



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

District One Service Bulletin

Volume 12 Issue 8 "Leaders in Service"
February/March 2015

District One Officers 2013-2015

Mary Faries
Governor
441-295-3596
maryff@ibl.bm

Sue Hawes
Governor Elect
207-745-7751
smhbangor@aol.com

Anne Rash
First Vice Governor
860-617-5715
annerash@charter.net

Gay Douglas
Second Vice Governor
860-647-1581
ellengdouglas@gmail.com

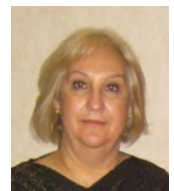
Marie Pike
Treasurer
207-219-8653
207-929-0964
pikerino2@aol.com

Lois Bloomer
Director
207-848-5028
bloomer_agency@juno.com

Georgette Rondeau
Director
418-826-0604
georgette_rondeau@gmail.com

Susannah Leslie
Immediate Past Governor
781-871-3676
rsleslie111@verizon.net

GOVERNOR'S MESSAGE



Hello District One Members!

I see that it is another rough winter for some of you again.

This DSB is meant to be a short one this time and is more of an information guide for the upcoming April 2015 conference to be held in Quebec, Canada. The ladies of the Quebec Club are already working hard with preparations to ensure us a fabulous time in old Quebec City, Canada. The Saturday night installation of the new District One Board for 2015 – 2017 will be a "dress up" affair, so let's pull out those clothes that we have not worn for a while and let's make this a fancy evening. No need to go out and buy anything fancy though. We'll just go shopping in our closets.

Inserted in this District Service Bulletin is some very important information regarding the making of your hotel reservations for conference and other useful notes, so I urge you to read it carefully to ensure that you are getting your good deal for conference 2015. All of this information is also on our District One website www.districtone.altrusa.org under the 'events and calendar' tab.

The Registration Form is included with a couple of pages providing information on the meals for easy selection. You only need to pick your Friday lunch and Saturday night meals and tick these on the registration form. All of the others will be more of a buffet style presentation for easy picking.

Remember to send out your award submissions. The information on where you should be sending these for judging is also enclosed. These ladies will go out and engage non Altrusa members to judge your community service projects.

Please encourage your members to keep looking through our website for many upcoming events put on by our sister clubs. Remember we should forward all of our Club information on to our web genie Denise Doyon at ddpills@maine.rr.com as we are all interested on what is happening in the District and our members also love to visit their neighbour clubs and have fun so we look forward to seeing many of you in attendance at their events.

Ladies, please pass on a copy of this DSB to all of your members via their e-mail addresses and to those who are not able to access the website or do not have the means to obtain this information. Your members will appreciate it.

Mary

IN THIS ISSUE:

Governor's Message	1
Save the Date	2
Spring Conference	3-6
Conference Award Submissions	7
Applying for a Foundation Grant	8
Central Connecticut News	9
Carroll County News	10
Quebec News	11
Fun Stuff	12
Club Presidents	13
District Committee Chairs	13
New Members	14
The Last Word	14

"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart"

Helen Keller



SAVE THE DATE!

April 24-25, 2015

District One Spring Conference
Hosted by Altrusa International of Quebec

July 17-20, 2015

International Convention
Kansas City, MO

November 7, 2015

District One Fall Workshop
Hosted by Altrusa International of
Plymouth County, MA

April, 2016

District One Spring Workshop
Hosted by ??
(in discussion)

November 2016

District One Fall Workshop
Hosted by Altrusa of Greater Hartford, CT



DISTRICT ONE SPRING CONFERENCE QUEBEC, CANADA April 23-26, 2015

- **Hotel Chateau Laurier, Quebec
1220 Place George – V Ouest
Quebec City, Quebec G1R 5B8
Canada**

