



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

District One Service Bulletin

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Happy New Year

I hope all of you enjoyed a wonderful holiday with family and friends. It is hard to believe that it is 2018 and we are preparing for our spring conference.



We hope that many of you have April 27-29 on your calendars and are ready to join the fun.

We are sorry to report that Denise has been unable to update our website due to technical difficulties and a need to overhaul the entire system. This is a problem for all districts. Many of you have submitted information and must be wondering about the situation. Sadly, we have been unable to post anything.

International is working on a solution and hopes to resolve the issues with a new system in the near future.

We hope this mini DSB will provide needed information for the conference.

In addition, we have included award submission information. Please submit and share your wonderful projects.

Let's make 2018 a special year.

Anne

What's in this issue.....

Greetings from International President	Pg 2
Leadership workshop - Jan 27	Pg 3
Invitation to conference & Hotel reservation info	Pg 4
Registration & meal form	Pg 5
Menu selection	Pg 6
Saturday activities & sign up	Pg 7-8
Awards submission information	Pg 8-10

Greetings from International President



It is that time of year when we start thinking about attending our District Conference. Perhaps it will be your first time, maybe you made a New Year's Resolution to attend, perhaps you are thinking of stepping into a leadership role in your club and are thinking about learning more about Altrusa, perhaps you have been many times before and don't want to miss out – whatever your reason for attending your District Conference – it will be a decision that you won't regret. I have been fortunate to not only attend many of my own District Conferences, but also as a member of the International Board, I have been fortunate to attend a number of other District Conferences – each memorable for different reasons, great speakers, fun dress up events, informative workshops – but each with one common aspect – the opportunity to share ideas with other Altrusans, learn from each other and make long lasting friendships. At your conference you will have the opportunity to meet with your assigned International Representative. I would recommend that you take the opportunity to engage with them – that is what they are there for. They attend your conference to share news of our organization with you but also to hear your viewpoint, ideas and issues and to share and learn right alongside you.

It is important that each club has members attend District Conference. It is a great place for your new and developing club leaders to gain more knowledge about Altrusa and upon their return the ideas and energy they bring can bring with a real injection of vigour into your club. Remember that Conference is not only for the experienced members – it is an ideal way to build leadership in your club. On a personal note attending District Conference is a decision that I have never regretted and I know that it will be a decision that you will not regret either. Let's make 2018 the year with record conference attendees!

A handwritten signature in black ink that reads "Leanne Milligan". The signature is written in a cursive, flowing style.

Leanne Milligan
International President 2017-2019

“The Art of Empowering Women” workshop

District One Leadership



Leadership Chair: Gerrie Ann Diaz
I spoke about our Altrusa International of Greater Hartford, Inc., hosting a leadership conference in January 2018.

The date remains on Saturday January 27th, 2018 to be held in New Britain, CT with details below. The workshop is open to all whom can attend; a head count will be needed ASAP for all whom want to attend. We are looking to host it for 45-50 people with the focus on empowering women and what that means.

Altrusa International of Greater Hartford, Inc.

Leadership Conference: **“The Art of Empowering Women”**

Saturday January 27th 2018

Location: [90 John Street New Britain, CT](#)

RSVP ASAP: [860-712-0154](tel:860-712-0154)

Email geggie78@gmail.com

Time: 9-2pm

Workshop schedule /agenda/ activity–TBD December

What is the Art of Empowering Women about?

Take a moment to think about this question and search it on google

There is no common definition of empowering women. We can only define the word Empowerment; there is an endless amount of definitions that will be different for all depending on one’s own personal experiences and values

- Empowerment is the process of increasing the capacity of individuals or groups to make choices and to transform those choices into desired actions and outcomes.
- Empowerment is a process. Through the process, an individual becomes an agent of change. More simply put, it’s the “can do” factor, going from “I can’t” to “I can.”

Quote to reflect:

[“Each one of us has lived through some devastation, some loneliness, some weather superstorm or spiritual superstorm, when we look at each other we must say, I understand. I understand how you feel because I have been there myself. We must support each other and empathize with each other because each of us is more alike than we are unlike.”](#)

[Maya Angelou](#)

**YOU ARE INVITED TO ATTEND THE
ALTRUSA DISTRICT ONE CONFERENCE
HONORING THE PAST, EMBRACING THE FUTURE**

April 27 – 28, 2018

At the Holiday Inn by the Bay
Portland, Maine

Come celebrate all that is Altrusa, spend time with friends old and new, listen to some intriguing speakers and musicians, watch a youth dance troupe, explore Portland, and share in the enthusiasm.

