



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

District One Service Bulletin

Volume 28 Issue 5 "Leaders in Service"
March 2024

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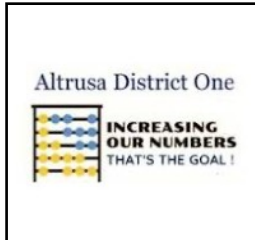
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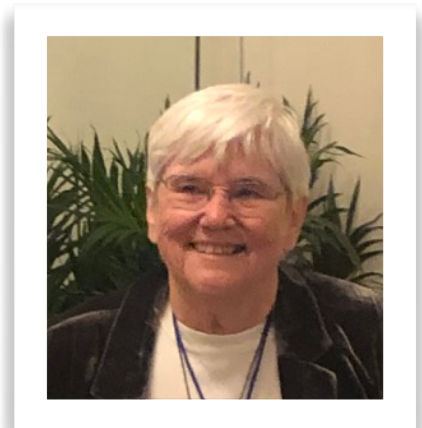


Governor's Message

March is a very busy month for all of the clubs. We are very active doing service projects, helping in our communities. Service projects are many and very diversified. Here are some of the service projects undertaken by district clubs:
End 68 hours of hunger, Moose with a

Uke, helping at the National Wreath Across America Day, supporting the homeless and residential homes for women with mental health and substance abuse disorders, collecting and distributing Baby food and diapers, making and distributing blankets to many, Afghans to veterans, reading to children and giving away lots and lots of books. Clubs have done special projects for National Kindness Day, put together winter survival bags for the homeless, decorated a Christmas tree in a park and filled stockings at Christmas time for children not being able to go home for the holidays. These are just a few projects that have helped our communities. We are amazing women and men, and we should be proud of everything we do. Let's give ourselves a pat on the back.

March is also when we need to submit one of our many service projects to the district for district and International awards. We do not do the service projects to get recognized but it is nice to compete with other clubs with the possibility of getting an award. Also each service project is written up in the conference booklet for everyone attending conference to read and get possible ideas for new service projects for their own club.



“How Does our Garden Grow” is coming to an end. There will be a workshop at conference to evaluate the project. Was it helpful to your club? Have you learned anything that will help with membership retention? At conference in April 2023 District One had 337 members. Then people paid their dues in June for 2023-2024, we lost 37 members (over 10%). Just imagine where we would be if we hadn’t lost those 37 members? A president asked me if I knew why we lost members. Death, moving away are some of the possibilities. I had to admit I had no clue. We will conduct a short survey to find out why people are leaving. Maybe we can help and maybe we cannot, but it is worth a try.

We truly live our vision as Altrusans, “Leading to a better community through leadership, partnership, and service.” Your district board and district chairs are here to serve you and we encourage you to contact us whenever we can help.

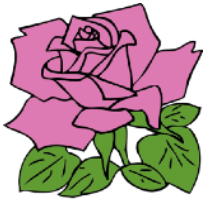
Thank You for the honor to serve with you through Altrusa.

I hope to see all of you at conference. Registration forms and hotel information are in the previous DSB January (Call to Conference) available on District One Website, districtone.altrusa.org If you did not get it or need a new one, please let me know.

Rita

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Altrusa of Seacoast Call to Conference



Everything is coming up Roses!

Don't wait to sign up for Conference.
Early Bird deadline, March 26th

The District One Board and the Seacoast club plus Litchfield Club (PJ party) have put a great deal of time and effort to make our Spring Conference Fun and Informative. Help them by sending in your registration ASAP.

If you've never been involved with planning an event, one of the challenges is getting a reliable head count. Let your club president know if you plan to attend or not. She can relay the numbers to the Governor. By letting your club president know you are planning to attend perhaps carpooling can be arranged or sharing a room. One of the best parts of conference is the conversations you have going to and fro... together. The clubs will be selecting Delegates and Alternates (for voting and business), again let your President know if you are willing to serve.

All forms can be found districtone.altrusa.org under resources
Call to Conference - January DSB

Friday April 26, Saturday April 27, Sunday April 28



Let's start this conference off with some fun. Join us Friday night for our Pajama Party.



The pajama parade starts at 8, so don't be late!



Your club can coordinate or you can dress as you like. There will be prizes awarded. Then let the games begin. One of the games we will be playing is Left, Right, Center.



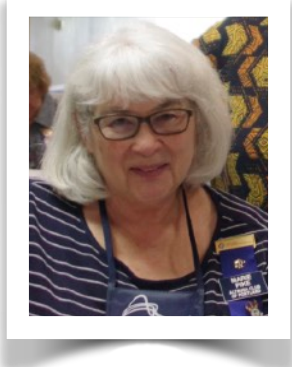
You will need 3 singles . The winner receives half the money and Foundation will be given the other half. There will be a cash bar and goodies.

Clubs will have their picture taken. There will be a free raffle just for joining us. Hope to see you there!



*****. Don't forget to mark your registration form to let the PJ Party committee know if you plan to attend.**

From the Service Chair - Marie Pike



“If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life.” – Author unknown

Altrusa provides all of us so many ways to touch the future: from the Intentional Acts of Kindness we are trying to do each week, to the group projects our clubs organize, and to the support we give our ASTRA clubs.

While the reason for our service is to touch the future, we still need to share in the present the things that we are doing. There are a few ways of doing that coming up soon:

- **The service awards submissions are due March 15th.** As you write up those awards keep in mind that by writing up the project you could have an additional impact beyond the submission if it inspires someone else to become a volunteer or some other Altrusa club or other organization to design a service project encouraged by yours.
- Remember to share your projects on the International Service Project Database
- (<http://altrusaservice.org/service-projects/>) for the same reason.
- Remember to file a report for projects funded by grants from the International Foundation. A report is due no later than a year from receipt of the grant so if you got a grant last spring that date is coming up in a couple of months.
- Consider recognizing volunteers, in your club and in your community. National Volunteer Recognition Day in 2024 is April 20th. We know we don't volunteer for the recognition, but by celebrating volunteers and volunteerism you may be inspiring someone else to volunteer.

