



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

District Service Bulletin

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“Simply Altrusa”

May/June 2010

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SIMPLY the Governor's Message



Hello All District One Altrusans.

There are numerous articles in this DSB of interest to you, many from our new and enthusiastic Committee Chairs. Read on.

Thanks again for an inspiring Altrusa District One Conference! We look forward to Fall Workshop in New Hampshire.

I have been thinking about the concepts of donations and fundraising for our District One Operating Budget, as a means of beefing up our money to be able to continue to support our workings of the District, such as club visits, board meetings, website costs and the like. These monies would not be tax deductible, of course.

I came up with a thought for a name for the fund. You know that the International fund like this is called AIM, for Altrusa Investing In Marketing Fund. For District One, how about M-O-N-E, pronounced money and standing for Money for (District) One? Anyone else have any ideas? Maybe we can initiate this adventure with a Fundraiser at Fall Workshop.

I have asked the Finance Committee Chair and Treasurer, Marie Pike, the Foundation Chair, Kathy Stasko and the Governor Elect, Susannah Leslie, to help with this new idea.

Let's go District One! The next DSB will be published in September.

Ann

Governor District One

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District One is on Facebook

Go to the District One Web page

www.altrusadistrict1.com

Click on the Facebook link

you can upload club photos on the site
and chat with other Altrusans

Altrusa International of Central CT Inc. welcomes Ellen Paris on January 27,2010.

President Pat Jackowski welcomed Ellen using the "Chain of Service" program. Each member present added a link to the chain of our club, and re-committed themselves to service and making a difference in our community.

Ellen learned about us through one of our literacy projects. She participated in our Gerard F. Melito Senior Citizens' Poetry Contest, and received an Honorable Mention. She was so impressed with the event and our other activities that she 'courted' us through the fall - participating in most every club activity and meeting! Finally, in January, she became our newest member. Being as she could not write a poem and enter our annual contest, she wrote one for her Initiation....

***To the Women of Altrusa District One
by Ellen Paris 27-Jan-2010***

Women of Altrusa, selfless and strong,
United in purpose, singing one song.
Finding a need while unselfishly giving,
Helping our neighbors with the hope of living.
Improving life's circumstances within their scope,
To replenish body and mind with renewed hope.
Volunteering for Literacy, Education and Health,
Food for babies, our Nation's Wealth.
Women of Altrusa, honorable and giving,
Helping society improve its quality of living.
Business women with foresight to see such greatness,
Women of our nation who strive for Progress.
Breaking down barriers to opportunities anew,
Worldwide, united with the Blue and White hue.

Please join us in welcoming Ellen to the Altrusa family! Stephanie Labbe of Central CT. read this as an Invocation at Spring Conference.

2010 District One Spring Conference Service Project

Saco-Biddeford Altrusans provided transportation to the 10 Altrusans participating in the service project. They worked in 3 different locations. At Florence House 4 people peeled and sliced potatoes and onions for the week. They prepared 50 lbs. of each. This was extremely helpful to the cook and assistant cook, who provide meals for over 80 homeless women. Another 3 Altrusans worked at Logan Place weeding, planting perennials and making the gardens beautiful. They had sore muscles but it beautified the sitting area for homeless men, who will enjoy the gardens all summer. The last group of 3 individuals went to the adult Resource Center. They helped organize the offices and went through boxes of mail for clients that had left and made folders etc. It was a tremendous help to the limited office staff. The work of these 10 Altrusans certainly made a difference to the adults who live at Florence House and Logan Place.

Florence House could use volunteers on-going because they have limited staff. They are trying to involve the women who live at Florence House but can't always count on them.

Important New Information Regarding Certificates of Insurance

Until further notice please contact the Altrusa International Office directly for a Certificate of Insurance for your Club or District events. We can be reached at: 312-427-4410. Remember, your event is covered under our \$2 million liability policy whether or not you request a certificate. The certificate is generally requested only when one of your event partners; such as your event facility, requests you to provide proof of insurance. The new Insurance Company is the New Hampshire Insurance Company.

Dues Deadline!



