

Seacoast Sun

Volume 2

Issue 1

August/September 2019



Officers:

President: Penny Eldridge
Vice President: Janet Lawson
Board Secretary: Barbara Leavey
Corresponding Secretary:
Melissa Brown
Treasurer: Sandy LaBonte
Asst. Treas. Linda Smith

Directors:

Sue Chagnon
Chris Harrington

Club Information:

Penny Eldridge
8 Reserve St.
York, Maine 03909
952-210-4566
onecent.peni@gmail.com

Newsletter Information

ruetermom@yahoo.com

Newsletter Staff

Editor: Nadine Rueter
Publisher: Jim Rueter
Contributors:
Penny Eldridge
Janet Lawson
Nadine Rueter

From the President's Desk



As I reflect over the last few months, I realize that every month is a busy one for an Altrusan. In April, at Spring Conference, District One welcomed a new governing board with Linda Ring as Governor. Many clubs voted in new boards in May and June, including ours. International held its convention in July and welcomed their new board.

At the Seacoast, July is the month to sell tickets for our August Calendar Raffle and to support Sue's Yard Sale as our annual fundraisers. Throughout the summer, many Seacoast members volunteer at Birchtree School, YAY, and other community events. In September, we returned to our meeting schedule and became corporate sponsors for Birchtree's fundraiser in November. In October, we will serve food to the runners at the Great Bay 5K Race in observance of "Make a Difference Day". We look forward to welcoming Pam Lemieux to our Business Meeting on October 9.

Our past reflects the commitment by individuals to support Altrusa as an involved participant. Our future depends on each individual's involvement in all areas.

District One News

A huge thank you to Altrusa International of Central Connecticut for hosting a fabulous conference in Cromwell, CT in April, 2019. Much more about that later in this issue. Right now, District One is preparing for the Fall Workshop on November 2, 2019 in Nashua, NH with a Community Service theme. Our next District One Conference will be held at the Wylie Conference Center at Endicott College in Beverly, MA on April 24 and 25, 2020. This Conference will be hosted by Past

Governors and should prove to be QUITE entertaining!

International News



The International Conference in Reno, Nevada was a huge success. The Grand Sierra Resort was a hotbed of extraordinary speakers; activities; workshops; and presentations. Kudos to Leann Milligan and her large entourage in putting together this very exciting Conference. Congrats to the new International Leadership Team:

President: Beverly B. Hardy, Starke, FL
District Three
President elect: Kathy Folley, Temple, TX
District Nine
Vice President: Linda Smith, Salina, KS
District Eight
Treasurer: Christine DeVileger, DeKalb-Sycamore, IL District Six
Immediate
Past President: Leann Milligan, Te Awamutu, NZ District Fifteen
Int'l Director: Jenette Boreli, Timaru, NZ District Fifteen
Int'l Director: Karyn Evans, Highland County, OH District Five
Int'l Director: Maureen McGough, Centre County, PA District Two
Int'l Director: Norma Teuton, North Georgia, GA District Three
Int'l Parliamentarian: Colleen Duris, Ocala, FL District Three
Int'l Legal Advisor: Pat Woodward, Fauquier County, VA District Two

Special congratulations to Marie Pike, Portland, ME, of District One who was elected at Int'l Conference as a member of the International Foundation Board.



Focus On Fund Raising Events

CALENDAR RAFFLE

This has become our number one fund raiser for the past two years, and this year – for our small Club – was a HUGE success. We sold every single one of our tickets at \$10. per ticket. The surprising part was not that we sold the tickets



– they were SO easy to sell – with every single day offering prizes from incredibly generous local businesses totaling at LEAST \$100. in value every day. The

surprising part was the effort taken by all members of the Club in going out and getting these fabulous prizes from over 65 organizations; businesses; and in some cases private individuals. It was truly a community outpouring of support for our Club. Many, many hours were spent outside various establishments, most notably Norma's Restaurant in York, selling these tickets. Almost no one passed by without purchasing at least one ticket. The prizes were phenomenal. Although ALL Altrusa members sold many, many tickets and took turns selling on many weekend mornings and afternoons, special mention has to be made of Janet Lawson. She collected and organized every raffle prize from members; chose people to pick daily tickets at Norma's; notified and delivered the winning prize each and every day during the month of August. Huge kudos to Janet – and ALL Altrusa members for a very successful Raffle.



