

**District One Officers
2023-2025**

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Governor's Message

Hope everybody had a happy Thanksgiving, It is a very busy time of year with many service projects targeting those less fortunate during the holidays. By doing club visits and reading your newsletter it is amazing how much Altrusans do for our

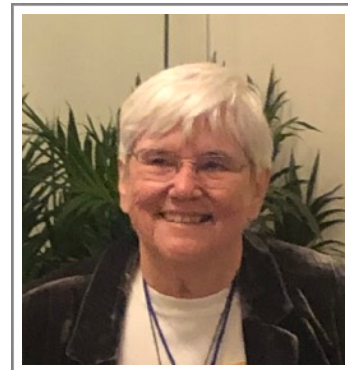
communities, near and far . As I keep saying Altrusa is an amazing organization with outstanding members.

I hope you are keeping track of your intentional acts of kindness. As one Altrusans said at workshop, Altrusans are kind otherwise they would not be Atrusans.

Merrimack Valley did an outstanding job hosting the workshop. A million thank yous from the entire board. As was written on the evaluations, "the only thing that could have been improved is if more Altrusans could have attended". We had 62 members attending which is an increase of 19 members. My goal of Increasing our numbers was met. Thank you.

The evaluations were very positive - for overall workshop 80% of the evaluations gave it a score of 5 (scale of 1 to 5) The remaining 20% gave it a 4. The pressure is now on the board and committee chairs to duplicate these scores at conference.

The workshop consisted of three events and a guest speaker. **Event 1** by Susan Porazzo was on "Growing Membership Through Service" based on a presentation at convention by Alex Johnson, a business coach and Rotarian. 79% of the evaluations gave it a top score of 5.



Governor Message continued...

The highlights of the presentation can be found on District One's website under Resources". A great discussion occurred after the presentation, where clubs shared their experiences, many questions were asked and answered. It was a great sharing experience.

Event 2 was "**Altrusans Rocks**". Clubs painted rocks with words taken from the Altrusans Rock Heart along with a few other words that probably should have been there, friendship and support. Each club chose one word and explained why they chose that word and what it meant to the club. I have included clubs explanations in the DSB . All the clubs did not submit their explanations, but I have included those I have. This is definitely worth reading if you could not be there, They are inspirational.

The **3rd event** was "**How Our Garden Grows**. Our "**Master Gardeners**" made of board members and committee chairs came in dressed in their gardening clothing. The score sheet was given to all the president's and can be found on the website. This is an attempt from the board and committee chairs to help clubs grow their membership numbers. Cindy Hyatt, membership chair was instrumental in putting this together. Every member of a club that chooses to participate and gets over 13 points will receive a rose pin. Clubs scoring over 50 points will receive a patch for their club banner.

Conference will be held at the **Double Tree in Andover, Ma on April 26 to April 28th, 2024**. Altrusa of the Seacoast, ME., our host, has been very busy with decorations, ditty bags and all of the other activities of a host club . All your hard work is deeply appreciated. Thank you to the Seacoast club for agreeing to host the event.

There will be a separate District Service Bulletin (DSB) published in January giving you all the information on the conference. **Be sure to save the dates**. To give you a sneak preview, Friday night will be a FUN night. A PJ party with all sorts of fun things to do, Also, a great time to socialize and make new friends. More details will be forthcoming in the January DSB.

I wish you and your family and friends a wonderful holiday season! May you all stay healthy, happy, and safe.

Rita

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Save the Date

Altrusa Spring Conference
April 26-28, 2024

Doubletree by Hilton
123 Old River Road
Andover, MA 01810

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District One Service Bulletin & website updates

Please send news and photos and new member,
officer installation and all things Altrusa to

altrusa.districtone.dsb@gmail.com

Schedule for the DSB publications: Submission Deadline

March 1st, June 1st, Sept 1st, Dec 1st

Publish Date

March 15, June 15, Sept 15, Dec 15

Jan 30 (call to conference forms)

Cathy Baybutt is DSB editor

Linda Ring is communications chair and Webmaster

International President's Message to Districts



Altrusans R.O.C.K!

I am so excited about all the great things happening in Altrusa! Every day when I check Facebook, I am amazed by all of the great service projects our clubs are doing. Membership recruitment is going strong, and I also love seeing all of the new members photos on Facebook.

At the end of September we are very close to what we had in membership in September 2022. With the hard work you all are doing, I am confident we will see an increase in membership during this Altrusa year.

Altrusa International District Three Virtual Club had a virtual charter ceremony in September. Altrusa International of Coachella Valley (District Eleven) had their charter ceremony in October. Altrusa International of Southern CA Virtual Club also in District Eleven will have a virtual charter ceremony on December 9. Several other clubs have already held preliminary meetings for other new clubs.

I hope you all read the new Compass when was sent out on October 28. There is a wealth of information in this newsletter. Our committees are working hard and have provided great information.

Our International Board meeting was held on October 28. And approved changes to the Mamie L. Bass Service Award, the Letha H. Brown Literacy Award and the Dr. Nina Fay Calhoun International Relations Award. Please use the new versions when submitting your club’s awards entries for the 2024 conferences.

Don’t forget to enter your Acts of Kindness as well as your book donations/service awards on the entry forms on the Service page of the Altrusa International website. I would suggest assigning someone in your club to do this once a month so you don’t forget to add the information. Also, please add service projects to the database.

I wish all of you and your families a wonderful holiday season.

Keep R.O.C.K.ing!

Linda K. Smith
President, Altrusa International, Inc.



ALTRUSANS ROCK - District One Style



We Will Rock You

We are all Altrusans gathered here today
 Sometimes we all work and sometimes we all play
 We had paint on our face
 It's no disgrace
 Painting our rocks with words we embrace

Singing we, will we, will Rock you
 We will, we will, Rock you

Linda, we support your painted rock display
 Volunteers will take on the world someday,
 Altruistic Acts change many lives for good
 Waving our banner all over the hood

Singin' we will, we will, Rock you
 We will, we will, Rock you

We are all Altrusa's gathered here today
 Sometimes we all work and sometimes we all play
Kindness is our mission serving those in need
Teamwork makes it easy and gets it done with speed

Singin' we will, we will, Rock you
 We will, we will, Rock you,



Unity - the state of being united or joined as a whole.

We chose this word for our
 "rock" to represent our club,
**Altrusa International of
 Sanford/Springvale, ME.**



Individually, we can all contribute to our community needs, and we all have our own causes that we donate our time and talent to outside of Altrusa because we are giving, caring individuals. That is something to be proud of. But none of us would have joined Altrusa if we were satisfied to volunteer individually to what we consider our individual important endeavors. As a club, we combine our ideas, talents, suggestions, thoughts, and we work as a team in **UNITY**. We believe every member of our club is a unique, caring individual who contributes to our club in their own way. All our members care about helping our local community, The work "**unity**" is part of the word **community** As we all live together in this community, we believe that we need to contribute positively to this community. In order for our club to accomplish this, we need to work in **unity** so we can identify the most important needs of our particular community. Our club accomplishes this with each member's contributions and suggestions. We listen respectfully to each of member's ideas and respond accordingly, From there we have a group discussion and decide on how to proceed in **UNITY**, Not everyone always sees eye to eye, but in the end, we decide what is the optimal way to proceed with any project or activity. **Unity** is important to our club, especially since we are a small but mighty club. We need, and choose, to work together in **unity** to get the best results for our community - which deserve nothing less.

On Monday, October 23, **Greater Biddeford-Saco Altrusans** gathered for their program meeting to decorate rocks for the upcoming Fall Workshop on November 4. We decided on the theme of **UNITY** as meaningful to our club. On the way home I began to kick ideas around in my head to explain why the concept of **Unity** was important to our club. Then October 25th happened - the day of the worst mass shooting in the State of Maine.

As a state we were unified in fear.

As a state we were unified in grief as 18 people lost their lives in this horrible event.

As a state we were unified in anger - how could this have happened here?

As a state we were unified in relief when the shooter's body was finally found.

As a state we were unified in our expressions of love and support to all the victims families.



