

Newsletter Date;
March 2010
Sue Clauson, Editor

Altruistically Speaking

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Altrusa International Inc. of Laconia, New Hampshire, USA

President's Message

Hi Ladies,

It's March already and, in spite of the recent snow, I know that spring is right around the corner.

The "Taste of the Lakes" is right around the corner too! Set-up is planned at the Lake Opechee Conference Center on Saturday, April 10th. I hope that many of us will show up to transform the hall into THE place to be on Sunday, April 11th. I know everyone has been working hard to make it the best fundraiser and I thank all of you for your efforts.

District One Board Member, Jan Bosse, will be visiting us on March 9. She will attend our Business Meeting at St. James Church. I hope many of you will be able to attend.

We recently held our first Wii night. What a blast! Many thanks to Jean Vaillancourt for welcoming us to her home. Debbie Frawley Drake, the former owner of Lakes Region Linen, attended and was made an "Honorary Altrusan". We hope she will join us again when she has time. She was lots of fun.

Don't forget to register for Spring Conference. If you have any questions, need a roommate, need a ride or need more information please let me know.

Sue

Club Motto:

Leaders in Service

Altrusa International Inc. of Laconia, NH
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COMMITTEE REPORTS

TASTE OF THE LAKES

Kudos for publicity committee – great picture and write-up about the club. Poster ad to follow. Also, posters to be printed and distributed soon. This all is being forwarded to Sue Noyes for website. Carla is looking for a patron who has attended each year. If anyone of you know who that person/persons might be, please let her know ASAP. She'd like to do a photo shoot and interview with them. What a great idea!!

We have a meeting with Kathy at Opechee on 3/5 to go over restaurant coordination and details on set-up.

The decorating committee is hard at work and the displays for the event regarding membership recruitment are in the works.

I sincerely thank and applaud all of you for your efforts. The conscientious and dedication from all committees has just been stupendous this year! Us all working together for this event has been inspirational. Just look what the un-bottling of all your positive energy has accomplished! New ideas just keep popping up – WE ARE IN THE ZONE! Keep it going...

Tickets are available from Amanda. If you haven't received your share to sell, please let her know.

Diane

LITERACY

An additional 160 books and packets are ready for delivery to the Hospital Family Birthplace. The Hospital continues to be enthusiastic about our project. To date, more than 500 books have been donated to this project.

We recently received a donation of a whole case of the book "*The Caterpillar Who Ate Everything*" from Wal-Mart in Concord. The generosity of community members and businesses has helped to keep us on target with our budget of \$1.00/book donated.

This project "*Books for Babies*" will be our submission for the Letha Brown Award this year thanks to the diligent effort of Judi Shaw and Sue Clauson. Thank you Judi and Sue!

Important Dates to Remember:	
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 14	Daylight Savings Time Begins
March 23	Committee Meetings, 5:30 PM at St. James Church
April 10	Set up "Taste of the Lakes"
April 11	Our 20 th 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
May 15	Used Book Sale Literacy Fundraiser at CVS-Gilford
November 6	District One Fall Workshop, Hosted by Carroll County

Wii Night

Our February Program Meeting became a night of bowling and dancing with Wii. Everyone met at Jean Vaillancourt's beautiful home on February 23rd for a very fun night. The Program Committee provided pizza, salad, sushi, and yummy desserts baked by Amanda Amadon.

Honorary Member Deb Frawley

Deb Frawley Drake was invited to our February 23rd "Wii night" and made an Honorary Altrusan for all that she has done to help the Club. Deb has donated the linens for the "Taste of the Lakes" for the last nineteen years! All the money that she saved us enabled the club to do more for the community. We truly appreciate all she has done and hope that she'll join us for more "Altrusa Fun" in the future.

Biggest Loser Fundraiser

By now you must have heard about our new fundraiser, *The Biggest Loser*. (This is a voluntary program.) For every pound you lose you pay \$1.00 to the bikini kitty. Weigh-ins will be available at all meetings and will be confidential. At the end of 100 days the member that has lost the most body fat % will win half of the kitty and the other half goes to our internal funds.



Official weigh-out date is June 8th, when we will all look like these lovely ladies!

