



District One Altrusa International, inc.
Bermuda, Canada, Connecticut, Massachusetts
New Hampshire, Maine, and Vermont
District One Service Bulletin
Volume 28 Issue 3 "Leaders in Service"
January 2023

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2023-2025**

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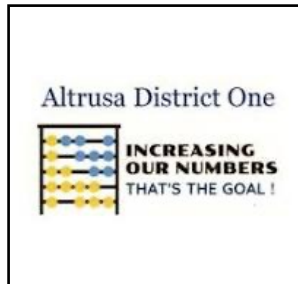
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Governor's Message



I hope everyone had a great holiday season. I cannot believe it has already been 9 months that I have been your governor. Time certainly flies when you are busy.

Your board and committee chairs are working hard to plan a conference that will be informative, inspirational, and FUN! Our theme for this conference is

"Everything's is Coming up Roses". This theme goes hand in hand with our current membership project-- "How our Garden Grows". Every active Altrusan in district will be presented with a rose of different colors depending on number of points achieved through the "How our Garden Grows" project. Roses also happen to be my favorite flower and were the theme for my installation.

The primary purpose of conference is to do the business of the district. We will present financial statements, vote on our new nominating committee, present any bylaws, resolutions, and recommendations that clubs might send in and have the delegates vote on any issues requiring a vote.

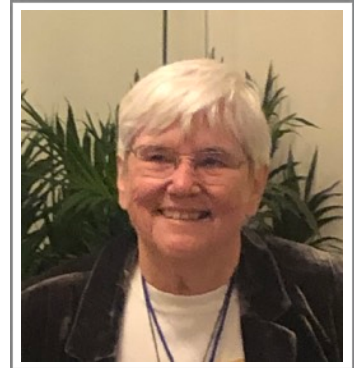
The conference is also designed to be informative. Our International representative, Christine DeVlieger, will provide us with the latest information from International. There is a rumor that Mamie Bass will join us to give us an overview of the history of Altrusa. We will have four great workshops which will not only be informative but also inspirational. Our guest speaker is Betsy Andrews Parker who is the CEO of the Community Action Partnership of Strafford County.

Highlights of every conference include the Flag Ceremony, the Memorial Service and the Fundraiser's fair. In District One we are privileged to have members from three countries so our flag ceremony salutes the US, Canada and Bermuda. The memorial service gives us a time to honor our departed members and their service through Altrusa. The fundraising fair allows us to make money for the club's operating budget since we are selling to Altrusans. We also have a silent auction to benefit International Foundation.

Governor Message continued...

A very important part of conference is the Fun we have. We get to meet our fellow Altrusans from other clubs who we have not seen since the last district event. All of us have people we would never have met elsewhere and now are valued friends. I look forward to conference to get caught up with them again. This year Friday night will be devoted to FUN. We will have a PJ party. Ann Lindner and Diane O'Reilly are in charge of coordinating it. Please let them know if you would like to be involved in the planning or helping during the evening. More information will be forthcoming.

This DSB has all the information needed to register for conference and book your hotel rooms. I hope to see everybody there—April 26-28th at the Doubletree in Andover, MA



Rita

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Altrusa of Seacoast Call to Conference



To the tune of Beverly Hill Billy's

Come and listen to the story of the Seacoast Group
The search was mighty tough, so we had to fly the coop.

If you listen mighty close, we can tell you what we found.
A perfect place to meet as we gather all around.

Altrusa style..... Committed..... Fun..... and oh so Friendly.

So, we're packing up our shells, to leave the shore behind.
We're hoping you will follow; we'll have a grand old time.

We're moving out of Maine for the Conference soon to be.
We'll see you further South at the lovely Double Tree

In Andover that is..... Massachusetts.....The Bay State

Friday April 26, Saturday April 27, Sunday April 28

Registration form



Altrusa International District One
“Everything is Coming Up Roses”
Spring Conference Registration
April 26-28, 2024
Host—Seacoast Maine

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Circle one: Home/Work/Cell
 Email _____
 Preferred Name on Name tag _____
 Club _____

Complete registration with meals selected and postmark by March 26th for \$10 savings!

Please check all that apply for the 2023-2024 year

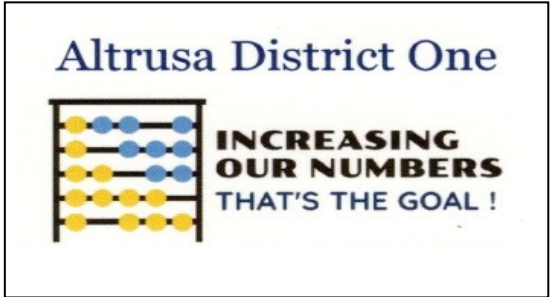
CLUB	DISTRICT
<input type="checkbox"/> President	<input type="checkbox"/> Officer
<input type="checkbox"/> Member	<input type="checkbox"/> Committee Chairman
<input type="checkbox"/> First Timer*	<input type="checkbox"/> Past Governor
<input type="checkbox"/> Guest	
	INTERNATIONAL
	<input type="checkbox"/> Representative
	<input type="checkbox"/> Board Member

* First Timer - means first time attending Spring Conference

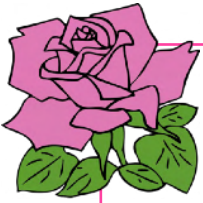
REGISTRATION AND MEAL SELECTION:	FEE:	ENCLOSED:
Early Bird Registration Postmarked by March 26, 2024	\$80.00	_____
Registration Postmarked after March 26, 2024	\$90.00	_____
Friday Evening Buffet	\$50.00	_____
Saturday Breakfast	\$23.00	_____
Saturday Lunch Buffet	\$36.00	_____
Saturday Dinner— Circle one: Chicken Marsala, Prime Rib, Salmon, Vegetarian	\$70.00	_____
Sunday Breakfast	\$25.00	_____
TOTAL REGISTRATION FEE AND SELECTED MEALS:		_____

Meals descriptions listed on next page
 **. Please indicate if you plan to attend the Friday PJ Party. Yes / No
 You can attend even if you don't attend the dinner.

