

Autumn 2017



MEREDITH ALTRUSA NEWSLETTER

Laurie's Message

Rejoice! It is important that we celebrate our good fortune to live in this beautiful area we live and work in with families and friends. We are thankful for our blessings as we offer assistance to those who need our assistance. We look forward to another successful year of growth and community involvement.

Our club continues to grow with both new and returning members. Please spread our message to potential members. The strength of our Club has always been the diversity of our talents, skills, training, and life experiences. All our members have an opportunity to lead on various projects, committees, events.

Seasoned members please pass on your knowledge and experience in our fundraisers and events so we can continue to serve our communities. This year we have decided to do some things differently made changes to our events and fundraisers. We have also added some new events. This is a good thing and signifies that our Club is still growing and evolving as we continue to make our Club more "hands on" and visible in our communities.

Enjoy the season!

Laurie



We all understand that hunger hurts all year.

Altrusa Helped the Community All Summer

Despite the tradition of turning from Altrusa to family, friends, and our beautiful lakes and mountains, Altrusans still found time to help our neighbors throughout the summer.

Our food drive and Farm to Table Programs helped with that need, as did the Got Lunch program with which our members helped.

Above: Cindy and Judy at the Community Service Food Drive

Right: Lisa delivers corn from Moulton Farm in our Farm to Table program to Calvary Bible Church.



Left: Carol, Granddaughter Meredith, Nancy, Paula, Fran, Dawn, and Tuffy at this summer's Got Lunch program

In 9 weeks these ladies helped pack and deliver lunch provisions for 80 families which included 181 children. We successfully packed 981 bags which provided 11,403 lunches. The dairy vouchers value \$9,810. Just incredible!

The need to read also continues through the summer. The Library Home Delivery Program, now in its 10th year, continues to serve the homebound.



Left: Kathy B. brings more mysteries to June Kenniston, our first and most avid reader. June appreciates Altrusa and Librarian Cherie Gable.

Kids also need to read, but lack of supplies makes that harder for kids in need.

Literacy helped with that by donating and filling backpacks so the kids would be ready to learn when school opened. Pat was proud to deliver the backpacks.



Emergencies and surgeries also continue all summer. Community Service hosted our first Red Cross Blood Drive in August, which was a huge success, exceeding its target by about a third!! Many thanks to all who assisted...by providing refreshments, getting out the message in the community, manning the drive on the 30th, and donating themselves!



Our Community Dinners continued to fill our neighbors' needs for nutrition and socialization through the summer. Barbecues, salads, and of course desserts were a huge hit.



Our departed sisters Bobby Smythe, Cathy Barile, Pat Moriarty, Jeannette Ritzenthaler, Marian Touhey were all remembered. Scholarships memorialize Jeannette, Marian, and Pat. Bobby is remembered by her support for Meredith and nature through Bobby's barrels.

The Zienzele Project was very dear to Cathy B's heart.



Jodi and Friends Sandy Mucci (former Altrusan) and Julie had a great outing touring gardens in the area in style. This event was sponsored by former Altrusans Laurie Perry and Ceil Andrews and benefitted the Meredith Historical Society.



Barrels in Bobby's name were well tended this summer at the Waukegan launch/kiosk.

Beauties all...the flower barrels and those grandgirls!



Of course, Altrusa couldn't support our neighbors and community causes without the support of area businesses. We appreciate them all. The Lobster Shack and Ben and Jerry's were among the businesses that helped us help others.

Carol accepts check from Ben & Jerry's.





Pat Moriarty's family members joined us for our September Dinner Meeting at Walter's Basin in Holderness.

As summer ended, we resumed our regular activities, which always includes Weenie Weekend at the Fall Craft Fair at Mill Falls.



And so the new Altrusan year begins...



Meet our new Club member, Dawn McGlynn...



I found out about Altrusa through Paula Trombi. She was a client of mine, and while chatting with her, I expressed my desire to get involved in the community to help others in need. She told me about your group, as well as the Got Lunch program in which she was participating.