BIRTHDAY GIRLS

March 19

Sue Clauson

March 31

Brenda Tillotson

Getting to know our Altrusa Sisters better:

MEMBER PROFILES

Sue Clauson

Sue has been an Altrusan since 1998. She has served as a Board Member, Vice President and is the current president.

She has been married to her husband Paul, a.k.a. PJ, for 22 years. They both grew up in Dover and moved to Gilford 21 years ago. They enjoy boating, fishing and exploring back roads. Their only children are two very spoiled part Maine Coon cats, Murray and Wilson. "The boys" shed a lot, so whenever visiting the Clausons you will probably go home with cat fur on your pants.

Sue works in the Activities Department at the Belknap County Nursing Home, where she loves "her" residents and Paul manages the CVS Store in Gilford.

Flower gardening, antiques, boating and decorating are Sue's hobbies, but she is especially fond of the ocean and is happiest when she is breathing in the salt air.

THE TEN COMMANDMENTS

- I. Help each other be right, not wrong.
- II. Look for ways to make new ideas work, not for reasons they won't.
- III. If in doubt check it out! Don't make negative assumptions about each other.
- IV. Help each other out and take pride in each other's victories.
- V. Speak positively about each other and Altrusa at every opportunity.
- VI. Maintain a positive mental attitude no matter what the circumstances.
- VII. Act with initiative and courage, as if it all depends on you.
- VIII. Do everything with enthusiasm; it's contagious.
- IX. Whatever you want, give it away.
- X. Don't lose faith and have fun!

REMEMBER, WE ARE ALL VOLUNTEERS!

Minutes of Business Meeting

Recorded by Shirley Mento

Business Meeting Minutes Tuesday, February 9, 2010

Call to Order:

The business meeting was called to order at 5:35 p.m. by Diane Gaynor our Vice President due to the absence of Sue Clauson because Sue had surgery today. Members in attendance were: Amanda Amidon, Nancy LeRoy, Adrienne Stevens, Laura Cameron, Barbara DeAngelis, Tracie Grant, Carla Peterson, Brenda Tillotson, Shirley Mento, Jan Gilbert, Jean Vaillancourt, Maureen Sanborn and Gloria Gallant. There were no guests present.

Secretary's Report: Shirley reported that the minutes to the January Business meeting were mailed to all members. There was one correction which was noted, the word that was used instead of who. Minutes were accepted as corrected by Nancy LeRoy and seconded by Adrienne Stevens.

Treasurer's Report: Amanda passed out the treasurer's report and read it to the membership. There were no questions asked.

Correspondence: In the absence of Penny, Diane explained the correspondence received. We received a request from the Boys & Girls Club, Cedarcrest and also the P. O. Box Fee request. All turned over to the budget committee.

Program Committee: The Program Committee is planning a fun night for our program meeting to be held on February 23rd. Amanda will be e-mailing all the information to each member. A motion was made by Shirley to make Debbie Frawley Drake an honorary member of Altrusa for her contribution over the years to the Taste of the Lakes. Seconded by Laura, motion carried.

Maureen discussed doing a biggest loser competition to bring in money to our internal fund starting in March.

BCNH Birthday Party: Barbara reported that there were 7 residents that were celebration birthdays in February. They bought 8 balloons because last month one of them broke on the way and they didn't want anyone to be left out.

Literacy: Barbara reported that they distributed books to Jean and Donna to look over to be donated to the Boys and Girls Club. Judi received an e-mail from Myles Sweeney of the Concord Wal-Mart that they had a whole case of books to donate to Altrusa. Judi is in the process of counting the books. One of the books that Barbara said was in the box is "The Very Hungry Caterpillar".

Foster Care: Laura reported that the joint committees will be getting together in March to plan the June picnic.

Public Relations: The committee had nothing to report.

Taste of the Lakes: Diane is still trying to get door prizes and asked if anyone was comfortable soliciting for door prizes. Carla and Nancy have contacted the newspaper and scheduled a meeting for February 27th for the first photo. Penny has received good news about the linens. General Linen agreed to donate the linens this year. Amanda showed the tickets and the size of the stub was discussed. It was agreed that it should be larger.

Solicitations have 13 confirmed restaurants as of this meeting. Tickets will be sold again this year at Hector's, Quik Laundry, Meredith Village Savings Banks four branches and Caldwell Banker Real Estate Office.