**Altrusa International District One's 2018 Conference
Hotel Information**

Holiday Inn by the Bay
88 Spring Street
Portland, ME 04101

The room rate will be \$129 plus tax per night for a standard Double room. Also, if available at time of booking, a standard King room will be offered at \$139 plus tax per night. Executive Edition rooms will be offered for \$149 Double or \$159 King. These rates apply to one night before through one night after Conference.

These rates are available only through March 26, 2018.

Parking at the hotel:

The parking garage under the hotel is for guests staying overnight only, and a guest parking there will be charged \$25 per day.

The parking garage adjacent to the hotel can be used by overnight guests or by guests there just for the day. The charge for that garage will be \$10 for overnight parking or \$5 for just daytime parking.

To make your hotel reservation, call 1-800-345-5050 or 207-775-2311. Be sure to identify yourself as Altrusa.





**ALTRUSA INTERNATIONAL DISTRICT ONE
Spring Conference Registration
April 27 – 28, 2018
Host Club – Portland Maine**

Registration Info – Please print or type

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

Please check all that apply for the
2017-2018 year:

- | | |
|--------------------------------------|--|
| <u>CLUB</u> | <u>DISTRICT</u> |
| <input type="checkbox"/> President | <input type="checkbox"/> Officer |
| <input type="checkbox"/> Treasurer | <input type="checkbox"/> Past Gov. |
| <input type="checkbox"/> Delegate | |
| <input type="checkbox"/> Alternate | <u>INTERNATIONAL</u> |
| <input type="checkbox"/> Member | <input type="checkbox"/> Representative |
| <input type="checkbox"/> First Timer | <input type="checkbox"/> Officer (Past or Present) |
| <input type="checkbox"/> ----- Guest | |

Registration

Session	Fee	Enclosed	
Early Bird Registration (postmarked by 3/15/18)	\$60.00		Please describe any food allergies or if a special diet requirement is needed:
Registration Postmarked after March 15th	\$65.00		
Friday breakfast (buffet)	\$20.00		
Friday lunch (buffet)	\$30.00		
Friday Dinner	\$50.00		
Saturday Breakfast (buffet)	\$20.00		
Saturday dinner	\$50.00		
Full meal package (meals only)	\$170.00		Please See Attached Page with Dinner Choices for each evening. You must complete a separate sheet for each attendee for any breakfast or dinner meal.
Total Registration	\$		Also, please indicate on the attached your choice of Saturday afternoon activity if you wish to participate in one of them.

Send complete registration (with all additional information) postmarked by March 15th, 2018 for \$5.00 savings.

PLEASE COMPLETE A SEPARATE FORM FOR YOUR GUESTS ATTENDING ANY BREAKFAST OR DINNER MEAL

Make Checks Payable to:

Altrusa District One

Send completed registration forms and a check for the total registration to our District Treasurer:

Ms. Rita Cote
PO Box 8
North Waterboro, ME 04061

To cancel a registration and receive a full refund (less \$10.00 non refundable fee), a written request must be received by the District Treasurer postmarked no later than April 23, 2018. All refunds will be processed within 30 days of the close of the Conference.

RETURN THIS FORM WITH YOUR REGISTRATION

Your Name. _____

Altrusa International District One's 2018 Conference

Meals

Both breakfasts will be a substantial buffet with juices, fruit, eggs, French toast, meats, cereal, yogurt, pastries and hot drinks.

The Friday lunch will be a buffet with soup, deli meats, salads, a hot dish, dessert and beverages.

Friday Dinner - please put an X by your choice:

- _____ Traditional New England Haddock
- _____ Aromatic Spiced Pork Tenderloin with pomegranate Sauce
- _____ Wild Mushroom Ravioli with Fresh Fennel and Vodka Sauce

Saturday Dinner - please put an X by your choice:

- _____ Sautéed Chicken Breast with Maine Blueberry Cream Sauce
- _____ Roast Prime Rib of Beef Au Jus
- _____ Baked Zucchini Parmesan over Bow Tie Pasta

**Altrusa International District One's 2018 Conference
Saturday Afternoon Free-time Activities**

The Portland club will arrange transportation to/from the following activities. The cost is in addition to the conference registration and will be paid at the time of the event - **do not pay with your registration. But we need to get an approximate number of people for each activity so please complete the form ranking your preferences and include with your registration**



Guided Tour of the Portland Museum of Art

See an amazing collection of art as well as the historic McLellan-Sweat Mansion.
The docent-guided tour is approximately 2 to 2 1/2 hours. Cost is \$14 per person.
The museum is basically around the block from the hotel.
www.portlandmuseum.org



Guided Tour of the Victoria Mansion

Distinguished for its architecture and its extraordinary original interiors, it is among the most important historic homes of the nineteenth century anywhere in the nation.
The docent-guided tour is approximately 1 hour. Cost is \$12 per person. The Mansion is about 1 mile from the hotel.
Participants must be able to climb a tall flight of stairs.
www.victoriamansion.org



Duck Tour

Tour Portland's History by Land and Water
A one-hour tour of the city and water front on the amphibious Duck.
Cost is \$30. Will need at least 25 riders for this to go.
Bring something warm to wear just in case!
www.downeastducktours.com



Or just explore Portland on your own.
Information on local highlights will be provided.