Thank you Altrusans for all the service you do. You all touch the future!

All Conference Service Project

The Seacoast club has organized a hands-on service project for the Friday afternoon of the Conference, from 3:00 to 4:30, making no-sew fleece blankets for the homeless.

Conference attendees are being asked to bring good quality (anti-pill or Blizzard) fleece pieces. It takes 2 yards of patterned fabric with 2 yards of coordinating plain fabric to make a blanket. No white or light-colored fabrics, please.

Clubs: Include your members who can not attend Conference by asking them to send a piece of fleece or share in a purchase of material with a member who will be attending.





Making a Difference

Our Days for Girls Liaison leader has asked us to share some information with the members of our districts. She thought that this would be a good time to review the project with members who have been around for a while as well as introducing the project to members who might not be familiar with it. Here is

what she has to say:

“Days for Girls advances menstrual equity, health, dignity, and opportunity for all. They transform periods into pathways. They believe in a world where periods are never a problem. Days for Girls was established in 2008, introduced to Altrusa in 2017, and continues today as an Altrusa International service project.

There are four options for Altrusa Clubs to participate with Days for Girls.

(1) Fundraise and make monetary donations to Days for Girls;

(2) Collect and donate items that will be included in Days for Girls Kits like panties, soap, wash cloths;

(3) Contact a local Days for Girls Team and participate in a Days for Girls Kit making event (both sewing and non-sewing jobs are available);

and (4) Start a Days for Girls Team.

The basic unit of a Days for Girls kit is washable, reusable pads, protective shields and absorbent liners that can last up to three years. Each kit includes a carry pouch, underwear, soap, wash cloth, health instructions, and a drawstring bag that is a fashionable tote.

In the first two years participating in this project, Altrusans donated \$35,204.83 to support the work of Days for Girls. This support provided 1,531,987 women and girls with menstrual kits and health education in 141 countries.

Today, Days for Girls has impacted the lives of 2.8 million women and girls in 145 countries and counting, on six continents. There are 1,000 Plus Teams with over 60,000 volunteers that help with the creation of Days for Girls kits, and Altrusans have donated a total of \$72,284.19 since March 2018 and still counting.”

When you look at the statistics what more can be said except “Altrusans, you rock!”

Although we have made great contributions to the project the work is not done. Please add Days for Girls to your meeting agendas to see how you can best contribute to this worthwhile endeavor. News about the two District One clubs that sponsor a DFG team will be in the next DSB.



Claire Behrle

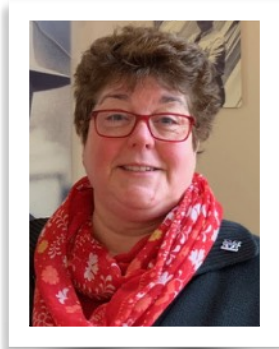
For more information on Days for Girls International check the link below, this also gives you the option of supporting DFG through donation.

<https://www.daysforgirls.org/>



Altrusa & Social Media

Christine Johnson – Altrusa of Portland Maine



On Monday February 19, 2024, DG Rita invited me to speak to the Presidents in our District about Social Media. Rita recorded the presentation [HERE](#). Note that the meeting starts at minute 10:45 and the presentation starts at about 31 minutes in.

The first question that might come to mind is “What is Social Media?” Or more precisely, what do we mean when we say social media? I believe most of us think first of Facebook. It has been around for years and many of our friends, family, and our clubs have accounts. However, there is a vast universe of other applications like Next Door, Instagram, LinkedIn, X(Twitter), and TikTok, among many others. In the presentation, I touch on a few of these applications, with notes that can help you decide if one or more might work for your club.

Anyone who uses social media knows that there are pros and cons. On one hand, you can reach a wide audience, you can communicate quickly with your members and followers, and you can share photos and videos that help tell your unique story. On the other hand, there is the potential for negative or toxic comments, or the posting of spam links, and it takes an ongoing effort to use social media most effectively.

Some tips to help your social media be more effective include:

- **Post regularly & in a timely manner** – Post at least once a week, but more often is better. Create posts the day of, or as soon after a project or event as possible.
- **Content** – To post you need content. That means pictures, graphics and/or videos that show what your club does and who you are. Take and share pictures from your service projects - if it is newsletter worthy, it is social media worthy. Use Google to search for free images and memes that speak to literacy or other topics you want to highlight. Use free creativity tools like Canva (canva.com) that can help you create and customize promotional materials.
- **Tagging** – Use the @ feature to “tag” other organizations on Facebook (and/or Instagram). These can be project partners, beneficiaries of your good works, other Altrusa clubs, or donors.
- **Share** - Ask your members to comment on and share your posts. You gain visibility outside of your direct followers when others share your posts to their own feeds and add their own comments.

To learn more, download the presentation [HERE](#)



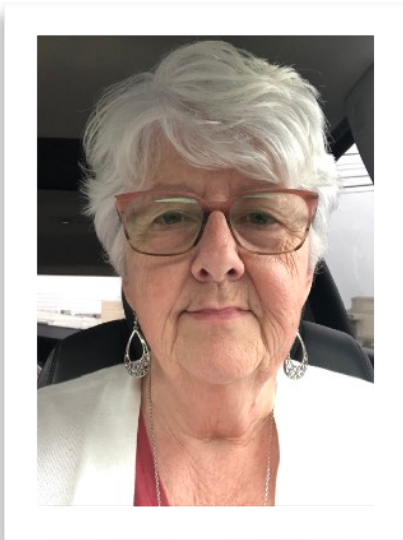
Have you checked out the District One Webpage? Why not?

districtone.altrusa.org

Linda has been updating, uploading and keeping information current. As you change officers, publish your newsletters, have new projects, send them to Linda Ring..

linda.ring.altrusa@gmail.com

Archival Committee chair - Karen Valley



In support of our District One Strategic Plan, this committee is responsible for gathering, reviewing, and assessing information, then making recommendations to the District Board for Retention Practices. We will accomplish this by doing the following: First solidifying a committee before the Spring Conference. Then:

1. Gather information on how each Club in our District retains their records including who has them in their possession. (*In March 2024, a request for information will be sent out to each Club - to provide information to this Committee.*)
2. Share “Recommended Guidelines from International for Records Retention” with each Club in our district. (Spring/Summer 2024)
3. Create Guidelines for the Retention of our District’s records. (Summer/Fall of 2024)
4. Oversee the Retention of Records at the District level. (Ongoing)
5. Give support to the local Clubs in our District. (Ongoing)

We’re looking for some members to join this committee. (Note: the above timeframe has some flexibility to it).

