that matter. Our common goal; to be of service in our communities and make the world a better place (plenty of room in that department).

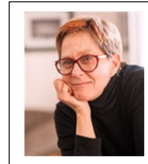
It was my pleasure to announce the winner of the Gabrielle Crepeau Leadership Award. There were two wonderful and worthy nominations. I personally am very happy that I didn't have to make that decision. Actually, our judges were very thoughtful and the result was very close. However, Anne Rash, of the Northeastern CT club has won the prestigious award this year. We are very proud of Anne and what she has accomplished as a member of Altrusa. She is very deserving of this honor.

It's June. We are at the end of another season. It's time to reflect on the year that has passed. Now it's time to enjoy the warm weather.

We'll worry about leadership in September.

Regards,
Susan Ulino
Chair Leadership Committee
Altrusa International District One

Yours in Sisterhood,



From our Membership Chair, Jenn Belcher



Membership: Club Revitalization Grant Proposal

District One's 66th Annual Conference in April was a time to enjoy seeing our fellow Altrusans in person for the first time in two years. It was also a reminder that we may be on the "other side" of the pandemic but we are not completely out of it. While together, the discussion on maintaining membership in our clubs has dropped over this past year, by 10% in the district. A proposal was put forth to add a new policy to the District's for help with club revitalization.

Myself and the District One Board are working on a process to help finance club membership events with a goal to grow and make up for that 10% loss. The proposal would consist of a club applying for funding, at a designated amount set forth by the Board, to host an event or series of events to attract and/ retain members. Existing club funds would be spent for the project(s) and would be reimbursed from District. The minute details are being ironed out and are awaiting approval from the District Board.

I look forward to working with the District Board to get this new policy enacted and presented to all Clubs that need this support. What kind of projects do you think would work for your Club? Have you seen other organizations using events that would work for any club? If you would like to share ideas, please send them to me and I'll put them forth in the next DSB. It's time to rally and support one another in helping to revitalize clubs that may need help. In the end, this will make us stronger as Altrusans and as a District.

In Service,

Jenn Belcher
District One, Membership



Club Newsletters:



It was so exciting to have 6 newsletter entries at the District One conference. I want to thank all of the editors for submitting them. I sent a summary of the judges evaluations to each of the editors, but I thought it might be helpful to all of the clubs and future editors to include some of the criteria. The judging criteria is listed in the resources section of the District One website (districtone.altrusa.org). The guidelines are a good resource for organizing your newsletter, here are a few of them.

Club News should include:

- Board of directors, position, contact information
- Editor name and contact
- Club contact (including website & email and mailing address)
- Club & Board meeting dates
- Summary of both Club & Board meetings including highlights and speakers
- Committee reports
- New member introductions and / or member Bio

District News should include:

- Dates / location of upcoming workshop/conference
- URL of District Website
- Highlights from the Governor
- Summary of workshop / conference

International News:

- Dates/ location of upcoming convention
- URL of Altrusa International Website
- International news
- Wrap up of convention (every 2 years)

Altrusa accent:

- Altrusa fact (historical point or Altrusa news)

You don't have to start large, sometimes a simple bulletin with pertinent information is a good start. I often send out a calendar of events for our members to keep handy as a reminder of important dates coming up.

Newsletters are wonderful recruitment tools as well as a great way to archive your clubs activities and membership. It would be wonderful to have twice as many entries in our newsletter award submissions next year. Check out the criteria and give it a go!

Cathy Baybutt, Member of the Communications team



NOTE: The District One website has been updated with all presentations from the 66th Altrusa International District One Conference that was held in North Conway, NH.

Here's the link to the Resources section!

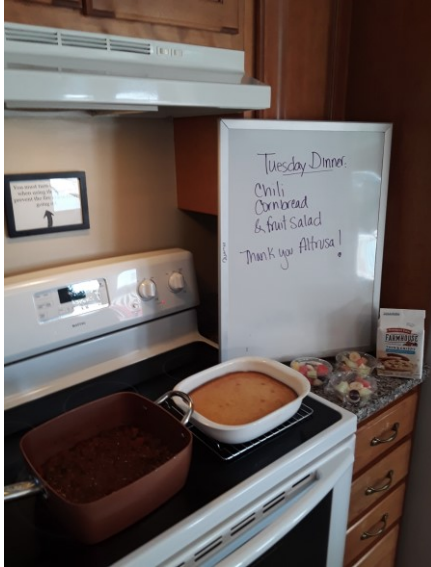
<https://districtone.altrusa.org/resources/>

Scroll down to the 2022 Conference and you will find the updated Conference Program (with registration and credentials reports AND all Award Winners!), the presentation from Kitty McElhaney, International Director, and all project sharing presentations that were shared with me.

Also, as this is the time when officers change in clubs, please visit your web page, and let me know if there are **any updates to president's contact information or your club meeting information**. I'm happy to update it ASAP! After all, this is the way others can find your club and reach out to YOU!

