



District One Altrusa International, Inc.  
Bermuda, Canada, Connecticut, Massachusetts,  
New Hampshire, Maine and Vermont

## District One Service Bulletin

Volume 28 Issue 2 “Leaders in Service”  
September 2023

### District One Officers 2023-2025

Rita Cote, Governor  
Greater Biddeford Saco  
[rita@jonescove.net](mailto:rita@jonescove.net)

Susan Porazzo, Governor Elect  
Plymouth County  
[smporazzo@hotmail.com](mailto:smporazzo@hotmail.com)

Wanda Pettersen, 1st Vice Governor  
Portland  
[kettlecove\\_6@msn.com](mailto:kettlecove_6@msn.com)

Ann Lindner, 2nd Vice Governor  
Litchfield County  
[annlinder120@gmail.com](mailto:annlinder120@gmail.com)

Diane O’Reilly, Treasurer  
Litchfield County  
[ddoreilly51@gmail.com](mailto:ddoreilly51@gmail.com)

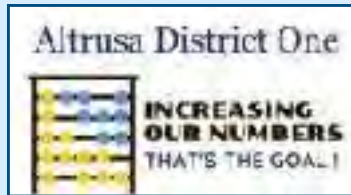
Denise Doyon, Secretary  
Greater Biddeford Saco  
[1ddpills@gmail.com](mailto:1ddpills@gmail.com)

Susan Ulino, Director  
Northeast Connecticut  
[isadorad@charter.net](mailto:isadorad@charter.net)

Penny Eldridge, Director  
Seacoast  
[onecent.peni@gmail.com](mailto:onecent.peni@gmail.com)

Pam Lemieux, Past Governor  
Portland  
[pamela.lemieux@myfairpoint.net](mailto:pamela.lemieux@myfairpoint.net)

### Governor’s Message



September is always exciting because it represents a fresh start with new opportunities and fun projects. Our communities are enriched because we are Altrusans. We will be focused

on doing community service, doing literary projects, asking like minded people (remember both women and men) to join us.

No matter how many years or days you have been an Altrusan, you are here because you have **chosen** to be an Altrusan. **Thank You.** You are greatly appreciated. We need your energy, ideas, caring and time to improve the quality of life in our communities local and far.

As we start a new year, let’s...

1. Renew our dedication.
2. Expand our club impact and personal growth.
3. Inspire dynamic membership to keep our members and gain new ones.
4. Let’s tell everybody about Altrusa—We are a terrific organization. We want everyone to be familiar with Altrusa.

District One is proud to have 8 of 16 clubs qualifying as Distinguished Clubs this year. They are Carroll County NH, Central Connecticut, Greater Biddeford-Saco ME, Merrimack Valley, MA, Northeastern Connecticut, Portland ME, Quincy MA ,and Seacoast ME.

Congratulations to all the clubs for your hard work in achieving distinguished club status.



As a Governor I am fortunate to receive a copy of District Service Bulletins from every district in International. I am amazed how very different we are. At the same time we are all focused on the same purposes - doing community service and focusing on literacy. We, in our unique way, meet our communities' needs.

The President of International, as well as every district governor, has a theme for their biennium. I thought I would share their themes with you. Notice how similar our themes are. We are truly an international organization.

President of International's theme: **"ALTRUSANS ROCK"** (Recognizing Opportunity, Creating Kindness)

District One: **"Increasing our Numbers, That is our Goal"**

District Two: **"Bee the Change you want to see in the world"**

District Three: **"Serving up Service"**

District Four: **"Do something good"**

District Five: **"TEAM - Together Everyone Achieves More"**

District Six: **"Gift of Altrusa"**

District Seven: **"In a world where we can be anything - Be kind"**

District Eight: **"Leaping into Service - Generate Ripples of Hope"**

District Nine: **"Hearts of Service Shine"**

District Ten: **"Honoring Tradition while Embracing Change -  
Illuminating the Path Toward the future of Altrusa"**

District Eleven: **"Altrusa SMILE (Serve, Mentor, Inspire, Lead, Enjoy)"**

District Twelve: **"Hearts & Hands in Service"**

No District Thirteen

District Fourteen: **"Transformando el Servicio"**

District Fifteen: **"Refresh and Revitalize"**

All lofty goals. We are different but yet the same which makes us special and a great international organization.

