

**District One Officers
2021-2023**

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Governor's Message



Fall Greetings

I hope you all enjoyed a wonderful summer. Time passes so quickly. September just started and you can already feel the air getting crisper. Time to kick into gear and get started on another Altrusa year, with impactful service and literacy projects.

One way to energize your club is to attend the District One Workshop in Cromwell CT on Saturday, November 12th. The District One Board and the Greater Hartford Club have put together a Workshop Agenda that covers Service (Recycling for Good), Membership (Where to Find Potential Members) and how to share your projects (How to Write an Award Nomination). For FUN the Greater Hartford Club is treating us to a mystery play. The Play is an original work, written by Dr Violet Sims and Andrea Sims. Finally, we will end the day with an 'Expert Panel' to answer all your Altrusa questions. The Workshop information and registration are in this DSB. Don't delay. Send in your registration 'Early Bird' and you will be in a drawing for free 2023 Conference Registration.

Club visits are currently being scheduled. Whether the visit is in person or through Zoom, they are important to the District. These visits help the District find out what is on the minds of the members of the local clubs. They keep us connected....and they are often a lot of fun. I personally draw inspiration from these visits.

I've enjoyed my first year as Governor. We had a great Workshop in 2021 in Portland, where we had an in person Installation that was full of joy and laughter. I still have my crown from the ceremony! The Spring Conference was a great success.... Until COVID took down a third of the participants. (sorry). Throughout the past year I have been supported by a strong, talented, and engaged group of members who agreed to serve as a District Board member or District Committee Chair. Any success that I have had is because of them.

I look forward to another year as your Governor, working with you all to serve our local communities.

Pam
Governor, Altrusa District One

Table of Contents

Governor's message	Page 1	District News	Page 8
Workshop	Page 2 - 4	Club News	Page 9 - 21
Treasurer	Page 5	Upcoming Events	Page 22
Days for Girls	Page 6	Final	Page 23
Leadership	Page 7		

Join Us at Fall Workshop

Altrusa District One 2022 Fall Workshop REGISTRATION

“Unraveling the Mysteries of Altrusa”

Hosted by District One and the Greater Hartford Club

**Saturday, November 12th, 2022
At Courtyard Marriott
4 Sebethe Drive, Cromwell, CT
860-635-1001**

To Book a Hotel Room

Call 1-800-627-7468

Or call the hotel directly 1-860-635-1001

On or before Friday, November 4th, 2022 ‘Cut Off Date’

And ask for the Altrusa District One Room Block Rate

Room Rate: \$119.00 per night plus state and local taxes (currently 15%)

Early Bird Registration \$55.00 * (postmarked by Oct 22, 2022)

Regular Registration \$60.00 (postmarked after Oct 22nd and on or before Nov 3rd, 2022)

Last Minute Registration \$65.00 (postmarked after Nov 3rd, 2022)

***All Early Bird Registrations are eligible for a drawing for FREE 2023 Conference Registration (does not include food or lodging)**

Name: _____

Amount Enclosed: _____

E-Mail Address: _____

Altrusa International of _____

Phone Numbers Home: _____ **Cell:** _____

**Mail to Wanda Pettersen, Treasurer, Altrusa District One
77 Evergreen Ln
Windham, ME 04062**

District One 2022 Workshop Agenda

Unraveling the
MYSTERIES of
ALTRUSA...



- Welcome
- Recycling for Good – Service Project
- Values Activity
- Break
- Who Has a Clue on Where to Find Potential Members?
- Play: Murder on the High Seas
- Lunch
- Solving Our 'Murder on the High Seas'
- How to Write an Award Winning Service Project Nomination
- Break
- Ask our 'Panel of Experts'

Details on the Workshop Agenda
November 12, 2022
9AM – 3:30PM

Coffee and muffins will be available on your arrival (8AM – 9AM).

Recycling for Good – Denise Doyon of the Greater Biddeford-Saco Club will cover what, how and where to recycle. She'll show you that there is no mystery to recycling.

Values Activity – Violet Sims of the Greater Hartford, CT Club will conduct a 15 minute interactive session on Altrusa Values.

Who Has a Clue on Where to Find Potential Members? – Jenn Belcher of the Plymouth County Club will be discussing how to find new members for your club. She will be presenting her thoughts and soliciting ideas from attendees. Hopefully, you will leave with concrete plans on how to grow your club.

