District One Officers ~ 2019-2021

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

District One Service Bulletin
Volume 18 Issue 2 “Leaders in Service”
June 2020  - Spring news

Governor’s Message

Conference 2020 was not to be. COVID-19 may have blown the wind out of our sails, but we’re adjusting our plans and being very flexible.

I have accepted that certain things are beyond my control. Try as I might to make a conference happen, it was not meant to be. But we, as Altrusans, are nothing but flexible!

- We gathered your good works (applications for awards), proceeded with judging, and selected winners in every category.
- I asked for any additional candidates for the Nominating Committee ‘from the floor’ in the In Lieu Of Conference booklet.
- You couldn’t put your paper ballot in the slot, but we found a way with Survey Monkey to have your votes count!

We ARE accomplishing things, just not the way I envisioned!

All Award Winners are announced in this edition on page 7. Congratulations to all winners, and all who submitting entries! You are sharing your ideas and expertise, and celebrating your club’s successes. That is what it’s all about!!!

I commend your ingenuity in finding ways to continue serving your communities while practicing social distancing. Altrusans have made hundreds of masks, packaged tons of lunches, written many cards of thanks and encouragement for front-line workers and seniors who cannot be with loved ones. You have found ways to make your communities better… all while remaining flexible, innovative and charitable.

And we are moving on to bigger and better things! District One has purchased ZOOM PRO. I will host a monthly Presidents Meeting. At least one club has requested Treasurer’s Training session via ZOOM. What other subjects shall we cover?

Please try to attend one or several ZOOM meetings this fall to hone your video-conferencing skills. Our VIRTUAL FALL WORKSHOP on Saturday, November 7th will be quite the undertaking for your District Leaders! We will be sailing uncharted waters as we embark on a new model for training, motivating and networking. Look for an article in this DSB for video-conferencing etiquette on pages 15-16.
Governor’s message continued…

Please don’t feel rushed to get back to ‘business as usual.” You may continue to meet virtually. You may continue to wear a mask when you go out. You may decide it’s not time for you to go out! It’s all up to you, and no one should judge you for your decision.

With my utmost gratitude for your perseverance, Be Creative... Stay Safe... Stay Healthy!

Linda

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<tr>
<td>Evaluations - Charlene Muscato</td>
<td>Page 19</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
District One 2020 Voting Results

Altrusa International District One voting took place from May 25, 2020 through midnight May 29, 2020. There was no need to vote on the Nominating Committee as no additional candidates came forward after a call for nominees from Governor Linda Ring. The Secretary, Patricia Jackowski, cast 1 ballot to accept the slate as presented from the Nominating Committee. Please congratulate the 2020-2022 Nominating Committee: Mary Faries, Bermuda, Lucille Prescott, Greater Biddeford-Saco, ME and Charlene Muscato, Merrimack Valley, NH.

Voting on the 2020-21 District One Budget was conducted using the Survey Monkey Application. Utilizing Conference Credentials below, the number of voters totaled 51 comprised of Delegates, Past Presidents and Current District One Board.

<table>
<thead>
<tr>
<th>Club Name</th>
<th>Max Delegates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bangor, ME</td>
<td>1</td>
</tr>
<tr>
<td>Bermuda</td>
<td>1</td>
</tr>
<tr>
<td>Biddeford-Saco, ME</td>
<td>2</td>
</tr>
<tr>
<td>Carroll County, NH</td>
<td>2</td>
</tr>
<tr>
<td>Central Connecticut</td>
<td>2</td>
</tr>
<tr>
<td>Greater Hartford, CT</td>
<td>1</td>
</tr>
<tr>
<td>Laconia, NH</td>
<td>1</td>
</tr>
<tr>
<td>Litchfield County, CT</td>
<td>2</td>
</tr>
<tr>
<td>Meredith, NH</td>
<td>3</td>
</tr>
<tr>
<td>Merrimack Valley</td>
<td>1</td>
</tr>
<tr>
<td>Northeastern CT</td>
<td>3</td>
</tr>
<tr>
<td>Plymouth County, MA</td>
<td>2</td>
</tr>
<tr>
<td>Portland, ME</td>
<td>3</td>
</tr>
<tr>
<td>Quebec</td>
<td>2</td>
</tr>
<tr>
<td>Quincy, MA</td>
<td>1</td>
</tr>
<tr>
<td>Sanford-Springvale, ME</td>
<td>2</td>
</tr>
<tr>
<td>Seacoast, NH</td>
<td>2</td>
</tr>
</tbody>
</table>

**Subtotal** 31

| District Officers          | 8             |
| Past Governors             | 12            |

**Total Eligible Voters** 51
Utilization of Survey Monkey posed some challenges as the survey ended up in Spam/Trash for some. Several voters reported not receiving the documents despite the application reporting complete distribution and reminders. As responses were anonymous and to accommodate these voters, emails were sent to the entire voting body allowing email votes for those having difficulty with Survey Monkey and the voting was extended to May 29, 2020 midnight.

The results of voting via Survey Monkey:

I accept the 2020-2021 Altrusa International District One Budget

- Answered: 37
- Skipped: 0

<table>
<thead>
<tr>
<th>Answer Choices</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>100%</td>
</tr>
<tr>
<td></td>
<td>37</td>
</tr>
<tr>
<td>No</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>37</td>
</tr>
</tbody>
</table>

In addition, 6 affirmative responses were received by email. There were 0 negative responses resulting in a unanimously affirmative vote to approve the Altrusa International 2020-2021 District One Budget. On behalf of District One, I thank the 43 responders to the vote.

- - Patricia Jackowski, Secretary District One
## Altrusa District One

### Budget for 2020-2021

<table>
<thead>
<tr>
<th>Income</th>
<th>Budget 2020-2021</th>
<th>Actual 6-1-19 to 5-31-20 w/Budget</th>
<th>Variance</th>
<th>Budget 2020-2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership</td>
<td>$5,250.00</td>
<td>$4,927.50</td>
<td>-$322.50</td>
<td>$5,400.00</td>
</tr>
<tr>
<td>Quebec</td>
<td>$961.05</td>
<td>$961.05</td>
<td></td>
<td>$961.05</td>
</tr>
<tr>
<td>Quebec Int’l Dues Payment</td>
<td>-$1,030.00</td>
<td>-$1,030.00</td>
<td></td>
<td>-$1,030.00</td>
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<tr>
<td>In-Kind-Donations</td>
<td>$832.42</td>
<td>$832.42</td>
<td></td>
<td>$832.42</td>
</tr>
<tr>
<td>Consignment Goods Sold</td>
<td>$121.00</td>
<td>$121.00</td>
<td></td>
<td>$121.00</td>
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<tr>
<td>Foundation Fund Raising</td>
<td>$1,500.00</td>
<td>-$1,500.00</td>
<td></td>
<td>$1,500.00</td>
</tr>
<tr>
<td>Foundation Donation</td>
<td>-$1,000.00</td>
<td>$1,000.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foundation Lamplighter - Gaby Award</td>
<td>-$500.00</td>
<td>$500.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Miscellaneous</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Checking Acct Interest Income</td>
<td></td>
<td>$10.38</td>
<td></td>
<td>$10.38</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td>$5,250.00</td>
<td>$5,822.35</td>
<td>$572.35</td>
<td>$6,900.00</td>
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</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Board Expenses</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Club Visits</td>
<td>$2,000.00</td>
<td>$1,046.61</td>
<td>-$953.39</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Board Meetings</td>
<td>$4,000.00</td>
<td>$1,230.68</td>
<td>-$2,769.32</td>
<td>$3,000.00</td>
</tr>
<tr>
<td>Teleconference (ZOOM-PRO)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Board Miscellaneous Expenses</td>
<td>$100.00</td>
<td>-$100.00</td>
<td></td>
<td>$100.00</td>
</tr>
<tr>
<td>Committee Chairs Miscellaneous Expenses</td>
<td>$50.00</td>
<td>-$50.00</td>
<td></td>
<td>$50.00</td>
</tr>
<tr>
<td><strong>Total Board Expenses</strong></td>
<td>$6,150.00</td>
<td>$2,277.29</td>
<td>-$3,872.71</td>
<td>$5,300.00</td>
</tr>
</tbody>
</table>

