



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

## District One Service Bulletin

Volume 28 Issue 1 “Leaders in Service”  
June 2023

### District One Officers 2023-2025

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

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

Wanda Petterson, 1st Vice Governor  
Portland  
[kettlecove6@msn.com](mailto:kettlecove6@msn.com)

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

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

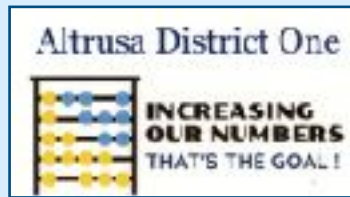
Denise Doyon, Secretary  
Greater Biddeford Saco  
[dd-pills@maine.rr.com](mailto:dd-pills@maine.rr.com)

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

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

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

### Governor's Message



Thank you for the trust you have placed in me as your Governor. Our opportunities as Altrusans are great.

Sincere appreciation to Past Governor Pamela Lemieux, our previous Board of Directors and committee chairs as the gavel is passed to the new board, and committee chairs. We must also give a big Thank You to **every** member for their willingness to share their gifts, time and talent doing community service. As we move forward, we must also look at the past. Without our Past Governors we would not be where we are today. Thank you to all the Past Governors.

An exciting two-year adventure is about to begin. It does not seem possible I am now your governor. My theme for the biennium is “Increasing Our numbers, That’s our Goal”. Your board and committee chairs will work hard to help clubs increase their members as well as increasing all Altrusa numbers—number of clubs applying for grants, number of clubs applying for awards, number of service hours given to our communities etc.

It was a pleasure to see friends old and new at the conference in Nonantum. The evaluations were glowing about the venue, service, and food. The reviews were so good we are considering having another conference at Nonantum.

Congratulations to Bermuda and Quebec for serving their communities for **75** years. We had 12 clubs winning an award at conference. Congratulations to all clubs for the submissions.

Governor's message continued...

The board has many ideas to accomplish this biennium. We had a president's council meeting in May and all the presidents in attendance were very positive about the usefulness of club visits. They felt that visits helped to provide a link between local clubs and district. They felt it was important to hear positive feedback and be able to ask questions and get help if needed. All clubs will be visited once a year during my biennium. (Bermuda by Zoom)

What would you like to see at workshop in November? What topics would be helpful? Thinking about conference in April –how can we improve? We get an evaluation at each event, but it only gives the ideas of the members attending. We would love to hear from members who were not there, what can we do to increase the likelihood of you attending the events?

A thought is to have an Altrusa chorus to sing the National Anthems during flag ceremony. Anyone interested? Anyone who would volunteer to be chorus conductor?

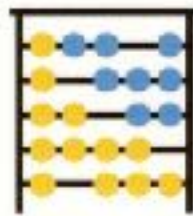
Please think outside the box and communicate with us. This is your district and we would like to hear from you.

Have a relaxing summer. Take care, Rita

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Altrusa District One



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

**DISTRICT ONE  
TEAM**



## District One - Leadership Team - contact information

Archives	Karen Valley	Portland	<a href="mailto:book1babe@gmail.com">book1babe@gmail.com</a>
Astra Liaison	Patricia Maxim	Portland	<a href="mailto:campnaples@fairpoint.com">campnaples@fairpoint.com</a>
Awards	Ann Millard	Greater Biddeford-Saco	<a href="mailto:acmrpm@gmail.com">acmrpm@gmail.com</a>
BRR	Pat Jackowski	Central CT	<a href="mailto:pjjcjj@sbcglobal.net">pjjcjj@sbcglobal.net</a>
Communications	Linda Ring	Central CT	<a href="mailto:linda.Ring.Altrusa@gmail.com">linda.Ring.Altrusa@gmail.com</a>
DSB	Cathy Baybutt	Carroll County NH	<a href="mailto:cathybaybutt@gmail.com">cathybaybutt@gmail.com</a>
Foundation Liaison	Anne Rash	Northeastern CT	<a href="mailto:annerash@charter.net">annerash@charter.net</a>
Leadership	Carlita Cotton	Northeastern CT	<a href="mailto:drcarlitarbcotton@gmail.com">drcarlitarbcotton@gmail.com</a>
Membership	Cindy Hyatt	Carroll County NH	<a href="mailto:cinhy728@gmail.com">cinhy728@gmail.com</a>
Parliamentarian	Ann Marie Snyder	Merrimack Valley	<a href="mailto:jamsnyer@aol.com">jamsnyer@aol.com</a>
Service Program Dev	Marie Pike	Portland	<a href="mailto:pikerino2@aol.com">pikerino2@aol.com</a>
Service Days for Girls	Claire Berhle	Merrimack Valley	<a href="mailto:sbehrl@aol.com">sbehrl@aol.com</a>
Webmaster/ projectionist	Linda Ring	Central CT	<a href="mailto:linda.Ring.Altrusa@gmail.com">linda.Ring.Altrusa@gmail.com</a>

President's list		
6-1-2023 to 5-31-2024		
Bermuda, Bermuda	Mary Faries	maryff@ibl.bm
Carroll County, NH	Elizabeth Wheatley Dyson	ewheatleydyson@gmail.com
Central Connecticut, CT	Lynn Reilly Havlicek	clreilly24@yahoo.com
Greater Biddeford- Saco, ME	Sandra McKenney	rmckenney5@maine.rr.com
Greater Hartford, CT	Jacquelyn Medina	jlynmed@yahoo.com.
Laconia, NH	Stephanie Gilbert	sg.tg2011@icloud.com
Litchfield County, CT	Emily Barbero	emily.barbero@gmail.com
Meredith, NH	Mary Ann Skawinski	maryanneskawinski1978@gmail.com
Merrimack Valley, MA	Charlene Muscato	charlene.muscato@gmail.com
Northeastern Connecticut, CT	Jodi Walenewicz	jodiawally@icloud.com
Plymouth County, MA	Susan Porazzo	smporazzo@hotmail.com
Portland, ME	Wanda Pettersen	kettlecove_6@msn.com
Quebec, Canada	Danielle Blondin	gingrasblondin@hotmail.com
Quincy, MA	Becky Lambert Egan	brjznab@aol.com
Sanford-Springvale, ME	Sandra Gray	sgray3@maine.rr.com
Seacoast, NH	Barbara Leavey	blueheron518@gmail.com