Please indicate special diet requirements and/or allergy restrictions here:



Make Check Payable to: Altrusa District One
 Send completed registration form and a check for the total registration to:
 Altrusa District One Treasurer
 Diane O'Reilly
 432 Allison Drive
 Torrington, CT 06790



Menus subject to minimal change

Saturday Breakfast Buffet

Scrambled eggs, breakfast potatoes, bacon, sausage links,
Muffins, fruit danish, croissants with butter and preserves
Sliced fruit and berries
Orange, grapefruit and tomato juice
Coffee, tea and decaffeinated coffee

Sunday Breakfast Buffet

Scrambled eggs, bacon, sausage or smoked ham
Tempora French toast with maple syrup & butter
Muffins, fruit danish, croissants with butter and preserves
Sliced fruit and berries
Orange, grapefruit and tomato juice
Coffee, tea and decaffeinated coffee

Friday night Italian Buffet

Caesar salad, tomato and fresh mozzarella salad
garlic mozzarella bread
Roast chicken and artichokes
Braised boneless short ribs with garlic, tomatoes and roasted peppers
Three cheese and roasted vegetable lasagna
Chilled pesto roasted asparagus and balsamic onions
Tiramisu

Saturday Luncheon Buffet

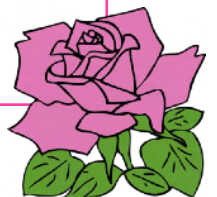
To include
Three types of sandwiches, Two types of salads
One hot pasta dish, Two dessert choices

Saturday Night Plated dinner

Chicken Marsala
Prime Rib of Beef
Grilled Salmon
Vegetable Stack - grilled eggplant, zucchini, peppers,
portobello mushrooms, goat cheese, tomatoes, grilled artichokes,
With a roasted pepper sauce.

All entrees are served with seasonal vegetables, salad and starch.
Dessert and coffee service

*reminder that the cost of the meal does include the state tax and gratuity for servers.





123 Old River Road
Andover, MA 01810
T: 978-975-3600 F: 978-975-2664
www.bostonandover.doubletree.com



LOCATION

Greater Merrimack Valley

- 25 miles North of Boston
- 20 miles from the coast
- 5 miles South of the New Hampshire Border



GETTING THERE

From Boston Logan International Airport (BOS)-30 miles
Follow signs to Route 93N. Follow 93N to exit 45. Turn left off ramp, then take next left onto Old River Road. Follow road until it ends at the DoubleTree by Hilton.

From Boston Manchester Regional Airport (MHT)-28 miles
Follow signs to Route 293S, then to Route 93S. Follow 93S to exit 45. Turn right off ramp and take second left onto Old River Road. Follow road until it ends at the DoubleTree by Hilton.

ATTRACTIONS

- Lowell National Historical Parks-8 miles
- Phillips Academy-6.5 miles
- Merrimack College-8.1 miles
- University of Mass. Lowell- 13 miles
- Canobie Lake Amusement Park-9 miles
- 30 minutes from coastal beaches

FEATURES

- 7,500 sq. ft. of total meeting/banquet facilities
- 9 Separate Meeting Rooms
- State-of-the-art fitness center featuring Life Fitness Equipment with individual LCD screens, Elliptical, Treadmills, Bicycles and Free Weights
- Indoor Heated Pool and Whirlpool
- Free Parking
- Full service restaurant, lobby lounge, sports bar, and room service
- Complimentary High Speed WiFi
- State-of-the-art audio/visual equipment



ACCOMMODATIONS

- 293 Guest Rooms/9 Suites
- Complimentary High Speed WiFi
- 50" Flat Panel TV's in all guest rooms
- Sweet Dreams by DoubleTree sleep experience
- Air Conditioning
- Ergonomic desk chairs
- Sweet Dreams alarm clock/radio
- Iron/Ironing Board
- In-Room Coffee Maker



DINING & ENTERTAINMENT

- 189 Prime Restaurant for breakfast
- Character's Bar and Grill for big screen sports, games, drinks, and casual fare

Hotel Reservation Information

Reservation Procedures:

You may use the HiltonLink (below) to make online reservations or call the hotel directly at 978-975-3600 and ask for the Altrusa International Room block.

All rooms must be reserved by **3/27/24** to get the special group rate. After that date rooms will be released from the room block and reservations after that date are based on availability and best available rate/not the group rate.

Your Attendee Reservation URL (long version) is immediately below.

Booking Link: <https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=BOSORDT&groupCode=CDTALL&arrivaldate=2024-04-26&departuredate=2024-04-28&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

Cancellations and Room Guarantees:

