

**District One Officers
2021-2023**

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207-797-4494

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Greater Biddeford-Saco
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207-602-8179
rita@jonescove.net

Violet Sims
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860-490-8211
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Governor's Message



Message from the Governor:

Happy New Year Everyone!!

I usually don't make New Year resolutions because in the past I never kept them for long and I hate feeling like I failed, so my answer was to not make any resolutions. However, this year my plan is to try to be kinder.

I recently saw an "On the Road" segment on the nightly news where teachers were showing "On the Road" segments in their classrooms. The kids regular viewing of people being kind to others in these segments was having an impact. The teacher reported that children exposed to this regular viewing were more empathetic and apt to be kind to others. The good news is that this wasn't an unusual occurrence. They then showed that there were hundreds of schools that had added the "On the Road" segments to their regular school activities.

You may ask why I wanted to adopt this resolution, to be kinder. Recently, I noticed I was lacking patience with people and events. I think my plan to take a moment and think before reacting, may help make me a kinder person. I've got my fingers crossed that I don't break this resolutiontoo often.

How are you doing on your New Year resolutions? I hope one of them is to come to Conference in 2023.

The theme this year is "Turning Back the Tide". After a couple of years dealing with COVID restrictions, this past year has seen us starting to meet again and getting back to Hands-On Service Projects. With good vaccines, testing, and protective measures (such as masks and disinfectants), we are learning to operate safely in our new environment. We are 'Turning Back the Tide'.

This DSB is full of information about the upcoming District One Conference in April 2023. It will be held at the Nonantum Resort in Kennebunkport, Maine. In the DSB you will find registration material, and detailed information about the agenda.

Mark Your Calendar and plan to join us at Conference in Kennebunkport (April 21-23, 2023).

Until then keep doing what you do best: Helping your Communities through Service and Literacy Projects.

Pam
Governor, Altrusa District One

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Dear District One,

We are just a few short weeks away from Conference Season and I hope your plans are already in the making to attend your upcoming event. Conference is a time to find out what's happening around your District, to celebrate accomplishments, network with others, spend time with old friends, and make new friends all while doing the work of the District. I know your District Governor and your Host Conference Committee have put many hours in developing an event that you will not want to miss. You will return to your clubs renewed, re-energized, and eager to do the work of Altrusa which is *Service to Others Leading to a Better Community*.

I look forward to hearing about all the wonderful things you're doing in your communities as you strive to live up to the mission of this wonderful organization. Never doubt that you are making a difference, and never forget that ...***United We Can Achieve Much!!***

Kathy Folley
International President
Altrusa International, Inc.



Our Altrusa International Conference Guest, Linda K. Smith

Linda K. Smith has been an Altrusan since 1990. She has been active in all levels of the organization. She first served as local President in 1992 and completed a second term in 2017. Linda has held most local offices and committee chair positions.

On the District level, Linda has served as Membership Chair (2001), Director (2002-2004), First Vice Governor (2004-2006), Governor-Elect (2006-2008), Governor (2008-2011), and Immediate Past Governor (2011-2013). She has also served several Governors as Parliamentarian. She currently serves as DSB Editor (a title she will soon happily relinquish after 8 years!).



On the International level, Linda has chaired some International Committees and served as International Director, International Vice President, and currently serves as President Elect. She will be installed as President in San Antonio TX in July 2023.

Linda is single and lives with her twin sister in Salina, KS, where they are both very active in community, state, and national organizations. Linda served as President of the local hospital auxiliary for 4 years and continues to serve as Scholarship Chair. She has also been President of two state-wide organizations, served 4 years on a national board, and recently completed a term as Chair of Humanities Kansas. She spends much of her time volunteering to make her community better! Professionally, Linda has worked at the Eisenhower Presidential Library for 51 years and will retire on March 31.

Both Linda and her sister will be attending our District One Conference in Kennebunkport.

The 2023 Conference Schedule:

WHEN

WHAT

FRIDAY April 21, 2023

3:00 - 5:00 pm	Hands-On Service Project: NAP Assist with Biddeford/Saco Club Project Volunteers will be sorting donated items, putting labels on baby books, and assembling bags for the newborn baby mothers. (See page 7)
5:00 – 7:00 pm	Registration Open in the Lobby
5:30 - 7:00 pm	Pre-Conference Board Meeting (Officers Only)
7:00 – 8:00 pm	Buffet Supper
8:00 – 10:00 pm	Welcome Party in Governor Pam’s Room

SATURDAY, April 22, 2023

7:00 – 9:00 am	Registration Open
7:30 – 9:00 am	Breakfast Buffet– Free to Members Staying at Hotel the night before (Others can purchase a breakfast ticket for \$25.00)
7:40 – 8:00 am	Flag Ceremony PRACTICE Session
8:30 – 8:55 am	First Timers Session
8:15 – 8:30 am	Delegate’s Briefing
8:40 – 8:55 am	Expeditor’s Briefing
9:00 – 10:30 am	First Business Session <ul style="list-style-type: none">• Flag Ceremony – Sarah Moore• Invocation – Ann Millard• Introduction of Head Table – Pam Lemieux• Welcome and Greeting – Sandy McKenney• Adoption of Conference Rules – Kitty Cunningham• Registration and Credentials Report – Suzen Raven• Nomination of New Officers• Budget Presentation – Wanda Pettersen (see proposed budget on page 13)
10:30 – 11:10 am	Message from International Representative: Linda Smith International President-Elect
11:10 – 12:00 pm	Memorial Service – Christine Johnson
12:00 – 1:00 pm	Lunch Open with Club Presidents Parade with their Banners.
1:00 – 1:30 pm	Keynote Speaker: Ruth Libby of ‘Ruth’s Recyclables’
1:40 – 2:50 pm	Business Session Continued
2:50 – 3:00pm	Announcements and Updates
3:00 – 3:25 pm	Breakout Sessions <ul style="list-style-type: none">a) Treasurer’s Workshopb) Who is Robert? And Why Do We Need to Follow His Rules?! (a Review of Parliamentary Procedures)

