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2021-2023**

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Governor's Message



The Governor's Message:

Spring is coming. Yay!! And with it will be our 2023 Spring Conference in Kennebunkport, Maine. A registration form is included in this DSB for any last-minute attendees. All are welcome.

This Conference at the Nonantum Resort marks the end of my Biennium as your District Governor. On Saturday night at the Conference, Rita Cote will be installed as your new Governor. I hope you will be joining us to welcome Rita and her new Board and Committee Chairs. It should be a fun evening.

As I reach the end of my biennium, I wonder “Where has the time gone?” When it began, two years seemed like a long time, but it went by in the blink of an eye. I guess time goes by fast when you are having FUN. Yes, there was a lot of work in being Governor. However, it was far outweighed by the FUN. Planning and attending Conferences and Workshops is FUN. Visiting District One Clubs and getting to meet old friends and make new ones is a lot of FUN. What is the best part, is when I asked for help, my fellow District One Altrusans were there to support me. I know you will do the same for Rita. The end of my term as Governor is a little bittersweet, as I move on to the ‘next step’ joining the ranks of the District One Past Governors. This is a group I’m proud to join. They are some of the nicest ladies I’ve ever met. And they are a lot of FUN!

Over the past two years I have been honored to serve as your Governor. I’m proud of all of YOU and what you’ve done in the service to your communities and Altrusa. Thank you for being you.

Gratefully,

Pam
Governor, Altrusa District One

“Altrusa is the KEY to Service, Leadership and FUN”

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Treasurer's Corner From Wanda Pettersen

Club Treasurers,

A friendly reminder that your Club's 2023 Annual State Corporation reports need to be filed. The filing deadline is June 1, 2023 however; the Secretary of State encourages Club's to file reports by April 1, 2023 to avoid any delays or inconveniences. If you do not file the reports, check with your President to see who in your Club files these reports. Dues notification from International has been emailed to Treasurers. Please be aware, if you actually mail your dues check to International, International has a **NEW** address. You can always pay International dues on line.

NEW ADDRESS

Altrusa International
1400 E. Touhy Ave.
Suite 410
Des Plaines, IL 60018

Hope to see you at Conference

Wanda



Altrusa International Foundation, Inc. is 🍷 asking for donations. ...

January 25 · 🌐

Altrusa International Foundation is celebrating its 60th anniversary 🎉

In honor of this milestone, we ask you to make a contribution in the amount of \$60, \$160, \$260, \$560, \$860 and \$1,060 for our 6 of 60th fundraising campaign.

All donations from June 1, 2022 to May 31, 2023 will count and will be recognized with special commemorative ribbons at each level.

Visit the International Foundation Website to DONATE
<https://foundation.altrusa.org/>

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

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 align="center">Please check all that apply for the 2022-2023 year</p> <table border="0"> <tr> <td><u>CLUB</u></td> <td><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><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																
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___ Delegate																	
___ Alternate	<u>INTERNATIONAL</u>																
___ Member	___ Representative																
___ First Timer	___ Officer (past or Present)																
___ Guest																	

REGISTRATION AND MEAL SELECTION	Fee	Enclosed
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.**

“A good speech should be like a woman's skirt; long enough to cover the subject and short enough to create interest.”

The above quote was sent to me by Governor Pam. By today’s standards, it might sound a bit sexist but I have trouble assigning today’s behavioral standards to those of 80 years ago.

The quote is from Winston Churchill. He was, arguably, the greatest leader of the 20th century. The morning that Churchill became Prime Minister of England, Germany invaded France, Belgium, the Netherlands, and Luxembourg. Britain faced its most difficult and scariest test.

It was his leadership during these tense years, through Dunkirk, the Battle of Britain and the Blitz, that Churchill is best remembered. We’ve all seen documentaries and feature movies about Winston Churchill; how he rallied the people and readied them for what was to come. Not only that, but he worked tirelessly to get the United States and the allied forces to join the war effort. He was the leader that the people needed at the time.