To all members: Don't forget to pay your dues by your club's deadline. Doing so will help your treasurer submit them to International and District in a timely manner. There is a push from International to get all dues in on time so that they can count everyone.

To Club Treasurers: You can access your club's International Dues Invoice at www.altrusa.com by logging in using your unique ID and password. Due by June 1st - a late fee applies after June 15th. Please be sure to send a copy of this invoice to District with the District share of the dues AND the \$25 club conference fee (which will not show on the invoice.) **Mail to Marie Pike, 165 Main Street, Buxton, ME 04093.**



**2010 District One
Fall Workshop**

Saturday, November 6, 2010

9:00 - 3:30 pm

Cost to be determined

Hosted by Altrusa of Carroll County

The District One Fall Workshop will be held at Madison Elementary School , 2069 Village Rd. , Madison , NH 03849 . More details will be sent electronically to membership and will be published in the September DSB.

New Altrusans

March 6, 2010 - ???

If you have new members in your club who are not recognized on this list please make sure to forward the necessary paperwork to District One Treasurer, Marie Pike and let the DSB editor know and we will include their names in the next DSB.

Greater Bangor: Nancy Harris, Colleen Bickford, Laura Cushing

Meredith: Diane Lane, Marsha Courtney, Sandra Mucci, Maribeth McEwan

Seacoast: Kathleen Spencer, Cheryl White

WELCOME TO ALTRUSA

What's New on the District One Website STAY INFORMED!

Couldn't make it to conference but want to find out what took place? Forgot to grab a handout at one of the workshop sessions? Need contact information for another club in the district? Want to find out what your district board was up to this past year? All this information and more is available on the

It's so easy, just click on the **Members Area link** on the home page under News and Events.

Username: **Altrusa** Password: **District1**

Here is what you'll find:

Directory Information:

Printable directory of all the Presidents & Vice Presidents for all clubs in the district.

Listing of the 2010 – 2011 District officers and committee chairs with email contacts

Conference Information:

2010 – 2011 Budget

2010 – 2011 District One Mission and Goals statement

Workshop presentations

2009 – 2010 District Officer Annual Report

Award Winners

Conference Registration list

Want to find out what other clubs in the district are doing for Literacy and Service projects? Go to the AD1 in Action tab and click on the local club projects to view a description of all the 2010 Letha and Mamie award submissions.

Leadership Development

By: Sue Hawes, Leadership Development Chair

213 Buck Street Bangor, ME 04401

smhbangor@aol.com

As the Leadership Chairperson this year I would like each of us to think about a few things:

Member Engagement

Professional Growth

Members as a Source of Recruitment

Obligation to our Members

I believe these are all necessary in Leadership Development. My goal for this year as your Leadership Development Chair is to help each of our Clubs ,and District One as a whole begin to examine these topics and how to move forward to implementation.

I am including here my contribution to an article on Leadership Development that ran in the Altrusan.

Altrusa is known worldwide as a Professional Service Organization. Many of our members come to us meeting the basic qualifications, but have never worked on a committee, run a meeting, held an office in an organization or had the opportunity to network with other professionals in such a variety of careers.

Leadership Development is essential not only in promoting our organization locally, nationally and globally but also in keeping our members engaged and giving them opportunities for personal professional growth. When our members are fulfilled and growing personally and professionally they will be a constant source of recruitment. These people, will take every opportunity to tout the benefits of this organization.

We have an obligation to provide the tools and opportunities necessary to enhance the growth of our members. We should be offering courses in Parliamentary Procedure, How to Run Effective Meetings, Responsibilities and Obligations of Committee Members, What it takes to be a Chair, Preparation for Higher Office, Public Speaking, Professional Appearance.....the list goes on and on. We may do our members a disservice if we assume these topics are already familiar to them.

One of the most basic beginning tools of Leadership Development is New Member Engagement. Ensure that members know the basics of our club structure, mission, vision, bylaws, etc. Have a formal program for all new members. Let's not fall into the trap of assuming any one member is passing the information along to a new member.