***Let's see if each club can bring in at least 2 new members. I am sure we can. This would exceed our goal.***

Remember you are all part of District as well as club members. Help your board lead you in the direction you would like Altrusa to grow. Please contact any board member to give them your ideas, suggestions etc. We need all your ideas and help to make Altrusa even better than it is.

Have a productive and fun Altrusa year. Rita

***International President, Linda Smith has challenged all Altrusans to:***

- ***Distribute 1 million books.***
- ***Provide 50,000 hours of service and***
- ***perform 1 intentional act of kindness per week during her biennium.***

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## Editors notes

### Why do we publish the District Service Bulletin?

The DSB has several purposes:

- To provide a format for the Governor and the team to communicate with the membership
- To keep the clubs (and membership) informed of what is happening at the District Level
- To provide details of Fall Workshop and Spring Conference
- To provide a written record of workshops and conferences
- To share ideas about membership development, service projects, and to support club leadership.
- To share the news from the individual clubs.

### How is the DSB assembled?

- The Governor and the board decide on the topics for the DSB and ask the team to write articles pertaining to that topic.
- The DSB editor sends a preliminary outline to the Governor for approval
- The DSB editor collects these articles, and assembles them.
  - District news,
  - team reports,
  - foundation news,
  - International news
  - and then club news. Club news is a vital part of the DSB but is generally limited to one page per club. The editor tries to incorporate all of the news and photos sent in, but sometimes has to select some and omit others. Please understand that everything can not be included.

Send all news to [Altrusa.districtone.dsb@gmail.com](mailto:Altrusa.districtone.dsb@gmail.com). This helps keep the emails from getting lost in personal email accounts. Thanks for helping make this job easier. Keep sending the pictures. They tell great stories.

Cathy Baybutt, Editor, DSB





## Summary of 2023 Altrusa Convention – VIVA ALTRUSA – San Antonio, TX:

Texas... July... it's gonna be HOT! We had 10 days of 100+ degree weather! Luckily, we didn't have rain.

Our trip started with a visit with family outside of Houston for 3 days, then driving 2+ hours from Houston to San Antonio. The Grand Hyatt Riverwalk is right on the riverwalk... about a ¼ mile from the main section with restaurants etc. We made a trek out there on Monday to survey the sights. Dinner first night at LoneStar (street level) was fabulous.



As a candidate for International Director, I was invited to audit the International Board meeting on Tuesday. The main topic was reports from District Conference visits. I found it was very much like our District reports on Club visits. Districts do things differently, strictly or loosely following Robert's Rules, but all important topics are covered. (District One did get glowing reports.)

I also served on the Registration team. Our organizational meeting on Tuesday brought another opportunity to use my Excel experience. By using an excel table as part of Google Docs, each registration person could update the file simultaneously. Ralph and I worked with the registration table to produce a summary report for Registration and Credentials Chair's reports.



We had some free time on Wednesday to peruse the Altrusa Store and peek at items for the Foundation Silent Auction. The opening banquet was on Wednesday night. Susan Porazzo (District Governor-Elect) carried the Bermuda flag.

Each session starts with an Inspiration or Altrusa Accent. Sue Whittaker, International Director, shared this.

- L is for the Love of Literacy
- I is for the Impact we have on our communities
- T is for the Time Altrusans have given
- E is for the Excitement in the eyes of a child
- R is for the Rewards of participating
- A is for the Accolades
- C is for Celebrating our Successes
- Y is for YOU, because it doesn't happen without YOU!



### Wednesday Night, Keynote Speaker

Keynote speaker, Alex Johnson, told us how he increased membership in his Rotary club 3-fold in 2 years! The key is Changing your Mindset for Growth. We need to grow our membership, and to do that... tap under used markets. For Altrusa, he suggested we target Men, and Young Professionals. He suggested planning fun, small, impactful projects. Partnering with other service organizations to lend a helping hand will get the word out about Altrusa. After a while, Altrusa will become known as the place to go to Volunteer, because we have so many opportunities to do so!

