



THE ALTRUIST

Mailing address: 45 Liberty Acres Drive, Arundel, ME 04046 lprescott@roadrunner.com **November 2016**

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PRESIDENT'S MESSAGE 10/30/16

Dear Altrusans:
 Sometimes nature just gets in the way. Our book-giving project seems to be such a daunting task at the moment, however, it will get done. I have not heard of any further plans but I am sure our Service Committee will come up with one. Our club is made up of can do women and somehow our seven hundred books will be distributed.

Our Communications Committee is exceeding all expectations. I researched TUMBLR the other day, as I had no clue of its existence. What a wonderful tool to get ourselves to the public with all the exciting things we do! Pictures give such a wonderful image and say so much more than words. So ladies, let's keep smiling and let the public know that we work diligently and happily with all our tasks. How about making signage that can be easily carried so that our pictures have our logo behind our pictures? (Just another visual to promote our cause)

As I thumbed through the AARP magazine this month I came across an article captioned LET'S DANCE. The article came to my mind again this weekend as I worked the kitchen at our Church Fair. When I left there on Saturday, I was made aware of every joint in my body, I wondered if they would move for the task on Sunday. (They did). It was then that I realized that we as Altrusans dance through our projects and business meetings. We dance through our hearts and

the love of our communities. One captioned photograph written by Anonymous says "If every time you take one step forward you take two steps backward, don't be discouraged. You just learned how to country line dance." So ladies even in our 50's, 60's, 70's, 80's and 90's we are dancing. Our joints may be stiff, our knees and hips replaced, our minds occasionally forgetful, but we do dance. Dance the Mashed Potato, the Bump, the YMCA, the Electric Slide whichever you choose to dance, but dance. We may not be Fred Astaire, Gene Kelly or John Travolta but we are Altrusans and we waltz wonderfully.

Lucille

Service Hours as of October 2016

Altrusa Work	Altrusa Service	Community Service
116	69	141
	Year to date	
472	298.5	474.5

VOTE



November 8th



HAPPY BIRTHDAY WISHES TO:

Laura Cortright - November 24

Upcoming Dates to Remember

Wardwell, entertainment & dessert
November 12, 2016
2pm - 4pm

District One Workshop
Saturday, November 5, 2016
Manchester, Connecticut

Upcoming International Convention
July 21-24, 2017 - Nashville, Tennessee
100th Anniversary of Altrusa

BOARD MEETING MINUTES

10/10/13.....Attending were: President Lucille Prescott, Laura Cortright, Denise Doyon, Mickey Lamb, Judy Cadorette and Sandy McKenney.

Summer Meetings: Considerable discussion was given to allowing both summer meetings to be social events rather than business events. A compromise was reached and the proposal is to have a July meeting at the home of Marguerite and Rita (pending their approval) as a social event. The August meeting will be a business meeting, at the Wardwell.

Reversing dinner/business meetings. President Lucille proposed having our business meeting on the 2nd Monday and our dinner meeting on the 4th Monday. Discussion ensued and it was approved by the Board and will be presented to membership.

Christmas Party. The board agreed to discontinue our Yankee Swap and instead collect a can for the food pantries and sing Christmas Carols around the piano.

100 FOR 100

Altrusa International is challenging all members to complete 100 hours of personal service through Altrusa projects and fundraisers or through other community service performed while wearing your Altrusa logo or pin. Contact Lucille to sign up.

10/10/13 PROGRAM MEETING

Altrusan Lynne Steed presents a check to Guest speaker, Teyonda Hall, Director of English language and literacy at LearningWorks. Teyonda joined Altrusans at their monthly dinner meeting at the Inn at Atlantic Heights to discuss the goals of her organization. The mission of LearningWorks is to provide the best learning opportunities in Maine for at-risk youth, the immigrant community, and low-income families.



Also at this program meeting was a birthday celebration for one of our favorite Altrusans, Bella Cowan, who celebrated her 97th birthday with us. Here Martha Taylor presents her with a card bearing the good wishes of all her Altrusans.



A special birthday wish from Linda Hennebury to Bella is

a small sample of all the generous wishes included in the card:

What can I say about Bella?
I was introduced to her when I became a member in 2003.
For the past 13 years I am happy to call her my friend.
She remembered every birthday and celebrated all my accomplishments in Altrusa and my work at the hospital until my retirement this past year.
I was always happy to hear all her stories about bridge and her years in Saco-Biddeford. (I apologize for this disjointed note but my short-term memory has given me a lot of trouble so my son is writing this for me)
I miss her dearly!
Bella I know that knowing you has been a blessing.
Love Always
Linda Hennebury

6583. This Tai Chi is gentle and proven, with regular practice, to reduce falls. (Sarah Moore is the assistant instructor for this class.)