Churchill is widely credited as "the greatest statesman of the 20th century". Churchill was an effective leader and statesman due to his tremendous ability to inspire people; his unique strategic vision; his relentless passion; and his strong personality.

Sound familiar? Of course, and thankfully, we in Altrusa don’t have the pressure of a world war to contend with but my point is this – whether there is some bully trying to take over the world, or if we just want to get books into the hands of children, a good leader needs the same qualities; to have a vision of possibilities and have the ability to inspire people, with passion, and to do their best for the communities that we live in. Each and everyone of us has the potential to be that kind of leader for our clubs and district.

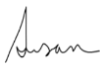
Winston Churchill may have been a flawed human being but aren’t we all in some way? He was a great orator. His speeches and quotes are famous to this day but here is an interesting fact about WC; he didn’t like public speaking - at all, but he stepped up because it was important that he do so. That’s what your Altrusa leaders are asking you to do. Step up. We need you. As I have said many times before in these messages; you are not alone.

More quotes from WC: “Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.”

“Success is not final; failure is not fatal: it is the courage to continue that counts”

“It’s the courage to continue that counts.” Words to think about indeed.”

Yours in Sisterhood,



News from Bermuda...



On December 3, 2022 the Bermuda Club members, friends and guests attended a lovely Christmas luncheon at the quaint Tom Moore's Tavern.

The food was delicious as usual. We also had many raffles which is always a great fundraiser for the Club at this function.

For the first time we held a 'fun' auction which was a really big hit with three paintings donated by our very own Wynne Colley and Marguerite Lovell. Both brilliant painters.

A pearl necklace was also on the auction block, hand made by our Susan Wale, who is in England, and was delivered to us by a friend of hers who was visiting the United Kingdom during the summer. This necklace was a very popular



At our annual Christmas lunch on December 3, 2022, the Bermuda Club also collected non-perishable items to donate to the Eliza DoLittle Pantry who service many of the needy on the island. A total of five boxes were filled and were graciously accepted.

News from Biddeford-Saco...



At our recent March program meeting, several Altrusans gathered to fill "goody" bags for the upcoming conference at the Nonantum.

Pictured here are Altrusans, Laura Cortright and Lucille Prescott, volunteering at the recent Community Souper and volunteer event.

We were given the opportunity to speak about Altrusa and distribute bookmarks to guests. We, of course, had books with us to give away as well! The soup was hot and the chili even hotter!!

The event raised \$1500.00 for local food/meal support program.



Here we are hard at work labeling, cleaning and sorting books.

Pictured are Rita Cote, Marguerite Dow, Ann Milliard and Suzen Raven.

News from Litchfield County...



At one of our recent meetings diapers were collected to be given to the Two Hearts Pregnancy Care Center. The organization offers support to young women and men involved in crisis pregnancies.



Cleaning supplies were donated to the Susan B. Anthony Project who promote safety, healing, and growth for all survivors of domestic and sexual abuse.



Four ladies were welcomed as new members of Altrusa of Litchfield County. Pictured are Shelley Considine, Shirley Seger, Sharon Cataldo and Pam Prevunak.

Birthday Cake Kits were put together and distributed for our Make a Difference Day activity. They were given to the Friendly Hands Food Bank by Patty Fairchild and



Diane O'Reilly delivered another 250 books titled, On the Night You Were Born to Charlotte Hospital. They will be given to the parents of children born at the hospital. With prior donations, we are nearing our 500 book goal to promote literacy!



27 loaves of bread, 210 ounces of jelly, 20 pounds of peanut butter. 300 PBJ sandwiches were made for this year's Tour of the Litchfield Hills by Barbara Goelz-Tamsin, Judi Pfeffer and Gail Silvernail.

In addition, five other Altrusans donated their time the day of the event registering riders and serving well deserved food upon their return.



News from Meredith.....