Our product is **SERVICE**. Our employees are **MEMBERS**. Our target is **PARTNERING WITH ORGANIZATIONS THAT NEED OUR HELP**

1. Don't reinvent the wheel! Collaborate, Assist, Support, Participate, Share, Provide Helping Hands! That is your target. Get folks to sign-up to volunteer through Altrusa and you will have expanded your membership!
2. Reach out to the masses! Use Social Media, including a link to sign up. Use Sign-Up Genius to manage your volunteers. Make everyone feel welcome, valued and part of the family.
3. You will need service projects. Easy, quick, inexpensive. Consult Altrusa's Service Project Database. Alex provided a list of hundreds of fun, quick, impactful projects to get us started. [service project link](#)

Your membership committee must focus on your employees (members). The members who are working on the projects are the ones doing the recruitment!

His closing remarks: Altrusans are LEADERS in SERVICE. Give your community opportunities to do service and to GROW!

### **Thursday Business Session**

Jennifer Gatlin, Governor, District Four, shared the poem the **Power of One** by Ashish Ram ([click here for the poem](#)).

The parade of banners is quite a sight to see! Each district is led by the governor, and as many clubs are represented will participate. We had all 14 districts represented and 126 clubs in attendance. There were banners around the perimeter and down every aisle!



The budget was reviewed. International President Kathy Folley reviewed the accomplishments during her biennium. And then we began the BRR changes. All the proposed changes were approved with minor adjustments. A [new version](#) of the By-Laws should be available on the website soon.

### **Workshops**

I chose to attend the Communications Workshop led by Emily DeVlieger. She is a marketing professional, and her presentation focused on tools and techniques to **Shine Bright as a Digital Marketing Expert**. To accomplish this, you need to set goals such as promoting brand awareness, generating leads, and retaining members.

- One needs to know your Brand. That's the WHY! What does Altrusa mean to you? We find that members come for the Service, and Stay for the Friendships!
- One needs to know your Competition. Direct competitors are Rotary, Kiwanis, etc. Indirect Competitors are schools, sports, etc.

- One needs to measure goals → → →

There's lots of new technology out there to manage these goals. The Communications committee is working on video guides to create and manage content using new tools such as Search Engine Optimization (SEO), grading websites, and creating posts and short videos (no more than 2 minutes).

**Measurable goals include**

- Views on Posts
- Engagement in posts
- Call to action
- Leads
- Retention
- Followers

**Awards Luncheon**

- District One is proud to claim that 8 of our 17 clubs are recognized as Distinguished Clubs in 2022-2023. Those clubs are: Carroll County, NH; Central CT; Greater Biddeford Saco, ME; Merrimack Valley, MA; Northeastern CT; Portland, ME; Quincy, MA; Seacoast, NH
- Lakes Region High School ASTRA club (sponsored by Portland ME) won 3<sup>rd</sup> place in the International ASTRA Competition.
- Central CT's project ***Born in a War Zone*** took 3<sup>rd</sup> place in the Nina F. Calhoun International Service Project category.



**Keynote Speaker**

Brian Flocia, Award Winning Illustrator and Children's Book Author, shared with us the evolution of a book from story, to sketches, and final illustrations. His published works include:

- Five Trucks
- Keeping the City Going
- Lightship
- Locomotive
- Moonshot: The Flight of Apollo 11
- Old Wolf
- The Racecar Alphabet



**Candidates Forum**

After Reports from the Nominating committee and calls for candidate nominations from the floor, the day concluded with presentations from each candidate for International Board, Nominating Committee and Foundation Board positions.

We received instructions for voting in the morning, and we were recessed for the day.

## Friday, July 21

Voting took place early in the morning... from 7 am to 9 am.

**Friday's Accent** had to do with membership numbers...

### **The Value of One Member**

**Ten** little members, standing in a line.

One disliked the Master Councilor, then there were nine.

**Nine** ambitious members offered to work late.

One forgot his promise, then there were eight.

**Eight** creative members had ideas good as heaven.

One lost enthusiasm, then there were seven.

**Seven** loyal members got into a fix.

They quarreled over projects, and then there were six.

**Six** members remained with spirit and drive.

One moved away, then there were five.

**Five** steadfast members wished there were more.

One became indifferent, then there were four.