Winner of the 2009 Gabrielle Crepeau Leadership Award was

Ceil Andrews from Altrusa of Meredith

Congratulations Ceil from all of District One

Altrusa Foundation History

The Altrusa International Foundation is a not-for-profit, philanthropic corporation established in 1962 by Altrusa International, Inc., a worldwide volunteer service organization devoted to contributing to human well-being through the development and implementation of effective local community service programs. The Altrusa International Foundation is dedicated to improving economic well-being and quality of life through a commitment to community services and literacy.

Since its beginning, the Foundation has provided bold leadership with over 10,000 women earning graduate degrees and beginning successful professional and business careers through its two (2) original programs of assistance, the Grants-in-Aid Program and the Founders Fund Vocational Aid Program.

In 1977, Altrusa became the first volunteer service group to adopt literacy as the focus of its community activities. In response, the Altrusa International Foundation incorporated "Action for Literacy" into its philanthropic focus and established the ABC Literacy Grants program. The Foundation has supported the efforts of countless local literacy councils and programs through its literacy awards.

Today, the Foundation faces new challenges. Responding to the rapidly changing needs of communities, the Foundation has adjusted its focus, enabling it to support new areas of service while maintaining its traditional commitments to vocational services and literacy programs.

Foundation Corner

I had a great time at Conference catching up with old friends and meeting new ones. What a great job Portland did!! Thank you and thank you for your great support of the Silent Auction and the Raffle. A lot of money is being donated to the Foundation due to your generous support. To Martie T. from the Portland Club, thank you for the generous donation of your beautiful art piece. This was by far the most popular raffle item - the basket was filled. (I had \$20 in that basket and alas did not win.) You are a wonderful artist. Also thank you to Biddeford-Saco for the great center pieces. They were the perfect touch to the evening. Club 21 is going to get a very large check from the sale of the center pieces. Club 21 has lots of new members due to Edie Evans from the Seacoast club, alias Miss Club 21. Thanks Edie.

Speaking of Club 21, I would like to remind you all of the challenge thrown out at Conference. The first District One club that has 100% of its members enrolled in Club 21 will receive a sweet treat personally delivered by me and I will take a club picture to be sent to International. Which club will rise to the occasion??? If you need any pins or applications please email or call me at katt388@comcast.net or kstasko@yorkhospital.com 207-351-2323

Finally please join me in sending thoughts and prayers to our fellow Altrusans in Mississippi and Nashville. Mother Nature has not been kind to them this week. Altrusa Foundation will be assisting soon.

Have a Good Summer. Kathy Stasko, Foundation Chair

2010-2011 District One Committee Chairs

The Committee Chairs are willing and available to help your club as needed.

Sandy LaBonte	Archives	Seacoast	slabonte17@aol.com
Kelly Bennett	ASTRA	Meredith	batgirlnh911@yahoo.com
Monica Bennett	ASTRA	Meredith	duchessabc@metrocast.net
Pat Jackowski	BRR	Central CT	pjjejj@sbcglobal.net
Laura Cameron	Communication (web)	Laconia	lcameron@laconiaelectricsupply.com
Deb Smith	Communication (DSB)	Portland	N2Ldeb@yahoo.com
Marie Pike	Finance	Portland	mpike@otisatwell.com
Kathy Stasko	Foundation	Seacoast	kat388@comcast.net
Sue Hawes	Leadership	Bangor	smhbangor@aol.com
Jan Bosse	Membership	Biddeford-Saco	janbosse201@yahoo.com
Kathy Didato	Service	Central CT	kdidato@comcast.net
Susannah Leslie	New Club Building	Plymouth County	rleslie111@verizon.net
Patsy Peers	New Club Building	Quincy	patsypeers86@hotmail.com
Joanne Doherty	Club Revitalization	Portland	rdoh1244@myfairpoint.net
Terri Houston	Nominating Committee	Plymouth County	houston36@verizon.net
Susannah Leslie	Strategic Planning	Plymouth County	rleslie111@verizon.net
Terri Houston	Parliamentarian	Plymouth County	houston36@verizon.net

Meredith Altrusa Event Invitation

If you are in the NH Lakes Region area on the last 2 weekends in May be sure and stop by and visit the Meredith club at the following 2 events:

Saturday, May 22nd - The Meredith Altrusa Club will be participating in the town wide yard sale. We will be located at the Meredith Chamber of Commerce on Rte 3. Treasures can be found at great prices! So stop by and pick up something you just have to have.