Play: Murder on the High Seas – The Greater Hartford, CT Club was asked to add some spice to the Workshop. The came up with a fun idea to have a Mystery Play. The Play will be a little more than 35 minutes. The backstory of the play: The setting is a pleasure cruise by Captain Joseph Amore. The guest list includes several the captain's friends , family members, and business associates, as well as the crew of the captain's yacht, the SS Love. Everyone is expecting an evening replete with dinner. Drinks and dancing – they are not expecting foul weather, a murder on board or a shipwreck on a deserted island.

Come and enjoy the fun! Try to guess who the murderer is (Note: The cast of the show will be selling clues at lunch time to help you figure it out.) The answer will be revealed in a continuation of the play after lunch. The attendees will submit their answers by the end of lunch (before the answers are revealed). After the play is concluded, the members of the cast will decide who had the best conclusions and a prize will be awarded at the end of the Workshop to that person.

How to Write an Award Winning Service Project Nomination – Anita Chandler of the Portland, ME Club will give a presentation on how to write an award winning service project nomination. What to include and how it is presented. Our goal is to take away the mystery on what needs to be in a nomination and show how easy it is to submit your projects for awards at Spring Conference.

Panel of Experts - A Panel of Experts will be there to answer all your questions. The Panel will include the Leadership Chair, the District One Treasurer, a Parliamentarian, a Foundation Representative and more. Come prepared to ask any questions that you have about Altrusa and all things Altrusan! The Panel will clear up any mysteries.

District Treasurer Note for Club Treasurers

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

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

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

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

Filing Form 990-N

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

Wanda Pettersen
77 Evergreen Lane
Windham, Maine 04062
Kettlecove_6@msn.com
207-756-4431

If you have any questions, please feel free to contact me. Looking forward to seeing everyone at Fall Workshop.

From our DFG Chair, Claire Behrle



A Time for Giving

I hope you all enjoyed your summer and got to spend some time relaxing. Now that summer is coming to a close it is time to prepare for the upcoming year. I hope that every club will have a line item in their agendas and their budgets for Days for Girls. A lot is happening

Between September 1st and November 4th Days for Girls will launch **USA Local Distribution Project 2022**. This is "the first ever collective local distribution project which will focus on needs in our own communities. The goal is to reach 6500 girls and women, who menstruate throughout the United States". I have included an excerpt from the project background below:

"Inadequate menstrual health is a barrier to gender equity, experienced by an estimated 500 million people worldwide, including in the US. A survey of low-income women in the US found that 21% couldn't afford menstrual products during the previous year and 46% could not afford to buy both food and menstrual products.

Ability to access menstrual supplies is not generally seen as a problem in the U.S. Supplies are usually readily available for purchase at many stores. But the truth is, the majority of people living below the poverty line are female, and they are sometimes forced to choose between paying rent, purchasing food, or buying pads and tampons."

Club presidents, I will be sending the entire project documentation to you. Please look for this email and share it with your clubs. This document will instruct you on how to participate in this worthwhile endeavor.

The second item of interest is that the three collection centers in the US have changed their policies. They are no longer accepting full kits. They are only accepting components of the kits. What this means is that if your club would like to participate in the project but no one sews you can collect the non-sew items. You can purchase and fold panties, you can purchase and fold washcloths and/or purchase soap. If this is something your club would be interested in doing, I can send you the component constraints and the instructions for folding. If you do have people that sew you may be interested in making just one component of the kit rather than taking on the whole kit. I am willing to visit any club who would be interested in a hands-on instructional workshop.

Over the summer Days for Girls distributed thousands of kits to aid the victims of the war in Ukraine. This is only one of a number of humanitarian projects that Days for Girls has responded to. In a meeting that I attended with the District DFG liaisons I learned that many clubs in other parts of the country and New Zealand are partnering up with other organizations in their communities to participate in Days for Girls. It seems that Rotary Club also has DFG as a service project so many clubs around the country have teamed up with them. If you have the opportunity, reach out to a local Rotary Club to find out what they are doing (you may make some new friends and maybe get some new members too).

Days for Girls has reached over 2.4 million girls and women but there is still much to do. Please get involved.

Claire Behrle
Days for Girls District 1 Liaison
President – Merrimack Valley
Email: sbehrle@aol.com



Every girl, Every
where, Period!

From our Leadership Chair, Susan Ulino

Leadership is about making people better as a result of your presence and making sure that impact last in your absence.

