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THE LINK

PRESIDENT'S MESSAGE

To my Altrusa Sisters:

I can't believe we are coming to the end of my first year as President of our Meredith Altrusa Club. You know what they say **"Time flies when you are having fun"** and I am having fun. I enjoy all of our projects and just being with all of you whether it is at a meeting, a project we are working on or just meeting one of you on the street or in a store. I couldn't ask for a nicer group to be associated with.

Our club has faced some challenges this year. Fund raising has been our biggest. We really need to put our heads together and come up with some new ideas so that we can continue to help our community in which we are all so vested.

We did have some outstanding moments this year. We added another "wienie weekend" to our schedule and were glad to have the help of the Boy Scouts putting up and taking down. Festival of Trees is always a highlight and this past one, with some changes, proved to be exceptional. Our Poet Laureate event took top honors at the District One Spring Conference when we were awarded the Letha H Brown Literacy award.

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PRESIDENT’S MESSAGE *(continued from page 1)*

We did have some help along the way: We were able to purchase a new grill for “wienie weekends” with the help of Heart and Hands Thrift Shop. Maxfield Real Estate was generous with donations from a percentage of their commissions. Hannaford Market provides rolls for every community dinner and we are again recipients of “Bag Money”. Hannaford will donate \$1 for every \$2.50 “helps” shopping bag purchased in the month of May.

Of course, not all of our projects involve fundraising. Some are just good, old fashioned community service. There are 5 non-traditional scholarships from the Scholarship Committee this year. We are sponsoring another Blood Drive August 14, 2019. Our monthly Community Dinners reach out to those who might need a good meal or those who just need some companionship. Community Service Committee prepared 20 May Bags for New Beginnings. On Sept. 21, 2019 our club will host a Volunteer Forum so that all of our local non-profits can reach out to the community.

I especially want to thank all of you for your help this year. I had a lot to learn, still am, as a first year president and I couldn’t have gotten through it without all of you. Please forgive me if I omitted anything or anyone. It was not intentional. In keeping with my January message – remember: New challenges lead to new opportunities for our new (upcoming) Altrusa year. I hope we all continue to have fun!

ITSAO – In the Spirit of Altrusa (I stole that from the International Representative at Conference)

Kathy LaPoint

Altrusa Community Dinner Committee

Mission: The Community Dinner Committee provides enjoyable, well balanced meals in a community setting to assist in meeting needs for good nutrition and/or companionship amongst our neighbors.

The committee plans, shops, prepares and serves a monthly dinner at the Meredith Community Center usually on 4th Wednesday of the month. We serve between 42-60 guests a month. Our guests donate approximately \$55 a month which goes towards future dinners.

The committee is very fortunate to have two rooms with tables and chairs made available to us by the Meredith Community Center. They allow us space in a closet for storage, half of their refrigerator and half of their freezer. The Center has an institutional size kitchen with a gas stove, a convection oven and most importantly...a dishwasher.

The majority of the dinners are served on dishware not paper. The committee follows a detailed work plan and task list that is used for onsite setup and cleanup. We try to vary the menu, from pork roast to casseroles, a hot dog summer meal, and a cold salad meal in August.

We are very grateful for the club members who volunteer to help. Each month is a wonderful display of team effort, hard work and always a lot of fun...especially hearing our guests say: “***Thank you. That was a wonderful meal.***”

Judy and Sylvia, Co-chair

COMMUNITY DINNERS



Local Girl Scout Troop #58666 attended the March Altrusa Community Dinner and generously passed out boxes of girl scout cookies to each guest. A wonderful surprise! Truly appreciated by all!



Altrusa volunteers prepare a delicious meal for the community each month. Pictures above are Tuffy Hamblet, Judy Hodges, Patti Williams, Janet Gulezian and Doris Cowles.