**Four** cheerful members who never disagree-

'Til one complained of meetings; then there were three.

**Three** eager members! What did they do?

One got discouraged, then there were two.

**Two** lonely members, our rhyme is nearly done.

One joined an athletic club, then there was one.

**One** faithful member was feeling rather blue-

Met with a neighbor, then there were **two**.

**Two** earnest members each enrolled one more-

Doubling their number, and then there were **four**.

**Four** determined members, just wouldn't wait

Til each one won another, and then there were **eight**.



Keynote speaker, Susan Burkholder, director of Community Awareness **at Ransomed Life**. Ransomed Life is a faith-based organization that educates communities, equips the at-risk, and restores the exploited. Susan explained the term 'sextortion' which is sexual extortion, a threat to expose sexual images in order to get someone to do something for them. It is based in San Antonio, but offers many tools online or sessions through zoom called 'Better Parenting – Guide to monitor <app>'



The Foundation Luncheon awards and presentations were given to acknowledge certain levels of giving. They showed a video of kids at a Club 21 camp. Placemats illustrated the work that has been accomplished. During the 2021-2023 biennium, the foundation awarded over \$780,000 in grants, relief aid, awards and scholarships.

One of those awards is the Anna H. Settle Community Leadership Award which recognizes individuals who have made significant contributions to their communities as volunteer leaders. Altrusa International of Central CT, Inc. nominated Barbara Arafah, who is an Altrusan, leads the Greater Middletown Concert Association. Cathy Boone spoke to a slide show that summarized Barbara's volunteer efforts on many fronts. Focusing on her work with the GMCA, Barbara was selected for the award. GMCA will receive a \$4,000 award from Altrusa International Foundation.



Congratulations Barbara!!! We are so proud of you!







**Presentation of the 2023-2025 Program Team**

WOW!  
Linda Smith revealed her biennium theme, **Altrusans Rock!**



She has challenged Altrusans to

- distribute 1 million books
- provide 50,000 hours of service
- and perform 1 intentional act of kindness per week during her biennium.

Her committee chairs came dancing and singing into the meeting (to the tune of “Shake It Up”) to present their goals for the next biennium, followed by District Governors with engaging and fun themes. The Governors nicknamed themselves the “Movers & Shakers”

This presentation was followed by the **Election Results** and **Call to Conference 2025** in Quebec! Save the dates (July 23-26, 2025)

The meeting was adjourned so that we could all get ready for the evening’s entertainment! Dueling Pianos – Texas Style! This was a fundraiser for the Foundation. All monies that were collected that night were given to Altrusa International Foundation.

**INSTALLATION BANQUET:** The installation of a new board is a very special event. Cynda Wright, Past Governor, District Eight was the Mistress of Ceremony. In keeping with Linda’s theme of ALTRUSANS ROCK, each officer was given a rock/gem, to signify her position on the board. Past International Presidents (PIPs) were included in the ceremony by having each one pin a new officer.

**Congratulations to the 2023-2025 International Board**

<b>International President</b>	Linda K. Smith (District Eight)	<a href="mailto:President@altrusa.org">President@altrusa.org</a>
<b>President Elect</b>	Chris DeVlieger (District Six)	<a href="mailto:Presidentelect@altrusa.org">Presidentelect@altrusa.org</a>
<b>Vice President</b>	Kitty McElhaney (District Three)	<a href="mailto:VicePresident@altrusa.org">VicePresident@altrusa.org</a>
<b>Treasurer</b>	Bettina Schempf (District Twelve)	<a href="mailto:Treasurer@altrusa.org">Treasurer@altrusa.org</a>
<b>Immediate Past President</b>	Kathy Folley (District Nine)	<a href="mailto:ImmediatePastPresident@altrusa.org">ImmediatePastPresident@altrusa.org</a>
<b>International Directors</b>	Melinda Aguirre (District Eleven) Penny Daugherty (District Eight) Ileano Pachico (District Fourteen) Linda Ring (District One)	<a href="mailto:Director1@altrusa.org">Director1@altrusa.org</a> <a href="mailto:Director2@altrusa.org">Director2@altrusa.org</a> <a href="mailto:Director3@altrusa.org">Director3@altrusa.org</a> <a href="mailto:Director4@altrusa.org">Director4@altrusa.org</a>

## Saturday Session

Chris DeVlieger presented the Celebration of Life, a slide presentation remembering over 100 Altrusans lost this past biennium. She used soft music, as photos of each Altrusan graced the screen. We experienced some heavy losses this past biennium, and greatly appreciated the time to reflect on all the good these ladies had done.