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The 2023 Conference Schedule:

WHEN

WHAT

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SATURDAY, April 22, 2023

3:30 – 3:55 pm	Breakout Sessions a) Stand Up and be President: A Review of the Job b) Share Your Favorite Book Club Selections
4:00 – 5:00 pm	FUNdraising Fair – Hilda Schmidt & Cathy Baybutt Foundation Silent Auction – Anne Rash
5:00 – 5:20 pm	Election (if needed) – Nominating Committee
6:00 – 7:00pm	Reception for International Representative and District One Past Governors – All are invited (Appetizers and cash bar)
7:00 – 8:00pm	Dinner Open with Parade of Past Governors
8:00 – 8:20 pm	Announcement of Election Results – Nominating Committee Award Presentations: Membership and Attendance - Wanda Pettersen Newsletter – Denise Doyon Governor’s Award – Pam Lemieux
8:20 – 8:35 pm	Governor Pam - Thanks her Board and Committee Chairs
8:40 – 9:30 pm	Installation of New District One Board
9:30 – 11:00 pm	Welcome to New Governor Party in Governor Rita’s Room

SUNDAY, April 23, 2023

7:30 – 9:00 am	Breakfast – Free to members staying at the hotel the night before
9:00 – 9:20 am	Business Session Continued Registration and Credentials Any Unfinished Business
9:20 - 9:50 am	AWARDS ASTRA – Pam Lemieux Mamie L. Bass Service Award – Anita Chandler Letha H. Brown Literacy Award – Susan Porazzo Nina F. Calhoun International Service Award – Marie Pike Gabrielle Crepeau Leadership Award – Susan Ulino
9:50 – 10:10 am	Foundation Presentation – Anne Rash
10:10 – 10:30 am	Stretch Break – Check out?
10:30 – 11:20 am	Interactive All Conference Leadership Session – Susan Ulino “What Would You Do?” – Creative Problem Solving
11:20 – 11:35 am	Call to Workshop 2023 - Merrimack Valley Club Call to Conference 2024 - Seacoast Club Call to Convention in San Antonio, TX
11:35 – 11:45 am	Benediction – Retire Flags Farewells
12:00 – 1:30 pm	Post Conference Board Meeting (Board Only)

**Altrusa International District One Conference
2023
"Turning Back the Tide"**

Fundraising Fair

The FUNdraising Fair will be held Saturday afternoon between 4PM – 5PM. Your club is encouraged to bring items to sell to other Altrusa members as a fundraiser for your club. In past years, raffle baskets, 50 – 50 raffles, hand crafted items, cookies, candies, etc. have been popular items.



Silent Auction FUNdraiser for the Altrusa International Foundation



At Conference, we will have a Silent Auction to benefit the International Foundation. We are hoping each club will bring an item (or items) to be auctioned off. There will also be a 50 – 50 raffle, in support of Int'l Foundation. All of the money raised will go to support the great work our International Foundation does.



If you have any questions, email or call:
Anne Rash, District One Foundation Liaison annerash@charter.net

The Saturday Keynote Speaker



Ruth Libby from 'Ruth's Reusable Resources', A Free Store for Teachers: Putting Business Surplus to Use in our Schools.

Ruth's Reusable Resources mission is to ensure that all students, from Pre-K through high school, have the basic supplies and creative tools for literacy, STEAM, and health education through the environmentally conscious distribution of donated business supplies. Their vision is to provide every Maine child with the variety and quality of supplies needed to succeed in school.

**Altrusa International District One Conference
2023
"Turning Back the Tide"**



"What's for Supper?"



Below are the menus for the different conference meals.
I think you will find that there is something for everyone.

Friday Night Buffet:

The New England

- Romaine Wedge Salad with Bacon, Cucumber, Tomato, Egg, Crumbled Blue Cheese + Maple Balsamic Dressing
- Chicken Pot Pie
- Grilled Dry Rubbed Pork Chops with Bourbon Glaze + Baked Beans
- Herb Roasted Maine Salmon with Summer Squash + Wild Rice
- Seasonal Whoopie Pies + Maine Maple Brown Sugar Cookies



Saturday Lunch Buffet:

Ocean Ave Market

- Chef's Kettle of Soup (Vegetarian on Request)
- Green Garden Salad with Ranch + Maple Balsamic Vinaigrette
- House Ranch Potato Salad with Bacon + Fresh Dill
- Mesquite Smoked Turkey, Black Forest Ham, Roast Beef, Tuna Salad
- Cheddar, Baby Swiss, Provolone Sliced Cheeses
- Lettuce, Tomato, Red Onion + Pickles
- Cheese Tortellini + Grilled Vegetable Salad with Roast Tomato Vinaigrette
- Assorted Breads, Rolls + Wraps Lemon Blueberry Bars + Cheesecake Brownies

Saturday Night Plated Dinner:

Starter: Salad

Entree: (select one)

- Beef: New York Strip Steak with Rosemary Tomato Demi-Glace
- Chicken: Herb Seared Statler Chicken Breast with Mushroom Cognac Cream
- Fish: Roasted Maine Salmon with Lobster Lemon Buerre Blanc
- Vegan: Lemon Herb Risotto with Roasted Vegetables, Foraged Mushrooms + Herb Oil

**Altrusa International District One Conference
2023
"Turning Back the Tide"**



Friday Afternoon Hands-On Service Project

**Newborn Assistance Program
(NAP)
A Baby Shower in a Bag**



The Greater Biddeford-Saco Altrusa Club has a service project called the Newborn Assistance Program (NAP). They prepare bags that include essentials for newborns. The bags are put together, with consideration of the season.