Yard Sale

Our annual yard sale at Sue Chagnon's VERY visible trailer park right along Long Sands beach, was another HUGE success for us this year. Sue works tirelessly year round, collecting items for our yard sale, and storing them throughout the year in every nook and cranny she can find. This year we had our best sale ever – due mostly to Sue's persuasive approach to not only delivering our mission statement to hesitant buyers, but



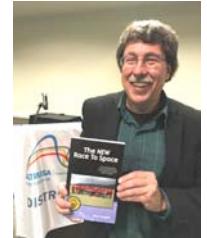
being persuasive enough to have them – in most cases – end up paying full or above asking price, just to support our cause! She is a master at this and it has worked beautifully for us. This yard sale was held for two "official" days – with Altrusan members contributing items to sell; helping customers find just what they need; and in many cases, finding treasures for ourselves. Since the weather was wonderful, Sue extended the sale for another day, bringing us a lovely profit from all our many donated items.



Spring Conference

District One Spring Conference was wonderful with interesting workshops; delicious food; knowledgeable and very entertaining speakers – most notably our key speaker, Eric Knight, who presented a rousing presentation of his own personal race to space.

A very moving tribute to all the Altrusan sisters we have lost during this year was especially meaningful to Altrusa of the Seacoast. Heartbreakingly, our own dear Marilyn Goodrich was among those we honored. Her



courageous battle with cancer was never a focus of her life. She lived her life to the fullest to the very end. We miss her tremendously and treasure endless stories of her warmth, humor, and love of life.

The induction of our new District One Governor, Linda Ring was filled with laughter and tears of joy. She has waited a long time for this, and she is as informed; humble; enthused; and approachable as any Governor could possibly be. She added several personal touches to her installation, and it was a joyful occasion for everyone. Lighted lanterns were passed out to the President of each club – intended to be lit at each Club's meetings to underline the fact that Altrusa stands as a beacon to remind us, as volunteers, that we are doing our part to light the way to enriching and bettering our communities. Linda also passed out small individual metal lanterns to attach to our badges, which was very thoughtful, and serves as a call to action to all of us that we are here to help those who need us, whenever we can.





District One 2019-2021 Committee Chairs

Lucia Shannon (Archives); AnnMarie Snyer (Parliamentarian); Marie Pike (Foundation Liaison); Pat Jackowski (Awards); Gerri Anne Diaz (Service); Susannah Leslie (Service); Denise Doyon (Webmaster); Sandy LaBonte (BRR); Debbie Lemieux (Communication); Cathy Baybutt (DSB); Elsie Mathews (Leadership); Penny Eldridge (Membership), and Linda Ring, Governor.

BLUE MERMAID ISLAND GRILL RESTAURANT

This was a new venture for us this year. We partnered with the Blue Mermaid on a Fundraiser. On July 17, Blue Mermaid was kind enough to give us 10% of its profits for the evening. We also had an auction with several items that attracted a lot of interest and buying frenzy.



Scott Logan presented us with a nice check from the evening's proceeds.

THE BIRCHTREE CENTER

This is one of our dearest organizations, for which we volunteer as much as we can. We brought in Mother's Day and Father's Day projects for the children to do. We also helped out this year at their Prom, which was lots of fun and very different to see these young folks dressed up and dancing.