--Anonymous

I hope everybody survived this miserably hot summer. By the time you read this, I hope this horrible drought is over. I know I'm looking forward to cool autumn air and beautiful colors.

Next, I would like to thank everyone who bought raffle tickets at the conference. Your contribution to our club made a huge difference to the lives of many people in need. Thank you very much. (I'll see you next year.)

As you may have guessed, I'm a quote -a -cholic. I found the above quote on the internet without an author but I think it defines what leadership is in a nutshell. Leaders, the good ones, do inspire others and have a life long affect on those they lead. Leaders inspire others to accomplish great things, helping and supporting them when needed, and celebrating their achievements.

Sound easy? Of course not. If it were easy, everyone would be stepping up to be president of their club. But, is it worth the work? Of course, it is. Those who have served as leaders of their clubs or organization know that when you step into office you realize how important that position is. You know that you are in a place where you have to, in some way, have an impact on your club members and on the community where you live. You become a roll model, which in itself is a bit scary, but it makes you want to create something, or even better, help others to create something; a project, an event, a fundraiser. And as long as you support your people, they will support you and you will learn and grow together. "If your actions inspire others to learn more, do more, and become more, then you are a good leader." By the way that's a quote from John Quincy Adams.

Below is a link to the Leadership section of the international web-site.

You will need the new password that has been emailed to all Altrusa members. There is a ton of information; President's Handbook, Leadership Challenges, Strategic Plan template, and much more. <https://login.altrusa.org/leadership/>

Have a great autumn.

Yours in Sisterhood,

Regards,
Susan Ulino
Chair Leadership Committee
Altrusa International District One

Yours in Sisterhood,



Celebrate Our Altrusa District One Distinguished Clubs
They completed their year end Club Annual Report (CAR) and
measured up to the standards of a QUALITY club!



Congratulations!!

**Carroll County, NH
Central Connecticut
Northeastern Connecticut
Portland, ME
Sanford-Springvale, ME
Seacoast, ME**

Archives Quick and Dirty

By Lucia Shannon

Where to begin? Start with a clean working surface, a large blotter or clean paper in place, hands washed, and preferably don cotton gloves. Assemble the documents flat, lined up several inches from the edge of the desk. Do not attempt to fix any visible problem, save removing staples, paper clips, or sticky material. Do nothing that cannot be undone. For example, do not use a staple remover, rather place a knife under the staple and pull up the ends gently.

Rusty paper clips require a plastic sheet placed on both sides of the paper clip, then gently slide the clip off. To remove dust, use a soft brush. If mildew is present put on a mask and brush off as much as you can. Dispose of the dust as often as you can.

Do not write on the papers, keep them as flat as possible, and dispose of any covers or extraneous wrappings. Try to keep documents in the order you found them or put them in a sensible order.

Decide on how you want to store the materials, and which storage supplies or formats work best for your club.



A document in polyester sleeve



Archival storage may also be done on your computer. Some low-cost, USB-attachable disk drives may be purchased to supplement your hard-drive storage for archives and backups. Some for as little as \$150 and can hold up to 2TB.

The old school method is archival boxes, folders, and tissue paper. Bear in mind that these are still best for scrapbooks, flags, non-digital photographs, and memorabilia.

Box with folders that fit exactly inside.



Document box with spacer boards



Image of what not to do. Items are hanging outside the folder resulting in creased and crumpled edges



What not to do: papers are bent and folded to fit inside the box.

News from Bangor...

Last two dinners prepared for Ronald McDonald House guests by our club.



Our "summer outing" last August, with our dear member Lois Bloomer. Shown, left to right, Diann Gagnon, Kathryn Foley, Lois Bloomer, and Nancy Ozog (Martha Porter took picture).



News from Carroll County...



Altrusa International of Carroll County installed a new board of directors for the club and for the Carroll County Altrusa Foundation. The annual meeting for both club and foundation was held on June 6th at Rivers Edge Grill.

Front row - Cathy Sholtanis - secretary - club, Judy Workman - secretary - foundation,
Pat McCoy - director - club
2nd Row - Beth Wheatley Dyson - president - club, Cathy Baybutt - treasurer-foundation,
Jan Estes - director club
3rd Row - Nancy Spaulding - immediate past president - club,
Lorraine Streeter - president- foundation,
Barb Kennett - treasurer - club
Missing: Pat Kehoe - Vice President - club & Cindy Hyatt - director - club.