**The Accent** was presented by Dimple Overstreet. She told us the story of “**The Parable of the Pencil**” ([click here for the text](#)) *The takeaway?* Become the best person you can be.



- One: You will be able to do many great things in life if you use your gifts, and help others by giving them your gifts.
- Two: You will experience painful things from time to time, but by going through your problems in life (and not avoiding them), you will become a stronger person.
- Three: You will be able to correct any mistakes you might make. Always.
- Four: The most important part of you will always be what's on the inside.
- And Five: Everywhere you go you will leave your mark. Do your best, do what's best. Be your best.

Only you can fulfill the purpose to which you were born to accomplish.

## Keynote speaker

Kent Julien, President of Live It Forward LLC, had us moving and twisting in our seats following him as he moved swiftly throughout the room. His Message? Show up and Shine – How to get the best out of yourself and those around you.



He taught us that  $E + R = O$ . Event plus our Response equals the Outcome. We are each RESPONSE-able. Your RESPONSE is a gift. You are ABLE to choose your response.

There are 4 fenceposts of being Response-Able. They are Attitude, Associations (who you permit into your life), Articulations (the words that come out of your mouth) and Actions.

**E + R = O** is the muscle that grows GRIT. You will have staying power.

Use Affirmations: I believe you are the type of person who can fill in the blank >.  
Affirm yourself! Click here to refer to his [slides](#).



*Standing L to R: Pat Woodward (Legal), Melinda Aguirre (Director), Penny Daugherty (Director), David Mena (Executive Director), Linda Ring (Director), Ileana Pacheco (Director), Colleen Duris (Parliamentarian)  
Seated L to R: Bettina Schempf (Treasurer), Kitty McElhaney (Vice President), Linda K Smith (International President), Chris DeVlieger (International President-Elect), Kathy Folley (Immediate Past President)*

### 2023-2025 Committee Chairs

<b>BRR</b>	Kathy Surratt-States, Chair
<b>Parliamentarian</b>	Colleen M. Duris, PRP
<b>Legal Advisor</b>	Patricia Woodward, JD
<b>Communications</b>	Emily DeVlieger, Chair Holly McCoy, Vice Chair
<b>Membership Development</b>	Sylvia Juarbe, Chair Nancy Norris, Vice Chair
<b>Service Program Development</b>	Karyn Evans, Chair Scott Tice, Vice Chair
<b>Leadership Development</b>	Brenda Smith, Chair Tammy Boyd, Vice Chair
<b>ASTRA</b>	Traci Squarcette, Chair Jeraldyn Rivest, Vice Chair
<b>United Nations</b>	Kathleen Schrein, Chair Megan Halloran, Vice Chair



**The 2023-2025 Nominating Committee is comprised of**

- Colleen Duris
- Linda Moore
- Carolyn Robinson
- Judy Stubbs
- Pat Zoller

**Convention 2025 will be in Quebec! Save the Dates: July 23-26, 2025**



**2025 Convention**

The next convention will be in our own District One, Quebec City! Our Canadian Club is excited to welcome all of Altrusa to visit. Let's all try to keep that on your radar when planning vacations etc. It would be wonderful to have increased attendance at convention within our own district!

Hope you plan to join us! Feel free to call me if you have any questions!!

**Linda**

**Linda Ring, 860-490-8211**  
**International Director, Altrusa International Inc.**  
**Past Governor, Altrusa District One, Inc.**  
**Member, Altrusa Intl. of Central CT, Inc.**



**International Convention**

2023 Altrusa International Convention was held this past July 19-22 in San Antonio TX. Despite the heat, Altrusans gathered to see to the business of Altrusa, catchup with old friends, make new ones and have a great time. This year there were several contested races for International Director, International Nominating Committee, International Foundation Board of Trustees and with a last-minute nomination from the floor, International Treasurer. The delegates were lined up early Friday morning to cast their ballots.