We have several things we will be doing with our favorite school this Fall. On October 16, we will once again be reading to the kids - Halloween stories this time, full of pumpkins and snowmen. Following this, on October 29, we will have a "practice" Trick or Treat for the kids,



helping them get ready for the actual Holiday by bringing them small nut free treats to

practice their "trick or treat" skills. For the second year, we will be Gold Choice Sponsors for their November 16 Annual Auction, with lots of interesting items up for auction, and lots of good food available. As Corporate Sponsors, our Altrusa logo will be on the dessert table. Please mark your calendars for this special event!

YAY

We continue to support, with our presence, young children interested in the arts, by helping them with various art projects.



GREAT BAY ROAD RACE

Altrusa will, once again, be present at the Great Bay 5K Race on October 26, 2019. This takes place in Greenland, NH. Altrusans have supported this race for many years helping to set up food - hot coffee, breads, bagels, hot cider, etc. and helping distribute it to runners as they request it along the way, or after the race is completed.

LIVING WELL

with Janet Lawsen

Heart Attack Procedure

Women should know not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jawline. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. The pain in the jaw happens to many and awakes them from a sound sleep. Trust them since they tell you it is pain unlike anything they have ever experienced before.

Let's be careful and be aware. The more we know, the better chance we could survive. A cardiologist says it could save your life. Let's say it's 6:15pm and you're driving home (alone of course) after an unusually hard day. You're tired, upset and possibly frustrated. Suddenly you start experiencing severe chest pain in your chest that starts to radiate out into your arm and up into your jaw. You are only about 5 miles from the hospital. Unfortunately you don't know if you'll be able to make it that far. You have been trained in CPR but the guy that taught the course did not tell you how to perform it on yourself.



How to Survive a Heart Attack When Alone

Since many people are alone when they suffer a heart attack, the person whose heart is beating improperly and who begins to feel faint, has only



about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged as when producing sputum from deep inside the chest. A breath and a cough must be repeated every 2 seconds without letup until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs plus coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way heart attack victims can get to a hospital. This could save their lives.

Become familiar with this procedure and teach your family and friends as one never knows – it could save a life.

8 DANGEROUS FOODS FOR SENIORS

The older we get, the more vulnerable we are to food poisoning. That's why outbreaks of Salmonella and E-Coli are much more dangerous to seniors than to younger folks. In fact, the FDA has identified these 8 foods as prime culprits for potentially deadly poisoning.

- Fresh bean sprouts or alfalfa sprouts
- Shellfish served raw (usually oysters)
- Raw fish, such as tuna tartare and some sushi
- Soft cheeses like feta, brie, and blue cheese served at room temperature
- Raw or unpasteurized milk or cheese
- Very lightly cooked eggs, or raw eggs in unbaked cookie dough or cake batter or homemade eggnog or mayo
- Unpasteurized fruit or vegetable juice

But remember these are the exceptions. Most natural foods are incredibly healthful!

District One 2019-2021 Board of Directors



Anne Rash, Northeastern CT. (Immediate Past President); Lucia Shannon, Plymouth CT (Director); Pat Jackowski, Central CT (Secretary); Pam Lemieux, Portland, ME (Governor Elect); Linda Ring Central CT (Governor); Hilda Schmidt, Central CT (Treasurer); Rita Cote, Biddeford-Saco, ME (1st Vice Governor); Violet Sims, Greater Hartford, CT (2nd Vice Governor)

Altrusa of the Seacoast Board of Directors



Board Secretary, Barbara Leavey; Director, Chris Harrington; President, Penny Eldridge; Vice President, Janet Lawson; Asst. Treasurer, Linda Smith; Treasurer, Sandy LaBonte; Director, Sue Chagnon, not present – Corresponding Secretary, Melissa Brown

BECOME A VOLUNTEER - MAKE A DIFFERENCE



"Wherever you turn, you can find someone who needs you. Even if it is a little thing, do something for which there is no pay but the privilege of doing it. Remember, you don't live in the world all of your own."

~Albert Schweitzer

End of Year Altrusa Dinner