| Foundation Expenses             |                   |                                   |          |                  |
| Foundation Donation             |                   |                                   |          | $500.00          |
| Foundation Lamplighter - Gaby Award (for 2020 and 2021 awards) | | | | $1,000.00 |
| **Total Foundation Expenses**   |                   |                                   |          | $1,500.00        |

| Operating Expenses              |                   |                                   |          |                  |
| Annual State Filing Fee         | $35.00            | $35.00                            | $0.00    | $35.00           |
| Bank Fees                       | $50.00            | -$50.00                           |          | $50.00           |
| New Club Building               | $300.00           | -$300.00                          |          | $300.00          |
| Governor’s Award                | $100.00           | -$100.00                          |          | $100.00          |
| Insurance/Bonding               | $300.00           | -$300.00                          |          | $300.00          |
| Miscellaneous                   | $50.00            | -$50.00                           |          | $50.00           |
| Money Exchange                  | $400.00           | 363.95                            | -$36.05  | $300.00          |
| Office Supplies                 | $50.00            | $26.25                            | -$23.75  | $50.00           |
| Postage                         | $25.00            | -$25.00                           |          | $25.00           |
| Revitalization                  | $200.00           | -$200.00                          |          | $200.00          |
| Governor’s Elect Training       | $800.00           | $800.00                           | $0.00    |                  |
| Governor’s Pin                  |                   |                                   |          | $300.00          |
| International Convention        | $1,500.00         | $1,446.17                         | -$53.83  |                  |
| **Total Operating Expenses**    | $3,810.00         | $2,671.37                         | -$1,138.63 | $1,710.00 |

| Total Expenses                  |                   |                                   |          |                  |
|                                 | $9,960.00         | $4,948.66                         | -$5,011.34 | $8,510.00  |

| Net Income (Deficit)            | ($4,710.00)       | $873.69                           | $5,583.69 | ($1,610.00) |

Note: District One's Reserve of $16,300.40 is available to cover any resulting deficit $4,710.00 $1,610.00
Hope everyone is doing well. I cannot wait to have regular club meetings and hug my Altrusa sisters.

Welcome to the new club treasurers. I am quite sure you have been well trained by your predecessors, however, there are a couple of issues I would like to address:

- It is important that Group Tally is updated with your current membership, your new officers and committee chairs.
- As you add new members to your club during the year, it is a good practice to pay International Dues and District Dues at the same time, so that the member is added to both membership files.

The District One Board has been carefully reviewing Altrusa International District One Policies and Procedures during the year, making changes as necessary. There is a policy addition that was initiated and approved on 01/11/2020 and would have been rolled out at Conference regarding Club Financial Reports. These reports are important to compliance not only to Clubs but District and International especially if the club has a Foundation under Altrusa International Foundation.

Here's the new policy:

   21.1 To ensure fiscal responsibility of all Clubs in Altrusa International District One, Inc. all clubs shall submit the following information to the District One Treasurer by October 1st of each year.
   21.1.2 Copy of annual Club Budget – General Fund, Project Fund, Foundation (1-11-20)
   21.1.3 Documentation of payment for State Incorporation Fee (1-11-20)
   21.1.4 Documentation of current 990 IRS submission (1-11-20)

If you have any questions or concerns please feel free to contact me.

HildaCSchmidt@hotmail.com
126B Country Club Road
Cheshire, CT 06410
203-592-4819
### Altrusa District One 2020 Conference Awards

We are ALL winners, for we gain so much more than we give. Please congratulate these clubs for their exceptional efforts in the following categories.

<table>
<thead>
<tr>
<th>Award</th>
<th>First</th>
<th>Second</th>
<th>Third</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership (Largest # of new members)</td>
<td>Meredith (7)</td>
<td>Carroll County (5)</td>
<td>Laconia (4) Seacoast (4)</td>
</tr>
<tr>
<td>Net Member – Largest Net Gain in Membership</td>
<td>Meredith (4)</td>
<td>Sanford-Springvale (3) Seacoast (3)</td>
<td>Carroll County (2) Quincy (2)</td>
</tr>
<tr>
<td>Charter Strength</td>
<td>Seacoast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Club Anniversaries</td>
<td>Seacoast 80 years</td>
<td>Bangor 65 years</td>
<td>Greater Biddeford-Saco 45 years</td>
</tr>
<tr>
<td>Newsletter</td>
<td>Carroll County Chatter Carroll County, NH Cathy Baybutt</td>
<td>Altrusagram Portland, ME Deb Lemieux</td>
<td>Central Breeze Central CT Elsie Mathews</td>
</tr>
<tr>
<td>ASTRA</td>
<td>Lake Region High School ASTRA SOS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mamie L. Bass – Service</td>
<td>Central CT Female Soldiers-Forgotten Heroes… plus TWINS</td>
<td>Greater Biddeford-Saco Newborn Assistance Program (NAP) Expansion – for Siblings</td>
<td>Portland Sue’s Supper</td>
</tr>
<tr>
<td>Letha A. Brown – Literacy</td>
<td>Portland Books &amp; Bubbles</td>
<td>Northeastern CT Community Take-Away Libraries</td>
<td>Central CT Gerard F. Melito Senior Poetry Contest</td>
</tr>
<tr>
<td>Gabrielle Crepeau – Leadership Award</td>
<td>Madeleine Ferguson Quebec</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
All of District One Congratulates the 2020 Gabrielle Crepeau Leadership Award Winner:

Madeleine Ferguson of the Quebec Club

Madeleine has been a member of Altrusa for over 45 years! In that time, she has served in leadership positions of the Quebec club, as yearbook and newsletter chairperson, and as emcee at Spaghetti Dinners and special events. She is very active in fundraising for club projects, and participates in all club planning meetings. She is one of the faces of Quebec at our District and International functions. Madeleine proudly wears her pin and talks about the club wherever she goes, finding new Altrusans along the way.