In Altrusa we are united by our collective desire to do good and be good. We have seen what unity can do in times of crisis- people put their differences aside to comfort, protect, and do what they can for each other. Right now, the concept of unity cannot be underestimated. With the world out of control on so many levels, Altrusans continue to unify to make a positive impact on their respective communities. It's more important than ever in these turbulent times. In unifying for a good cause, we feel good. Who doesn't like books (our motto: a book for everyone), supporting needy new mothers with baby items and sending financial support to local organizations doing their own good work in the community? Unity means we put our own interests down and gather to decide what we can do in a positive and constructive manner. It is really the crux of everything we do, every day. We are so lucky to get to experience this and know each other through our common causes. Unity became more important than ever in the past week for many of us. In unity we move forward, we won't forget, and we will work harder than ever for our communities. Altrusa is more than kindness, inclusion, service, unity and the other words - we are all of it .
Yes Altrusans ROCK!



Altrusa of Northeast CT

The explanation for why we chose **KINDNESS....**

KINDNESS - it's the feeling/intention that leads action

Kindness leads us to acceptance

Kindness moves us to lend a hand when others need it

Kindness moves us to volunteer, and to advocate for others

Kindness connects us to others who have similar values, therefore we unite.

KINDNESS led us all to Altrusa



ASTRA is the Portland, Maine's club, one word from the Altrusan's rock heart which defines our club.

ASTRA is our hope for the future.

Chartered February 1, 2017, the Lake region High School ASTRA club "ROCKS". The average membership is 20 students. Their community service projects include "Habitat for Humanity", "A Million Thanks" writing cards to Military men & women; "ABC" Program reading at 8 kindergarten classrooms, and the "Yellow Tulip Garden" providing mental health awareness which won 3rd place at the Altrusa International Convention. **Altrusa International of Portland, Maine Club** is very proud of the ASTRA CLUB.

ALTRUSAN ROCKS, Litchfield County



Well, leave it to **Litchfield** to mess up? The word we chose was **FRIENDSHIP** and if you look at that heart Friendship is not in it.

When we got together to paint our rocks, I started to write a list of the words I remembered being inside inside that heart, The first word I wrote down was friendship because that is the word I always think of when I think of Altrusa. Eventually we found a copy of the heart and realized our error, but by then I had already painted a friendship rock,

I joined Altrusa about 4 or 5 year after my husband died. It took me that long to wake up and realize that while he was gone, I was still here and I needed to find ways to rebuild my life. And then, I ran into Ann Linder in the grocery store. She asked if I wanted to join a group of ladies who do wonderful things and have a good time while they are at it,

Every word inside the heart is easier, is better, and is more meaningful because we are all friends. We share each other's ups and each other's downs, and we do it while we are raising funds, performing services, or helping out where ever we can.

We placed our finished rocks on a table at our October dinner meeting. I left a paper with a heart drawn on it and pens nearby and asked everyone to pick the word they thought best described our club and write it inside that heart. Wasn't I surprised to see that so many of our members, so many of my friends had the same feeling about is that I did!

That dinner meeting was our annual meeting where we invite guests who have expressed an interest in joining our club. I don't know if the four guests who attended that night will all join, but what I do know is that any new member may not be my friend the day they join but they come my friend very shortly thereafter,

Meredith Altrusa chose the word OPPORTUNITIES! Community partners and connections

Connecting with other nonprofits to make a difference, always wearing your badge,
Creating Partnerships, forging alliances and working together!

Community Partners:

- Free Monthly Community Dinner - families pick up meals and free books
- Meredith Community Center - Halloween, craft fair, easter egg hunt
- Meredith Public Library - book sales, homebound deliveries, Literacy Luncheon
- Humble Grunt work (Veterans support group): lay wreaths on graves, install flags to highlight Veteran suicides, donate to their Cookie walk

Schools:

- Tudor, read to preschool classes, provide welcome to Kindergarten bags, fill backpacks for back to school support parents with warm clothing for the children

WIC - Women and Infants Program

- Provide books

Food Pantries:

- Hold food drives in Nov and Dec
- Farm to table - picking produce from local farm for use at food pantry, church, shelters

Blood Drive - annually

Got Lunch - summer program lunch and magazines during July and August.



The **Laconia Club** chose TEAMWORK as the word that has significance to us because of the success we have achieved by working as a team.

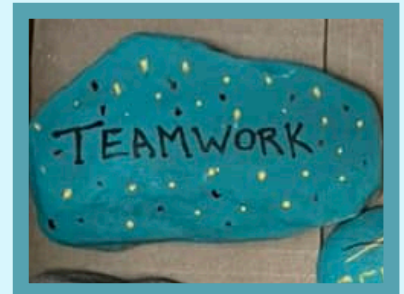
Teamwork has taught us how to bond and how to increase our communication skills. By bonding as a team, we have learned about each other's strengths and weaknesses, which has simplified our tasks and made them easier and faster to get done. It has also taught us about good use of time and has instilled a sense of routine, which is essential for completing our projects.

Through teamwork we have built friendships and it has untied our small group, giving us a sense of accomplishment and meaning in what we do. We have learned teamwork is not just about the individual, but it is about everyone in our group. Working with the Laconia team is a privilege, and it's rare to get an opportunity to work with others in this way. Teamwork has also fostered our growth and our reputation in our community and we believe it is essential for our future success.

Some characteristics the members of the club identified as import to achieve success through teamwork: Communication, Creativity, Listening to others, Pay attending and focus on the task at hand. Learning how to let go when things don't go as planned and how to improve them for next time.

An example of our teamwork is when we painted the rocks for workshop. The task was presented and we were then on a mission to get as creative as we could with the assignment. We even enlisted the help of two creative consultants, the children of one of our members came to help us. We painted 33 rocks and had so much fun doing it as a team!

Another example of our teamwork is that we reached out to our Emeritus club member Hope Makris, who has been a member of the Laconia club for 65 years, We asked her what word she would choose to describe her years in altrusa. Hope said she she things of Altrusa she things of Service. Service other veiled Laconi and to her community She has any fond memories of decades working with the wonderful women of Altrusa as a team doing great things for many people. We wer so happy to be able to include Hope in this special project and she was very appreciative that we thought of her,



Carroll County chose 2 words; **literacy and leadership.**

As a kid I remember the Reading is Fundamental campaign and we know that so many opportunities are opened up if one is able to read. Since we focus our literacy projects on babies through elementary school, our club is always looking for ways to support children and their families in building up reading skills. Whether it is working with the local libraries to provide book bags and materials to families of newborns, getting preschoolers excited about

the 1000 books before Kindergarten program, or assisting elementary children who struggle with reading by sending them monthly magazines of their home, Carroll County Altrusa is pleased to support literacy in our area.

The other word we chose was leadership. Leadership does not mean the one in charge or one who holds office. Each of our members is a leader in her own way. Whether it is serving as an officer or being involved in a project project that is important to them. Some leaders are comfortable speaking in front of groups of people and other leaders serve in less obvious ways, but there is not doubt that all our members are leaders.

How Altrusa club of **Merrimack Valley** came to choose “KINDNESS” as our guiding rock.

K Kids (children & Families) -one of our service projects is prepping meals at the Nashua Soup Kitchen, The last visit 300 meals were prepped. The meals are packed and frozen and given to local children (approximately 6 meals a week). This is their supper. These children get breakfast and lunch at school but often have no evening meal. Brigid's Crossing provides a group home for teenage mothers, Altrusa provides, books, and birthday parties with gifts for the resident children.

I Integrity - All projects we work on, we work towards a common goal and we do it with pride and integrity

N New Members - We are always looking for new members

D Dedication to all we serve, as well as each other, District One & Altrusa International members.

N Needs - Providing services for those in need. Like diaper drives & food drives, for Nashua Soup Kitchen and Open Pantry (Lowell) plus Towel transitional living center

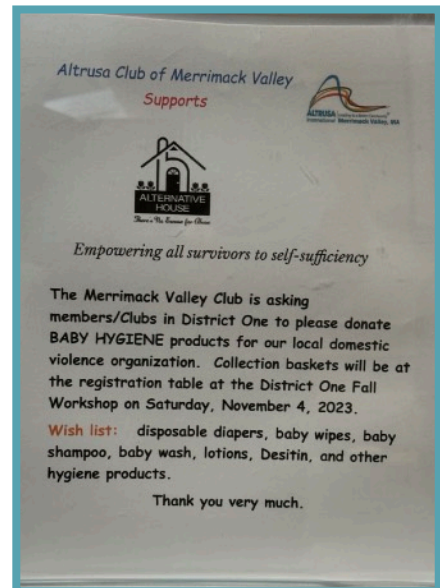
E Equality Days for Girls - Providing kits to young women in under developed countries shows a sense of equality.