August 29th, the combined board of directors held a planning meeting at the Madison Town Library.



Going around the table: Cindy Hyatt - director,
Pat Kehoe - Vice President, Nancy Spaulding - Immediate past president,
Barb Kennett - treasurer, Lorraine Streeter - Foundation president,
Cathy Sholtanis - secretary, Jan Estes - Director, Pat McCoy - director,
Beth Wheatley Dyson - President

More News from Carroll County...



Community Service projects over the summer. Members, Shawn Roger, Cathy Sholtanis, Barb Kennett and Cathy Baybutt, packed "End 68hrs of Hunger" - weekend food bags. This program will start up again once school is back in session. The team packs up to 150 weekend food bags, once a month throughout the school year.



August 6th, we co-sponsored a Summer Outing for Carroll County Foster Families. Our Partners were the Conway division of NH Department of Child, Youth and Family Services. Members were busy setting up games, crafts, face painting and snow cone dispensers in anticipation of the Foster families arriving. Since we don't share photos of children, you'll have to take our word for it that everyone had fun. The location was Tin Mountain Conservation Center in Albany NH. There were 48 participants and although it was a very hot day, everyone had a fun time.

This summer our club had a booth at the Tamworth Farmers market on 3 different dates. We sell Jams & Jellies, hand knit hats & socks, Market bags, towels with crochet handles and cotton clothes (Fund raiser for Days For girls). We also use the opportunity to offer free children's books to those who are interested.

If any of our District One members are interested in purchasing some of the items we sell, Cathy Baybutt will be attending the Fall workshop and will be happy to bring the items along.

Flavors of Jams/Jellies:

Rhubarb-Ginger, Rhubarb-Strawberry, Rhubarb-Blueberry, Rhubarb, Mint, Hot pepper jelly, Peach-blueberry jam, Peach Jam, Dill Pickle jelly (Good with a grilled cheese sandwich), Salsa and bread and butter pickles.

Each jar is \$7. Contact cathy at Cathybaybutt@gmail.com if you'd like to order.

We have a variety of market bags as well.



News from Central CT...

TEMP Project donation to the John Nerden Regional Training Camp in Middlefield, CT.

Donating several touchless thermometers to the John Nerden Regional Training Camp.



Pictured from left to right, Sue Chenard, Camp Director, camper Sami, Laurie Russel, Chairman of the Board and daughter of Founder John Nerden, camper Lauren and Altrusan Pat Jackowski

Pack the Pickup with Proteins for the Pantry

On Saturday, August 20, 2022, four local Service Clubs, Altrusa International of Central CT, Civitan Club of Middletown, Soroptimists of CT River Valley and ADK (Alpha Kappa Delta Organization) gathered at St. Pius X Church lower parking lot to accept donations of food, product and school supplies. The event, dubbed **Pack the Pickup with Proteins for the Pantry**, supports the Amazing Grace Food Pantry in Middletown, CT.

The 4-hour event gathered a total of 2,110 pounds of food, product and school supplies and \$1,035. In the 9 years of the event, donations have amounted to a total of 16,128 pounds of food, product and school supplies and \$6,545.81. We are so grateful to the community for their yearly support.

Pictured below are the workers for the day as well as our cheerleading elder members.



News from Laconia...



Exciting events at our end of year celebration on June 21, 2022!

Sue Clauson, Internal President, installed Stephanie Gilbert(Left) as Foundation President. Gloria Gallant(Below) was installed as Foundation Treasurer.

2022/2023 Club Officers & Board Members:

Sue Clauson- Internal President
Stephanie Gilbert-Foundation President
Barbara DeAngelis-1st President
Barbara Laros-2nd Vice President
Brenda Tillotson-Internal Treasurer
Gloria Gallant- Foundation Treasurer
Nancy LeRoy-Recording Secretary
Anne Cheshire-Director
Carla Peterson-Immediate Past President



We recently had our Webmaster, Sumner Mills speak with us about his business, Bayshore Enterprise. We are so lucky that the Meredith Club referred him to us! He is an ambitious young entrepreneur who helped us with our website and other various projects. We look forward to continued collaboration with Sumner!

We are excited to announce our two new members! Kathleen Collins, was initiated at the June year end party by Barbara DeAngelis. Kathy is a retired teacher and has been a board member of the Concord/Laconia Hospital Auxiliary. She also volunteers at Hillside PT/OT in Gilford.



