

PRESIDENTS MESSAGE

Happy New Year to Everyone,

Well can you believe it is already January and time to start the ball rolling for this years Taste of the Lakes. I hope that you all had a wonderful holiday. It was a very long time between formal meetings and it was good to see some of you at the business meeting the other night.

I know that being election night it was hard for some of our members to make the meeting, but hope to see you at our upcoming program meeting on January 22nd. It should be very interesting.

We have been trying to come up with different ideas on a new membership drive so if anyone has any ideas please e-mail me and I will put it on the agenda for our next business meeting. That also goes for any new service projects. We can always use new ideas.

I am sure that you skiers are very happy with all this snow and I am sure that it helps with the local economy. It sure is beautiful. I would miss the change of the seasons, that is why I will always live in New England.

I hope that you all have a Very Happy and Healthy New Year.

Shirley

IMPORTANT DATES

Program Meeting – January 22rd at Patrick’s at 5:30 p.m.
Board Meeting – February 5 at Soda Shoppe at 7:00 a.m.
Business Meeting – February 12th at BCNH
Program Meeting – February 26th at Patrick’s at 5:30 p.m.



Altrusa of Laconia, NH
Business Meeting Minutes
January 8, 2008

Shirley called the meeting to order at 5:30 PM. The meeting was well attended by members. There were no guests in attendance. Copies of the minutes from the December business meeting were handed out. Penny motioned, Sharon seconded, and an aye vote was cast to accept the meetings from the last business meeting. Kathy presented the financial reports for the month.

Penny presented correspondence. We received a Thank You note from the Greater Concord SPCA for donating the dog biscuit stockings. We also received an invitation from the Chamber of Commerce for their Annual Awards Meeting/Luncheon, to be held January 22 at the Margate. St Vincent de Paul sent a thank you note along with information regarding volunteering for their organization. Penny sent the club a thank you note, expressing her appreciation for our donation in her name to Making Strides for Breast Cancer Research.

Shirley reported that there were 5 birthdays celebrated at BCNH this month, and the party was well attended.

Laura presented info for the Foster Care Committee. We donated five \$50 Tanger Outlets gift cards and they were given to 5 teenagers in the program.

Donna reported nothing new with the Literacy Committee. She is scheduling a committee meeting to work on Betty the Bookworm and to write the award submission for Make a Difference Day.

Shirley presented an idea to use an old yearbook and invite members then, who are no longer members to a membership drive event. Following some discussion, it was agreed that the Membership Committee will plan an alumni event for the May 27th program meeting.

The Taste of the Lakes sign up sheet made the rounds. The solicitation committee met following the business meeting to get the solicitation letters process started.

Shirley read a letter from Terry Houston that included District Updates. They included info regarding due dates for award submissions.

Happy Dollar announcements included Diane's news that she has a new granddaughter and Jean demonstrated her new quilt pattern purse.

Program Meeting at Patrick's January 22nd will feature Rolanda Sarkis, an acupuncturist and Chinese herbal medicine practitioner. The next Board Meeting is scheduled for Tuesday, February 5th at 7 AM at The Soda Shop.

The next Business Meeting will be February 12th at 5:30 PM at the Belknap County Nursing Home.

The Birthday Party will be hosted by the Laconia Club this year and is scheduled for April 22nd.

The District One Spring Conference will be held in Portland Maine the weekend of April 25th. The special room rate is \$75 per night.