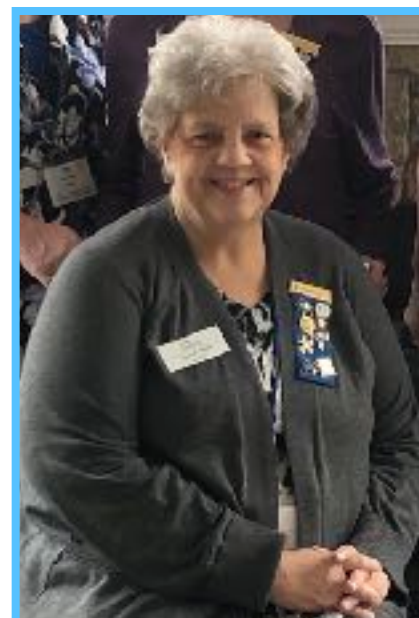


# Tidbits from Altrusa International – District One 2023 Conference

## By Linda Ring, Past Governor of District One

### From International President-Elect, Linda Smith:

- Membership is down overall by 115 members, attributed mostly to the pandemic. For a small district, we are doing quite well!
  - Encouraged us to sponsor new clubs in areas not presently served.
  - Remember to **update Group Tally with new committee chairs and officers**. Why? International Board and Chairs will use this information to reach out to the appropriate chairs.
- Communications
  - Remember to **use the Photo Release form** when taking photos at club events, **ESPECIALLY** if minors are involved.
- Leadership
  - Review the International website for updated manuals in many categories.
    - Treasurer's Guide
    - Records Retention Guidelines
- Service
  - Reminding all to send in your count of books and literacy hours for the **Million Books project** by June 1.
  - Use the **Service Project Database** to find new ideas for service projects. (Linda's note: It's a good idea to insert your project synopsis that was submitted for District Awards!)
- **Convention – San Antonio, June 19-23**
  - Instead of an off-site event, we are staying put at the hotel and running a fundraiser for Foundation. On Friday night, there will be dueling pianos and a cash bar. Remember that the more you bid, the more likely your request will be played!
  - Should be an easy business session. There is only ONE by-law for discussion.
  - Your convention board is saving money by NOT providing a convention bag. If you are coming to Convention, remember to **bring your favorite tote**.
  - Convention Service Project will be in support of Child Protective Services. Watch for the International Altrusan for details on collecting school supplies and stuffed animals.
  - Selling ads for the convention brochure. If you wanted to recognize an Altrusan, or toot your club horn, ads are \$250/full page, \$150/half page, and \$50/business card size.
- International Office Move
  - The International Office move was a strategic one to save money for the organization. Currently we pay over \$6,000/month rent. The new location will be about \$2500/month. Due to contractor delays, the move was postponed to May 15<sup>th</sup>. Either way, we must vacate the current office in downtown Chicago by May 31.
  - New address is: **1400 E Touhy Ave, Suite 410, Des Plaines, IL 60018**
  - The new location is very close to O'Hare airport. There is a Wyndham hotel next door that will serve our needs for overnight stays and meeting space.



Altrusa International  
President Elect  
Linda Smith

**Foundation Update (Anne Rash, District One Foundation Liaison)**

- Over \$414,000 was awarded in grants during 2022-2023 fiscal year.
- Recognized Altrusa International of Carroll County for being a consistent Club 21 club.
- Recognized District One Altrusans for individual contributions to the \$6 for 60 campaign.
- Clarified that monies donated for Club 21 do not count toward Lamplighter status.
- PowerPoint presentation is jam packed with information. Refer to the file on the District One website/Resources page/ under Conference 2023.



**Call to Conference:**

Members of Altrusa International of the Seacoast, ME surely know how to have fun. They're a bunch of crazy Altrusans! Read the lyrics, and you'll quickly hear the music in your head!

*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 ole' time.  
We're moving out of Maine for the Conference soon to be.  
We'll see you further South at the lovely Doubletree*

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

*Y'all come join us now y'hear!*

**Altrusa Spring Conference  
April 26-28, 2024  
Doubletree by Hilton  
123 Old River Road  
Andover, MA 01810**

**Thanks Linda for these great tidbits from Conference. It was a perfect summary.**



**Host club from Maine and our sisters from Quebec**









# Connecticut Clubs attending Spring Conference





The Mosmans (Quincy, MA)



Plymouth County MA

# Massachusetts Clubs







# Clubs From New Hampshire





## Summary of all Awards presented at District One Spring Conference

Award	First	Second	Third
<b>Membership</b> # new members between April 1 and March 31	<b><u>Meredith, NH (6)</u></b>	<b><u>Litchfield County</u></b> <b>(4)</b>	<b><u>Greater Biddeford- Saco (3)</u></b>
<b>Net Gain New Members</b>	<b><u>Merrimack Valley</u></b> <b>(3)</b>	<b><u>Meredith (2)</u></b> Tied for 2 <sup>nd</sup>	<b><u>Seacoast (2)</u></b> Tied for 2 <sup>nd</sup>
<b>Club Anniversaries</b>	<b><u>Bermuda</u></b> 75 Years	<b><u>Quebec</u></b> 75 Years	
<b>Newsletter</b>	<b><u>Central Breeze</u></b> Central CT Elsie Mathews, Editor	<b><u>Altrusagram</u></b> Portland, ME Marie Pike, Editor	<b><u>Altrusa Life</u></b> Laconia, NH Sue Clauson, Editor
<b>ASTRA</b>	<b><u>Hat and Mitten Drive</u></b> ASTRA Lake Region HS		
<b>First Timers Award</b>	<b><u>Laconia (2)</u></b> Tied for 1 <sup>st</sup>	<b><u>Sanford Springvale</u></b> <b>(2)</b> Tied for 1 <sup>st</sup>	
<b>Conference Attendance</b>	<b><u>Seacoast (10)</u></b>	<b><u>Northeastern CT</u></b> <b>(8)</b> Tied for 2 <sup>nd</sup>	<b><u>Portland (8)</u></b> Tied for 2 <sup>nd</sup>
<b>Conference % Attendance of Club Membership</b>	<b><u>Seacoast</u></b> 45.5%	<b><u>Sanford Springvale</u></b> 37.5%	<b><u>Laconia</u></b> 35.7%
<b>Mamie L. Bass – Service</b>	<b><u>If Not For Them...</u></b> Seacoast	<b><u>Cheering with Canes and Cards</u></b> NECT	<b><u>TEMP=Thermomet ers Enhance My Physical Condition</u></b> Central CT
<b>Letha H. Brown – Literacy</b>	<b><u>Planting the Seeds of Literacy</u></b> NECT	<b><u>A Book for Everyone</u></b> Greater Biddeford-Saco	<b><u>Social Justice Tween Book Club</u></b> Plymouth County
<b>Nina Fay Calhoun – International</b>	<b><u>Born in a War Zone</u></b> Central CT	<b><u>Helping All Girls Worldwide</u></b> NECT	
<b>Gabrielle Crepeau -Leadership Award</b>	<b><u>Carole Norish</u></b> NECT		
<b>Governor's Award</b>	<b><u>Linda Ring</u></b> Central CT		



Pinning of Governor Rita Cote



Gabrielle Crepeau  
Leadership Award  
Carole Norish (right)



Ruth Libby - Ruth's Reusable Resources  
saving and recycling materials for teachers for 30 years



The prestigious Governor's award presented by  
Governor Pam Lamieux to Linda Ring

## NAP - pre conference service project



**NAP (Newborn Assistance Project)** bags were filled with items for newborns to be distributed to mothers in need with babies born at Southern Maine Health Care. Those of you who participated in our hands on project at conference helped put together a back up supply of NAP bags. We're grateful! **Greater Biddeford Saco**

### Pre-Conference Service Project:

- Lots of activity for NAP (Newborn Assistance Program). Clothing, blankets, teethers and books were packed into colorful layettes for spring/summer or fall/winter.
- Boxes and boxes of donated books (Portland club has a partnership with Books-A-Million) were cleaned, stickered and sorted.