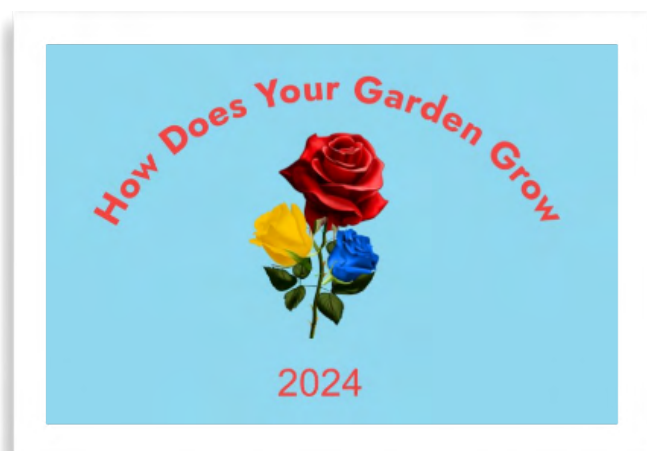
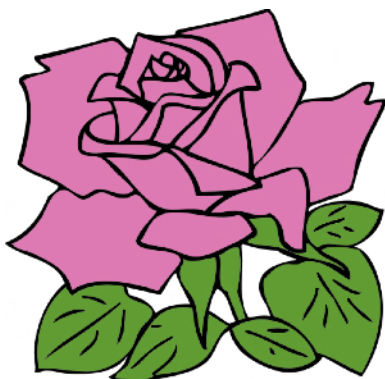
In the event a guest needs to cancel a confirmed reservation they must contact the hotel 48 hours prior to their scheduled day of arrival to avoid a “no-show” charge of one night’s room and tax which will be charged to the guests credit card if this is the method of guarantee, or company master account, if they do not arrive on the scheduled date and do not cancel the reservation.

Cut Off Date for Reservations

The above sleeping rooms will be held until Wednesday, March 27, 2024, Thereafter, all unreserved rooms in the room block will be released back to general sales and reservations will be taken on a space and rate availability basis.

It is the hotels understanding that each person is responsible for their own room charges. A valid credit card number and expiration date must be provided at check in for each guest.

The quoted rates for the rooms are \$177.60 (one night) for regular room (includes 11.7% tax)



Patch Designed by
Carol Xenos and Celeste LeDoux

Preliminary Conference Schedule

Friday - April 26	1:00 - 3:00	District Board Meeting
	3:00 - 4:30	Hands on Service Project - no Sew Fleece Blankets
	3:00 - 6:00	Registration
	6:00-7:30	Dinner
	8:00 - ?	PJ (Fun) Party - Game night - Entertainment
Saturday - April 27	7:30 -9:00	Registration - Breakfast - set up for Foundation silent Auction
	7:30-7:45	Delegate Briefing
	7:45 - 8:30	First Timers briefing
	8:30 - 9:00	Flag Ceremony practice - includes all first timers & past Governors
	8:45 -9:00	Expeditors Briefing
	9:00 - 10:30	First Business meeting - includes: introduction of Head Table, First
		Timers, Flag Ceremony, Invocation, Hostess Club welcome, Adoption
		Of Conference Rules, Credential Reports, Nominations, Financial
		Budget, Announcements BRR
	10:30 - 10:45	Stretch Break
	10:45 -11:15	International Representative - Christine DeVliieger
	11:20 - 12:00	Memorial Service
	12:00-1:00	Parade of Presidents - Lunch
	1:00 - 1:45	Guest Speaker - Betsey Andrews Parker - Introduction - Seacoast
	1:55-2:40	Breakout #1 - How does your garden Grow?
	1:55-2:40	Breakout #2 - Who is Robert?
	2:45-3:30	Days For Girls, Nashua Chapter - Speaker - Sue Bowker
	3:40-4:25	Sharing Session - Leadership - Succession, Flexibility on Board
	4:30-4:45	Set up for Fundraising Fair
	4:45 - 5:45	Fundraising Fair
	6:00 - 7:00	Reception
	7:00 - 8:00	Dinner - Committee Chairs walk in
	8:00 - 9:00	Awards - membership, attendance, newsletter, host club award, Astra,
		Club Anniversaries, member awards,
	9:00 - 11:00	Social Time - Governor's Suite
Sunday - April 27	7:30 - 8:45	Breakfast
	8:45 - 9:00	Election of Nominating Committee
	9:00 - 9:25	Foundation Presentation
	9:25-10:55	Awards presentations- Mamie L Bass, Letha H Brown,
		Nina F. Calhoun , Gabrielle Crepeau
	10:55 - 11:10	Stretch Break
	11:10 - 11:50	History of Altrusa - Call to workshop, Call to conference
	:11:50 - noon	Benediction - Retire of Flags, Farewells
	12:15 - 1:30	Post Conference Board Meeting

Friday afternoon Hands on Service Project

Monetary donations are welcome if you do not have access to fleece fabric

Altrusa of the Seacoast has been donating fleece no-sew blankets for the homeless for several years. As our Conference project this year we would like attendees to donate fleece and assist us tying blankets.

All fleece should be of good quality ('anti-pill' or 'Blizzard') because of the wear and tear they receive.

Each blanket takes two yards of a patterned fabric for the front and two yards of a coordinating plain fabric for the back. Keep in mind these go to both men and women. Please no white or very light colored fleece as washing machines are hard to come by in the woods.

You can provide enough for a whole blanket or pair up with another member, so one brings the front fabric and one brings the back fabric. At a good sale at JoAnn's Fabric, you can get fleece for as low as \$5.00/yard!

Join us Friday afternoon between 3:00 to 4:30 to help us tie blankets and learn how to make them!

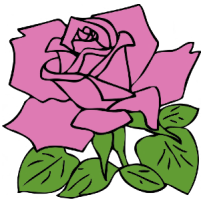
Here is a Quick Note from Marie Pike regarding service:

The Altrusa International Service Committee has compiled a list of **100 projects that could be completed in an hour!** What a great resource for clubs looking to add a quick service project to meeting or trying to broaden the scope of their projects to be inclusive of all members' interests. The list can be found on the International web site under the Service tab. Here is the link:

[100-Service-Project-Ideas.pdf \(altrusa.org\)](https://www.altrusa.org/100-Service-Project-Ideas.pdf)

The list also includes some ideas for intentional acts of kindness.