Summer bags would have short sleeved items, winter bags would have long sleeve and heavier material items and Spring and Fall bags would have a combination of short and long sleeve items. They also differentiate between girl baby bags and boy baby bags, by the difference in the clothing or in the color of the items. They avoid items with writing/ slogans / and parental designations, if possible.

The bags are given to mothers of newborns deemed to be needy by the hospital nurses.

Essentials in Every Bag:

<u>ITEM</u>	<u>SIZE</u>
Diapers	Newborn
Onesies	
-Short Sleeve Sets	1 - Newborn, 1- 3 Month
-Long Sleeve Sets	1 - Newborn, 1 -3 Month
Sleep / Play Sets	1 - Newborn, 1 -3 Month
Sleep Sacks	
-Sleeveless	1 - Newborn, 1 -3 Month
-With Sleeves	1 - Newborn, 1 -3 Month



Additional Items:

- Receiving Blankets
- Hats
- Burp Cloths
- Bibs
- Tiny Facecloths
- Regular Facecloths
- Pacifiers Packaged
- 8oz or 9 oz. Baby Bottle
- 5 oz Baby Bottle
- Bottle Brush
- And Baby Books !!**

Altrusans are asked to bring donations of some items listed above.

On Friday afternoon the Hands-On Service Project is to put labels in Baby Books, Assemble NAP Bags (from items already collected for NAP) and to sort items delivered that day.



Friday Afternoon Hands-On Service Project - Continued

The Greater Biddeford-Saco Altrusa Club is very invested in Recycling. If you have any of the items listed below, you are invited to bring them to Conference and the Biddeford-Saco Club will take care of recycling them for you!

- School/Office Supplies.....Going to local schools and Ruth’s Reusable
- Cell Phones.....Women’s Shelters, Cellphones for soldiers.com
- Eyeglasses and Cases.....Kiwanis
- Hearing Aids.....Kiwanis
- Women’s Pocketbooks.....Purseverance207.org
- Greeting Cards – All Kinds.....St Jude’s Ranch for children
& Earth Inspired Crafts
- Sample size toiletries.....To pack the women’s pocketbooks
- Plastic Reusable Plastic Bags.....Food Pantries
- Wine Corks.....Re-cork.org



**Altrusa International District One Conference
2023
"Turning Back the Tide"**

How to Reserve a Hotel Room

**The Nonantum Resort
95 Ocean Avenue - P.O. Box 2626
Kennebunkport, ME 04046**



Reservation Method

Hotel Reservations can be made by calling **800-552-5651** and identifying yourself with the **Altrusa District One Conference**. Please indicate any special needs, roommate names (if sharing), and bed type preference (i.e., Need two beds, one Queen or one King bed, etc). Please note that requests are not guaranteed and are based on hotel availability. However, I don't think there will be a problem getting the room you prefer, especially for people who register early.

Room Rate

Nonantum's Altrusa Block Room Rate including Taxes: \$118.81/night

This room rate will be available until **Wednesday, March 20, 2023**. Reservations received after this date will be accepted at the group rate based upon hotel availability. Also, the above rate will be honored up to two days after the Conference (Sunday/Monday) for people wishing to spend more time in Kennebunkport.

The room reservation includes a buffet breakfast in the morning. However, if people arrive on Saturday morning and wish to have the buffet breakfast, they can for \$25.00.

Check-In & Check-Out

Please note the check-in time of **4:00pm** and check-out time of **11:00am**. Additional charges may arise if the check-in and check-out times are not observed.

Cancellation Policy

If you need to cancel your room reservation for personal reasons, the normal cancellation for a room applies. For the Nonantum Inn, the guaranteed payment of first night's room rate and taxes (which is the deposit to the hold room) **will be fully refunded if cancellation is made 8 days prior to arrival**. For reservations canceled 7 days or less in advance, a cancellation fee equal to the first night's deposit will be charged and the reservation will be canceled.



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

Registration Form



Altrusa International District One
Spring Conference Registration
April 21-23, 2023
Host - Greater Biddeford-Saco Altrusa Club

Registration Info – Please print or type
Complete registration with meals selected and postmark by March 18th for \$10 savings

<p>Name _____</p> <p>Mailing Address _____</p> <p>City _____ State _____ Zip _____</p> <p>Phone _____</p> <p>Circle one: Home / Work / Cell</p> <p>Email _____</p> <p>Preferred Name on Name Tag _____</p> <p>Club _____</p>	<p style="text-align: center;">Please check all that apply for the 2022-2023 year</p> <table style="width: 100%;"> <tr> <td style="text-align: center;"><u>CLUB</u></td> <td style="text-align: center;"><u>DISTRICT</u></td> </tr> <tr> <td>___ President</td> <td>___ Officer</td> </tr> <tr> <td>___ Treasurer</td> <td>___ Past Gov.</td> </tr> <tr> <td>___ Delegate</td> <td></td> </tr> <tr> <td>___ Alternate</td> <td style="text-align: center;"><u>INTERNATIONAL</u></td> </tr> <tr> <td>___ Member</td> <td>___ Representative</td> </tr> <tr> <td>___ First Timer</td> <td>___ Officer (past or Present)</td> </tr> <tr> <td>___ Guest</td> <td></td> </tr> </table>	<u>CLUB</u>	<u>DISTRICT</u>	___ President	___ Officer	___ Treasurer	___ Past Gov.	___ Delegate		___ Alternate	<u>INTERNATIONAL</u>	___ Member	___ Representative	___ First Timer	___ Officer (past or Present)	___ Guest	
<u>CLUB</u>	<u>DISTRICT</u>																
___ President	___ Officer																
___ Treasurer	___ Past Gov.																
___ Delegate																	
___ Alternate	<u>INTERNATIONAL</u>																
___ Member	___ Representative																
___ First Timer	___ Officer (past or Present)																
___ Guest																	