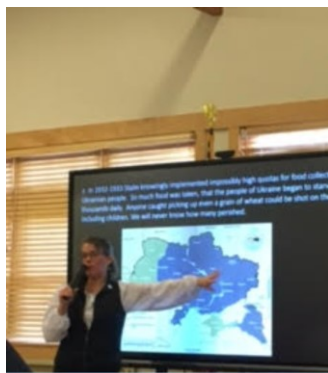
At our February 7, 2023 Business Meeting, the Altrusa Club of Meredith's Membership Committee proudly installed five new members. We are thrilled to welcome (L. to R.) Alyssa Yolda, Lyndsay Weiner, Linda Morad, Carol Bard and Chris McMillian.

Community Dinner Committee Chairs (l. to r.) Judy Hodges and Lynne Cayer dish out nutritious portions of meatloaf for the February Dinner. Sides were broccoli or carrots and mashed potatoes. In addition, salad, rolls, and Wacky Cake dessert were served. It was also the launching of our "Take Out" option for families in the school district. It was a successful event serving 88 meals (53 takeout and 35 "sit down" guests) throughout the community.



Meredith Altrusa Sisters gathered on Thursday Evening, March 16, for a casual dinner at The Mug Restaurant. We shared a relaxing and fun time as we celebrated the soon-to-be season of Spring!

For February 20th National Muffin Day, the Meredith Club, spearheaded by the Community Service Committee, baked dozens of varieties of muffins for distribution to area homeless shelters/ crisis centers. Shown in the photo (l. to r.) are Nancy Law and Paula Trombi with Isaiah 61 Shelter members.



Meredith Altrusa hosted an "open to the public" fundraiser for Ukraine on January 28 to raise awareness about the war. It was very well attended, and donations were given to the main speaker Christina Vogel, an American of Ukrainian ancestry. She is shown in the photo explaining the history of her family's country and its continuing fight for freedom.

Meredith Club Member Vivien Mitchell, on vacation in March in New Zealand, connected with our sisters in the Taieri Club. In the photo, Vivien is in the back row, second from right. Vivien related to us that the NZ members were "super generous" with their time, meeting her for lunch and even giving a tour of their town. The Taieri Club is very enthusiastic about having ongoing ties with our club as well as other United States clubs.



News from Merrimack Valley.....



Pictured from L-R above: Brianna Langlois and Merrimack Valley Foundation President, Claire Behrle

On December 13, 2022, Brianna Langlois of Westford was the recipient of the \$500.00 Altrusa Club of Merrimack Valley Scholarship.

Awarded in memory of Altrusan Eleanor Durant, who taught in the Chelmsford school system.

Brianna is a student enrolled in the BA in Education and Moderate Disabilities Program. Brianna's application demonstrated her commitment to the teaching profession and her dedication to her school and community.

Congratulations, Brianna.

Pictured from L-R are Ann Marie Snyder, Charlene Muscato, Club President, and Kathy Muldoon, who was initiated on December 13, 2022.



On January 24, 2023, the Altrusa Club of Merrimack Valley celebrated its 47th birthday at the Cobblestones Restaurant in Lowell, culminating the success of service to the communities in the Merrimack Valley for past 46 years. The guest speaker, Kathleen McCarthy, LICSW, CADCI, spoke about her dedication to her work as a therapist and clinical social worker. Kathy is well known to Altrusa. In addition to her private practice, Kathy is a very strong advocate for Alternative House, which provides shelter and transitional housing for victims of domestic violence, and Altrusa has partnered with Alternative House on special projects for over 40 years. A donation in Kathleen McCarthy's honor was made to Alternative House for the Youth Teen Summer Program to



From L – R Arlene Miele, Kathy Muldoon, Ann Marie Snyder, Jackie Maciejewski, Kathy McCarthy, Speaker, Laura Sievert, Guest and Claire and Steve Behrle.



Left: Jackie Maciejewski holds one of the dish towel bunnies made by Altrusans at a program meeting.

On the Right: Arlene Miele is very proud of her handiwork. The bunnies were made to sell at a local flea market.