The meeting was adjourned at 6:15 PM. Respectfully submitted by Donna Werda



January 2008 Newsletter
Altruistically Speaking
Laconia, NH 03246

Altrusa Int'l of Laconia
 Financials
 November 31, 2007
 Prepared By: Kathy Morin

Internal Funds (Operations)

Checking Account

Previous Balance **\$ 4,397.30**

Income

Dues	\$ 95.00
Program Meal 10/07	\$ 12.00
Interest	\$ 0.36

Total Income **\$ 107.36**

Disbursements

J & J Printing	\$ 137.00
Altrusa Int'l (Dues)	\$ 55.00
District One - Altrusa (Dues)	\$ 15.00
Web Site Design (S. Noyes Gift Certificate)	\$ 500.00

Total Disbursements **\$ 707.00**

Current Balance **\$ 3,797.66**

Savings Account

Previous Balance **\$ 3,704.26**

Income

Interest	\$ 1.57
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Disbursements

\$ -

Current Balance **\$ 3,705.83**

Foundation Funds

Checking Account

Previous Balance **\$ 4,440.31**

Income

Holiday Parade	\$ 440.00
Craft Fair	\$ 106.50
Interest	\$ 0.44

Total Income **\$ 546.94**

Disbursements

NEI - Citizen of Laconia	\$ 250.00
Foster Care Project	\$ 177.85
Literacy - Make a Difference Day	\$ 219.68
State of NH - Filing Fee	\$ 75.00

Total Disbursements **\$ 722.53**

Current Balance **\$ 4,264.72**

**NOTE: DECEMBER & JANUARY FINANCIALS TO SHOW
 IN FEBRUARY NEWSLETTER.**

Healthy Corner...

***January's Resolutions
 for Good Health***

- Citrus fruits, low in calories and high in Vitamin C, are in peak season now.
- Renew your New Year's resolutions On Valentine's Day, indulge in heart-healthy chocolate; but choose dark -- it has less fat
- Concentrate on calcium -- add low-fat dairy to your diet
- Stay warm with hot and healthy soups

**Chicken breasts stuffed with fontina,
 artichokes, and sun-dried tomatoes**

1 12-ounce jar marinated artichokes, drained,
 coarsely chopped
 1 cup grated Fontina cheese
 1/2 cup (packed) drained, coarsely chopped oil-
 packed sun-dried tomatoes
 1 tablespoon dried basil
 4 5-ounce skinless boneless chicken breast halves
 2 tablespoons olive oil

Preparation

Preheat oven to 375°F. Mix artichokes, cheese, tomatoes, and basil in medium bowl. Using small sharp knife and working with 1 chicken breast at a time, cut 2-inch-long slit horizontally into 1 side of chicken breast. Move knife back and forth in slit to form pocket. Divide 1 cup cheese mixture among chicken pockets (reserve remainder for frittata). Press edges to seal. Sprinkle chicken with salt and pepper.

Heat oil in heavy large ovenproof skillet over high heat. Add chicken; cook 2 minutes. Turn chicken over; transfer skillet to oven. Bake until cooked through, about 10 minutes.

INSIDE ALTRUSA

Happy Birthday!

Elaine Townsley January 6th
Hali Dearborn January 17th
Laura Cameron January 18th

January Program Meeting

Date: January 22, 2008

Time: 5:30 p.m.

Where: Patrick's

Don't miss out on an interesting speaker!
Come join us for dinner
and a night of learning with
Rolanda Sarkis, an acupuncturist
and Chinese herbal medicine
practitioner.

Hope to see you there!

~~ Holiday Party 2007 ~~



Shown above: Brenda Tillotson, Sharon Shetler,
Amanda Amidon, Doreen Boyer, Deb Cotton, Adrienne
Stevens, Pat Baldi, Penny Franciosi.

Did you know...

Mamie L. Bass's monument has been placed at her gravesite at the historical Crown Hill Cemetery, Indianapolis, IN. Attend the 2009 International convention in Indianapolis, IN, birth place of Altrusa's first National President.

The dedication ceremony and "Unveiling" of Mamie L. Bass was Saturday, November 4, 2006 at Gothic Chapel in Crown Hill Cemetery. Courtesy of Dist. 8 Service Bulletin

**Nominating
Committee
Elections are
coming up—
please see an officer
if you are interested
in this
Honorable position!**

Altrusa International of Laconia, NH
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Laconia, NH 03246