



# Altrusa Club of Laconia, NH

## March – April 2019 Newsletter

### Board of Directors

**President**  
Carla Peterson

**Vice-President**  
Sue Clauson

**Treasurer**  
Deanne Murphy

**Co-Treasurer**  
Stephanie Gilbert

**Recording Secretary**  
Nancy LeRoy

**Corresponding Secretary**  
Barbara DeAngelis

**Director**  
Tracie Grant

**Director**  
Barbara Laros

**Immediate Past President**  
Deanne Murphy

### *President's Message*

*Good afternoon ladies,*

*I think spring is trying to arrive. It has been a long winter and we are all looking for signs of spring. Spring bulbs are poking through the last I hope of the remaining snow. Our 29th Taste of The Lakes Region was very successful this year. We had three new restaurants attending this year. We had Faro's Express, Twelve 31, and Hobbs Tavern and Brewing company. They were very pleased with our event and Hobbs mentioned to me that they may bring food next year. I want to thank all our club members for a great job. I was able to talk to all the restaurants and they were very happy with our event. Bob McCarthy surprised us and brought along to other musicians and they sounded great and I did tell him so. We had many new people who had not attended before and they mentioned how great the event was and how much they enjoyed it.*

*It was our year to host the Tri Club Party. We held it at Woodside and our speakers for the evening were Sharon Cavanaugh and Robert Dash Young who is a tenth degree Black Belt and owner of Eastern Dragon. Our food was excellent. Our speakers were so dynamic that members who attended did not want to leave and had many questions along with hands on demonstrations. Our speakers raffled off several useful tools for self defense.*

*This has been a difficult time for all of us with Adrienne's Passing. Our club has voted to have a granite bench at the Winnepesaukee Play House where Adrienne was on the board and enjoyed going to all the plays.*

*Deanne and I are going to spring conference and hopefully bring back some good information for our club. Thank you for all your help this stepping into the presidency. It is a team effort by all of us. I really appreciate all of your help and look forward to the coming year.*

*Carla Peterson*  
*President*

***Club Motto:***  
***Leaders in Service***

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# COMMITTEE REPORTS

## LITERACY

Our Little Free Library at Vista Foods continues to do well. When relatively empty, we stock it with donated books from our collections. It was cleaned recently (snow and salt grime and dust). Should you have more books to donate, please let Barbara know. Our project of giving books and information to new parents at LRGH has transferred to the new LRGH facility in Belmont—Belmont Family Health at the top of the hill by the community college. Sue recently brought them more books and information, but we still have plenty of packages ready. We did fund two DVDs for use in the breastfeeding program at the facility.

## BELKNAP COUNTY NURSING HOME

We continue to celebrate monthly birthdays with the residents. Providing birthday cards and colorful seasonal napkins to go with the yummy cakes provided by the dietary staff is very rewarding. We were invited to the annual Volunteer Appreciation dinner on April 9. Because we will all be at our own Tri-Club Birthday party that evening, we had to decline this year. All volunteers at the Belknap County Nursing Home are now mandated to complete an annual training session. This occurs in March/April. The training is brief and informative. All six members went last year. This year Sue, Tracie and Barbara went recently.

## TASTE OF THE LAKES

The “Taste” was held on Sunday, March 31st. We sold approximately 290 tickets this year. After expenses we made \$5,352!

Discussion is already underway on changes to make, and ways to improve, next year, which will be our 30<sup>th</sup> year of holding the “Taste”!



## SCHOLARSHIPS

A Press Release has been sent out and appeared in the Daily Sun on April 9th. The deadline for applications is May 15th. Hopefully, we will receive several worthy applicants!

## TRI-CLUB BIRTHDAY PARTY

On April 9th, the Meredith, Carroll County and Laconia Clubs met for their annual "Tri-Club Birthday Party". Hosted by the Laconia Club, the event was held at the Taylor Community with a delicious buffet dinner.

Guest speakers were Sharon Cavanaugh and Robert (Dashi) Young. Sharon is a retired police officer, who now works for Belknap County in the Restorative Justice Program, where she works with offenders to keep them from re-offending. Robert is a 10th Degree Black Belt and the owner of Eastern Dragon Karate and Self Defense Center. The two taught and demonstrated defensive techniques to the Altrusans in attendance, discussed dangers in our own community and handed out raffle prizes of self-defense products.

### Simple Healthy Dip From Deanne Murphy

1 container Hood's chive cottage cheese  
5 grated garlic cloves  
2 teas. mayonnaise

Mix and set for a day. Serve with your favorite crackers.

If you like garlic you'll love this!!



### Adrienne's Memorial

At the March Business Meeting Nancy LeRoy, Barbara DeAngelis and Sue Clauson agreed to form a committee to look into a memorial for Adrienne. It was decided that because of Adrienne's close ties to the Winnepesaukee Playhouse and the beautiful location, the grounds there would be a perfect place for a granite bench with Adrienne's name.

The Playhouse was contacted and is delighted to have the bench on their grounds. Suppliers were contacted for the best price and product.

WITH MINDFULNESS,  
EVERY MOMENT  
OF EVERY DAY  
IS A PRECIOUS JEWEL.

THICH NHAT HANH

## **MARK YOUR CALENDAR!**

### **CLUB MEETING SCHEDULE 2018-2019**

**All Meetings will be held at the Taylor  
Community, Woodside Building, at 5:30  
PM on the second Tuesday  
of the month unless otherwise noted**

**April 9, 2019**

Birthday Party Hosted by Laconia  
Place and time to be determined

**May 14, 2019**

Business Meeting/Program Meeting

**June 11, 2019**

Final Year End Meeting  
Place to be determined

### **IMPORTANT DATES TO REMEMBER**

**April 26-27, 2019**

District One Conference  
Hosted by Central CT Club  
Red Lion Hotel  
100 Berlin Road, Cromwell, CT 06416  
860-635-2000

**July 21-24, 2019**

International 56<sup>th</sup> Convention  
Reno, NV

### **District One Information**

For information about District One, visit the  
website at

[www.districtone.altrusa.org](http://www.districtone.altrusa.org)

### **UN International Days**

**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

### **International Information**

[www.altrusa.org](http://www.altrusa.org)

(If you do not have a password go to  
member login on  
home page to establish one.)

**Altrusa International**

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