News from Plymouth County...

Congratulations to Mister Science Fair's, Pat Monteith for receiving the 2023 "Phenomenal Women of Brockton" award from the Brockton Area Branch NAACP.

Pat was humbled by the number of local and state-wide politicians who honored her with citations.

Photo left to right: Brockton City Councilor Jack Lally, State Senator Mike Brady, Brockton City Councilor Susan Nicastro, State Representative Rita Mendes, Pat Monteith, representing Brockton Mayor Bob Sullivan is his Chief of Staff Sydne Marrow, Brockton Women in NAACP Chair Courtney Henderson, State Representative Michelle DuBois, Brockton City Councilor Shirley Asack.

(Photo Courtesy of Mister Science Fair)

See you at Conference.

Susan



News from The Lake Region High School ASTRA Club in

ASTRA

Ability
Service
Training
Responsibility
Achievement

The new ASTRA sweatshirts arrived just in time for this picture, which will go into their LRHS Yearbook. (Sadly, quite a few members were missing.)

This is the group that finished bagging the contents of their personally decorated "Vacation Activity Bags" for the 120 1st graders throughout SAD 61 in Bridgton, Casco, & Naples, Maine.



The finished, personally decorated, and filled "Vacation Activity Bags" ready to be delivered to Steven's Brook & Songo Locks 1st graders.

ASTRA has been meeting every Thursday at 7:30AM this month to finish their "Vacation Activity Bags" for the 1st graders in Bridgton, Casco, & Naples in time for the schools' February break, which required delivery to the elementary schools at the end of the day on Thursday, February 16th.

The project started with decorating 120 white bakery bags with personal art designs, using magic markers. ASTRA gathered and created a variety of trinkets & activities to put into the bags.

The makeshift production line in the Guidance Office where ASTRA filled the "Vacation Activity Bags" they had decorated for all 120 SAD61 First Grade students.



On delivery day, 11 ASTRA students & Advisor Kristina Theriault formed a production line in the hallway of the Guidance office to stuff each of the 120 bags with one of everything; and pack the white bags into brown shopping bags labeled with the teacher's name and # of students. (Just like Altrusa's "ABC" project.) The whole process was well organized and went off w/o a hitch.

It's been a month since our last ASTRA meeting due to school vacation week and a pile of snow storms since then.

Lake Region High School finally reverted to 'Remote' days in place of 'No School' snow days to cut down on lost time.



In the meantime, ASTRA president, Delaina Grover, completed the entry for their 'ASTRA Service Project': "Hat & Mitten Drive" .

In addition to the decorated collection box in the main lobby at LRHS, they placed decorated boxes in each of the SAD61 communities of Bridgton, Casco, & Naples. (Naples had one in the Library and another in the grocery store.)

At our meeting this week, I learned that Delaina Grover & her mother plan to attend our District One Conference at the Nonantum Resort in April to accept their (assumed) 1st place award.
-- Trish Maxim



News from Portland...



Once a month, we're the chefs at the Ronald McDonald House.

It WAS Fat Tuesday, so Anita Chandler, Ann Smith, Nicki Griffin and Susan King came to the Ronald McDonald house, ready to fatten them up with a baked potato bar with many toppings.

We fixed a chicken, chili, sautéed onions and peppers, and all the regular fixings including shredded cheese, sour cream, salsa, raw peppers, and broccoli. It was greeted with enthusiasm!

-- Susan King

"What are you doing this morning?" Michael King was asked early Monday. " what would you like me to do?", answered Michael.

So it was off to the warehouse where he graciously unpacked, sorted, stickered and bagged up 300 books for our ASTRA club. He's a wonderful guy!

Michael (Pictured at top right) and I delivered books to the South Portland teen Center at Wainwright.