- President Lucille announced the St. Phillip's Church Fair is scheduled for Saturday and Sunday 9/4 and 9/5.
- Sharon shares: The United Way of York County holds a silent auction each spring to raise money. This year the auction is scheduled for April. The UW is currently looking for people to serve as members of the "silent auction committee." The committee meets once a month at a time and place to be determined once the membership is known. This is a short-term commitment as meetings would start in November and end after the auction. If anyone is interested in learning more about this committee or volunteering for membership, please contact Chiara Cyr of the United Way at 985-3359.

MINUTES OF 10/24/16 BUSINESS MEETING

The business meeting began at 7pm

Leaders in Service:

- Ann Milliard reminded members that open enrollment for Medicare part D is 10/15/16 to 12/7/16.
- Phyllis Dunitz announced the annual Craft Festival at the Inn at Atlantic Heights would be on Saturday 11/5 from 9am to 2pm.
- Sharon Staz announced that the town of Kennebunk has banned plastics bags as of 10/15 .
- Sarah Moore announced that SMAA (Southern Maine Agency on Aging) is accepting registrations for the next Beginner's class in Tai Chi for Health and Balance, which will start the second week in January. The class will meet Tuesday and Thursday mornings 10-11 am for 9 weeks, and will be in the Ross Center in Biddeford. The fee for new registrants is \$90, and for returning participants, \$75. The beginners Tai Chi classes fill up early, so call Maureen at SMAA to get on the list: 396-

Minutes of 10/16 were reviewed and approved. Motion by Bella and second by Nancy.

Treasurer's Report: Rita stated there was not much change from the last one except for a deposit of \$155 from the Quilt Raffle last month. Rita then asked members for their advice on where payment for our guest speakers should come from, Operating or Foundation. Sarah Jane suggested establishing a 'speaker's fund', and further discussion ensued. Lynn suggested the Board should review. Marguerite suggested putting it on the agenda for another fuller discussion. Nancy motioned to table and Sarah Moore seconded.

PAINTING WITH A TWIST will be one of our fundraisers this business year. It gives us 50% of the profit. Mickey is working on getting us a date for the event.

Sarah motioned to accept treasurer's report, Ann seconded.

Membership: Ann and her committee are working on a 'new member's' luncheon for January.

Finance: Rita is working on refining the format for the financial statement.

Community Services: Laura reminded us that our MAKE A DIFFERENCE DAY event is scheduled for Saturday

10/29 from 9:30 to 12:00 in Biddeford and 9:30 to 2:00 in Saco. Would like 4 people per shift and we need wagons if you have them please. RIF at Young School is scheduled for 11/10 from 8:30 am to 2:00pm. Sharon will send out more info and a sign up sheet. **WARDWELL EVENT** - we're still looking for entertainment for this date of 11/12.

Updated report from the Service Committee:

First and foremost a huge shout out of thanks to all of you who showed up on a drizzly, cloudy, cold Saturday to make a difference in the lives of others in our community. Obviously, there wasn't a lot of traffic out and about, and our numbers for distributing books were way below anything we've ever done. Laura tells me it was slow in Biddeford. Saco was also slow but what joy we brought to those who stopped by our table. First there was the literacy teacher who was thrilled to see and hear about our effort and cause. She walked away saying "these will really go to good use on Monday - thank you"! Then came the grandmother from Kodiak, Alaska who chose two books to take home to the grandkids. But the one that will remain in my heart forever was the young teenager who came up with his parents having zeroed in on a book - his Dad saying "is that the one you are missing?" He was hesitant to take it but when we said sure - go ahead - it's yours - for free - he grabbed it and held it tight to his chest. His father was just so grateful. The teen was still clutching his book when he came out of the Golden Rooster and his father again thanked us. That's what this is really all about. Thanks to all who bought and gave books, readied the books, printed material, stored and took part on Saturday.

