



DECEMBER, 2018

MERRY CHRISTMAS & HAPPY HANUKAH

ALTRUSA INTERNATIONAL OF GREATER BIDDEFORD-SACO, MAINE, USA

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PRESIDENT'S MESSAGE



Hope your holidays are everything you want them to be. Remember to bring your Angel tag gifts to the December 10TH meeting. Come prepared to celebrate the holidays December 10th with singing and just spending time with great Altrusans. *RITA*

"It's not what's under the tree that counts, but who's gathered around it."

Denise

Service Hours as of December, 2018

Member Service/	Volunteer Service/	Community Service
185	305	141
Year to date		
2142	1937	446

UPCOMING EVENTS

MARK YOUR CALENDARS

December 10, 2018 Dinner Meeting, Duffy's

April 26-27, 2019 District Conference, Cromwell, CT

July 17, 2019 International Convention, Reno Nevada



KidsPeace is a private charity dedicated to serving the behavioral and mental health needs of children, families and communities. Founded in 1882, KidsPeace provides a unique psychiatric hospital; a comprehensive range of residential treatment programs; accredited educational services; and a variety of foster care and community-based treatment programs to help people in need overcome challenges and transform their lives. KidsPeace provides emotional and physical health care and educational services in an atmosphere of teamwork, compassion and creativity.

Nancy Phillips thanks our guest speakers from KIDS PEACE,

Bobbie Gagnon and her Supervisor Kristen.

Happy Birthday to You



Mignonne 'Mickey' Lamb 12/30

Salvation Army Bell Ringing 2018

The bell ringing season starts each November and runs through Christmas Eve, when the red kettles are packed away for the season. Volunteers are the difference between an empty kettle and one that raises about \$30 per hour – enough to provide a family with two bags of groceries, or shelter an individual for a night.

Altrusans Lucille Prescott and Bev Stoops enjoy this yearly event.



Following their time at the KETTLE, Altrusans Mel Cannella and Ray Cadorette have fun shopping for their Angel Tag gifts for needy children.



Altrusa Club of Biddeford-Saco Minutes

November 12th, 2018 Business Meeting at the Wardwell

Present: Rita Cote, Mel Cannella, Sarah Moore, Denise Doyon, Marguerite Dow, Robin Huntley, Claudette Nadeau, Nancy Phillips, Martha Taylor, Bella Cowan, Judy Cadorette, Ray Cadorette, Laura Cortright, Ann Millard, Mickey Lamb, Beverly Stoops, Lucille Prescott, Lynn Steed and Sharon Staz.

Absent: Phyllis McCullough, Sarah-Jane Poli, Phyllis Dunitz, and Sandy McKenney

President Rita Cote called the meeting to order at 7:00 p.m.

There were no guests present.

The President read a thank you note from the Saco Food Pantry.

There were no leaders in service reports.

The secretary's report for the October 8th, 2018 meeting was approved and voted unanimously.

Committee Reports:

Communications: Judy announced that Bobby Gagnon of Kids Peace will be our program speaker in November. She again thanked Nancy Phillips for all of her work on the Club Directory. Judy also announced that Mel will be taking over the newsletter beginning in January of '19 on an interim basis.

Finance: Marguerite reported that Sandy has volunteered to send an appeal to those parties that responded to last year's letter. Sharon will draft a letter acknowledging their support last year and asking them to continue to help us accomplish our goals. Marguerite has reached out to Painting with a Twist asking them if we can have a fund-raising event there in February of 2019. Marguerite will also be the contact and liaison with the Longhorn restaurant for our fund-raising dinner there. Sandy will look into the possibility of several sites in the Kennebunk area for a second dinner out fund raiser. The committee continues to work on the format of the financial reports. The Close By order was supposed to be delivered today, but it was not received. Hopefully items can be distributed at the next meeting, November 26th.

Membership: Ann reported that she is going to visit guidance counselors at various schools to discuss the procedures for recruiting student volunteers. Ann mentioned that, in her professional experience, name tags are to be worn on the right side close to shoulder height so one can see the name as they approach a person to shake hands. Rita thanked Ann for her work in designing and ordering the new name tags for Club members.

Community Service: Laura reported that we will be hosting bingo with ice cream and cupcakes for the residents of the Wardwell on Saturday November 17th. Set up will begin around 1:30 with the program starting at 2 and going until 4. There are two nights of Bon Appetite this month – the 29th and 30th. There is a sign-up sheet for bell ringing on December 1st for the Salvation Army on the table at the back. Marguerite announced that Thornton Academy is vying for a football Championship on the 17th so they will be unable to attend the Wardwell event. (Postscript: we are pleased to announce that a Wardwell resident and regular at our events came to bingo late because he attended the football game and announced that Thornton Academy WON the game.)