## Altrusa International District One BRR Report – April 2023

I am so proud to represent District One as your BRR (Bylaws, Resolutions and Recommendations) Chair and I am pleased to report that this past year we had activity for this District Chair. Director, Hilda Schmidt made her District visit to the NECT Club and they requested the possibility of changing the wording of the Altrusa Grace and Benediction to be more inclusive and diverse. Upon receiving this request, NECT President Carlita Cotton, PhD submitted the required forms from International to me and I forwarded them to International BRR Chair, Donna Johnson.

After an email delay, Donna Johnson brought the proposed change before the International Board at their January 18, 2023, Board Meeting. Donna Johnson report to me was that this request was brought before the Board in prior years and the discussion around the recommendation has always resolved to the fact that a District or Club is free to adapt the Grace and/or Benediction to fit with their perspective. That knowledge is the basis upon which the Board, by consensus, disapproved this proposal.

After receiving this response, I met with District One Governor, Pam Lemieux, Governor-Elect, Rita Cote and Immediate Past Governor, Linda Ring. Upon review of the International Bylaws, Polices and Procedures and Encyclopedia, there is no mention of the ability to adapt the Grace and/or Benediction. I forwarded an email to International BRR Chair, Donna Johnson asking if there could be a recommendation to change/add wording to the Altrusa Encyclopedia. She reported she would present a recommendation to the International Board to include wording in the Altrusa Encyclopedia to meet club and district perspectives and diverse members.

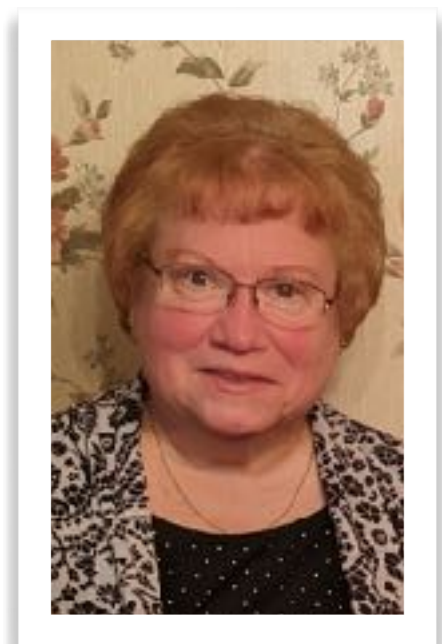
Donna Johnson and I had a Zoom meeting where I learned that a recommendation does have to be in the form of a Bylaw or Policy change. A recommendation to change something in a living document such as the Altrusa Encyclopedia may be discussed and voted by the Board and put into place immediately. I drafted and sent a recommendation to see the following modifications to the Altrusa Encyclopedia to the Benediction, Grace and I included the Collect. I requested the modification in the Altrusa Encyclopedia to include wording in parenthesis so Clubs and Districts are aware that modifications to the Benediction, Collect and Grace could be adapted by Clubs and Districts. This recommendation was brought before the International Board at their March 18, 2023, Board Meeting.

I received an email from Donna Johnson alerting me that the recommendation from Altrusa International District One to modify the International Encyclopedia as presented, was approved by the International Board of Directors, and will be added to the International Encyclopedia immediately. I am pleased to report that Altrusa International has updated the Altrusa Encyclopedia to reflect the additional information.

Many thanks to International Chair, Donna Johnson, the NECT Club under the direction of Carlita Cotton, PhD, the Altrusa International District One and Altrusa International Board of Directors for their guidance, patience, and attention to make this change. Carlita, your mother, Past International President, District One Alexinia Baldwin would be proud.

Respectfully Submitted,

*Patricia Jackowski*, BRR Chair  
Altrusa International District One



# Delegates report

## A Room with a View... And a Great Conference Too!



What a beautiful weekend. Kennebunkport, ME was a grand venue for the District One Conference,

### “Altrusa District One is Turning Back the Tide.”

Friday afternoon began with a hands on project hosted by the Greater Biddeford Saco Club in support of their Newborn Assistance Program (NAP). The room transformed into a team putting together colorful layettes for spring/summer or fall/winter. Clothing, blankets, teethingers and books were packed and it was wonderful to see the generosity of the District. The District Board met for their Pre-Conference Meeting following everyone gathering for a scrumptious buffet, dare I say gourmet?



Saturday was a packed day starting with again, a gourmet buffet breakfast (included in the price of lodging). Opening ceremonies included a Flag Ceremony and our First Business Session which included the Nomination of our New Officers for 2023-2025. The Slate of Officers was uncontested and there were no nominations from the floor. Appointed Secretary for the Conference, Susan Porazzo, cast 1 ballot to approve the Slate of Officers and your 2023 – 2025 Board of Directors are:

Governor – *Rita Cote* (Automatic Succession for the former Governor Elect), Greater Biddeford Saco

Governor Elect – *Susan Porazzo*, Plymouth County

First Vice-Governor – *Wanda Pettersen*, Portland

Second Vice-Governor – *Ann Lindner*, Litchfield County

Director – *Susan Ulino*, Northeastern CT

Director – *Penny Eldridge*, Seacoast

Treasurer – *Diane O'Reilly*, Litchfield County

Secretary – *Denise Doyon* (Appointed), Greater Biddeford Saco

Current Treasurer, Wanda Pettersen, presented the current year finances to March 31, 2023 and proposed budget for the biennium 2023-2025. I requested the current holdings of the District in savings, checking and CD and the District is financially solvent. I also requested the Workshop/Conference Budget which is usually provided at the yearly Conference. Wanda reported it will be sent to all Club Presidents.

Prior to a break, I presented a BRR (Bylaws, Resolutions and Recommendations) report that can be read under BRR Update in this issue.

International Representative, Linda K. Smith, International President Elect from Kansas, spoke to the group recognizing District One members who have served on the International Team and reported that our own Linda Ring has been slated to run for the International Board as Director. We hope she will be elected at the International Convention in San Antonio, Texas. She further reported that 3 new ASTRA Clubs were chartered and enthusiastically reported that there is a movement away from school based to community based ASTRA Clubs.

The morning session ended with a moving Memorial Service celebrating the lives of those Altrusans who left us 2022-0223

**Lois Bloomer, Bangor**

**Jane Stanke, Bristol**

**Jenny Gibson, Bermuda**

**Kathy Miller, Carroll County**

**Priscilla Douglas, NECT**

**Marcia Marley, Portland**

**Claire Burnell, Quebec**

**Charlotte Filion Caron, Quebec**

Delegate report continued.....

