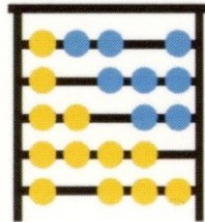


**Mark your calendar!  
Save the date!  
Plan to join your fellow District One members at Fall Workshop**

## Altrusa District One



**INCREASING  
OUR NUMBERS  
THAT'S THE GOAL !**



### ***District One***

### ***Workshop 2024***

Nonantum Resort  
95 Ocean Ave.  
Kennebunkport, ME

Saturday November 16th

9 AM to 3 PM

Hosted by Greater  
Biddeford-Saco ME

## ***Agenda-Harvesting Ideas***

- 8:15AM – 9:00AM Workshop Registration-Check In  
9:00AM – 9:30AM Welcome, Introduction of Board and Committee Chairs, Grace  
-Governor Rita  
9:30AM --10:45AM Workshop: “How to Change a NO to YES”  
11:00AM -- 12:00PM Guest Speaker from “I’m your neighbor books”  
12:10PM --1:10PM Buffet Lunch  
1:20PM -- 1:40PM Call to conference Altrusa International Plymouth County, MA  
1:45PM -- 2:45PM Workshop “Team Building”  
2:45PM -- 3:00PM Wrap-Thanks to the host club—Greater Biddeford-Saco ME.  
Benediction

## **Host Club - SERVICE PROJECT**

*Hello fellow Altrusans,*

*Altrusa International of Greater Biddeford/Saco welcomes you to fall workshop 2024.*

*We could use your help to support our newest project. We have been supporting the foster care and kinship program in our area. Children sometimes get taken from their home with little time to pack and often leave with a trash bag filled with very little.*

*We put together comfort care bags for all age groups.*

*This is a list of stuff we could use:*

*Crayons, colored pencils, coloring books for ages 3 to 13, pens, journals for the older children 14 to 18. Soft blankets 5x7, small stuffed animals, soft receiving blankets and baby hats, PJs for all age groups.*

*Thank you in advance for your support.*

## **Morning Workshop - HOW TO CHANGE NO TO YES**

This workshop will involve everyone. Members will be seated randomly in groups around tables. There will be a facilitator who will pose questions to stimulate the conversation. Someone should take notes as we'll ask each table to present a summary of their discussion. Potential topics:

- How to get potential members to say YES
- How to get members to say YES to leadership roles?
- How to engage local media to say YES to the Altrusa Stories?
- How to engage a younger generation to say YES to service?
- How to get members to say YES to leading projects and volunteering?
- What is your HOW to CHANGE NO to YES.
- What is your social media exposure .. let's get members to say YES

## **Afternoon Workshop - TEAM BUILDING**

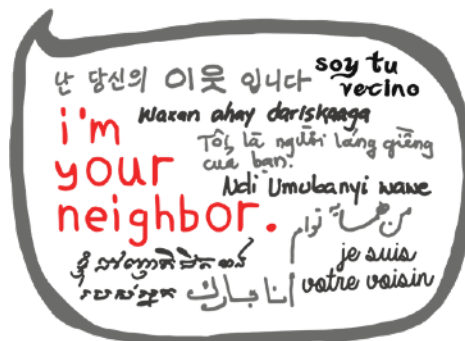
**Cooperation....Coordination.....Communication.....Camaraderie  
Keys to Team Building**

**A smooth working team of members is key to a successful club.  
The team building activities will give you tools to realize your strengths, build connections, create bonds and harness your club's potential.**

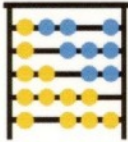
## Guest Speaker - Kirsten Cappy from I'm Your Neighbor Books

If you have never been to a District One Workshop, then You really do not want to miss this one. This year's 2024 Workshop Speaker is Kirsten Cappy.

Kirsten Cappy is the co-founder and Executive Director of I'm Your Neighbor Books, a nonprofit seeking to change the conversation on immigration. The organization uses children's books representing Immigrant and New Generation families to center dialogue on people rather than political rhetoric or policy. Kirsten was named a Boston Globe Everyday Hero for her nonprofit's work on the Welcoming Library project. That same curated book collection received an American School Library Association commendation for creating a "culture of welcoming and belonging in US schools." Kirsten is a co-founder along with Indigo Arts Alliance of the Beautiful Blackbird Children's Books Festival, an annual Maine event that celebrates Black children's book creators and books from across the African diaspora with a 3500-book giveaway. This past month, Kirsten and her Congolese American friend Yaya Gentille added a book to the growing collection about the Diaspora. Their book **Kende! Kende! Kende!** follows the migration of a Congolese family through central Africa and on to a city in America's Northeast.



<https://imyourneighborbooks.org/>



**INCREASING  
OUR NUMBERS  
THAT'S THE GOAL !**

# Harvesting Ideas



## Altrusa District One

### Registration Form for Workshop

Saturday, November 16<sup>th</sup> 2024, 9AM – 3PM

Nonantum Resort—95 Ocean Ave., Kennebunkport, ME 04046 207-967-4050

Name \_\_\_\_\_

Preferred name on Name Tag \_\_\_\_\_

Email address \_\_\_\_\_

Club \_\_\_\_\_

**First Timer to Workshop (if you've never attended a workshop) Please circle YES**

#### **This year we are offering FREE registration for First Timers at Workshop!**

Come meet Altrusans from all over the District. Come learn more about Altrusa.

(Should your plans change after you've registered and you can't attend, please notify Diane O'Reilly—ddoreilly51@gmail.com so that we might cancel your meal.)

Early Bird Fee for those registering by 10-26-24 \$65.00

Regular Fee for those registering after 10-27-23 \$70.00

Day of Event registration fee \$75.00

Your registration fee includes the cost of the lunch buffet and beverages throughout the day.

Hotel rooms can be reserved at a rate of \$239.80 by calling the hotel at 207-967-4050. Be sure to mention Altrusa to receive our group's discounted rate. You can get the same group discounted rate for as many days as you want if you'd like to plan a mini getaway.

Send your registration form to : Diane O'Reilly, 432 Alison Drive, Torrington, CT 06790

# Altrusa International District One 2024 Fall Workshop

## Harvesting Ideas

### How to Reserve a Hotel Room

#### The Nonantum Resort

95 Ocean Avenue - P.O. Box 2626  
Kennebunkport, ME 04046

#### Reservation Method;

Hotel Reservations can be made by calling 207-967-4050 and identifying yourself with the ALTRUSA DISTRICT ONE Workshop. Please indicate any special needs, roommate names (if sharing) and bed type preference (i.e. Need two beds, one queen or one King bed, etc.) Please note that requests are not guaranteed and are based on hotel availability. However, I don't think there will be a problem getting the room you prefer, especially for people who register early.



#### Room Rate:

Nonantum's Altrusa Block Room Rate including Taxes: \$239.80

The above rate will be honored for as long as you wish to stay. The room reservation includes a Buffet breakfast in the morning.

**Cancellation policy.** If you need to cancel your room reservation for personal reasons, there is a cancellation fee. For the Nonantum Inn, the guaranteed payment of first night's room rate and taxes (which is the deposit to hold the room) will be \$25 if cancelled 10 days or more prior to stay. (A credit for the difference will be applied back to your credit card). For reservations cancelled 10 days or less in advance a cancellation fee equal to the first night's deposit will be charged and the reservation will be canceled. So you will be responsible for one nights room, if you cancel within 10 days of the date.

