



District One Altrusa International, inc.
Bermuda, Canada, Connecticut, Massachusetts
New Hampshire, Maine, and Vermont
District One Service Bulletin
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March 2025

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2023-2025**

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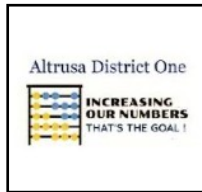
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Governor's Message



This will be my last message in the District Service Bulletin. It does not seem possible that 2 years have gone by so quickly. It certainly has been a very busy two years but a very enjoyable two years. District One is a great district and accomplishes so much.

District One had a very successful conference, according to all evaluations, followed by 2 successful workshops. Conferences and workshops do not happen without a lot of time and energy spent by many Altrusans. The board and committee chairs have dedicated many hours to making conferences and workshops informative, inspirational and fun.

I would like to thank my leadership team, the District Board. You are dynamite! I would like to thank my committee chairs for stepping up to lead workshops, for writing articles for the DSB and everything else that was asked of you. I would like to thank the presidents of the clubs and club foundations for stepping up into the role of president and leading your clubs forward. And I would like to thank all District One members. You make District One what it is.

Serving as your governor has been a great experience. The district needs leaders, please consider serving as a board member or saying yes to be a committee chair. It will be a rewarding experience. YOU CAN DO IT.

Please attend conference, if at all possible. There will be ways to serve with our Days for Girls project on Friday afternoon. Great workshops will be held on both Friday and Saturday afternoon. Descriptions of the workshops can be found later in the DSB. Seacoast is planning a great Friday night FUN night with a literacy theme—how more appropriate can it be?



Our new governor Susan Porazzo will be installed along with her board. Please come and welcome her and the board as they start their journey leading District One. Conference is a way to conduct the official business of the district. It helps new members to understand Altrusa's principles and programs. It reminds seasoned members why they continue to love being a member of such a fantastic organization. We all have met Altrusans who we can now call friends. It is so nice to see them at events. We get to recognize, celebrate and reward our clubs and members for the achievements they have accomplished over the previous year.

More exciting news, we have a T-shirt for the International Convention this year. You don't need to go to Convention to get this t-shirt. Anyone can get one to show their District One pride. All of the other Districts have different colored shirts to spread the rainbow in Quebec City. You can choose glitter and rhinestones or just plain screen print. You can also put your Club's name on the shirt. Order yours today and wear it to Conference and Convention. See more information later in DSB. Show your Altrusa spirit and pride in District One. Order a shirt now.

Governor Rita Cote

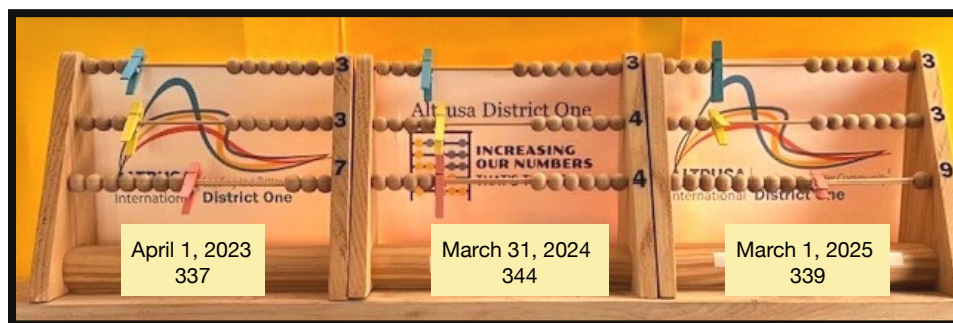


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Call to Conference



<https://districtone.altrusa.org>

The Call to Conference newsletter was sent in January. You can find all of the details in that DSB. The Call to Conference has also been uploaded to the District One website and can be found listed under events... Call to Conference. The Menu, Schedule, Hotel information and Registration forms are all available on line. Early registration date is post marked by April 5th. Special event this year.. all first time attendees to Conference have the **REGISTRATION FEE WAIVED**. The link to District One website is on the left. From the menu, choose Events and News, then the 3rd item down is Call to Conference. Click and see the newsletter.



Conference Check list. Remember to Bring

- Membership Pin**
- Club Banner**
- Fundraiser items**
- International Silent Auction donation item**
- Book for Friday Night “Magical Storybook” Evening**
- Checkbook and Cash**
- Your Smile and Desire to ENJOY and have fun**

Friday Schedule - the rest will be in Conference Book

Friday = May 2	3:00 - 4:00	District Board Meeting
	3:00-5:00	Registration
	4:15 - 5:30	Days for Girls Hands on Service Project
	4:15-5:30	Alternate : Tech Workshop - Canva / Rack Card
	6:00-7:00	Welcome dinner - Buffet
	7:15-9:00	Magical Storybook Evening of Fun and Games





GET YOUR DISTRICT ONE T-SHIRT

Each District picked one color.. District One wasn't first to choose so this is our color. The plan is that each district would have its own distinct color. Every member in District One is encouraged to purchase a t-shirt and wear it with pride. When you select your shirt you are asked which club you are from. Your club name will appear below the ONE. On the website the final version is shown as well as size selection. Shipping is included in the cost. Linda Ring has seen the shirt and says they do run a little small. There is also a "Bling" option. We suggest ordering early in case there is a delay in shipping. Can't wait to see everyone decked out in their t-shirts.