Grants/Awards/Recycling/Misc.: Denise reported that she was searching the internet for grant resources for books and was surprised, but pleased, to see that Altrusa was listed as a resource. There were about 4 crates of books left over at the Good Shepherd fair so Denise got permission to take them so she can sort through them and retain those that would be good for Altrusa to add to our inventory for future distributions. Mel is checking into Walmart.com, a site that has been recommended as a possible resource for free books. Mel will continue to send out the excel sheet for members to record their service hours. Denise recognized that Mel did the table tents for the workshop and the Club thanked Mel for that great product. Denise announced that Altrusa International President Leanne Milligan and the Vice Governor of District 15 came to Portland as part of a ten-day trip visiting 7 states. Denise, Sarah, Rita, and Marguerite had the pleasure of joining them and several members of the Portland Club for dinner. President Milligan shared that the surveys Altrusa International has been running have indicated a couple of things she wanted to share. One is that service is

the most important part of Altrusa for members. The second is that Altrusa is losing over 300 members a year. If this rate of attrition continues, in ten years there will not be sufficient membership to support the International Office through the current dues structure and this could lead to “closure of the organization”. Obviously, this is a concern and something all Clubs need to address.

Scholarship: Sarah-Jane sent out an email report on behalf of this committee.

Old Business:

Rita announced that Pat Charrette, one of the speakers at the annual Conference held in Portland has been nominated for International Female Swimmer of the Year Award. Rita will send out an email link for members to cast their votes for Pat.

Evaluations for the workshop our Club just hosted have gone out via email. About 30 responses have been received to date. All of the comments received to date are very positive. Statements like “best workshop ever” were reported. Rita asked Club members what they thought: member statements “it was a gift”, “liked hearing what other Clubs are doing”, “really liked it”, “better than being shuffled into a group meeting that accomplished nothing”, “good to hear from different clubs, some got long in the tooth”, “maybe a break in-between”, “both speakers were great”, “good venue, comfortable”, “spirit was so positive”, “tables could have been better spaced”, “learned a lot”, “buffet table should have been set up to serve both sides”. Rita will forward a report when the surveys are completed. Over 1,000 diapers were received for the NAP program along with books, bottles, brushes and some clothing and blankets. In addition, \$95.00 cash was donated to the Club to be used exclusively for the NAP program. Nancy Phillips volunteered to write a thank you letter to be published in the District bulletin.

The new name tags have arrived and were distributed.

T-shirt samples may be available for the program meeting.

The Club then entered into a discussion on the strategic plan. Rita and Sharon took notes and will share a draft of the plan as amended and approved. Motions were made, recorded and voted on all items as corrected or as written and distributed. These will be noted in a separate report.

New Business: There was none.

Upcoming Events:

April 26th & 27th, 2019 District Conference, Cromwell, Connecticut

July 17th, 2019 International Convention, Reno, Nevada

There being no other business, Nancy made a motion to adjourn. The motion was seconded by Mel and the meeting adjourned at 8:20 p.m.

Respectfully submitted,
Sharon A. Staz, Secretary



YOUR ADVENT OF KINDNESS

DECEMBER 2018

1. GIVE SOMEONE A HUG OR COMPLIMENT	2. LET SOMEONE IN FRONT OF YOU IN LINE	3. BUY A FRIEND OR COLLEAGUE COFFEE	4. HOLD THE DOOR OPEN FOR SOMEONE	5. GIVE A FRIEND OR LOVED ONE YOUR FULL ATTENTION
6. DONATE A CHRISTMAS PRESENT TO A CHARITY	7. TELL A JOKE TO MAKE SOMEONE SMILE	8. DO SOMETHING KIND FOR YOURSELF	9. HIDE A HAPPY NOTE FOR SOMEONE TO FIND	10. DONATE UNWANTED BOOKS TO CHARITY
11. TAPE SOME MONEY ON A VENDING MACHINE	12. SMILE AT A STRANGER OR 2, OR 15	13. GET IN TOUCH WITH AN OLD FRIEND OR RELATIVE	14. LET A CAR IN FRONT OF YOU IN TRAFFIC	15. WRITE OR SEND A THANK YOU NOTE TO SOMEONE
16. SMILE AND THANK SOMEONE WHO SERVES YOU	17. TELL SOMEONE YOU LOVE THEM	18. PAY FOR A STRANGER'S COFFEE	19. OFFER TO HELP SOMEONE	20. FEED ANIMALS (BIRDS, DEER, ETC.)
21. DONATE UNWANTED CLOTHES TO CHARITY	22. DO SOMETHING UNEXPECTED FOR SOMEONE	23. GIVE A TREAT TO YOUR POSTAL CARRIER	24. DO SOMETHING KIND FOR YOURSELF	25. REFLECT AND RECORD HOW MUCH JOY THIS SEASON BROUGHT YOU

ADVENT OF KINDNESS



**HOW BEST TO END AN ALTRUSAN NEWSLETTER BUT WITH THIS LOVELY
ADVENT CALENDAR OF KINDNESS
Thank you Ann Milliard**

May this Joyous Season bring you peace, health, and happiness throughout the coming year.

END OF NEWSLETTER