I am originally from Cape Cod. I moved up to Jackson, NH in February of 2010. Owning a small spa on the Cape during the time the economy was on the decline, and having gone through a divorce, I decided it was time to make a move. So my dog and I packed up, and knowing only one person, made the big move. I've never looked back! People ask me why...I love it up here. I had been coming up for the past 20 years, and my stay was never long enough!

I met my partner, Dan, in 2011; we eventually purchased a home in Sandwich. We share it with his charming 13 year old son Chris, our Norwegian Elkhound Koda, four chickens, and a new orange tabby kitty named Knuckles. This area is so beautiful. If you like to be outdoors all year round, like I do, there is no better place than New Hampshire.

I have been a massage therapist for the past 19 years. I love what I do, and I have added on spa treatments, warm bamboo massage, hot stone massage, pregnancy and infant massage, along with relaxing or deep-focused massage. When I'm not working, I love to spend time outdoors...XC skiing and snowshoeing in the winter, hiking, biking, and river days in the summer. I have now added lake days to that list, since we are recent boat owners!

I have always felt blessed in my life and in what I do. It has been hard to donate time because I do not have a set schedule, sometimes even last minute work. But because of where I am in my life, as well as having a partner who is there for me, I feel like now I can comfortably get into the areas of my life that have been calling to me. I have a more fulfilling life, and I get to help those who need it!

WHERE IN THE WORLD IS...

TUFFY HAMBLETT????

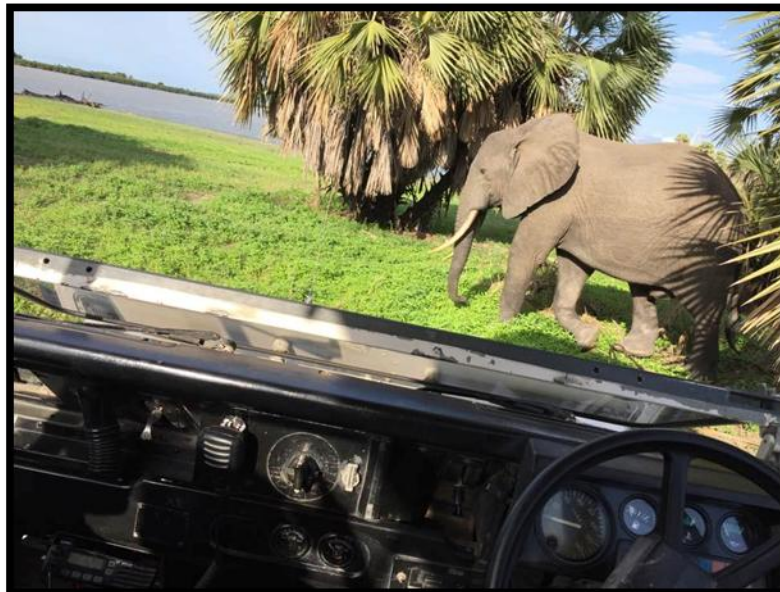
A ONCE IN A LIFETIME EXPERIENCE

In July, our own Tuffy (Phyllis Hamblet) went on safari. She shared her experience with many friends via Facebook and was gracious enough to permit a portion of that travelogue to be used in our newsletter. What a fabulous time she had...and a wonderful example of living life to the fullest!

July 16th

I have now been in Tanzania a week. The six nights on the safari were amazing! The first camp was nice but very rustic. No electricity, nice tent but had to be escorted everywhere. The last evening I was sitting on the little deck and a very large elephant walked by!! We have seen lots and lots of animals.