COMMUNITY DINNER LEADERSHIP 2019



Co-Chairs Sylvia Detscher and Judy Hodges

ALTRUSA INTERNATIONAL
DISTRICT ONE SPRING CONFERENCE

April 26 & 27, 2019



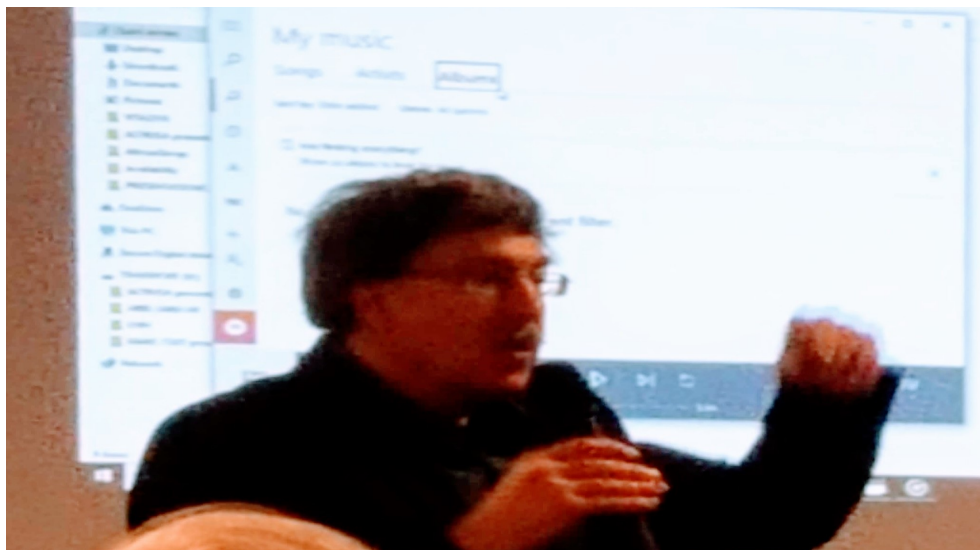
Conference Parade of Club Presidents with Club Flags



President Kathy LaPoint holds the Meredith NH flag

ALTRUSA INTERNATIONAL
DISTRICT ONE SPRING CONFERENCE

April 26 & 27, 2019



Keynote Speaker: Eric Knight

According to his company website, Remarkable Technologies, Inc., Eric is a business pioneer, futurist, serial inventor, serial entrepreneur and angel investor. His accomplishments include creating the world's first global "e-commerce" system, worlds first online travel agencies, and most notably, Eric was one of the team leaders (Avionics Manager) who designed, built and launched the worlds first civilian rockets into space.

Many of our Altrusa sisters commented that his presentation to them was very inspiring!

ALTRUSA INTERNATIONAL
DISTRICT ONE SPRING CONFERENCE
April 26 & 27, 2019



Connecticut Trees of Honor Memorial located at Veterans Memorial Park in
Middleton, Connecticut



A Favorite Spot For Coffee

ALTRUSA INTERNATIONAL
DISTRICT ONE SPRING CONFERENCE



Members Nancy Law, President Kathy LaPoint, Monica Bennett and Sylvia Detscher stand behind the beautiful Meredith Raffle Basket display at District One Conference.

ALTRUSA INTERNATIONAL
DISTRICT ONE SPRING CONFERENCE



The **Altrusa Club of Meredith, NH** was awarded first place for the Letha H. Brown Literacy Award. The project title was called Poet Laureate and created by the club as a gift for the town of Meredith. Carol Gerken (pictured on the left with the club's president Kathy LaPoint) and Sylvia Detscher worked hard on completing the very complicated and challenging Literacy Award application. In April of 2018, the NH Poet Laureate Alice B. Fogel spent two days with students, faculty and community. Upon completion of the project, **Altrusa Club of Meredith** entered it at the April 2019 **Altrusa International District One Conference**. All submissions were reviewed by 3 judges.

Now the project moves on to the International Convention in Reno, Nevada to be judged along with all other submissions.