Tel: 418-522-8108

Fax: 418-648-9929

e-mail: laurier@vieuxquebec.com

- **Conference reservations: Altrusa confirmation number 14201**

Reservations by telephone call: 1-800-463-4453

Reservations by fax: 1-418-524-8768

Reservations by email: reservations@vieuxquebec.com

****NO LATER THAN MARCH 24, 2015**

****MAKE SURE YOU QUOTE ALTRUSA'S CONFIRMATION #14201**

- **Group rates are good for 3 days before and 3 days after conference, subject to hotel availability**
- **Room rates are \$129.00+tax per night**
- **\$20.00 per night additional for triple occupancy or more in one room**
- **Check-in is 4:00 pm on day of arrival**
- **Check-out is no later than 12:00 noon on day of departure**
- **We have booked 50 rooms**

- **Applicable taxes**

***Accommodation tax 3%**

***Federal goods and service tax 5%**

***Quebec sales tax 9.975%**

The above mentioned taxes are subject to change without notice

ALL RATES ARE IN CANADIAN DOLLARS!

- **Complementary high speed internet access in the guestrooms**

- **Parking**

****With accommodation – unlimited in/out privileges
Overnight until 1:00 pm on the day of departure
Special rate \$14.00+ applicable taxes
Supplement of \$4.00 per day for valet services**

****Without accommodation (taxes included)
Limited in/out privileges
Payable by cash or credit card upon exiting the facility
\$24.00 per day for valet services
First 20 minutes \$2.00
20 Additional minutes \$1.50
Weekdays (12 Hours) \$18.00
Full day \$23.00
Evenings and weekends (in 6 hour blocks) \$7.00**

RATES ARE SUBJECT TO CHANGE WITHOUT NOTICE!

HOTEL IS 100% SMOKE FREE!

**Please remember to quote the
Altrusa Group Number – 14201
when making your reservation to get the special room rate!**

**Reservations must be made not later than
March 24, 2015**



SPRING CONFERENCE MENU INFORMATION

Friday Lunch

This meal will be based on pastas (Amorini) which will be served either with chicken, white fish fillet or grilled vegetables.

Friday Dinner

All of the dishes will be on the table as it will be Sugar Shack Style and guests will have enough to choose from. Of course it is oriented toward maple products and what people are served when they go to a sugar party, but in a more sophisticated way.

The chef will reduce sweetness where necessary but generally speaking, this meal is not that sweet except for the desserts. We changed the ice cream for fruit salad. In any case, anyone with diabetic problems can ask for another choice, provided we know in advance.

Saturday Dinner

A French style dinner.

Buffet breakfasts for Friday and Saturday

A Health Smart buffet which had a better range of choices for everyone, was chosen.



SPRING CONFERENCE BUS TRANSPORTATION AVAILABLE

Governor Elect Sue Hawes has announced that there will be an easy and reasonably priced way to get the Spring Conference in Quebec!

Reserve your seat on a bus that will be picking up passengers in Portland and Bangor, Maine on the morning of March 23rd and returning on Sunday, April 26th.

The cost is just \$55.00 per person and it is hoped that the passengers will visit St. Anne's Cathedral on Thursday before check-in.

Anyone choosing to travel to Quebec on the bus must have a passport or border crossing card.

To reserve your seat or for more information, contact Sue Hawes at smhbangor@aol.com

TOP FOUR THINGS TO SEE AND DO IN QUEBEC!

1. OLD QUEBEC

The friendly atmosphere and affable locals add to the European charm. You'll find horse-drawn carriages, street entertainers, singers, and artists, particularly at Old Québec's own open-air art gallery, Rue du Trésor. High atop Cape Diamond, stroll along the Dufferin Terrace overlooking the St. Lawrence River and the surrounding area. Or come watch the ice making its way down the river in winter

2. FORTIFICATIONS OF QUEBEC

Discover beautiful cityscapes and see how Québec's defenses developed under the French and English regimes. Cannons, loopholes, a star-shaped Citadel, Artillery Park, and fortresses are all part of this outstanding tour!

3. PETIT-CHAMPLAIN DISTRICT AND PLACE-ROYAL

As you wander past period buildings along cobblestone streets, enjoy the area's boutiques, art galleries, and restaurants. There's magic in the air, particularly over the Christmas holiday season. The oldest neighborhood in North America is also home to [Musée de la civilisation](#), a bridge between the past and future with its modern design and fascinating exhibitions.