REGISTRATION AND MEAL SELECTION	Fee	Enclosed
Early Bird Registration Postmarked by March 18, 2023	\$75.00	_____
Registration Postmarked after March 18, 2023	\$85.00	_____
Friday Evening Buffet	\$41.00	_____
Saturday Lunch Buffet	\$37.00	_____
Saturday Dinner (select a meal choice)	\$70.00	_____
Chicken _____		
Beef _____		
Salmon _____		
Vegetarian _____		
TOTAL REGISTRATION FEE AND SELECTED MEALS		_____
<i>Please indicate special diet and/or allergy restrictions</i> _____		

Make Check Payable to: Altrusa District One
Send completed registration form and check for the total registration to:
Wanda Petersen
Altrusa District One Treasurer
77 Evergreen Ln.
Windham, ME 04062

To cancel a registration and receive a refund (less \$10 non-refundable fee), a written request must be received by the District Treasurer postmarked (or emailed to Wanda at kettlecove_6@msn.com) no later than April 14, 2023.



**Altrusa International District One Conference
2023
"TURNING BACK THE TIDE"**



Award Submissions – Deadline, March 15, 2023

The full criteria and application of the **Mamie L Bass Community Service Award**, the **Letha H. Brown Literacy Award** and the **Dr. Nina Fay Calhoun International Award** can be found on the altrusa.org website.

- ✓ Login to the altrusa.org website and go to the Service section.
- ✓ Toggle down the page and you will find the option to download the .pdf copy of the criteria, the cover sheet, and the format of the award.

Please don't forget to **add your synopsis** (60 words or less) of your entry. The synopsis will be used in the Conference Program.

Submit your entries to the District One Member in charge of overseeing the judging of the respective awards. They will inform you that they have received your nomination within 24 hours. If you do not hear from them, check the email address, and resend it.

Do not assume that your nomination has been received until you are notified it has been.

<p>District Award</p> <p>Mamie L. Bass Community Service Award</p>	<p>Submit to:</p> <p>Anita Chandler, Service Chair 22 Libby St Portland, ME 04103 achandler@maine.rr.com</p>
<p>Letha H. Brown Literacy Award</p>	<p>Susan Porazzo, 2nd Vice Governor 250 Adams Circle Hanson, Ma. 02341 smporazzo@hotmail.com</p>
<p>Dr. Nina Fay Calhoun International Award</p>	<p>Marie Pike, Secretary 8 Stratton Rd. Scarborough, ME 04074 pikerino2@aol.com</p>
<p>Gaby Crepeau Leadership Award</p>	<p>Susan Ulino, Leadership Chair 135 Whites Hill Road Coventry, Connecticut 06238 isadorad@charter.net</p>
<p>Newsletter Award (see next page for criteria)</p>	<p>Denise Doyon, Communications 26 Bayberry Rd. Biddeford, ME 04005 ddpills@maine.rr.com</p>



Altrusa International District One Conference 2023 "TURNING BACK THE TIDE"



Criteria for Newsletter Judging (total 75 points)

Selection process for the newsletter award: 3 independent judges will be reviewing your newsletters. Below is a template the judges will be using, assigning points based on pre-defined criteria listed below. Send 3 of your best newsletters, which have the criteria for the most possible points.

Notice the points assigned for content and format. Good Luck!

Topic	Points (75 total)	Score	Notes
Considering CONTENT:	60		
President's Message	6		
Advance notice of Club business and program meetings (including date, time and place)	6		
Announcements of upcoming Board and Committee Meetings	6		
CLUB NEWS			
Speaker / Program descriptions	3		
Upcoming & Newly Completed Project News	3		
Committee Reports	3		
New Members Introductions or Member Bios	3		
Club Meeting highlights (Business or Program)	3		
Board Meeting highlights (or minutes)	3		
DISTRICT NEWS			
Dates of upcoming district events	3		
URL of District Website	3		
Highlights from Governor	3		
INTERNATIONAL NEWS			
Dates of upcoming Convention	3		
URL of International Website	3		
Any other International News	3		
ALTRUSA ACCENT			
Altrusa fact (Historical point or Altrusa News)	6		
Considering FORMAT:	15		
Identification (including Full name of club, Newsletter Name, City and State, Club President and Editor Contact Information)	5		
Appearance (ie. Clean reproduction; Attractive and free of typographical errors)	5		
Photos & Graphics (ie. Effective use of photos & graphics to draw attention)	5		
TOTAL POINTS	75		



**Altrusa International District One Conference
2023
"Turning Back the Tide"**



Memorial Service

Dear Altrusa District One Presidents,

Christine Johnson, a member of the Portland Altrusa Club will lead the Memorial Service at our District One Spring Conference to be held at the Nonantum Resort in Kennebunkport, Maine on April 22, 2023.

We will be celebrating the lives of District One Altrusa Members who have passed since our last conference. Please submit to Christine the name of the deceased member, their club, and an electronic photo of your member to be honored in a PowerPoint presentation at Conference.

Also, please let Christine know who from your club will read a memorial of the member at the Memorial Service on Saturday morning. She will say the members name, while displaying the member's picture on the overhead projection and then invite the member you choose to come up and read a memorial (not to exceed one page double spaced).

Wednesday, March 15th, is the deadline to submit names for the Memorial Service for District One Spring Conference. Christine I will confirm receipt of each submission within 48 hours. If you do not receive acknowledgement of receipt from her within that time frame, please resubmit.

Should you have any questions or concerns do not hesitate to contact Christine.