MEREDITH ALTRUSA RECIPIENT OF **HANNAFORD REUSEABLE BAG PROGRAM**

The **Meredith Altrusa Club** has been notified that Altrusa was selected by Hannaford store leadership as the benefitting non-profit for the month of May in the “Hannaford Helps” Reusable Bag Program.

The Altrusa International Foundation will receive \$1.00 donation every time a \$2.50 Community Bag (reusable grocery bag) is purchased during the month of May 2019 at the Hannaford Supermarket on Route 25 in Meredith, NH.

Meredith Altrusa is a non-profit that is part of an international community service organization with a focus on literacy and helping with specific needs in our community.

Learn more about us at info@altrusameredithnh.org.



Altrusa members Nancy Law and President Kathy LaPoint with Meredith Hannaford Store Manager Joe Gentile.

WOMEN, INFANTS AND CHILDREN PROGRAM

The Altrusa Literacy Committee continues to partner with the local WIC program – a federally funded program providing nutritional help and education for:

- ♦ pregnant women
- ♦ breastfeeding women up to 12 months after the infant's birth
- ♦ non-breastfeeding women up to 6 months after the infant's birth
- ♦ infants and children up to their 5th birthday

Our Literacy Committee provides age appropriate books for the children and educational resources as well as light reading books for the mothers each month. As you can see from the photos, we also provide handouts that address “Tips for Reading to Your Children” each month. *Literacy* has been involved with this program for the past 8 to 9 years. We also offer the same types of books on the 4th Wednesday in January, April, July and October (only) for WIC families in the town of Ashland. Our members are always on the lookout for good “board books” for the very young children and appropriate books for those up to age 5...as well as books of interest and help for young mothers.

Our local *Friends of the Library* volunteers have been very supportive by culling out books donated to the Library they feel could be used for our program as well. Our members take turns each month setting up the books, poster and signage at 8:30 the morning of the WIC visit...returning at 2:30 to break it down and take leftover books back to be replenished for the next month. It certainly has become a community effort!

ALTRUSA IN ACTION



Tabitha and Julie, Nutritionists with the Community Action Program of Belknap and Merrimack Counties.



Pictured above is a sampling of books displayed for children *and* parents who visit the WIC program. The First Congregational Church in Meredith offers this platform 2nd Tuesday of each month.

NEW ALTRUSA MEMBERS 2019



During our April business meeting held at The Meredith Community Center The Club welcomed our newest members:

Kerry Raymond, sponsored by Tuffy Hamblet

Marie Stevens, sponsored by Shirley Currier

Beth Miller, sponsored by Linda French

OUR NEW MEMBERS

BETH MILLER

I was born in Laconia and grew up on 109 in Moultonborough. Attended Moultonborough Central School and Kingswood Regional High.

Married a local Meredith Guy and lived on Sunset Hill in Meredith. We had three girls, set of twins!! I have five grandchildren, 3 boys 2 girls.

I worked for Annalee Dolls A few years and had my own cleaning business for a few more. I then went to work for Russ and Judy Sabanek as a personal assistant spending 20 years with them.

After my husbands passing on July 4, 2008, I returned to Moultonborough where I reside now with my 51/2 pound Yorkie, Dusty!



OUR NEW MEMBERS

KERRY RAYMOND



Kerry Raymond has been a resident of New Hampshire for the past 48 years. She moved up to Meredith three years ago after she and her husband raised their family in Derry, NH.

Kerry has been an occupational therapist for 28 years, and currently works at Concord Hospital in the outpatient occupational therapy department. Kerry also has her own private practice, Key Therapy Services.

She enjoys all the wonderful experiences that the lakes region has to offer such as hiking and biking with family and friends.

Kerry looks forward to becoming an active member of Altrusa and becoming more involved in her surrounding community.



Maxfield Real Estate Agents Donate to Meredith Altrusa Club

This year, the Meredith Altrusa Club was very fortunate to have been selected as a recipient of the “Maxfield We Care” Program by **Maxfield Agents Lisa Merrill and Annie Stanford.**

The “Maxfield We Care” Program was created as a way for its agents to support various non-profits within the communities they serve.

