

Newsletter Date;  
February 2010  
Sue Clauson, Editor

# Altruistically Speaking

## President

Sue Clauson  
(603) 527-0997  
supjcn@metrocast.net

## Vice-President

Diane Gaynor  
(603) 366-4630  
diangaynor@aol.com

## Treasurer

Amanda Amidon  
(603) 731-5155  
accountforit@hotmail.com

## Asst. Treasurer

Laura Cameron  
(603) 293-7104  
lcameron@laconia  
electricsupply.com

## Corresponding Secretary

Penny Franciosi  
(603)524-8384  
hoddie@metrocast.net

## Recording Secretary

Deb Cotton  
(603) 524-2883  
debbie.cotton@NE  
moves.com

## Board of Directors

Judi Shaw  
(603) 524-5692  
judishaw@metrocast.net

Maureen Sanborn  
(603) 267-9817  
homeintconsultant  
@gmail.com

## Immediate

## Past President

Shirley Mento  
(603) 524-3773  
shirleymento@yahoo.com

## Altrusa International Inc. of Laconia, New Hampshire, USA

### President's Message

*Hi Ladies,*

*The Nominating Committee is already looking for new board members to begin serving in June. I hope those of you who haven't served recently will be willing to help again. Your expertise is always valuable. If you're a newer member, don't be afraid to take a position on the board. It's a great way to learn more about Altrusa and get to know your fellow board members better. I began as a Director, with no plan to "move up the ladder", but began to be a little braver as time went by. I still have a lot to learn but my experience as President has taught me so much and helped my confidence too. It has been a valuable experience for me.*

*Spring Conference will be here before we know it. If you've never been, please try to go. It is so much fun and you will learn so much! There will be helpful workshops, and fun workshops, excursions, good food, great girl time and always a lot of laughing. I know many of us will want to save money by sharing rooms and carpooling. Let me know and I will be sure we all have a roommate and a ride.*

*I will be out of commission for a while. I am having surgery on February 8<sup>th</sup>. I'm not sure what my recuperation time will be but I hope it's not too long – I don't want to miss out on anything!*

*Sue*

### Club Motto:

*Leaders in Service*

---

**Altrusa International Inc. of Laconia, NH**  
P.O. Box 124  
Laconia, NH 03247  
[www.altrusalaconia.com](http://www.altrusalaconia.com)



# COMMITTEE REPORTS

## TASTE OF THE LAKES

*By Diane Gaynor*

All systems are go!! Committees are in full swing for our great event! Let this be a “sell-out” year enabling us to proceed with new project ideas for the future. Tell your friends to “save the date”, April 11<sup>th</sup> now! Tickets should be ready mid- to late February. Regular updates will be emailed to all as we roll along.

## MEMBERSHIP

*By Diane Gaynor*

The committee met and has made plans to host a wine/cheese party for our May 25<sup>th</sup> program meeting. Need all members to plan on inviting at least one person who they believe would be a dedicated asset to the Club. Meantime, a table will be set up at the Taste for anyone interested in attending the recruitment meeting to sign-up there. New brochures are in the works. An Altrusa Video was discovered in our archives that will be presented. Great for perspective as well as current members to view including District and International info.

## LITERACY

*By Judi Shaw*

The December merriment/break is over and the committee met this month to outline the agenda for the rest of the year.

Projects being planned are:

- Continued book donations to the birthing center at LRGH
- Creating a reading group at the Boys and Girls Club in Laconia complete with guest speakers, discussion groups and art /writing projects.
- Return visits to the local Libraries with “Betty” the Big Blue Bookworm.
- Barbara is looking into reaching children through a connection with the Lakes Region Day Care in Laconia.

***Important Dates to Remember:***

February 2	Board Meeting, 7:00 AM, at the Soda Shoppe
February 3	BCNH Birthday Party, 2:30 PM, at the Nursing Home
February 9	Business Meeting, 5:30 PM at St. James Church
February 23	Program Meeting, 5:30 PM, To be determined
March 2	Board Meeting, 7:00 AM, at the Soda Shoppe
March 9	Business Meeting, 5:30 PM at St. James Church District 1 Board Member Jan Bosse will attend.
March 23	Committee Meetings, 5:30 PM at St. James Church
April 10	Set up “Taste of the Lakes”
April 11	Our 20 <sup>th</sup> Annual “Taste of the Lakes”, 3:00-6:00, Lake Opechee Inn and Spa, Lakeport, NH
April 23-25	District One Spring Conference, Holiday Inn, Portland, ME
November 6	District One Fall Workshop, Hosted by Carroll County

*I emailed Terri Crane for an update and received the following message on 1/9/10*

Hi Sue:

Thank you so much for the email, and yes, I would love to give you an up-date for the newsletter. I wish I could brag about our "fabulous" weather, but it has been the coldest in history. I sure packed all the wrong clothes; never thought I would need my long underwear! We were fortunate to get in 9 holes of golf the other day. If it were up to me I probably would not have played, but we had company for the week and they were looking forward to it.

