



# Altruist

## THE ALTRUIST

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### TOPSY/TURVY

Beginning January 2017, our 1<sup>st</sup> monthly meeting (2<sup>nd</sup> Monday), will be our business meeting held at the Wardwell.  
Our 2<sup>nd</sup> monthly meeting (4<sup>th</sup> Monday), will be our program meeting held at the Inn at Atlantic Heights.

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#### PRESIDENT'S MESSAGE 11/28/2016

Dear Altrusans:

This newsletter finds me hoping that all of you had a great Thanksgiving. Now the hectic season begins with shopping, decorating, and writing Christmas cards. I always envy the friends who take the time to send a letter with their card giving every family member's accomplishments for the year, however somehow forget to include themselves. I wonder how many of you have this tradition and if you include all your accomplishments. As active Altrusans your list is abundant and the people you unknowingly touch are many. One of the posts on FaceBook touched me this year. The picture was nothing more elaborate than a fluttering leaf but the caption very meaningful. "I cannot do all the good the world needs, but the world needs all the good I can do." How true this is of all of us! We take each day as hectic as it might be and do good through our

actions, our smiles, and our time. Each month as we give our hours of work and service to Altrusa and to the community, I am amazed at the number of hours you are giving. Not only do you work for the Club cause, you are also working with your families, friends and some of you in the work place. Give yourself a pat on the shoulder and if you write that Christmas letter don't forget to include yourself. Remember you are wife, mother, cook, housekeeper, grandmother, chauffer, someone's best friend, caregiver and of course Altrusan. Are you tired yet? You should be, but your boundless energy and caring for others keeps you going like the energizer bunny. Take a minute for you during this holiday season because the world needs you to do good to yourself also.

As always, thank you for all the good you do and for the caring women you are. The world is a better place because of each and every one of YOU!

Lucille

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## Service Hours as of October, 2016

Altrusa work	Altrusa Service	Community Service
94.5	72	157
	YEAR TO DATE	
566.5	370.5	631.5

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HAPPY BIRTHDAY WISHES TO:

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Mignonne "Mickey" Lamb, December 30.

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### Upcoming Dates to Remember

**April 28-30**  
**Spring Conference in Mystic, Connecticut**

**Upcoming International Convention**  
**July 21-24, 2017 - Nashville, Tennessee**  
**100<sup>th</sup> Anniversary of Altrusa**

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## MINUTES OF MEETING HELD ON 11/28/2016

### Leaders in Service:

Martha Taylor invited all members to attend the

### [12th Annual Festival of Trees](#)

November 26th - December 31, 2016, at the Saco Museum

Martha also reminded members to collect their reusable plastic shopping bags for use by the Saco Food Pantry. Please give them to Martha or Lynn Steed.

### Correspondence:

We received a thank you note from the Saco Food Pantry. We also received a request for funds from the Kids Free to Grow program. Sharon Staz received a thank you from Young school as well as a note with photos from the Superintendent for our participation in the RIF program.

### Secretary's report:

The Secretary's report was accepted as read. Moved by Sandy McKenney and seconded by Rita Cote.

### Treasurer's report:

The treasurer, Rita Cote, stated that tonight's and future Treasurer's report would be given bi-monthly.

### Membership:

Chair, Ann Milliard, stated that the committee was preparing an orientation session for our newest members Mel Cannella and Lynn Steed.

### Finances:

Chair, Rita Cote, stated that Mickey is working on getting a date with Painting with a Twist for a fun fundraising event.

Rita then submitted 3 proposals to the club.

1. All expenses for the meals for speakers will come out of our operating fund with a budget of 2 meals per meeting, except for the scholarship dinner event.
2. The committee recommends that we pay \$100 to each speaker representing a non-profit organization. This would amount to \$700 per year.
3. The committee recommends that the speaker honorarium would come out of the operating budget for this club year only, stopping with 5/17. It is proposed that from 6/17 to 5/18 \$700 would be set aside in a dedicated fund for speakers only.

After much discussion Nancy Phillips moved the question and a vote was taken on all three items listed. The vote was a tie with one abstention. Bella Cowan rescinded her abstention and voted FOR the proposals. Marguerite Dow seconded.

### Community Services:

Chair, Laura Cortright reminded us that members would service at Bon Appetit soup kitchen on Tuesday & Wednesday, 11/29 & 30. We are also scheduled to Ring the bell on behalf of the Salvation Army on Saturday 12/3. Sandy McKenney has the schedule.

Laura then requested a donation from our club of an additional \$200 to help defray costs of the Children's Christmas shopping from held on 12/10 through the Second Congregational Church in Biddeford. Our members will be helping to cook and serve on this day, as well as help the children shop for their special gifts for the parents. Rita moved that we approve the \$200 and Mel seconded. The request passed without objection.

Sharon Staz advised that if you are new to Joyful Harvest kids shopping event, you do need to sign up and be processed for a background check.