4. ST. LAWRENCE RIVER AND VIEUX-PORT DU QUEBEC

*The **St. Lawrence River**—a massive presence cutting clean across the Québec area—cannot be overlooked. Gateway to America, it has been a part of the city's economic landscape for over 400 years. Harbour and trade activities and the ever-growing number of cruise ships docking in the [Vieux-Port de Québec](#) testify to its importance. A public market, park, bike path and shows also bring the Vieux Port to life and help make this river-washed place truly idyllic. Near the bridges that span the River, the [Aquarium du Québec](#) not only provides an outstanding view of the majestic waterway, but also presents the marine mammals and species that inhabit it.*



**ALTRUSA INTERNATIONAL DISTRICT ONE
Spring Conference Registration
April 24-25, 2015
Host Club – Quebec, Canada**

REGISTRATION INFORMATION – PLEASE PRINT OR TYPE

Name _____

Mailing Address _____

City _____ State ____ Zip _____

Phone _____
Circle one: Home / Work / Cell

Email _____

Preferred Name on Nametag _____

Club _____

Please check all that apply for the 2014-15 year:

CLUB	DISTRICT
<input type="checkbox"/> President	<input type="checkbox"/> Officer
<input type="checkbox"/> Treasurer	<input type="checkbox"/> Past Governor
<input type="checkbox"/> Delegate	INTERNATIONAL
<input type="checkbox"/> Alternate	<input type="checkbox"/> Representative
<input type="checkbox"/> Member	<input type="checkbox"/> Officer (Past or Present)
<input type="checkbox"/> First-Timer	
<input type="checkbox"/> Guest	

REGISTRATION

Session	Fee	Enclosed
Early Bird Registration (postmarked by 3/15/15)	\$55.00	
Registration (postmarked after 3/15/15)	\$60.00	
Friday Breakfast	\$27.00	
Friday Lunch	\$45.00	
Friday Dinner	\$60.00	
Saturday Breakfast	\$27.00	
Saturday Dinner	\$60.00	
Full Meal Package	\$	
Total Registration	\$	

Please describe any food allergies or if a special diet requirement is needed:

Friday Lunch: (Pick one)
Chicken Fish Vegetarian

Saturday Night Dinner: (Pick one)
Vegetarian Salmon Chicken

Complete registration with all meals and postmarked by March 15, 2015, for a \$5.00 savings
PLEASE COMPLETE A SEPARATE FORM FOR YOUR GUESTS ATTENDING ANY BREAKFAST OR DINNER MEAL.

Payment:
Send completed registration forms and a cheque for the total registration to our District Treasurer:
Mrs. Marie Pike
8 Stratton Rd.
Scarborough, ME 04074 U.S.A.

Make Cheques Payable to: Altrusa District One



CONFERENCE AWARD SUBMISSIONS

District One clubs are encouraged to make submissions for the many available awards that will be awarded at the Spring Conference. Submissions should be forwarded to the following members:

Mamie L. Bass Award

Miss Gay Douglas
P.O. Box 1674
Manchester, Ct 06045
U.S.A.

Gabby Award

Mrs. Sue Hawes
213 Buck Street
Bangor, ME 04401
U.S.A.

Letha H. Brown Award

Miss Gay Douglas
P.O. Box 1674
Manchester, CT 06045
U.S.A.

Nina Fay Calhoun Award

Mrs. Susannah Leslie
671 Webster Street
Hanover, MA 02339
U.S.A.

Publicity, Newsletter and Yearbook Awards

Mrs. Anne Rash
33 Samuel Lane
Mansfield Center, CT 06250
U.S.A.

ALL SUBMISSIONS MUST BE POSTMARKED NO LATER THAN MARCH 10, 2015!



JUMP INTO THE NEW YEAR BY APPLYING FOR A FOUNDATION GRANT!