Since arriving Dec. 5 we have been busy painting and furnishing our new "winter home in paradise". I flew to California on Dec. 15 to spend time with my son and his family. The boys are now 2 & 4, so it was wonderful to enjoy the holiday excitement with them. We went to a school musical, made gingerbread cookies, painted a plate for Santa's cookies, and of course went to see Santa at the mall.

I arrived back in Hilton Head on the 23rd and we have had company ever since. A visit from Victoria Makris was very much enjoyed, followed by friends stopping in for a few days on their way to Florida. My mom arrives tomorrow for a 10 day vacation and then my brother-in-law and his wife, who will be here for a month. We have tried making this a "user-friendly" home and would love to extend an invitation to all of you. Don't forget to bring your golf clubs, tennis racket, bathing suits, and oh yes, mittens!

On a business note, I found an article in one of our local magazines advertising "COOKS AND BOOKS". This is a program presented by literacy volunteers of the Lowcountry and the Friends of Literacy. It is a food tasting from top local restaurants as well as well-known Lowcountry authors and an event called "The Heat Is On" chefs' competition. This is like a cook-off between top chefs of the area. You can get more info at [www.lowcountryliteracy.org](http://www.lowcountryliteracy.org). I would love to attend this event, but I will be in CA again at that time. Thought I could gather something new we could add to our taste.

I hope all of you had a wonderful holiday season and that the winter is kind to you. I look forward to seeing you when we return in May.

Very sincerely,  
Terri

## BIRTHDAY GIRLS

February 2 Shirley Mento

February 24 Carla Peterson

### **Getting to know our Altrusa Sisters better:**

#### **MEMBER PROFILES**

##### **Laura Cameron**

Laura became an Altrusan in 1998. She has held the position of Asst. Treasurer, Treasurer, Director, 2<sup>nd</sup> Vice President, Vice President and President. She served on the district level as the Service Committee Co-Chair for two years and is currently involved maintaining the District One website.

She graduated with a BS in Business Management from Colby Sawyer College, where she was a member of their Equestrian team for four years. She worked for Channel 7 in Boston, Blue Cross & Blue Shield and a traveling nurse company based in Medford, MA before moving back to NH to work for her family's business, Laconia Electric Supply, where she has been for the last 15 years. She is currently a member of the National Assoc. of Electrical Distributor Eastern Region Council and served on the NAED LEAD Conference committee for 5 years.

She has been married to her husband Tim for 13 years. They enjoy traveling, scuba diving, playing golf and love their four legged children, Leo and Cloe. She also enjoys reading, hiking, gardening, skiing, horseback riding and spending time with family and friends.

##### **Maureen Sanborn**

Maureen became an Altrusan in 2008. She has been married to her husband Roy for 37 years. They have two sons. Jeff lives in Wakefield, MA with his wife Erin. Mike lives in Laconia and is engaged to "his" Erin. (Wow, that could get very confusing! Two Erin Sanborns!)

Maureen and Roy have two "Dobies", Zoey and Shelby. Roy is a realtor and has owned several successful businesses. Maureen has had several careers, including Medical Technologist, School counselor and now a Certified Lifestyle coach. She is also building an internet business.

Maureen enjoys traveling, reading, volunteering and working on home improvement projects.

Dear Sisters,

Most of you have heard why I am on leave of absence. God has been testing me for the past few years and I have been fighting back, but things were getting out of hand. Stress can do a number on one's body. The latest one was almost more than I could bear. But when my Altrusa sisters found out what happened it just blew me away. I want to thank all of you for caring so much. The calls, the emails of encouragement go beyond anything I could imagine. I am so lucky to have friends (sisters) that care so much.

I know that some of you are dealing with your own personal demons coming at you right now. For you I pray and send my love to you, and if I can do something please call me. In the mean time I'm dealing with my health, hoping it gets better soon, because I miss seeing all of you and working on what is really important. The rest of my demons I'm working on day by day.

My love goes out to all of you, remember if anyone needs something, I will try and help, It just might help me to forget my problems for a little bit.

Thank you to all of you.

Eva

## Minutes of Business Meeting Recorded by Shirley Mento

**Business Meeting Minutes  
Tuesday, January 12, 2010**

### **Call to Order:**

President, Sue Clauson called the meeting to order at 5:30 p.m. There were 14 members present and one guest, Nancy LeRoy, Carla Peterson, Amanda Amidon, Barbara DeAngelis, Penny Franciosi, Laura Cameron, Shirley Mento, Donna Werda, Maureen Sanborn, Brenda Tillotson, Adrienne Stevens, Idelle Lipman, Jean Vaillancourt and Annie Hodapp. Our one guest was Marcia Dionne that is a friend of Carla's.