Memorial Day Weekend, May 29th - 31st - The Meredith Altrusa Club will be selling delicious grilled hot dogs at the craft fair at Mill Falls on Rte 3. We have become famous for our delicious grilled hot dogs served up by our honorary member Steve Bennett. So take in the craft fair on Saturday, Sunday or Monday and at lunch time enjoy a hot dog. As you know, you will be helping out a good cause!



2009 Meredith event photos!



2010-2011 Club Visit Schedule

District Officers are scheduled to make the following club visits during the remainder of 2010 and 2011. District Officers will contact your club President to schedule the visit. The District Officer would like to attend a Board Meeting and a Business Meeting.

Bangor	Susannah Leslie
Barre	Kathy Stasko
Bermuda	Ann Babbitt
Biddeford-Saco	Cathy Boone
Carroll County	Sue Hawes
Central CT	Kathy Stasko
Fall River	Mary Faries
Laconia	Sue Hawes
Litchfield County	Ann Babbitt
Meredith	Susannah Leslie
Merrimack Valley	Mary Faries
Northeast CT	Susannah Leslie
Pejepscot	Susannah Leslie
Plymouth County	Ann Babbitt
Portland	Sue Hawes
Quebec	Joanne Doherty
Quincy	Ann Babbitt
Sanford-Springvale	Cathy Boone
Seacoast	Mary Faries

NEW MEMBERSHIP FORM

NOW AVAILABLE!

There is a new membership form that all clubs should be using. You will find it on the International web site.

Governor Ann Presents her Mission Statement & Goals

Mission: Altrusa District One 2010-2011

Simply:

To embrace an Altruistic core value for Altrusans and all people that we meet.

Goals: Altrusa District One 2010-2011

Simply:

To believe in and support each other in our Service and Leadership.

To be in Harmony with other Clubs, District and Altrusa International through learning and networking.

To attract and keep members because they want what they see in us.

Election Results

International Long Range/ Strategic Planning Committee

We elected Laura Cameron

Laconia

2011 - 2013 International Nominating Committee

We elected Cathy Baybutt

Carroll County

THE PIG GAZETTE

I have to admit I am missing my little friends but I am sure that they are all being pampered and well fed. Here's a little news on a few of our pink friends.

Central CT: This lady (no name yet) had a page on Facebook within 24 hours of joining. Wow, I wonder how many hits she's had to it.

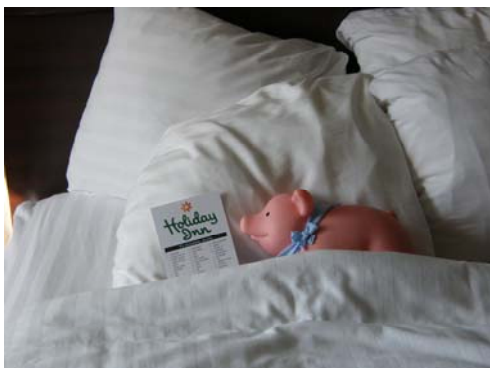
Portland: I heard a rumor that her name is Gladys but this has not been confirmed yet.

Seacoast: Hussey (after Elaine) has been a busy lady. She helped run the fundraising fair, attended an Altrusa board meeting, met the dogs (and charmed them), and went to a club meeting and was well fed there. She has also had her orientation to service projects. She assisted wheelchair racers at the Special Olympics and kissed all the winners. The next day she planted flowers for Mother's Day at the Birch Tree Learning Center. She has proved to be a good Altrusan and a busy one.

Carroll County: Carollee, the countess of Carroll County or C.C. for short, may be the diva in the group. She has a journal and a date book. She has sent an email to all club members introducing herself. Rumor has it she has a beautiful wardrobe and a full social calendar. C.C. has not forgotten her service work. She has been to a rehab center and is headed to Harley Heaven? Word is she is also being well fed.