Laurie Cahill was not able to attend our June Year End Party but was in attendance at our May meeting! She is a member of NAMI (National Alliance on Mental Illness) and is employed at Lakes Region Mental Health Center Mobile Crisis Unit as a Case Manager.

Please join me in welcoming our newest members!

More News from Laconia...



Scholarship

Altrusa of Laconia awarded this year's scholarship to Elizabeth (Ella) Muller. Ella will be attending Providence College this fall. She is a 2022 graduate of Laconia High School. Pictured at the Happy Cow are seated: Ella and her parents, John and Carolyn Muller. Also pictured are (l-r) Calise Houle, owner of the Happy Cow, Mike Muller, and Altrusans Stephanie Gilbert, Tracie Grant and Debbie Cotton.



New Fundraiser

Altrusa of Laconia has created a Calendar Raffle fundraiser. Called "Remembering the Taste of the Lakes", in honor of our long-standing fundraiser "Taste of the Lakes Region". It will be sold via our website, altrusalaconianh.org.

The price is \$15.00 and will offer participants multiple chances to win great prizes including: gift cards from area restaurants, "Taste of the Lakes" Coupon Books (these coupon books are from a previous fundraiser and include coupons from participating restaurants) and "Taste of the Lakes Region Cookbooks (leftover from another previous fundraiser).



News from Meredith.....

During July 2022, Altrusa of Meredith will receive a \$1.00 donation for every specially marked Bloomin' For Good Bouquet purchased at the Hannaford Supermarket on 38 NH Route 25 in Meredith.



Shown with bouquets, L. to R., are Altrusa President MaryAnne Skawinski and Assistant Store Manager Patricia Marcella.

News from Merrimack County.....

The **Altrusa Club of Merrimack Valley** conducted a Food Drive at Market Basket, Somerset Plaza, in Nashua on Saturday, June 4, 2022 to benefit the Nashua Soup Kitchen and Shelter (NSKS). The patrons of the store were overwhelmingly generous. More than **2700** pounds of non-perishable food items were collected, as well as assorted paper products, personal care and baby hygiene items. In addition, cash donations in the amount of **\$350.00** were forwarded to NSKS. Altrusa is very thankful to Market Basket for allowing us to host this event in Nashua and extremely grateful for the support of its customers.

Pictured from L-R with
volunteers from the
Nashua Soup Kitchen and Shelter are
Claire Behrle and Deb Grant



On June 21, 2022, the **Altrusa International of Merrimack Valley** hosted a scholarship dinner at the Princeton Station in Chelmsford, to honor the memory of **Katherine M. Richo**, deceased member of Altrusa and active leader in the Nashua Community. **Kaylee Rowan**, who is currently enrolled in the Bachelor of Science in Nursing Program at Rivier University was awarded a \$500 scholarship in honor of Katherine Richo, who was a critical care nurse by profession and an instructor in the nursing program at Rivier.

Pictured L-R **Kaylee Rowan**, recipient of a
\$500.00 Altrusa Scholarship receives congratulations
from **Claire Behrle**,
President of Altrusa International of Merrimack Valley.



News from Plymouth County...

Social Justice Tween Book Club

A Literacy Project Shared by Altrusa International of Plymouth County and the Brockton Area NAACP

Early this year, Pat Monteith of Plymouth County, while assisting a friend on-line at the Upper Dublin Library in Fort Washington, PA noticed a Youth Social Justice Book Club being offered there. Having worked with Professors Aminah Pilgrim and Willie Wilson, she thought we could try this too.

Jenn Belcher wrote the grant with Pat Monteith's direction, for funds from the Massachusetts Cultural Council. The key question of how does the proposed project provide public benefit and contribute to the cultural vitality of the community as a whole? Jenn wrote, "Social justice is the view that everyone deserves equal economic, political, and social rights and opportunities. This project will use young children's understanding of differences to teach social justice through age-appropriate literature. It is shown that when books contain experiences and characters to which children can relate, they encourage a child's positive self-concept and respect for diversity."

The Brockton Area NAACP added funds to enlarge the reading list to meet the younger students' needs and to fund both discussion leaders to work as a team.

