



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

District Service Bulletin

Volume 9, Issue 7

“Simply Altrusa”

September 2010

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SIMPLY the Governor's Message



Hello All District One Altrusans. Hope you enjoyed a lovely summer. I swam in the Portland Kiwanis pool almost every day! Yeh! I look forward to seeing you all at Fall Workshop 2010 in New Hampshire on November 6th. See the schedule in this DSB.

The District One Board met on a conference call on August 10th and for about 2 hours, continued to discuss the “workings of” District One. We are pleased to report that although we are dipping in to our “reserves”, we do have reserves to utilize. We would prefer to balance the budget each year and be “in the black” from year to year. We are confident that that will happen with increased membership. More people, more dues, more money to run the District. This “running” includes Board meetings, District visits, continuing to focus on our Missions, Strategic Plan, revising our Policies, updating our Conference Manual, revising our Guidelines for Awards, devising plans for increasing Membership, creating and following through with fundraisers for International Foundation (and possibly someday for District), discussing Club Revitalization, New Club building, and developing ASTRA, promoting leadership and image building, etc etc. We have decided to hold on implementing any plan for funds to be raised for the District, like the m-O-N-E-y idea. We propose continuing to mull that over as a District and as individual members, as hopefully our numbers increase over this year's 2010-2011 term and thus, funds increase.

See the Fall Workshop 2010 schedule to get an idea of all the interesting plans for that. Jan Bosse and Terri Houston, the Chairs of Workshop 2010, are putting together a great day for you. Please come and participate. If you are new, you will learn. If you are wizened, we appreciate your sharing of your Altrusa experience.

Let's go District One! Get your Club year rolling! September is here!

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**

CONFERENCE IS COMING!

WHEN: April 15 – 17, 2011

WHERE: The Radisson Hotel in Plymouth, MA

Altrusa International Inc. of Plymouth County is planning a wonderful Conference! We invite everyone to come early and stay late! For the early arrivals on Thursday, April 14th there will be an event in the evening that will surely be unusual and very different! For all of the busy hands we will have a “hands-on” service project Friday afternoon and a great tour of the “famous” Church of the Pilgrimage right in the center of Plymouth! District is planning exciting workshops and a dynamic speaker on Saturday. Don't forget the Installation on Saturday evening! Should be festive! More information will follow, but first everyone **MUST** come to Workshop in Madison, NH! See you all soon.

***PEJEPSCOT ALTRUSA ANNOUNCES
WINNERS OF THE LOBSTER RAFFLE***

Jessica Morrill, President of Altrusa International, Inc. of the Pejepscot Area is happy to announce the winners of this years Lobsters for Literacy raffle. First prize of six lobsters goes to Jen Parent. Second prize of four lobsters goes to Fred Miller. Congratulations to both winners and thanks to everyone who bought tickets.



ENGAGING ALTRUSANS
ALTRUSA DISTRICT ONE 2010 FALL WORKSHOP

NOVEMBER 6, 2010

Madison School 2069 Village Road Madison, N.H.

Host Club: Altrusa International, Inc. of Carroll County

Workshop Chairs: Terri Houston and Jan Bosse

Host Club Chair: Pam Beck, President

8:30 – 9:15 Registration

9:15 – 9:30 Welcome to Workshop - *Ann Babbitt, District One Governor and Pam Beck, President, Altrusa Club of Carroll County*

9:30 – 9:45 Introduction of the Workshop Presenters and an Overview of the Workshop Schedule *Terri Houston, Plymouth County and Jan Bosse, Greater Biddeford-Saco*

9:45 – 10:30 “Back By Popular Demand” – “Conference Awards – Descriptions and Criteria” and “How’s Your Pig?” – *Cathy Boone, Central Connecticut and Kathy Stasko, Seacoast*

10:30 – 10:45 Break

10:45 –11:45 Mini-Seminars

Session A – “How to Run Effective Meetings”

Session B – “How to Take the Fear Out of Public Speaking”

Session C – “Committee Structures and Member Obligations”

Session D – “Planning for an Altrusa Year”

11:45 – 12:00 Break

12:00 – 12:30 - Lunch

12:30 – 1:15 - Speaker – “Leadership Development – Simply Altrusa” - *Sue Hawes, Altrusa Club of Bangor and District One Leadership Chair*

1:15 – 1:30 Break

1:30 – 2:30 “The Three R’s of Membership: Recruit, Retain and Refresh” - *Monica Bennett, District One Astra Co-Chair and Hilda Schmidt, President - Altrusa Club of Meredith*

2:30 – 2:45 Break

2:45 – 3:30 “Town Hall Meeting” – Questions and Discussions – *District Board Members*