Christine Johnson
District One Memorial Service Leader
Email: cejnmaine@gmail.com

Altrusa International District One Conference
Proposed Budget for 6/1/2023 to 5/31/2025 Biennium
Delegates are asked to review the proposed Biennium Budget prior to attending Conference

Altrusa District One	Actual	Budget		Actual	Budget		Budget	Budget	Budget
	2021-2022	2021-2022		Current	2022-2023		2023-2024	2024-2025	2023-2025
				1/14/2023					
Income									
Membership	\$4,590.00	\$5,400.00		\$4,425.00	\$5,400.00		\$5,400.00	\$5,400.00	\$10,800.00
In-Kind-Donations	\$2,904.47			\$244.86					
Consignment Goods Sold	\$189.50			\$4.00					
Miscellaneous (Bermuda wire fee)	\$15.00			\$0.00					
Checking Acct Interest Income	\$4.27			\$8.80					
Total Income	\$7,703.24	\$5,400.00		\$4,682.66	\$5,400.00		\$5,400.00	\$5,400.00	\$10,800.00
Board Expenses									
Club Visits(1st yr inkind \$246.)(2nd yr \$100.)	\$393.20	\$1,500.00		\$335.38	\$1,500.00		\$1,500.00	\$1,500.00	\$3,000.00
Board Meetings(inkind:1134.07)(2nd yr \$144.86)	\$2,643.81	\$2,000.00		\$929.41	\$2,000.00		\$2,000.00	\$2,000.00	\$4,000.00
Teleconference (Zoom Pro) inkind	\$149.90	\$150.00		\$150.00	\$150.00		\$150.00	\$150.00	\$300.00
Board Miscellaneous Expenses		\$100.00		\$100.00	\$100.00		\$100.00	\$100.00	\$200.00
Committee Chairs Misc.Expenses		\$50.00		\$50.00	\$50.00		\$50.00	\$50.00	\$100.00
Total Board Expenses	\$3,186.91	\$3,800.00		\$1,264.79	\$3,800.00		\$3,800.00	\$3,800.00	\$7,600.00
Operating Expenses									
Annual State Filing Fee	\$35.00	\$35.00			\$35.00		\$35.00	\$35.00	\$70.00
Bank Fees (Bermuda wire fee)	\$15.00	\$50.00		\$15.00	\$50.00		\$15.00	\$15.00	\$30.00
New Club Building		\$100.00			\$100.00		\$0.00	\$0.00	\$0.00
Governor's Award		\$100.00			\$100.00		\$100.00	\$100.00	\$200.00
Insurance/Bonding		\$300.00			\$300.00		\$300.00	\$300.00	\$600.00
Miscellaneous	\$86.02	\$50.00			\$50.00		\$100.00	\$100.00	\$200.00
Office Supplies (inkind 25.00)	\$72.80	\$50.00			\$50.00		\$50.00	\$50.00	\$100.00
Postage (inkind)	\$11.00	\$25.00			\$25.00		\$25.00	\$25.00	\$50.00
Revitalization		\$100.00			\$100.00		\$1,500.00	\$1,000.00	\$2,500.00
Governor's Elect Training	\$800.00	\$800.00			\$0.00		\$850.00	\$0.00	\$850.00
Governor's Pin	\$0.00	\$0.00		\$218.55	\$300.00		\$0.00	\$300.00	\$300.00
International Convention(inkind 1338.50)	\$1,695.50	\$1,500.00			\$0.00		\$1,500.00	\$0.00	\$1,500.00
Total Operating Expenses	\$2,715.32	\$3,110.00		\$233.55	\$1,110.00		\$4,475.00	\$1,925.00	\$6,400.00
Total Operating and Board Expenses	\$5,902.23	\$6,910.00		\$1,498.34	\$4,910.00		\$8,275.00	\$5,725.00	\$14,000.00
Net Income (Deficit)	\$1,801.01	(\$1,510.00)		\$3,184.32	\$490.00		(\$2,875.00)	(\$325.00)	(\$3,200.00)
Note: District One's Checking account available to cover any deficit									
Foundation Income/Expenses									
Int'l Foundation Fundraiser	\$4,040.00	\$1,500.00		\$161.00	\$1,500.00		\$1,500.00	\$1,500.00	\$3,000.00
Int'l Foundation Lamplighter-Gaby Award	-\$500.00	-\$500.00			-\$500.00		-\$500.00	-\$500.00	-\$1,000.00
Int'l Foundation Donation	-\$3,540.00	-\$1,000.00		-\$165.44	-\$1,000.00		-\$1,000.00	-\$1,000.00	-\$2,000.00
Total Foundation Income/Expenses	\$0.00	\$0.00		-\$4.44	\$0.00		\$0.00	\$0.00	\$0.00

Treasurer's Corner From Wanda Pettersen

January 2023

Happy New Year !

I would like to thank all for submitting copies of your Club's IRS and State forms to District. Submission of these forms allows District to ensure your club's compliance with State and Federal regulations.

Does your Club need financial assistance to help with the growth of your club? District One has a Club Growth Grant which allocates up to \$500. Take a look at District One's policy #12 which explains how to apply and the eligibility criteria.

District Conference is right around the corner (April 21-April 23, 2023). Each club will be sending Delegates/Alternates to conduct District Business. The number of Delegates/Alternates is determined by the club's total active membership, for whom dues have been paid, from April 1, of the previous year to March 31st of the current year (4/1/2022-3/31/2023). It is in the club's interest to make sure any new members have had their dues submitted to International & District and posted on Group Tally prior to March 31st.

I will be sending your club's membership numbers for verification. Those numbers will confirm the number of Delegates/Alternates your club is entitled too. Please respond to me should those numbers need updating.

Please do not hesitate to contact me with any questions or any assistance you may need. I look forward to seeing you at the District Conference.

Wanda

From our Leadership Chair, Susan Ulino

Hello All,

Gabrielle Crepeau Leadership Award nominations are due by March 15th. Yes, you have plenty of time but why wait until the last minute? There is information and the protocol on the district website:

<https://districtone.altrusa.org/files/2020/03/Gabrielle-Crepeau-Leadership-Award-Criteria-2020.pdf>

The “Gaby” is unique to our district. I could quote the website but I’m sure anyone would realize that if an award is named after someone, it’s obvious that the award is named for a very special person. So, if you have a member of your club, who exemplifies what it means to be an Altrusan, please read the procedures and qualifications. Tell us why your club member deserves to win the Gaby; a member who inspires others to challenge themselves and others to meet their goals

The judges are all lined up and waiting to hear about your awesome candidates. They reside in Canada, California, and New York City. It is extremely unlikely that they will know any of the nominees so their scores will be totally objective. I’m looking forward to seeing who the nominees are. I’m sure they all deserve to win. The scores are usually very close. Please get your entrees in to me as soon as possible. My email is: isadorad@charter.net

I’m looking forward to the conference in April. It will be great to see you all.