I am so happy to say that Linda Ring; Central CT District One was elected to serve as one of four International Directors. Congratulations Linda!! Linda as a Past Governor of District One has supported our District over the years and now will be supporting Altrusa at the International level for a 2-year term.

As International Director, Linda will work towards setting organization goals and strategy; provide candid and constructive criticism, advice and comments to the other Board members and Committees and serve as an International Representative to District Conference.

We all wish Linda the best in her new role. District One will always be here to support you!

**Susan Porazzo**, Governor Elect, Plymouth County

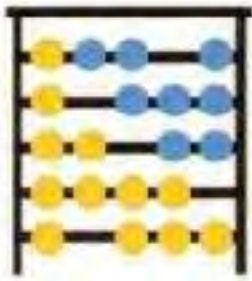


District One members attending International Convention  
  
Plan to join us in Quebec 2025





# Altrusa District One



**INCREASING  
OUR NUMBERS  
THAT'S THE GOAL !**

## **District One Workshop 2023**

Sheraton, Nashua NH

Saturday November 4th

9 AM to 3 PM

Hosted by Merrimack Valley

## ***Agenda-Altrusans Rock!***

**8:15AM – 9:00AM** Workshop Registration-Check In

**9:00AM – 9:15AM** Welcome, Introduction of Board, followed by Grace-Governor Rita

**9:15AM-10:00AM** Workshop **“Growing Membership Through Service”** by Susan Porazzo

**10:15AM-11:30AM** Workshop: **“Altrusans Rock”**

Presented by club members led by Penny Eldridge

**11:45AM-12:00PM** Call to Conference, Altrusa International Seacoast ME

**12:00PM-1:30PM** Lunch - Italian Buffet

**1:45PM-2:45PM** Heidi Bullen and Lisa Wentzell, authors

Of **“A Dog and His Boy”** with Scotty and Spillway

**2:45PM-3:00PM** Wrap - Thanks to the host club—Merrimack Valley -

Followed by Benediction

**3:00PM** Opportunity for Book Signing By Authors

**Workshop: “Growing membership through service”** presentation by Susan Porazzo

Leveraging the keys and message by Alex Johnson, Business Coach in Plano, TX and shared with Altrusans at International Convention, we will discover together how to grow Club membership via service projects. His key message is “Changing your Mindset for Growth”. His suggestions around tapping under use markets should open up the discussion for all Altrusans.





## Guest speaker...



### *Lisa Wentzell, AUTHOR*

Lisa Krikorian Wentzell is a full-time mom with a full-time career caring for Scotty, her special-needs son. Together with her husband, Scott, they are dedicated to Scotty enjoys all that life has to offer. different, and although their family journey is challenging, Lisa triumphs in uncovering hidden joys. She feels blessed with loving and supportive family, friends, teachers, and community, and with amazing

programs that allow Scotty to downhill ski, ride horses, and surf. Lisa's empowering message in A Dog and His

Scotty has a unique friendship with Spillway and we all want a sense of belonging, and we all want and need friends and we all want to be included at school, work, play and in our community. We want to celebrate our differences. Spillway and Scotty highlight human resilience and with a little determination, creativity and support of friends, anything is possible. We share Scotty's story and our message of inclusion, acceptance, and friendship.

*Come hear this remarkable story*

assuring  
Everyone's life journey is



*Altrusa Club of Merrimack Valley.  
All District Service Project*



The Merrimack Valley Club is asking members/Clubs in District One to please donate **BABY HYGIENE** products for our local domestic violence organization. Collection baskets will be at the registration table at the District One Fall Workshop on Saturday, November 4, 2023.

**Wish list:** disposable diapers, baby wipes, baby shampoo, baby wash, lotions, Desitin, and other hygiene products.

Thank you very much!





## Club Treasurers... action needed by 10/1

### FROM THE DISTRICT TREASURER

A few years ago, while I was Treasurer of Litchfield County, Hilda Schmidt wrote in an article for the DSB that “one of my biggest challenges is keeping accurate club membership records”. After just a few months as District Treasurer, I have to tip my hat to Hilda and say I heartily agree.