Random Acts of Kindness Day 2024 is on February 17, and Valentine's Day kicks off Random Acts of Kindness Week 2024. Look for the entry form in the Service tab to report your intentional acts of kindness for any day of the year. [Acts of Kindness 2023-2025 \(google.com\)](https://www.randomactsofkindness.com/acts-of-kindness-2023-2025)



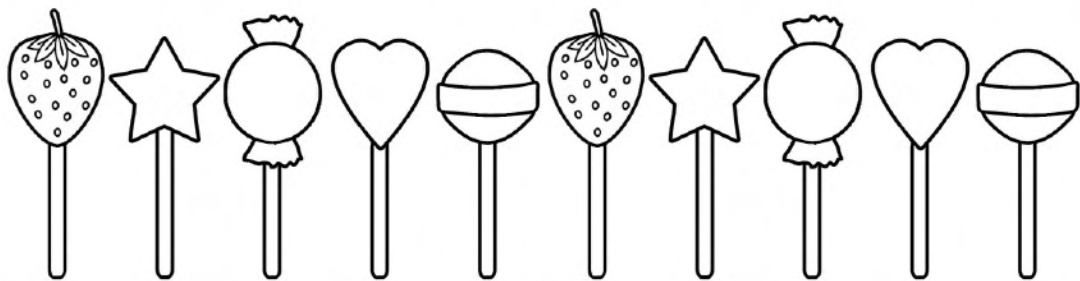
Pajama PARTY

YOU'RE INVITED !!!!

When: Friday Night, April 26, 2024

8:00PM

Where: Altrusa Spring Conference



Games, prizes, candy, popcorn, cash bar and fun for all.

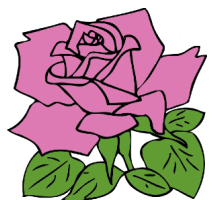
Wear your pajamas. Be creative. Prizes will be given to individuals and clubs. Have fun with it!!!

Bring your \$ingle\$ and your sense of humor.

Any moneys earned will be donated to Foundation.

Further information will be forthcoming.

RSVP on your registration form.





Awards

Awards have been an important part of human society for centuries, serving as a means of recognizing achievement and motivating individuals to strive for excellence. Awards recognize and celebrate outstanding achievements, talent, and contributions.

Service Awards are a good way to share with other Clubs what we are doing, and to recognize outstanding achievement. They provide guidelines for running a successful project.

The best time to begin is before you start the project. By reviewing the application. Then you can document your efforts as they happen. This should make filling out the application easier, since you already have the information, you need.

This year International revised their application formats to be alike. You can find the new applications on the International web site under Service. Please make sure you use the 2023 forms.

The changes made are the synopsis can now be 100 words, supporting documentation is limited to six pages. The District Awards Chair, Ann Milliard, will remove all pages beyond the first six pages before sending the packets to the judges, and the narrative is limited to 1000 words. If the District Awards Chair, receives the application prior to the deadline, March 15, 2024, and if there are any issues you will be notified. Then you may make the necessary changes and resubmit prior to the March 15, 2024, deadline.

Local clubs should send applications, including the Gabriel Crepeau Leadership Award, to District Awards Chair, Ann Milliard at acmrpm@gmail.com. The District Awards Chair will email confirmation of receipt. If you do not receive a confirmation email, please contact the District Awards Chair.

If you have any questions, please contact the District Awards Chair, your Club President, or the Governor.

Awards submission deadline date - March 15, 2024

District Award Submission-Mamie L. Bass Service Award

<https://login.altrusa.org/service/> Revised application 2024

Local clubs to District Award Committee Chair.

District Award Submission-Letha H. Brown Literacy Award

<https://login.altrusa.org/service/> Revised application 2024

Local clubs to District Award Committee Chair.

District Award Submission-Nina Faye Calhoun International Award

<https://login.altrusa.org/service/> Revised application 2024

Local clubs to District Award Committee Chair.

Gabrielle Crepeau Leadership Award Application Submission

Local Clubs with qualified candidate to District Award Committee Chair.

<https://districtone.altrusa.org/resources/>

Submit Newsletter Award application.

<https://districtone.altrusa.org/resources/>

Local clubs to District Award Committee Chair.

District One Awards Chair - time line & responsibilities

- District Awards Chair, **Ann Milliard** acmrpm@gmail.com.
- Acknowledge receipt of all applications.
- Send Judges award submissions, along with a scoring sheet.

April 1, 2024

Judges send winners, first, second, third place to District Awards Chair.

District Awards Chair - acknowledge receipt of all awards.

District Awards Chair - Send Award results to District Secretary.

Conference Speakers

Sue Bowker RN RSCN OCN



After leaving school at 18 Sue joined the British army to complete her nurse training. After 7 years of service she left the army with her RN and RSCN training.

Sue married her husband, Ian, in 1984 and they have 2 married daughters and 2 grandsons.

The family moved to the USA in 1997 and became US citizens in 2014.

Sue has been working at Lowell General Hospital for the past 15 years as an orthopedic certified nurse.

Sue enjoys sewing, mainly quilting, and swimming. In 2022 she completed her first triathlon.

Sue's husband, Ian, joined the Rotary club of Nashua and while reading the Rotary monthly magazine she read about Days for Girls. In 2014 with the help of Nashua rotary The Nashua NH chapter of Days for Girls was formed. Sue is the chapter leader of the group which includes women from New Hampshire and Massachusetts. Sue traveled to Tanzania to deliver DFG kits and will be speaking about her experience.



Betsey Andrews Parker, MPH has been the CEO of the Community Action Partnership of Strafford County since 2010. She oversees the administration of federal, state, and local programs that reach over 19,000 clients each year to help meet basic needs for housing, nutrition, childcare, education, and emergency assistance.

