

March/April 2024
Number 27



The Volunteer

Altrusa International of Northeastern Connecticut

Club Officers-2023-
2025

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The President's Message

*Some little sprouts to think about as we enter the season and prepare for this year as
Altrusa of Northeastern Connecticut...*

Instructions for Altrusa Spring Planting

First, plant four rows of PEAS:

- Perseverance.
- Presence.
- Preparation.
- Promptness.

Next, plant three rows of SQUASH:

- Squash gossip.
- Squash criticism.
- Squash indifference.

Then, add four rows of LETTUCE:

- Let us be faithful to duty.
- Let us be unselfish and loyal.
- Let us be true to our obligations.
- Let us love one another.

No garden is complete without TURNIPS:

- Turn up for meetings.
- Turn up with a smile.
- Turn up with new ideas.
- Turn up with determination to make everything count for something good and worthwhile.

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Jodi

Literacy

Eastern Connecticut Maple Fest was held in Mansfield, CT on March 9 and 10, 2024. Several businesses, organizations and clubs, including Altrusa of Northeastern Connecticut, had exhibits and distributed information. Organizations were included in promotional materials, and a listing in the program, and were featured on the Festival's Facebook page.

Our booth set up one of our Story Walk enlarged books and our booth raffled off *A Boy and His Dog*, a book that tell the true story of a boy born differently abled, but withdrawn. After he was given a stuffed dog named *Spillway*, he blossomed right up and was able to enjoy many activities that he shared with his dog. It's a heartwarming story told from the dog's point of view.



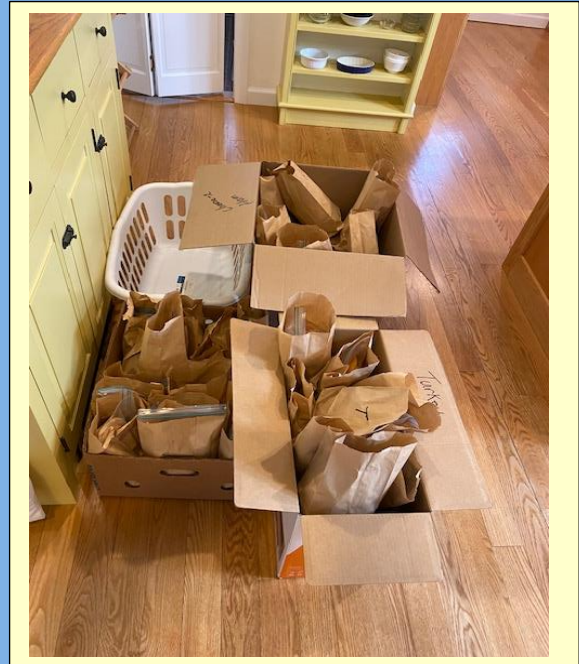
It was a yummy day.

On March 21st, Norma Salter, Malta Bailey, Mary Hirsch, and Mary Weinland met at Fran Bowen's house to make sandwiches for the First Baptist Church Food Pantry in Willimantic, CT.

Carol, Fran, Malta, and Norma,

(Mary is taking pictures. Thanks Mary)

Outreach



Fund Raising

Raffle tickets have been printed and distributed. So, get out there and sell, ladies!

Random Acts of Kindness

Random Acts of Kindness Week started February 17th. As Altrusians, we preform Random Acts of Kindness every day. Here are a few examples form Altursa NECT.



From Susan Ulino:

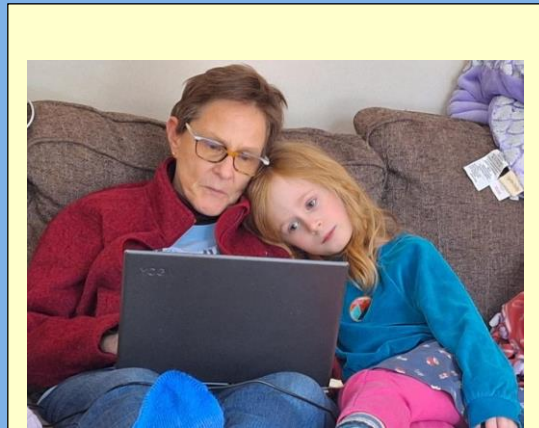
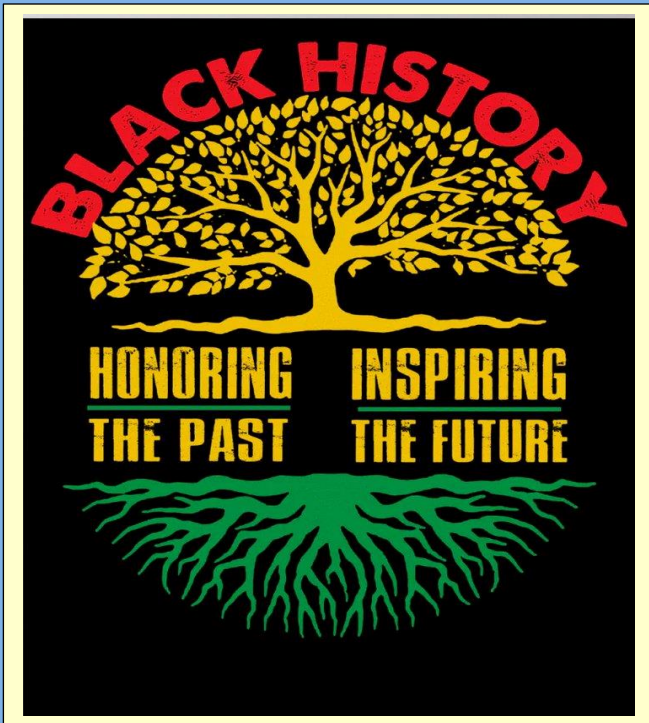
We had a rotten tree in our yard, near the road, that was ready to fall. We notified our town and they came to cut it down. I made them cookies.



From Marylou Bradley:

I am teaching my 10 year old granddaughter, Stella, how to use a sewing machine. She made the patchwork sweatshirt in the photo, handkerchiefs for all the men in her life, and some neat hair accessories. She has also sewn for Days for Girls, which is her act of kindness paying forward.

Editor's note: As Altrusians, we help people in our community and in the world. Member Pat Hempel does nice things for people every day. She doesn't like to advertise her kind actions. So, I'm tooting her horn for her. Thank you, Pat, for everything that you do.



Susan Ulino and her granddaughter, Charlotte, read about Frederick Douglas, who was an American social reformer, abolitionist, orator, writer, and statesman. He became the most important leader of the movement for African-American civil rights in the 19th century. He advised Presidents Abraham Lincoln and Andrew Johnson on the Civil War and black suffrage. Frederick Douglas has provided our country with lessons that remain relevant and impactful to this day.



Chris Lamb and her grandchildren read about Trombone Shorty, a black musician who was born in New Orleans. He learned to play the trombone after he found an old, broken one when he was a young boy. He practiced with it all the time and even took it to bed with him. Today Trombone Shorty helps out younger musicians in New Orleans. He says that he is proof that if you work hard, you can make your dreams come true. Trombone Shorty was chosen because Chris's grandchildren live in New Orleans.

Altrusa District One Calendar for February 2024

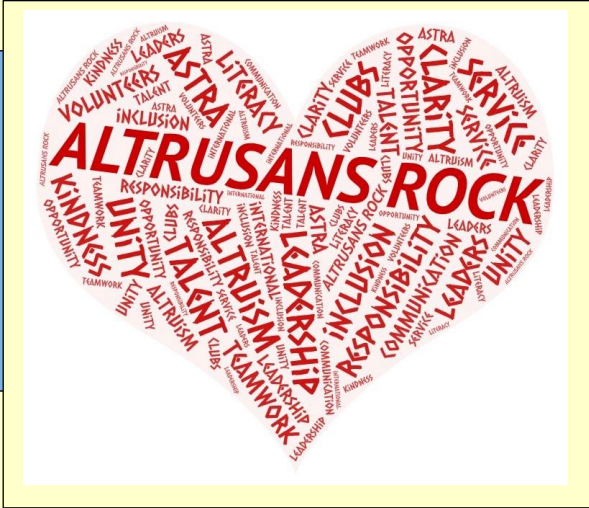
April 1st	Send in Award Results
April 1st	Send in names of club delegates/alternates for conference
April 1st	Governor’s Newsletter
April 1st	New members pay full year dues and it covers them till the next June 1st
April 1st	Send payment for conference fee
April 7th	World Health Day
April 12 th	Send items for District Board meeting agenda
April 12 th	Governor’s Zoom Meeting for Presidents
April 11 th	Altrusa Anniversary 1917
April 19 th	Resend minutes of previous District Board meeting
April 19 th	Send District Board meeting agendas pre- and post-conference
April 26 th	Decision on Club Growth Grant Program Winners
April 27 th	Report list of club nominees for district nominating committee
April 26-28 th	District Conference
April 26 th	Pre-Conference Board Meeting
April 28 th	Post-Conference Board Meeting

Our Grace:

“We receive our meal with gratitude. May it nourish our intention to be of service to others.”
 [This is then followed by having a moment of silence in which we can think about our individual concerns and petitions.]