Please preface/address archival correspondence to me with “District One Archival Committee” in the subject line. Thank you.

Karen Valley
District Archivist 2023-2025
Archival Committee



BRR (Bylaws, Resolutions, Recommendations) PSA...

There have been no Bylaws, Resolutions or Recommendations to come before the Altrusa District One Board of Directors from April 1, 2023 through March 1, 2024.

Pat Jackowski, BRR Chair

Memorial Service Request

One of our dearest traditions during our District One Conference is our Memorial Service. This is a special part of the business meeting where we remember our dear sisters who have passed during the previous year.

If you lost a member from dates - April 1, 2023 through March 30, 2024, please email the name of the person, photo and club affiliation to me by Saturday, March 30, 2024. Also, during the Memorial Service, each club will have the opportunity to memorialize that member. A Club member is asked to read a synopsis (up to 1 double spaced typed page) about that member. I can provide additional information to the Clubs once I receive the name.

Club Presidents, if your Club has been blessed not to have a member pass, please email me with that information as well so I can be sure all clubs have

received this message.

Thank you and look forward to hearing from you.

Pat Jackowski

Altrusa International of Central Connecticut

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KINDNESS



A word that all made sense with the recent loss of my beloved husband Bruce. From as far as you were I felt with joy all the warmth and humanity in this painful moment that I was living. You have well understood and implemented the theme of the year of our international president "Let's R.O.C.K.", taking this opportunity to create so much kindness towards me. To all the altrusans of Bermuda, Connecticut, Massachusetts, New Hampshire, Maine and Quebec, thank you for your prayers, messages and cards of encouragement that you took the time to address me. I have never felt so proud to be part of this great Altrusa family.

Sincerely, "Let's R.O.C.K." again.

Madeleine Ferguson and family



Hi. this is Kelly Bennett. Monica Bennetts daughter. i just wanted to thank you for the representation by District One today at my fathers funeral in Meredith NH. I didn't get to see the lovely ladies, there were over 500 people in attendance but my mom did and it meant the world to her. My father loved Altrusa so much. The presence of so many members there today would have moved him. please thank the ladies who attended today.





A Brief Note from Anne. FOUNDATION SILENT AUCTION

Looking forward to seeing many of you at Conference. Just a quick reminder that each club is asked to bring an item for the Foundation Silent Auction. The Auction proceeds go directly to Altrusa International Foundation to support their charitable projects. The Auction will run from after breakfast Saturday until after breakfast on Sunday. Let's make this one of the best.

Thank you everyone for supporting the Auction. *Anne Rash*

Help us build better communities. Make a donation today.

The Altrusa International Foundation relies on the generous support of its members, partners, and the public to advance our work to build strong communities. Your donation makes an immediate impact on healthcare, education, and community service and leadership projects within your local community and beyond. With your gift today, you will support:

- Disaster Relief Aid
- Grants Program
- ASTRA Scholarships
- Service Awards

Please support the Intentional Acts of Giving Biennium Campaign today!

The biennium consists of 104 weeks, or 104 opportunities to commit to acts of kindness and acts of giving. For as little as the equivalent of \$1 per week, or a gift of \$104, you can join the ranks of Altrusans committed to furthering the goal of Leading to a Better Community.

Donations to the Intentional Acts of Giving campaign can be done in five levels, each representing the equivalent of an average gift per week, from \$1 per week to \$25 per week. What does this gift mean? Below are actual examples of Altrusa projects at each of the spending levels. Imagine, your gift of \$2,600 could provide apartment furniture and furnishings (kitchen and bedroom) for 2 homeless abused women and her children residing in transitional housing or provide books for 173 head start elementary students. Select the level that's right for you and see the impact that your gift could have.

Level 1: Ally	\$1 /week	Total gift today: \$104
Level 2: Builder	\$5 /week	Total gift today: \$520
Level 3: Sustainer	\$10 /week	Total gift today: \$1,040
Level 4: Champion	\$20 /week	Total gift today: \$2,080
Level 5: Hero	\$25 /week	Total gift today: \$2,600

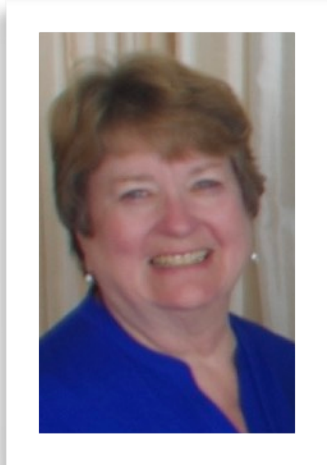
Thank you for your GENEROUS support!

<https://foundation.altrusa.org/donate/>

Anne Rash will present details of this Acts of Giving.. plus remind all to renew their Club 21 membership/ donations.