I would love to hear about your club's new member and include the information in my updates. Tell them Auntie Kathy misses them and to keep up the good work and to eat a lot.

Kathy Stasko , Foundation Chair



Meredith ASTRA Club Activity

DONATIONS FOR OUR NH TROOPS

The Astra club has adopted the “Charlie Company”, 172 Mountain Division of the NH National Guard currently serving in active duty in Afghanistan.

ASTRA will be putting together and shipping care packages to these NH soldiers periodically throughout their deployment until March of 2011.

The soldiers have requested individually packaged, disposable hygiene supplies (disposable razors and travel size shaving cream, stick deodorants (no sprays or liquids), toothpaste and floss, gum, candy power bars, hand sanitizers, chap stick, sun block, saline eye drops, baby wipes in small packages, tea bags, cocoa mix, powdered coffee and creamer, crackers and easy cheese in cans, postage stamps, nail files, instant soups, soaps, shampoos, conditioners, hand creams, writing paper, cards, pens and pencils, crossword books, decks of cards, bandanas, baseball hats, small NH flags for their backpacks, foam footballs, comic books, bug repellent sticks or wipes, personal journals, small flashlights, phone cards, yo-yos, paperbacks or magazines, baby powder, foot powder, combs, small portable games. and snacks, and in particular sugar free drink mix packets to mix in their water.

ASTRA will also be sending disposable cameras (we need these donated also) to the soldiers who will take pictures of their positive interactions and experiences with the people of Afghanistan and send the cameras back. ASTRA will develop and put the photos in scrap books as a returning gift to the unit.

Want to donate? Contact Monica Bennett or Kelly Bennett - Meredith Altrusa Club.

duchessabc@metrocast.net

Changes in Staffing at the International Office

By Donna C. Johnson, President

Regina Baras is no longer serving as Executive Director for Altrusa International. She will be pursuing other opportunities and we thank her for her service to our organization. Tom Euler is the Acting Executive Director. Altrusa has planned an ambitious agenda for the upcoming years. Our goals include organizational revitalization and re-branding, steady growth in membership, integration of new technologies and increased member services. Due to the magnitude of change before us, your Board of Directors believes a complete assessment to evaluate the personnel needs of the International Office in Chicago and to determine the appropriate skill set for the new Director is necessary. President-Elect Dona Garretson has volunteered her time and expertise to go to the International Office for a period of time not to exceed four weeks (not consecutive) and conduct such an assessment on behalf of the President and the International Board of Directors. In addition, Dona will be available to assist the International Office staff in maintaining regular on-going activities while the search for a new Director is carried out and to insure we maintain adequate service levels. We will conduct the search as expeditiously as possible, but we will also make sure we do the job thoroughly. Once the position qualifications statement is written we will send it to all of you and encourage you to distribute it widely to those you think will be interested and suitable candidates.

Early Stage Revitalization and Branding Activities

By Rhonda Hauter, International Marketing Liaison

Following are some of the activities being planned as part of the early activities for our marketing initiative. World Café and Conversation Café: (visit: www.theworldcafe.com) Events are planned with results presented to the International Board at their meeting in July, 2010. These events are being designed to involve many Altrusans, ASTRAns and prospective members. These events will help develop leadership, gather vital information (formative) for use both internally and externally and as a springboard for future initiatives as well as ensuring significant involvement of membership in revitalizing our organization.

Community Service Organization (CSO): A review of CSO's will be carried out to help determine opportunities as well as looking at some of our weaknesses. For example if 'we' see ourselves as a Leadership Developer then I would expect that one of the weaknesses that might evolve is 'what is in this for me?' (WITFM?). It is possible that an expansion of benefits to members might be a strategic opportunity.

Strategic Sponsors, Partners & Grants: In order to expand the impact of our appeal a review of strategic sponsors, partners and grant opportunities will be conducted. The intent is to help source additional funding for projects, to provide an income source for the organization to further its growth and to leverage the impact of our marketing efforts by including major corporate organizations that have good community corporate citizenship as their goal. This will help tell the story of Altrusa in a very cost effective manner. Maybe the organizations identified will provide member benefits in addition to funding and other support?