S Support - Continued support of the Homeless/ Homeless Veterans, some reside in residents provide at little or no cost, Homelessness has no race, no color or gender bias, It can happen to anyone

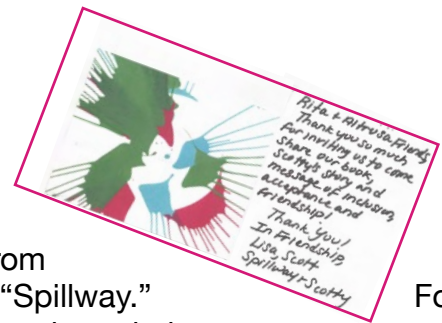
S Service to others - all that we do, whether it is a project for Literacy, Days for Girls, Community Food & Diaper drives, or providing joy to children living in a residential group home with their young moms.. WE DO IT FOR THEM!



Speaking of Kindness and Generosity, Merrimack Valley wishes to thank all of the clubs and their members for their generous donations for the Baby Hygiene Project.



WORKSHOP “SPECIAL VISITORS”



Everyone who attended Altrusa Workshop was treated to a visit from Scott and Lisa Wentzell and their son, Scotty and his special pal, “Spillway.” For those who were unable to attend the workshop, this family came to share their story about Scotty who was born with chromosomal disorder that causes developmental delays. Lisa and Scott have made sure that though different, Scotty’s life would be full for her special needs son. The doctors said he would never walk, but he does. He would never be able to ride a bike or ride a horse or ski or surf but with special equipment, supportive family and friends, teachers and a fantastic community with amazing programs, Scotty gets to do these things...with his stuffed life-sized dog, “Spillway. “

Together with Heidi Bullen, a third- grade teacher in Bethel, Maine, Lisa has published a wonderful book, *A Dog & His Boy*, that is inspirational and heartwarming with the main purpose to show inclusion for children like Scotty. Lisa’s a full-time Mom with a full-time career caring for Scotty. “Spillway” and Scotty days are full of companionship and many adventures. There are no limits to what Scotty’s future holds...with “Spillway” of course.

Lisa brought lots of books for sale and was gracious enough to sign them for us with Scotty putting his stamp on each book.

Kathleen Didato

Special Visitors ... Spillway and Scotty

With his parents.



Membership initiative..

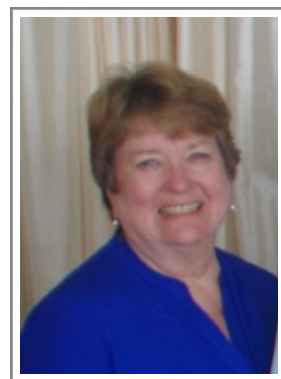
We love Altrusa!

It is why we attend gatherings – meetings, activities, and events. We love serving our communities in helpful and innovative ways. It is why we use our limited resources (time, talents, and treasure) to create, plan and implement projects and fundraisers. We love and appreciate the relationships we develop through membership with others who share our passion for service and community.

However, if we are not vigilant, Altrusa could cease to be. District One has lost 37 members (9% of total membership) in the past 3 years. So, our theme for this biennium is “Increasing Our Numbers – That’s the Goal!”

What is your club doing to retain members? How are you reaching out to potential new members? Will you make growing Altrusa a priority for your club? Just some things to ponder as we near the end of the 2nd quarter of this fiscal year.

Speaking of membership initiatives . . . has your club talked about “How Does Your Garden Grow”? It was presented at Fall Workshop as a way to begin looking at the things we are doing or could be doing to grow Altrusa. If you have questions, reach out to me or any District One Board Member. We are here for you and we look forward to sharing ideas and experiences at Conference in April.



Cindy Hyatt

How Does your garden Grow?

We grow with the help of Master Gardeners. Meet the Master Gardeners of District One. Let’s grow our membership by planting seeds of enthusiasm, imagination, dedication, fun, kindness and service. We are all Gardeners.



District One MASTER GARDENERS



How Does Our Garden Grow: Rationale

During the period of 1975-2000, civic organizations experienced a 58% decline in membership. That trend continues into the 21st century and is evidenced in Altrusa International as well as our individual clubs. This is a huge loss to our communities as the work of organizations like Altrusa have been instrumental in bringing positive change locally and globally.

A recent article by Michael Brand espouses 6 ideas/actions to retain and grow membership. They are

- (1) Build a sense of tribe (shared participation toward a common good),
- (2) Clarify how participation can add to quality of life,
- (3) Design meetings to be fundamentally social, conversational and less formal,
- (4) Get families involved so that there is not a loss of family time,
- (5) Engage people with facilitated discussions, reflective exercises, etc. and
- (6) Allow for reinvention.

In order to begin to address these ideas/actions, District One Board will endeavor to engage its member clubs around generating enthusiasm for membership growth. Anticipated outcomes include information about membership participation that will lead to retention, efforts to involve potential new members, and shared ideas. Consideration has been given to limiting time and effort required of individual club leadership.

Score sheets will be compiled prior to conference. One of the breakout sessions may be designated for Membership chairs (or their representatives) to share the results, ideas generated, and brainstorm additional ideas. Prizes will be garden-themed lapel pins for all club members from participating clubs to be distributed at Conference.



HOW DOES OUR GARDEN GROW?

Our goal in District One is to increase membership by retaining current members and recruiting new ones. As Altrusans, we have planted and cultivated a very beautiful and productive garden over the years. However, it may be time to rethink our landscape plan – add some new plants, split some old ones, and dig up some others. District One is encouraging us to take a look at where we are and plan the garden of our future.

During the period of June 1-March 30, each club is asked to participate in some activities and data collection which will give us insight into our current ‘curb appeal’ and begin to consider changes to our landscape. Our gardens are of different sizes and yields. So, although you will report your efforts on this score sheet and there will be PRIZES at District One Conference at Doubletree by Hilton in April 2024, the purpose is for us to celebrate the beauty of each and share possibilities for the future.

Altrusa International of _____												ENGAGEMENT	SCORE
Meeting Attendance													
Members Score 1 point for <50% of membership 2 points for >50%													
Sept		Oct		Nov		Dec		Jan		Feb		Mar	
Guests Score 1 point for 1 st Time attendance or 2 points for Repeat attendance													
Sept		Oct		Nov		Dec		Jan		Feb		Mar	
Membership Participation in Service Projects													
Members 20%or less (1 pt) 21-40% (2 pt) 41-60% (3 pt) 61-80% (4 pt) 81-100% (5 pt)													
Guest/Non-Member Participation in Service Project: 1 pt each													
Member Survey													
Member Survey Conducted: 5 pts													
Member Survey Results Discussed at Board Level: 5 pts													
Member Survey Results Discussed at Business Meeting: 5 pts													
Innovative change													
Innovative Change in Meeting Format: 10 points Describe below.													
Family Friendly Initiative													
Family-friendly Initiative: 10 points A meeting or activity specifically designed for family participation which engages them in our mission. Describe below.													
TOTAL													

Member Survey

PLEASE modify to meet the needs of your individual club.

Think about the following topics. Please mark the column that reflects your feelings... are we doing ok? or could we improve in some way? If you think we could do better, please give us ideas on how to improve. Your comments on each area would also be appreciated and helpful.

	All Good No Changes	Works but Could be Better	Change is Needed	Suggestions for Improvement
Business Meeting				
Time				
Location				
Agenda/Format				
Program Meeting				
Frequency				
Activities/Program				
Time/Location				
Committee Meetings				
Frequency				
Time				
Location				
Format/Agenda				
Service/Literacy Projects				
Relevance				
Participation				
District One Workshop/Conference				
Participated Ever	Yes	No		
Relevance				
Location				
Cost				
What is most satisfying to you about being an Altrusan?				
Other Comments/Suggestions:				

Name (optional) _____

Welcome new members to Altrusa



Liz Brantley joined **Altrusa International of Central CT, Inc.** in October 2023, but she's been volunteering with us for over 6 months. She is a retired senior accounting professional with experience at various diversified non-profit and for-profit organizations.