The Club is very grateful to receive a generous “Maxfield We Care” check in the amount of \$3,211.30 towards our community service projects!



Left to right are Altrusa President Kathy La Point Altrusa Treasurer Cindy Day and Real Estate Agent Annie Stanford with Maxfield Real Estate of Center Harbor, NH.

TRI-CLUB BIRTHDAY CELEBRATION

April 9, 2019

Laconia Altrusa Club invited Carroll County and the Meredith Clubs to join them April 9th for this year's Birthday Celebration held at the Woodside Building, of the Taylor Home, in Laconia. Guest speakers were Sharon Cavanaugh and Robert (Dashi) Young. Sharon & Robert demonstrated & taught defensive techniques while bringing awareness to dangers within our community to our attention. Self-defense products were awarded as raffle prizes!



Tri-Club Birthday Party Hosted This Year

by Laconia Altrusa Club
at The Taylor Home in Laconia

April 9, 2019



TRI-CLUB BIRTHDAY PARTY!

On April 9th, the Meredith, Carroll County & Laconia Altrusa clubs met for their annual "Tri-Club Birthday Party" hosted this year by the Laconia Altrusa Club. The event was held at the Taylor Community. A buffet dinner with guest speakers were provided for entertainment.

Guest Speakers were Sharon Cavanaugh & Robert (Dashi) Young. Sharon a retired police officer, is now employed with Belknap County in the Restorative Justice Program. She works with offenders rehabilitating them to perform well upon exit.

Robert is a 10th degree black belt & the owner of Eastern Dragon Karate & Self Defense Center. The two taught & demonstrated defensive techniques to the Altrusans in attendance. They discussed and made us aware of the dangers in our own community. They also handed out self-defense products.



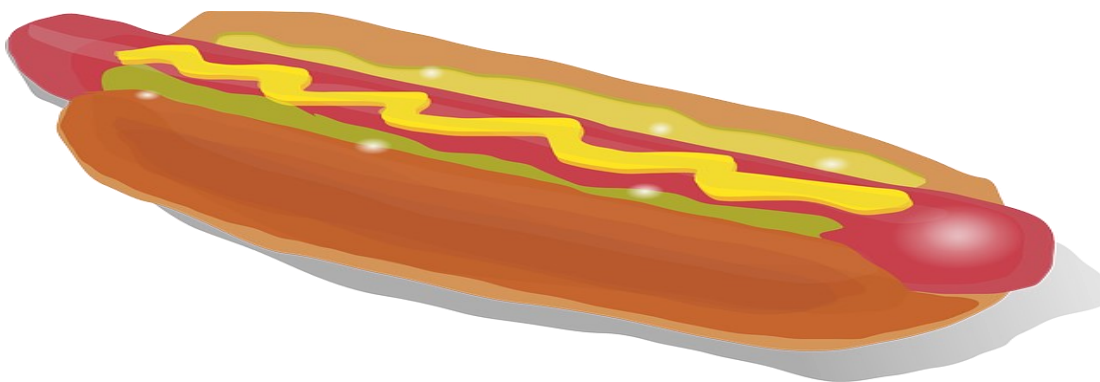
ALTRUSA HOT DOG SALE AT MILLS FALLS MARKETPLACE 2019



Special thank you to Local Scout Troop #55 for setting up the Altrusa booth at Mills Fall Market Place in Meredith.

The volunteer time of local **Scout Troop #55** has energized **Meredith Altrusa Hot Dog** sales participation during local craft fairs. Early morning set up and last day break down chores have been streamlined by ***Troop #55 Scout members while living their motto: “Be Prepared” and slogan “Do a Good Turn Daily”.*** Ask the Altrusa volunteers that met these Scouts (and parents) early in the morning, and then again, at the end of the weekend, just how important their commitment has been to these ideals!!