Group Tally is the way the club, the district, and international keep track of all of you. It’s an easy thing to do on the club level but keeping it straight when you don’t know everyone’s name is an entirely different story. All members have the ability to change their own contact information, but the Treasurer has the ability to change everyone’s. Treasurers, take a few minutes to log into Group Tally and review your members information. Not just the contact info but their status, their birthday, their sponsor, make sure they are listed as Active, and that all their pertinent information is correct. People change phone numbers, they move, they change their email address – you need to keep this information current.

Why is this so important? This is the way International and District learn how they can reach members, be it for the distribution of the DSB, invitations to conferences and workshops, distributing information on upcoming convention, and any other necessary communications. It is also how many reports are generated at the International level. It takes time, but it is well worth it.

On another issue, we are also approaching the due date to supply the following:

- **All Club Budgets (Operating, Special Purpose, Project Funds, Foundation, etc.)**
- **Documentation of payment for State Incorporation Fee**
- **Documentation of current 990-N IRS submission**

The above items need to be submitted to me by October 1, 2023. Sending them to me via email is the preferred method. Should you need help on how do file your 990, please don’t hesitate to call me.



*Diane O'Reilly*, District One Treasurer

432 Allison Drive Torrington Ct 06790 860 485 4080 ddoreilly51@gmail.com



# Club Visits



As all Club President’s know, District Board members visit every Club during the Altrusa year. The Governor with input from the Board members, assigns each one to visit anywhere from 2-3 Clubs for each year of the biennium. Board members may elect to visit during a business meeting to get a feel for how the Club is running and to answer questions from the members on District policies, etc. I know that, if possible, Board members will attend program meetings or events that the Club is hosting. This is an enjoyable way to meet members and really see how the Club is serving their community.

The purpose of these visits is to ensure that the Board is hearing from the Clubs. Since we have our own Clubs that we are members of and hear their triumphs and challenges, it is helpful for the Board to broaden their reach and see how other Clubs in the District are doing. The Board members are there to hear how we may be of service to the Clubs and what more District can be doing to support Altrusans in their communities. The Board recently decided to slim down the pre-visit survey so it is less intrusive and let’s the President’s focus on their Clubs and concerns they may have. Each Board member completes a post-visit survey that they submit to the Governor and should be sharing their feedback with the Club President as well. These visits are an opportunity for a two-way dialogue between District and the Clubs to strengthen District One and grow membership while serving our communities.

I have been fortunate to visit Portland ME, Carroll County NH, Meredith NH and Merrimack Valley. I know my Club (Plymouth County) has enjoyed hosting Pam Lemieux and Linda Ring on their visits. As Governor-Elect, I plan on using my upcoming visits to meet more members and look for people to serve on my Board beginning in 2025. You may not think you have what it takes but trust me when I say, if you’re tapped on the shoulder by a Board member or Nominating Committee member, we DO think you have what it takes! Keep an open mind u never know where it will take you.



Submitted by Susan Porazzo, Governor Elect, Plymouth County

## 2023-2024 Club Visitor Schedule

Rita Cote	Litchfield County, Merrimack Valley, Northeastern CT, Portland, Plymouth County
Susan Porazzo	Bermuda (Zoom), Greater Hartford, Laconia, Quincy
Wanda Pettersen	Quebec, Seacoast
Ann Lindner	Central CT, Greater Biddeford-Saco,
Susan Ulino	Carroll County
Penny Eldridge	Meredith
Pam Lemieux	Sanford-Springvale



As of 9/1/2023

## Thoughts from Leadership Chair

One of the many things that I enjoy about Altrusa and Altrusans is our efficient use of time! As I'm fond of saying: "We may work hard, but we play hard too!" This was never so evident as during our District One Board/Committee Chair meeting in Maine this summer. Thanks to the generous hospitality and efficiency of Governor Rita Cote and Marguerite Dow, we were able to meet at their lakefront property and enjoy the beautiful scenery and all the peace and recuperation that one experiences when in close proximity to the sounds and smells of waves.

We learned of International President Linda Smith's theme for her biennium, and it was a chord that resonated loudly with me. **#AltrusansRock** is our new slogan and embodies everything that we stand for—as individuals and as an organization. I know that this theme will be incorporated at the International, District, and local club level (so I don't want to "spill the beans" too soon,) but please allow me to share how it spoke to me as District One Leadership Committee Chair.