Liz already volunteers with two Homeowners Associations, VITA (Volunteer Income Tax Assistance), and Cans-4-A-Cause (raising thousands of dollars one nickel at a time). She was not looking for more activities in her retirement. Fortunately for Altrusa, her work with VITA led her to meet Linda Ring, and the rest is history! Linda said she took a liking to Liz, and just kept inviting her to come to meetings and projects. And Liz did! For six months! Liz was not looking for another organization to join, but she said that Altrusans just made her feel so welcome from the very start, that she felt drawn to be a part of our organization too.

Liz lives in Middletown (right down the street from another Altrusan), has 2 grown daughters who live close by. She likes camping, crocheting, knitting, pottery and reading in her spare time. We think she fits right in with our club! Welcome Liz!!!



Katherine Pacheco became a member of the **Bermuda Club** in October 2023. Here is a short bio.. in her own words,

My name is Katherine Pacheco, I was born in Bermuda, I am of Portuguese decent. Have been employed with a local insurance company for the past 23 years. Very grateful to have spent my life in Bermuda, it is a beautiful place to grow up.

I was fortunate to live in Canada for a year when I was young, it was an amazing experience, one I will not forget.

Love to spend as much time as I can with my family, they are a very important part of my life and always look forward to our time together.

In my spare time I enjoy reading a good book and watching movies.

I am happy to have this opportunity to become a member of the charity Altrusa, I attended the 2022 Christmas luncheon, and it was wonderful seeing and chatting with people that I have known forever but didn't realize there were part of the amazing charity.

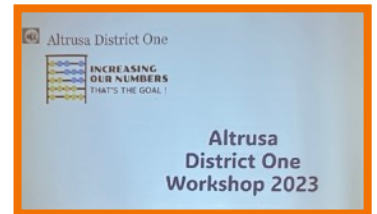
Other photos from Fall Workshop 2023



Merrimack Valley, host club welcomed members at the registration table. Everyone was asked to guess how many candy's in the jar. The winner had sweet treats to take home.,



Susan Porazzo presented Growing membership through service, This was originally presented at International Convention and Powerpoint is available on the District One Website, Consider sharing with your club



Upper photo is of the attendees and our meeting room.



Photo at left is the District One board meeting. The board meets in person at least four times a year. Before and after Spring Conference, and before Fall workshop. There is also a planning meeting during the summer which helps organize the coming year, ZOOM meetings are held at other times. Your board is available to answer questions, take suggestions and always encourages member input.

Thoughts on Acts of Kindness



I think probably kindness is my number one attribute in a human being. I'll put it before any of the things like courage, or bravery, or generosity, or anything else... Kindness—that simple word. To be kind—it covers everything, to my mind. If you're kind that's it. ROALD DAHL

International President Linda Smith's request that we each commit one intentional act of kindness per week is inspired! There is no doubt that kindness begets kindness, something our world needs more of.

As Altrusans we are doing intentional acts of kindness with every service project we participate in. But in addition, let's all look for chances to do more spontaneous deeds. We can all think of many things we could do – the bigger challenge may be how do we record them? Especially since none of us want to toot our own horn about how kind we are!

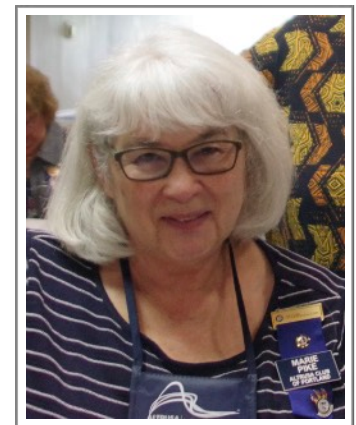
Here's one idea: what if each club's newsletter had a section to list the kind acts each member has done that past month? Members – send your newsletter editor 4 acts of kindness you performed in the last 4 weeks. These can be reported anonymously in the newsletter if members prefer. And then at the end of the year your club has a record to share with the International Association. Those lists will also inspire others as they look to do acts of kindness.

Has your club come up with a way to accumulate these acts of kindness? If so, please share it at the next Presidents' meeting with Governor Rita.

So, let's be intentional about our acts of kindness and be diligent in recording them so that Altrusa meets President Linda's goal of 300,000 intentional acts of kindness each year of her biennium. We can do it!

Marie Pike

Service Chair



What is Leadership?

As some may know, I had the honor of being elected to Mansfield Town Council—the first African American to serve as Councilor in my town. Yes, residents voted and mine was one of the names that received enough votes to get elected. However, I would never be so presumptuous as to imply that it was due to any particular, special gifts of mine or actions on my part. It was the result of humbling myself, being teachable, and getting training/educated in my weak areas. In my mind, it behooves leaders who want to serve to get training and mentoring. Or, in the words of President John F. Kennedy, "*Leadership and learning are indispensable to each other.*"

So long before I considered running for Council-level public service, I realized that I needed to spend time learning about advanced civics, current local, national, and global politics and priorities, doing a lot of listening to residents about the changes they wished to see, and finally, I needed to be around people who “looked like me and who were already doing what I thought I might like to do.” I also needed others—not just to vote for me, but to also whisper my name in rooms that I wasn’t allowed to enter. I needed allies and friends and guess what? They just happened to be ALTRUSANS! My NECT Altrusa club members undergirded, pushed, and even had strategizing meetings with me—to encourage, educate, and even help me fight through my fears and apprehension-- over a shared meal or libation.

The training avenue that I chose was a PAC named Emerge (there are chapters in most US states) and their goal is to train women to run and win a successful campaign. There are many such political training organizations, but this particular one focuses on women forming alliances, building community, and helping each other win. Our instructors were current CT Congresswomen, Senators, campaign managers, and all other levels of elected officials. My class (the Class of 2020) learned how to fundraise and would fundraise for each other, door knock for each other, babysit each other’s children, distribute signs, phone bank, deliver coffee and donuts, and assist with all other duties necessary for a campaign. The difference was this: We all did it TOGETHER. We realized that there was power in our numbers and leveraged that power. We’re also proud to report that out of our Class of 2020, one of us is the CT Secretary of State, another is a Mayor of a large municipality, several of us are Town/City Councilors and others serve on Planning and Zoning Commissions and Boards of Education—all of these are elected positions. But be clear, all of us will tell you that we could not have done this without the help, training, and mentoring we received.

Altrusa is no different. We are an international community of leaders and there is power in our numbers. We too, have a robust training program and if you haven’t participated in any Altrusa training yet, allow me to encourage you to do so.

Here are some ideas to get you started in Altrusa leadership:

1. Attend district workshops and conferences. I cannot stress this enough. These are invaluable training, networking, and sharing spaces designed to help you to be the best leader you can be.
2. Attend International conventions – they are like district conferences in overdrive. You will be able to attend sessions by professionals who can make learning how to lead interesting and relevant.
3. Let your local club nominating committee know that you’re interested in taking on a leadership position. (That will make their whole month! 😊)

4. Remember that you won't be an island unto yourself; your club members will eagerly mentor you and help you to prepare to hold a leadership position in Altrusa. Ask around – you will be surprised how many of your club members have served on your club's E-board. They will help you.
5. Talk to past Altrusa club presidents and district governors. You really would be surprised at how much “institutional and historical knowledge” they have and I have yet to meet one that WON'T share what they've learned during their tenures.
6. Go to the International website, log in to the member area, and click on Leadership. Then you will see an entire, user-friendly leadership toolkit. There is a plethora of resources and forms that you can download and fill in electronically. If you then scroll down to the bottom of the page, you will see the pictures and email hyperlinks of the entire International Leadership Development & Training Committee. They, too, are there to answer questions and assist you.
7. Finally, resist Imposter Syndrome and press through the “what-ifs-fears”. Leaders aren't born, as has often been said. They are made by other leaders mentoring them and providing value-added, relevant feedback and advice. As one of our early Altrusans was fond of saying *“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do.”* - Eleanor Roosevelt

So, dear Altrusan, do that thing you thought you could not do. Try a leadership role in Altrusa. When you were initiated in Altrusa, we **already knew** you would be a great leader, and we'll help you to lead in your unique way, so why not try it?

Have a peace-filled holiday season,

Carlita Cotton



Congratulations!

Communications - Website updates

What's on YOUR Webpage?

As your Webpage Administrator, I am available to update your information, photos, or links as needed. My primary concern is that your information is up to date! This could be the first point of contact with a potential member, and you want to get their information promptly!