Submitted by Marguerite Lovell – District One Foundation Liaison

If your Club hasn't applied for a Foundation grant, start the year by getting your application together now! Grants range from \$250 to \$2,000 based on needs and the funds that are available and are subject to specific selection criteria. Details of the criteria are available on the International site at www.altrusa.org under the member tab, and clubs are limited to one grant per fiscal year.

Altrusa grant applications can be for vocational assistance, graduate school assistance to International students from developing countries, literacy projects, and community service projects sponsored by local Altrusa clubs. Several clubs in District One have been successful in obtaining grants in the past few years.

The next deadline is in March, so now is the time to resolve to encourage your club to submit an application for that ongoing project which the Club wants to take up a notch or jumpstart that marvelous new project! Or maybe you know of an individual in our community who would benefit from vocational assistance.

The upcoming deadline for applications to be submitted to the International Foundation Office is March 15th. Funding decisions are made by April 30th and the grants are awarded on May 15th.

To access a grant application, click on member log-in and log in with your e-mail address and individual password. Once logged in, click the Foundation drop down box and select Grants. Scroll down the page to check option under Project Grant or Individual Grant. If your Club has not previously applied for a grant, click Guidelines and Sample. Even if you're a seasoned pro, you might still want to review this to ensure that your application is filled in correctly.

The Application form can be filled out, saved and submitted. It's as easy as that! So, start now on getting your application in and jump into 2015 by applying for a Foundation Grant!



CLUB NEWS

CENTRAL CONNECTICUT CELEBRATES 25 YEARS OF DIDATO MEMORIAL BABY FOOD DRIVE



Altrusa International of Central Connecticut was proud to celebrate their 25th Annual Didato Memorial Baby Food Drive recently. The drive, which collects baby food, formula, diapers, wipes and baby clothing celebrates the kindness and service of the Didato Family. Shown in the above photo, Amazing Grace Food Pantry representative Ebony brought a minivan to collect the donations and stated that “There was nothing at the food pantry to give to the youngest in need”.

The food pantry was sincerely grateful for the efforts of the Central Connecticut Club!



CLUB NEWS

CARROLL COUNTY A BUSY CLUB DURING THE HOLIDAYS



On December 7th, a group from Carroll County Altrusa, along with friends and family, volunteered to perform as elves at the Polar Express in Glen. The Polar Express is a major fundraiser for the Believe in Books Foundation, which provides children's books to local libraries and schools. The "elves" put on our costumes and escorted children and families from the train to Santa's workshop. They all had fun choosing their elf name (Sparkle, Dusty, Jingles etc.) and embellishing our imaginary elf jobs!

The staff of DCYF and members of the Carroll County Altrusa Club recently hosted a Christmas party for all the foster families in the county. The event was held at Madison Elementary School and included crafts, face-painting and balloon animals as well as a gift of a new book, hat and gloves for each child that attended. The event is an annual event for the club.



On December 11th, Carroll County Club members Dorothy Wondolowski, Marsha Brown and Kathy Somerville met with Wendy Holmes, President of the Jen's Friends Foundation Board, to present the Club's annual donation in support of this worthy cause. Jen's Friends provides financial help as well as drivers and personal support to local residents battling cancer.





CLUB NEWS

QUEBEC CELEBRATES THE HOLIDAYS



Joyful and somewhat mischievous elves had a rendez-vous with the Altrusans of Quebec to celebrate the 19th traditional Christmas feast for the elderly of Villa d'Or, St.-Nicolas. Music, games prepared especially for the occasion, goodies and gifts from Santa Clause were all on the menu. The goal: to make sure their elderly friends experience another wonderful and unforgettable day during this celebration season. A giant thank you goes out to all members that participated in this event and to Georgette who planned and organized it!



Thanks to Bell Canada for their generous \$2,500 contribution to Altrusa International of Quebec, for their Foundation. The donation was made in recognition of their volunteer work.



Quebec newsletter editor Madeleine reminds everyone that it is Winter Carnival time in Quebec and wishes everyone a happy Carnival!