Upcoming dates to remember: RIF at the Young School is Thursday, November 10th. You'll have seen a sign up sheet around the time you receive this newsletter. On Saturday, November 12th, we'll be entertaining the residents of the Wardwell. There will be no sign ups - we expect all that are available to join us as they can to mingle with our guests and help serve cake and ice cream. On Saturday, December 3rd, we'll be ringing the bells at Wal-Mart. Sandy McKenney is handling the sign ups and we plan on staffing both entrances at Wal-Mart. As you are out and about shopping remember that we still have the "couch surfing" kids bags to fill and the women in the rehab program. Both the kids and the women need personal care products: shampoo, deodorants, hair care products, lotions, nail care products, you know the stuff. You'll be receiving lists of other items by our meeting on the 14th. And for those interested, please keep December 10th flexible so we can assist in a Christmas program for kids in need.

Communications: Sandy announced that we have a new email address. It is: internationalaltrusabiddeford@gmail.com Sandy also advised that Nancy is working on updating the yearbook. We will add member photos to the yearbook this year, so please be prepared to have your photo taken in the near future. If we need to reschedule MADD, Robin has offered to pay for another advertisement. Judy was the baby in last month's newsletter. Please submit your baby picture to Nancy for this fun little guessing game. We will be issuing media releases on both our speaker from LearningWorks and the photo taken this evening of the collection of shoes for Paul Hazelton House.



Altrusa of Biddeford-Saco recently collected and delivered 78 pairs of shoes to Paul Hazelton House, an independent housing complex for low income seniors, to aid in their fundraising activity benefiting resident services.

The shoes are sent to Funds2Orgs an Orlando-based company established in April 2013. The company helps nonprofits raise funds by hosting fundraising events that collect gently worn used shoes. The shoes are then shipped to developing nations around the world, including Haiti and many parts of Africa.

Pictured are Past President Denise Doyon and President Lucille Prescott.

Old Business: Sharon stated that the Service committee was withdrawing its request for Altrusa to take over the KidsGiving program scheduled for 12/10 at the Congregational Church in Biddeford. She will be reviewing a possible abbreviated version and meanwhile will hold onto the \$500 allocation.

President Lucille advised members of the Board discussion of summer meetings, and presented the Board's decision. Several members urged TWO social activities in the summer and discussion ensued. Finally a motion was made that the July meeting would be totally social at the home of Marguerite and Rita and the August meeting would be held at the Wardwell for Committee and Business. Nancy moved and Ann seconded. Motion passed.

New Business: Following some discussion, President Lucille presented the Board's suggestion that our

program meeting would be held on the 4th Monday of the month at the Inn at Atlantic Heights, and our business meeting would be held at the Wardwell on the 2nd Monday of the month beginning in January. Marguerite moved and Laura seconded. Motion passed.

There will be only one meeting in December. At the Board's suggestion the traditional Yankee Swap game will be discontinued in favor of a collection of cans for the food pantry. We will also sing Christmas Carols around the piano and offer this entertainment to the residents of the Inn.

Phyllis Dunitz says:

If you have to buy stuff to store your stuff, you might just have too much stuff.

Bella Cowan thanked all the members for the booklet of special messages that was given to her for her birthday. She also commended members for having a full membership in attendance at this business meeting.

Marguerite announced that a week ago last Friday, Rita established her new smaller business JOAN'S COVE ACCOUNTING, at their new home. (Supposedly Rita is retired now....I'm confused...lol)

A new fun addition for the newsletter is called "guess who it is?" - members are asked to submit a baby picture to Nancy and one will be featured in the newsletter every now and again. Then we get to guess who it is!

Ok, now let's try this one. Guess who it is!



Phyllis adds:

SYNONYM [SIN-o-nim] n

A word used in place of the one you can't spell.



Upcoming:

Altrusa's 100th Birthday
April 11, 2017

An ad hoc committee, chaired by Mel Cannella, will meet to plan our Altrusa celebration; Helping Mel will be Denise Doyon, Judy Cadorette, Sandy McKenney and Marguerite Dow.

First meeting is scheduled for 11/3/16

Sandy wants to remind everyone to mark their calendars for our annual Bell Ringing for the Salvation Army. It is scheduled for December 3, and Sandy will have info and a sign up sheet for the next meeting.

Have you visited our Altrusa Face Book page recently? We are linked/friends with several other Altrusa clubs and we visit each other regularly and get and give many LIKES! If you have friends interested in Altrusa, this might be a good place to get some info on our club and its activities.

Go to: Facebook.com, ALTRUSA INTERNATIONAL OF BIDDEFORD-SACO.

ALTRUSA INTERNATIONAL

On the international front...

