



District One Altrusa International, inc.  
 Bermuda, Canada, Connecticut, Massachusetts  
 New Hampshire, Maine, and Vermont  
**District One Service Bulletin**  
 Volume 29 Issue 3 “Leaders in Service”  
 December 2024

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2023-2025**

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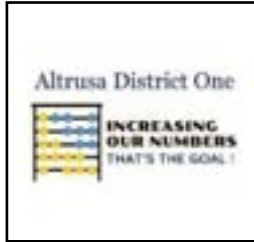
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**Governor's Message**

This is the season for celebrating and giving. As Altrusans, we give all year but a lot of clubs increase their giving to the most needy at this time.

**Altrusa's focus is on literacy.** Here are some facts about literacy provided by the National Literacy Institute dated 2024.

*21% of adults in the US are illiterate (therefore cannot read to their children). Of those adults that are literate 54% of them have a literacy level below the 6<sup>th</sup> grade level. Massachusetts is the state with the **highest** rate of child literacy. New Hampshire is the state with **the largest percentage** of adults considered literate. Poverty and illiteracy are interlinked. What happens before school matters a lot and without help struggling readers continue to struggle. 66% of children who have difficulty reading at the end of first grade display similar difficulty in high school . This highlights the importance of a strong foundation for reading birth through age 5.*

Altrusans have given away over 8,000 books in 2023-2024 according to the International website (Altrusa.org). I am sure it is a lot more since a lot of clubs have not submitted the number of books given. Please record the books given. Let's continue to supply books, read to children and encourage reading whenever we can.



**Retaining our club members is as important as getting new members.** Reasons for leaving the club are important and varied. Here are some questions you can ask yourself about your club.

- Do you say thank you to those members who have stepped up for the club?
- Have you set up a club environment with happy members who truly thrive in Altrusa?
- Have you put some effort into discovering what members are passionate about?
- Have you helped them feel welcome?
- Have you been careful not to overwhelm them?
- How many members prefer service and do not care about meetings? Can we accommodate that?
- Are we looking out for burnout and boredom?
- Are we supportive of new ideas?
- Can we find ways for aging members to still contribute in a meaningful way?
- Do we advertise service projects and reach out and invite others to join us--sharing the GIFT of Altrusa with them?

**Leadership** is not a position or title: it is a decision to hold the ladder for others to climb and a promise to guide them when they reach the top. We have great leaders in our district. I would love to give thanks and appreciation to all our club presidents in District One.

NAME OF CLUB	CLUB PRESIDENT or CO-PRESIDENTS
Bermuda	Mary Faries
Carroll County	Beth Wheatley-Dyson and Nancy Spaulding
Central CT	Lynne Havlicek
Greater Biddeford-Saco ME	Sandy McKenney
Laconia	Stephanie Gilbert
Litchfield County	Emily Barbero
Meredith	Mary Ann Skawinski
Merrimack Valley	Jackie Maciejewski
Northeastern CT	Jodi Walencewicz
Plymouth County	Jennifer Belcher
Portland	Karen Valley
Quebec	Danielle Blondin
Quincy	Ilda O'Connor
Sanford-Springvale	Sandy Gray
Seacoast	Barbara Leavy

Governor's message continued..

Thank you to all those who attended workshop. We surpassed last year's number by 14. Great job! The workshop's success was based on member participation. You certainly participated, thus insuring it to be a great workshop. The board and committee chairs plan the event but it is your attendance that makes it a success.

We are now busy planning Conference 2025 on May 2-4. Save the dates! We've gotten some good suggestions for workshop topics. You can get a hint of some of the workshops later in the DSB.

Also, in the DSB you will see the Strategic Plan for 2023-2025 for District One and the progress we've made in meeting our goals. We have also highlighted the goals that have not been met and what we plan on doing to meet those goals-hopefully before the end of the biennium May 2025.

Altrusa is a GREAT organization, and I am happy to be your governor.

See you all at the conference in Southbridge Massachusetts, May 2-4, 2025.

**Have great Holidays!**

*Rita Cote, Governor*



April 1, 2023  
337

March 31, 2024  
344

April 1, 2024 to  
present 337

### Note from Membership Chair - Cindy Hyatt.

CONGRATULATIONS! Through your efforts to spread the word about the uniqueness of to reach out to your community with invitations, and to engage your membership the results are no loss in membership in District One. Although this sounds anticlimactic, it is actually a great achievement – a mark that has not been met in many years! **Thank you for your efforts.** Thank you for looking at what you have been doing with new eyes – how you run your meetings, how you advertise your club and all of the great things that you are doing, who you invite to participate, how you engage your members and the community in the things (service and social) you are doing. Thank you for all that your are doing to keep Altrusa vibrant and relevant in the 21<sup>st</sup> century. As we begin 2025, keep in mind that all new members from now on represent GROWTH!

Altrusa,



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## Greetings from

## Altrusa International President



Happy holidays, Altrusans!

The holiday season is here and I know that you are all very busy working on special holiday-related projects. I enjoy seeing all of your preparations and final projects on Facebook and in your newsletters. You are all doing things that are *Leading to Better Communities* in your areas. You should be proud of your accomplishments.

I hope you are all continuing with the weekly intentional acts of kindness challenge. November

13 was International Kindness Day and I know from your posts that many of you participated. Do not forget to add those acts to the Kindness Challenge area of the website. I look forward to seeing our biennium numbers.

I continue to be amazed by the number of books you all are distributing in your communities. I love seeing all the smiling faces on Facebook of the kids and their new books. Please remember to report these donations.

Our Days for Girls Liaison Vickie Kilgore has challenged each of us to donate \$10 to Days for Girls. Have you made your donation yet? If we each donate, that is a combined donation of over \$60,000. Can you imagine the impact that will make on young women throughout the world?

Altrusa International is once again offering the April Membership Challenge. If your club adds a new member in April and adds them to Group Tally along with paid dues, your club will become eligible for one of five \$100 prizes. Make plans now to start recruiting.

As a reminder, any new member recruited in April will get fourteen months of membership for the price of twelve.

Keep doing all the things that make Altrusa the great organization it is!

Let's continue to **R.O.C.K.!**

Linda K. Smith, President  
Altrusa International, Inc.



<https://www.daysforgirls.org/>

You can also donate by sending a check to the **Altrusa club of Merrimack Valley , P.O. Box 622, Tyngsboro, MA 01879** and they will send a check including all donations.. to Days for Girls.



## Greater Biddeford-Saco Workshop Service Project

Dear District One Altrusans,

I hope this message finds you well. I want to take a moment to extend our gratitude for your generous support of our Foster Care and Kinship program at Altrusa International of Greater Biddeford – Saco, ME.