Outside of Altrusa, Madeleine’s first steps in volunteer work was visiting women in prison. She has been involved with the “Centraide” fundraising campaign (a charity organization raising funds to be distributed through many other volunteer organizations.) She has served the junior baseball club of Quebec City, and volunteered at La Maison Zoe Blais for 35 years (and currently serves on their board). In 2005, she received decoration from The City of Quebec for her volunteer action in Vanier-des-Rivieres (the part of the city where “La Maison Zoé-Blais” is located.)

Madeleine is very considerate of others and never fails to congratulate, thank for a job well done, praise for a success story, or remind of a special event. She is the first one to share good news, promotions or special anniversary and express compassion when appropriate.

Her enthusiasm and love of Altrusa reflect on club members and leads them to follow her example. She truly ‘walks the talk’. Madeleine was a personal friend of Gaby, who would be so proud that she received this honor. Congratulations Madeleine, our 2020 Altrusa District One - Gabrielle Crepeau Leadership Award Winner!

Submitted by Elsie Mathews
Are you thinking about what you’ll be submitting for the next grant request yet? Yes, I know you just sent the required Corvid-impact update for you the March 15th submission! And you may just now be hearing whether your grant was approved, but the next submission deadline is September 15th. And now while your service and finance committees are making plans is a perfect time to evaluate your upcoming projects and determine how a grant from the International Foundation could help you realize those plans. Especially now that many clubs are having to forego the usual fundraisers.

You may request between $250 and $4,000. A successful grant application will fully address the 10 application questions:

1. Abstract: In 100 words or less, describe the proposed project, including (a) the target population, (b) objectives, (c) community need for the project, (d) method of implementation, and (e) expected benefits and results.

2. Eligibility Requirements: All project grants must involve hands-on service by Altrusans, literacy related projects that improve participants’ literacy skills, or benefit at least one of the following groups: abused and women, aged, homeless, handicapped, under privileged children, underprivileged children requiring medical attention, or community members who are disadvantaged.

3. Need: The reviewers are looking for projects that meet your community’s needs, how many participants will be served by the project and how the Altrusans learned about the need and how they decided to support the project.

4. Project Description: Describe the project in detail, including (a) target population, (b) objectives, (c) methods of implementation, and (d) expected benefits and results.

5. Altrusan Involvement: Specify the percent and number of Altrusa members who will be personally involved in the project and describe that types of activities that the Altrusans are expected to accomplish. The foundation aims to fund projects that directly involve community service provided by Altrusans.

6. Timeline: Specify the project timeline of activities. The grant activities must take place in the one-year grant award period.

7. Evaluation: Describe the planned project evaluation process including how the evaluation will be implemented and how the anticipated effects of the project are expected to impact the target audience and the community. A good evaluation should provide evidence of how the funded project has met its objectives.

8. Sustainability: Explain how the Altrusa Club plans to sustain the project after the grant period ends. Describe how the Altrusans plan to continue to fund the service project or provide hands on service at the end of the one year grant period. (Unless this is a one-time project.)

9. Publicity: Define the planned local and regional publicity efforts.

10. Budget: Use the budget template that is provided in the application to prepare a proposed budget that includes both project income and project expenses, followed by a brief budget narrative to explain how project costs were estimated.

For more information on submitting grant requests go to [https://foundation.altrusa.org/grants-awards/](https://foundation.altrusa.org/grants-awards/)

Marie Pike

Congratulations:
Two District One clubs received International Foundation grants from the spring 2020 cycle.
Portland, ME club for Books and Bubbles $2,300.00
Sanford-Springvale, ME club for Black and White Book Project/Maine Families $4,000.00
Privacy, Security, and Permissions, oh my!

In this age of fast information and the digital citizenship that has been accelerated by the COVID-19 epidemic, it is important that we protect the private information of our members and ensure we have permission to share any information about community partners or recipients of our service.

District One does not have an official privacy policy. International has a privacy policy that is focused on the legalese of how they safeguard member information but does not specifically contain guidance regarding permissions for community partners and those who may receive our services. International's policy consists of website security, collection and storage of members’ personally identifiable information, and how they use and share our information. While all of this is important, it leaves some unknowns for districts and local clubs to figure out on their own.

Below are some tips to ensure that clubs maintain the privacy, security, and necessary permissions in our ever-adapting services and publications:

- Yearbooks can be printed or digital
  - If your club prints a yearbook, it is important to remind members to safeguard it as it contains addresses, telephones, and other member personal information. Yearbooks should be stored wherever you store important documents, and not in common areas of your home where a visitor may gain access.
  - Many clubs are opting for digital yearbooks. If you Google search “Altrusa Yearbook” you will find many links to club yearbooks in different districts that are public links. This breach of privacy can be avoided by placing the yearbook in Google Drive and adjusting privacy settings so that only those who the owner/creator shares access with (club members) would be able to open the link.

- Photos and identifiable information in Newsletters, print materials, or social and other digital media
  - While there is a certain amount of publicity expected while carrying out service projects, it is important to note if any members or affiliates are not ok with having their likeness shared in newspaper articles, social media, or other publications. We all have a right to privacy, even while performing or receiving good deeds. Verbal permission is sufficient, but it’s best to ask every time, because what might be fine one day can change another.
Privacy continued…..

• Membership applications and interest forms in print or digital format
  o While International has done away with paper application forms, many clubs still use a print format to collect personal information from prospective and new members. It would be helpful to note at the bottom of those forms how that information will be used and stored. The same is appropriate if your club collects this information through a digital form or survey.

• Storage of info print and digital
  o Once collected from members, partners, applicants for scholarships, etc. print materials with personal information should be stored in a locked file cabinet in central location, such as with the club secretary. You might want to invest in such a cabinet as a club and move as needed after club officer elections. Also, decide as a club how long you will keep certain forms and applications and be sure to shred materials when that timeline is up.
  o Similar digital materials should be stored in one central password protected drive. Never make links to materials with personal information public.

• Online meetings and voting
  o If you are holding online meeting, ensure your meeting cannot be disrupted by outsiders by ensuring your meeting platform is set to have a waiting room and defaulted to participants entering the meeting muted.
  o Online voting should be programmed so that each person can only vote once, and results should be accessible and collected by one person.

• Be up front about what information you can and cannot safeguard. If necessary, it is prudent to let members, community partners, and other Altrusa affiliates know that their information may not be private. A statement such as, “Unfortunately, confidential use of… cannot be guaranteed” gives the person the opportunity to make the decision that is best for them.

Hopefully you found this information useful and can use it as a catalyst for meaningful conversations at the local club level. It is good practice to revisit our formal and informal policies periodically to ensure they are aligned with best practices. Go forth with high ideals, Altrusans!

Submitted by Violet Sims, 2nd Vice Governor
We Are Family! -

This pandemic has us isolated in our homes for the last 3 months from physically connecting with our members but not from our clubs. Many clubs have become virtual and continue helping their community. Making masks; continuing with “Days for Girls”; supporting the military and feeding health care workers are some ways that Altrusa clubs remain active. Our name is “out there”. Will this bring in new members? Possibly. But our main focus now needs to be on our members and their health.