Closing of Workshop - *Ann Babbitt, District One Governor*



District One Altrusa Fall Workshop 2010 REGISTRATION

Welcome to WORKSHOP 2010! Saturday November 7th

9:15 am – 3:30pm

Sponsored by District One & the Carroll County, NH Club

At the Madison Elementary School, Madison, NH

Early Bird Registration \$30.00 (*postmarked* by Oct. 15th)

Regular Registration \$35.00 (*postmarked* after Oct. 15th)

Name: _____ Phone(s) _____

Address: _____

E-Mail Address: _____ Altrusa Club of : _____

INDICATE WHICH MORNING MINI-SEMINAR YOU PREFER TO ATTEND

_____ How to Run Effective Meetings _____ How to Take the Fear Out of Public Speaking

_____ Committee Structures and Member Obligations _____ Planning for an Altrusa Year

Make checks payable to: Altrusa District One
Mail this registration form and payment in full to:

Marie Pike

165 Main Street

Buxton, ME 04093

Please try to pre-register 2 weeks before the date of workshop
(walk-in registrations will be accepted)

SUGGESTED PLACES FOR OVERNIGHT STAYS DURING WORKSHOP 2010

Yankee Clipper Inn 603-356-5736 (ask for Betty)

1769 White Mountain Highway (Approximately 11 miles North of Madison Elementary)

North Conway, New Hampshire

<http://theyankeeclipperinn.com>

Room size and price

Double Occupancy (2 Double Beds) - \$ 79.00

Additional person \$15.00

Coupon for Breakfast at the Blueberry Muffin

(About 11 miles north of Madison Elementary School)

Mount Whittier Motel 603-539-4951 (ask for Emma)

1695 Route 16, Center Ossipee, NH (Approximately 11 miles South of Madison Elementary)

<http://mountwhittiermotel.biz>

Room size(s) and price(s)

Full-size Bed: \$69.00 Queen-size Bed: \$75.00 Two Double Beds: \$79.00

Full-size and Twin beds: \$79.00 Two Full-size and a Twin: \$99.00

With a block of 5 or more rooms, each room will be discounted \$5

Great little inexpensive breakfast diner, "Over Easy Café", 2 miles north on Rt. 16 (@ the M&V Convenience Store/Sunoco station)

Merrill Farm Resort 603-447-3866

428 White Mountain Hwy, North Conway, NH (Approximately 9 miles North of Madison Elementary)

(603) 447-3866

<http://merrillfarmresort.com>

Weekend Special - \$64.50/night (when staying two nights)

One night - single: \$108 double: \$118

Continental Breakfast



Driving Directions to 2010 Fall Workshop

The destination address for GPS is:

2069 Village Road, Madison, NH

Directions to Madison from Boston and South: Distance: 122.03 mi Time: 2 hrs 27 mins

- Merge onto I-95 N toward N.H./MAINE (Portions toll) (Crossing into NEW HAMPSHIRE). 38.4 mi
- Take the SPAULDING TPKE/RT-16 exit, EXIT 4, on the LEFT toward US-4/NH LAKES/WHITE MTS. 1.6 mi
- Merge onto NH-16 N (Portions toll). 60.0 mi
- Turn RIGHT onto NH-41/PLAINS RD. 5.0 mi
- Turn RIGHT onto VILLAGE RD/NH-113
- Continue to follow NH-113. 1.6 mi

Directions to Madison from Portland, ME - Distance: 59.8 mi Time: 1 hr 48 mins

- Take the Maine Mall exit from either I-295S or I-95N
- Turn LEFT onto MAINE MALL RD. 0.9 mi
- Turn RIGHT onto GORHAM RD/ME-114. 3.0 mi
- Turn LEFT onto ME-114/ME-22/COUNTY RD. -- Continue to follow ME-114/ME-22. 0.9 mi
- Turn RIGHT onto SOUTH ST/ME-114. 0.9 mi
- Enter next roundabout and take 2nd exit onto ME 112
- Pass through 1 roundabout. 2.5 mi
- Turn SLIGHT RIGHT to stay on ME-112. 0.8 mi
- Enter next roundabout and take 2nd exit onto OSSIPEE TRL E/ME-25. 25.0mi
- Turn LEFT onto OSSIPEE TRL/ME-160/ME-25. - Continue to follow ME-25 (Crossing into NEW HAMPSHIRE). 9.0 mi
- Turn RIGHT onto NH-153/EATON RD. Continue to follow NH-153. 5.8 mi
- Turn LEFT onto E MADISON RD. 4.3 mi
- Turn Left onto CONWAY RD/NH-113. (School's about ¼ mile on right).