<https://altrusathibodaux.comany.site/DISTRICT-ONE-CONVENTION-SHIRT-p732374290>



Front



Back

FRIDAY



Days for Girls at Spring Conference:

At the spring conference this year there will be two different workshops offered on Friday. Carole Norrish and I will be offering one focused on Days for Girls. We think this would be a good time to review the project with members who have been around for a while as well as introducing the project to members who might not be familiar with it. The workshop will be an informal hands-on session. We invite everyone to stop by to get a sense of how much more there is to the project than just sewing the components. During the workshop we will be folding components and packing up kits for distribution to Guyana, South America. Please plan to stop by, ask questions and get a better feel for how this project has

changed the lives of over 3 million girls and women around the world.

Days for Girls Challenge Update:

This past year the Days for Girls liaison to Altrusa, Katy Jones, offered us a challenge. She asked that every Altrusan donate \$10 to the project. I am happy to report on the generosity of District One. We were able to send \$830 dollars to help those who suffer from period poverty. Below is a thank you note that went out to all the districts that participated in the challenge.

Dear Altrusans,

I can't say thank you enough for Altrusa's amazing support this year. Your dedication and generosity continue to be inspiring.

*I'm thrilled to share that the total donations for 2024 amount to **\$12,589**. Your contributions are making a real, tangible impact, and we are so grateful to have you as partners in this work.*

Wishing you all the best as we move into the new year, and I look forward to continuing this meaningful journey together!

With deep gratitude,

Katy Jones



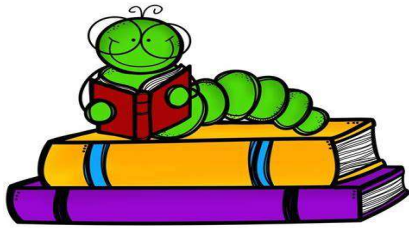
**WORKSHOP PRESENTED
Friday from 4:15 to 5:30**

Working with CANVA. (HANDS ON). BRING YOUR LAPTOP

Ideas to refresh your collateral! Ok.. what does that mean? That's what it's called when you review your current business cards, rack cards, brochures and decide how to use apps like CANVA to refresh and update them. You can learn the tools to improve your social media presence or create new promotional materials. Bring your lap top, bring your current print media (business cards, rack cards, brochures) bring a digital copy of your logo, and together we can work on creating a rack card for you and introduce ideas and concepts for you to take away and think about.



**WORKSHOP
Friday from 4:15 to 5:30 presenter Christine Johnson**



JOIN US FOR SEACOAST'S MAGICAL STORYBOOK EVENING OF FUN AND GAMES

1. Show up!! (Receive one door prize ticket)
2. Bring a book for Seacoast to deliver to Mainspring Collective in Kittery, ME (Receive two more door prize tickets)
3. Wear a costume representing your favorite children's storybook character (receive an additional three door prize tickets)

Best Individual and Best Club costume will be awarded prizes.

Enter the game room, start playing and winning prizes!

Games will be revealed as the night progresses.
Group games start at 8 followed by table games.
(Hint: bring singles \$\$ for Left Right Center)



Save room after dinner for delicious desserts; designed and displayed delectably for that divine denouement.



Smile and put your best foot forward
for a fun-filled night.

Don't forget to mark your registration form to let the party committee know if you plan to attend! We need a count for prizes!!

Friday 7:15 to 9:00

Business

Delegates responsibility

Delegates will have two responsibilities to vote on.

- Vote for the board of directors presented and nominations from the floor
- Vote on the increase of District One dues as proposed by the District One Board

Delegates briefing - Saturday morning 7:30 to 7:45

The following is the narrative that explains the reason behind the recommendation of the District One Board.

The district One Board has voted to ask members for a \$10.00 increase in dues starting June 2025. The last increase to District Dues was \$5.00 in **2001**. (24 years ago) As you all know everything has gone up since 2001.

Here is the Income and Expenses for a typical year.

- Income 332 members minus 7 emeritus members who do not pay dues minus 20 members who do not pay dues because of the exchange rate, They pay International dues and all other fees with US dollars. Therefore 305 paying members at \$15.00 equals 4575.00 Income
- Miscellaneous consignment and interest 175.00

Income

Membership Dues	305 members x \$15	\$4,575.00
Miscellaneous	Interest / consignment	\$175.00
Total income		\$4,750.00

Expenses (some of the expenses are in kind but we do not assume any in kind). We do not want anybody to have finances to be a detriment to serving on the board.

- Club Visits (Travel) \$1,900.00 Mileage at only 50 cents a mile
- In Person Board Meetings (3 meetings 1 before workshop, a full day summer meeting and 1 before and 1 after conference (counted as one) , the rest of the meetings are zoom. \$6000.00
- Zoom subscriptions \$178.00
- Insurance Bonding \$ 359.00
- Governor-elect training \$850.00 total every 2 years \$425.00 (split between 2 years)
- Governor Pin \$253.00 (split between 2 years) \$126.50
- International Convention (for Governor) \$1,695.00 (split between 2 years \$ 848.00)
- Miscellaneous Board expenses \$400.00 (supplies, legal fee, bank fees etc.)

- Total \$10,236.50 For a loss of \$ 5,486.50

Expenses

Club visits (travel)	.50 per mile	\$1,900.00
In person board meetings	6 meetings	\$6,000.00
Zoom subscription	Annual	\$178.00
Insurance bonding	Annual fee	\$359.00
Governor- Elect training	½ split over 2 years	\$425.00
Governor pin	½ split over 2 years	\$126.50
International Convention	Governor (½ over 2 years)	\$848.00
Miscellaneous expense	Supplies, legal & bank fees etc	\$400.00
Total expense		\$10,236.50

We have eliminated from the list revitalization grants which ended in September 2024 and the purchase of microphones and a projector for \$946.94 which will save us rental fees of at least \$450.00 a year. We have also eliminated the position of 2nd vice governor to save on board meeting expenses.