QUEBEC TRIVIA



1. What is the Château Frontenac hotel known as being?
- *The hotel is the most photographed hotel in the world.*
2. In 1930 this road safety implement was first seen near the Quebec border.
- *Lines that divide the road between coming and going traffic.*
3. What does Quebec's motto "Je me souviens" mean?
- *"I remember". (Ironically, the meaning of what Quebec is remembering has been debated and analyzed for decades)*
4. What notable Star Trek star was born in Montreal, Quebec?
- *William Shatner*
5. What percentage of Quebec City inhabitants consider English to be their primary language?
- *1.5%*
6. What river in Quebec are most cities and towns located along?
- *The St. Lawrence*
7. What war did the British and French fight in Quebec?
- *The Seven Years' War*
8. What percentage of Quebec is covered with forest?
- *50%*
9. What large event is held each February in Quebec?
- *Winter Carnival*
10. Quebec resident J.A. Bombardier invented this vehicle in 1959.
- *Snowmobile*

CURRENT DISTRICT ONE CLUB PRESIDENTS

Bangor, ME
Martha Porter
jrmepoter@gmail.com

Bermuda
Mary Faries
maryff@ibl.bm

Biddeford-Saco, ME
Denise Doyan
ddpills@maine.rr.com

Carroll County, NH
Thelma LeBlanc
tleblanc01@roadrunner.com

Central Connecticut
Elsie Mathews
elsie.altrusacentralct@gmail.com

Fall River, MA
Sally Evans
sally@organloft.org

Greater Hartford, CT
Violet Sims
violetsims@yahoo.com
altrusagh@gmail.com

Laconia, NH
Deanne Murphy
murphdee3@gmail.com

Litchfield County, CT
Patricia Fairchild
william.r.fairchild@snet.net

Meredith, NH
Carol Gerken
cfgerken@hotmail.com

Merrimack Valley, MA
Eleanor Zwicker
emzwicker@verizon.net

Northeastern Connecticut
Bonnie Ryan
bonbill@charter.net

Plymouth County, MA
Joan Osborne
josborne@lmhspc.com

Portland, ME
Pam Lemieux
vze2hwpv@myfairpoint.net
pamela.lemieux@myfairpoint.net

Quebec
Gilberte Lessard
gilbertelessard@videotron.ca
or
Georgette Rondeau (English)
georgette.rondeau@gmail.com

Quincy, MA
Sue Parker
sparker@familynurturing.org

Sanford-Springvale, ME
Linda Gulnac
summer04073@yahoo.com
kitchenqueen26@gmail.com

Seacoast, NH
Edie Evans
beachedie@gmail.com
altrusaoftheseacoast@gmail.com

DISTRICT COMMITTEE CHAIRS

Parliamentarian & BRR Chair – Joanne Doherty, Portland, ME Club

Archives – Sandra Labonte, Seacoast, NH Club

Membership Development – Anne Rash, N.E. CT Club

Service – Gay Douglas, N.E. CT Club

Leadership Development – Sue Hawes, Bangor, ME Club

Foundation Liaison – Marguerite Lovell, Bermuda Club

Communications – Marie Pike, Portland, ME Club

DSB Editor – Liisa Budge-Johnson, Plymouth County MA Club

New Building Club – Gay Douglas, N.E. CT Club

Webmasters

Denise Doyon, Biddeford-Saco, ME Club

Cathy Baybutt, Carroll County, NH Club

Kathleen Somerville, Carroll County, NH Club

DISTRICT ONE MEMBERSHIP GROWING!

Welcome New Altrusans!

Jan Gilbert – Laconia Club (reinstated Member) – Sponsored by Tracie Grant
Francine Breton – Portland Club – Sponsored by Patricia Maxim
Sarah Weeks – Portland Club – Sponsored by Anita Chandler
Nicki Griffin – Portland Club – Sponsored by Anita Chandler
Tiffany Shaffer – Central Connecticut Club – Sponsored by Kathleen Didato

Does your club have new members that are not listed here? Forward the name of the new member, your club name and the sponsoring Altrusan to District Bulletin Editor Liisa Budge-Johnson (owatasave@yahoo.com), and the information will be listed in the next issue!

**The Last
Word...**