Altrusa Cause: Develop a strategic 'cause' (Literacy?) that will be embraced by members and the local communities to further help tell the Altrusa story. The outcome of this will help determine the search criteria for the Altrusa Ambassador/Spokesperson.

Altrusa Foundation & ASTRA: Develop strategies for enhancing the value proposition of both of these entities thereby helping to grow Altrusa in the future.

Communications program development: Review current communications, make recommendations including social media, new media and current website.

Spokesperson/Ambassador: Once the research & cause has been determined we will at the January 30, 2010 Board Meeting, the International Board of Directors approved the recommendation of the Communications Committee that Miles Media of Gig Harbor, Washington be selected for the Revitalization and Rebranding of Altrusa. Altrusan Rhonda Hauter, of District Twelve was appointed to serve as the Marketing Liaison for this project. All information regarding project progress will be available for your review on the International Web Site on the Login Welcome page.

[Club Revitalization Manual Is Now Available:](#) on the International web site. It's free! This manual is full of wonderful ideas to help you re-energize your existing club members as well as generate new member interest in your club. Please be sure to get a copy for yourself and your Membership Chair. Just go to www.altrusa.com/publication

[How Do We Get the Younger Generation To Volunteer?](#) - Another interesting article from the Volunteer Power newsletter. This will be part of a series reflecting on what makes Generation Y tick.

So What Do I Get for My International Dues Any Way?

By Donna C. Johnson, President, Altrusa International, Inc.

One of the most frequent questions I get from districts, clubs, and members is an inquiry regarding what benefits there are for the payment of International dues. This question comes up especially often at this time of year, the time when International dues are to be paid for the next year.

This year I started a list of specific benefits and I plan to add to it every time I think of another “payback” we get from our dues. If you think of one that I haven’t listed here, please send it to me at president@altrusa.com.

\$2 million dollar liability insurance policy for club and district events.

Covers your club for accidents that may happen at a club sponsored event

An on-line “quick-quote” for single day event categorized as Charity Benefits, *Auctions and Sales* for 300 attendees was \$450.

Privilege of identifying your club as an Altrusa club

Use of the Altrusa trademark and logo

Support staff to answer questions for members, committee chairs, board members

Support provided to International Foundation who in turn

provides the 501 (c) (3) umbrella status under which clubs can easily establish a club foundation. Provides grants to clubs for service projects

Web site

referral point for prospective members

on-line shopping for Altrusa materials and supplies

access to Altrusa information, publications, and forms

access to update your personal information with Altrusa

Tools for use by clubs and districts

Encyclopedia

Club Revitalization Manual

Bylaws

includes model district bylaws

includes model club bylaws

ASTRA Manual

Recruitment Tools

Modern, stylish professionally designed brochure and rack card

Letterhead, envelopes and mailing labels

Public Service Announcement samples

Sample recruitment letters

For prospects you have met

For prospects you have not met

Altrusa business cards

International Altrusan magazine

Club Presidents’ E-News

Educational and motivational materials for club presidents

Useful to share with other officers and committee chairs

Useful for club newsletters

Useful for District Service Bulletins

Marketing support (beginning 2009) and long range strategic planning

Biennial Convention

Altrusa International, Inc.
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Return Service Requested

We're on the web
www.altrusadistrict1.com

Follow us on
Facebook

DSB Schedule for 2010-11

September 2010
December/January 2011
March 2011

Check the District One Website for 2010
Fall Workshop updates.

District One will be using Constant Contact
email marketing to keep you updated in
the future!

Coming Events

District One Fall Workshop 2010: November 6, 2010, hosted
by Carroll County Altrusa Club

District One 2011 Spring Conference:

April 15-17, 2011 Plymouth, MA

Altrusa International 52nd Convention: July 2011 at the
Ramkota Hotel and Conference Center, Rapid City, South
Dakota

Altrusa International 53rd Convention: July 2013 in New
Zealand