Prior to her tenure at CAPSC, she was the Public Health Practice Lead at URS Corporation where she provided program, planning, and training to the U.S. Department of Health and Human Services (HHS), U.S. Department of Agriculture (USDA), and Federal Emergency Management

Agency (FEMA).

She is currently the Chair of the New England Community Action Partnership, board member for CAPLAW (national membership organization), Chair of the Greater Rochester Community

Health Foundation, Past President of the Rotary Club of Dover, and a three-term elected official and Vice Chair of the Dover School Board. She is a graduate of the University of New Hampshire and Boston University.



International Representative

Christine DeVlieger - International President Elect



Christine DeVlieger

International President Elect

Altrusa International of DeKalb County, Illinois
District Six

Chris has been a member of Altrusa International of DeKalb County IL Inc. since January 2003. Chris served on many committees and held various offices in her club, including Club President (2007-2009 and 2020-2022). She has served on the District Six Board as Secretary (2005-2009), Second Vice Governor (2009-2011), First Vice Governor (2011-2013), Governor-Elect (2013-2015) and as District Governor (2015-2017). At the International level, Chris participated in several committees before she began serving on the International Board as International Director (2017-2019); International Treasurer (2019-2021) and currently this biennium as International Vice President. Chris is also proud to support the Altrusa International Foundation and recently became a Hofmeister Lamplighter.

Chris holds a bachelor's degree in Management & Leadership and has been an adjunct instructor on human resources. Most recently, Chris took her career to a higher level in human resources by becoming a certified Dream Manager. (Yes – Chris and her employees get paid to dream!) She is a Certified Life Coach, a Real Colors facilitator, and a Ramsey Preferred Master Coach, teaching Financial Peace University classes two or three times a year. Chris has also trained with the U.S. Department of Homeland Security to help students prepare for their U.S. citizenship test. She has almost 34 years of human resources management experience, and a vast knowledge of leadership, team building, change management, as well as personal and professional development which she enjoys sharing with others. Chris also serves on several other non-profit boards.

Chris and her husband, Steve, have been married 34 years. They have two children: Jordan (30 years) and Emily (27 years) who is also an Altrusan. In her free time, Chris enjoys gardening, shopping at flea markets and estate sales for antiques and Christmas items, reading, traveling, and spending time at the family lake house in northern Wisconsin.

Statement

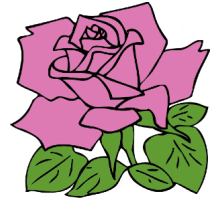
Having been raised with a strong family commitment to volunteerism and giving back to the community, I found myself searching for where else I could be involved in community betterment, gain leadership skills, and network with other civic-minded people. Joining Altrusa was the answer, and a natural fit. My values and morals mirror not only that of our first National President, Mamie L. Bass, but everyone I interact with in Altrusa.

I have served on the International Board for six years. Not only have I helped make contributions for the betterment of our Association, but I am continuing to grow and learn as a leader. I have a strong passion and commitment to service and leadership which I believe will be an asset as International President Elect.

I dream of the many possibilities being an Altrusan offers and the positive difference we will continue to make together in our communities and the world. We need to share our dreams, create plans, and help our members and Association be the best version of itself. I dream of a healthy Association with engaged, enthusiastic members and to be known as the service organization of choice to join and stay actively involved in. We must continue to grow to meet the needs of our communities and our organization. I have been privileged to be a part of Altrusa for over 20 years. I would be honored to serve as International President Elect and continue sharing the joy that being an Altrusan offers...and as Eleanor Roosevelt said, "The future belongs to those who believe in the beauty of their dreams."

Memorial Service

Remembering those Altrusans who are no longer with us has always been an important part of our Spring Conference. Pat Jackowski has volunteered to receive the memorials and to organize the Memorial Service.



If you have members you have lost in the past year, please send a photo and a short memorial of this person to Pat. There will be time at Conference for each club to share their memorial for their member. pjjcjj@sbcglobal.net

2024 Conference Silent Auction

Happy New Year

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.

Thank you for your help.

Anne Rash

Nominations for Nominating Committee

The following Altrusans from District One have agreed to have their names be placed on the ballot the Nominating Committee which serves from April 2024 to April 2026

Linda Ring - Central CT

Pam Lemieux - Portland

Laura Cortright - Greater Biddeford-Saco

The March Issue of the DSB will include an introduction to these members. Voting will take place at the Spring Conference . Submitted by **Anne Rash** - chairman of the current nominating committee



Greetings Altrusans! On behalf of the International Foundation, I would like to welcome you and to thank you for your generosity in supporting the Foundation. District Conference is an exciting time where we reconnect with friends, learn about best practices and service projects, and it is also an opportunity to learn more about the Foundation.

For over 60 years, the Altrusa International Foundation, Inc. has supported our Clubs throughout the world. Through the grants process, which happens twice a year, Clubs are provided with the financial resources to support their service projects, as well as funding provided to multiple children's camps through Club 21 donations. The Foundation also has a special Disaster Relief fund. These funds are used to support local communities after a disaster. A recent example of Disaster Relief support was assistance to individuals displaced by the fires in Maui.

During the District Conference, please consider donating to the International Foundation. Your District Liaison is a resource for you and will be conducting fundraising activities during the conference. I also encourage you to become a member of Club 21, become a Lamplighter or add another diamond to your Lamplighter pin or to your Hofmeister pendant

The Foundation provides another valuable resource to the Altrusa community. The Foundation shares its IRS tax-exempt charity designation with more than 130 local foundations via a group tax-exemption and is a resource to its affiliated local foundations. The Foundation provides Bylaw templates and guidance to local club foundations thereby facilitating compliance with IRS requirements. This allows these local foundations to fundraise as tax-exempt charities. Altrusa provides the resources that further the work of local clubs, *Leading to a Better Community*.