Membership

What really matters from the point of view of social capital and civic engagement is not merely nominal membership, but active and involved membership. - Robert D. Putnam



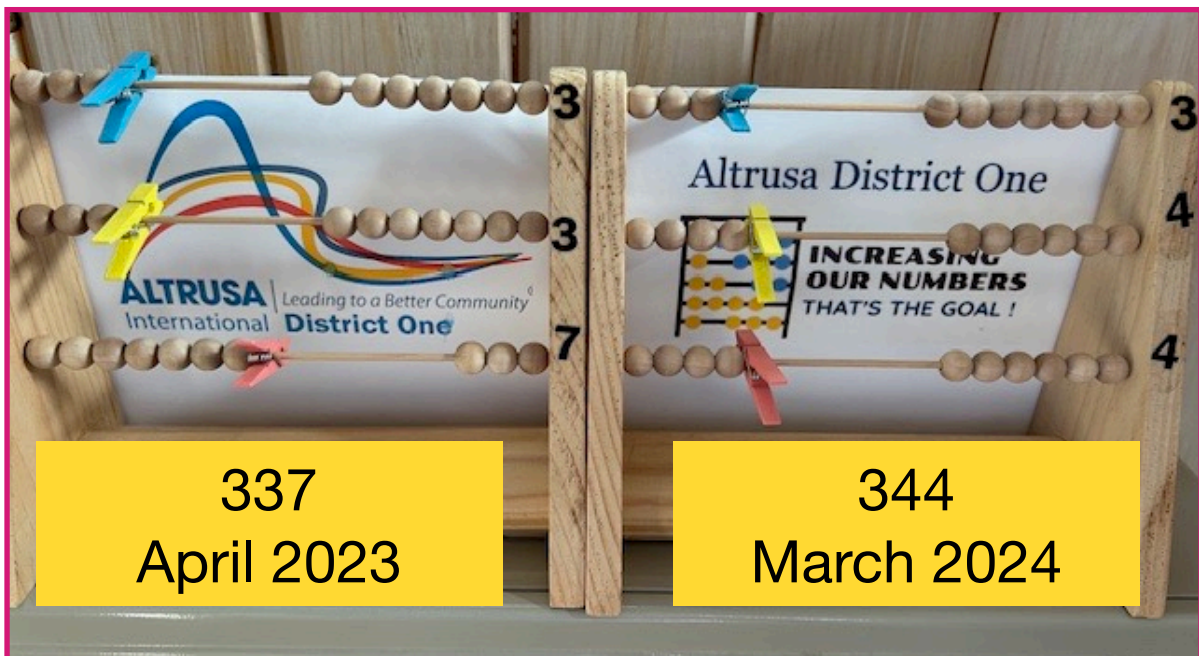
The reason that I am an Altrusan is that Altrusans are “active and involved” in our communities. We are not just a name – we are doers! We want to make things better for our friends and neighbors. We want to be part of a community that shares these values. And we all know people who are not Altrusans who share this desire to be instruments of positive change in our communities. So . . . spread that word. Invite a friend or acquaintance to a meeting or event to introduce them to our awesomeness. Seeing is believing.

Thanks for your participation in How Does Our Garden Grow. Your time and effort to gather this data should be helpful to your club as well as District One as we look toward better meeting the needs of our current membership and growing our clubs to sustainable and dynamic levels. We look forward to sharing the results and our insights at Conference on April 26-28.

Membership chairs in particular are encouraged to participate. Your District One Board has put a lot of time and effort into

planning a fun and informative Conference. Check out the registration forms for more information. I look forward to meeting you there!

Cindy Hyatt





PORTLAND

Gail Mazzone. In her own words:



name is **Gail Mazzone**. I joined Altrusa International of Portland Maine in January 2024, but was a previous member from 2010-2012. I'm a retired Quality Manager from MaineHealth where I worked for 15 years supporting physician offices.

I grew up in southern New York in a small idyllic town about an hour from New York City. I was so fortunate to have a childhood that encompassed a tight knit community and large neighborhood! I learned to volunteer in high school where I was a member of the Girl's Leadership Group that mentored junior high students.

I've held jobs in many different professions including life and health insurances, law, retail, and healthcare. My husband, Joe, and I met in Scotia, NY where I was a manager at K-Mart and he was hired as a manager trainer. Long story short, after we married (45 years this August!), we could no longer work together (called fraternization!!) and we moved to Maine and have lived in Westbrook for 25 years. We have

one son and one grandson who live in Connecticut. After I retired and was relieved of my personal obligations, I longed to re-join Altrusa and be part of this special organization that does so much to serve our communities.

PORTLAND

Toni Parise. In her own words:



Hi, I'm **Toni Parise** (a.k.a. Louise to family). I have lived in Maine all of my life so far. I love the ocean and I love the snow! I don't do any winter sports, but everyone thinks I'm crazy because I love to shovel.

I attended the University of Maine at Farmington and got a degree in Special Education and Elementary Ed. My first job took me to Sweetser Children's Home in Saco. After 9 years there, I worked at USM as an adjunct while I was continuing my education. Upon achieving my Master's degree in Professional Education, I secured a job at what was then Southern Maine Vocational Technical Institute.

I did quite a bit of travelling when I was young. I decided that I needed to become physically active, so I trained for a marathon. Another accomplishment was a 16-day trekin the Alps. The next year I raised money for the American Lung Association and trekked

across the country on my bicycle with 304 others.

My family is a high priority. I am close to my siblings, and my nieces and nephews. I have a special bond with one of my great-nieces. I travel out of town to watch her dance.

Another priority is my volunteer work with the Center for Grieving Children. I have been involved with them for 21 years now. And I'm the proud recipient of the Altrusa Volunteer of the Year Award for 2017.

PORTLAND- Cathy Paglio In her own words:



I live in Portland with my husband. This year we will be married 33 Years! Our son and his wife live a few streets away and they have a 3 year old girl and 4 month old boy...time with all of them is our favorite thing to do.

My Husband and I also love beach walks (any season), rides in my husbands corvette and time with family and friends. We also have a golden doodle Granddog named Harper.

I work full time for the State of Maine as a Child Care Licensing Specialist. A wonderful job that brings all my past work experiences to good use.

Until recently I was a volunteer at The Center for Grieving Children. I volunteered there for 16 years as a co-facilitator in a TLC (Tender Living Care) support group for ill adults. I loved my time at The Center, I learned so much and met so many wonderful people.

I look forward to making new friends at Altrusa and participating in a variety of activities!!