The board will be examining all the expenses but as you can see we need an increase in dues. The district at this time has an adequate balance to help with the deficit but we need to be prepared to meet still rising costs.

Total Income	\$4,750.00
Less expense	\$10,236.50

Loss	(\$5,486.50)

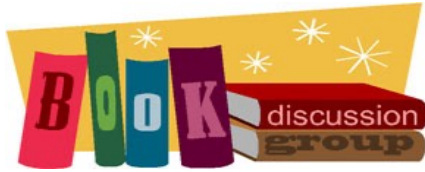


What do your dues to District One get you?

1. Membership support-help with member recruitment and retention ideas and support.
2. District Conferences conducted annually offering educational inspirational speakers, sharing and learning opportunities.
3. Yearly workshop
4. Training and support for all Club Presidents and Treasurers.
5. Board member visitations to all clubs and assistance year-round.
6. District Service Bulletins 5 times a year, emails and relaying information from International to clubs.
7. President's Council monthly support meetings
8. President's Governors monthly newsletter.
9. District and club website maintenance and social media publicity
10. Problem solving and support for struggling clubs
- 11 Monthly District Board meetings and management of district business—in person and zoom.
12. Assistance with Club Bylaws and Policy changes and parliamentary questions.
13. District Liaison for Astra clubs.
14. Judging for 4 Major awards.



Workshops



Book Club / Book Swap

Come to the book club session at Conference prepared to share the title, author and a couple of sentences about a good book you've read recently. The number of people attending will determine how much time you have to talk about that great read - so plan to be concise!

Also, bring a book to swap. It can be the one you are going to talk about or it can be a different book that you've read and are willing to give up.

WORKSHOP PRESENTED
Saturday - 3:00 to 3:40



History of DISTRICT ONE

Knowing the history of Altrusa is the foundation upon which member participation is based. At this interactive workshop the history of District One clubs (past, present and future) will be the focus. This **FUN** workshop will also include information about members from District One clubs who have led Altrusa forward over our many years. **JOIN US TO FIND OUT WHAT YOU KNOW – AND WHAT YOU DON'T KNOW!**

WORKSHOP PRESENTED
Saturday 3:45 to 4:30

Calling All First Timers to the District One Spring Conference

Each year a special workshop is presented for First timers to Conference, not just to welcome you, but to orient you on the Who's Who and the Conference proceedings.

A First Timer to Conference is just an Altrusan who has never participated in the District One Conference. You could be a fairly new member, OR a seasoned member who has never had the opportunity to attend in previous years.

Please join Governor- Elect, Susan Porazzo, and Past Governor, Ann Marie Snyder, at the **First Timers' Workshop on Saturday morning, May 3rd, at 7:45 a.m..** We hope to set some expectations so that your first District One Conference is a great experience.



Workshops



Team Building and Project Sharing

With **Diane O'Reilly, Anne Rash and Susan Ulino**

Gather together.

Have fun.

Share a project.

Saturday 2:10 - 2:50

Social Media and you



Join us for a discussion about Social Media and how you might use different platforms/applications to better promote the good works of your club to engage and expand your audience. We'd like to make this session interactive, so if you have had success in any medium, we hope you will share it.



Saturday 3:00 to 3:40 presented by Christine Johnson

Designing Promotions with Canva



In this workshop we'll be covering the basics on designing material with Canva. You'll learn how to make flyers and tri-fold brochures. Please bring your laptop or tablet to practice.

Saturday 2:10 to 2:50 presented by Jenn Belcher

Welcome our Guest Speaker
author

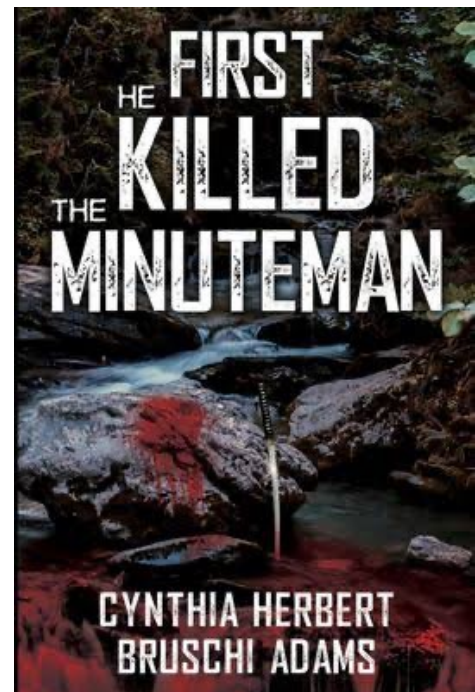


Cynthia Herbert-Bruschi Adams

About the Author: A Professor Emerita from the University of Connecticut and Psychologist, author Cynthia Herbert-Bruschi Adams' non-academic books include "Italian Spices: A Memoir" (currently sold out) and a trilogy of New England horror novels including "The Farmhouse on Cemetery Hill Rd.," "The Portal," and "Ah, Grace!," which along with "The Red Toque: Love and Loss in the Time of Tito," are available on Amazon or via her website www.getbooksbycindy.com. "First He Killed the Minuteman" is her first true crime book. Adams is a member of the American Psychological Association, Authors Guild, Slovene Studies Society, American Historical Association, and Italian American Writers.