Where is your club web page? Go to districtone.altrusa.org as a starting point. Click the tab for **CLUBS** and find your club. Verify that your photos show happy smiling faces, fun activities, and the diversity of your club. Make sure that your meeting information is correct, and that your president's contact information is current. The link to your newsletter will be next.

I only receive a handful of newsletters, so if you are publishing a newsletter be sure to send it to me!

What if you've misplaced your DSB or Altrusa COMPASS? Or you can't remember the dates for the upcoming District and International events? You should look at the **NEWS/EVENTS** tab. Here you will find all that information!

Where would you look for club forms or training slide decks? Go to the **RESOURCES** tab. Here we have:

- District Documents: Bylaws, Policies, Reimbursement forms, Club visit forms, Strategic plan, Biennium calendar, etc.
- District Specific Award Criteria: Newsletter Criteria, Gabrielle Crepeau Leadership Award
- Training documents: any training slide deck that has been used in the past 6-8 years has been uploaded here for reference
- Workshop and Conference slide decks going back several years for reference



The final 3 tabs will lead you to the same place international tabs go: **ASTRA, MEMBERS ONLY**, and other Altrusa **SITES**.

Linda Ring
Communications Chair

Ever wonder what a director does?

Hello All,

As I write this, it is two days past Thanksgiving. The fridge is full of leftovers and I don't think I want to eat anything ever again – until in a couple of hours when maybe I'll start feeling a little peckish. I hope you all had a great day, enjoying your families and eating yummy stuff. I know we all have a lot to be thankful for: roofs over our heads, food to eat, clothing, people that we love and love us, all the basic stuff. Plus, we have Altrusa. We are a network of friends that often become part of our families (friends that become family). That is a huge thing to be thankful for.

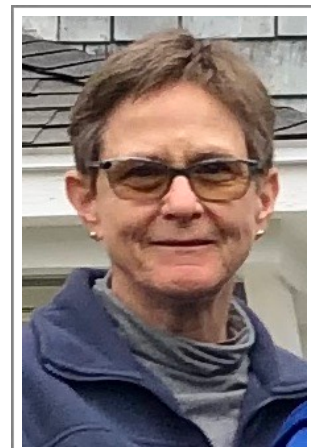
When I was asked to be a Director for District One, I asked about what a director does. I saw two blank faces and then finally one of them said, "Whatever the Governor asks and go on a club visit." I figured that I could do most of that, so I said yes.

Next, I found out that I would be visiting the Carroll County Club in New Hampshire. I was thrilled. I have heard so much about that club and have met several of their members at workshops and conferences. They always have several interesting projects going on and I'm looking forward to meeting more of their members and see what's happening when I go up in April.

Meanwhile, I would love to see more of you at our workshops and conferences. It really doesn't matter what the topic is or who the guest speaker is. Getting together with our district members, is always so much fun. Getting together certifies our common goals. We are like minded people trying to better our communities. We look different, have different interests, different backgrounds, and ancestry. But no one notices our differences when we are all together, talking, sharing, and maybe drinking a little wine (when appropriate). Together we learn from each other and get so much done.

On to the next holiday. Whether you celebrate Christmas, Hanukkah, Kwanza, the Pagan celebration of the winter solstice, All of the above, none of the above, or any combination of the above. I hope you and your family celebrate it with compassion, kindness, and love.

Susan Ulino
Director



Archival Committee

Some Background:

Let me introduce myself: I'm Karen Valley appointed Archivist 2023-2025. I'm a retired librarian who would like to see our history/records preserved. My background was in Public Libraries, not preservation, but I'm willing to lead the way to accomplishing our goals.

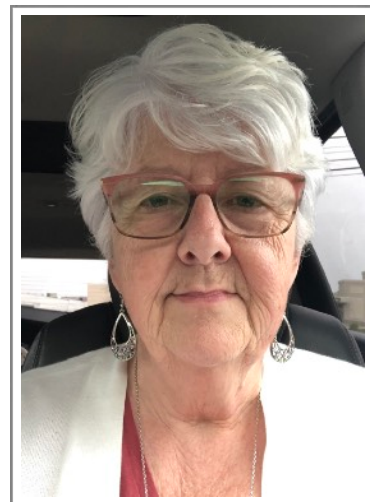
Recommended Retention Guidelines for Altrusa Clubs and Districts was prepared by the Altrusa International Retention Committee: Chris DeVlieger, Vice President; Kitty McElhaney, Director; and Sue Whitaker, Director. They were approved July 2022 by International and then released. The information shared would apply to our foundation at the Club and/or District Foundations not under the umbrella of the International Foundation. As of the printing of these guidelines, Altrusa International had its records stored electronically in the Ball State University archives.

Purpose:

These guidelines include What to retain; How long to retain; and Where to retain records by Clubs/Districts. Most items are specific; a few are discretionary. Some will be permanently saved in archives/electronically. Others will be saved for 7 years (locally in an electronic database). Discretionary items will be stored by Club/District to a location to be decided at the Club/District level. This committee will make recommendations for retention at the district level and assist with dissemination and retention to the Clubs.

First, we need to form a District Archival Committee. Ideally it would be nice to have five to seven people to be on this team to gather, review, assess, and make recommendations to the District Board for Retention Practices, and oversee the retention of records at the District level and give support to the Clubs We would meet by Zoom, and in person at conference/workshop 2x/yr. if possible. So, if you're interested, please send me an email

book1babe@gmail.com) with an introduction of who you are and why you'd like to be on this Committee, along with your availability. We'll have our first zoom committee meeting in January 2024, maybe meeting every other month? (to be decided at committee meeting). If you have experience or connections that's awesome! If you're like me and you want to volunteer to help your organization thrive but aren't a preservationist that's awesome, too! Maybe you like to organize things? Together, we'll follow International's guidelines and figure out our way forward.



Happy Holidays!!!

Karen Valley, Archival Committee

Adhering to Club Bylaws

We all know how technology has taken over our lives and I think that most of us will agree that...in general....technology is beneficial and has improved our lives. With Zoom, we have the opportunity to meet to do the business of Altrusa without being in the same place. This is very convenient, especially, with our New England and Canadian weather in the winter and hurricane season in Bermuda.

Technology allows flexibility. However, there is one area of our Altrusa Club Bylaws that cannot be changed to meet our own club's needs. Article XIII of the Altrusa Club Bylaws lays out the rules that must be followed for the Election of Officers and Directors.

We are all very aware that the Club Nominating Committee is elected in January each year and the election of Officers and Directors takes place in March.

The election MUST take place at a regularly scheduled business meeting and according to club bylaws, the election takes place by "ballot". (I probably read this requirement many, many times, but it is not something that registered in my brain.)

Article XIII. Election of Officers and Directors

Section 1. Election

- (a) **All Officers and Directors, except the Immediate Past President, shall be elected by ballot at a regular business meeting in March** and shall be installed so as to take office on June 1, and shall serve for the term to which they were elected or until their successors are elected and installed.

With our local and national elections allowing early voting, absentee ballots and mail in ballots etc, there is an assumption that we can do the same with Altrusa. The Club Bylaws are very clear.

Summary

1. The election must take place at a business meeting.
2. The election must be conducted by "secret" ballot.
3. The voting members must be present at the meeting to cast their ballots.

However, the Nominating Committees for most clubs in District One are truly challenged to come up with more than one candidate for each office required. Most Club Nominating Committees present a slate of one candidate for each position. The Altrusa Club Bylaws allow the slate to be accepted and voted on as presented, ie. Unanimous Consent.

- (a) In the event there is only one nominee for a position, the Presiding Officer may declare that the nominee be elected by unanimous consent, if there is no objection from the membership.

For these reasons, most of us, including me, do not think about the actual ballot requirement of club elections and the necessity to be present at the meeting in order to cast your vote. Always keep your Altrusa Bylaws handy. Don't assume anything.



Annemarie Snyder, Parliamentarian

Editors Note. More information about bylaws, quorums and polices will be included in the January DSB. Please remember to take time to read and understand "why" things are done the way they are.