Altrusa members enjoy serving hot dogs, chili and drinks throughout the craft fair weekends while spending time with visitors, at the booth, sharing how working together, through community partnerships, members volunteer their time and talents in community service projects. Booth visitors are introduced to our annually awarded scholarships for non-traditional students (minimum age of 23) returning to pursue their education, or retool their skills for new job opportunities.



BOBBY'S BARRELS

Beautiful Riley (Altrusan-in-training) watering Altrusa's flower pots that are placed annually at Waukegan Boat Launch in memory of past Altrusa sister Bobby Smyth.



**2019 SCHOLARSHIP DINNER
AT
HART'S RESTAURANT**



Congratulations to this year's recipients of the **Altrusa Club of Meredith's** scholarship awards. From left to right: Abigail Roy is pursuing a Masters of Education degree in School Counseling from Plymouth State University; Nicole Dickson is pursuing a Masters Degree in Healthcare Administration from Plymouth State University; Arin Coppola is pursuing a Masters of Art Degree from the Royal College of Art in London; Kathryn Canfield is pursuing a degree in Early Childhood Education/ EC Special Education from Granite State College; and Nate Fuller is pursuing a degree in Nursing from Lakes Region Community College. Recipients were honored with dinner at Hart's Turkey Farm May 21st. We wish these talented individuals great success in all their future endeavors.

**2019 SCHOLARSHIP DINNER AT
HART'S RESTAURANT**



KATHRYN CANFIELD

**2019 SCHOLARSHIP DINNER AT
HART'S RESTAURANT**



ABIGAIL ROY

**2019 SCHOLARSHIP DINNER AT
HART'S RESTAURANT**



NATE FULLER

**2019 SCHOLARSHIP DINNER AT
HART'S RESTAURANT**



NICOLE DICKSON

RECIPE CORNER

BAGLEY FAMILY IRISH BREAD

Ingredients:

2 ½ cups of flour

¼ cup of solid shortening.....I use butter

1 cup raisins...soak in small amount of OJ to plump the raisins

½ teaspoon of baking soda

1 ½ cup sour cream

1 teaspoon salt....if using regular butter, I skip this salt because its already in the butter

1 egg beaten

2 teaspoons of baking powder.....make sure it's fresh...baking powder helps the bread to rise and therefore the container should be replaced once a year.

½ cup sugar

Directions:

Pre-heat oven to 375 degrees...if your over runs hot, turn it down to **350**

Soak the raisins in small amount of orange juice

Dry Ingredients:

Blend flour, baking soda and baking powder well with a fork

Drain raisins and add them to the dry ingredients

Wet Ingredients:

Cream butter and sugar until well blended

Add the beaten egg and sour cream

Incorporate the wet ingredients into the flour mixture using a large spoon. Looks like a mess at first but it will come together. Do **NOT** over work the dough

Place in a 1 ½ quart greased casserole pan or large pie plate

Bake 375 or 350 degrees for 50 minutes...cover with aluminum foil and back for an additional 10 to 12 minutes. Enjoy!

AMERICAN RED CROSS BLOOD DRIVE

Every two seconds, someone in the United States needs blood. Donations help with accident and burn victims, heart surgery, organ transplant patients and those battling cancer. Many of us probably know someone who has benefited by receiving this gift so it was only fitting that on August 8, 2018, **Altrusa International of Meredith** stepped up to sponsor an American Red Cross Blood Drive from 12:30 pm to 6 pm at St. Charles Borromeo Church in Meredith. Members volunteered for poster distribution in Meredith, Center Harbor, Holderness and Moultonborough. Others volunteered to distribute PDF copies of the Red Cross posters to friends and organizations via email. Those who could not distribute posters volunteered to bake for the event and our Communications Committee worked diligently with Meredith Village Savings Bank and WMUR to post the event on the bank's digital sign on Route 25 and to have the event announced on WMUR TV. Press releases were also provided to local papers listing the event and providing the Red Cross Website link so donors could reserve a time in advance.

The drive was a great success and exceeded its goal of 40 units by collecting a total of 49 units. The drive experienced a steady flow of donors throughout the day and it was a great moment when the Red Cross announced the goal had been exceeded! This truly was a testament to the effort put forth by both the American Red Cross and Altrusa to get the word out.