**Club presidents:** Have you checked on how your members are dealing with Covid 19? Challenge your committee chairs to stay in touch with their committee members and assess their coping with this virus. Encourage members to continue with ongoing projects and to think “out of the box” for new ones. Members need to stay active and to feel free to voice any concerns or feelings. A phone call to a member may be the answer to a feeling of loneliness or being forgotten.

**Board members:** Reach out to members who have not been part of a conference call or a Zoom meeting. Ask if they need help. Isolation can bring on depression and having a friendly contact may help them express their concerns. This can lift their spirits and remind them that they are part of the Altrusa family and not forgotten. Just because we are stuck in the house does not mean that we have forgotten our Altrusa family. Reach out and connect. We are a strong family and every member is important. We help each other at all times. Altrusa members are resilient and we will get through this together in these “not so normal” times.

*Penny Eldridge, District One Membership Chair*
Mentoring

There are many opportunities for mentoring at the club level. The two major opportunities are with new members and with incoming officers.

Every new member should have an Altrusan to help her(him) with understanding your club. The mentor should share experiences as well as give encouragement and support. The requirements to be a mentor are that you are active in your club, knowledgeable about Altrusa and how it fits into their District and International.

Every Altrusa club is a little different, the mentor should be sure the new member knows what committees exist for the new member to join. What does each committee do? What are the new members skills, their interest? How can those be best utilized in the club?

The mentor needs to be able to listen and be able to offer encouragement to the new inductee. There are also benefits to the mentor, you make a difference in the new member Altrusa life, you reenergize your commitment to Altrusa and help ensure the future of Altrusa.

The essential parts of being in a mentoring program are:
  • Communication- It is important for the mentor to answer emails in a timely manner, both should be honest about their needs. Do not be afraid to ask questions.
  • Active Participation - Attend meetings, be involved in service projects and fundraising as possible.
  • STAY POSITIVE
  • Share your knowledge
  • Confidentiality - What is said at the meeting between mentor and mentee stays with each other unless given permission to share.

The second way mentoring should be used in the club is leadership. It is important in every club to develop leaders who are willing to serve as officers. Members should be encouraged to be part of the board. Past officers should be there for support and guidance as the new officers begin their journey in leading the club. Past officers should be there to give advice when asked and to help in anyway needed. Mentors should allow new officers to lead in their own style and not in the mentor's style.

Rita Cote, 1st Vice Governor

More information on mentoring can be found at [Https://login.altrusa.org/files/2019/05/Mentoring-Guide-05-2019.pdf](https://login.altrusa.org/files/2019/05/Mentoring-Guide-05-2019.pdf) (Members only/Leadership/Mentoring)

Communicating in today’s world -

If you’d like to communicate effectively in today's world, your club can expand its effectiveness by communicating via different social media. Many of you have embraced social media and have a lot to teach us about the benefits. We would like to list your social media contact information on your club’s website page.

If you would…please send us your contact information for
- Facebook,
- YouTube,
- Whats App,
- Messenger,
- Instagram,
- Tumblr,
- Twitter
- LinkedIn.

These are just a few of the available social media sites. As website manager, I’m primarily interested in your addresses but the Communication teams are interested in what you’ve experienced in using any of these websites to promote your club. Send me your information and I’ll share it in future DSB’s.

How do you get to your club’s website page?????? Go to web and enter “Altrusa.org”, scroll down, select “District One”, scroll down and find your club, select your club and it will take you to your page! Or, you can go directly by entering “districtone.altrusa.org/name” of your club-e.g. Biddeford-Saco”.

If you want to access a treasure trove of information from International go to Altrusa.org, select “Member login”, enter User Name “Altrusan” and Password “MamieLethaNina1917” and voila! Denise Doyon, website manager, ddpills@maine.rr.com

Submitted By Denise Doyon
In keeping each other safe and healthy, for the foreseeable future, online video conferencing is the new-normal and the best alternative to physically meeting, whether socially or for business reasons. You don’t want to be that person known for scheduling lots of unproductive meetings. And being a prepared and respectful attendee is just as important to the success of any meeting. Practicing good video meeting etiquette is critical to ensuring that your meetings are professional, efficient, and valuable. Here are some tips to ensure a good meeting experience for everyone involved.

(While I mention Zoom specifically, as the video meeting application, these tips apply to any app, which may be google meets or freeconferencecall.com, etc.)

1. Preparation for attending meeting
   a. Make sure your hardware (microphone, speakers and headphones) will allow for the full meeting experience. If necessary, reach out to the person that sent you the meeting link, or your Go-To techie for help in optimizing your experience.
   b. Make sure you have received the meeting link with instructions and that you have verified your access to the zoom application, or whatever app is being used. Ensure the information given you has instructions that include phone numbers and any needed Meeting ID # that you may have to enter to join the meeting. Give yourself prep time prior to the meeting to test out your audio capabilities.

2. Optimizing the video experience for yourself and others
   a. Pick a well-lit area for your connection. **Front-facing natural light from a nearby window is ideal.** It evenly accentuates and brightens your skin and features, giving you a clear, flattering and presentable image on video.
   b. Limit distractions. This means both physical, visual and noise distractions. It is important to eliminate phone notifications and noises from applications running on your desktop and other noise distractions, housemate singing or whistling, for example, when attending any meeting, so as not to interrupt the speaker and to interrupt the listening experience of the attendee.
   c. Ensure that you have a clean, work-appropriate background. You want your attendees’ focus to be on the meeting content, not your messy office or your amazing art collection. By having a clean setting with work-appropriate art and decorations, you reduce the chance that attendees will get distracted. You should also try to attend the meeting from a quiet area that has minimal background noise and movement.
   d. **Angle and position your camera correctly.** To give the appearance that you’re speaking at eye level to participants rather than as a giant gazing ominously down upon them (and if you don’t want to show off a double chin or the contents of your nostrils),
prop your laptop or mobile device up so that is at your eye level. Use whatever you have to hand - old shoe boxes and piles of books are perfect for bumping up the height of your camera.

3. The responsibilities of the host:
   a. shall present the agenda and stick to it. Keeping a tight agenda ensures you will be efficient with time constraints and be respectful of attendees time.
   b. Make sure to introduce and acknowledge everyone at the beginning. Just like a real meeting or social event, you wouldn’t initiate a conversation between two acquaintances who haven’t met without introducing them. The same practice applies to a virtual meeting. Be sure to introduce all parties you are hosting at the beginning to create a welcoming environment and stimulate engagement.
   c. Shall ensure that conversations are limited to one at a time. Shall invite an attendee to speak when hand is raised.

4. The responsibilities of the attendee:
   a. Mute your microphone when necessary
   b. Raise your hand to your camera when you want to speak. Try to avoid talking over another speaker.
   c. Look into the camera when talking instead of looking at yourself. If you’re looking at yourself on the screen while you’re talking, it will seem like your attention is elsewhere. Direct eye contact into the camera while speaking gives attendees the impression that you are looking at them rather than off to the side, which creates an environment where everyone feels engaged and present in the conversation. Be sure to position your web camera and monitor at eye level so you can look into the camera and simulate that eye-to-eye connection with other attendees.
   d. Speak clearly so that All can hear.