**Secretary's Report:** Shirley reported that the minutes of the December meeting were e-mailed to everyone by Debbie before she left for her winter vacation. No corrections reported. Nancy made a motion to accept the minutes as written and seconded by Adrienne.

**Treasurer's Report:** Amanda passed out the treasurer's report and explained about the additional \$15.85 charge to CVS. That is what they charge for a gift certificate. Also the disbursement to Heaven Scent was for the balloons that we owed from last year and Shirley explained that the reimbursement to her in the amount of \$24.62 was a parade expense.

**Correspondence:** Penny reported that we received a thank you note from the Boys and Girls Club. We also received an invitation from the Chamber to their Awards and Membership dinner to be held on January 27<sup>th</sup> at 12:00 noon at the Inn & Spa at Church Landing. Cost is \$25.00 per person

**Program Committee:** Our program meeting will be held on January 26<sup>th</sup>.

It will be a committee meeting or Taste Chair Meeting. Laura reported that it will be a brown bag, so bring whatever you want to eat. Water, Coffee & Soda will be supplied. No cost

**BCNH Birthday Party:** Barbara reported that she and Tracie celebrated 6 birthdays at the nursing home. Barbara and Tracie purchased the balloons at the dollar store for \$1.00 each, saving the club much money. They will try to do this as long as they can.

**Literacy:** Literacy was taking a break but Amanda reported that the Rainbow Girls are collecting books to donate to Altrusa for our Literacy program. Maureen reported that they brought 50 books and 50 brochures & bookmarks to the hospital. The hospital had made a request for more books. They love the program. Idelle also passed around an article that was in the local newspaper that said "We Deliver": The Meredith Public Library in conjunction with the Altrusa Club of Meredith provides a home delivery service to people that call them to let them know that they cannot get out due to illness and they deliver books to them to read.

## Minutes, Continued

**Foster Care:** The committee had nothing to report

**Public Relations:** The committee had nothing to report

**Taste of the Lakes:** Diane was away so Sue reported that Diane is looking for sponsors to help defray the cost of the expenses. A meeting of the chairs will be held on 1/26. Amanda is drafting the tickets for this year she will also discuss with the ticket committee about e-mailing and payment in advance by mail and picking up tickets at the door. Diane is seeking raffle prizes from the community, because it is our 20<sup>th</sup> year she is trying to do something special and she has contacted a Barbershop Quartet to sing.

Solicitations have met and the telephone calls have been made. The final list is being revised.

**Membership Committee:** Sue reported that they met on January 7<sup>th</sup>. Diane has made up new brochures and copies were passed around. She is planning to enlarge and display at the Taste. The committee is planning a recruitment party/membership meeting in May and will have invitations at the Taste and in the newspaper. All members are asked to invite 1 or 2 ladies to our meeting and the possibility of serving on a committee before actually becoming a member.

Sue requested that each member write in 20 words or less what Altrusa means to you. The committee is looking for short, catchy phrases to use for enticing potential new members.

**New Business:** Sue discussed the proposed District By-Law change that has come to us from District a copy was e-mailed to all members. They are looking to change the election years to be in the same year as International.

Adrienne said this comes up every few years. Adrienne has been a past District Governor and she is against this By-Law change. It will have to be decided how we want our delegates to vote at the Spring Conference.

Sue also reported that Jan Bosse will be visiting in February or March and she will ask her to discuss membership. If anyone has any questions please let Sue know.

Sue discussed the letter from the Chamber of Commerce requesting dues for the year. There was much discussion on the problems we have had with communications with the Chamber and it was agreed that Sue, Amanda, Adrienne and maybe Diane will make an appointment to meet with them before we make a final decision.

**Happy Dollars:** Laura paid \$1.00 and told us that Laconia Electric was named retailer of the year by the Retailers Association. Congratulations

**Adjourn:** Shirley made a motion to adjourn at 6:30 p.m. and it was seconded by Carla

Respectfully submitted;  
Shirley Mento

**Happy Dollars:** Two dollars were contributed; one from Brenda, Alex has a tooth. Terri also gave a dollar, just because she is happy.

Meeting adjourned at 6:30 p.m.