Parents and guardians answered a brief questionnaire describing why the program would benefit or interest their child, the child's grade, and the school they attend. Many parents felt their child would build better reading skills and prepare them for the next grade. Several children already had expressed their thoughts about matters affecting them and their community. Some had done research on social inequalities or had an interest in learning more about economic, social, and political rights and opportunities. These amazing girls and boys are from the second, fourth, and sixth grades.

For the first meeting the older students read *Troublemaker* by John Cho. Professor Pilgrim showed a brief video of the author being interviewed by Drew Barrymore. He described his experience of writing the novel during the covid lockdown when George Floyd was murdered by a policeman. This reignited his early memories of the Rodney King beating which forms the backdrop of the novel. A Korean American boy's father owns a shop that is robbed during the LA Riots resulting from the Rodney King beating.

The second meeting led by Professors Aminah Pilgrim and Willie Wilson discussed *The Troublemaker* and the tragedy in Uvalde, Texas. Parents who attended this meeting introduced themselves and shared their points of origin, where they graduated from school, and some of the elementary schools they had attended. Professor Wilson knew many of the Boston schools. He shared his background as a teacher and as a school principal in Shrewsbury. He related that experience to the present Uvalde tragedy; when Columbine happened twenty-three years ago, his chief duty was to reassure parents and children that they were safe.

Professors Willie Wilson and Aminah Pilgrim made the book choices and led the book discussions.



(Cont'd on next page)

Cont'd: News from Plymouth County...

The third meeting led by Professors Aminah Pilgrim and Willie Wilson discussed *Clean Getaway* by Nic Stone. A white grandma takes her mixed-race grandson, William “Scoob” Lamar, on a trip through the South during the 1960’s. Professor Willie Wilson began by asking the students about the surprises in this novel. Grandma is not exactly what you would expect. In fact, one of the mothers attending the discussion volunteered that almost everyone has secrets in their lives, even grandmas!

Professor Pilgrim asked them about the Green Book which guided African American families traveling in the United States as to places where they would be welcome, motels and hotels often owned by African Americans. She referred to *Hidden Figures* whose example of separate toilet facilities created difficulties in working at NASA for African Americans. “How would that make you feel?” she asked.

For the final meeting, Professors Aminah Pilgrim and Willie Wilson discussed *The Only Road* and *A Good Kind of Trouble*. The last book follows the experience of a seventh-grade student, Shayla Willows, who keeps a low profile, describing herself as “allergic to trouble.” When a white police officer shoots a Black man in the back, and remains acquitted of homicide despite the video evidence, Shayla recognizes the importance of speaking up against what she believes is wrong. Her wearing an armband in protest goes against the newest school dress code, hence the title. The author, Lisa Moore Ramee, also uses humor, friendships with girls who are Japanese American and Puerto Rican, and romance to explore the complexities of growing up.

The Only Road by Alexandra Diaz describes the treacherous journey out of Guatemala undertaken by teen cousins, Jaime and Angela, who flee because a gang kills Angela’s brother. The story is harrowing and given the disturbing school shootings in Uvalde and massacre at a Buffalo supermarket, Professors Aminah Pilgrim and Willie Wilson were very careful in preparing the students to discuss this novel. They asked the students about their own experiences with bullies to access personal feelings. Sometimes the questions were shared with the adults in the room.

For Altrusans it was a privilege to be a part of this venture with young students. The leaders, Professors Willie Wilson and Aminah Pilgrim, and parents are so caring, the way they approach and instruct these young, vulnerable people moves us.



From Left to Right:

Front row: Aminah Pilgrim, Naya, Samiyah, Cyana, Cyana’s brother, and mother, Brendaliz, Ahmir, and his mom, Ivette.

Second row: Lucia Shannon, Pat Monteith, Samiyah’s older brother, their mom Tennelle Woods, Leona Martin, Akein, Willie Wilson

In Memory of Marcia Marley

A member since 2006 and sponsored by Pam Lemieux, Marcia Marley peacefully passed away at home on Monday, August 15, 2022.

Marcia's classification when she became an Altrusan was Telephone Service. She worked at New England Telephone for many years and sponsored Gerry Dongo into Altrusa.

As described by her Altrusan sisters: "She was a lovely and gracious lady and will be terribly missed...a wonderful and giving person, always smiling when greeting her fellow Altrusans, hardworking, and fun! I remember working with her and Gerry on Communications Projects in years past using her son Bob's office to print and collate annual submissions for Conference.