Linda Ring

News from Bangor...



We continue our monthly dinner preparation at Ronald McDonald house in Bangor. Picture is from April's meal, and another meal will be done for May 31st.



News from Bermuda...



The roses that we planted for Altrusa International centennial and in memory of a long time member Peggy Spencer Arscott in 2017 are doing well in the garden of Verdmont National Trust museum.



On May 21st the Bermuda club held a yard and plant sale. This was our first fund raiser since 2019 due to the pandemic. We had a lot of competition but plan on doing more towards the end of the year.



News from Carroll County...



Members (Sue Battles, Nancy Spaulding, Donna West) delivered Comfort Bags to Starting Point director, Deb Weinstein.

These are placed in the rooms of Grace House for the benefit of those seeking shelter from Domestic Violence and Abuse.



Carroll County Altrusa club members who attended Spring Conference.

Left to right Pat McCoy, Beth Wheatley Dyson, Kathy

Having "Fun" at the fundraising fair at Spring Conference. Items are also available at the Tamworth Farmers Market during the summer. Check the Facebook page for dates.



Barb Kennett, Pat McCoy, Kathy Somerville



Comfort Bag close up.

These are delivered to Starting Point for use in Grace House shelter.



The Literacy Committee (and other members) met to stuff the "Make Way for Readers" Bags for distribution to local child care centers.

They also were able to view the latest "Book Bags for Babies" that will be given to parents of newborns in Tamworth.

This group of Altrusans were real "Cut ups" as they cut out and assembled 13 book bag kits, getting them ready to send home with our sewers.

L-R (back) Nancy Spaulding, Terri (guest), Barb, (front) Cathy Sholtanis, Beth Wheatley Dyson, Pat McCoy



Carroll County Altrusa continues to pack weekend bags on the 4th Thursday of the month for the "End 68Hrs of Hunger" project out of Conway, NH.

L-R Marsha Brown, Cathy Sholtanis, Barb Kennett, Ruth Stevens, Sue Battles.

News from Central CT...

2022 Gerard F. Melito Altrusa Senior Citizens' Poetry Contest and Reception

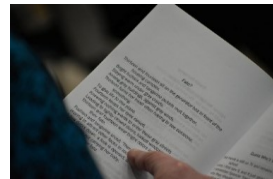
In April 2022, we FINALLY got to host our Senior Citizens' Poetry Reception in the new Belden Room at the Cromwell Library. This was the 29th year of our poetry event; the last 2 had to be virtual events due to Covid.



Virginia Townes, Jamie Santaniello, Bonnie Laput, Bill Paris, Hilda Schmidt, Ellen Paris (Poetry Reception Chair), Lynne Havlicek (President), Patti Deegan (Publicity), Ralph Ring, Deb Jarz (photographer), Linda Ring (Poetry Book Publishing)



Ellen Paris (Poetry Chair),
Lynn Havlicek (President)



Left: Pat Jackowski presented 10 Thermometers to Outreach to Haiti Organization from the TEMP Project (TEMP=Thermometers Enhance My Personal Well-being). Altrusa Central CT recently received a \$1,500 Grant from Altrusa International Foundation to aide in distributing thermometers to under-privileged first-time moms.

Below: Members from Central CT attended Altrusa District One 66th Conference in North Conway this April. Linda Ring (Past Governor) presented the First Timers Session.



News from Meredith.....

Community Service Member Doreen Carson assembled May Baskets for five mothers at Sadie's Place, a women's shelter in Meredith.

Each Mom received a planter with seeds, books for her children, chocolates, and a gift certificate to Heart and Hands, a local thrift shop.



On May 5, in celebration of Teacher Appreciation Week, the Community Service Committee provided healthy snacks, fruit, and granola bars for the teachers and staff at Inter-Lakes Elementary School. Pictured is Community Service Member Vivien Mitchell who assembled and delivered the treats.



Congratulations to Altrusan Monica Bennett (left), the 2022 Wicwas Lake Grange Member of the Year. Monica serves as the Grange Secretary. Pictured with Monica is Diane LaFavre, Grange Treasurer, the 2021 Grange Member of the Year.



Awarding annual scholarships for non-traditional students is one of our club's major community initiatives.

2022 Scholarship Recipient Kathryn O'Connor, along with daughter Estelle and husband Austin, attended Altrusa's Scholarship Awards Dinner on May 17th at Hart's Turkey Farm Restaurant.

In the photo ([l.to r.](#)) are Scholarship Committee members Jodi Wilson, Chairman Cindy Day, Kathy LaPoint, Linda French, Betty Cook, Baby Estelle, Kathryn, and Austin. Kathryn received a total of \$2,000 (\$1,500 - Marian Touhey Scholarship, and \$500 - Jackie LaPoint

The Literacy Committee assembled and distributed over 100 "Welcome to Kindergarten Bags" to Inter-Lakes Elementary School, Moultonborough Central School, and New Hampton Community School in May.