What's the plan? Here is District One Strategic Plan 2023- 2025

Altrusa International Inc. District One Strategic Plan for 2023 – 2025

<p>Vision: Altrusa is a leader among international organizations improving communities worldwide through a network of member clubs.</p>	<p>Mission: To improve communities worldwide by providing service, developing leadership, fostering international understanding and encouraging fellowship through an international network of dedicated volunteers.</p>	<p>Brand: Leading to a Better Community Brand Anchors: Flexibility, Inclusion, Clarity</p>	<p>Measures: 1. Member Numbers 2. Member Satisfaction Rating 3. Service Hours and Fundraising \$ 4. Number of clubs submitting awards 5. Social Media Connections</p>
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Goal	Strategy	Action
<p>Service Inspire profile enhancing Service Projects</p>	<p>Support a Signature International Service project Get at least 50% of clubs involved in Days for Girls Increase Membership Participation in Service Projects Facilitate the sharing of service project ideas</p>	<p>Days for Girls AND Literacy Encourage multi-club (or partner with other non-profit) service projects Plan a presentation for Days for Girls at conference Publish article on Days for Girls in DSB Remind clubs to consider ways to adapt service projects to include more members Remind clubs to survey their members for service project ideas Continue project sharing sessions at workshop Encourage clubs to document projects – Altrusa Intl Service Project database, DSB, AND apply for District Awards.</p>
<p>Marketing/Communications Enhance the flow of Altrusa information internally and with external parties</p>	<p>Enhance bi-directional flow of information within Altrusa Push down news from Intl & Seek feedback from clubs Promote Altrusa to communities worldwide</p>	<p>Publish quarterly DSB plus call to conference Publish district and club membership chairs in DSB Form a technology team Produce ten Presidents' Messages per year Schedule monthly teleconference calls for club presidents, club foundation presidents, committee chairs and board members with open discussion on various topics Promote use of Social Media to advertise our projects, programs, fundraisers, etc. Explore and embrace some of the newer opportunities in Social Media Refresh club Webpages with new photos - showing diversity in club members (age, race, etc.), updated club meeting information and president contacts Upload workshop and conference presentations to the 'Resources' tab in the District section of the website Encourage clubs to use Next Door app or go to Next Door.com to solicit books Share club news on District One Facebook page with Kudos Upload newsletters and links within 48 hours of receipt Strive for 10% growth in membership this biennium – a goal of 350 members</p>
<p>Members Stabilize and increase membership numbers in all clubs</p>	<p>Recruit & Retain a diverse membership Increase Membership by 10% Retain at least 95% of current membership</p>	<p>Provide guidelines for member orientation/re-orientation Develop an incentive program to stabilize and increase membership Provide workshops/guest speakers on recruitment and retention (professionals) Provide revitalization grants to encourage the clubs to challenge themselves to grow membership Investigate participation in the Big E in fall 2024 for membership recruitment. also encourage individual clubs to investigate participation in their local fairs as well Publish news of members who died in the DSB Promote ongoing club projects through the Presidents' Council meetings</p>

	Decrease number of club under charter strength	<ul style="list-style-type: none"> ➤ Present the “refer a friend to a new area” program at a Presidents’ Council meeting ➤ Promote projects that give every member a chance to contribute
Leaders Create a pipeline of strong Altrusa Leaders	Identify and nurture potential leaders Fulfill board responsibilities and duties	<ul style="list-style-type: none"> ➤ Encourage members to take on leadership roles – at club visits, and district events ➤ Create a mentorship program for those who want to move up, but don’t know how ➤ Take part in club visits ➤ Attend district board meetings ➤ Attend workshops and conferences
Member Service Inform, Update and Educate members	Teach Leaders to Delegate	<ul style="list-style-type: none"> ➤ Suggest that club presidents appoint a mentor for each committee chair or appoint a co-chair ➤ Encourage clubs to consider having 2 Vice Presidents in a club ➤ Include committee chairs in district board meetings
	Host orientation and training	<ul style="list-style-type: none"> ➤ Provide training through sessions at workshop and conference and videoconference or onsite as requested ➤ Utilize skills of existing leadership and Past Governors
	Respond to member needs in a timely manner	<ul style="list-style-type: none"> ➤ Respond to email requests within 24 hours.
	Organize records retention for the District	<ul style="list-style-type: none"> ➤ Share information from international about guidelines for records retention with each club ➤ Gather information on how each club retains their records and who has them in their possession
	Better communication between district board, club presidents and members	<ul style="list-style-type: none"> ➤ Provide updates to Presidents to disseminate to membership ➤ Ensure that Group Tally is up to date with member information and leadership identified ➤ Develop a strategic plan which has goals from each committee chair as well as the board. Let members know the goals and progress on the goals at least once a year ➤ Assist clubs in navigating the rules and regulations of the International Foundation ➤ Keep all clubs informed about the activities and goals of the International foundation ➤ Ensure that new members are aware of the history of Altrusa by providing a session at conference
Finance Maintain fiscal integrity and fiscal health	Respond to members budget concerns	<ul style="list-style-type: none"> ➤ Inform members of budgetary process/fiscal needs

Notes from the Treasurer...

Most Wonderful time of the Year

In the summer of 1996 STAPLES put out a memorable advertising campaign with a gleeful father pushing a shopping cart, tossing school supplies into it, and being followed by his very doleful children. The music that played during the commercial was a classic Christmas song: "It's the Most Wonderful Time of the Year"

Well, for potential new Altrusa members it's also the most wonderful time of the year. From December 1 – March 31, any new member gets their dues HALF OFF. International dues are \$27.50, District are \$7.50 and the one-time \$10 processing fee remains the same. Club dues are up to the clubs to decide.

This is also a time of year when the needs of our communities seem greatest - the need for warm housing, warm food, and the ability to celebrate the season however one chooses. Our clubs are asked to participate in all manner and shape of community activities, which puts added demands on members at the same time we have added demands at home.

Wouldn't this be a wonderful time to add some new helping hands to our club rosters and have them be able to join at a lower cost?



Diane O'Reilly, Treasurer

News from International Foundation

Congratulations to Plymouth County. They received a Foundation grant for their literacy project, Abby Mac's Smile. This literacy project shares a book about courage and inclusion with community groups.

The holidays bring opportunities for New Year's resolutions. Maybe each club can consider a Foundation grant in 2024. The next deadline for grant proposals is March 15.

I am available to help with your application.

Happy Holidays and a healthy, peaceful, productive New Year to all.

Anne Rash, Foundation Liaison





District ONE – Our Best Year Yet

Every year around this time I take the opportunity to reflect back on the past year. I think about what has been good and what could have been better. When I think about Altrusa, I think about the presentations I heard at spring conference and fall workshop regarding all that was done throughout the year to support those in need and it makes me smile.

Looking back on what we accomplished in service of **Days for Girls** I see that 2023 was an incredible year.

- Northeastern Connecticut partnering with several other Days for Girls clubs in Connecticut was able to send 467 kits as well as hundreds of individual components to Guyana in South America. The shipment included supplies such as 80 spools of thread, multiple yards of flannel for liners, cotton for shields and drawstring bags as well as precut PUL for shields which allows sewists in Guyana to construct additional kits or replacement components which have worn out. They also included an additional 570 carry pouches, 600 shields and 80 pairs of panties. 90 books were also sent to start the first ever interior library in Guyana.
- Merrimack Valley partnering with Days for Girls in Southern New Hampshire was able to send 535 kits to Tanzania. The kits break down into 535 drawstring bags, 535 carry pouches 1070 shields and 4,280 liners. Additional components of the kits included 535 pairs of underwear, washcloths, and bars of soap.
- Carroll County donated underwear and washcloths which are the most pressing need throughout the nations that Days for Girls serve. They also made a generous monetary donation to be used for additional components and supplies
- Meredith also made a generous monetary donation for components and supplies. The money will be used for underwear in support of humanitarian relief efforts in countries affected by wars and natural disasters

Thank you to all who participated in some way to make 2023 a very successful year for Days for Girls.

Now, onto 2024!!! I have been asked how non-sewers can participate. Purchasing panties is an easy way to make a huge difference. Guidelines for panties are girls xlg, womans sm, med or lg. 100% cotton, dark colors, flowers, stripes and/or busy patterns (NO white panties, animals, eyes, words, camo, flags, holiday, bling, etc.). Classic briefs, hipster briefs, full-cut briefs, or high-cut briefs are okay. Once you purchase the panties plan on folding them at one of your meetings. The instructions for folding can be found at <https://youtu.be/CK5erYwGxHM> I would like to collect as many pairs of folded panties as possible at spring conference. If your group is interested in sewing components please email me at sbehrle@aol.com. We can discuss how to best make it happen.