Community Service thanked Altrusa members who came to support the drive by donating blood with a special thanks to all who volunteered their time and/or baked goods for this event. The food was well received at the drive and all leftover sandwiches and sweets were delivered to the Carey House, who was very grateful to receive them. On this day, Altrusa was successful in two ways. Not only were we able to provide our support to the Red Cross in their endeavors but we were also able to give back to our local community by providing sustenance to those in need.

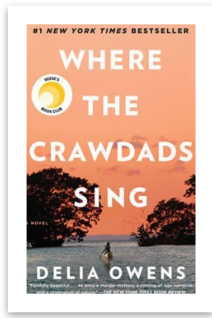
SAVE THE DATE

WEDNESDAY, AUGUST 14, 2019 12:30 to 6:00 p.m.

SAINT CHARLES BORROMEO CHURCH



**Altrusans volunteering
and donating blood at
The American Red Cross
blood drive.**



BOOK REVIEW

by

VICKIE CARTY

WHERE THE CRAWDADS SING, best-selling book by American author and zoologist Delia Owens, is a remarkable first novel. Set in the 1950's North Carolina marshlands, the protagonist Kya Clark is abandoned as a young girl by her entire family and raises herself in an isolated shack. Kya must forage her surroundings to survive, pawing through mud for mussels to sell to put food on her table. She becomes known by the locals as “the Marsh Girl.”

Protected by the desolate yet lush landscape, Kya immerses the reader in her natural world, one filled with dragonflies, fireflies, egrets, cicadas, bird feathers and seashells. We see and feel the “sun, as a warm blanket,” the “slate-colored waves” of North Carolina’s coast, and picture the palmettos, the cattail lagoons, and the oak forest that shelter Kya from the world.

But, as Kya matures into a beautiful, young woman, two men, one good, one bad, become intrigued with rumors of “the Marsh Girl” and vie for her affection. Kya begins to trust and dares to love. This leads to a mysterious death and to Kya’s jailing and trial for murder.

Because of the novel’s popularity, a film version is being considered. The author herself has written its possible tagline: “A nature-immersed mystery and love story with an ending that you’ll never guess, and never, ever forget.”

I, for one, whole-heartedly recommend this book. It is rife with magnificent, metaphoric prose. It’s a book you will want to keep on the shelves of your own personal library.

ALTRUSA of MEREDITH CLUB DONATES WELCOME TO KINDERGARTEN BAGS



L to R: ILES Kindergarten teachers, Erin Geib, Katie Earl, Sylvia Detscher, Altrusa Literacy, Demi Daly, Alesia Parks, Reading Specialist & Title I Project Manager, ILES, and Janine Schifino, Altrusa Communications with 70 “Welcome to Kindergarten Bags” prepared by the Altrusa of Meredith Literacy Committee. (courtesy photo)

The Altrusa Literacy Committee is pleased to provide a total of 110 “Welcome to Kindergarten Bags” distributed to Inter-Lakes Elementary, Sandwich Central and Moultonborough Central schools for kindergarten registrations taking place during the month of May.

Altrusa “K-Bags” have been a tradition of the Altrusa of Meredith Literacy Committee for well over a decade, filled with activities and every day “educational tools” such as a deck of playing cards and dice for counting games, modeling clay and helpful tips for parents about how to join their child combining fun and learning! Wikki Stix, a pencil, package of crayons with coloring “workbook”, and their very own book, *Kindergarten, Here I Come!* rounds out the contents of their sturdy drawstring “K-Bag”.

The Altrusa story world-wide is evolving every day through club accomplishments. When you visit any Altrusa Club, you will see leadership and service in action.

Please visit altrusameredithnh.org to learn more about our Meredith Altrusa Club, how you can **join or** participate in a particular project!

The Altrusa International Foundation of Meredith, N.H., Inc., is a 501c3 non-profit. EIN #46-0838690.