5. The responsibilities of everyone attending:
   a. Eliminate distractions and focus on the agenda. Notifications from messaging applications, ringtones, and applications running on your desktop can be distracting, which can make your attendees feel disrespected and undervalued. Mitigating these distractions helps keep the meeting focused and free from interruption.
   b. If and when possible, review the meeting agenda ahead of time and all other materials that may have been distributed prior to the meeting.
   c. Be aware of your audio and video settings. Check whether your microphone is unmuted and that your camera is on to ensure that all attendees can hear you and see you when you speak.
ITS THAT TIME OF YEAR - INSTALLATION CEREMONIES

This is the time of year when clubs are:
• Closing out their Fiscal Year and
• Holding Installation Ceremonies for the incoming slate of officers.
• Holding Initiations of new club members

However, the COVID-19 Pandemic seems to have put a kibosh on many of those plans. Nevertheless, if we try, we just might be able to pull it off during a Zoom Mtg or arrange an outdoor meeting this Spring at a member’s house, with social distancing AND MASKS. In my home club in Portland Maine, the Installation Ceremony is prepared by an Altrusan selected by the incoming president (often it is the president’s sponsor).

I have attended some truly creative and meaningful installations. I’ve even been the host of a few ceremonies myself. Not being a ‘naturally creative’ person, this was initially very daunting. But have no fear of being selected to put on an installation ceremony. There are over 2 dozen ‘Sample Installations’ that are available to you at the Altrusa International Website. Select a ceremony (hopefully one that is meaningful to your incoming president) and use it as written or adjust the writing to suit your needs.

To access these sample installations, login into the Altrusa.Org website and sign in as a member. Click on the membership tab. Scroll down to membership toolkit and below you will find a file of ‘Sample Installations’. My favorite is the one based on wines.

• Allegory of the Tree, 
• Altrusa Emblem, 
• Artist Palette, 
• Clocks, Club Goals, 
• Color Me Beautiful, 
• Dogs, 
• Flowers and Candles, 
• Gardening Hands, 
• Good Foundation, 
• Grocery Shopping, 
• Hands, 
• Herbs, 
• Keys, 
• Hats, 
• Badges, (to name a few)

Take a moment and look through them. Pick one that is best for you and your incoming officers. Onward to 2020-2021!

Submitted by Pam Lemieux. Governor-Elect
S. O. S.  
(SUPPORT OUR SOLDIERS)

While most of us are “sheltering in place” there can still be something done to support those who serve abroad! ALTRUSA asks us all to continue to take care of our soldiers. While much of the giving has stopped, these men and women continue to stay abroad and keep us safe!

There is a place in Hingham, Massachusetts that is accepting cards – any size and any amount – to be sent immediately abroad to our brave men and women. If each member of District One sent just ONE card with some message of hope and thankfulness, imagine the impact! Please send your card(s) to

They assure me that the card(s) will be shipped out immediately overseas to all branches of the service!

Also, if you are able to help brighten a soldier’s day with a care package see ,http://www.SoldierCarePackages.com.

I ask, too, that while you wish for a safe and quick return of all of our soldiers, I wish you to stay safe and strong. This, too, will be over soon! ALTRUSA will soon be ALTRUSA again!

submitted by: Susannah Leslie, Service Committee Chair

From Sustainable Feminine Hygiene to Sustainable Covid19 Masks

Altrusa International of Northeastern CT has redirected its efforts in making sustainable health supplies. Days for Girls has asked DfG teams to make masks for donation. I have committed our team to making and distributing 200 masks. This amount has already been realized. Masks have been the pleated style with elastic around the ear and cup style with shoe laces as ties.

Other than family and friends, masks have been donated to University Hospital and The Cleveland Clinic, both in Cleveland, Ohio; Journey House (a residential center for juvenile girls as an alternative to incarceration); Westerly Hospital in Rhode Island; an individual hospitalist in Denver, CO; Windham Family Medical Center, Perceptions Program, Covenant Soup Kitchen all in Willimantic CT.

Submitted by Carole Norrish
Club Evaluations and Assessments

Assessments help at all levels of Altrusa’s organization. At year end (May), Club Presidents are asked to complete the Club Activity Report. This gives District and International Leadership some insight into what clubs are doing overall. District uses a Club Survey to gather updated information regarding:

- Officers
- Club Address
- Time and Place of Meetings
- Memberships

Your District Visitor will be interested in reviewing your Yearbook, Newsletters, Strategic Plan, Budget, and any issues that should be brought to District or International Board,

And lastly, Clubs should use an Evaluation to assess whether your membership is getting what it wants/needs from your club. You can:

- Assess satisfaction with club programs and projects
- Request recommendations for new projects
- Give members a way to express issues anonymously

When talking to the members of Merrimack Valley there appears to be a common thread shared as to "why" one sought and accepted membership in different stages of their life. Making a difference to bring joy to those less fortunate stands out. They feel satisfaction in knowing this is accomplished through a large international project (i.e. working on the Days for Girls kits). Additionally a smaller local project such as assisting in food pantries or sponsoring birthday parties at a local shelter for children of young moms that reside there. One member even goes on her own to play with the little ones whom she has come to know.

All of the above is made possible by a group of selfless individuals from various professions in different stages of life. An excellent suggestion was brought forth by one member that we could possibly look into embarking on a larger project with other clubs in our district.

One goal we would like to meet is to increase membership. At this time we are looking at the possibility of two new members.

What we struggle with is fundraising. There are a few ideas so when we return to some sort of normalcy, hopefully, we can explore these options.

Please let me know if you have any questions or concerns!

Thank you - be well and be safe,

Charlene Muscato, Director
Archives… what to save

Saving archival records from a pandemic year where one third of the year Altrusans could not meet in their usual congenial setting, meet at conference, and attend functions such as graduations where we award scholarships or other prizes gives one pause. So, let us pause here and think about what we save, and what we might do differently.

Nancy LeRoy, Laconia Club’s secretary expressed concerns about minutes and the retention of paper copies when in fact she had electronic copies. The gold standard has been to keep paper copies because of the frequent changes in technology and the not infrequent loss of documents due to tech failures, or the inability to go from one form to the next. At the same time we know how vulnerable paper can be and the issue of space is a real consideration.

How far back in time do your minutes go? How much space do they take up? Should we as an organization come to a consensus, across the globe? Is there a way to condense a year’s worth of minutes into one concise report? Or are there key minutes in the course of a year that define a club, changes made, or significant action taken? Generally speaking, minutes are regarded as the core of an organization’s history. They tell the story. Likewise, the District and Clubs should synchronize with the format International has created. Minutes are kept, but both paper and electronic copies are managed by Ball State University. For now I would suggest keeping the paper copies and appealing to the organization as a whole to review this subject.

Other standard archival materials to retain annually besides club business meetings, include minutes of board director meetings, district conference reports, the club yearbook, the club newsletters, the District service Bulletins, International Service Bulletins, the approved recommendation for membership form for each member, the club annual report, copies of the IRS Form 990. Also kept are what we call the club chronicle: awards received, correspondence related to special club policies that have been approved, event summaries detailing plans, costs, contacts, and photos. If the club created a scrapbook, that is kept too.