As the philanthropic partner to the Association, the Foundation provides the funding for each of the international awards including the Dr. Nina Fay Calhoun International Relations Awards, the Letha H. Brown Literacy Awards, Mamie L. Bass Service Awards, and the ASTRA Service Awards. The Foundation also provides the funding for the ASTRA Scholarships.

For more information on specific projects, grant deadlines, and local foundations, please go to the Altrusa International website @ www.altrusa.org.

Wishing you a successful and enjoyable conference!

Yours in service,

Karen Robinson, Chair
Altrusa International Foundation, Inc.





WHY CREDENTIAL REPORTS?

In the next month or so, your Altrusa Club will receive information from the District Treasurer pertaining to the number of Delegates and Alternates which your Club is entitled to have to represent you at the District One Spring Conference.

The Bylaw reads:

Each Club in good standing in International that has a total Active membership of fifteen (15) or less for whom dues have been paid to International, shall be entitled to one (1) delegate and one (1) alternate. For each additional fifteen (15) members or portion thereof, a Club shall be entitled to one (1) additional delegate and alternate up to a maximum of five (5) delegates and five (5) alternates. (The alternate assumes the role of delegate, when the delegate is not able to serve at Conference.)

We all know that in order to transact business at a regular Club business meeting a **Quorum** is required.

Conference Credentials				
Club Name	Membership	Max Delegates & Alternates	Friday Delegates	Friday Alternates
Bangor, ME	7	1/1		
Bermuda	12	1/1		
Biddeford-Saco, ME	20	2/2		
Carroll County, NH	28	2/2		
Central Connecticut	23	2/2		
Greater Hartford, CT	13	1/1		
Laconia, NH	14	1/1		
Litchfield County, CT	25	2/2		
Meredith, NH	36	3/3		
Merrimack Valley, MA	13	1/1		
Northeastern CT	42	3/3		
Plymouth County, MA	22	2/2		
Portland, ME	32	3/3		
Quebec, Canada	21	2/2		
Quincy, MA	7	1/1		
Serford-Springvale, ME	17	2/2		
Seacoast, NH	17	2/2		
Subtotal	349	31		
District Officers *Note: Immediate Past Governor is counted as a District Officer		8		
Past Governors		12		
Total Eligible Voters		51		

Conference Attendees				
	Max #	Friday Evening	Saturday Morning	Saturday Afternoon
International Representatives	1			
District Officers	8			
Members	349			
Clubs Represented	17			

Conference is the Annual Business Meeting of the District and like your Club, Altrusa International Bylaws require a **Quorum** in order to transact business.

From the Conference Rules and the District Bylaws, ***the voting body at the conference consists of members of the District One Board of Directors; accredited delegates from clubs within the District; and Past Governors, holding active membership in their respective Altrusa Clubs or Past Governors who are affiliate members.*** (District Bylaws, Article VI, Section 7)

The above **Sample** Credentials Page from a recent District Conference Program booklet outlines all the District One Clubs and the associated number of Delegates and Alternates. (The numbers for 2024 will be different.)

At Spring Conference, the Credentials Chair will give reports at each of the business sessions on how many Delegates and Alternates; District Board Members and Past District Governors are present at the Conference. **By providing the total number of eligible voters PRESENT at the meeting, the Credentials Chair provides the basis for a quorum as well as what constitutes a majority vote.**

A majority of the members registered at Conference who are entitled to vote shall constitute a quorum and the act of the majority of members at which a quorum is present shall be the act of the members of the District. (District Bylaws, Article VI, Section 6)

This year, the final business session will take place on Sunday morning, and the District Board realizes that some delegates may leave before the final session. Therefore, it is important for the Credentials Chair to know the number of delegates who will not be participating in the final business session and /or which alternates are assuming the role of delegate. This will be addressed at Conference and what your club's delegate or alternate may be required to do.

If you have any questions about this process, please contact Governor Rita Cote or myself. See you at Conference. Ann Marie Snyder, District Parliamentarian.

News from Quebec...

CHRISTMAS NEWS FROM QUEBEC



Christmas Market for la Maison Zoé-Blais: 75 meat pies, apple jelly and homemade goodies together with the art works from the sewing workshops were offered for sale.

BOOKS FOR CHRISTMAS: To the right, books wrapped to be given to the children of the families of La Maison Zoé-Blais. Thanks to **Altrusa International Foundation** and to the **Altrusa Club of Quebec** for the grant that allowed us to give those books to the children..



Gift wrapping session to the left for the **Christmas party of our elderly held on December 1.** On the program: singing, dancing, snacks and gifts to bring a moment of joy to our less fortunate seniors.



*A very
merry
Christmas to
everyone!*



News from Bermuda:

The Bermuda Club held their annual Christmas luncheon on Saturday, December 2nd 2023. The function was well attended and the Club collected a great variety of non-perishable items for the Eliza Do Little Pantry to assist the needy. We had an array of raffles kindly donated by club members and guests which earned the Club a total of \$600 by the end of the draw for our literacy projects.



On Saturday, December 9, 2023 the Bermuda Club held a 'bake & craft' fundraising sale, the first since the outbreak of Covid in early 2020. The event provided an assortment of baked goodies, handmade crafts and miniature hand painted artwork which earned the Club an additional amount of \$600 to add to our literacy projects.



News from Seacoast



Altrusa of the Seacoast participated in York Maine's Trunk or Treat event handing out non-sugary items to the numerous ghouls and boys parading in their Halloween splendor. Though we were far from scary, a spook-tacular time was had by all.