Barbara reported that the decorating committee is working on a theme of "20 years of smooth sailing" and the centerpieces will be a boat. They have spent \$66.00 to date. They also will have trivia question on each table. Diane reported that she received a donation of \$250.00 from Samuel Emanuel. Everything is proceeding well.

Minutes, Continued

Membership Committee: Diane reported that Joyce Cameron from the Chamber of Commerce is interested in joining Altrusa, Sharon is going to invite her to our May membership drive. At the May membership drive it has been requested that each member bring a friend.

Old Business: Shirley reported for the nominating committee that the board has decided to combine the Corresponding Secretary and the Recording Secretary into one position. The reason for doing this is because the committee is having a problem filling all the open positions. They have two positions still open, the position of Assistant Treasurer and Director.

Shirley reported that she had received concerns from some members about a 7:00 a.m. board meeting and Diane said she has no problem changing the time of the board meeting. It is requested that anyone interested in being on the board to please contact Shirley, Idelle, Nancy or Carla.

We still have not received a notice from Carroll County when the Tri-Club Birthday party is going to be.

New Business: Jan Bosse will attend our March 9th business meeting. She would like to go to dinner prior to the meeting so it was decided that we would meet her at Hectors. Anyone interested please meet at 4:00 p.m.

The Laconia Main Street is going to be holding a dance in May and we have been asked if we would like to participate in the organization. They need help with decorations and publicity. They have offered us half of the proceeds after expenses. It was agreed that we will help out and Amanda will be going to the next meeting.

The Portland Club will be celebrating its 82nd birthday. All clubs have been asked to submit the age of their club and Portland is planning a birthday cake to celebrate the birthdays of all District One clubs at Spring Conference.

Happy Dollars: There were no happy dollars

Adjourn: The meeting was adjourned at 6:45

Respectfully submitted;
Shirley Mento

Financial Statement

Prepared By Amanda Amidon, Treasurer

Altrusa International of Laconia Financial Statement January 31, 2009

Internal Funds (Operations)

Checking Account

Previous Balance	\$	1,895.33
Income		
February Program Meal Revenue	\$	105.00
February Pin Fine	\$	1.00
Interest Income		
Total Income – Not yet available	\$	106.00
Disbursements		
Penny Franciosi - Honorary Member Supplies	\$	36.98
Amanda Amidon - Program Meeting Pizza	\$	46.60
Laura Cameron - Program Meeting Meal Supplies	\$	30.12
United States Postal Service - 1 Year PO Box Rental	\$	60.00
Total Disbursements	\$	173.70
Current Balance	\$	1,827.63

Savings Account

Previous Balance	\$	3,727.93
Income		
Interest	\$	0.47
Disbursements		
Current Balance	\$	3,728.40

Foundation Funds

Checking Account

Previous Balance	\$	3,841.47
Income		
Interest Income – Not yet available		
Total Income	\$	-
Disbursements		
Barbara DeAngelis - Taste of the Lakes Decorations	\$	66.42
Barbara DeAngelis - BCNH Balloons	\$	8.00
Total Disbursements	\$	74.42
Current Balance	\$	3,767.05

District One Information

Don't forget to register for the District I Spring Conference, which will be held April 23-25, 2010 in Portland, ME.

Registration forms and conference information are available on the District I website at www.district1.com.

International Information

International Calendar

March 8, 2010 – International Woman's Day

April 7, 2010 – World Health Day

April 23-25, 2010 – District I Conference

May 2 - 8, 2010 – Add an Altrusan Week

August 12, 1010 - International Youth Day

September 21, 2010 – International Day of Peace

July 22-25, 2011 – 2011 Altrusa International, Inc. Convention, Rapid City, South Dakota

If you would like more information on Altrusa International, visit their website at www.altrusa.com.

Foundation Information

Lamplighters are Altrusans who contribute \$500(US) or more to the Foundation in a twelve month period. Contributions can be made in one's own name or on behalf of someone else. Lamplighters receive a special Lamplighter Pin/Pendant. With each additional donation of \$500(US), in succeeding years a diamond chip is added to the Lamplighter Pin/Pendant.

Lamplighters are recognized in Altrusa publications and in the Foundation's Annual report and at the Foundation Luncheon held at each Altrusa International Convention.

For more information visit www.altrusa.com/foundation.

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