MEREDITH Lyn Wulfshon 1

Lyn was born in Nigel, South Africa. She studied at University in Johannesburg where she later met her husband, Eytan. During this time, her first job was teaching sick children at the Children’s Hospital, eventually going back to school studying to teach English as a second language. She became what she refers to as a “ trailing spouse”, living in a small village in Germany and volunteering to teach English for 18 months while living there. When they moved back to Johannesburg, she taught at an exclusive private school and later continued her studies as a Special Needs Educator. Lyn and family immigrated to the United States in March of 1999 where she resumed her volunteer teaching while waiting for her “work permit” that allowed her to teach at a private school in Maryland as well as continuing her love of volunteer teaching. After their two sons were grown, Lyn once again became a “trailing spouse”, living and teaching as a volunteer in Israel, India, Montreal and Saudi Arabia. Lyn and Eytan relocated to Meredith, in October of 2015, in their “forever home”, as Eytan made his gradual transition from a job that required world travel to retirement. They have been married for 44 years and have five grandchildren. They continue to travel periodically visiting their son and family living in Israel as well as their son and family in Virginia.



Greater Biddeford-Saco. Wendy Zarrella



In her own words ... My name is **Wendy Zarrella** and I am happy to be a new member of the Biddeford/Saco chapter of Altrusa. I'm a graduate of University of Massachusetts, Amherst. My husband and I were self employed gift shop owners but are recently retired and loving life in our adopted state of Maine. I enjoy volunteering as a Maine Master Gardener with the Maine Harvest for Hunger program to help fight food insecurity. Also our master gardener "Kids Can Grow" program helps to inspire and build confidence for kids 7-12. I enjoy watercolor painting outdoors in the summer and in workshops with other artists during the winter. I am passionate about caring for Mother Earth's resources and enjoy making a positive difference in people's lives.

QUEBEC - Joyce Dube



We are proud to welcome **Joyce Dubé** as a member of the Club Altrusa de Québec. Joyce is an accomplished artist and iconographer who has earned an enviable place in our community and has made several exhibitions of her icons. Her taste for the history of Quebec as well as her musical talent prompted her to join the ranks of the Société d'Histoire des Filles du Roy in 2016 and become a member of the Chœur des Filles du Roy and later the Chorale de la Neuve-France.

She has always been very attracted by service to others as evidenced by her two months of volunteering in Mali.

Joyce was born in Pointe-à-la-Croix on the Gaspé Peninsula where she studied before moving to Quebec City.

Carroll County.

Marianne Jackson. In her own words



I am a retired physician who practiced general Ob-Gyn in the Mt. Washington Valley for 25 years until I left to obtain a Masters in Public Health at the Univ. of North Carolina. After working in patient Safety and Quality Improvement for several years I yearned for the connectivity and community that we have in our region. I moved back to my home in Madison where I live with my dog and cat. I joined the Board of the Gibson Center for Senior Services and subsequently accepted an interim director position that lasted three years. So now, retired yet again, I am still on the Board and am the Coordinator of the MWV Age-Friendly Community for the 12 towns of our region. We use the AARP and WHO domains of Health, Housing, Outdoor Spaces, Transportation and Community Connections to make improvements to the livability of our region for older adults. I am very happy to be joining Altrusa because you share and live many of my valued pursuits.

Carroll County Jess Theberge. In her own words



Growing up, I moved a lot, but I'm thankful for experiencing so many different cultures, backgrounds, and lifestyles. This also afforded me the opportunity to volunteer a lot at a young age.

Once I learned about Altrusa, I knew I wanted to join! I love how Altrusa helps any charity they can, in anyway we can. In the few short months I've been a member, I have felt a sense of family with all the ladies and I feel like I'm fulfilling my purpose. Volunteering is important to me because I love helping others and giving back to my community.

I live with my husband, Rich, our son Landon, our 3 rescued dogs, and our daughter, Lexi, lives next door to us. We live in Center Conway and I've waitressed very part-time in Jackson for 16 years. I am also a very proud police wife and I'm helping create a foundation to help and support our first responders!

Carroll County - Mel Lebel in her own words



My name is Melanie Lebel. I live in Center Conway with my husband, 4 boys (ages 8, 10, 13 & 16), my 3 girls (dogs! ages 3, 6 & 15) & my 16 year old cat. I'm from Braintree, MA but I moved to this area right before high school and attended Fryeburg Academy. I met my husband in college in Portland, ME. All of my boys are multi-sport athletes and some do multiple sports each season. They keep me busy and entertained, that's for sure! My husband and I celebrated 15 years of marriage this past June. Together with our business partner, we are the owners of a local electrical business. I am the director of a local preschool gymnastics program. I coach preschool gymnastics, ninja and sometimes soccer. My family has been involved with the local youth soccer club for many years as players, coaches, admin, board members, volunteers,

etc. and my husband just took on the role of Executive Director. I spend most of my days tending to my family's needs, spending time with my dogs, working, going to church, getting involved with my children's schools & sports teams, volunteering and enjoying time with family and friends when I'm able.

Carroll County - Anne Marie Eler - written by her sponsor Pat McCoy



I met Anne Marie over a year ago when we were taking a class after lunch at the Gibson Center. We introduced ourselves and found we had many, many things in common, especially volunteering in our communities. Of course I mentioned Altrusa to her since she was new to the Valley.

Within a few months Anne Marie started to ask questions about Altrusa and here we are with a new member.

Anne Marie taught pre-K to 8th grade over a 30 year span and loved kindergarten the best!! She and her husband, Chet, love to dance and even danced at a beautiful Plaza in Venice, Italy!! Even to this day that event brings a smile to her face. Traveling is on the top of her list and her goal is to visit all 50 of the United States.

Ask Anne Marie about growing up among the apple, peach, pear, and plum trees as a little girl!!!

Carroll County - Pat Hoffman - in her own words



A small summary of my life.....

Most of my growing up was on Long Island, NY..and most of my married life was in Sturbridge, MA. We retired to MWV because we had vacationed here, hiked and done kayaking. It was a choice for our active retirement.