Recently we reached out to you with a request for essential items to help us assemble comfort care bags for children who have been suddenly removed from their homes. These vulnerable children often leave with nothing more than the clothes on their backs, which makes our efforts all the more vital. Thanks to your incredible generosity, we were able to far exceed our initial goal for the number of bags we aimed to fill. Once completed, these bags will be delivered to Adoptive & Foster Families of Maine, Inc. and the Kinship Program.

Once again, thank you from the bottom of our hearts for your overwhelming support and kindness. Your contributions will make a significant impact on the lives of these children, and we are truly thankful for your partnership in this worthy cause

Ann Milliard  
Service Chair  
Altrusa of Greater Biddeford-Saco, ME





## Cornucopia of Ideas

**Here are the ideas shared by each of you at District One workshop. Enjoy reading and putting them into action!**

- Have a mentor for each new member
- Go with the flow. Cooperate with each other
- Need to recruit more members, especially younger members, to take over after us “oldies”
- Join with other organizations in the area to help in the community
- Team up with other non-profit group locally to host an event e.g. Rotary Club
- Car bumper stickers with Altrusa logo
- Have a club Facebook page that is following the District One FB page...and vice versa
- Bright and colorful club brochures and biz cards that carry Altrusa colors and logo, but are not year limited (no president’s name, board, etc.). Use that artwork in publicity.
- Recycle for Good: turn in old winter coats and jackets for shelter folks.
- Family membership
- Bring a friend to a service project (like end 68 hrs of hunger food bags). Chatting with people as they help fill the bags for children often is a great ice breaker—involved people often join the club.
- Just ASK! Don’t be afraid of No. You will eventually get a YES.
- We need help with Social Media and getting our work out!
- Scratch ticket raffle basket fundraiser
- Ask—Ask—Ask again. It may not be the perfect time—but it might.
- Help decorate a homeless shelter with holiday themes.
- Club fundraising—time or talent auction
- Select one new method to advertise your club events and be diligent in submitting news at least monthly
- Create a YouTube video with help from school A/V dept
- Fundraiser Skating Party! Ice or Roller
- We need to stress commitment to our members for meeting attendance and participation
- We have raffles at our meetings. We raffled scratch tickets, homemade pot holders, 2 pies for Thanksgiving, stained glass art donated by a member. Made \$80 on pies!
- Calendar Raffle
- Painting party-(with or without wine?)
- Poetry contest for seniors (+65) awards, reception
- Save money! Too many committee and board members who get free rooms at workshops and conventions. Too many chiefs and not enough Indians.

- Junior membership
- Service: Coats for veterans
- Gratitude projects
- Conference at a camp
- Raffles in our meetings to put money into operations
- Find the joy in Altrusa and pass it on
- Partner with other like-minded organizations to complete service projects/fundraise
- Reach out to community leaders to see how your club can support their service events
- Any reference to a website should state the actual website in parentheses (Altrusa.org) or (ASTRA.Altrusa.org)
- Encourage co-sharing roles and responsibilities
- Support veterans going from homelessness to permanent homes
- Club fundraising: Brown Bag Auction
- Keep the fun and humor in all you do!
- Presentations at New comers' clubs introducing Altrusa
- Use the Next Door app to make announcements
- Representing our communities
- Ideas for Altrusa membership: 1. Who will be good for Altrusa and who will Altrusa be good for 2. Recruit from community theatre.
- Once a year each club should have a “fun activity night”—no business, just fun—to promote team building
- 5 minute history on Altrusa at each meeting by different members
- Approach high school student looking to fill community service requirements
- District to buy Canva (an online design platform) to share with clubs
- Have a more universal look to clubs i.e. rack cards
- Membership—Presentations about Altrusa to local community college, hospital, etc.
- Teach how to use Insta
- Need more National advertising for the Altrusa brand. Ex. Advertising Altrusa on PBS
- Help with technology Ex. Canva—have a tech seminar
- March in your local parade—with banner, books, etc.
- Brown Bag Auction fundraiser for club! Everyone brings item in brown bag with clue then items auctioned off—funny and creative!



### Fundraising Ideas:

- Calendar raffles, sell calendars at tables at restaurants, do drawings at restaurants with child drawing the winner, sell calendars at table at local band concert
- Bingo night at Fire Station
- Veterans breakfast at local restaurant—members socialize—raffle of blankets
- Meat raffle at a bar/brewery
- Rent a craft table or set up a craft fair and sell table space
- 50/50 raffles
- Partner with the local PTO
- Run food drive in partnership with the high school
- Dine to Donate
- Send out annual email to solicit donations. List current and future projects. Send to friends and family
- Participate in craft fairs, farmers' markets, psychic fairs





## Harvesting Ideas—Workshop 2024 How to change a NO to a YES

Sharing with you a compilation of ideas that surfaced as we asked the following questions:

**Question 1: How do you get members to accept leadership roles in the club? What have you tried? Did it work?**

- Get them on the board as directors
- Implement a mentor program
- Present a leadership forum-nominated members participate in training
- Designate assistants for each board position
- Set up co-presidents and co-chairs for committees
- Encourage people to aspire to moving up to districtHorTraining available on International website (Altrusa.org)
- District to provide more training for each role
- Get ASTRA members to start an Altrusa club in whatever community they move to
- District needs to provide more technology training
- Produce promotional items—possibly through a district Canva account
- Clubs should become familiar with Venmo and QR codes
- Ask each member to nominate 2 people from their club to serve in leadership
- Rotate every 2 years between chair and co-chair of a committee
- Co-president consisting of new person and past president
- Decrease intimidation. Leadership word can be a stopper—use “critical roles”
- Have a meeting to teach members what the roles are before the nominating committee calls them
- Promote Altrusa with flyers at a table at a fair
- Encourage members to learn new skills so that they are ready to step up

Continued on next page...

- Get members on the board as directors
- Be open to new ideas from new members—encouragement
- Offer continued support
- Have fun meeting—fellowship
- Use co-presidents especially if you have some members leaving for the winter
- Consider skills when asking people to be in leadership
- Define the roles—what are the duties—dispel the idea that there is so much to do
- Ask members what their “forte” is—proofreading, spreadsheets, etc.
- Start a new member in a basic role
- Draw in new members to a meeting with a speaker or a project. Chat as you go and make it fun. They can be tomorrow’s club leader
- Ask member to try the job and see if it’s a good fit
- Divide the work load and conquer
- Set up a succession plan
- Ask, Ask, Ask

**Question 2: How do you get the attention of local media to get coverage of your events? Do you use social media? Which ones are you using? (Facebook, Instagram, YouTube, LinkedIn etc.) What is your experience with each site? Which has worked for you, and which hasn’t? Which might be targeting younger users and possible younger members?**