The second camp was much more plush. We flew about 1 1/2 hours to get there, then another hour in the Land Rover. It was on top of a big hill. much colder, but beautiful views! The terrain was more desert. Many, many beautiful birds and, once again, lots of animals. We did finally spot a leopard on the second day. Yesterday we flew to Zanzibar where we are at a resort on the coast for six nights. My friends, the Marniers, have been wonderful, and their children are lovely. They have been very patient with me. This part of the trip is more relaxing...pool and beach. I got some sunburn today. The food has been very good. I think I have gained at least five pounds! Anyway, after all my worrying about this trip, it has been a once in a lifetime experience, and I am glad I am here!



July 19th

Another beautiful day here. This afternoon we are going into the quaint town here called Stone Town. It should be interesting. I understand it is very mid-Eastern.

Ben, age almost 11, took his first dive lesson in the pool yesterday and is doing his first dive this morning.

Heading to breakfast in a couple of minutes. I need to stay out of the sun today. I got burned yesterday. 😞☐😁☐

July 20th-Zanzibar, Tanzania

We got up very early to swim with the dolphins. That was very interesting to say the least! After a 40 min drive, there were lots of very small boats. Then we went way out in very rough seas (waves over 5ft) to where there were lots more little boats chasing the dolphins. I quickly decided not to go in, followed by the kids and Brigitte. Danny was the only brave one, but he couldn't see much due to many swimmers and boats. We could see more sitting in the boat when the dolphins came up! We didn't stay out too long. I am glad we all kept our life jackets on in the boat as I was never sure when we might be hit by another boat. All and all very interesting! This is the first cloudy day with rain showers that we have had.



Yesterday afternoon we went with a guide to the old city on Stone Town. It was very Arabian and quaint with narrow streets. We ended up with a sunset cruise on a small sail boat. Very nice...didn't get back to the hotel until 8:30.

We also visited a school. Most of the children are Muslim, so the scarves are part of their uniform.

Tomorrow afternoon we will start our journey home.



July 22nd

Made it to Amsterdam at 5:00 AM. Now waiting to board the flight to London where I will say goodbye to my wonderful friends. After collecting luggage, customs, etc. We will take the shuttle to the hotel where their car is parked. I have booked the hotel for the day, since I can't check into the airport before 2:30 as my flight doesn't leave until 5:30 PM. I am now anxious to get home!

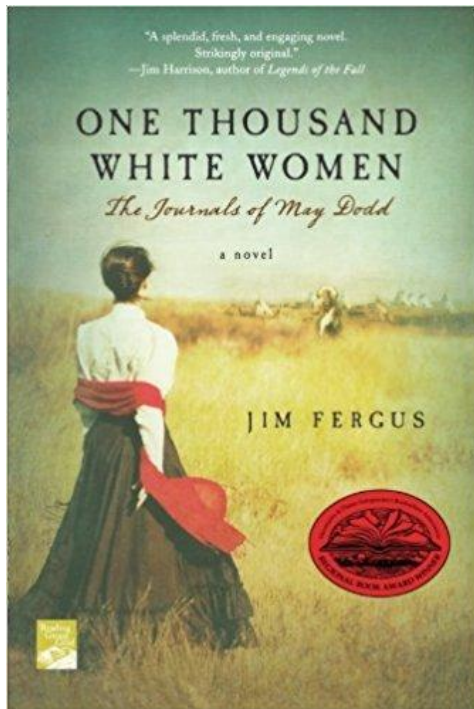
Hopefully, NOT a Once in a Lifetime Experience...

On August 23rd, our own Nancy Law fulfilled a dream that she has had for many years. Since meeting her husband some 48 years ago, and subsequently being introduced to his cousins who operated a skydiving business in New Jersey, she has always wanted to take the plunge. She put it on hold once she was married and had children, although she did complete a parasailing experience back in the late 80's right in Paugus Bay! That only fueled her desire...and this summer, when asked to join her courageous cancer-fighting sister-in-law, who had a similar wish on her bucket list, they ventured to Lebanon, ME with their supportive husbands, to complete the task. She had a wonderful tandem instructor, Hudson, who pointed out sights such as Lakes Winnisquam and Winnepesaukee, as well as the Atlantic Seacoast on the way down. Asked if she would do it again, Nancy responded "Hell yeah!" And she highly recommends it if you have the inkling for a real adrenaline rush, without being drug induced!