In photo, left to right, are Literacy Co-Chairs Marie Stephens and Pat McFarlin, Lynne Cayer, Vivien Mitchell, and Doreen Carson.



Meredith members Nancy Law and Carol Gerken pose with Director Hilda Schmidt (center) at the District One Conference Saturday afternoon, May 23, in North Conway, NH.

Lucky Carol and Hilda took home not one but two raffle baskets apiece!!



Our Altrusa Ladies (l. to r. Paula Trombi, Cindy Day, Easter Bunny, Vivien Mitchell, Carol Gerken, President Sylvia Detscher) assisted the Meredith Parks and Recreation Department with an Easter Egg Hunt and refreshments at the Community Center on April

ASTRA



On Thursday, April 14th - - the day before their Spring vacation - - I accompanied 4 ASTRA students and their Advisor to Songo Locks Elementary school in Naples, where they read to 5 Kindergarten classes. Each student was responsible for one classroom, reading one book to the entire class; then being sure that each child selected a book from the bagful of Altrusa's "ABC" books that had been laid out on the tables for them. Mrs. Theriault, ASTRA Adviser, did the same in the 5th room.

Each one of those ASTRA students had attended that elementary school. One of them was excited to snag the room with the same Kindergarten teacher she had 10 years earlier.

The Kindergarten children were extremely excited to get their very own book to take home and enjoy during school vacation (and forever). The teachers were impressed with the quality of the books they received. One of them told me that the big, white book "With No Pictures" is her students' favorite book. They ask her to read from it every day.

This past weekend at District One's Conference in North Conway, the Lake Region High School ASTRA club was awarded 1st place for the entry of their 'Yellow Tulip' project into the "ASTRA Service Project" competition.



The win comes with a certificate to display in their glass cabinet, plus a \$100 prize from Altrusa International for their Treasury. (We knew they would win; they are the only ASTRA club in District One. But they had to enter to win.)

Their entry will now be sent to International, held for a year, and entered into the International competition with the other District winners - - and next years District winners - - to be judged and the winner announced at the International Convention in July 2023 in San Antonio, Texas. That 1st place winner will receive a \$300 prize.

- - Trish M



Ability
Service
Training
Responsibility
Achievement



News from Portland...



Portland Members at Conference:
Left to Right (back): Wanda Pettersen,
Marie Pike, Karen Valley, Trish Maxim,
Debbie Lemieux
(Front): Christine Johnson, Pam Lemieux,
Anita Chandler

Pictures from 4th & 5th graders at
Buxton Community School
after receiving books from us.



Sue's Supper at Ronald McDonald House

Head Chef for Sue's Supper in April was Christine Johnson.

At the suggestion of Karen Arnold, we served Sloppy Joes.
Karen prepared her totally decadent Lemon Bars for dessert.
Sous chefs were Susan King and Martha Gross, who also provided a
fresh fruit medley.

The meal was served with sides of coleslaw, pickles and chips.

-- Christine J



left to right: Susan King, Karen Arnold,



Will, from
the
Ronald
McDonald
House

News from Seacoast...



On Thursday, May 12, eight members of Altrusa of the Seacoast were able to attend the Annual meeting and breakfast for volunteers for Community Action Partnership in Dover, NH.

It was a wonderful breakfast with several speakers giving an update of services CAP has provided to those in need this past year.

We are happy to be a very small part of this large organization in providing volunteer hours in hands on projects and making blankets for those in need. We have plans to continue our successful association with them.



Altrusa of the Seacoast President, Barb Leavey, congratulates Carole Intoccia and Judith Goldstein on all your hard work which culminated in our club's second place win of the Letha H. Brown award!



President, Barb Leavey, and Vice President, Nadine Rueter, stepping out to purchase fleece paid for through the award of the "All Wrapped Up" grant.



Altrusa of the Seacoast continues with our longstanding Literacy Program and Special Events Program at The Birchtree Center for Children and Youths in Portsmouth, NH whose conditions range across the autism spectrum.

This year our first in-person program in two years was assisting students to create Mother's Days gifts.

Students decorated bags with stickers, coloring and good wishes, then chose a flowering plant from several varieties, helped to pot them, then placed the plants in the bags for their Mothers.



District One Workshop
Saturday, November 12, 2022
Cromwell Ct.
Marriott Courtyard
 Hosted by
 Greater Hartford Altrusa Club



District One Conference
April 21 - 23, 2023
Kennebunkport, Maine
Nonantum Resort

Hosted by
 Altrusa of Greater Biddeford-Saco



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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Biddeford-Saco	Laura Cortwright	llccmb@yahoo.com	Plymouth County	Susan Porazzo	smporazzo@hotmail.com
Carroll County	Nancy Spaulding	spauldingnancy@gmail.com	Portland	Deborah Lemieux	dalemieux33@gmail.com
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