FIRST HE KILLED THE MINUTEMAN, Olympia Publishers

Storrs, Connecticut, U.S.A. January 2025 – News release from author Cynthia Herbert-Bruschi Adams sharing the gripping description of murders and other crimes committed by honors student, Peter Manfredonia, who spent Memorial Day Weekend, 2020 in a frenzy. His actions claimed the life of a Willington man, Ted DeMers (model for Connecticut's minuteman statue) and severely injured his neighbor, both with a Samurai sword. While escaping Manfredonia holds a third Willington man hostage in his own home. But two days later the terror continues as Manfredonia robs and murders a childhood friend in Derby and kidnaps his girlfriend. The nightmare goes further as he is pursued across state lines for six days. The author interviews survivors and the perpetrator. The story is told with vivid, and at times horrifying, descriptions.





2025 Conference Silent Auction

Fundraising for Altrusa Foundation

It's time for each club to choose a donation for the silent auction to raise money for the International Foundation. Each year District One sends a large donation to assist the Foundation with many good works, including awarding grants to clubs, providing disaster relief worldwide and supporting Club 21 projects. The silent auction will run from Saturday morning until Sunday morning. Everyone is encouraged to bid early and often. Please feel free to contact me with any questions.

Anne Rash

50/50 raffle for International Foundation

There will also be a **50/50 raffle** with tickets sold on **Friday night** story time / game night. The proceeds will be split between the winner and International Foundation.

Thank you for your help.

Anne Rash



Supporting Altrusa International Foundation

Everyone doesn't attend Spring Conference... but everyone (including clubs) can support Altrusa International foundation with a financial donation. Check out the website and donation page to make your donations.

<http://foundation.altrusa.org>



Fundraiser Fair

One of the fun activities of Spring Conference is the Fundraiser Fair. The creativity of the clubs and their members is always impressive. From hand sewn items, to homemade cookies, themed gift baskets and raffles, clubs have an opportunity to raise funds to support their club. Since sales are limited to Altrusans, funds raised can be kept in the club accounts to support membership activities and programs. Plus the frenzy of one hour speed shopping is always a bit of fun. The times and location of the fair are in the conference schedule. We encourage all to participate!

Saturday

Set-up 4:30 - 4:45

Sale 4:45 to 5:45

From the District Service Chair - Marie Pike

I attended an International Service Committee's meeting over Zoom recently and was reminded of the ongoing International service goals for this biennium. I expect all our clubs are doing these things – but are we recording them? Sure, it's not why we do what we do, but it's not bragging: being able to publicize the tremendous amount of service that Altrusa provides worldwide is a driver for our continued success. It helps us in fundraising and in attracting new members. Let's all contribute to that effort by letting International know what we and our clubs have achieved this biennium.

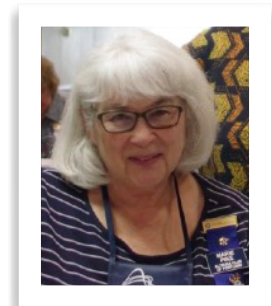
First - the goal for every member to contribute \$10 to Days for Girls. Have we all done that? It's easy! Or perhaps have your club consider donating \$10 for every member.

Second - literacy and other service hours: have you reported these hours to your club? The club leadership needs these figures for the annual club report. Be sure to enter/chart all your hours in whatever format your club uses.

Third - Intentional Acts of Kindness. I know how very kind everyone in District One is. Let's show the world how kind Altrusans are by recording your acts to the International website. It's an easy-to-fill google doc in the members' Service section of the website. Feel free to contact me if you have questions about inputting this information.

I know I've said this before but let's help Altrusa International report that we have met President Linda's goals of 300,000 intentional acts of kindness over the course of each year of the biennium and one million books distributed and/or 500,000 literacy service hours served during the 2023-2025 biennium.

Thank you to everyone for all that you do to make our communities better,



Memorial Service Request

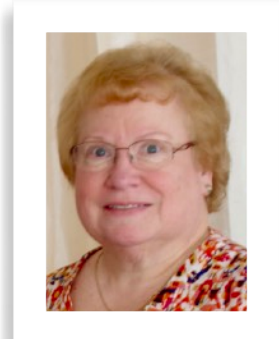
One of our dearest traditions during our District One Conference is our Memorial Service. This is a special part of the business meeting where we remember our dear sisters who have passed during the previous year.

If you lost a member during the 2024-25 year, please email the name of the person, picture and club affiliation to me by Saturday, March 31, 2025. As in the past, a Club member is asked to read a synopsis (up to 1 double spaced typed page) about that member during the Service. Please submit the write-up to me so I have available copies should there be any need the day of the service. I can provide additional information to the Clubs once I receive the name.

Club Presidents, if your Club has been blessed not to have a member pass, please still email me with that information so I can be sure all clubs have received this message.

Thank you and look forward to hearing from you.

Pat Jackowski
Altrusa International of Central Connecticut
pjjcjj@sbcglobal.net
C: 860-638-8018



Wishlist for Rosie's Place



Annually Altrusa International of Plymouth County provides breakfast to the attendees of Rosie's Day at the Beach organized by St. Andrew's in Hanover, MA. This year we hope to expand this service with donations of items from their wishlist.