Directions to Madison, NH from Barre, VT

Distance: 121.4 mi Time: 2 hrs 45 mins

- Turn Right on THEODORE ROOSEVELT HWY(US-2)
- go 0.2 mi
- Bear Right on US-2 - go 28.7 mi
- Take ramp onto I-91 S toward WHITE RIVER JCT (US-2 E)/I-93 - go 2.3mi
- Take exit #19/LITTLETON NH onto I-93 S - go 42.7 mi
- Take exit #32/N. WOODSTOCK/LINCOLN - go 0.3 mi
- Turn Left on RT-112 - go 35.6 mi
- Turn Right on WHITE MOUNTAIN HWY(RT-113) - go 1.1 mi
- Bear Left on DEER HILL RD(RT-113) (@ Coleman's)
- go 5.0 miles
- Bear right – continue on Rt. 113. School will be on the right - .25 mi

Directions to Madison, NH from Bangor, ME

Distance: 183.3 mi Time: 3 hrs 47 mins

- Merge onto I-95 S (Portions toll). 119.6 mi
- Take the US-202/ME-115/ME-4 exit, EXIT 63, toward ME-26 0.6
- Turn LEFT onto US-202/ME
- Continue to follow US-202/ME - 7.3 mi
- Enter next roundabout and take 1st exit onto US-302 24.9 mi
- Turn LEFT onto US-302 - 0.7 mi
- Turn SLIGHT RIGHT onto US-302
- Continue to follow US-302 - 14.4 mi
- Turn SLIGHT LEFT onto MAIN ST/US-302/ME-5
- Continue to follow MAIN ST (Crossing into NEW HAMPSHIRE). 8.9 mi
- Stay STRAIGHT to go onto NH-113/NH-16/WHITE MOUNTAIN HWY. 1.5 mi
- Turn LEFT onto DEER HILL RD/NH-113 (at Coleman's).
- Continue to follow NH-113. 5.0 mi
- Bear right – continue on Rt. 113. School will be on the right - .25 mi

District Photo Show

Take a picture, create a memory. Cathy Baybutt is working on the District One Slide show. She is looking for photos of Altrusans having fun, working hard, fundraising, serving the community. Also, what have your "Pigs" been doing? She'd love photo's and story's of the Pigs. Carroll County Altrusa's Pig, Miss Carrolle Altrusa, has a facebook page. Please friend her, she would enjoy reading your news and she knows you want to know what she's been up to. She has already posted news from her other pig friends, from Plymouth County, Biddeford-Saco, Laconia and Meredith. She's looking for more pictures. If you do send pictures, please make them at least **medium size and jpg format**. The larger photo's look better on the big screen! Send a little story, so she know what the photo represents. Email your photos to cb2583@roadrunner.com



New Altrusans

March 6 - September 1, 2010

Maria Conti-Reilly - Barre

Judy Addazio - Litchfield County

Betsey Hill - Litchfield County

Janet Gulezian & Wendy Wallace - Meredith

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

Cheryl Harrison, Sheryl King - Northeastern, CT

Irene Sheehan - Northeastern CT

Marianne Bielawski - Plymouth County

Lilsa Budge-Johnson - Plymouth County

Carolyn Holman - Portland

Irene Gagne - Quebec

Beverly Hanly - Quincy

Susan Lavalle - Sanford/Springvale

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. We will include their names in the next DSB.

WELCOME TO ALTRUSA



Miss Carrolle Altrusa attended the Mad Hatter Birthday party hosted by the Carroll County Club with attendees from Laconia, Meredith and Portland. As you can see she was dressed to impress. That evening she raised another \$20 for the Altrusa Foundation and Camp Safe Haven. She's attended many events and always has her hoof out asking for donations. She's really does stimulate conversation. She's looking forward to meeting all of the other "Piggy's" and can't wait to exchange stories. She's keeping a journal and posts events on her Facebook Page, Carrolle Altrusa. Her motto is always have fun in whatever you do. She's done modeling, had a dentist appointment, recruited new members, visited the rehab center, Painted a painting, helped at a plant sale, attended a HOG (Harley Owners Group) meeting and of course shared lots of personal time with her CC Altrusa sisters. She would love to hear from other Piggy's. So send her an email at cb2583@roadrunner.com.

What's Been Happening with the Revitalization and Re-branding Project?

by Donna Johnson, President, Altrusa International, Inc.

At the July 2010 Board meeting Rhonda Hauter, Marketing Project Liaison made a presentation to the International Board of Directors providing the Board with an review of project progress and an updated timeline.

Research and summary of the findings began in March 2010 and will continue through September 2010. The research strategy sought to gain a deeper, actionable understanding of how Altrusa's mission and approach resonates with both members and targeted non-members. Discovery process findings were derived from conversation cafes, traditional focus groups and conversations at the recent District Twelve Conference in Canyonville, Oregon. Much information has been derived from these activities (almost 80 written pages, plus recordings and videotapes) and in depth analysis is still in progress. However, three key themes have clearly emerged from that research; the need of volunteers for clarity, flexibility, and inclusion.