For the second year, Altrusa of the Seacoast joined forces with York Park and Rec. Dept., the local Veterans Administration and Norma's Restaurant in honoring our veterans.



Our Altrusa group assisted Community Action Partnership of Strafford County Thanksgiving food "shopping" event. We have much to be thankful for and lessons to be learned from the positive attitudes we received from each and every person who passed through.

Altrusa of the Seacoast volunteers spent many hours cleaning and organizing the Birchtree Center school's library this fall.



The Birchtree Center continues to be tremendously grateful for our unflinching support.



Altrusa took on a fun project this fall. We bought, filled and delivered 35 backpacks to Footprints Food Pantry in Kittery to be distributed to local elementary school children. Along with 12 backpacks for the un-housed going to Community Action Partnership of Strafford County.

Shown here are Altrusans modeling the adult backpacks, including Betsey Andrews Parker CEO of CAPS (center) and our liaison, Sophie Aikman (far right).

Altrusa of the Seacoast's holiday party is one of our most well attended events of the year!

So many happy faces looking back at our accomplishments and forward to what we can achieve in the coming year!



News from Portland...

ABC



Wanda Pettersen and Karen Valley read to students at Saccarappa School in Westbrook.



Pam Lemieux and Wanda Pettersen read to classrooms at Windham School.



On Tuesday, December 19th, Marie Pike, and Pam Lemieux were the guest chefs at the Ronald McDonald House. We decided to make a Shepherd's Pie (hamburger, onion, corn, and mashed potatoes) and a side of roasted carrots. To finish off the meal, we had homemade chocolate chip cookies.

News from Greater Biddeford-Saco...



- Suzen is ringing the bells for the Salvation Army. The club has an annual commitment to ringing the bells the first Saturday in December. It's always great fun greetings folks and thanking them for donating. Each team works for an hour. That's about how long we can tolerate the cold!
- A first for us...at Halloween, we joined the city of Biddeford Halloween event and Sandy, Laura, Connie and Ruth distributed 500 free books—standing out on the street in the frigid cold! Their consolation was seeing the kids in their costumes!
- Another first...One of our new members, Louise, plays for the Alumni Band. We were invited to join them on December 8th, their concert night. We sold our raffle calendars and helped collect groceries for our local food pantry.

- Club members volunteered to help the librarian at Young School distribute books to kids from K-2—the RIF program (Reading is Fun). Books are donated by a local business and Altrusans help the kids pick out and label their “forever” books.
- New this year... We're supplying Little Free Libraries with 25 books a week.
- Out to dinner at Applebee's for a Dine to Donate event. 20% of our dinner checks will be donated by Applebee's to our community service account. Pain free fundrais5



News from Litchfield County CT



Christmas Village is a holiday institution, created in 1948 by Carl Bozenski. Families wait for hours for their children to come see Santa and his reindeer. Each child receives a gift from Santa. It depends on volunteers and monetary donations. Altrusans volunteer every year to serve the hot chocolate as families wait in the cold..

Columbia Club of Torrington, CT provides dinner to about 100 people at their club on Thanksgiving Day. They also deliver an additional 160 meals to those that are unable to get to the club. Altrusans stepped in to help prepare the meal. Members peeled carrots, squash, sweet potatoes and 150 lbs of potatoes! In addition, our club donated 20 apple and 20 pumpkin pies for dessert!



News from Northeastern CT:



Altrusa of Northeastern CT members have been busy creating visibility in our region.

December/January
We entered a Chili Cookout for Charity -

We did not win a prize, but we had many people ask about Altrusa!



Ready to dish it out~

Altrusa of NE CT donated and participated in our local Wreaths Across America Event - Picture of our very own Veteran, Carlita (USAF, Retired) placing a wreath - a very touching event.

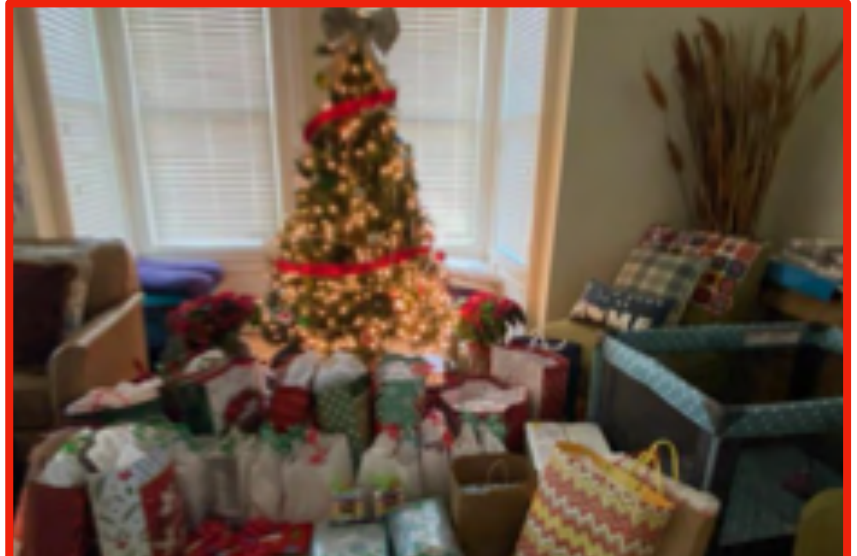


A wonderful Holiday Luncheon was held at an Altrusan's home - was a beautiful, fun gathering and reminded us all of what a special group friends we are! It was great to socialize and enjoy one another (of course we squeezed in a business meeting too!)

We are gearing up to attend conference, grow our membership, and share Altrusa wherever we can.



News from Central CT.