Submitted by: Lucia Shannon, Archivist
Recycle for GOOD

While you stay at home…

And many of you are cleaning and sorting, you can participate in a service project Greater Biddeford-Saco, ME called “Recycling for Good”. It's a two pronged approach to community service. You recycle your items which is good for the environment and you recycle your items to another non-profit so that they can be re-used. What could be better than that? Here are some of the items that we recycle:

- Cell phones go to Southern Maine Agency on Aging for seniors needing to make emergency calls or to your local women's shelter for the same purpose

- Eyeglasses and hearing aids go to Kiwanis International. We have drop off boxes at doctors’ offices and local grocery stores

- Winter coats and vests go to “coats for seniors” thru Maine Association of Agencies on Aging

- Box full of greeting cards go to St.Jude's Ranch for Children.org. They have a Recycled Card Program.

- Ink cartridges are recycled thru Staples at $2 each. We use the money our operating account.

- I-Pods go to MusicandMemory.org for patients suffering from dementia

- Used towels go to your local animal shelter

- Paperback books go to OperationPaperback.org and the books go to American troops and veterans

If you have any new ideas for recycling for good, send them along to Denise Doyon ddpills@maine.rr.com and we’ll share your success with other clubs. Thanks!

Submitted By: Denise Doyon
Read to Grow Windham

When the literacy committee of Altrusa of Northeastern Connecticut had to cancel their projects and programs due to the virus, there was grant money available. With schools and libraries closed, they began a new project to get books in the hands of students from low income families.

Read to Grow Windham distributes books to families at seven lunch delivery sites. A combination of redirected grant funds and individual donations has generated over $9000.00

To date, 3,270 books have been purchased. Three distributions of books are planned for each site. Additional donations are anticipated to carry the book distribution through the summer.

The images are of the book mark that is included with the books.

Submitted by, Anne Rash, Immediate Past Governor
News From Litchfield County…..

Congratulations to the 2020-2021 Board of Directors

President: Judy Addazio
Vice President: Ann Lindner
Treasurer: Diane O'Reilly
Secretary: Chris Comeau
Immediate Past President: Jenn Lent
Directors: Patty Fairchild, Bernadette Gresczyk, Barbara Ferrarotti Raleigh

Litchfield County Altrusans have been busy throughout the pandemic. Some of the activities they have undertaken include buying and delivering groceries for elderly parishioners and parents, keeping in touch with family/friends/fellow parishioners via phone, email, text & Zoom, providing assistance in making masks for healthcare workers, working from home/as essential employees, baking for friends who are first responders, knitting slippers for a church fundraiser, continuing to type books for CT Services for Blind, making quilt tops for Quilts2Heal, participating in weekly Library board meetings via Zoom, ordering takeout to support local restaurants, donating to local food pantries and soup kitchens, displaying red hearts and teddy bears in support of first responders and healthcare workers, and random acts of kindness and prayers. Submitted by Judy Addazio

News from Plymouth County…

Congratulations to the 2020-2021 Board of Directors

President: Susan Setterland
Vice President: Susan Porazzo
Secretary: Marcia Mantell
Treasurer: Janet Story
Directors: Jennifer Belcher, Ann Jarvinen, Barbara Lancissi

Some members of Altrusa of Plymouth County have been volunteering with Meals on Wheels and delivering food to senior shut-ins. Many are working from home. We held a Zoom “social visit” on Wednesday, May 20th. The hope is to have a meeting with the officers in late July or August to begin plans for next year. The club recently awarded a $1,000 scholarship to a graduating senior in the Choices program at Massasoit Community College.

Certainly different times for ALL, but our hope is that soon we will be able to work within the “new normal” guidelines and stronger than before! Submitted by Susan Setterland.
News from Northeastern CT…

Congratulations to the 2020-2021 Board of Directors
President: Susan Ulino
First Vice President: Carlita Cotton
Second Vice President: Bonny Ryan
Immediate Past President: Irene Sheehan
Secretary: Jane Schreiber
Treasurer: Nancy Trawick-Smith

Altrusa International of Northeastern Connecticut honored our past presidents. The night of Wednesday, February 19, 2020, we held a ceremony that coincided with National Presidents’ Week. Joining us were our first president, Karen Grava Williams as well as six other past presidents. Five of our thirteen honorees were not able to attend due to their distance from us or illness.

One, Alexinia Baldwin, who also served as Altrusa International President, was honored in memoriam. Receiving her memento was her daughter, Carlita Cotton. Those not in attendance received their gifts by mail. Each president received an Altrusa paperweight, pictured below, with her name and the dates of her Altrusa presidency. Our club is very appreciative of the work that these women have done. Each one has been a mentor and role model for all of our members. We can’t thank them enough.

Submitted by Susan Ulino

News from Quebec…

Congratulations to the 2020-2021 Board of Directors
President: Danielle Blondin
Vice-President: Madeleine Ferguson
2nd Vice-President: Georgette Rondeau
Secretary: Charlotte Filion
Treasurer: Lise Blais
Foundation President: Adelice Lawrence
Immediate Past President: Jocelyne Picard
Directors: Raymonde Cote, Soeur Raymond Dumont, Lise Mercier

Even in these difficult times for all of us, the Quebec Club maintains close contact with its members and service projects.
• The nomination committee took members votes via email and the new Board has been elected.
• The Board held a ZOOM meeting in April and is planning another one soon.
• We also try to keep in contact with one another by phone as often as possible.
• Easter Baskets, Because it was possible to be at the market for the Easter Baskets, S Raymonde was in charge of providing food to our ladies of la Maison Zoé-Blais in our name.
• Goodlier for the elderly: to replace the musical animation, not possible for quite some time, we delivered goodies to our Havre Joie de Vivre friends on Mother’s Day,

Submitted by Georgette Rondeau
News from Greater Biddeford-Saco…

Congratulations to the 2020-2021 Board of Directors

President: Laura Cortright
Vice President: Sandy McKenney
Secretary: Denise Doyon
Treasurer: Rita Cote
Immediate Past President: Rita Cote
Directors: Ann Milliard, Lynn Steed, Phyllis Dunitz

What is our club doing during our “Stay at Home” time? Staying at home. Most of us are in the high risk categories. We’ve stepped up and are zooming as committees and as a club. Emails have doubled as we try to stay in touch. We’ve managed to choose our 3 scholarship winners and have awarded them via snail mail. We’ve also re-prioritized our donations to support our local Bon Appetit meal program and our statewide Good Shepherd Food Bank.

What are our members doing during our “Stay at Home” time? They are baking, walking, knitting, painting, spring cleaning, sorting, recycling, gardening, bird watching, reading, TaiChi “ing”, crocheting, taking pictures of nature, growing celery on the window sill, eating too much, Rita’s doing tax returns (!), doing jigsaw puzzles, praying for good health, watching TV, watching the news, word search puzzling, walking the dog, brushing the cat, reading local papers from the 60’s and meeting with family and friends via ZOOM or in our driveways. AND true to our Altrusian spirit…our youngest, Laura, is serving take out meals daily for the meal program folks, Ann, Denise and Sarah are doing some planning with agency on aging, Lucille is making masks, food shopping for relatives and neighbors, Sharon is teaching us to ZOOM, Judy is putting out newsletters, Lynn is working with Age Friendly and Phyllis is sharing jokes via email to keep our spirits up!