- Travel-size shampoo, conditioner, lotion, toothpaste, deodorant and body wash
- Full-size shampoo, conditioner, lotion, toothpaste, deodorant and body wash
- Toothbrushes, floss
- Chapstick
- Disposable shaving razors
- Hairbrushes, picks and combs
- Elastic hair ties
- Socks (new & in original packaging)
- Underwear (new & in original packaging)
- Sports bras (new & in original packaging)
- Paperback and hardcover books (new & like new, no textbooks)
- Yarn (unused) and crochet hooks (new & like new)

We had wished to collect bathing suits as well for the Day at the Beach but at the time of this publication the organization has not provided details of sizes and styles.

Rosie's Place was founded in 1974 as the first women-only shelter in the United States. What began as a safe place for poor and homeless women to get a bed and a meal in Boston has grown into a community center providing wide-ranging support and education services to 12,000 women a year.

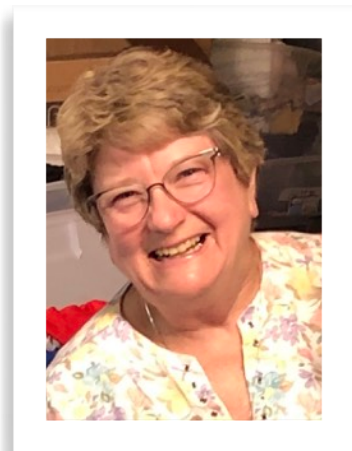


From the District One Membership Chair - *Cindy Hyatt*

As my time as your Membership Chair is coming to a close, I thank you for the opportunity to serve and to get to know more of you. In her message to us last month, Governor Rita encouraged us to take some time to look back on the past year or two and consider how we did and how to proceed. So here goes. One of the hallmark goals of Rita's biennium has been to increase membership. As membership chair, this was obviously my primary goal. Unfortunately, that goal was not achieved. However, we did not lose members! This is significant as it reversed a multi-year trend toward lower membership. The reason that membership did not drop and the reason for hope for continued growth is YOU. It is your efforts to look at what your club is doing and take the initiative to try new things to attract new members. Clubs have changed up meetings, tried new schedules including Zoom meetings, reached out to absent members, and expanded social media outreach. I am hopeful that this is just the beginning. That each of you will take every opportunity to support and engage current members and to seek out new ones to expand Altrusa's impact on our communities.

Serving at the District level has given me a new perspective. Your Board spends hours and hours planning and implementing annual Workshop and Conference. I had no idea of all that is involved in preparing for these days to engage and inform our members. In addition, they support our clubs by providing the structure of policy, the encouragement of seasoned members, and the connection to International. I ask that each of you consider serving at the District level. Participation enriches you and lets you influence District One's direction.

I look forward to seeing you all at Conferences, Conventions, and Workshops in the future.



Welcome to new members in District One

Portland Maine - Marilyn MacDowell (in her own words)

My name is Marilyn A. MacDowell. I have lived mostly in Portland all my life. I enjoy all that the area offers since I am an outdoor person (beaching, hiking (land preserves), biking, cross country skiing, tennis, soon pickleball). Cultural events are an interest too. I am told, "ask Marilyn" she always knows what is happening. My mom called me the "Go Go Girl" because I'm always doing something. I am a member of OLLI (Osher Lifelong Learning Institute) at USM and frequently take courses there.



I graduated from the University of Maine with a degree in elementary education. I taught kindergarten for 5 years at a daycare center. My next major job was at the USM library -Serials Dept (newspapers and magazines), majority of my time on the Gorham Campus.

I have always been involved with volunteer work.
" Headstart" in high school, "Student Action Corps" University of ME, "Big Brothers/Big Sisters (8 years), "Iris Network" with blind residents 1993+

Altrusa International Portland, ME is a "good fit" for me because of all its good works. I became a member after receiving the Altrusa Portland Volunteer of the Year award in 2023, for my work with the Iris Network.

Greater Biddeford-Saco - Pauline Vastardis Smith - (in her own words)



I am a second generation Greek American from Philadelphia PA. I am Bi-lingual with Greek being my first language. Volunteerism started for me when I was 13 when I got involved at my local Greek Orthodox Church in GOYA (Greek Orthodox Youth of America). At 16 I was the first female President of my local GOYA on the east coast of the USA.

In College I majored in Interior Design. I started my own Interior Design Firm in 1986, named. Pauline Vastardis Interiors. While in the design field I became involved in FDA (International Furnishing and Design Association). Through IFDA I held numerous local and national board positions. They include: Board member of Philadelphia chapter 25 years. Chapter president three times over 25 years.

In 1996 I was honored by being inducted as an FDA Fellow. (FIFDA)
I chaired a three day east coast IFDA Educational retreat in Wilmington Delaware.
I was National Chair in 1996 of the FDA International Conference hosted in San Francisco. Was elected to FDA Educational Foundation, a national position and served for five years. Included in this as Chair of the foundation. Delaware Valley Stroke Council
I was a board member of the Delaware Valley Stroke Council for five years.
I was Chairman of the board for one term. Was honored as their Volunteer of the year in 2008.

Meet our newest members



Jess Theberge (I -sponsor)
Khristi McNulty - new member
Carroll County NH



Debbie Gregoire
Greater Biddeford-Saco



Sue Jones (I -new member)
Pat McCoy - sponsor
Carroll County NH



Nancy Spaulding (I -sponsor)
Donna Smith- new member
Carroll County NH



Sue Battles (I -sponsor)
Judy Keane- new member
Carroll County NH



ASTRA of Lake Region High School

Ability
Service
Training
Responsibility
Achievement



ASTRA students attended the February 11th meeting and stuffed some 200 previously decorated bags with crayons, stickers and other fun activity items. These stuffed bags were then prepared for delivery to the schools to be handed out to the 1st graders. These are sure to have put smiles on their faces.