Laura asked if we were adopting a family through the Salvation Army or using angel tags like we did last year. President Lucille responded with the following:

"I have spoken with Beverly Smith of the Salvation Army regarding their needs this year. They are asking for personal hygiene items for ages ten to thirteen boys and girls i.e.: toothbrushes, toothpaste, deodorant, make up, eye shadow, lipstick, nail polish etc. etc. If you can think of it bring

it. Items should be brought to the December 12th meeting and I will deliver on the 13th. The pick-up date for clients is on the 14th. Please do not go over board as we have \$200.00 in Altrusa money to spend.”

“It’s me again (Lucille) with a **flash** notice: The Salvation Army just called back and \$5.00 and \$10.00 Walmart cards would also be a great help to them. I would avoid Target cards as Target does not allow the Salvation Army bell ringing etc.

My suggestion would be that members get the gift cards and Mickey and I will purchase \$200 in hygiene products if that agrees with what you would like to do.

**PLEASE BRING ALL YOUR DONATIONS FOR THE SALVATION ARMY TO OUR NEXT MEETING ON DECEMBER 12<sup>TH</sup>.**

\*\*\*\*\* As your Editor is working on her 2<sup>nd</sup> edition of this newsletter (long story), I received, just now, this email from Major Beverly Smith, via Sandy, regarding our bell ringing efforts:

*Dear Ladies of Altrusa,*

*Thank you so much for ringing the bell at the Christmas Kettles for The Salvation Army at Walmart last Saturday.*

*Your wonderful group raised \$856.02 for us (\$611.02 cash and \$245 in checks). WOW - That is fantastic!*

*Thanks so much for your commitment to our organization - we praise the Lord for you!*

*Merry Christmas everyone!*

*God bless you,*

*Beverly R. Smith, Major*

Now I know why this newsletter was delayed. ‘Someone’ wanted us to have this news/thanks, for the Newsletter.

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### **Communications:**

Chair, Sandy McKenney stated that we will try to submit a public relations article to the media listing the club’s efforts during the month of December.

Mel is chairing our ad hoc committee to plan our celebration for Altrusa’s 100<sup>th</sup> birthday and has held the first meeting already, planning on the second in January.

**Old Business:** Rita announced that our orders from Close-Buy and Genevieve will be delivered at our next meeting. If you haven’t paid already, please be prepared to do so upon delivery.

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*Let’s smile a while:*

*Teacher: Harold, what do you call a person who keeps on talking when people are no longer interested?*

*Harold: A teacher. Thanks Phyllis D.*

### **GUESS WHO IT IS:**

Last month’s lovely little lady was Lynn Steed. Can you guess who this is?



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### **More of Our Calendar of Upcoming Events:**

#### **2017**

2/?	Fundraising?
3/?	RIF at Young School
3/25 or 4/1	Wardwell Event
6/?	RIF at Young School

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From Denise Doyon

Fa La La La’ing...

Don’t be shy: Science says caroling inspires goodwill. A 2016 study published in the journal “Psychology of Music” found that choral singing fulfills a deep desire to bond with a group and promotes feelings of well-being. Another study, published in “Frontiers of Psychology” in 2013, even found that group singers’ hearts begin to beat in unison. This little tidbit of information is from the December 2016 issue of Real Simple magazine. For years now I’ve been trying to get us to sing Christmas carols at our December Christmas meeting. We have some beautiful voices in the club. We’ve tried a few times but with not much success. This year, if all goes as planned, we’ll be singing Christmas carols with the residents at Atlantic Heights, with Marguerite at the piano-- on our meeting night. I’m looking forward to it. A dream comes true! Denise



At our program meeting on Monday 11/14/ 16 Ann Youngman, Community Educator for Caring Unlimited, presented a very interesting talk. Caring Unlimited is York County's Domestic Violence Program. It is the mission of Caring Unlimited to work with the community to end domestic violence in

York County.



On Saturday 11/13 Altrusans brought music and ice cream to the residents of The Wardwell as our way of thanking the facility for allowing us to use its community room for our meetings. Playing the organ is Brian Hutchins and playing the flute is Mary Kennedy.



On Saturday December 3<sup>rd</sup> our members participated in our annual bell ringing for the Salvation Army.

We were blessed with good weather and enjoyed this annual effort. Denise Doyon found this info on the bell ringing events:

Here's some interesting trivia about the Salvation Army: #1 The average cost for the Salvation Army to provide a meal is \$2.70. #2 The Salvation Army has been collecting change in the kettles since 1891. #3. Last year they raised \$ 150 million thanks in part to an anonymous donation of \$500,000. That was a record! And all this, thanks in part to the Altrusa bell ringers!

From the heart of Rita Cote comes this wonderful poem from Maya Angelou. Thank you for this gift, Rita.

HUMAN FAMILY  
By MAYA ANGELOU

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

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

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

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

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

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

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

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

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

We are more alike, my friends,  
Than we are unlike.