I hope you enjoy the holidays with family and friends and I hope 2024 is a wonderful year for all.



Claire Behrle

Preliminary Conference Schedule - Final details will be included in the January DSB - times subject to change

Friday - April 26	
1:30-3:00	District Board meeting
2:30- 6:00	Registration
3:15-4:00	Hands on Service Project
6:00-7:30	Dinner
8:00 - ?	PJ (Fun) Party
Saturday - April 27	
7:30 -9:00	Registration
7:30-9:00	Breakfast
7:30-9:00	First timers, Flag ceremony practice, delegate briefing, Expeditors briefing
9:00-10:45	Business meeting
11:00-12:00	International Representative presentation and other business
12:00-1:00	Lunch
1:00-1:45	Key Note Speaker (TBA)
2:00-2:45	Days for Girls presentation
3:00 - 4:30	Break out sessions
4:30 - 5:45	Fund Raising Fair
6:00-7:00	Reception for International Representative
7:00-8:45	Dinner and some award presentations
8:45-?	Social time - Governor's suite
Sunday - April 28	
7:30-9:00	Breakfast
9:00	Memorial service
10:00 -10:30	Foundation report
10:30-11:00	Major Award presentations
11:15-11:30	History of Altrusa
11:30 - 11:50	Call to Conference 2025, closing ceremony, retire of flags
12:15	District Board meeting

News from Northeastern CT:

Altrusa of Northeastern, CT celebrated *Mansfield (CT) Days*.



Members set up a tent for purpose of giving away books to kids and spreading the Altrusa brand. We met several people that showed interest. We'll follow up, of course. It was fun seeing children's expressions when we told them that the books were free. Group photo is members sorting books for take away libraries.

LITERACY



On November 4th, Outreach Committee members including Carol Drescher, Bev Sims, Marylou Bradley, and Mary Weinland, spent the day cleaning and organizing the libraries at the Mansfield Center for Nursing and Rehabilitation.

The Outreach Committee was asked by our local food share organization housed at the First Congregational Church in Willimantic, CT, to donate some food items that they don't generally get from their usual sources.



News from Central CT:



Joint Service Project – 4 organizations worked together to Pack the Pickup with Proteins for the Pantry – at the end of summer when the shelves are typically bare.



Members painting ALTRUSANS ROCKS for Workshop and Altrusa Information Open House Events.



Orientation was held for our newest member, Liz Brantley!



Make A Difference Day – Altrusans visiting with Veterans at Shepherd Home in Middletown, bringing them much needed items such as laundry detergent, cleaning supplies, bath soaps, pet food, pet snacks, and (of course) books and puzzles!

Charles entertained us by tickling those ivories as we sang along, everyone enjoying apple cider and donuts.



Altrusa Informational Open House

Held on November 1st, garnered 5 potential new members. Check out our club slide show on our web page. [Click Here](#)

News from Portland:



Empty Bowl Meal - fundraiser to benefit Project Feed



Presentation to Project Feed \$1500



Books a Million - Book Drive



Books Behind Bars - Distribution of over 850 books to 3 local correctional facilities

Atrusa International Foundation of Portland, Maine Inc.
www.atrusaportland.org January 2024 Calendar Raffle @AtrusaPortland

Raffle Entries are \$10 each
 All Raffle Entries are eligible for EVERY daily drawing, 31 Chances to win!!
 Nearly \$2,300 in Cash and Prizes

Purchase entries from any Portland Atrusan. We'll offer you payment options to fit your needs.
 Or contact us at atrusaportland@gmail.com for more information.
 You must be at least 18 years old to enter.
 Download a copy of this calendar at:
<https://www.atrusaportland.org/calendar-raffle-2024>

Day	Prize	Day	Prize	Day	Prize
1	HAPPY NEW YEAR \$50 Gift Card	2	3 Months of Fudge or Candy \$75 Value	3	\$100
4	Arma Joe's \$50 Gift Card	5	Arma Joe's \$25 Gift Card	6	Deli's Deli's \$50 Gift Card
7	The Club \$50 Gift Card	8	Glacier Blue Gift Scarf \$50 Value	9	By Mark Kelley \$50 Value
10	Dimpered Chef \$75 Gift Certificate	11	LOUIE'S \$100 Value	12	skilings \$50 Gift Card
13	BAM! \$50 Gift Card	14	Deli's Deli's \$50 Gift Card	15	STOCKHOUSE \$50 Gift Card
16	L.L.Bean \$100 Gift Card	17	THE BUNCH \$50 Gift Card	18	shaw's \$50 Gift Card
19	shaw's \$75	20	shaw's \$50 Gift Card	21	BAM! \$50 Gift Card
22	LUKE'S \$190 Gift Card	23	NONSUCH BOOKS \$60 Gift Card	24	willow's \$50 Gift Card
25	THE BUNCH \$50 Gift Card	26	2 Hours \$75 Value	27	LeROUX \$100 Gift Card
28	LUKE'S \$50 Gift Card	29	LUKE'S \$50 Gift Card	30	3 Children's Books \$30 Value
31	\$300	All proceeds from this raffle will be used to fund annual vocational and educational scholarships, and other (mostly) focused projects, and several community programs sponsored by our club. Atrusa Portland is a 501(c)(3) Nonprofit organization. Portland Atrusa appreciates your support. Good Luck!			

News from Greater Biddeford-Saco:

Submission from Altrusa International of Greater Biddeford-Saco for the December DSB

Sandy McKenney, our current president, believes we should be involved in a service project **every single month**. She's responding to our requests for more involvement, more hands on work. Here's some of the mischief we've been up to...

1. Governor Rita Cote prepping the house/garage/office for the District Board Meeting held August 5th at the lake. Everything had to be perfect...even the garage!
2. Meeting on August 7th at Rita and Marguerite's at the lake was the occasion for a memorial to Dr. Beverly Stoops. We lost Bev on May 28th of this year. She was 75 years old and had suffered from progressive memory loss for the past 10 years—faithfully continuing to attend meetings and interact with her Altrusa friends. She had been an active member since 1989 and contributed to the success of the club and to its mission.



3. Meeting on October 23rd was reserved for painting rocks for workshop. Suzen Raven provided the supplies and her artistic expertise in rock painting to help us produce a stellar selection. Marguerite Dow displays some of the rocks distributed at workshop.

4. Yard Sales were held October 14 and October 21. Members sold items donated by member Lucille Prescott from the estate of Dr. Beverly Stoops. A profit of \$3000 was realized!

5. At our November 13th meeting we agreed to put winter survival kits together for the homeless. They will include sleeping bags, blankets, tents, socks, hats and books.

6. That same night we charged Agnes Letterese with spending \$200 for gifts for kids in our community through the USPS Operation Santa program.

7. At our November 27th meeting we distributed a fundraising calendar. At \$10 each, buyers are eligible to win prizes every day during the month of February 2024. It's a steal! We're pounding the pavement to sell them.

8. At that same meeting we welcomed a representative from Adoptive and Foster Families of Maine Program. It was interesting to hear about all their programs and their needs. We presented her organization with a check and a promise to do more in the future.

9. Earlier in the day on November 27th we delivered 40 gently used purses with personal care items to Purseverance 207. They distribute the purses to non-profits who deal with women at risk.

10. On November 28th, Denise Doyon and Agnes Letterese delivered items for 50 birthing kits to Partners for World Health for their project in Africa. Health Care Professionals going to Africa on a medical mission hand carry the kits in duffle bags to the expectant moms preparing to deliver their child at home.



News from Seacoast:



Volunteers from the Altrusa International Club of the Seacoast help organize the library at Birchtree school for autistic children in Portsmouth NH. Altrusa volunteers also read a Halloween story to their students and are hosting a table at their Nov. 4th auction fundraiser.

Altrusa of the Seacoast (AKA the Altrusa Angels) took part in a fun filled Halloween Trunk or Treat night sponsored by the York Maine Parks and Recreation department and the Center for Active Living. We enjoyed all the kids and adults in their creative Trick or Treat costumes!