I went to college in NYC at a small school called Mills College of Education. I was a teacher of primary grades and mostly kindergarten. I retired after 32 years. Most of my teaching was in Warren, MA

I have 3 wonderful children, 2 daughters and a son and have been blessed with 6 grandchildren. We have had dachshunds for many years. Right now we have "Summit.". She is 16 1/2 years old. We just recently lost her friend, "Tuckerman.". He was 16 years.

In my spare time I enjoy playing mahjong, playing golf and canasta. I've done a little crocheting as well. My husband,

John, and I belong to the North Country Camera Club and enjoy taking photos for fun and for competition. We enjoy traveling as well. (Not much hiking anymore). I am on the board of "Friends of the Conway Library" and volunteer at the Gibson Center, serving meals each week.

I am hoping that Altrusa will give me new friendships and more awareness of needs of the community and ways to help out. I am especially interested in children and also women in need. I hope that I can help with planning of events and maybe bring some new ideas to the group. I enjoy helping out.

Carroll County - Tina Craig - submitted by Cathy Baybutt



Tina was born and raised in central NH. After college she spent three and a half years in Senegal NW Africa as a Peace Corp. volunteer. She stopped on her way home in Europe she backpacked solo for four months.

After further schooling she has spent her career helping others, in a variety of capacities, move forward in their lives. Currently she is an intuitive Life Coach for women around the country who are in a life altering transition.

At age 34 she married her husband Charles and they had their daughter Tessa three years later who is now 26 years old.

Tina must be involved with a purpose and she has difficulty sitting still, she is an avid volunteer, a seeker, learner, adventurous, loves playing games, dancing, traveling, and she has a passion for nature and being active outdoors in a variety of ways. She is currently learning how to paint and Zen doodle.

News from Bermuda...

Family Centre, a registered charity in Bermuda, supports children, teens and families through their Counselling Services, Youth Leadership Academy, Beyond Rugby programme and Beyond Yoga programme.

Their mission is to facilitate healing and hope, to strengthen family connections and to create a healthier community for children, teens and families.

Each year, on the eve of a local well-known holiday called Cup Match, Family Centre embarks on its biggest fundraiser of the year. It is a Tag Day that celebrates two Cricket Teams. The Cricket Teams represent two Cricket Clubs at either end of the island – St. George's Cricket Club and Somerset Cricket Club. Locals donate money on the Tag Day to purchase a tag that represents their favourite Cricket Team or the one that they think is going to win the two-day cricket event.

Volunteers are needed by Family Centre to man the various locations around the island where the tags are sold. I have volunteered for the Family Centre Tag Day since 2017 (excluding 2020/21 due to Covid). In December 2023, I was recognized for my service with a letter from the Fund Development



Coordinator of Family Centre.

Dear Ms. Carol Jack,

Thank you for being a Family Centre volunteer. We feel tremendous hope because of your kindness, and generous giving of your time in support of the children and families we serve. We could not do what we do without you!

May your holiday season be joyful, hopeful, and the new year be a prosperous one. With sincere gratitude,

Hannah and the Team at Family Centre

Hannah Collins | Fund Development Coordinator

Family Centre – Bermuda Registered Charity #378

Dedicated to improving the emotional and social wellbeing of families, for generations to come

WINTER NEWS FROM QUEBEC



Initiation ceremony of Joyce Dubé, our new member.
 Jocelyne Picard, Immediate Past-President, presided over the ceremony, Thérèse Morin, her sponsor, gave a short portrait of Joyce and Danielle Blondin, President of the Club pinned her button. A great opportunity for each of us to remember the principles and goals of Altrusa



Donation of \$5,000 to l'École Oraliste de Québec dedicated to deaf and hard of hearing children for their urban hive project and support to the families.
 Jocelyne Picard, Club's Service Chair, Danielle Blondin Club's President, Sandra Ferguson, DG Fondation Sourdine, Isabelle Savage, DG, École Oraliste, Marie- Nicole Saindon, Treasurer, Fondation Albanie-Morin.



When Valentine Day turns into an act of kindness at la Maison Zoé-Blais. Each family received a sweet treat from the altrusans at the same time as their weekly food basket.



News from Meredith...



At the Meredith Club's February 6th Business Meeting, members were delighted to receive individual "Sweet Treats" fashioned by the Hospitality Committee's Carol Gerken and

Laurie Brothers; it was the committee's way to recognize and thank our sisters for their support of all things Altrusa.



At the Annual Meeting of the Greater Meredith Program (GMP) on January 11, 2023, our very own Carol Gerken was awarded the GMP 2023 Volunteer of the Year Award

for her leadership, hard work and dedication to serving her community. Carol, we are "over-the-moon" proud of you! In the photo, Carol is flanked by GMP President Lynn Leighton and GMP CEO Mike Griffin.



The Community Service Committee gathered in February to stuff twelve, brightly-colored "Birthday Bags" with everything needed for a birthday celebration: cake mix, icing, candles, party hats, plates, napkins, and plastic ware. The bags were delivered to the Meredith Food Pantry. In the photo, l.to r., are Kathy LaPoint, Judy Hodges, Nancy Law, Carol Gerken, Vivien Mitchell, and President MaryAnne Skawinski.

Steven Bennett

October 25, 1946 - February 8, 2024



Steve was affectionately called our club's "Al-Trouser," lighting up the grill at our bi-yearly Wiener Weekend fundraisers for over twenty years. He was the "Hot Dog King!" We will miss his wonderful smile and fun-loving ways.

A devoted

husband to Monica and father to Kelly, he served his community in countless ways making others and their safety a top priority whether it be as a police officer, fireman, or security officer.

Monica and Kelly thank all who attended Steve's Celebration of Life, and it meant "the world to them" that so many Altrusa members from District One came to show their love and support for them.

Steve is forever in our hearts.



Members hand signed Valentine's Day cards to present to all the residents of Forestview Manor, a special little love

extended to everyone living there. Altrusan Patty Sumner is shown on the left with April Pillsbury, Forestview Activities Director.