Gift bags were assembled for Madras Home for female veterans and their children. Blankets were also given. The Madras house is currently housing 10 woman and 3 children.



Ralph Ring is presented honorary Altrusan Award



Successful Diaper / Formula Drive



2023 Holiday Party at Stella D'Oro restaurant.



Seasonings collected for Amazing Grace Food Pantry

News from Laconia:



HOLIDAY PARTY



On Thursday, December 14th, we held our annual Holiday Party at Nancy LeRoy's beautiful home in Laconia.



The festivities included a potluck dinner and a Yankee Swap. Surprisingly, for the first time, everyone opted to keep the package they opened, so there wasn't any swapping!



FUNDRAISING

Coupon Books:

Our Club has been successful in selling "Taste of the Lakes Region" Coupon Books. Area restaurants have been kind in their coupon offers. Still available for purchase. Coupons good until June 1, 2024

Cookbook:

We are in the process of completing and selling an On-line "Taste of the Lakes Region Cookbook".

Hannaford Bags:

Hannaford supermarket in Gilford named our club as the recipient for sales from their Community Bag Program for the month of December. A percentage of each bag sold will be donated to our club.

2ND ANNUAL \$200 VALUE
Taste of the LAKES REGION 2023-2024 COUPON BOOK
FEATURING: BURIYO ME, VIDA, CANOE, HAPPY GO, HEART'S, MARGARET'S, LOCAL, WAFARER, and many others.

100% of the proceeds from this fundraiser will be referred to the community. To purchase a coupon book, visit our QR Code to the right. You can also purchase in-kind by shopping in all one of these locations: Bank's Savings Bank, Gilford Branch, 11 South Hill Rd, Gilford NH, Granite State Chiropractic, 44 Weaver Rd, Laconia, NH or Singh Family Dental, 25 Country Club Rd, Gilford, NH.

The Sun - The Best of the Lakes Region

Lakes Region NH Coupon Book



News from Meredith:



Beautiful Cover photo of Altrusa Club of Meredith, Facebook Page



Type to enter text

On Tuesday December 12, 2023, the Altrusa Club of Meredith, NH celebrated together for their annual Holiday Party at Giuseppe's the "GROTTO" We feasted on salad, two different types of lasagna and dessert. This was followed by a Yankee Swap.



Meredith Altrusa joined RE/MAX Innovative Bayside at their annual Christmas Open House at which Toys for Tots were collected to help brighten the holidays for children in need throughout the community. Shown in photo, left to right, are Altrusans Nancy Law, Judi LeCount, Vivien Mitchell, Kathy LaPoint, Linda French, and Realtor Chris Kelly.

News from Carroll County:

Volunteering

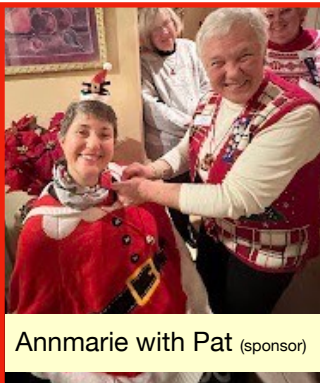


Serving lunch at Senior Center

Membership



Tina with Cathy (sponsor)



Annmarie with Pat (sponsor)

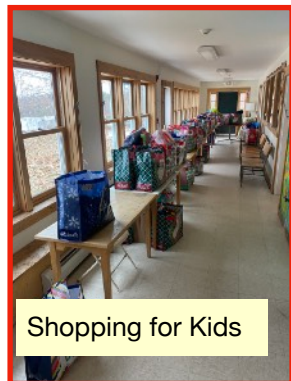


Jess with Cathy (sponsor)

The annual **Christmas Party for the Foster Families in Carroll County** was another successful event in a very busy December. Santa and friends entertained all, a delicious appetizer - dessert buffet was provided, activities for all including cookie decorating, ornament making, facepainting were enjoyed. Each child chose a book to take home and parents had an opportunity to interact and network. Thanks to NHDCYF department for our continuing partnership.



Christmas party & cookie trays for the community first responders



Shopping for Kids

Three new members were initiated at the Christmas Party.

Fundraising



Madison PTO Fair



The set up crew for the Foster Family Christmas party. Other members baked, and helped with Clean up

Notes from Editor

- Next issue of DSB - March 15th - Deadline for submissions - March 1st
- Included in March Issue - **Nominations for the Nominating Committee** to be elected at Conference
- Updates regarding Spring Conference
- **Membership** - Please send to DSB a photo and short bio of all new members - March issue
- **Club Presidents** - please remember to bring or send your club banners to Conference
- **First Timers** (those attending a conference for the first time). Check the schedule there are several activities that include first timers as we celebrate your membership in Altrusa
- To all clubs who were not included in club news - January 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 really helps. The emails just don't get mixed in with my personal emails. You can always reach me at 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 March 1st. 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
- **Facebook.** If your club uses Facebook.. please use a hashtag #altrusa #altrusadistrictone #altrusamembership #altrusaservice. This lets others search for updates and news from the clubs.. and makes it easier to share on the District One Facebook Page.

District One Service Bulletin & website updates

Please send news and photos and new member, officer installation and all things Altrusa to

altrusa.districtone.dsb@gmail.com

Schedule for the DSB publications: Submission Deadline

March 1st, June 1st, Sept 1st, Dec 1st

Publish Date

March 15, June 15, Sept 15, Dec 15

Jan 30 (call to conference forms)

Cathy Baybutt is DSB editor

Linda Ring is communications chair and Webmaster

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Diane O'Reilly, 422 Allison Drive

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Save the Date

Altrusa Spring Conference

April 26-28, 2024

Doubletree by Hilton

123 Old River Road

Andover, MA 01810