- Encourage members to share posts with their friends to increase visibility
- Target local pages on community bulletin boards
- Photos help
- On Facebook, tag the organization you are supporting
- Copost from Facebook to Insta (formerly Instagram)
- Use hashtags i.e. #volunteer #service projects
- For TV/Radio coverage, befriend someone in the organization. Ask to be featured on local media “volunteer spotlight”
- Join local PATCH. Patch.org—features local info
- Watch “207” ½ hour program featuring state of Maine highlights

Continued on next page

Question 2 continued

- Check out Channel 5—New England
- Connect with public radio station—community events on NPR
- Use Facebook, Facebook Events, Instagram, YouTube, Linked In
- Submit to small local newspapers or local on line newspapers
- Invite a news person to join Altrusa or invite them to a special event
- List under organizations and affiliations in Linked In's non-profit section
- Do a short video for YouTube and share it with Twitter (X) and Instagram. Twitter is best to recruit young members. Snap Chat, Tik Tok and Instagram
  - are also good to recruit younger members
- Do a membership drive in local papers
- Approach a local college to do a film/video of Altrusa
- District should help train clubs via media workshops. Cover Venmo, QR codes, maintaining websites
- Belong to the Chamber of Commerce
- Members need to share Altrusa posts with their friends
- Co-post with other organizations
- Cooperate with other organizations to get on their website or facebook page
- Facebook has an events section
- Get youngsters to join you in service—high schoolers, grandchildren
- Place informational posters in the library and in stores
- Add more drama to videos and website
- Add info to town webpage with open invitation to membership
- Co-promote with community theatre-draw new members from that group
- Use the phone—one on one contact

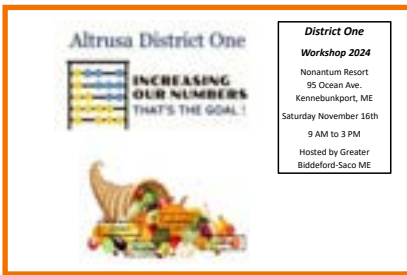


### Question 3: How do you get members to be involved in service and fundraising?

- Put out texts to ask them ahead of time
- Send out email requests or ask them at a meeting
- Designate a point person for each project and have them do follow-up phone calls
- Establish an outreach committee to explore projects and present them to the club
- Try to involve all members in a piece of the project or pre and post project tasks
- Change meeting night—it might improve attendance. Meet at lunchtime. Meet for brunch on Saturday
- Stop meeting in January and February and start meeting in July and August instead
- Meet via Zoom in January and February
- Do a post event evaluation. Write it up for award competition. Compare results to previous year. Send thank you notes
- Do project during a meeting—make blankets, write cards
- Make it fun!
- Do a project at a meeting—bring canned goods, collate birthday boxes, prep Christmas stockings, make blankets, sign cards
- Fundraise with a partner
- Believe that you'll get YES more often than NO
- Discuss projects during business and have people sign up
- Ask new members to join in
- Expand current projects to include more people—possibly to do before and after tasks
- Do some training on how to sell an idea, how to invite, how to ask for donations
- Emphasize that you're a 501c3
- Do story hours at local library. Some members really enjoy that activity.
- Do things that appeal to members—Survey members to gauge their interest—Ask members what they want to do







# Fall Workshop

## First Timers



We celebrated our first timers .. those who attended their first fall workshop. We had 10 in attendance. The district one board presented a little incentive to those first timers... they had free registration! As another incentive.. one of the first timers, Cathy Digiampietro from the Carroll County Club will have free registration to the Spring Conference. We hope the first timers enjoyed workshop as much as we enjoyed meeting them.

First time attendees at workshop were from Clubs

- Greater Biddeford-Saco**
- Carroll County NH**
- Central CT**
- Seacoast**
- Sanford-Springvale**



## Guest Speaker - Kirsten Cappy from I'm Your Neighbor Books

Kirsten Cappy is the co-founder and Executive Director of I'm Your Neighbor Books, a nonprofit seeking to change the conversation on immigration. The organization uses children's books representing Immigrant and New Generation families to center dialogue on people rather than political rhetoric or policy.

Kirsten described the projects that her organization has and showed us photos of the library kits that are available to purchase. These kits offer an assortment of books in many different languages. These books offer comfort to those children (and families) who are here in the US, by being able to read stories in their native language. One impressive aspect of the



books is that many books

have a QR code in the back which can be used so the child / family can hear or read the same story in their own language.



Kirsten read us a story and then provided us with the opportunity to make donations and take a book home. At our table Pat showed us the book, as Kirsten read the story.



Rita presented Kirsten with a donation. The other photo is of Nancy and Pat M from Carroll County donating the book that Nancy purchased to the Library in Madison. They talked to the librarian and explained the concept and that the NH State Library actually has the lending library that was created by I'm Your Neighbor Books. Networking at it's best!



<https://imyourneighborbooks.org/>





# Team Building



## What is required to make a team?

Carlita, Anne and Christine facilitated great activities to encourage Coordination, Cooperation, Camaraderie and Communication.

Split up responsibilities  
 Got it done Pointed  
 Got creative (me)  
 Visuals / Pix

Listen Insta  
 Teammates FB/Meta  
 Fun Engaged

As-su-me :) Dissent  
 See Mytools (online)



Coordination

Partnership Delegate :)  
 Collaboration  
 Flexible

Team work  
 Planning  
 Organizing  
PLAN-B!



Camaraderie

Respect Sharing  
 Friendship Supporting  
 Tolerance  
 WINE!!! (noted it)  
 Empathy Fun  
 Kindness Different perspective

Communication

Listening  
 Text  
 Email  
 CLARITY!  
 Conversation  
 Hearing  
 Being present

Cooperation

Together  
 Fairness  
 Listening  
 Fellowship  
 Joining-In



Greater Biddeford - Saco

## Attendees at Fall workshop



Litchfield County



Carroll County NH



Central CT



Portland

## Workshop attendees:

Twelve of the Fifteen clubs in District One were represented at Fall workshop. Here's a few of the group photos that the clubs took. Host club - Greater Biddeford Saco, Litchfield County, Carroll County NH, Central CT, Portland Club, Seacoast. Other clubs attending, Laconia & Meredith, Northeastern CT, Plymouth County & Merrimack Valley & Sanford-Springvale. Missing were Quebec, Bermuda and Quincy.