Susan

Yours in Sisterhood,



From our Service Chair, Anita L. Chandler



One Book at a Time

Don't we all love a challenge!

International President, Kathy Folley's love of reading has led to "One Book at a Time", a challenge for Altrusans to distribute one million {1,000,000} books or give one million {1,000,000} service hours devoted to literacy during her biennium 2022 – 2023.

Suggestions on how to attain this goal are:

- Develop a signature project or expand a current one, like Portland's A B C Project.
- Track the number of hours and or books that your club distributes in your community.
- Log time spent coordinating book clubs, writing groups or reading to school children or people in group homes.

Send your numbers for both books and hours for each year to International. The hours for 2022 may be sent now, the hours for 2023 will be due 1 June 2023. The online submission forms to report your club's literacy hours and the number of books distributed can be found on the Altrusa International Website, under the Service Tab.

Relax and take pride and joy in the fact that your club has made a difference "One Book at a Time".

Remember the goal is to help promote and share the love of reading and all the gifts that reading brings to all!



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>

District Workshop 2022
Cromwell, CT

“You said you and I were gonna get outta town and, for once, just really let our hair down. Well, darlin’, look out, ‘cause my hair is comin’ down!” – Thelma & Louise

And so our adventure began...Francine Breton, and I left Maine Friday noon for a four hour drive to Cromwell, CT. We were looking forward to the District One Workshop, “Unraveling the Mysteries of Altrusa”. Friday night board meeting was just the beginning of reconnecting with board members in person and with those who “zoomed” in. All were present and District business was taken care of; and the clubs who requested revitalization grants were approved.

What an enjoyable workshop. Not only was it informative but FUN, which seems to be the motto of our District Governor...FUN. The Recycling for good was presented by Denise Doyon; this session provided us with a number of options on how and where to recycle. The Values inventory was presented by Violet Sims, this exercise provided us with the opportunity to bring our personal values into focus. In looking at the values of other participants, it was amazing to see the similarity of values we Altrusans possess. The skit, Murder on the High Seas, was well choreographed and fun to watch our Greater Hartford members acting ability. The clues provided a great fundraiser which was sent International.

I can’t stress enough if you haven’t attended a workshop or conference you are missing out. Try to make the next conference April 21-23 at Nonantum Resort, Kennebunkport. The camaraderie between the Altrusa clubs is liked minded and most enjoyable.

And by the way, our adventure continued in CT for a few more days after workshop, starting with meeting a few club members for dinner at Fiore Café. Great company and good food. And as Thelma said..... “Louise, no matter what happens, I’m glad I came with you.”

Wanda Pettersen
District One Treasurer



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 Bermuda...



On Wednesday July 27th, District One Director Hilda Schmidt arrived on the cruise ship Norwegian Joy to a lovely sunny hot Bermuda day.

Marguerite Lovell and Mary Faries, representing the Altrusa Club of Bermuda, had arranged to meet Hilda and her husband Gary for lunch at the Frog and Onion. Needless to say it was a fabulous lunch which lasted over 3 hours.

Hilda was brought up to date on happenings in the Club by Mary and Gary had a very interesting chat with Marguerite on certain areas of history of Bermuda as they are both history buffs.

We all had a grand time and hopefully one day we'll see them and other Altrusa members visit us.

Mary Faries.



October, 2022

A Huge Thank You From WINDREACH Bermuda to our Altrusa Bermuda Club for our kind & generous donation towards their Adult Day Programme. It was so wonderful to learn more about WINDREACH ADP and to meet some of their Seniors.

News from Biddeford-Saco...

Members of the Greater Biddeford Saco club recently went to Ruth's reusable Resources in Portland for a work session in preparation for the new school year. Ruth's (3R's) mission is to ensure that all students, from Pre-k through high school, have the basic supplies and creative tools for literacy, STEM, and health education through the environmentally conscious distribution of donated business supplies. Most of their supplies are donated from various businesses and financially supported by organizations



Pictured are from left to right: Ann Milliard, Ruth Libby, with President Sandy McKenney handing her a check for \$500.00, Rita Cote, Sarah Moore, Suzen Raven, Marguerite Dow

The Greater Biddeford-Saco Club has been *shaking off the cobwebs from COVID* and we are putting projects in motion. We'll share these projects with you. You might find some good ideas in the mix! We have decided to have our winter business meetings on Saturday mornings following brunch. (Currently meeting Monday evenings.) Should we encounter challenging weather, we'll Zoom!

We collect cans and bottles (returnables) year round for our scholarship fund and turn them in through Clynk. This past summer one of our members (Suzen Raven) set up a partnership with a local seafood restaurant to pick up their returnables and relieve them of that annoying task.



We estimate that we picked up over 100 bags! They were happy to donate to a good cause. We placed appropriate signs telling customers that Altrusa was collecting the returnables and that the money would be going to our scholarship fund--Free publicity for Altrusa .

December 10th was our bell ringing day for the Salvation Army. We were stationed at "Reny's-a Maine adventure". In all the years we've been ringing the bells, this had to be our biggest haul. People were generous—often \$5 bills—and they took the time to thank US for being there to collect. We're all ready to sign up for next year.