Dare I say we convened after another outstanding meal and the Parade of Banners by Club Presidents or their Representatives (Hilda Schmidt) for our Keynote Speaker, Ruth Libby, owner of Ruth's Reusable Resources. She spoke about her 26 years and evolution as a free store for teachers by putting surplus business supplies into the hands of schools, teachers and students. Their vision is to provide every Maine child with the variety and quality of supplies needed to succeed in school.

The afternoon provided 2 breakout sessions with 2 offerings each.

Breakout 1 – “Treasurer’s Workshop” and “Who is Robert and why do we have to follow his rules? Parliamentary Procedure”

Breakout 2 – “Stand up and be President-A review of the Job for incoming and wannabees” and “What is your book club reading? Come share your favorite.”

The Fundraising Fair offered many interesting items and baskets from food to planting items, jewelry White Elephant and handmade items. Our Cookie Jar Raffle was well received and we made \$100 profit for the club. Thanks to Linda Ring for her donation of cookie jar and cookie mixes. In addition to the Fundraising Fair, a Foundation Silent Auction was held in an adjoining room. Thanks to Ellen Paris for a jewelry set of necklace and earrings which is always a crowd pleaser.

The evening festivities began with a reception for our International Representative, Linda Smith, and District One Past Governors. These dignitaries were escorted to their seats by “Altrosans” Charlie Jackowski, Tony Rash and Ralph Ring. Our plated dinners were exceptional – delicious and hot. Several awards were presented and Governor Pam Lemieux thanked her Board and Committee Chairs. The evening ended with the Installation of Governor Rita Cote and her 2023 – 2025 Board by Past Governor, Denise Doyon with assist of Past Governor Anne Rash.

Our Sunday Conference Day was rainy but a warm, scrumptious breakfast awaited. The final awards of Conference, The Mamie, Letha, Nina and Gaby were presented. Anne Rash provided a report on the Altrusa International Foundation, Silent Auction results and presented awards for the 6 for 60 Program.

Susan Ulino led the membership in an interactive all conference leadership session, “What Would You Do?” The session provided scenarios on conflict resolution strategies. There will be a report in the next DSB regarding the program.

We received calls to the following upcoming events:

Convention in San Antonio Texas – International, July 19 – 22, 2023  
Workshop in Nashua, NH hosted by the Merrimack Valley Club, November 4, 2023  
Conference in Andover, MA hosted by the Seacoast Club, April 26 – 28, 2024

The Conference ended with our Benediction, Retirement of Flags and farewell to all.

Central CT Conference attendees from left to right-Pat Jackowski, Hilda Schmidt, Linda Ring with Linda K Smith, International President Elect (seated.)

*Patricia Jackowski*, Delegate





# Notes from Communication Chair

## Communications Tidbits

Ever wonder why computer geeks use such weird naming conventions? There's actually a really good reason!

Naming a file with date in YY-MM-DD format instead of MONTH-YEAR.

- Being consistent with naming files helps with archiving. Always call your files the same thing... **Altrusa Meeting Agenda YY-MM-DD**. In the folder, they will sort in chronological order this way. If you are using MONTH-YEAR format... April-2023 comes before January-2023.

If you keep your meeting materials in the same folder...

- You can sort by name to get your agendas, minutes, financial reports bunched together AND sorted by time.
- You can sort by DATE MODIFIED to get the most recent information at the top (or bottom), so all your May 2023 materials float to the top!

I like to use Quick Parts to create a self documenting footer on Documents.

- In WORD create a Self-Documenting Footer:
  - Press INSERT, then FOOTER. Choose blank.
  - Press INSERT, then QUICK PARTS, then FIELD, Choose FILENAME.
  - Press TAB once or twice to get the cursor to the right margin.
  - Press INSERT, then QUICK PARTS, then FIELD.
    - Press PAGE, then add a '/', then press NUMPAGES.
  - Highlight the whole footer, then press QUICK PARTS, AUTO TEXT, and choose SAVE (at the bottom of the window).
  - NOW, you can use this for any document!
- To USE the self-documenting footer:
  - Press INSERT, then FOOTER. Choose blank.
  - Press INSERT, then QUICK PARTS, then AUTO TEXT. Choose the footer you created.
- Once it is in your document... if you save it as something new (let's say you take last month's agenda and update it for next month...
  - Save the document with a new name.
  - Go into the FOOTER area and select the file name. Right click and choose UPDATE FIELD.

I hope this helps you develop some good naming conventions for your digital archives.

Linda Ring

# Notes from Leadership team

When I was asked to write a little about leadership, I began to think about the many leaders throughout my life who have influenced me. They are too numerous to name, but I realize they all had some qualities in common that I aspire to attain. Will you allow me to share a few characteristics that I have observed?

1. They are change agents. You can't tell them what they "cannot do," because that word is not in their vocabulary. They are the ones who believe that anything is possible and attainable if you put in the work. As Dr. Angela Davis is known for saying: *"You have to act as if it were possible to radically transform the world. And you have to do it all the time."* Good leaders live in this reality – they are committed to making our world a better place and they live out this mantra daily.

2. They believe in sharing the stage. A leader is only as good as those on her/his board or team. They aren't intimidated by others' gifts. Instead, they encourage and empower others to contribute and lead. They understand and demonstrate that micro-management is the least effective way to motivate their group or team. They also tend to construct diverse teams. They don't want everyone to agree with them, they value hearing all sides and perspectives—because they know the power of working and thinking panoramically and globally, instead of myopically.

3. They are slow to criticize and swift to praise. You may have heard the expression: *"Be the woman who fixes another woman's crown without telling the world it was crooked."* That's what a good leader does – she/he protects those under his/her charge and won't publicly embarrass them whenever possible.

4. They take responsibility for negative outcomes. In the military, we call that "falling on the sword." Good leaders will take the heat for the entire team and then work with the team to deconstruct what went wrong and reconstruct a new best practices posture for the future. In other words, they are accountable to themselves and to those whom they lead, and they aren't afraid to say, "I apologize."

5. They have a sense of humor and balanced perspective on life. By this, I mean that they like a good laugh and can laugh at themselves as well. They are serious when they need to be but know that there should also be time set aside for self-care and light moments.

6. They are teachable and lifelong learners. They are eternally curious and open to learning new ways of thinking, being, serving and working. Need an example? When my own beloved mother was in the last month of her life on earth, we went shopping for the latest iteration of the iPhone. Mom was always determined to learn any new technology. She was not just a consumer, but a consummate producer, and loved learning the terminology, theory, and inner workings of any new technology.