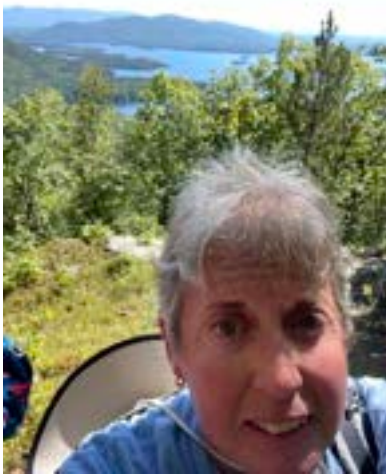


Seacoast





**Cathy DiGampietro - Carroll County NH**



I grew up in Massachusetts the oldest of 5 children. Early on I realized I got great personal satisfaction from serving others. I chose a career in hospitality management where I spent almost 40 years working in hospitals and senior living. I was fortunate to be able to travel and see many parts of our great country. Much of my early travel was done on my motorcycle along with several fellow women riders. I've ridden through buffalo jams in Yellowstone and 10 foot snowbanks in the Colorado Rockies. These days I enjoy more sedate activities like kayaking and walking my 13 year old rescue dog - Rudy. I moved to NH last December. I started volunteering at animal rescues but quickly realized that I needed more people contact. My sister Susan has been an active part of Altrusa in MA for several years. I saw how much the organization does for the community and that's when I decided to check out our Carroll County chapter. I am looking to be an active member while making new friends along the way.

**Deb Doucette - Carroll County NH**



I have been happily married for almost 34 years and my husband and I recently welcomed a new puppy into our family. His name is Cooper, and he is an absolute love, and we have an amazing daughter who is currently serving in the Air Force and living in Alaska. We are so proud of her and what she is doing.

I was born in Massachusetts, but we moved to Moultonborough, NH when I was in high school for my family to open a business, and that had a big impact on my life. In fact, I started my own business at the same age that my father started his. I am a certified financial planner in practice for myself, and I love what I do and am so blessed with wonderful clients. So many people don't really understand what a financial planner does and think that it is the same thing as a financial advisor, and while there is some overlap as I also help clients with their investments; I don't stop there. I help my clients with anything and everything to do with their finances and the things that impact them.

My absolute all-time favorite thing to do is cross country ski, and next to that I love to be in the wood. I used to be a member of a church in Jackson, and was very active in volunteering there, but I left the church several years ago and have really felt that I was missing out on "giving back", and Sue and Beth told me about Altrusa and what you do, and I saw an opportunity to be the "giving back" into my life, and I am thrilled to be a part of it.



## Tag, You're It



Social media "tagging" and "hashtags" are terms you now hear quite often. How can we use them for our club's benefit?



Tagging in a social media post is a way to mention and engage with community partners, businesses, and individuals. It creates a link to their profiles/pages, and the person/organization receives a notification of the "tag". To tag, type the @ symbol followed by the start of their profile name (no spaces). Click when the correct name appears to complete the tag.

With tagging, your post can be seen by the entire network of the person or organization you tag, providing increased visibility to a wider audience. Tagging can show appreciation, give credit, encourage discussion, or respond to a comment. In addition, using @everyone will alert all members of your group to the post, but overuse of this tool should be avoided.

A hashtag is a word or phrase preceded by the pound sign (#), which helps users find or follow specific content. Sometimes event or meeting planners will provide a specific hashtag for attendees to use to help raise awareness of the event. For example, Altrusa clubs might use #altrusaservice, #altrusadistrictone, #volunteer, and #literacy. Clubs should consider creating a unique hashtag for their club and event(s).

Hashtags help increase the visibility of your post. Keep hashtags short and memorable and limit the number of hashtags used in any post. To view posts with a specific hashtag, users can type the hashtag and search the internet or conduct a search within an app such as Facebook.

Helpful Hint: When tagging, be sure you are tagging the correct organization or profile. Some organizations have similar names to other unrelated organizations, or there may be multiple profiles for an organization based on community or region. If you aren't sure, search for those you plan to tag before creating your post, so you know what their profile picture looks like.



# What is this *Canva* thing everyone is talking about?



Canva is a graphic design platform that provides tools for the everyday person to design beautiful, fun, and personalized social media images, videos and gifs to posters, websites, booklets, multimedia presentations, and a bunch of other fun things. The platform has two version: basic and pro. The basic is what I'd recommend everyone get to try out before paying for the pro. You can find predesigned templates that you can modify to fit your theme. A variety of font styles, sizes, and colors are available too. They offer preloaded elements or graphics to help zhuzh your newsletters, social media posts, flyers, and more. Images can also be uploaded and saved for later use.

When I first started using Canva I found it to be stressful. For years I had used Word, PowerPoint, and some other website my library subscribed to for make flyers for work. In Canva there are these purple boxes that define your project space and then purple boxes for text, that if not clicked on correctly will throw everything off. 😡 You'll learn that it takes patience (a lot of it) and practice to get it right. Unlike Word, you do not have a spell check option but Canva will tell you if something is spelled wrong. I've written out my paragraphs in word, made sure everything was spelled correctly, and copied it into a text box.

The one thing I **LOVE** about Canva is the ability to move images and graphics to anywhere I want! No more frustration with lining image up with the text or with text wrapping thing. Your project will automatically save for you. If you make a mistake, just hit the back button to undo it. My problem is that I go down a rabbit hole of wanting everything to look just right, that I can spend hours on one flyer. Plus I think its fun.

Once you've climbed out of the rabbit hole of perfection, you have multiple way to share your creation. Your project can be downloaded as a JPG/PNG, PDF, MP4 video, GIF, or PowerPoint document to be shared with others or uploaded to social media. Speaking of social media! Canva has options for the correct format sizes needed for Facebook and Instagram. Remember that both these apps only upload JPG/PNG. PDFs will not save.

I'm sure I missed some important information about how Canva works but I know those of us who use it keep learning as we create. Don't be afraid to give it a try.

In Service,  
Jennifer Belcher  
Plymouth County



**P.S. This document was created on Canva.**



# New Awards for your consideration

## Call for Award Nominations

### Wilma B. Hogan Enduring Community Project Award

The Wilma B. Hogan Enduring Community Project Award was established in 2024 by the Altrusa International Foundation, Inc. in memory of Wilma B. Hogan, a member of Altrusa International of Tampa Bay, Florida, Inc. The Wilma B. Hogan Enduring Community Project Award is given biennially by the Foundation to recognize an Altrusa Club service project and its role in providing community service.

#### To be eligible, the service project should:

- Have been started by the nominating Club.
- Be in operation at the time of nomination.
- Be in operation for a minimum of five years.
- Demonstrate growth and development over the years.
- Demonstrate success in its performance and goals.
- Demonstrate exemplary, innovative, and replicable strategies. Not include fundraising.
- Be nominated by an Altrusa Club in good standing.
- Be supported by the Club either monetarily, by personal service, or both.

#### Each Club may submit one qualifying service project in each biennium.

The winning service project will be announced at the International Convention.

**The nominating deadline is April 1, 2025.** The award will be accompanied by a monetary award determined each biennium by the Foundation. The monetary award is to be utilized for the winning service project.