Next ASTRA meeting is March 11.



An assembly line approach for filling the activity bags. Students went around the table selecting the bag and stuffing with items.



Each of the 1st grade classrooms at both Stevens Brook and Songo Locks Elementary schools had a designated bag to assist in delivery. The activity bags were apportioned to these delivery bags. Debbie Lemieux was able to deliver to the schools.



Some very creative artwork went into designing these activity bags.



Some activity items for the 1st graders



These designs were created by Co-Chair of the membership cmte, Debbie Lemieux. They were afixed to button pins and presented to the ASTRA students.

Here's hoping that they can help to spark interest to potential members.



News from Bermuda



On Saturday, December 7th 2024, the Bermuda Club held their annual Christmas luncheon at Tom Moore's Tavern, Bermuda's oldest and quaintest eating place. At this event, members and guests bring along non-perishable items to donate to a pantry and this year the Club selected the Salvation Army, who had sent out a call for additional help to fill their Community Food Bank's shelves. We collected five full boxes of items which the Club donated to a representative of the Army's office.



At the Bermuda Club's annual Christmas lunch on Saturday, December 7th 2024 our newest member Katherine Pacheco was officially pinned with her Altrusa Club pin prior to the commencement of the luncheon. Kathy had joined us in the new 2024 Club year but we had to locate a pin for her.

Service Committee News

Next Sue's Supper to be held March 18. Contact Ann Smith FMI



Program Meeting Speaker

Emily Pike, meteorologist from Channel 8, spoke to us about how she got interested in the weather business as a young woman, going to college and working for the weather channel.

She's lead a fascinating life as a "storm chaser."

My favorite was hearing her tell us the story of surviving Hurricane Ian.

She sheltered with a family in their three story house on stilts near the water and finally escaping in kayaks that happened to float by them and lived to tell about it!

You can see Emily on Channel Eight local weather reports evenings and weekends. Thank you, Emily, for a fun evening!

Karen



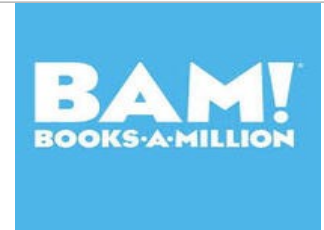
The 2025 Cookie Walk Team

From Left to Right:

Karen Valley, Wanda Pettersen, Trish Maxim, BAM Asst. Mgr, Ben Bahrenfuss, Marie Pike, Cathy Paglio, Susan F. King. Not shown is Anita Chandler, Martha Gross, Nicki Griffin, Pam Lemieux, Toni Parise and Ann Smith who also baked.

These members baked and delivered cookies to **Books-A-Million** on Saturday, February 22. This Cookie Walk tradition is to show appreciation to the employees that help to support the bookdrives they sponsor for us.

We receive thousands of brand-new books each year that are then given to all kindergarten children in Portland, S. Portland, Westbrook, Windham, Buxton, Hollis, and the Lake Region elementary schools.



ABC



Toni Parise reads to a classroom of Kindergartners at Lyseth School.

Wanda Pettersen, Fran Breton and Martha Gross, seated are preparing the bags of books to be given to the K-students.



News from Greater Biddeford-Saco:



Winter in Maine...Snowstorms...

Cancellations...

Saluting three hardy Altrusans who made it through the January snowstorm to serve at the Bon Appetit meal program. Smiles on the servers and the guests!



Altrusa Jeopardy Night under the guidance of President Sandy and Elaine. Getting in the spirit were Germaine and Wendy!



President Sandy honors Holly Culloton with a donation. Holly Culloton is the director of Biddeford Community Gardens, an organization that manages 4 community gardens in Biddeford. Holly, a master gardener, teaches adults and children to garden and encourages them to grow vegetables to feed their family and their community.



News from Seacoast

Janie Sweeney, Family Services Manager for YCSA and Town of York General Assistance Director, recently brought out her inner polar bear once again and spent 18 hours Out In The Cold to raise funds for YCSA's fuel assistance program. Altrusa of the Seacoast donated \$750 for fuel assistance toward her efforts to bring warmth this winter to many needy people. Along with \$500 for the food pantry. Janie and YCSA for raised over \$37,000 during this event!



Many Seacoast members once again gave up a Sunday afternoon to make more fleece blankets. We delivered them to Mainspring Collective of Kittery, ME and Community Action Partnership (CAPSC) of Dover, NH. As usual they were received with much gratitude!



We are happy to announce we received the grant for our "Peaceful Play Empowered Families" for \$1930.00 - the full amount for which we applied from Altrusa International. These devices will allow children to be distracted while their Mom's or Dad's are being interviewed for assistance. Thanks to our Seacoast members with advanced degrees in bargain hunting, 16 tablets with accompanying headphones and other accessories were purchased.



It is amazing how many extraordinary women are everywhere, waiting for the opportunity to serve their community and make friends as well. We recently initiated for two new Seacoast members!

News from Merrimack Valley



On December 10, 2024, Altrusa Club of Merrimack Valley celebrated the holiday season with good food, performing service, and enjoying a Yankee Swap.

Left. L_R Jackie Maciejewski, Dee Whiting, Arlene Miele, and Kathy Muldoon wrap socks for the veterans at Princeton House. Each veteran also received a handwritten holiday wish from Altrusans.