We're very proud of our Winter Survival Project. We solicited Hyperlite Mountain Gear (based in the Biddeford Mills) and they donated 10 sleeping bags. Saco and Biddeford Savings Bank donated 10 tents and 10 storage bags. The club invested \$500 to buy mess kits, socks, sterno and personal hygiene kits. Club members put the bags together and they have been delivered to the Police Departments, to Seeds of Hope (non-profit taking care of the homeless) and to the Bon Appetit meal program. 10 is not a large quantity but it should bring comfort to those 10 people.

NO MORE COVID COBWEBS ON OUR CLUB!!!!

News from Carroll County...



Donations collected items and given to Deb Weinstein (Director of Starting Point) from Beth Wheatley Dyson (president of Carroll County Altrusa)

This is in addition to 6 comfort bags provided to the Grace House (shelter - for victims of domestic and sexual violence)



Believe in Books Foundation, executive director, Katy Jones gave a talk about the Literacy Foundation which has been in the Mount Washington Valley for nearly 25 years. Altrusa club members have volunteered in the past on the Journey to the North Pole Train.. as Elves, Cocoa Chef and found now have several other possible opportunities to volunteer in the future. Thank you to Katy for giving us an in-depth look at the foundation.



The 4th Thursday of the month, you will find Altrusa club members packing the weekend food bags. These are sent home to over 150 students who might otherwise not have food to eat on the weekends. The signs are for some of the schools that the bags are delivered to. There are 11 different locations that the bags are taken to on Thursday and then given to the children on Friday as they head home. Left to right back row Nancy Spaulding, Sue Battles, Barb Kennett, front - Beth Wheatley Dyson, Shawn Rogers, photo by Cathy Baybutt



Picture of our Governor, Pam as super sleuth .. at the Mystery of Membership Workshop



Membership events - Carroll County Altrusa initiated two new members at our November meeting.

< Teresa Jones (I) with her Sponsor Pat McCoy,

> Nancy Spaulding (L) sponsor of Juanita Costello



The Tri-Club Birthday party was held after a nearly 3 year lapse due to Covid. Members of the Laconia, Meredith and Carroll County Club met at Rivers Edge at Indian Mound Golf Course for a wonderful dinner. Photo is of the presidents of the 3 clubs plus Rita Cote, Governor Elect.

News from Central CT...



1. Blankets of Warmth and other goodies for the Lady Vets

December was a busy month! We delivered Blankets of Warmth and other gifts to the Lady Veterans at PFC Nicholas Madaras Home in Bridgeport, delivered ABC (Altrusa has Books in the Community) books to Amazing Grace Food Pantry for their clients to browse, pulled our 53 raffle winners, held a holiday dinner (collecting spices and condiments) and delivered our 'Seasonings Greetings' to the Amazing Grace Food Pantry



2. President Lynne H delivering ABC Books to the Food Pantry



3. Raffle Committee Linda R and Jamie S identifying the winners of our 53 prizes just in time for the Holidays!



5 Holiday Dinner Celebration. We collected spices for the Food Pantry instead of a gift swap. Seated: Tiffany Shaffer, Dorothy Stevens. Standing: Virginia Townes, Cathy Boone, Lynne Havlicek (President), Kathleen Didato, Patti Deegan, Bonnie Laput, Pat Jackowski, Linda Ring, Ellen Paris, Jamie Santaniello. Photographer: Kimberly Czaja



4 "Seasonings Greetings" delivery to the Food Pantry

News from Laconia...



BELKNAP COUNTY NURSING HOME

By Barbara DeAngelis

It has been a very l-o-n-g time since we have been able to visit with our friends at the nursing home. Next week both Barbara and Sue plan to attend the monthly birthday party for residents with birthdays in November. Some of the rules for visiting have been relaxed—thank goodness! Does this mean COVID is waning??!!

It will be great to visit with Brenda, the activities director, and explore the possibility of starting up our Memory Book project again.

FUNDRAISING COMMITTEE

By Stephanie Gilbert

The September Calendar Raffle Fundraiser went great! It was an online fundraiser that ran through the month of September with a winner every day. We were able to use our Taste of the Lakes Region coupon books, cookbooks and gift cards as prizes. Something we could think about doing again in the future!

Our October fundraising event “Magic at the Mill” with Larry Frates was held at the Belknap Mill on Oct 16th. It was a gorgeous day with many people of all ages in attendance. Larry put on two amazing shows!



Here is feedback that was received from an attendee:

Mr. Frates,

I took my great grandson, Lincoln, to your show today. I just wanted to thank you for such a fun afternoon. Lincoln loved every minute of it and I did, too. You are wonderful with the kids and your sense of humor was over the top. Thank you again for working your magic and bringing so much joy to so many.

Sincerely,

Lincoln and Doris



LITERACY COMMITTEE

By Barbara DeAngelis

At the Magic Show with Larry Frates last weekend, Altrusa handed out free books to every young person who attended. The young people picked out their own books and some who were undecided took two books!

Our Little Free Library at Vista Foods is going strong. A big thank you is extended to those Altrusans who donated books themselves, as well as our families, friends and neighbors!

News from Meredith.....

Through the efforts of the Meredith Altrusa Community Service Committee, seventeen (17) boxes of non-perishable food and personal hygiene products were filled and delivered to two area food pantries on November 5. Another Food drive was held on December 3rd as the winter holidays approached.



In photo, l. to r., are Karen Truberg, Barbara Goren, and Judy Hodges.



Pictured are members from Temple B'Nai Israel of Laconia delivering the proceeds check to Altrusa members.

L to R, Marie Stephens, Barbara Katz, MaryAnne Skawinski and Stu Needleman

October's We Care Concert A Great Success

The partnership between Temple B'Nai Israel of Laconia as part of their "We Care Concert Series", and the Altrusa Club of Meredith proved to be a perfect match. On October 29th, concert goers thoroughly enjoyed the unique sounds of Introduction: The Chicago Experience as they brought down the house with their high powered tribute to the band Chicago. Proceeds from this event exceeded expectations thanks to the many generous sponsorships and ticket sales.