### Anna H. Settle Community Leadership Award

The purpose of the Anna H. Settle Community Leadership Award is to recognize individuals who have made significant contributions to their communities as volunteer leaders.

Think of someone who:

- Has chaired a specific community service program which provided, or continues to provide, a benefit to the community.
- Chaired an Altrusan project or program (not a fundraiser) – they may have chaired a project sponsored in cooperation with another civic or charitable organization
- Lives or works in the community of the nominating Altrusa Club
- Is a true volunteer, not a paid staff member
- Does not have to be a Altrusa member
- There may be (1) nomination per Altrusa Club.

The Anna H. Settle Community Leadership Award will be presented at the International Convention in Quebec City.

### A Few Notes To Remember

Projects receiving grants from the Foundation are eligible to apply.

This award has no impact on the Letha Brown Literacy Award, the Mamie L. Bass Service Award, or the Dr. Nina Fay Calhoun International Award; and nominating Clubs should continue to submit their project nominations if eligible for such awards.

Please visit the website for additional nominating criteria, <https://foundation.altrusa.org/grants-programs-and-awards/>

**Our own District One Altrusan, Barbara Arafah of Central CT, received the Anna H. Settle Award at the last convention.**

<p><b>Vision:</b> Altrusa is a leader among international organizations improving communities worldwide through a network of member clubs.</p>	<p><b>Mission:</b> To improve communities worldwide by providing service, developing leadership, fostering international understanding and encouraging fellowship through an international network of dedicated volunteers.</p>	<p><b>Brand:</b> Leading to a Better Community  Brand Anchors: Flexibility, Inclusion, Clarity</p>	<p><b>Measures:</b> 1. Member Numbers 2. Member Satisfaction Rating 3. Service Hours and Fundraising \$ 4. Number of clubs submitting awards 5. Social Media Connections</p>
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Goal	Strategy	Action
<p><b>Service</b> Inspire profile enhancing Service Projects</p>	<p>Support a Signature International Service project</p> <p>Get at least 50% of clubs involved in Days for Girls</p> <p>Increase Membership Participation in Service Projects</p> <p>Facilitate the sharing of service project ideas</p>	<p>Days for Girls AND Literacy</p> <p>Encourage multi-club (or partner with other non-profit) service projects</p> <p>Plan a presentation for Days for Girls at conference</p> <p>Publish article on Days for Girls in DSB</p> <p>Remind clubs to consider ways to adapt service projects to include more members</p> <p>Remind clubs to survey their members for service project ideas</p> <p>Continue project sharing sessions at workshop</p> <p>Encourage clubs to document projects – Altrusa Intl Service Project database, DSB, AND apply for District Awards.</p>
<p><b>Marketing/Communications</b> Enhance the flow of Altrusa information internally and with external parties</p>	<p>Enhance bi-directional flow of information within Altrusa</p> <p>Push down news from Intl &amp; Seek feedback from clubs</p> <p>Promote Altrusa to communities worldwide</p>	<p>Publish quarterly DSB plus call to conference</p> <p>Publish district and club membership chairs in DSB</p> <p>Form a technology team</p> <p>Produce ten Presidents' Messages per year</p> <p>Schedule monthly teleconference calls for club presidents, club foundation presidents, committee chairs and board members with open discussion on various topics</p> <p>Promote use of Social Media to advertise our projects, programs, fundraisers, etc.</p> <p>Explore and embrace some of the newer opportunities in Social Media</p> <p>Refresh club Webpages with new photos - showing diversity in club members (age, race, etc.), updated club meeting information and president contacts</p> <p>Upload workshop and conference presentations to the 'Resources' tab in the District section of the website</p> <p>Encourage clubs to use Next Door app or go to Next Door.com to solicit books</p> <p>Share club news on District One Facebook page with Kudos</p> <p>Upload newsletters and links within 48 hours of receipt</p>
<p><b>Members</b> Stabilize and increase membership numbers in all clubs</p>	<p>Recruit &amp; Retain a diverse membership</p> <p>Increase Membership by 10%</p> <p>Retain at least 95% of current membership</p>	<p>Strive for 10% growth in membership this biennium – a goal of 350 members **</p> <p>Provide guidelines for member orientation/re-orientation **</p> <p>Develop an incentive program to stabilize and increase membership</p> <p>Provide workshops/guest speakers on recruitment and retention (professionals)</p> <p>Provide revitalization grants to encourage the clubs to challenge themselves to grow membership</p> <p>Investigate participation in the Big E in fall 2024 for membership recruitment; also encourage individual clubs to investigate participation in their local fairs as well**</p> <p>Publish news of members who died in the DSB**</p> <p>Promote ongoing club projects through the Presidents' Council meetings</p>

	Decrease number of club under charter strength	<ul style="list-style-type: none"> <li>➤ Present the "refer a friend to a new area" program at a Presidents' Council meeting</li> <li>➤ Promote projects that give every member a chance to contribute</li> </ul>
Leaders Create a pipeline of strong Altrusa Leaders	Identify and nurture potential leaders	<ul style="list-style-type: none"> <li>➤ Encourage members to take on leadership roles – at club visits, and district events</li> <li>➤ Create a mentorship program for those who want to move up, but don't know how</li> <li>➤ Take part in club visits</li> <li>➤ Attend district board meetings</li> <li>➤ Attend workshops and conferences</li> </ul>
	Fulfill board responsibilities and duties	
	Teach Leaders to Delegate	<ul style="list-style-type: none"> <li>➤ Suggest that club presidents appoint a mentor for each committee chair or appoint a co-chair</li> <li>➤ Encourage clubs to consider having 2 Vice Presidents in a club **</li> <li>➤ Include committee chairs in district board meetings</li> </ul>
	Host orientation and training	<ul style="list-style-type: none"> <li>➤ Provide training through sessions at workshop and conference and videoconference or onsite as requested</li> <li>➤ Utilize skills of existing leadership and Past Governors</li> </ul>
Member Service Inform, Update and Educate members	Respond to member needs in a timely manner	<ul style="list-style-type: none"> <li>➤ Respond to email requests within 24 hours.</li> </ul>
	Organize records retention for the District	<ul style="list-style-type: none"> <li>➤ Share information from International about guidelines for records retention with each club</li> <li>➤ Gather information on how each club retains their records and who has them in their possession</li> </ul>
	Better communication between district board, club presidents and members	<ul style="list-style-type: none"> <li>➤ Provide updates to Presidents to disseminate to membership</li> <li>➤ Ensure that Group Tally is up to date with member information and leadership identified</li> <li>➤ Develop a strategic plan which has goals from each committee chair as well as the board. Let members know the goals and progress on the goals at least once a year</li> <li>➤ Assist clubs in navigating the rules and regulations of the International Foundation</li> <li>➤ Keep all clubs informed about the activities and goals of the International foundation</li> <li>➤ Ensure that new members are aware of the history of Altrusa by providing a session at conference</li> </ul>
Finance Maintain fiscal integrity and fiscal health	Respond to members budget concerns	<ul style="list-style-type: none"> <li>➤ Inform members of budgetary process/fiscal needs</li> </ul>

\*\* not completed yet.. but working on



# Call to Conference



We'd like to welcome you to Spring Conference 2025 in Southbridge MA! We are looking forward to having you join Plymouth County as we celebrate Altrusa.