The analogy is that of a rock. A rock with many Altrusa attributes and it looks like this:

From a leadership development perspective, Altrusans must look at how we "rock" and teach/mentor others into realizing their own leadership potential and ways in which they too can "rock." One of the primary ways that we can demonstrate this is to poll each Altrusan and ask them which leadership areas interest them. This should be done without preconceived notions about what we "think" someone would be good at (which is usually based upon their professional lives and accomplishments). What if we flipped the paradigm and asked, "What leadership position would you LIKE to do—especially if you knew you could never fail?" How would YOU like to rock, as an Altrusan? What has always intrigued you, but you shied away from? What makes you smile while doing it and makes you want to keep doing it?

Then, if you get pushback, such as, "But I've never done that; I'm afraid I might not rock at it..." here's your opportunity to allow them to try something new—with support. How about teaming up a new member with a seasoned member to be an advice partner to the new member? This is not to tell them HOW to rock; this is to encourage them to think out of the box, take the risk, and assure them that you will be there, to assist as needed.

A story was told about a banker who decided to join a church close to his new home. He visited several and found one that appeared to be what he was looking for. So, he signed up for new member classes and for the gardening committee. When church leaders heard that his profession was that of Bank President, he was asked to become the church's finance director/treasurer. He protested, saying that all he wanted to do was work in the church's garden—weeding, pruning, and planting. Others began to push back and encourage him to work with the church's finances instead. Finally, the banker had had enough and left that church. He found a smaller, warmer church down the road that welcomed him and that had been hoping that someone would come who could help resurrect their neglected lawn and shrubs. So, the banker joined that church and could be seen most evenings, happily weeding, mulching, and admiring the fruit of his labors. He worked with high finance all day—in his downtime, he didn't WANT to work with money. He wanted to do something else that was needed, calming and that brought him joy. He wanted to rock as a gardener.



The moral of this: Make no assumptions about what someone would/could be good at, as it relates to service and leadership. Some people prefer to lead BY serving (Servant-Leaders) and should be encouraged to do so. Or, in other words, there is more than one way to "rock." Our task is to allow all to "rock" and lead in ways that are innovative, and effective but that also give them personal satisfaction.

Peace, Laughter and Rock like the Altrusan you are.

*Carlita Cotton*, Northeast CT



## Make A Difference Day

Has your club planned a Make-A-Difference Day project yet?

Make-a-Difference Day is the 4th Saturday of October every year. This year that date is October 28th. The USA weekend magazine created this national day in the year 1992. Altrusa clubs have largely adopted it as a signature date in their calendars.

As Altrusans we are making a difference in our communities all the time, of course, but by focusing our efforts on this one day, and publicizing our projects accordingly, we can increase the effectiveness of our projects, promote a greater awareness of Altrusa, and maybe even by draw in some potential new members.



Be sure to share pictures and details of you club's Make A Difference Day projects on the Altrusa International Service database, in your local media, and with District One Altrusans in the next DSB.

Submitted by Marie Pike

Calendar days to remember			
Sept 4	Labor Day	Oct 24	United Nations Day
Sept 14	Treasurer's Workshop	Oct 28	Make A Difference Day
Sept 8	National Literacy Day	Oct 31	Halloween
Sept 15	International Foundation Grant Application due - Cycle 1	Nov 3	District Board meeting
Sept 15	District One - Club Growth Grant Application - due	Nov 4	Fall workshop / Nashua/ Hosted by Merrimack Valley
Sept 18	Governor - President Counsel - ZOOM meeting - presidents workshop	Nov 7	Election Day
Sept 21	International Peace Day	Nov 11	Veterans Day - USA
Oct 1	Deadline to file 990N, State report & copy of budget with District treasurer	Nov 11	Remembrance Day - Bermuda and Canada
Oct 2	Canadian holiday - National Truth and Reconciliation	Nov 20	Governors ZOOM with presidents
Oct 9	Canadian Holiday - Thanksgiving	Nov 23	Thanksgiving
Oct 16	World Food Day	Nov 25	International Day for Elimination of Violence Against Women
Oct 16	Governors ZOOM with presidents		