Our Community Service Committee collected socks for the Inter-Lakes High School Inter-Act Club's "Socktober" sock drive. At our Tri-Party Birthday Party on October 18, hosted by the Carroll County Club, we received socks donated by our Carroll County Sisters. Their generous contribution to this initiative was very much appreciated.



After a three-year hiatus, the Altrusa Tri-Club Birthday Party took place on October 18th at River's Edge Grill in Ossipee. Shown here ([l.to r.](#)) are Meredith President MaryAnne Skawinski, Carroll County President Beth Wheatly Dyson, District One Governor-Elect Rite Cote, and Laconia Co-Presidents Sue Clausen and Stephanie Gilbert. Everyone enjoyed a delicious meal and a presentation about fraud by Northway Bank guest speakers Kimberly Poirier and Michelle Booker.

News from Merrimack Valley.....

FOOD DRIVE TO BENEFIT THE OPEN PANTRY OF GREATER LOWELL



L-R Altrusa member, Steve Behrle helps Maureen Peirce, Exective Director of the Open Pantry empty a carriage of food into the Pantry Truck

Altrusa members conducted a FOOD DRIVE on October 22, 2022 at the Market Basket, Chelmsford, MA.

This FOOD DRIVE was to benefit the Open Pantry of Greater Lowell, which services the 7 communities of Lowell, Billerica, Dracut, Dunstable, Tewksbury, Tyngsborough, and Westford.

We collected approximately **4000** pounds of non-perishable food items as well as assorted paper products. The pantry truck was full.

In addition, cash donations in the amount of **\$260.00** and \$70 in gift cards were forwarded to the Pantry. Altrusa is very thankful to Market Basket for allowing us to host this event in Chelmsford and extremely grateful for the support of its customers.

The overwhelming generosity of the Market Basket patrons helped fill the empty shelves at the Pantry.



Maureen Peirce, Executive Director of the Open Pantry commented that prior to the Food Drive, she was not going to be able to open the Pantry on Monday because the shelves were bare.

The Pantry Truck is filling up quickly.



Altrusa Club of Merrimack Valley continues its work in our communities, making a difference in the lives of others.



Past Governor, Susannah Leslie installs Charlene Muscato, President of the Club

On September 13, 2022, the Altrusa Club of Merrimack Valley kicked off the start of a new year of service in the community with the installation of the Officers of the Club and the Officers of our local, 501-c-3 Foundation. Past Governor, Altrusa International District One, Susannah Leslie installed the new officers.

The President of our **Altrusa Club** is Charlene Muscato, Tyngsborough, MA;
Secretary, Glenda Sheppard, Tyngsborough, MA
and Treasurer Eleanor Zwicker, Lynnfield, MA

The officers of **Altrusa International of Merrimack Valley Foundation** are:

- | | | |
|---------------------|----------------|------------------|
| Claire Behrle, | President | Chelmsford, MA |
| Cindy Bluestein, | Vice President | Nashua, NH |
| Jackie Maciejewski, | Secretary | Nashua, NH |
| Ann Marie Snyder, | Treasurer | Tyngsborough, MA |
| Arlene Miele, | Director | Nashua, NH |
| Stephen Behrle, | Director | Chelmsford, MA |

Members of the Altrusa Club of Merrimack Valley





November and December



GIFT WRAPPING SESSION BY MEMBERS

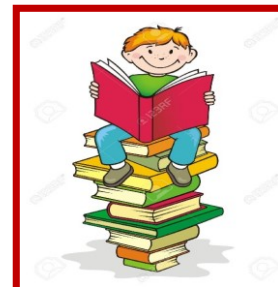


CHRISTMAS MARKET ZOÉ-BLAIS



CHRISTMAS PARTY FOR 31 ELDERLY

Since January looks colder, the club has bought mittens for the



32 children from the Zoé-Blais families were given books for Christmas

News from Seacoast...



Altrusa of the Seacoast members Nadine Rueter, Carole Intoccia with Barb Leavey deliver a check to Brenda Blonigen of VFW Boardman Ellis Post 6977 in York, ME.

As our support of the York Police continues...We look forward to the coming year with the sense of celebration and a mission to make a difference where we can!



Megan Shapiro-Ross from Footprints Food Pantry of Kittery Maine was our October Program meeting guest speaker. She didn't leave empty handed and was thrilled by the generosity shown by our group for the donations provided to help fill the Pantry shelves.



On Veterans Day, members of Altrusa of the Seacoast greeted each customer at member Norma Clark's restaurant. Veterans received a free meal courtesy of our local Park and Rec department. Altrusa also provided each veteran with a handmade thank you card, gift certificate for \$5 toward a future meal at Norma's, and a chance to win one of four of our hand knotted blankets, plus a lovely donated quilt. It was one of the most heartwarming endeavors we've participated in and a lovely day for all.

Our Veteran's Day blanket brigade!



It was a beautiful day for fleece shopping! Joanne Fabric of Newington, NH knows when they see us coming that their scissors had better be sharp! We still haven't spent the entire grant but are getting close!



After a long afternoon of knotting all that fleece, a bit of nodding off was part of the program.



As the season gets colder, we recognize the need for warmth for those of our community in need.

Altrusa recently delivered 40 handmade fleece blankets to Community Action Partnership in Dover, NH; 25 blankets to Kittery Food Pantry, and 4 to York Community Service Association.

Our blankets are something these organizations look forward to receiving as much as we enjoy our fellowship making them.

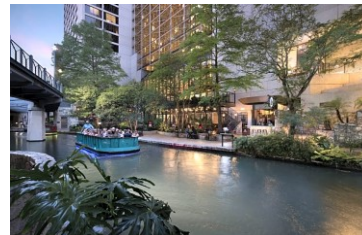


**District One Conference
April 21 - 23, 2023
Kennebunkport, Maine
Nonantum Resort**

**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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