Despite our varied backgrounds perspectives, and experiences, we are united by our shared membership in Altrusa. Each of us brings something unique to the table enriching our collective journey.

We look forward to learning, growing, and thriving together as one human family in Southbridge.

**Hosted by  
Plymouth County Altrusa**

**As Maya Angelou beautifully expressed  
in her poem "Human Family":**

**I note the obvious differences  
In the human family.  
Some of us are serious,  
Some thrive on comedy.**

**Some declare their lives are lived  
As true profundity,  
And others claim they really live  
The real reality.**

**The variety of our skin tones  
Can confuse, bemuse, delight,  
Brown and pink and beige and purple,  
Tan and blue and white.**

**I've sailed upon the seven seas  
And stopped in every land,  
I've seen the wonders of the world  
Not yet one common man.**

**I know ten thousand women  
Called Jane and Mary Jane,  
But I've not seen any two  
Who really were the same.**

**Mirror twins are different  
Although their features jibe,  
And lovers think quite different thoughts  
While lying side by side.**

**We love and lose in China,  
We weep on England's moors,  
And laugh and moan in Guinea,  
And thrive on Spanish shores.**

**We seek success in Finland,  
Are born and die in Maine.  
In minor ways we differ,  
In major we're the same.**

**I note the obvious differences  
Between each sort and type,  
But we are more alike, my friends,  
Than we are unlike.**

# First look at Spring Conference

Below you will find the tentative schedule for conference to be held at the Wellsworth Hotel and Conference Center in Southbridge Massachusetts. Times might change slightly as we finalize the schedule. A District Service Bulletin (DSB) will be forthcoming in January with everything needed for conference. It will list the complete schedule, the registration form, hotel information, workshop descriptions, etc.

What is the purpose of the conference? The business of the district is conducted at our annual conference much like the business of your club is conducted at your business meetings. We approve the financials, vote on the budget and elect the officers for the next biennium (2025-2027). We take up any Bylaws, Resolutions and Recommendations changes that might be proposed. We honor the clubs for their tremendous service projects. Many have stated that the best part of the conference is getting together with friends and having the opportunity to meet other Altrusans. It is a great time for sharing.

At this conference we will be transitioning to a new Governor and a new board. Your attendance at conference is so important. It is not only celebrating the accomplishments of the past year but showing our support for the new leadership as they plan the future of District One. The conference is being held May 2-4, 2025. Hope to see you there.

Governor Rita

<b>FRIDAY</b>	
2:30 to 3:00	Board meeting
3:15 to 4:30	Choice of Service Project - Days for Girls or Workshop on Technology - bring your Laptops
5:30 to 7:00	Welcome Dinner - Buffet
7:15 to 9:00	PJ Party
<b>SATURDAY</b>	
7:30 to 9:00	Registration/Breakfast Briefings and Flag ceremony practice
9:00 to 10:45	First Business Session Introduction of head table Flag Ceremony
	Welcome

9:00 to 10:45	Invocation in both French and English
	Adoption of conference rules
	Credentials report
	Nominations from the floor, Introduction of incoming officers
	Review of financials found in conference booklet
	BRR & Announcements
10:45 to 11:00	Break
11:00 to 11:30	International representative
11:30 to 12:15	Memorial Service
12:15 to 1:15	Lunch
1:15 to 2:00	Speaker
2:00 to 2:45	Break Out sessions: Technology for beginners or Interactive Leadership Session
2:45 to 3:30	Break Out sessions: Archives or Technology -Design rack card - Bring laptop
3:45 to 4:30	Fun activity: History of District One
4:45 to 5:45	Set up and fundraising fair
6:00 to 6:45	Reception
6:45	Announcement of voting results
6:45 to 7:45	Dinner
7:45 to 8:15	Awards
	Newsletter
	Sponsor Pins
	Length of Service Pins
	Governor's Award
8:15 to 8:30	Thank You's etc from me
8:30 to 9:25	Installation of Governor and board
9:25	Celebration of Susan Porazzo
<b>SUNDAY</b>	
7:30 to 8:30	Breakfast
8:30 to 9:30	Second Business Session
	Credential Reports
	Motion to increase dues--Vote
	Review of budget--Vote
9:30 to 10:15	Major Awards
10:15 to 10:35	Foundation
10:35 to 11:15	Break for Check out
11:15 to 11:45	call to workshop 2025 - call to Conference 2026
	Benediction
	Retire Flags
	Goodbyes
Close of conference	Post board meeting

# News from Bermuda



On Thursday, November 7<sup>th</sup> 2024, the Bermuda Club President, Mary Faries, presented the West End Primary School with a Gift Certificate for \$600 to assist the school with the purchase of DeCodable Books to help their students with their reading skills.



Saturday, November 30, 2024 the Bermuda Club held a bake and craft sale which netted the club a total of \$523.71. This was an extra special event for us because our member Sue Wale, who lives in England, was on the island visiting and had the opportunity to participate in person. President Mary Faries used this opportunity to present Sue with her 30 year service pin.



And to top off the successful bake and craft sale, all the leftovers from the bake sale were donated to The Salvation Army shelter. It is always good to know that nothing is wasted and I'm sure the goods were appreciated.



# News from Central CT...

# From Central Breeze newsletter



Photos on the left include Lynne Havlicek plus Fostering Family Hope Founders. Erin Johnston and Megan Pearson. We delivered 12 backpacks plus books to Fostering Family Hope foundation.



## Our Lady Veterans update

So far, we have 10 afghans, 6 detergents, some creams that Pat purchased at a good price and Virginia's daughter, Pam, is giving us some hats and mittens/scarves that someone else knitted. Cathy Boone and I will go over the afghans at Didato's and package them. Other items will be bought or can be brought to the holiday party to add to the bags.



## Read Carefully...

Possibly the Most important thing you'll read this Year...

The following is the philosophy of Charles Schulz, the creator of the 'Peanuts' comic strip.

You don't have to actually answer the questions. Just ponder on them. Just read it straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America pageant.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday.

These are no second-rate achievers. They are the best in their fields.

But the applause dies.

Awards tarnish ...

Achievements are forgotten.

Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

The lesson:

The people who make a difference in your life are not the ones with the most credentials, the most money ... or the most awards. They simply are the ones who care the most.