7. They aren't afraid to fail, because they have accepted that failure is a part of the process to success. Or, as Michael Jordan taught: "I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

**What about you?** I invite you to reflect upon the leaders whom you admire. What is it about them that attracts you? What do they do that makes you want to imitate them? May I ask you to do one more thing? Make time to reach out to your favorite leader within the next 30 days and thank them. Share with them how they have mentored you, tell them what you admire about their leadership style and practices and thank them for their service and sacrifices made on behalf of the better good. It can be lonely at the top, so to speak, and sometimes just hearing that what you do is seen and valued is fuel for the leader to continue to lead with excellence. Besides, as my grandmother used to always say: *"it's just nice to be nice and it costs you nothing, to do so."*

Peace and Laughter,  
*Carlita*



## Notes regarding DSB

Thank all who submitted photos and articles for this June 2023 DSB. There was so much information, I apologize if I missed items. Please continue to send DSB submissions to [altrusa.districtone.dsb@gmail.com](mailto:altrusa.districtone.dsb@gmail.com). The September issue may be a bit late as I will be returning from a trip to Scotland on the 16th of Sept. It will take a bit to get everything together. If at all possible send in your information early .. mid August, that way I may have time to assemble the majority of the newsletter before I travel. The Sept issue, should have details of the November Workshop and Make a Difference Day.

## Notes from Service Program Development Chair

A new year beginning! So much to plan. As you plan your service projects, I'd like to suggest a few things to keep in mind.

Diversity. Equity. Inclusion. Violet Sims presented a session on these at one of the past Workshops/Conferences. Have you kept them in the forefront of your mind while planning your service projects? Do your projects try to serve a broad range of your community? Do you try to serve people of different races, ethnicities, genders, religions, ages, and abilities? Do you try to determine what it is the people whom you intend to serve actually need? Do you try to incorporate aspects that will help them feel a part of the solution, not just the problem, that your project addresses? Not every single project can do all of this, of course, but look at the plan for the year. In total do you feel your projects achieve these goals?

It's not just the community being served that should be considered. Have you made an effort to plan projects that consider these goals in relation to your members? Do you periodically survey your members to determine their respective interests, abilities, availability? Do you consider ways that you can adapt or expand a project to include more members? For instance, if it's a very active project, consider ways to add value to it by a way that members less physically active can participate. Do you ask for, and value, ideas in the planning stage of the projects or does the committee just present a project fully planned and expect members to sign up?

With all this in mind now, are you looking for ideas for a new project that might satisfy these three goals? Or ideas to expand current projects? Don't forget that Altrusa International has a Service Project Database. Sharing ideas is what it's all about. To find it go to [altrusaservice.org](http://altrusaservice.org).

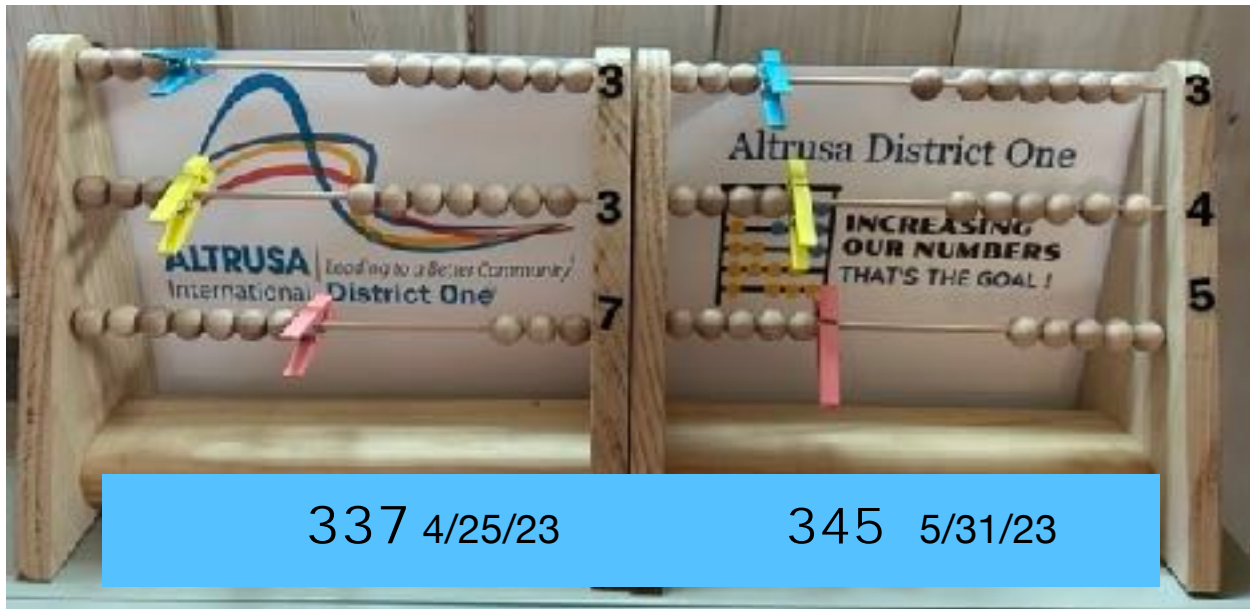
Perhaps your project could inspire some other club! Be sure to enter your projects in the database. In 200 words tell how your project was done with diversity, equity and inclusion. It's not hard at all.

*Marie Pike - Leadership chair*



# Notes from Membership Chair

## Growing our membership -- THAT'S THE GOAL



### INCREASING OUR NUMBERS – *That's the Goal!*

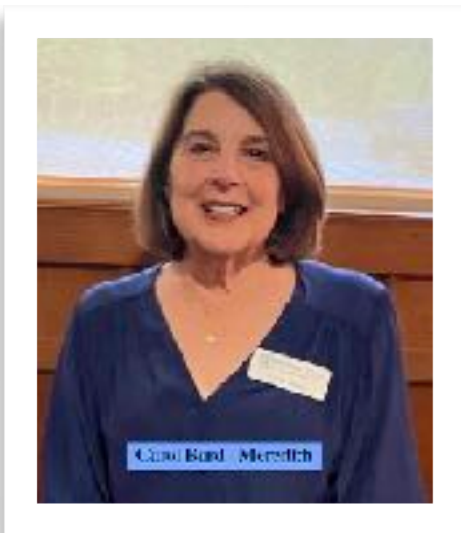
It is the challenge that has been presented to each of us – each club and each member – by our new governor, Rita Cote. **Increase our numbers.** Although it impacts all areas, membership is the most obvious place to start. COVID, aging membership, and societal trends away from group service have turned us from dynamic and growing to treading water; however, we are Altrusans!

We do not see limitations but opportunities! So, how do we embrace this opportunity? First place, you and me. Each of us as individuals. We are each a part of Altrusa for a reason. Share that reason with your friends and family . . . especially the younger ones! Invite someone/everyone to a meeting . . . or even better, a social event with your club. We are FUN! Who would not want to join us once they get to know us? And we DO GOOD THINGS. Invite someone/everyone to help with a service project or a literacy event. They will want to be a part of doing good things, too.

The summer presents opportunities for us time -- as we bask on the beach or work in the garden or do all of the myriad of things that fill our days -- to think about who and when to invite others to know more about Altrusa. Then ASK!