Left

L-R Jackie Maciejewski and Jerelyn Brousseau check out the dinner menu.



Right

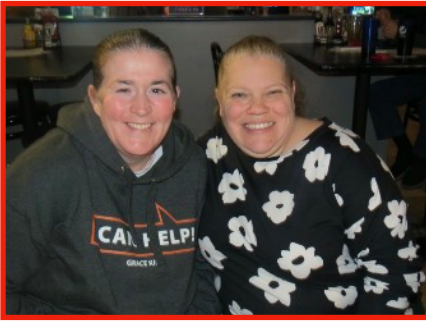
Laura Sievert wraps a gift for a Toddler at Brigit's Crossing, a shelter for at Risk Teen Mothers.

On January 28, 2025, Altrusa Club of Merrimack Valley awarded a \$500.00 scholarship in memory of Charlene Muscato, Past President of Altrusa MV and community outreach nurse in the Merrimack Valley, to a student enrolled in the Nursing Program at Middlesex Community College. Below L_R



Altrusans, Dee Whiting and Ann Marie Snyer, Meaghan Muscato (daughter of Charlene Muscato), Elizabeth Stephens, Scholarship Recipient, Susan Lavallee, Director of the Nursing Program, and Altrusans, Jerelyn Brousseau, Kathy Muldoon, and Claire Behrle.

News from Plymouth County



February 2, 2025

Plymouth County held its second meat raffle at Ben's POURhouse in Avon.

This time we added two new members from the guests invited and raised \$736.00

between the meat raffle and basket raffles.

50/50 Raffle MEAT Raffle Gift Baskets Raffle
 · Sunday, February 2 · 2-5 pm ·
 Door Prize: Talk with us, get a ticket!
 Ben's POURHouse & Grill
 39 E Main St, Avon, MA 02322



The first group of photos is club members setting up the raffle baskets.. and checking out the tickets.
 The 2nd group of pictures are of the winners.

Just being together makes it fun.



News from Northeastern CT



Altrusa International of Northeastern CT continues to be involved with Days for Girls.

During this, our fifth year working with a local high school, we have encouraged students to learn about the plight of those less

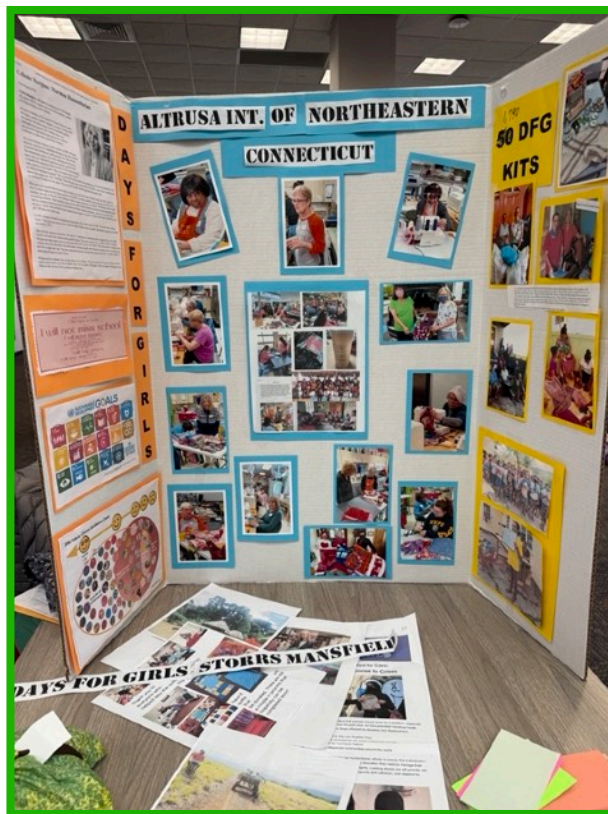
fortunate and feel the satisfaction of volunteering. This year 60 students participated in the assembly of sustainable menstrual kits.



Our March meeting was very special -

- We honored our Club's Founder, Alexinia Baldwin - a poem was read and a candle lit. This is an annual "ceremony" for our club, also honoring the Black History of our club, community and country. To add to the fun, we enjoyed a wonderful Jamaican meal!

Our guest speaker was incredible - Patricia E. Kelly, Founder & President of Ebony Horse Women, Inc. Equestrian & Therapeutic Center, Inc. - we encourage you to check out her organization - ebonyhorsetwomen.org



Submitted by Jodi Walencewicz

News from Central CT

One of the advantages of being the DSB editor is that I often see most of the District ONE club newsletters. Most of the time someone from the club will send me a photo and a story that they'd like to share with the rest of District One. Sometimes I don't get any news.. this month there was a great summary about the Orientation Session for new members in the Central Breeze. (editor Elsie Mathews) article written by Linda Ring. I thought it would be beneficial to all.. and so I shared it here.

Central CT is also gearing up for their Senior Poetry contest, Fill the pick up for the food pantry, and some collaborations with other local non-profits.

Cathy Baybutt - Editor DSB

Altrusa Club News

Orientation Session for New Members



Do you remember your first meeting as a new Altrusan? Did you understand what everyone was talking about? Chances are, it took a few months to understand all our references, acronyms, titles and projects!

On Wednesday, Feb 19th. Hilda, Pat, Liz and I met with our newest Altrusan, Suzanne Morello, to go over the finer details of Altrusa Membership. The slide deck covers lots of material!