Submitted by Denise Doyon

DSB Editor Note: The Altruist from Greater Biddeford-Saco had some wonderful member reflections of their time under the “Stay at home order”. If you’d like to read them, please contact Judy, I’m sure she will be glad to share their newsletter

News from Greater Hartford…

Congratulations to the 2020-2021 Board of Directors

President: Gerrie Ann Diaz
Vice President: Jacqueline Medina-Olivo
Treasurer: D’Andre Sims
Secretary: Wilma Barbosa
Support Secretary: Clara Lee
Directors: Madeline Smith, Cristial Olivo

Greater Hartford during Covid-19: ZOOM meeting, May 19th & June 9th
• Welcome how everyone is and club moving forward after the mandated 40 day Stay Home
• Review of the scholarship applications
• Suggestions to Award and recognize awardees with Car Parade to get our name out in the public
• Discuss applicants/awardees and process to communicate and recognize to be finalized.

Submitted by Violet Sims
News from Bermuda…

Congratulations to the 2020-2021 Board of Directors

President: Mary Faries
Immediate Past President: Jennifer Gibson
Treasurer: Tina Perry
Secretary: Marguerite Lovell
Directors: Kay Steele, Angela Mocklow

On May 14th 2020, the Altrusa Club of Bermuda made a donation of $3,500.00 to Christ Church in Warwick, Bermuda to assist with their preparation of meals for the needy during this current COVID-19 pandemic.

Our member Norma Latham (back facing) is assisting in the kitchen to make the meals for distribution.

Submitted by Mary Faries

News from Merrimack Valley…

Congratulations to the 2020-2021 Board of Directors

President: Jackie Maciejewski
Vice President: Claire Behrle
Secretary: Cindy Bluestein
Treasurer: Ann Marie Snyer
Immediate Past President-Charlene Muscato
Directors: Arlene Miele, Eleanor Zwicker

• We have been having meetings via conference calls. Fortunately all of our members are safe and well.

• We will be continuing to work on our projects such as reviewing applicants for two scholarships in memory of Kathery Richo and Eleanor Durant and planning for fundraising and membership.

• We also look forward to delivering Days for Girls kits. It was scheduled to be done just as Covid-19 arrived!

Submitted by Charlene Muscato
Members of Altrusa of the Seacoast took a trip to York Hospital last week – bringing along 300 “snack bags” to distribute to front line staff as well as all other staff members – all shifts. Each bag contained breakfast bars; fruit and nut energy bars; bags of pretzels; peppermint patties; hard candy; bottles of juice; and a large handful of Lindt wrapped chocolate balls. It took 16 plastic “under the bed” storage containers to get them to Caregivers Experience – the hospital’s Human Resources department. They were distributed throughout not only the York Hospital campus in York, but the satellite campus in Wells, Maine. They were VERY much appreciated. All packaging was done outside on a lovely day at a member’s home, with shifts of three members wearing masks and gloves. It was a very rewarding project. HUGE thank you to Lindt chocolate company as all the chocolate was donated! The pictures show the creation of the snack bags; and the staff at the hospital who distributed it. Pictured at the hospital left to right under those masks are Katie Dodge, Kim Csizmar, and Corky Thomson. Collections were also made for the Pease Greeters. When there is a layover at Pease of soldiers returning home there is a group called the Pease Greeters. Altrusa collected donations to be distributed to these returning soldiers.

Submitted by Penny Eldridge
News from Meredith....

Congratulations to the 2020-2021 Board of Directors

President: Sylvia Detscher
1st Vice President: MaryAnne Skawinski
2nd Vice President: Linda French
Secretary: Marie Stephens
Treasurer: Cindy Day
Directors: Janine Schifino, Paula Trombi, Connie Van Dam

Because of Covid19, activities of the Meredith Altrusa Club have been reduced. But as is always members found other ways to serve.

• Below is a photo (social distancing in force) of face mask sewers and drivers who delivered the newly stitched face masks. 648 Masks (to date) were delivered to local nursing homes, and hospitals as well as visiting nurses.
• The photo in the lower left is of members delivering 25 dozen muffins to shelters and treatment centers on March 2nd which is National Muffin Day. They hope to make this an annual event.
• **Be Our Guest**, - Serving Meals for those in need was created with a partnership between Realtor Chris Kelly and the Ellacoya Barn and Grill. This partnership with the assistance of Meredith Altrusa club members provides meals for curbside pick up every Thursday from 4 to 6 PM at the Meredith Community Center. This particular evening 141 food bags were distributed. Each bag will feed 4 to 5 people. There is no cost for these meals. Paying it forward is always a good thing. Serving others is what Altrusa does.

Submitted by Paula Trombi & Vicky Carr
News from Carroll County....

Congratulations to the 2020-2021 Board of Directors

President: Nancy Spaulding
Vice President: Ellen Andreano
Secretary: Cathy Sholtanis
Treasurer: Cathy Baybutt
Immediate Past President: Diane Robinson
Directors: Cindy Hyatt, Beth Wheatley Dyson, Pat McCoy

Carroll County members haven’t held a meeting since March. The fundraisers that were planned and most volunteer projects have been cancelled or delayed.

During the “Stay at home” order some members have been sewing face masks, knitting baby hats for local hospital, knitting chemo caps, sewing book bags for babies. The Laundromat books are on hold, Mail for Me has finished for the year. The May issue of the Carroll County Chatter had reflections of members, what they are doing and how they feel about these uncertain times. Contact Cathy B if you’d like a copy to read.

One activity that we were called to help with is packing End 68 hrs of Hunger bags. The local schools have continued to provide meals to all their students and the busses deliver these meals several times a week. End 68hrs of Hunger provides weekend food to those “food insecure” children. This means that every Thursday volunteers pack these 150+ bags. May 28th saw 9 members packing.. being socially distant (except for photo), wearing masks and doing their job,

Under the guidance of retiring president, Diane Robinson, the board of directors has made a point of checking in with members on a regular basis, just letting members know that they are important and this too will pass.

From the Carroll County Chatter
News from Laconia…

Congratulations to the 2020-2021 Board of Directors

President: Carla Peterson
1st Vice President: Sue Clauson
2nd Vice President: Barbara DeAngelis
Treasurer: Deanne Murphy
Recording/Corresponding Secretary: Nancy LeRoy
Assistant Treasurer: Stephanie Gilbert

We also have continued with community service requests for masks...our on going community connection with Belknap County Home in Laconia has received approximately 200 masks for residents & staff.... they have have kept good watch on their residents and they are fairing well..

We continue to gather additional books for our Little Library which is housed in downtown Laconia at Vista Market. Many residents walk to this store and we have found it to be a perfect place to share the books...we are finding they are grasping concept of take one, leave one...although childrens books seem to be harder to get...

Finally ..SAVE THE DATE: . we are happy to announce that our 30th Taste of the Lakes Region will be held on April 18th, 2021 at Church Landing In Meredith....We hope to see hope to see some Altrusian sisters there...