*Cindy Hyatt, Membership*

## Introducing our newest members in Altrusa International of Meredith



### Carol Bard

Carol came up to her vacation Squam Lake cabin from Newton, MA during COVID , never left, and now lives here permanently. She has over 30 years of experience in education as a Guidance Counselor, teacher of Psychology at the high school and college level, and School Psychologist. She has also been involved in the ESL program in Newton for over 10 years. Loves all racquet sports.

Altrusa has been a great way to meet like-minded neighbors and participate in a variety of community service projects. Carol is the pic in the blue shirt against the window backdrop wearing her new badge!



### Lindsay Weiner (she/her)

Lindsay is a fierce advocate for food security, women's empowerment and children's health + wellness. After spending eight years focusing primarily on her family as a stay-at-home Mom, she's excited to have recently re-entered the workforce supporting a national nonprofit that promotes whole child health equity in America. Lindsay has over twenty years of philanthropic fundraising experience from event production and program development to sponsorships, grant-writing and volunteer management.

While home with her kids, Lindsay helped to run her family's small business and volunteered with several local organizations, which is how she learned about Altrusa. Lindsay hopes to apply her unique skillset, along with her passion for community-building and engagement, to assist in driving the important work that Altrusa is doing in Meredith, New Hampshire.

Lindsay grew up in Fairfax County, Virginia, graduated from Virginia Tech in 2000 and has lived in the Lakes Region of NH (Lake Winnepesaukee) since 2008 with her husband, Jason. They have two children – Max (10) and Charlotte (8). In her free time, Lindsay enjoys cooking, hiking, skiing, playing tennis, singing + dancing, reading, traveling, volunteering, registering new voters, paddle boarding, boating, and hanging with her family. While she has loved working with Altrusa of Meredith on various projects; her favorite part of being a member has been the amazing women she has gotten to know through the experience.

## Introducing our newest members in Altrusa International of Central CT

**Trisha Stephensen Gordon** was initiated by District One Governor Pam Lemieux during her club visit at our virtual meeting in March. Trisha has been helping us with projects for a while, and we are happy to be meeting face to face to get to know her better.

Trisha lives and works in Middletown. She is employed by Wesleyan University as the Associate Director for Equity Compliance/Deputy Title IX coordinator. She is married and has 4 children and 10 grandchildren (with another one on the way.) She enjoys reading the Bible, dancing, bowling, and skating.



When asked how she heard about Altrusa, she replied: *"I met Kathleen (Didato) at the Dollar Store in Middletown as she was purchasing supplies for the SAFFE project. She told me about Altrusa and said I should join... Before I became a member, I researched what it meant to be a part of this club and found out it has helped people in the community to thrive, to feel valued and supported."*



We're happy to welcome you into Altrusa!

**Deb Jarzabek** has recently joined Altrusa International of Central CT, Inc. at our May 24th meeting. We used our favorite club initiation ceremony... making new members STOCKHOLDERS in our organization. The initiation details what to expect as a new stockholder: your responsibilities, your investments, and your dividends.

Deb has been following us for many years. She was first invited to help publicize our events by Patti Deegan. She has been our guest photographer at the Gerard Melito Senior Citizens' Poetry Reception for many years. She lives in Meriden, and already gives from her heart working with Companions & Homemakers. She has 3 grown children. She enjoys photography (naturally), gardening, art, outdoor activities, computers, poetry/writing and helping others.

When asked why she wanted to be an Altrusan, she replied, *"Because I would like to have a safe way to help others and develop valuable and long-lasting friendships."* We think she's a perfect fit with Altrusa and are happy she has joined our club.



## Please welcome the three newest Altrusa club members from Litchfield County.



**Margaret (Peg) Michaud** was sponsored by Carol Anderson. Peg attended UCONN where she graduated with a bachelor's degree in education. She went on to receive her master's degree from Central Connecticut State. Peg taught in the primary grades for 38 years at local schools. As a retiree, she volunteers at her church. She loves to read and spend time with her grandchildren.



**Donna Ladona** was sponsored by Jean Giorda. Donna has two sons and four grandchildren. She worked for over 30 years in school cafeterias. She currently volunteers at the local senior center each week. She is also on the decorating committee of her church.



**Karen Thomas** was sponsored by Emily Barbero. Karen has three children and her first grandchild is on the way. She has worked at the Friendly Hands Food Bank in Torrington, Connecticut for 22 years. She began as a volunteer and then stepped up to become a member of the Board of Directors. For the last three years she has been its Executive Director. Karen also teaches business etiquette education at colleges throughout the tri-state area.

## Greater Biddeford-Saco is pleased to welcome 2 new members

**Agnes Letterese** was born and raised in New York, but vacationed in southern Maine for several years. She purchased a home on Hills Beach in 2010. Agnes worked for HBO for 40 years starting as an Executive Assistant and retiring as Vice President of Business affairs at the end of 2017. She handled the administration and contract compliance of the film licensing agreements HBO had with the movie studios in Hollywood.

In October 2020, she sold her home in New York and moved up to Maine full time. She's a widow with no children (Except for her four-legged feline, Bella). She has two sisters in California and a brother in Florida and nieces and nephews in Virginia and California.

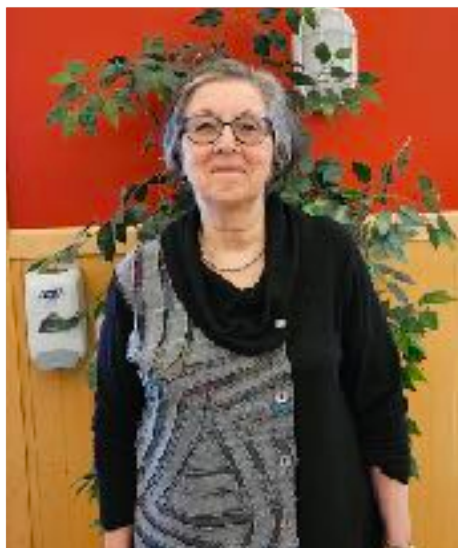
She has enjoyed getting more involved with the local community (Bon Appetit) and looks forward to working on some service projects with Altrusa.

**Ruth Ann Mitchell** grew up in Saco attending local schools and Thornton Academy. She studied early childhood education and elementary education as well as psychology at several Universities.

She worked with VISTA program, as a Head start Teacher, with a long career at Montessori school in DC.

She retired in 2008 and moved back to Maine to help care for her elderly aunt and parents. She still volunteers at the Bon Appetit Meal Program and is involved with the Saco Bay Garden Club.

She writes that she enjoys traveling, landscaping and gardening, baking, Yoga, volunteering and spending time with cousins and friends.



## CLUB ALTRUSA DE QUEBEC – OUR NEW MEMBER



### STEPHANIE TREMBLAY

The Altrusa Club of Quebec is honored to present our new member, Stephanie Tremblay. She has a degree in dietetics and holds a master's degree in Public Administration from ENAP. She worked in food services management at the Institut Universitaire de Cardiologie et de Pneumologie at the Laval Hospital. She was Chief Manager of the food department at a Youth Center. She worked as Director of Operations at Laliberté et Associés and is currently Executive Director at Les Soeurs du Bon Pasteur.. With her husband Martin Tremblay, she is the proud mother of two daughters, Amélie and Rosalie. She has been introduced as a new member of the Club on June 6 in the presence of our new Governor, Rita Cote.