Respectfully submitted  
Shirley Mento

# Financial Statement

Prepared By Amanda Amidon, Treasurer

Altrusa International of Laconia  
Financial Statement  
January 31, 2010

## Internal Funds (Operations)

### Checking Account

<b>Previous Balance</b>	<b>1,978.23</b>
<b>Income</b>	
Hodapp Membership Dues	77.50
December Happy Dollars	2.00
December Pin Fines	4.00
January Pin Fines	1.00
Interest Income	unk.
<b>Total Income</b>	<b>84.50</b>
<b>Disbursements</b>	
Altrusa District One - Hodapp Membership	15.00
Altrusa International - Hodapp Membership	37.50
Lakes Region Chamber of Commerce	115.00
<b>Total Disbursements</b>	<b>167.50</b>
 <i>Current Balance</i>	 <b>\$1,895.23</b>

### Savings Account

<b>Previous Balance</b>	<b>3,727.46</b>
<b>Income</b>	
Interest	0.47
<b>Disbursements</b>	
 <i>Current Balance</i>	 <b>\$3,727.93</b>

## Foundation Funds

### Checking Account

<b>Previous Balance</b>	<b>3,957.05</b>
<b>Income</b>	
Interest Income	unk.
<b>Total Income</b>	
<b>Disbursements</b>	
Judi Shaw - Literacy Books	50.00
<b>Diane Gaynor - Hot Dog and Publicity</b>	<b>59.77</b>
Barbara DeAngelis - BCNH Balloons	6.00
<b>Total Disbursements</b>	<b>115.77</b>
 <b>Current Balance</b>	 <b>\$3,841.28</b>

## District One Information

January 15, 2010 - Nominees for District Officers are due

March 1, 2010 - Deadline to get your news for the March 2010 DSB to Deb Smith

March 15, 2010 - Award Submissions must be postmarked by today

March 15, 2010 - Anticipated date for next issue of the DSB

March 23, 2010 - Deadline for Early Bird Registration Fees

March 23, 2010 - \$74 hotel rate deadline or until the block of rooms is full

March 30, 2010 - If you register for the 2010 Spring Conference and find that you need a refund this is the deadline to get your request to the Treasurer, Rita Cote

If you would like more information on District 1, visit their website at [www.altrusadistrict1.com](http://www.altrusadistrict1.com) (please note that it is now a .com site, not .org).

## International Information

Altrusa's International Office in Chicago, Illinois, handles the day-to-day administration of the Association and Foundation. Its primary purpose is to assist Altrusans and their Clubs carry out the purposes and objectives of the organization. The office staff is available to answer your questions and assist in any way possible. Hours of operation are 8:00 A.M to 4:00 P.m. (CST), Monday through Friday.

Below is a list of staff members that indicates the areas of responsibilities for each.

**Regina Baras, CAE, Executive Director** - [baras@altrusa.com](mailto:baras@altrusa.com)

Overall supervision and management of the Altrusa International Office and staff; works with the International Board of Directors and Committees; manages the International Conventions; Editor of official publications; and serves as Secretary.Treasurer of the Altrusa International Foundation, Inc.

**Tom Euler, Associate Executive Director** - [euler@altrusa.com](mailto:euler@altrusa.com)

Administers the fiscal affairs of the Association, including the operating budgets, Convention budgets, the annual audit and all financial records. Processes all bank deposits, maintains records on Annual Convention Fees; and supervises International Office inventories. Also processes accounting information and reports.

**Nancy Chase, Executive Assistant** - [chase@altrusa.com](mailto:chase@altrusa.com)

Assists the Executive Director in administrative and operational matters; preparing for Board Meetings, International Conventions, Awards process and administrative details related to Districts and Clubs. Assists in editing official publications.

**Tanika Wilson, Director of Member Services** - [wilson@altrusa.com](mailto:wilson@altrusa.com)

Oversees all areas of member services to Clubs, Districts and members; supervises collection of International dues and fees; coordinates Sister Club Program, member incentive awards and Membership Reports. With the Executive Director produces Altrusa's official publications and International mailings to Clubs; maintains and updates Altrusa's Website.

**Bill Howard, Membership Associate** - [membership@altrusa.com](mailto:membership@altrusa.com)

Maintains membership database, assists with the annual International dues billings and maintains Club files. Fulfills orders and handles shipments of Altrusa merchandise.

**Josie Lucente, Foundation Administrator, International Foundation, Inc.** - [foundation@altrusa.com](mailto:foundation@altrusa.com)

Administers the daily activities of the Altrusa International Foundation, Inc. including fundraising activities, grants, Club 21 Program, Lamplighter Recognition Program, Endowment Fund, record-keeping; facilitates Board of Trustees' meetings and Foundation activities at International Conventions.

If you would like more information on Altrusa International, visit their website at [www.altrusa.com](http://www.altrusa.com).

## Foundation Information

The Disaster Relief Programs offer the Altrusa International Foundation the means to respond with swift and direct aid, providing a variety of services in the aftermath of a disaster. This service is provided through the Disaster Relief Support Program, Governor's Disaster Relief Fund and the Altrusa Club Disaster Recovery Service Grants.

Complete information regarding the International Disaster Relief Programs can be found in the Disaster Relief Programs Brochure on the Altrusa International website. ([www.altrusa.com/foundation](http://www.altrusa.com/foundation))

For more on Altrusa Foundation see next month's "Altruistically Speaking"