The club is planning an outside meeting at Sue Clauson’s house in June

Submitted by Deanne Murphy

News from Sanford-Springvale…

Congratulations to the 2020-2021 Board of Directors

President, Thea Murphy
Vice President, Sandy Gray
Treasurer, Claire Creteau
Secretary, Denise Allaire

President Thea Murphy shared the news that their club received an International Foundation Grant. “We applied for a grant and just received word that we got it. The title is the Black and White book project, and we will be partnering with Maine Families. This program is interactive with new moms and their babies, to help with bonding via tummy time. The books are cleanable and printed in black and white, as that is how a newborn first sees their world.”

Submitted by THEA MURPHY
News from Portland...

Congratulations to the 2020-2021 Board of Directors

President: Debbie Lemieux
Vice President: Wanda Pettersen
Secretary: Nicki Griffin
Treasurer: Nadeen Daniels
Director: Fran Breton, Trish Maxim
Immed. Past President: Anita Chandler

A summary of some of the service projects from the Portland Club

• Books and Bubbles at Deering Oaks. Ten Altrusans worked in tandem with Ptd. Public Schools and the USDA Summer Lunch program. We were the enrichment that drew kids over to receive a free lunch. We gave away nearly 300 books over 7 weeks. Service Committee wrote an entry for the Letha Brown Literacy Award and received 1st place in District One. The committee also wrote a grant application to International and received the requested $2300. Congratulations

• “We participated in a “Food Fuels Learning” family event at Riverton on Sept 16th. We gave away “science” books in celebration of World Literacy Day on Sept. 8th.

• In support of our Books Behind Bars project, 382 books were delivered to these programs in mid-October.

• Sue’s Supper was served each month from June through March. We’ve started a new tradition...offering members the chance to be “head chef.” April and May’s meals have been cancelled due to COVID 19. Portland Altrusa donated $150. to R Mc D H for April and May. The Service Committee wrote an entry for the Mamie L. Bass Service Award based on Sue’s Supper and received a 3rd place award.

• We completed 2 successful book drives with BAM! Twelve Altrusans volunteered to man tables, pick up books and begin to sticker and shelf books. We have stickered all of our books as of Dec. 30th.

• ABC Program: 13 schools, over 1200 books donated

• SOS Support our Soldiers an International project. Nicki Griffin coordinated an effort with Ocean State Job Lots to provide winter coats for vets. The program ran from mid-October until Thanksgiving and Portland Altrusans donated 10+ coats.

• On December 4th, 5 Altrusans decorated a “Literacy Tree” for display at the Westbrook Warren Festival of Trees! In addition 6 Altrusans tied ribbons on books, bells and balls for easy hanging! Cole Bergeron of Westbrook’s 2 Men and a Truck, sponsored our entry. The Festival was a fundraiser for the Westbrook Food pantry and included a fun Lunch For Tips (attended by 8 Altrusans). Following the Festival, Portland Altrusa donated our tree, intact with books and all decorations, to the Riverton branch of the Boys and Girls Club.

• Wrapping Books Dec. 9th found 6 Altrusans wrapping 200 books in Christmas paper to be distributed to 3 branches of the Boys and Girls Clubs in Portland.

• Jan. 15th Book Blizzard We invited 2 representatives from all area high schools and middle schools to come “shop” our shelves of upper grade books. We were able to delight 15 teachers from 9 schools and Sweetser. Each filled a bag full of needed books.

• Cookie Walk for BAM Jan. 16th 11 Altrusans baked to say “thank you” to BAM employees for their enthusiastic support of “our” book drives.

• Cricket Comfort Book and Pillowcase Project Partnering with Cricket Comforts, Ptd. Altrusa donated 150 books to Barbara Bush Children’s Hospital. Heidi Farrin runs Cricket Comfort, a volunteer organization that provides BBCH with festive pillowcases for the patients. Heidi’s group created 150 themed pillowcases to match the books we donated.

• Volunteer of the Year has been selected....but a celebration must wait until summer. From AltrusaGram
News from Central CT...

Congratulations to the 2020-2021 Board of Directors
President: Jamie Santaniello
Vice President: Lynne Reilly Havlicek
Secretary (Interim): Kathleen Didato
Treasurer: Edna Liberty
Directors: Tiffany Shaffer, Elsie Mathews, Bonnie Laput
Immediate Past President: Hida Schmidt

ZOOM... ZOOM... Central Ct has become virtual holding their April meeting in a Zoom Conference.

What are you doing while self-isolating???

Ralph and I were in Mask Production Mode for most of the month. First we had fabric, but no elastic. Got elastic, ran out of interfacing. Got that, then nose wires were low... Now that we have stocked up on all the ancillary stuff.... we're out of cotton woven fabric!!!
Here's some of what we've done so far.

If you're not a seamstress, you can still do something while self-isolatiing. The United Way is looking for creative people to spread some cheer! Make Cards, Artwork, Write Letters, Create Poetry for Nursing Home Residents & Staff. During the COVID-19 pandemic, many of our elder neighbors are especially isolated, separated from their families in nursing homes. Use your love and creativity to uplift them! Make cards, drawings, or creative writings to share. Some will be given to residents, others will be displayed on “Galleries of Caring” in their halls. Cards and messages of support to the staff who are working extremely long hours and potentially putting themselves in harm’s way, are also welcome!

Senior Poetry Contest 2020
The Gerard F Melito Senior Poetry Contest Reception was cancelled this year due to the COVID-19 virus. The Cromwell Town Hall cancelled our use of the new Cromwell Belden Public Library addition because it would endanger the 45 Poets and additional guests who are in the high risk age group. Our judges, Marilyn Fabian and Dennis and Roberta Bourque have selected the top 6 poems. The poetry books will be printed and stapled by Linda Ring and Ralph and the 3 Money Winners ($50, $35, and $25) and 3 Honorable Mention winners will be notified by phone by the April 4, 2020 date.
On April 6, poets will be sent a Book of all poems, a Certificate of Participation designed by Pat Jackowski, and a letter of thanks for entering our contest. The Prize winners will also receive their check from Treasurer Cathy Boone. Hopefully, the US Post Office will be open in order to stamp and mail the large Manila envelopes. In addition, books will be mailed to the judges, libraries, senior centers and senior living facilities in the Central Connecticut area.
Please send news stories, photos, new members, officer installations and all things Altrusa to altrusa.districtone.dsb@gmail.com

Schedule of DSB publications: Submission Deadline
March 1st, June 1st, Sept 1st, Dec 1st
Publish Sept 15, Dec 15, Jan 30 (Conference forms), March 15, June 15

We know you are all busy doing wonderful things, wouldn’t you like to share the news with your fellow Altrusans. You can submit photos and captions any time. We’ll include as many as we can. Thank you for helping to make our job easier.

Cathy Baybutt, DSB editor,
Denise Doyon, Webmaster, Deb Lemieux, Communications Chair

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Save the Dates:
FALL WORKSHOP
Virtual: Saturday, November 7, 2020
We’re going to ZOOM. The Theme is Sharing and Communicating

INTERNATIONAL CONVENTION
Quebec City, July 21-24, 2021
Make sure your passport is valid through December 2021 to attend Convention in Quebec.