We then proceeded to the South Portland boys and girls club where Nick (lower right) was also thrilled. Both men were excited to add to their libraries, and to give books to their clients!



left to right: Fran B, Pam L, Ann S, Nicki G, Wanda P, Anita C, Christine J, Trish M

Cookie Walk Thank You to the staff at Books-A-Million

On Saturday, January 28th the Annual Cookie Walk was a resounding success. And we were warmly welcomed!!

"We look forward to this all year" an employee was overheard to say! Many thanks to Anita, Gerry, Nicki, Susan, Christine, Martha, Fran B., Toni, Ann B., Wanda, Trish, Ann S, Karen V. and Sarah. L. for your culinary delights!!

-- Susan K

Our Collaboration with Cricket Comforts

Martha Gross and Heidi Farren met up to receive 100 books from Altrusa to match with pillowcases for patients at Barbara Bush Medical Center.

This is our 5th year partnering with Cricket Comforts!! They get books from us, and their talented seamstresses create pillowcases from matching fabric to donate!



One of the pillowcase and book pairings

ABC

left to right: Christine J, Susan K, Karen V, Fran J, Ann S



The snow was falling in big, heavy flakes but, pioneers that we are, 5 Altrusans made their way to Saccarappa School on the morning of March 2nd.

We'd made prior attempts to visit the school but twice before were foiled by "no school" due to snow! Third time being the charm, we made it this time.

News from Quebec...



MARCH 7: To mark **International Women's Day**, the club invited Stéphanie Tremblay to tell us about her life journey and what led her to her current job as executive director with les Soeurs du Bon-Pasteur.

From left to right: Madeleine Ferguson, Stéphanie Tremblay, Adélice Lafrance, Georgette Rondeau.



Easter Baskets : As pandemic is behind us, the members of the club were able to accompany the families from la Maison Zoé-Blais for the Easter market offered by the club. A great opportunity to fraternize with them while providing with much-needed support.

Oralis School: The club donated **\$3,000** to the Sourdine Foundation, which supports Oralis School in Quebec City for the purchase of books. The school for deaf and hard of hearing children specializes in the education of children with hearing and language problems in order to integrate them into the regular school environment. Altrusians will cover some 150 books in the coming weeks

From left to right : Jocelyne Picard immediate past president, Isabelle Savage, director of l'École Oralis, Sandra Ferguson, director of la Fondation Sourdine and Danielle Blondin, president of the Club.



French Classes :

Lessons to the courses offered by the government are given each week by Jocelyne Picard to promote a better learning of French and at the same time a better integration into our community.

News from Seacoast...



Thanks to the success of our calendar raffle and yard sale, we were able to provide financial support to the York Community Service Association in the amount of \$2500 for food, fuel oil and electric bill assistance.

Our last group of blankets finished!

Funding to purchase the fleece material was provided through a grant from Altrusa International Foundation.

Originally we had anticipated producing 100 blankets for local organizations, that number exploded to almost 150 with the help of our local JoAnn Fabrics for



17 fleece blankets along with 45 Taco dinner packages and 36 jars of salsa were delivered to Footprints Food Pantry in Kittery, Maine. We look forward to expanding our relationship with them as they relocate to their new facility.



Taking a break from our blanket making to enjoy the season, a group of our Altrusa sisters headed to the Victoria Mansion in Portland Maine. Exploring the local history, while supporting their gift shop as well as local cuisine!

Followed by a bit of frivolity after the holidays with a movie night where participating members read then watched Mrs. Harris Goes to Paris.





District One Conference



**April 21 - 23, 2023
Kennebunkport, Maine
Nonantum Resort**

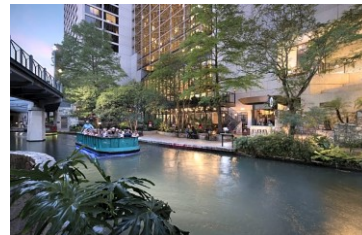
**Hosted by
Altrusa of Greater Biddeford-Saco**



**Saturday, November 4, 2023
District One Workshop
Sheraton Nashua
Nashua, N. H.**



**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

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Windham, Me 04062

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

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