Seacoast members attend a volunteer appreciation luncheon hosted by York Public Library. Seacoast participates in the library's Books on Call program and has donated a light table and book bags to the

Seacoast members collected books donated by Norma of Norma's Restaurant in York. These along with other contributions provided what we needed to restock the book cart at Footprints food pantry of

News from Plymouth County:

Meat raffle - Fundraiser - Nov 5 at Ben's Pour House



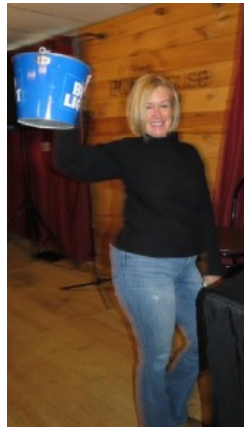
Jen Roffey organized the entire venue, encouraging us to try a new fundraiser venture. Success! Raffles for baskets, a gift certificate for our membership drive, five 50/50's, and five raffles for an assortment of eats yielded an afternoon of fun and profits, We netted \$883.34! Yes, a repeat will be planned for 2024. This was a hugely fun event and not labor intensive.

Photo of Jen Roffey and a prospective new member in the making. Kin Desrosier who was impressed by our fun approach to raising money joined us at our business meeting in November. A great opportunity to recruit new members.



Pat Monteith receives a citation from State Senator Liz Miranda (2nd Suffolk district) at the Greater Boston Section National Council of Negro Women's recent Women of Courage and Conviction Award luncheon for her "unwavering dedication to community service."

(Right) Vice President Jenn Belcher and director & communications chair, Pat Monteith. (Lower left) BethAnne collecting meat raffles.



(Lower right) Susannah Leslie, BethAnne Higgins, Pam Avitabile and Jan Story who brought an antique lantern decorated for Christmas as raffle prize.



Former Altrusan Kerline Tofuri, and CEO of Jou Nouvo, contacted Nikenson Romage suggesting he assume the new position of Development Officer for Jou Nouvo. In his new role he will concentrate on heightening awareness of Jou Nouvo's amazing work in Haiti as a grassroots non-profit providing a community and

educational center in Bon Repos. Our club has had a role in building their new library collection with the help of Foundation funds. Kerline, knowing Altrusa's focus on literacy, encouraged us to join their effort in supporting educational programs for students of all ages, ranging from learning the alphabet to college. Lynn Balmir, Program Director and Head of Girls' Scholar Program, Elta Pierre Louis, Program Coordinator, and Chrislie Rosier, Program Coordinator.

Jou Nouvo Community Center where computer literacy is taught, interactive workshops on business, health, and community involvement and internships are provided.



News from Merrimack Valley:



(l) Dave McKinnon of DSKS loading the truck with the donations from the collection for Alternative House at Fall Workshop, delivered on 11-16-2023. Thank you District One for your generosity and support.



(Below) Claire Behrle (center) and Charlene Muscato (front) with staff of Alternative House, Exec Director, 2nd from left, for delivery of donations

11-16-2023. Alternative House provided services to victims of domestic violence.



Sunday, November 11, 2023, the Merrimack Valley Club conducted a Food Drive to benefit the Nashua Soup Kitchen and Shelter (NSKS). The day is winding down, the truck is filling up, and Jackie was tallying up the take, More than 3,000lbs of non-perishable food items, assorted paper products and and \$264 in cash donations, as well as a \$50 gift card. The patrons of market Basket in

Nashua were especially generous.

(L-R) John Dery, volunteer, Steve Behrle, and Jackie Maciejewski. New member, Dee Whiting joined Claire Behrle for a photo at the Food Drive.

(Photo on right) L-R Jerelyn Brousseau Arlen Miele, Kathy Muldoon, Laura Sievert and Steve Behrle at the Nashua soup Kitchen. Preparing 300



News from Meredith:



On October 18th, the Meredith Altrusa Club held a celebration to mark the club's tenth year of preparing and serving meals to the community on a monthly basis. The first dinner was held at the Meredith First Congregational Church in October 2013. In 2015, the dinners were moved to the Meredith Community Center where they are currently held. It is estimated that approximately 3,000 meals have been prepared and served since 2013 to include recently established takeout orders. Pictured left to right: Parks and Recreation Director Vint Choiniere; Altrusa members Sylvia Detscher, President MaryAnne Skawinski, Paula Trombi and Alyssa Yolda; Meredith Board of Selectmen Chair and Vice-Chair Jeanie Forrester and Lynn Leighton.



Meredith Altrusa participated in the Ocean State job Lot BUY-GIVE-GET Program. Coats were purchased and given back to the cashier for delivery to a veteran in need. Store Manager Doreen presented our club with a \$200 Gift Certificate in support of our efforts in the Lakes Region. Pictured, left to right, are Manager Doreen, Altrusa members Carol Gerken, Linda French and Nancy Law.

Meredith Altrusa held a very successful food drive on November 4th at the Meredith Community Center. Twenty-two boxes of food, paper goods and toiletries were collected for the food pantries in Meredith and Moultonborough, along with generous monetary donations.



On Tuesday, November 21st, the Meredith Altrusa Club held a **Thanks for Giving** Luncheon to celebrate Community Service, especially the service of the Heart and Hands Thrift Store, a Meredith non-profit shop run by three local churches. Their proceeds directly benefit other community non-profit organizations that need assistance. Guest speaker and Thrift Shop Board member Tom Witham shared an overview of the history of Heart and Hands and provided information about the successful projects that the shop has supported throughout its seven years. Altrusa was pleased to present Store Manager Sharon Engels and Board Member Tom Witham with a Certificate of Appreciation for their dedication to the community.

At our October 17th Dinner Meeting Program "A Look Back at Meredith Altrusa," members were treated to "A Blast from the Past" by long-time members President MaryAnne Skawinski, Monica Bennett, Betty Cook and Linda French who shared tales of camaraderie and past projects. Seated left to right are Patty Sumner, Monica Bennett, Betty Cook and Jodi Wilson. Tables in the background display treasured scrapbooks of club memorabilia from the club's beginning activities to present day initiatives. It was great fun to spend time reminiscing.



News from Carroll County:

Fundraising



Partnership with Dover Gaming has allowed us to make substantial donations to help local organizations provide non-food essentials to those in need and scholarships for adult learners.



Membership



Membership informational meeting



Christmas Cards to Soldiers



Books for the home care bags for new Mom's



\$2000 committed to Diaper Depot

Volunteering



Serving lunch at Senior Center



Cutting apples for local church



Volunteer at halloween Town



Pack End 68hrs of Hunger bags

News from Laconia:

Lakes Region NH Coupon Book

2ND ANNUAL \$200 VALUE

ALTRUSA International Laconia, NH

Taste of the 2023-2024 LAKES REGION COUPON BOOK

FEATURING:

The Sun
The Sun This Day
LACONIAALTRUSA.ORG

100% of the proceeds from this fundraiser will be returned to the community. To purchase a coupon book, just scan the QR Code to the right. You can also purchase a book by stopping in at one of these locations: Rankin Savings Bank, Gilford Branch, 11 Lowell Rd, Gilford NH, Granite State Chiropractic, 84 Hayes Rd, Laconia, NH or Singh Family Dental, 26 Country Club Rd, Gilford, NH.

Thank you for your continued support and, please, enjoy The Best of the Lakes Region!



September meeting - Hectors



Make a difference Day - Treat Bags - Pumpkin Fest



Hands across the table - serving meals

Altrusa International of Laconia to benefit from Hannaford Community Bag Program

LACONIA — For the entire month of December, store leadership at Hannaford's Gilford location has selected Altrusa Laconia to receive a donation from every purchase of the Hannaford Community Bag.

The Community Bag Program facilitates community support with the goal to make a difference in areas where shoppers live and work. More than \$1.2 million has been donated to over 5,000 local nonprofits since the program launched in October 2015.

Altrusa Laconia is a nonprofit based in Laconia. Learn more at altrusalaconianh.org.

For more information on the Hannaford Community Bag Program, visit hannaford.2givelocal.com.

Members of Altrusa International of Laconia are pleased to benefit from Hannaford Community Bag Program (Courtesy photo)



Plymouth Town Wide Yard Sale

News from Bermuda:

The Bermuda club will be holding our bake and craft sale, after 3 years of Covid 'no community' interaction on Saturday, December 9, 2023. Some home made items which a few members have made to sell along with baked goods are displayed.

Mary Faries

Check out the new member to District One and meet Bermuda's newest member, Katherine Pacheco. Welcome.