Altrusa's international president, Silvia Silverman reported that she has just visited our Altrusa club in Bangalore, India. It was the first time an international president had visited the club in 20 years. The last international president to visit was Margaret Inch from New Zealand. Many of you have had the opportunity to meet Silvia. She was the international representative at our District Conference in May in No. Conway. Many of you have also met Margaret Inch. Margaret was the international representative at a conference that was held at the Holiday Inn by the Bay in Portland—many years ago. It was the famous "sand in the salad" conference! In order to maintain our "international" flavor, we need to cultivate Altrusa Clubs in other countries. It is not an easy task. Even when a club gets established in a foreign country, keeping the club viable is a challenge. Communication is a challenge and currency issues are a challenge. Sometimes even the foreign governments make doing the business in their countries difficult. When we succeed in establishing

Altrusa in another country, it is a gift for them and a gift for us.

Altrusans and their travels



To continue the saga of our trip, after leaving Redwood NP, our next stop was in Astoria, Oregon to visit Kerry, a Navy friend of Rick's. They hadn't seen each other since 1971, but had remained in touch via phone. It was like they had just seen each other the day before. Fortunately, Kerry's wife and I hit it off right away. It was hard to say good-bye to them. After that we visited with Rick's cousin Brian and his wife in Park City, Utah. What a beautiful spot. Then on to Salt Lake City, Utah we visited the Mormon Tabernacle Choir practice facility, and the buildings open to the public. Then on to Arches NP, which was not on our original itinerary. We are so glad we went, what an amazing place. Bryce Canyon NP was next on our list. Martha, it was wonderful as you said it would be. Next to the Grand Teton NP, it was my favorite. Zion NP was wonderful, but due to the drought, the waterfalls were not as spectacular as normal. As we were leaving the park, we saw helicopters dropping water on a wildfire. The devastation caused by wildfires was incredible to behold. Our next stop was at Coachella, CA to attend the Desert Trip Concert. What a thrill. I still can't believe I saw The Rolling Stones, Paul McCartney, Bob Dylan, Neil Young, Roger Waters, and The Who. What a great time to share with our daughter, and our grandsons. While we were there, we went to Joshua Tree NP. Once again an amazing place. After we said goodbye, we headed to the Grand Canyon NP. And it is grand! Then on to see the Petrified Forest NP and the Painted Desert. The Petrified Forest was very interesting, and the Painted Desert was beautiful. We then headed to Albuquerque, NM to visit Rick's cousin, Therese. We spent the day in Santa Fe, what a great city. We saw the marker at the end of the Santa Fe Trail, as well as the Basilica, and several museums. After leaving NM we traveled to Council Grove, KS. It was here under an Oak tree (which stood on my 3rd great-grandfather's land) that the Treaty with the Osage Indians was signed. This Treaty opened up the Santa Fe Trail. After leaving Kansas, we travelled to Canton, OH to the Football Hall of Fame. What an amazing place. From there we headed to Williamsport, PA to visit with the friends. After that it was a straight shot home.

Meeting Schedule 2016-2017

2016

October 10 – Dinner/Program
October 24 – Committee/Business
November 14 – Dinner/Program
November 28 – Committee/Business
December 12 – Dinner/Program
December 26 – NO MEETING

2017

January 9 – Committee/Business
January 23 – Dinner/Program
February 13 – Committee/Business
February 27 – Dinner/Program
March 13 – Committee/Business
March 27 – Dinner/Program
April 10 – Committee/Business
April 24 – Dinner/Program
May 8 – Committee/Business
May 22 – Dinner/Program
June 12 – Committee/Business
June 26 – Dinner/Program

Bon Appetit schedule

December 29th and 30th, but Bon Appetit usually closes this whole week. Stay tuned.

Denise says: [5 Reasons the world is still a wonderful place](#)

- [1. Libraries still exist...When you're a child if your home is perhaps unhappy or else just cramped or dull, and you are too poor for the mall to hold any appeal for you, there is a third, magical space you can go to on a rainy day: the library, a place where you can go without a penny in your pocket and be given a room full of worlds. For each book is a doorway you can walk through into another land. There are a million people, from across the world and through time, who are sitting on those shelves, dying to tell their stories and become our friend. It is a place where you will be valued not for what you wear or how you look, but for how many words you have collected and stored in your head. Most important, it's a place where you can just sit on a chair and read all the rude bits from Judy Blume books. And we invented these facilities! We made them happen. How cool is that? This is humanity's greatest achievement. Written by Liz Loerke from the November 2016 issue of Real Simple](#)
 - [2. We're not alone.](#)
 - [3. Beauty surrounds us.](#)
 - [4. We have the power to change our perspective.](#)
 - [5. We look out for each other.](#)
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