Click on the link below and turn up the volume to see this crazy lady falling from 14,000 feet!

<https://youtu.be/-SSJONsBeX8>





Book Corner...a review submitted by Nancy Law

***One Thousand White Women: The Journals of May Dodd* by Jim Fergus**

Have you ever read a fiction novel and assumed it was real? That was definitely my experience when reading ***One Thousand White Women*** by Jim Fergus. One of my favorites that I read this past summer, I was immensely disappointed to find upon completion, that much of its realism was untrue.

Jim Fergus' first novel, first published in 1999, is written as a series of journals, chronicling the experiences of May Dodd in her participation in an imaginary "Brides for Indians" program in 1876. The government plan, a true initial proposal by the Cheyenne, is based on the attempt to assimilate their dwindling culture with the "civilized" white world. The matrimonial Cheyenne Nation was willing to raise the offspring of their White wives and allow for the melding of cultures. After leaving a harsh life in Chicago, May marries the famed Cheyenne Nation Chief Little Wolf and finds herself caught between two worlds, loving two men, living two lives. The actual "Brides for Indians" proposal was never acted upon, as the offer was publicly refused by the US Government. But the research into the Native American cultures by Fergus and a fictitious introduction by J. Will Dodd (May's lineal descendant) lends an air of realism to the story.

Likewise, the novel does include some non-fictional characters and situations such as President Ulysses Grant, descriptions of Native American tribal cultures, and the military forced move to reservations. Fictional characters, especially the colorful array of pioneer women, may seem a bit stereotypical in their description, but the essence of Fergus' writing is captivating. If you are looking for a good read, and one, despite its length, goes quickly with the dated journal entries, give this book a shot. I'm delighted I did!

Why I Love Volunteering at Heart and Hands Thrift Shop

by Tuffy Hamblett

as told to Lisa Davis

I kind of got into the Heart and Hands Thrift Shop at the beginning and thought it was something I might enjoy. I soon found that although I didn't enjoy sorting clothes, I could do other things that I did enjoy. I love working the cash register and greeting people. I like to see what goes out and what people get excited about buying.

I also enjoy working with the people from the other churches on the Board. It is made up of three people from each church, Trinity Episcopal, St. Charles Borromeo Roman Catholic, and the Meredith Congregational Church.

It is very rewarding to see all the profits go into outreach, that is to various nonprofits. We choose which ones to give to differently now. The committee used to decide to which causes we would give. Now we have lots of different groups applying. A committee of one person from each of the three churches decides which ones should get a grant and makes a recommendation to the Board which ultimately decides.

Altrusans should considering volunteering at Heart and Hands Thrift Shop because they might enjoy it. It's kind of a neat niche. We have a pretty good group now, but lots of summer people leave about this time. We have no set shifts or minimum number of hours to put in. When someone wants to work, they just sign up for whatever 10-1 or 1-4 shift they prefer. The shop is only open Thursdays, Fridays, and Saturdays. There is a sign-up list in the shop. People can volunteer to sort clothes, arrange displays, or work the register. To get started, they can call the coordinator, Pamela Patenaude, at 520-444-0088.



Autumn Birthdays

September

4th Ann Marie Cwalina

5th Doris Cowles

15th Jodi Wilson

20th Marsha Courtney

26th Patti Williams

October

6th Lisa Davis

8th MaryAnne Skawinski

16th Lynn Krautz

20th Linda Matson

24th Alison Newton

November

1st Linda Ridenour

6th Helen Robinson

25th Betty Cook



“Look at what you want to change, gather a few people who believe in it like you do, and start moving forward. It's important to remember that you don't always need a destination. Sometimes, you just have to make forward motion. And you absolutely can.”

Debby Ryan