For Miles Media to move forward in creating a marketing strategy for Altrusa and developing our new brand there are many questions we must answer for them. And we must answer these questions quickly if we are to remain on our targeted schedule. Here are just a few examples to get you thinking.

Clarity

What are we passionate about? What is our compelling purpose?

What do we want to be known for? Literacy? Encouraging Reading, Something else?

Who do we want to join us? Are we all sending the same message?

Flexibility

How can we make it easy for members to participate in activities without diluting the goals of the activities?

What does "respecting our members" look like?

What real or perceived "rules" can we change that would make it easy for others to be an Altrusan?

Inclusion

What is each member's role & responsibilities towards each other, new and established? What is your idea of inclusion?

Who do we want to join us? Men? Women?

Should we broaden eligibility requirement beyond professionals/executives? Add a membership category for potential professionals/executives/community leaders?

Keep classifications?

How can we help our members grow and become leaders in their communities?

Watch for the updated project timeline which will be distributed through the September Club-Presidents' E-News and for an on-line survey soliciting your input on these important questions facing our organization. Remember, you can always find the latest information about the Revitalization and Rebranding Initiative as soon as you login to www.altrusa.com

Biddeford-Saco Altrusa Club Fights Aids and Participates in the 2010 Relay For Life



The Altrusa International Club of Biddeford – Saco recently donated over \$1430 to the the Altrusa International’s CLUB 21 which supports a healthy summer experience for children with AIDS/HIV. “SAFE HAVEN” Camps are located in North Carolina and more recently on Martha’s Vineyard. The money was raised through a silent auction of 24 custom made nautical themed centerpieces used at the ALTRUSA International District I Conference held at the Holiday Inn West in Westbrook April 23-25, 2010. Over One Hundred Altrusans from the New England area, Canada, and Bermuda gathered for the purpose of sharing service oriented projects, leadership training and the election of District I Officers. CLUB 21 is only one of many worthy causes supported by Altrusans worldwide

2010 Relay For Life

Pictured L to R are Biddeford-Saco Altrusans: Lucille Prescott, Linda Hennebury, Beverly Stoops, Judy Cadorette, Sandy McKenney, Nancy Phillips



Pejepscot Altrusans Deliver books for their Book Blast

Altrusa International, Inc. of the Pejepscot Area, with the help of a grant from Altrusa International Foundation, presented books to eleven area middle and high school libraries.

The need for books in the elementary schools is met, in part, by PTA's and other service organizations while middle and high school libraries are ignored. Our teacher member challanged us to do something about it. As a result we have established Book Blast as an ongoing project.



In the photo L to R: Pejepscot Altrusans Jane Long and Jessica Morrill are shown presenting books to Lisbon High School librarian, Judith Lashman.

The Leadership Corner

Sue Hawes, 2nd Vice Governor

942-6830

We, not only as Club, District or International Officers, but more importantly members of Altrusa have a responsibility to our new members. Are we ensuring that our new members are engaged in our clubs? Are we using the very talents that drew them to Altrusa in the first place? Are we properly training? Have we assigned a mentor? Do we push our new members to fast into a leadership position? Let us examine the VIP process.

V = Valued. Our new members are our best marketing tool. When these members are engaged and active in a club they will go out and willingly recruit as they tell their story. They form the foundation that will keep our clubs healthy. They should not only be sought out but nurtured and valued. How do we do that? Let's continue.

I = Instructed and Invited. All new members need to be instructed, not just given an Encyclopedia to read and a "Sheep Dip" Orientation. There needs to be one on one training and conversation with plenty of time for questions. Assign a mentor or "Buddy" who will remind them of meetings, spend time with them at the meetings and invite them to join in our various events. We cannot assume that someone else is doing this. Step up and get to know the new members.

P= Promote, Praise, Prepare. We all need to Praise and Promote our new members. Introduce them to other members. Invite them to be a greeter. This is a great way for them to engage with and get to know the other members. During social time, play games that will enhance getting to know each other. Have fun together. New members will disappear if all we offer is a busy meeting with no social time. Most important, prepare these new members to assume responsibility roles. Ensure this is done at a comfortable pace for the new member. Invite them to attend several committee meetings before assigning them to one, see where their passion lies. Pushing a member into a role they do not want will cause them to leave the club.

New Member Leadership Development is a responsibility of our all of us.

**With the proper tools, all of our new members will thrive
in their clubs and their communities.**



Our Most Important Asset.

Altrusa International, Inc.
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Portland, ME 04102



We're on the web
www.altrusadistrict1.com

Follow us on
Facebook

DSB Schedule for 2010-11

December/January 2011
March 2011

District One continue to use 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 Spring Conference: April 15-17, 2011 hosted by Plymouth County at The Radisson Hotel, 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