## News from Litchfield County...

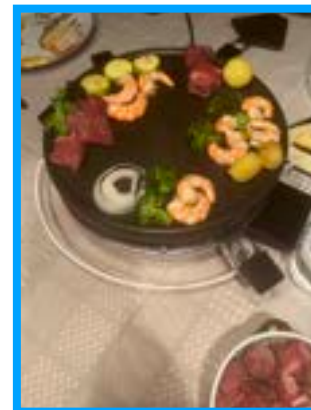
Every year, the Torrington Knights of Columbus provides Thanksgiving meals to those in need. People can eat in or take out. Last year they served 200 hundred meals at the facility and have delivered 165 meals to those unable to get there. Each year many of our members gather to support this wonderful cause by peeling and cutting vegetables in preparation for these meals. In addition Litchfield County donate 20 apple and 20 pumpkin pies.



## News from Northeastern CT.....

Altrusans are always ready to reach out and help others...

- A Pop-up Silent Auction for Hurricane Relief evolved during our October meeting
- One of our members volunteered to host a Raclette Dinner
- There were so many bidders, it was decided to have TWO Raclette Dinners
- Dinners took place the weekend before Thanksgiving. Both were fun and delicious.
- A donation of \$1000 was sent to the World Central Kitchen for U.S. Hurricane Relief



FYI: *Raclette is a dish native to parts of Switzerland. The raclette cheese round is heated, either in front of a fire or by a special machine, then scraped onto diners' plates.*

- We provided a young foster child, recently placed with his sister, a gift card so the family could properly celebrate his 12th birthday
- Our annual drive to collect toiletries is complete and donations were delivered to local non profits, shelters, and Food Pantries.
- Volunteer hours have been logged at our Local Soup Kitchen, Days for Girls and our Literacy Group has sorted over 750 books and are now ready for distribution!
- We will decorate a local shelter (Holy Family Home & Shelter)for the Holidays then spend an afternoon with the children at the Shelter. This will take place during the Holiday break from school and will engage in Children's games/ projects/ activities. Our goal is to give the parents a break while the kids are on vacation. We are looking forward to this event!

Happy Holidays!  
Jodi Walencewicz  
Northeastern CT



# News from Laconia..

## Hands Across the Table

On October 2<sup>nd</sup>, four members of our club volunteered at Hands Across The Table. Debbie Cotton organized our group, and she volunteered along with, Brenda Tillotson, Gloria Gallant and Stephanie Gilbert.



## Hannaford Fund Raiser

Our local Hannaford Supermarket will be donating a percentage of flowers sold during the month of October.

## Fall Workshop

Brenda Tillotson and Sue Clauson attended Fall Workshop in Kennebunkport. They found it informative and fun and enjoyed meeting members of other clubs.

## Turkeys

Our Club donated turkeys for St. Vincent De Paul. Each year they collect food for needy families. Happy Cow Ice Cream assists by providing freezer space to hold the turkeys until Thanksgiving.

Lisa Singh did the shopping for us and was able to purchase 6 nice big turkeys

## Holiday Cards for Nursing Homes

Several members of our club met at Nancy LeRoy's home and filled out approximately 160 Holiday cards to distribute to local nursing home residents. Members donated cards so there was no cost to the club!

Members in attendance were: Nancy LeRoy, Gloria Gallant, Tracie Grant, Stephanie Gilbert, Barbara DeAngelis, and Sue Clauson.





# News from Meredith....



In an ongoing effort to assist teachers in ensuring all students are provided with a daily snack, our Snack Shack Committee Members Karol Keating, Judi LeCount, and Karen Truberg shopped for, organized, and delivered a variety of nutritious snacks to Inter-Lakes Elementary and Sandwich Central Schools.



In the photo with snacks are (L.-R.) Karen Truberg and Judi LeCount.



Altrusa's Community Service Committee recently presented Bootlegger's Footwear Center Gift Cards to Inter-Lakes Elementary School Nurse Teresa McCormack to use as she determines student needs this year. To "double the good," Bootlegger's generously matched our Altrusa Club's donation. In the photo from left are Nurse McCormack and Altrusa member Nancy Law.



In photo, left to right, are Thea Wright, Judy Hodges, Judi LeCount, and Eileen Harris.



Thea is an Inter-Lakes High School Junior and is always looking for volunteer opportunities. Eileen is a former Altrusa member and loves anything to do with food. Volunteering is her joy. Judy and Judi are longtime Community Dinner Committee Members who appreciate the extra help from Thea and Eileen. The group took a breather from the cleanup chores involved in providing 133 takeout meals. In addition, 30 sit down guests were served meals in house. All in a day's work and play once a month for this dedicated committee!



# News from Carroll County ....



- Birthday bags for Starting Point
- Thank you cards to soldiers
- Book Bags for babies
- Once upon a Story time

- Little Angel Service Dogs
  - Friends of Conway Library
  - Gibson Lunch Service
  - Packing End 68hrs of Hunger
  - Halloween Town
  - Fundraiser - craft Day
  - Farmers Market
- Another busy fall for club members — plus the initiation of 6 new members. (See new member profile page)





## News from Greater Biddeford-Saco...



Halloween Book Give Away  
Downtown Biddeford - October 31st



Christmas stockings for Kids in Foster Care



Loading up donations from Altrusans at Workshop. They'll be distributed to foster kids in need. Thank you!



Birthday Bags with all you need for a party!

Distributed to foster kids



# News from Seacoast



The first picture is Governor Rita welcoming our two new members. The second picture is of our two new members, Lisa Robertson and Linda Gately. Next is Carol Xenos writing out a donation check to the speaker at workshop. To the right is a blanket and book delivery to Kittery Footprints Food Pantry. Last is a blanket delivery to CAPSC.





# News from Portland ...



On November 19, (L - R) Anita Chandler, Debbie Lemieux, Susan King and new Altrusa Friend, Janet Crawford cooked up American Chop Suey, Sweet Potato casserole, Baked apples served with Coleslaw and for dessert, served up Brownies and fruit. All that entered said the aromas coming from the kitchen were amazing.



Fran Jensen reads to some of the K-students at Saccarappa elementary school.



Children at Dyer school picked out their brand new "FOREVER" books, after the A B C read.



Portland Altrusans brought their many crock pots filled with special soups, they set up the tables and decorated the halls of the First Lutheran Church on Auburn St. and got ready to greet and serve to all those that came to support our 16th Annual Empty Bowl supper in support of Altrusa Portland 16th annual Project FEED. All proceeds go directly to Project FEED.