We are keeping her family in our thoughts and prayers.
Rest in Peace, dear friend in Altrusa.

-- Karen V



Sue's Supper at the Ronald McDonald House on August 16th was prepared by Sarah Labonte and her husband Tim, Christine Johnson, Karen Arnold and Toni Irish. The menu theme was summer salads:

Peach Caprese Pasta Salad

Watermelon, Cucumber & Feta Salad w-Mint

Green Salad

Poached Chicken breast slices

Blueberry Crumble

The Peach Caprese Pasta Salad recipe is to the right. A flavor-adding trick that Tim suggested was to cook the corn to just al dente in the water that we later cooked the pasta in. Tim is a professional who brought his own knives. His primary job was to slice everything that needed slicing. He made quick and efficient work of it!

-- Christine J



left to right: Tim
Labonte, Sarah
Labonte, Toni
Irish, Christine
Johnson
and Karen
Arnold

News from Quebec...



GOOD NEWS

Our **NEW MEMBER, ANIE THÉROUX**, has been introduced at our June Meeting by her sponsor, Madeleine Ferguson.

Anie is the new coordinator of la Maison Zoé-Blais where she has been working for several years. Her undisputed talent as a seamstress is appreciated by the ladies to whom she teaches her art as well as of the Altrusans of the Club. She is now in charge of the running of the house on behalf of the Sisters du Bon Pasteur.



From Left to Right:

Danielle Blondin, president, Madeleine Ferguson 1st vice-president, Anie Thérour, our new member and Jocelyne Picard, immediate past president.

SUMMER ACTIVITY

After a two-year pause from Covid-19, how happy were we to gather for a good dinner before a summer play. A much-appreciated outing to renew friendships before starting an altrusan year that promises to be well filled.



SAD NEWS

Our dear friend and active member, **CHARLOTTE FILION** passed away on July 16 at the age of 82 only two months after her cancer diagnosis. When her husband passed away 17 years ago, she devoted much of her time to la Maison Zoé-Blais and to the Altrusa Club. She was a big-hearted person always ready to help. She will be greatly missed.



SCHOOL BAGS FOR CHILDREN OF LA MAISON ZOÉ-BLAIS.

With a budget of \$1,000 granted by the Altrusa Club and school bags donated by a parish organization, Anie Thérour purchased the school supplies following lists proposed by the schools for each child of kindergarten, primary and secondary school.

On Tuesday, August 16, Lise Blais, AnieThérour and I dropped into the bags the necessary equipment for each child which will be delivered to them in time for the school year.

by Jocelyne Picard



News from Seacoast...

Altrusa of the Seacoast awarded a total of \$1,000. for a Light Box, Discovery Table and associated add-ons for the benefit of the youth who take advantage of our wonderful York Public Library. We are very excited by this addition and look forward to partnering with the library in future projects.



The Seacoast's Calendar Raffle came back with a BANG this year as over 80 local vendors supported our August month long daily give away of numerous prizes and cash awards. Calendars were sold at Norma's Restaurant; York Beach Fire Dept. on Bingo nights; York Beach Beer Company; and SoMe Brewing Company. Our most sincere thank you to these businesses for their support. And a huge thank you to members who athered donations and sold tickets. Special thanks to Penny Eldridge who was our money guru; and Janet Lawson who went to Norma's every day in August to oversee the drawing of winners and delivering prizes. It was a huge success enabling us to continue with our many projects.



It was fun in the sun for Altrusa of the Seacoast's annual fundraising yard sale. Member Sue Chagnon once again graciously hosted the sale. Thanks to all who donated, organized and supported our successful endeavor.



Not known to let moss grow under our feet, we also made 34 blankets this summer for our three target organizations – Community Action Partnership (CAP), York Community Service Association and Kittery Footprints Food Pantry. These blankets are the first group about to be distributed, thanks to the generous \$2,000 grant we were awarded by Altrusa International. We will continue to create warm blankets for those in need as the summer winds down and colder weather is on the horizon.





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

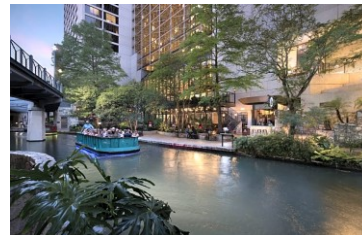


District One Conference
April 21 - 23, 2023
Kennebunkport, Maine
Nonantum Resort

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

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