News from Carroll County



Volunteering - End 68 Hrs of Hunger and serving Lunch at the Gibson Senior Center



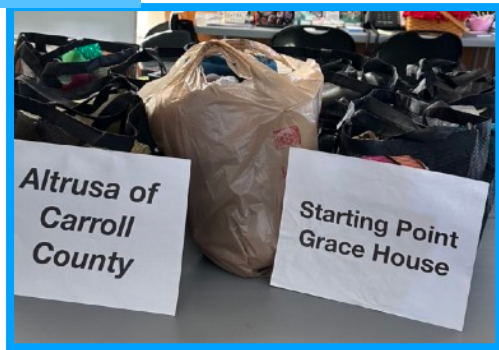
Community support
End 68 Hrs of Hunger
The Revolving Closet
Starting Point



Literacy
Book Bags for Babies



Personal care items for The Revolving Closet



Fundraising
Hannaford Book Bin

The months of January and February were surprisingly busy for Carroll County. Our meetings were via ZOOM, but our regular projects, packing End 68 hrs of Hunger, and serving lunch at the Gibson Center continued. Since there was a bit more time the Literacy committee organized the cutting and sewing of a dozen book bags that were delivered to the Cook Memorial Library. We continued our support of community grants with purchase of personal care items for The Revolving Closet, Ossipee Concerned Citizens, and starting Point. (Comfort Bags).

News from Merrimack Valley...

Altrusa Club of Merrimack Valley held a Days for Girls Workshop at a recent meeting.



Left to right: Steve Behrle, Dee Whiting and Claire Behrle

Steve did the cutting and Claire instructed new member Dee Whiting on how the liners were put together.



100 liners prepared for sewing and surging.



L-R Jerelyn Brousseau and Charlene Muscato rolled panties to a very compact size, which fits snugly in the Days for Girls Kit bags.



Jackie Maciejewski looks on as Claire Behrle manned the sewing machine, prepping liners.

News from Plymouth County...

In 2013 the Service Committee proposed changing our annual Christmas project from families to teens. Ann Jarvinen, with former member Sheila Blake, indicated that teens in crisis are often overlooked during the Christmas season. Ann learned of the STARR program from a co-worker at South Shore Hospital and a connection was made with Director Scott Thompson who ran the Plymouth location at the time. The club unanimously voted for the new project. Knowing that teens would now have something to open on Christmas Day, all members embraced this project and were excited to shop for gifts. Ten years later, the same spirit endures. Over the years, modifications were made to accommodate social changes, particularly covid. Both new and old members have added an Amazon account to involve interested donors from the public, streamlined the shopping, and yet maintained the joy of giving.



Adria's left to right: Pat Monteith, Susannah Leslie, Sandra Drea, Ann Jarvinen, Joan Osborne, Susan Porazzo, Jenn Belcher, Jen Roffey, Kim Derosier, Jan Story, and Lucia Shannon. Adria's McKenna photographs us again!



President Sue Porazzo, Secretary Joan Osborne, and Vice President Jenn Belcher pack the teen novels for the STARR teens' holiday celebration.



Ann Jarvinen, Susannah Leslie, Janet Story, and Joan Osborne with all the gifts for the 6 girls and 3 boys in the STARR residence. Ann introduced us to this service project ten years ago.



Packing up the stockings: Sandra Drea, Jenn Roffey with Kim Desrosier, our newest member sponsored by Jen!
(Above)

December 14, 2023, Susannah Leslie and Lucia Shannon delivered the gifts to the STARR residence. Two young teens and the Weymouth director, Maria Melpignano, greeted us and helped us bring in the bags and packages. For privacy reasons personal photos were not encouraged (below)



News from Seacoast....

Altrusa of the Seacoast members gathered on a “warm, sunny beach day” in FEBRUARY in York, Maine to collect shells to decorate the venue for this year’s District One Conference, being held in Andover, MA at the Hilton Doubletree Hotel on April 26-28, 2024. Don’t forget to get those



Members of Altrusa of the Seacoast presented YCSA a \$1000. check to assist families in keeping warm this winter.

St. Aspinquid Masonic Lodge of York, ME recently hosted a pancake breakfast honoring our local Veterans. While Veteran’s meals were on the house the public was charged a fee. Altrusa of the Seacoast provided freehand-tied fleece blankets which were raffled off to four lucky Veterans.



Several years ago Carole Intoccia and Penny Eldridge approached Sophie Smith to introduce York Public Library to a program Carole had seen practiced in Sudbury, Mass. titled “Books on Call”. Sophie was so impressed with the project that she incorporated it as part of the York Public Library services. It has been extremely successful. Sophia will now be heading in a new direction as head of the Dyer Library and Saco Museum and plans on implementing “Books on Call” there as well.



Notes from Greater Biddeford-Saco

At our January program meeting we welcomed Pam Mohlin one of the founders of our local Diaper Bank. The Diaper Bank, set up at the First Parish Congregational Church, is open every Wednesday to serve families in need of diapers. Moms are given a package of diapers for each child who might need them, at no charge. The Diaper Bank is funded through donations. Pam also introduced us to the issue of Period Poverty—where women lack the funds to purchase the supplies they need for their menstruation days. Pam and her volunteers are responding to that need as well and is hoping to engage Greater Biddeford-Saco in supporting that project. Pam left with a check!



At the very last minute, we decided to participate in Random Acts of Kindness Day, February 17th. Club members purchased snack items, put them into zip lock bags on a Monday night and delivered 80 bags to five sites on Saturday morning.



They were left

outside—accessible to anyone at the local library, at one of the local churches, at a downtown park, near a homeless tenting area and at the bus stop near the Police Station. Follow up confirmed that the bags had been taken and luckily no litter was left behind!

During our February program meeting we packaged Caring Bags. The bags contain a pair of PJ's, a book, a coloring book with colors, a small stuffed animal, a toothbrush and a warm blanket. The bags will be delivered to Adoptive and Foster Families of Maine, a non-profit that provides support to foster families.