The proceeds from the EMPTY BOWL, presented to Steven Gray of Project FEED, in the amount of \$1400.00  
 From Left to Right:  
 Karen Valley, Club President of Altrusa Portland  
 Steve Gray, Project FEED  
 Pam Lemieux - Foundation President of Altrusa Portland and Service co-chair



ASTRA of Lake Region High School

# Ability Service Training Responsibility Achievement

On November 12th, Co-chair of Altrusa's Membership /ASTRA committee, Debbie Lemieux presented an Altrusa Yearbook (2024-2025 edition) to ASTRA Advisor Kristina Theriault. Pages 24 & 25 are dedicated to ASTRA pictures and information. Kristina passed the book around to the members so they could see how important ASTRA is to Altrusa.

Also passed around was the article published in the local "Bridgton News" (a weekly newspaper) with a picture of the new ASTRA Officers and an explanation of what the acronym ASTRA stands for. PUBLICITY Officer, Katherine O'Connor submitted the picture and article. ***Congratulations and many THANKS to her!!***

At the second meeting in November (11/26), the day before their break for Thanksgiving, members will be writing **THANK YOU** letters to Military personnel, which will be distributed through an organization called "A MILLION THANKS".

Plans for the December 10th meeting are to write letters from SANTA, which will be distributed to the 'before & after' daycare by the Naples Rec Director.

On Saturday December 14th, ASTRA will again volunteer at the "Breakfast with Frosty" event at the Songo Locks School in Naples (Pre-K to 2nd grade).



L-R:  
Katherine O'Connor - Publicity  
Ella Martin - Treasurer  
Bella Smith - Secretary  
Marissa Harlow - V.P.  
Delaina Grover - President



Delaina, ASTRA president, opens the meeting with the ASTRA students.



Sweatshirt designed and for sale by the ASTRA group to raise funds.



Trish Maxim - at the ASTRA meeting on November 12, listing agenda items for the students.



As displayed at our recent Altrusa Membership drive mtg, the Chain of Service for ASTRA are the links of Blue and Gold lining the table, (one link for every ASTRA member) which are also the Lake Region High School colors and symbolic of Wisdom and Enlightenment.



# News from Plymouth County



Susannah Leslie hosting our third Sunday business meeting with guest speaker Michelle Badger telling us about our annual Massasoit Community College Choices Scholarship and the school's strategic plan, and Jan Story, treasurer

At South Shore Early Education Center making a donation of school supplies, left to right: Lucia Shannon from Altrusa, Director Dotty Caron, Kim Derosier from Altrusa, and assistant



Fall workshop guest speaker, Kirsten Cappy and Jenn Belcher, President of Plymouth County Club



First planning session on a grant writing project. We met at Pat Monteith's home, left to right: Pat Monteith, Gizela Cardoso, Kim Derosier, Jenn Belcher



## News from Quincy



**Altrusa Chapter of Quincy put together 174 holiday care package for seniors at a local nursing home and for staffers who work night and day with the mentally challenged.**



**Altrusa Chapter of Quincy Ma supported Relay for Life auction fundraiser for the American Cancer Society in Nov. 2024.**



# News from Merrimack Valley...



The Altrusa Club of Merrimack Valley conducted a very successful Food Drive to benefit the Nashua Soup Kitchen and Shelter (NSKS) at the Market Basket in Hudson, NH on Saturday, November 2, 2024. Altrusa is very grateful to Market Basket for allowing us to solicit its patrons and was overwhelmed by the generosity of the customers. More than 2800 pounds of non perishable food items, assorted paper products and \$150.00 in cash were collected to help fill the shelves at NSKS.



Dee Whiting stand at the entrance to the store and asking customers for donations.

Steve Behrle loading the NSKS Truck.

Customer Holly Harrington makes a donation to Jackie Maciejewski, President. Claire Behrle is in the background.



Merrimack Valley provided two Birthday celebrations for little ones at Brigid's Crossing, shelter for at-risk teenage Moms.

On December 2, Isaiah turned three and was gifted a Shark truck and dinosaur party!

The other children all received books rather than goodies bags.



On December 5, Laylianni turned one and was given an educational toy and a princess party.





# WISHING you a HAPPY HOLIDAY SEASON FROM QUEBEC



The gift wrapping session for our seniors' Christmas celebration, takes place in a friendly and festive atmosphere.



Adélice Lafrance and Stéphanie Tremblay participating in a Bingo held to collect funds for la Maison Zoé-Blais. Many altrusans also took part in the activity that replaced the Christmas Market.



Happy 90th anniversary to our new dean, Raymonde Côté



Our traditional Christmas party took on an air of Italy with our Italian musician who delighted residents as well as altrusans. Gifts and treats brightened the day which is meant to be a moment of joy and happiness for our seniors,

## Notes from Editor

### Next issue of DSB - Call to Conference - Deadline for submissions Jan 15, distribution Jan 30th

- **Membership** - Please send to DSB a photo and short bio of all new members
- To all clubs who were not included in club news -December issue.. I apologize if I didn't receive your information. I do spend a lot of time sorting through emails. Using the [altrusa.districtone.dsb@gmail.com](mailto:altrusa.districtone.dsb@gmail.com) really helps. The emails just don't get mixed in with my personal emails. You can always reach me at [cathybaybutt@gmail.com](mailto:cathybaybutt@gmail.com) if you have questions etc.. but the news and photos should come under a separate email to the DSB account. please send your photos and "short" summaries by January 15th. If you do not receive an acknowledgment within a day or two.. please follow up .. in case it didn't come through, or in case I missed it. Thanks for working with me to make the newsletter as complete as possible.
- **Club Newsletters** Don't forget to send a copy of your club newsletter to Linda Ring. She will upload to the District One webpage. It's fun to read all the news from our district
- **New Club Newsletters** - If your club would like to start a club newsletter, we're happy to lend a hand. Perhaps think of a "bulletin" to start with. I've been asking our current newsletter editors what they use for formats, templates etc. I'd love to share if you are interested,
- **Facebook.** If your club uses Facebook.. please use a hashtag #altrusa #altrusadistrictone #altrusamembership #altrusaservice #altrusaliteracy This lets others search for updates and news from the clubs.. and makes it easier to share on the District One Facebook Page.
- **See article in this issue Tag You're it!**
- Plans are to have a workshop to help guide us through the world of Facebook and social media

## Contact information

**Altrusa International**  
1400 E. Touhy Ave, Suite 410  
Des Plaines, IL 60018  
1-312-427-4410  
[altrusa@altrusa.org](mailto:altrusa@altrusa.org)

**Treasurer, District One**  
Diane O'Reilly  
422 Allison Drive  
Torrington, CT 06790

## Save the Date

**Altrusa Spring Conference - \*May 2-5, 2025**  
**Wellsworth Hotel and Conference Center**  
**Southbridge, MA**

**International Convention**  
**Quebec City**  
**July 2025**

**Note THE DATE for CONFERENCE**  
**is later than usual**