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## THE ALTRUIST



### PRESIDENT'S MESSAGE

May, 2026



#### President's Message:

I does not seem possible that it has been almost a full year since I became president o Greater Saco Biddeford Altrusa. I will be asking you at the next meeting if you want to stay on the same committee, Service, Financial. Communications and Membership. Please give it some thought in the next week.

Deborah Lemieux , from the Portland club, will be joining us at the business meeting as our district visitor.

A few highlights from conference. Overall, it was a great conference—except some meals. The attendance was low, just 50 Altrusans attended. A survey will be going out from the Governor requesting your opinions concerning conference, it will be sent out to all members by email from the district. Please answer the survey, the district board needs to know your thoughts, concerns etc. Please take a few minutes to answer it.

Our Laura Cortright presented a workshop “Step outside you’re your comfort zone into Membership Growth” The evaluations were all positive. I was unable to attend as the treasurer’s workshop was being held at the same time. The memorial service was very emotional and moving. We had 6 members pass away in district in 2025-2026. These members had been Altrusans for 10 years to 67 years. They will be truly missed.

We received 2nd place for the Attendance Award for 7 members attending, 3rd place for the net member gain and 3 rd place for new members. Congratulations, these awards are important, we need to keep our club growing.

Our keynote speaker Leslie Sturgeon an entrepreneur, mentor and founder of Women's Inspiring Women, New Hampshire's largest women's professional community. She began her leadership journey in Altrusa; there she learned how to run an organization with both structure and heart. Altrusa gave her the confidence to become a leader. I will also be asking for committee chairs or co-chairs for the next year. Please volunteer as Laura often says Altrusans will NOT let other Altrusans fail.

The workshop will be a one-day event in Kennebunkport at Nonantum, on November 14th 2026. More information will be forthcoming after the district board meets in August. As you all got a note from Agnes, we did very well at the fundraising fair. The money earned will go to the operating account.

I realize the letter was to finish Altrusa's Principles but I will do that the next letter.

Thank You for a great year. You are ALL fantastic, amazing women and of course one man.



*Yes, that's our Ray Cadorette, our one male in our membership. At some point we hope to get him to join us for a meeting.*



## Volunteer Hours

April 2026

Altrusa – 106   Altrusa Literacy – 22   Non-Altrusa –89

Total hours for April: 217

*This month's newsletter does not have a Secretary's report. Our Louise is struggling with some health issues at this time. We wish her a steady and speedy recovery.*

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A page from ALTRUSA INTERNATIONAL / THE ALTRUSA COMPASS

**Are you FOLLOWING the International Communications Committee Facebook Page?**

Linda Ring, International Communications Committee Member

This is your opportunity to learn new techniques, ask questions and/or share best practices in Social Media. Go on.... Follow our page! We aim to support, strengthen, and elevate communication across all levels of our organization. Effective communication helps us tell our story, expand our reach, strengthen our clubs, and amplify the impact of our service. Over the past month, we have shared posts to engage and educate our members on matters of communications by sharing practical “howto” guides, templates, best practices, and tools to assist with social media, press outreach, storytelling, and more. Our goal is to provide clear, useful resources that you can adapt and implement within your own club. These are some of the topics we've covered:

**We asked about:**

- your biggest communications challenge
- who manages your social media presence
- which templates would make your life easier
- writing a clear engaging Facebook post
- effectively promoting your service event
- telling your story in 3 paragraphs
- creating a simple monthly social media plan
- We pointed to the Press Release Template on our International website And we're not done!

You asked for a solicitation letter, and social media calendar. Those documents are in the works! We are listening! What tools and guidance do you need? Together, we can strengthen how we share the Altrusa story—within our communities and across the world. We look forward to working with you.

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President Rita presented Denise With her 50 year pin during aa recent meeting. Major congratulations Denise. And major thank you for all you've done for Altrusa and your community.



Agnes oversees our fundraising table at conference recently. She proudly announced that we raised more than \$200. Thank you to all involved. The table looked beautiful. >>>>



**Sandy says:** Biddeford-Saco Altrusans have been busy in April. We purchased and prepped books for the busy season, and replenished our Newborn Assistance Program supplies as well! On April 4, we participated in a sweet Easter program at the Saco Grange, giving away 75 books. Last Monday night's program meeting was our annual "Getting to Know You" session and it was speed dating, Altrusa style! A good time was had by all.



Altrusans from District One recently attended a district conference where much information was shared and fun was had. Here we have Altrusans from Greater Biddeford-Saco, extending their invitation to Fall Workshop which they are hosting. Pack your bags, ladies and gents, it promises to be not only informative but also a lot of fun!

Behind the costumes and masks, I spy with my little eye, l-r President Rita, Debbie, Marguerite, Sandy and Laura.

**END**