News from Portland...



Pillowcase fabric marched to books

Service



February 10 - Altrusans with Cricket Comforts members matching books to pillowcases.

Pictured below are:

From Left to Right: Altrusans, Martha Gross and Christine Johnson And from Cricket Comforts, Cindy Blanchard, Heidi Farrin and Karen Meucci.



Our Chain of Service was increased by 3 links, this night. This chain was started in 1929. And now it's length spans 2 1/2 large folding tables.

Spring Cleaning for a good purpose

Are you ready to gather some unneeded items and re-purpose them for three great causes? Please look through your home for anything that might fit these requests.

Costume jewelry that you no longer want would be donated at Maine Gold and Silver. Broken chains, single earrings, watches you no longer wear are just some ideas. MG&S sends it all away to a processor where anything of value is extracted. The \$'s they get back are donated once a quarter to a local charity, voted on by their employees. They are very interested in considering Altrus a of Portland as a qualifying charity! You can even ask your family and friends if they have anything!

Nonfiction books and magazines are greatly desired by our new immigrants, many of them living in shelters and working hard to learn English. Ann Smith works with this group of people and knows they would be so grateful to have us help them out.

Anita volunteers at St Elizabeth's Essentials Pantry. Do you have any bedroom linens (think sheets, blankets or comforters or NEW pillows) bathroom or kitchen linens (towels that maybe don't match your decor any longer - maybe some hot mitts ?). Also dishes, cups, glasses and cooking utensils are always needed.

News from Northeastern CT...

Our February business meeting was much more than just a meeting - it was a celebration!

A celebration of one of the women instrumental in establishing our Northeast Connecticut club, Dr. Alexinia Y. Baldwin. Another of our Charter Members, Bernice Taylor, submitted a proposal to celebrate Alexinia each February, as she was a co-founder and the main force behind establishing our club. Alexinia's birthday month is February, also the month dedicated as Black History Month, it is the perfect time for an activity in her memory.

We began with a moment of silence and Bernice lit a candle. We will light a candle at our February meetings in future years to honor Alexinia.

Our club voted unanimously to establish a recurring contribution of \$1000 and a committee has been established to propose guidelines for this award.

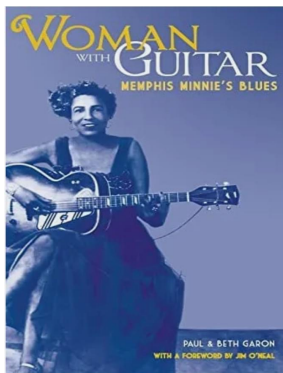


Carlita, Gay, Anne & Bonnie
Looking beautiful in their African garb!

Another of our Charter Members, Gay Douglas, entertained us with a wonderful presentation of her family history. Gay's Aunt Lizzie, after a very unfortunate incident at age 13, ran away from home and supported herself by playing guitar on the streets. She became known as Memphis Minnie and her recording career lasted for over three decades! She recorded over 200 songs and performed with some of the most popular blues artists known.

An amazing story and a piece of American History!

We enjoyed a delicious catered meal of Soul Food, had a great time, and took care of a lot of business, believe it or not!



Gay had us all enthralled with her story about Memphis Minnie!



District Visitors

At our January 10, 2024, Business Meeting, we welcomed District One Club Visitors; Ann Lindner, 2nd Vice Governor and member of Litchfield County and Diane English, Member, Litchfield County.



2024 Valentine's Day Party

On Wednesday February 7th, Club Members revisited Shepherd Home and hosted an early Valentine's Day party. Cookies, candy, cupcakes, and brownies were enjoyed by the residents. Club Bars of Dove soap were given to Shepherd Home residents that attended the party.





Ability
Service
Training
Responsibility
Achievement

ASTRA of Lake Region High School



It was a small group the morning of Feb 15th when ASTRA formed a production line to fill the bags of "Vacation Activities" for 1st graders; but they completed 150 bags in 35 minutes for Songo Locks & Stevens Brook elementary schools.



The next ASTRA meeting on February 29th will feature exchange student Ushana Kumari (on the left in this picture) telling us about her life in Pakistan.

Notes from Editor

- Next issue of DSB - June 15th - Deadline for submissions - June 1st
- Included in Issue - June will include election results, conference wrap up, new club boards
- **Membership** - Please send to DSB a photo and short bio of all new members - June issue
- **Club Presidents** - please remember to bring or send your club banners to Conference
- **First Timers** (those attending a conference for the first time). Check the schedule there are several activities that include first timers as we celebrate your membership in Altrusa
- To all clubs who were not included in club news - March issue.. I apologize if I didn't receive your information. I do spend a lot of time sorting through emails. Using the altrusa.districtone.dsb@gmail.com really helps. The emails just don't get mixed in with my personal emails. You can always reach me at cathybaybutt@gmail.com if you have questions etc.. but the news and photos should come under a separate email to the DSB account. please send your photos and "short" summaries by June 1st. If you do not receive an acknowledgment within a day or two.. please follow up .. in case it didn't come through, or in case I missed it. Thanks for working with me to make the newsletter as complete as possible.
- **Club Newsletters** Don't forget to send a copy of your club newsletter to Linda Ring. She will upload to the District One webpage. It's fun to read all the news from our district
- **Facebook.** If your club uses Facebook.. please use a hashtag #altrusa #altrusadistrictone #altrusamembership #altrusaservice #altrusaliteracy This lets others search for updates and news from the clubs.. and makes it easier to share on the District One Facebook Page.

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

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Save the Date

Altrusa Spring Conference. April 26-28, 2024
Doubletree by Hilton
123 Old River Road
Andover, MA 01810

Altrusa Fall workshop - November 16, 2024
Nonantum in Kennebunk, MA

Altrusa Spring Conference - May 2-5, 2025
Southbridge Hotel and Conference Center
Southbridge, MA

International Convention
Quebec City
July 2025