Service Project Opportunity - Gardening at the Barron Center

Light clean-up, mulching, planting at the Altrusa Garden at a local rehab/nursing care facility.
About 4 miles from the hotel. All tools will be provided, just bring appropriate clothes and gloves.
Expect to be there no more than 2 hours.

2018 - District One Spring Conference Activity Sign up

In an effort to organize fun activities please
Rank the activities (1 most interested - 5 least interested)
Or 0 if not interested at all

- _____ Guided Tour of Portland Art Museum
- _____ Guided Tour of Victorian House Mansion
- _____ Duck Tour - Portland
- _____ Service Project - Gardening at the Barron Center
- _____ On your own - at hotel or in Portland shopping

Please return with your registration forms

Name: _____

----- cut along line -----

AWARDS – AWARDS – AWARDS

It is getting close to that time! We will all be waiting to hear of your projects that have been done this year! Remember – you don't need to win! We – the District – needs to hear from you. Fill out the forms for the Mamie L. Bass (Service), Letha H. Brown (Literacy), Dr. Nina Fay Calhoun (International) and get them submitted and off to the Awards Chair listed in this DSB.

All the information you need to complete is easily found on the Altrusa International Website

- *Log into site with your member ID and password*
- *Go to INDEX > AWARDS > International Awards Forms*
- *Each form is specific.. some call for cover page then entry award form page*
- *Must not be longer than 1000 typed words*
- *Be sure to double space on plain white paper*
- *If you include picture newspaper clippings, or other forms mention in what your Altrusa Club did, they will to influence the judges.*

Awards Continued....

Your award entries **MUST** be in the hands of the Awards Chair no later than March 15th, 2018! You must send 3 copies of the entry if using “snail” mail. **Except** for the Publicity Award email will work, too. If using email only send one copy, of course but the Award Judge will be responsible for printing the 3 (three) copies for their judges.

More important, however, is to get them printed into the Conference Booklet for all to read, enjoy and perhaps even copy!

Remember - the best form of complement is to copy.

THEN – please send along your entry to THE GABY!

There are those among us who are worthy of this wonderful award given in the name of one of our outstanding Altrusans, Gabrielle Crepeau!

This is a District One Award! Nothing else matches this! Please – we will all want to hear about the Altrusan in “your” club who has done wonderful things in Altrusa and the community. Because of issues with the District One Website (and International) the criteria for this award will be sent via email to each club president. So check your president for more information. This, too, must be in the hands of the Award Judge by MARCH 15TH!

Whatever you may think of an excuse NOT to enter ALL of the above, I personally will talk you out of it! You have until March 15th to get them ALL done! Don't wait another minute! 100% participation is not too much to ask! I will be in touch!

Susannah Leslie



Award Submissions

Please mail your award submissions to the following:

Newsletter

Susannah Leslie (rsleslie111@verizon.net)
671 Webster St.
Hanover MA 0233

(3 copies of 3 separate issues - criteria in Altrusa International Resource Guide)

Yearbook

Linda Ring (Linda.Rlng@comcast.net)
98 Pond Rd.
Middletown CT 06457

(3 copies of current yearbook - criteria in Altrusa International Resource Guide)

Mamie L. Bass

Gay Douglas (ellengdouglas@gmail.com)
P.O. Box 1674
Manchester CT 06045

(3 copies - criteria on International website)

Letha H. Brown

Diane English (denglish6862@sbcglobal.net)
99 Barbero Dr.
Torrington CT 06790

(3 copies - criteria on International site)

Dr. Nina Fay Calhoun

Pam Lemieux (pamela.lemieux@myfairpoint.net)
44 Longview Dr.
Portland ME 04103

(3 copies - criteria on International site)

Publicity

Penny Eldridge (onecent.peni@gmail.com)
8 Reserve St.
York ME 03909

(1 copy of scrap book plus 3 forms located on District One website districtone.altrusa.org)

[This has to be submitted by regular mail](#)

Gabrielle Crepeau Leadership

Gerrie Ann Diaz (geggie78@gmail.com)
116 Harbison Ave.
Hartford CT 06106

(3 copies of submission - criteria to be sent to club presidents via email)