Our Benediction:

“May we go forth with high ideals, be of service where we can, be true to all Altrusa aims, until we meet again.”



Save the Date:

- April 3rd: Northeastern CT Board Meeting
- April 17th: Northeastern CT Business meeting (luncheon)
- November 2nd Altrusa District One Fall Workshop
- April 26th – 28th: Altrusa District One Conference
- July 24-27, 2025: Altrusa International Convention; Quebec, Canada

A funny thing happened on the way to find the recipient of the Gaby Leadership Award. The judges knew very little about Altrusa International. I did send them the link to our district and international website. When I sent them the narratives for the four nominees, one of the judges asked me what Altrusians (not Altrusans) were. He asked about some alien lizard race. I had to laugh and so while the judge and I were talking and I explained Altrusa v. Altrusians, I looked this thing up. What I found was this:

Altrusians are an ancient alien race who created the [Land of the Lost](#). They later devolved into creatures called [Sleestak](#). [Enik](#) is a member of their earlier, more advanced form.

I felt I must share this new knowledge with you. Here is the link for more information:

<https://landofthelost.fandom.com/wiki/Altrusian>

Altrusians – Altrusa: who'd a thunk it?



Pet of the Month:

Ellie lives with Suzanne Green and family. She weighs about 60 pounds. She is a mutt with probable American bulldog, Rottweiler, German Shepard, coon hound, mountain Curr DNA. Ellie is 3 years old and has lots of energy as she is still a bit of a puppy. She loves going for walks and riding in the car.. Ellie keeps her family very busy and happy.

If you have a pet that you would like us to feature, please send me a pic and some information. Email: isadorad@charter.net

Correction: Last month's Pet of the Month, Suka, belongs to Carlita Cotton. I had inadvertently left that out. My apologizes.

Editor Chimes In

An interesting conversation came up at this past District Board meeting. At the conference, there will be a pajama party on Friday night; games, cookies, all kinds of fun and prizes. We started to talk about decorations and the subject of balloons came up.

I almost went ballistic. Why you may ask would object to them? Balloons are bright and colorful and it seems that no celebration is complete without them.

Well, here's why I so strongly objected. As you know, plastic is non-biodegradable and finds its way into all kinds of places it shouldn't be, like the ocean. Balloons are especially detrimental to the environment. They kill thousands of sea creatures and birds. Sea turtles are especially vulnerable. They love jelly fish to eat. It's their favorite! Guess what looks just like jellyfish when it lands in the ocean? That's right! So, the turtles try to eat the balloon and end up dead from choking on something they thought was food. It's one of the main reasons sea turtles are on the endangered list. According to the World Wildlife Fund, nearly all species of sea turtle are now classified as endangered, with three of the seven existing species being critically endangered. Balloons also kill other sea animals including dolphins and whales. All sorts of birds are also choking on these balloons. Of course, the aluminum mylar ones are the worst, but any kind are destructive. Now farmers are starting to complain because balloons are landing in their fields and their livestock are choking on them. Also, there is evidence that plastic micro-particles are found in our bloodstream. Plastic and especially balloons are just not good!

So, if you are having some kind of party, and you want balloons, boo for you. But if you insist, please cut them up into **VERY** small pieces before you throw them away. Even if you pop them and put them in a large plastic trash bag, the balloons will get out. I won't go into how horrible plastic trash bags are, but you can imagine.

The moral of this story is, plastic is everywhere. There are literally tons of it floating in the oceans. There are organizations and companies that are trying to clean it up but it's a losing battle unless we really start to demand less packaging and plastic products. Whatever you do, please stop using balloons. Imagine being a sea animal or bird choking on that plastic.

Susan



Birthdays in April

Jodi Walencewicz
Irene Sheehan
Susan Ulino

Birthdays in May

Bryony Carter
Bonnie Ryan
Bev Sims
Nancy Trawick-Smith
Katherine White

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Check out our Facebook page: Altrusa of Northeastern Connecticut
And out our brand spanking new chapter web-site:

<https://nectaltrusa.org>