Her email address: [s,tremblay@sdbp.ca](mailto:s,tremblay@sdbp.ca)



### Membership Reminder

As we grow our numbers, Governor Rita has requested that we include an introduction of all new members to our larger District One community.

Please remember to

- send a photo and a short bio to the DSB editor..
- as well as membership information and dues to Diane O'Reilly (treasurer),
- membership information to Cindy Hyatt (membership chair)
- and of course to Governor Rita, so she can learn about our new Altrusans.



## News from Northeastern CT



Newly installed  
Board of Directors

From Left to right:  
Carlita Cotton, Mary  
Weinland, Ethel  
Mantzaris, Bernice  
Taylor, Anne Rash, Jodi  
Walencewicz, Jane  
Schreiber, Bonnie  
Ryan, Susan Ulino



Left: This is the Literacy Committee getting ready for Sweeney School 3rd graders. (L- R) Malta Bailey, Chris Lamb, Jan Schreiber, Renee Kraus, Anne Rash, Mary Weinland, Barbara Gibson, Carole Norrish, Bonnie Ryan,



DFG - The Days for Girls team members have been busy putting kits together for next year's shipment. It is expected that over 1000 kits from CT alone, will be sent to girls all over the world. It is expected that the girls would lose a week of school every month without these kits.



Members prepare and serve lunch for the Covenant Food Pantry on April 23rd

## News from Altrusa Central CT...

Central CT Altrusans hosted our Senior Citizens' Poetry Contest and Reception in April! We selected 2 High School Seniors to recognize their Community Service efforts. We wrapped up our TEMP project by delivering thermometers, a book on caring for your sick child and a cute little backpack to the Family Center at Middlesex Health. We worked on award submissions, attended District One Conference, and had lots of fun with Linda Smith, International President-Elect.





## News from Litchfield County



After a pandemic respite, we were happy to resume our annual fashion show. Two hundred guests enjoyed an evening with fashions provided by J. Jill and modeled by our members. It is one of our best fund-raisers.



### **Newly installed board of directors**

Pictured are Carol Anderson, Vice-President, Pam Prevunak, Secretary, Ann Lindner, Past-President, Jennifer Lent, Treasurer, Carolyn Mosher, Board of Directors, and Emily Barbero, President. Absent – Judi Pfeffer, Board of Directors.



# News from Greater Hartford ...



Greater Hartford honors World Health Day in a team walk on a beautiful sunny day.

Walking is one of the most healthiest exercise one can do.



Happy International Women's Day  
[#embraceequity2023](#) [#embraceequality](#)  
[Altrusa District One](#)

## NEWS FROM QUEBEC



**Covering the 150 books donated by the Club to Oralis School for deaf and hearing-impaired children** and those with language difficulties. The goal of the school is to lead the children to a return to regular school experienced in success. The pedagogical intervention also aims at the development of the student's passion for reading and writing. This is what Isabelle Savage, the school's principal and guest speaker at our May meeting talked about with passion.



**Visit to the sugar shack with the women of La Maison Zoé-Blais and their families.** A perfect opportunity to introduce them to a local tradition in a festive atmosphere and contribute to the integration of these newcomers in our community.



**Busy members preparing gifts for Mother's Day at La Maison Zoé-Blais.** cups filled with tea, herbal tea bags and chocolate were handed over together with the weekly food distribution.



**Four of our members proudly represented the Club at the District One Conference in April.**

From left to right: Thérèse Morin, Secretary, Madeleine Ferguson, 1st Vice-President, Danielle Blondin, President and Adeline Lafrance, President of the Fondation Albanie-Morin.



## GOVERNOR RITA COTE VISIT TO QUEBEC



President Danielle presenting a souvenir to Governor Rita.

On Tuesday, June 6, the Quebec Club was very happy and honored to host our new Governor, Rita Cote, and Marguerite Dow for our monthly meeting which also was our general assembly and installation day of our new member.



Adélice Lafrance, sponsor of new member, Stephanie Tremblay with Governor Rita and Jocelyne Picard who presided the installation ceremony.



Governor Rita officially presents the 2020 (Pandemic year) Gabrielle Crépeault Medal to Madeleine Ferguson



Presenting certificates from left to: Lise Blais, our treasurer, Lise Mercier, Director and Yolande Rousseau, past-president for each ten, five and thirty years of service in Altrusa.





# News from Merrimack Valley...



Annmarie shared some great photos from Spring Conference.. thought it would be a good place to put them on the Merrimack Valley Club Page.  
Cathy Baybutt, editor



# News from Plymouth County...



## Massasoit Community College Altrusa International of Plymouth County Scholarship

The recipient is Eileen Osborne. She is an Honors Nursing Student at Massasoit Community College, Class of 2023. Congratulations Eileen and continued success in your chosen vocation.



Mentor Pat Monteith informs us that Yvangi Jacques has received a \$5,000 grant from the Marjot Foundation, Falmouth, MA for his science project, *A Sound Approach to Attracting or Repelling Pollinator Insects (bees)*. Yvangi is a Brockton resident attending Avon High School, soon to be a senior. The Marjot Foundation provides awards to over 100 high school students from New York and New England for the purpose of encouraging their independent research in environmental sciences. This

program has been available since 1998.

Small but mighty! At this business meeting on May 17th, plans were firmed up for a poetry contest for seniors, learned from Jenn about collecting used sneakers for a fundraiser, discussed our membership drive, acquired donated books from Jenn's Natick Public Library book remainders to give to Father Bill's Mainspring shelter where we installed bookcases, and options for carpentry and / or food for a Habitat for Humanity. Plus Jenn brought in a children's book for Literacy Day in September, a local author with a theme of overcoming perceived disabilities.. PHEW.. A lot going on!





# News from Seacoast ...



Altrusa of the Seacoast donated \$500 this past April to sponsor two teams to participate in Dover Children's Home's bowling challenge. Christening ourselves "The Altrusa Angels" we flew off with the First prize for Costumes competing against other players in the same

scheduled time slot. The prize of four \$25 gift cards to the Bowlerama in Portsmouth have been donated to our current calendar raffle! That's a win WIN!! Also, our fallen angel is on the mend...



Thanks to all members of the Seacoast group, who were oh so "knotty" in creating over 135 adult and child sized fleece blankets. It was a challenge but we pulled together and warmed many hearts as well as bodies. A special thanks to Char Plotycia (not pictured) for spending so many nights in front of her TV making blankets!



We are expanding our relationship with Footprints Food Pantry of Kittery and by re-purposing this cart into a book station, we hope to provide food for the mind in addition to our financial support.





# News from Portland...



## Portland Altrusa has been busy..

(Left) Celebrating their 19th Volunteer of the Year award presentation. This year it was Sharyn Shearer from Project Grace.