- We talked about the 3 levels of Altrusa activity (International, District, and Local) and the different pins and emblems that represent each one.
- We reviewed our meeting logistics, and traditional calendar set-up.
- We discussed the 4 standing committees of Altrusa (Communication, Membership, Finance, Service) and their basic functions.
- Then we got into describing the Service Projects we enjoy – what they entailed, when they occurred, who was the chairperson, etc.
- We talked about how we submit reports on our wonderful service activities to submit for awards at District, specifying that we don't submit just to win an award, but to share our project ideas and receive recognition for a job well done!
- We reviewed our club leadership, and how one is nominated to serve on the board.
- We described the difference between club funds and foundation funds, and why we have 2 treasurers. What determines where monies donated go? Whether it comes from an internal fundraiser (can go to General Fund) or external source (goes to our 501-C3 foundation).
- We reviewed the many publications that come from Altrusa – our local newsletter, The Central Breeze (our local newsletter), the District Service Bulletin (from our District leadership), The Compass (from International), and The Impact (from Altrusa International Foundation).
- What and when is Workshop (Fall, one day)? Conference (Spring, 2-3 days)? Convention (July of odd years, generally 3-5 days)?
- We presented a list of resources from the International Website.
- And lastly, reminded Suzanne of How to Wear the Altrusa Pin (*The Altrusa pin is always worn proudly over the heart, affixed directly onto a blouse, sweater, suit lapel or dress. Out of respect, the pin must never be worn, elsewhere on person or as a garment decoration. Altrusa International Resource Guide. 2014.*)

News from Meredith



On February 11th, Altrusan Patty Sumner, shown in the photo at the right, delivered valentine cards to Forestview Manor Executive Director Leigh Milne. It is our sincere hope that these valentines, fashioned by our Community Service Committee members, will help brighten Valentine's Day for the residents and their caregivers alike.



National Muffin Day

Members of the club deliver muffins to the community in appreciation of their service to the community.



Meredith Altrusa Members file into Community Center on a cold, February evening to attend an inspiring meeting and to be warmed by their shared friendships.

Left to Right: Meredith Altrusa President MaryAnne Skawinski was delighted to introduce our guests from Litchfield County CT, District One's Second Vice-Governor Ann Lindner and Litchfield Club Member Diane English to our February Business meeting. Thanking us for the warm welcome, Ann shared some of her experience and "path" in Altrusa that has led her to the position of Second Vice-Governor. Altrusa has been a wonderful support for her for many years. She reminded us that the International Website offers an impressive range of information, tools, suggestions, etc. , and she will be doing a ZOOM meeting about helpful hints for navigating the International Website. She thoroughly enjoys her visits to clubs in the district and always learns something that she can bring back to share. She enjoyed learning about our many "Hands On" projects, especially our Snack Shack initiative at two local elementary schools and our National Muffin Day project in conjunction with National Random Acts of Kindness Day. Everyone enjoyed the yummy snacks and drinks that the Hospitality Committee graciously provided.

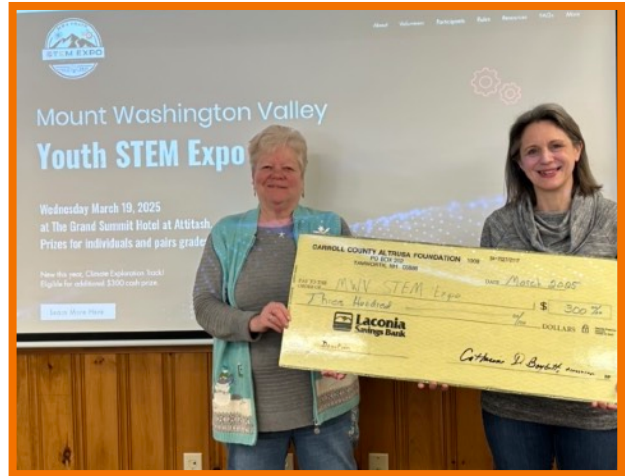


News from Carroll County

Despite cold weather and lots of snow, Carroll County Altrusa members continue to provide volunteers. Pictures are of those volunteers:

- Serving lunch at the The Gibson Senior Center
- Packing weekend food bags for End 68 Hrs of Hunger
- Delivering Comfort Bags to Starting Point for use in the Shelter for victims of abuse

- Assembling and delivering no-sew fleece blankets to the animal center
- Donating to the MWV STEM expo as well as providing volunteers for the Expo
- Providing volunteers for the Women's EXPO.



Notes from Editor - New Editor in June..

Susan Ulino, Northeast CT isadora@charter.net

Next issue of DSB - June 2025 -

Deadline for submissions June 1, distribution around June 15th

Membership - Please send to DSB a photo and short bio of all new members

Using the altrusa.districtone.dsb@gmail.com really helps. The emails just don't get mixed in with personal emails.

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

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.

Technology workshops are being planned throughout conference, so bring your laptop and plan to attend one or all of these workshops. Check the schedule to see when they are being presented.

Contact information

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1-312-427-4410

altrusa@altrusa.org

Treasurer, District One

Diane O'Reilly

422 Allison Drive

Torrington, CT 06790

Save the Date

District One Spring Conference

May 2-4, 2025

Wellsworth Hotel and Conference Center

Southbridge, MA

Host - Plymouth County

Altrusa International Convention

July 23-26, 2025

Quebec City, Quebec, Canada

District One Fall Workshop

November 8, 2025

Graduate by Hilton at Storrs,

Storrs, CT

Host - Northeastern CT