(Right) Scholarship recipients.

(Below) Bags of Hope delivered to Milestone Women's Shelter.



(Right) Astra Award presented to the Interlakes Astra Club by International President Elect, Linda Smith.



Fundraiser concert by Schooner Fare



## News from Greater Biddeford-Saco Club....

**Calendar raffle**—a great idea we “stole” from many of you! We ran our first calendar raffle this February and it was successful putting nearly \$2000 in our community service account. We’re aiming to increase that to \$3000 next year.

Altrusans volunteered at Young School in Saco for the **RIF (Reading is Fun) program**. One of our local manufacturers donates funds to the Young School library to purchase books. Students are allowed to choose one book (and bookmark) from the assortment. The books are free and the students get to keep the book. Altrusans help students from kindergarten to 2<sup>nd</sup> grade to choose their book and to label them with a name plaque. Fun event!



**“ASK” buttons**—a promotional experiment in attracting new members. The button reads “ASK.....”. We’ve been trained to respond with a brief description of what Altrusa is and what it means to us. Most importantly, we’ve been trained to respond with enthusiasm for our work in Altrusa. Our “ASK” buttons were put together with care by our talented crafters. Everyone received a button in their conference bag and extra buttons were available for purchase.



In February, we received a gift of 80 books for newborns from the Portland Altrusa club. The book **“Please Read to me”** was written by Pam Leo, a Portland resident. We also received 80 packets of “Singing is the key to literacy” to put in the NAP (Newborn Assistance Project) bags along with the book. **The Biddeford Saco Club would like to extend a great big THANKS to all who contributed to our Newborn Assistance Program with baby supplies of all types! We are still sorting and organizing - photos of this bounty are forthcoming! Sandy McKenney - President**

### Senior College Guest Speakers

Women from the York County Senior College visited our club to make us aware of their offerings.

Membership in Senior College costs \$25 and you can take as many courses as you’d like during the year.

Classes focus on a variety of topics and the best part of all—no homework, no tests!

There’s probably a Senior College near you. Altrusan Claudie Nadeau volunteers in the management of our senior college.



Thanks to conference attendees! Many of you cleaned out your stash and brought in items for us to recycle through our project **“Recycling for Good”**. We ended up with 19 bags full! Some of the items were school supplies so we delivered them to Ruth’s Reusable Resources. Sarah Moore is pictured on delivery day. That same day we delivered medical items to Partners for World Health and a ton of eyeglasses to the recycling bin at the Maine Eye Center. Cards and corks will be going out by mail soon!



## News from Laconia..



### **Laconia Altrusa newly installed Board of Directors**

Left to right: Lisa Singh (Director), Barbara DeAngelis (Director), Kathy Collins (Secretary), Stephanie Gilbert (President), Gloria Gallant (Vice President), Brenda Tillotson (Treasurer) and Sue Clauson (Immediate Past President).

We gathered to celebrate all of our members and another great year. Looking forward to new and exciting projects!



On Friday 5/19 Barbara and Gloria organized the small kitchen used by the Activities Department and Sue Clauson started organizing their collection of CDs. Feels good to help with Spring Cleaning!



# News from Meredith...

On April 18th, the Hospitality Committee hosted its first Literacy Luncheon at the Meredith Public Library. Oscar winner, actor, playwright and author Ernest Thompson, of *On Golden Pond* fame, was the keynote speaker. He captivated the audience with excerpts from his latest novel *The Book of Maps* and shared entertaining stories about the making of the movie *On Golden Pond*. Ernest is shown here autographing his new book for members and guests.



Receiving from Jackie LaPoint the Scholarships are recipient Kara, presenter and Scholarship Committee member Kathy LaPoint, and recipient



Paige. Kara received the Dr. Ritzenthaler Scholarship, named for the Meredith Club's Founder; both were awarded

a Marian Touhey Scholarship. Non-traditional scholarships are awarded annually to adult learners who are returning to pursue their educations or retool their skills for new job opportunities. These outstanding women were honored at a dinner held at Hart's Turkey Farm Restaurant on May 16, 2023.



The residents of Forestview enjoyed a May Dance Program on Sunday, April 21<sup>st</sup>. It was sponsored by Meredith Altrusa and hosted by Forestview Manor. The talented students of Lakes Region Dance performed many routines to the delight of lots of happy residents and their family members. What a wonderful

way to help put smiles on the faces of everyone!

# News from Carroll County

## Carroll Count Spring volunteer projects



**Packing End 68Hrs of Hunger**

**Providing meals for women build at Habitat for Humanity**

**Providing Books and Book shelves for Starting Point resource Library**

**Providing Comfort Bags to Grace House Shelter**



**Serving Lunch once a month at Gibson Senior Center**

**Sending Thank you Cards to Soldiers - bi monthly**

### Literacy projects

**Mail for Me**

**Make Way for Readers**



### Fundraising

**Annual Calendar Raffle and Plant sale in partnership with the Friends of Cook Memorial Library**

### Membership

**installation of new directors to serve on the board of directors  
Theresa Jones and Sue Battles 2023-2025**



**Recognition of 5 years of membership of Janel Maxwell presented by Marsha Brown**



# UN International Days

**February 20** World Day of Social Justice

**March 8** International Women's Day

**April 7** World Health Day

**May 15** International Day of Families

**June 6** World Environment Day

**August 12** International Youth Day

**September 8** International Literacy Day

**September 21** International Day of Peace

**October 16** World Food Day

**October 24** UN Day

**November 25** International Day for the Elimination of Violence against Women

**December 10** Human Rights Day

[UNITED NATIONS](#)

## International Convention

**July 19-22, 2023**

**Grand Hyatt San Antonia River Walk  
San Antonio, Texas**

Registration forms, schedule and details are all available  
At  
[altrusa.org](http://altrusa.org)



## Communications District Service Bulletin & Website updates

**Please send news stories, photos, new members,  
officer installations and all things Altrusa to**

**[altrusa.districtone.dsb@gmail.com](mailto:altrusa.districtone.dsb@gmail.com)**

**Schedule of DSB publications: Submission Deadline**

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

**Publish Sept 15, Dec 15, Jan 30 (Conference forms), March 15, June 15**

We know you are all busy doing wonderful things, wouldn't you like to share the news with your fellow Altrusans. You can submit photos and captions any time. We'll include as many as we can. Thank you for helping to make our job easier.

Cathy Baybutt, DSB editor,  
Linda Ring, Communications Chair and Webmaster,

Contact information:

**Altrusa International  
1400 E, Touhy Ave, Suite 410  
Des Plaines, IL 60018  
1-312-427-4410**

**[altrusa@altrusa.org](mailto:altrusa@altrusa.org)**

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

Save the Dates:

**FALL WORKSHOP  
Saturday, Nov 4, 2023  
Sheraton Nashua  
Nashua, NH**

**Altrusa Spring Conference  
April 26-28, 2024  
Doubletree by Hilton  
123 Old River Road  
Andover, MA 01810**