



April 2024 Altrusagram



Upcoming Dates

District One Conference
April 26 - 28
Double Tree by Hilton
Andover, Mass.

Business Meeting
Wednesday, May 1
6:00 PM
Riverside Golf Course

Member Orientation
Saturday, May 4
10:00 AM
Fran Jensen's House

**Program Meeting
Officer Installation**
Wednesday, May 15
6:00 P.M.
Riverside Golf Course

Ronald McDonald House
Sue's Supper
Tuesday, May 21
Chef of the Month
Christine Johnson



Total Solar Eclipse as seen from Mount Katahdin, Millinocket, Maine.

from the President:



Finally, the sun is shining and the cleanup from the Nor'Easter is taking place. Not only is April in full bloom, but we in Maine were in the path of a total solar eclipse. A solar eclipse is often seen as a symbol of transformation and new beginnings. It is an ideal time for setting new goals, refining existing projects, and embracing change. Were you lucky enough to view this event?

The Volunteer of the Year Award was awarded to an outstanding non-Altrusan community volunteer at the April Program Meeting. Congratulations to Marilyn MacDowell from The Iris Network. Marilyn has volunteered at the Iris Network for 31 years.

Members are busy making bags to fill with essential toiletries. Empty bags will be available at the May business meeting and return the full bag at the May program meeting. The service committee will schedule a time to deliver these bags to Milestone Recovery for distribution.

High School seniors are making plans for their higher education, and we are planning to award the Altrusa Portland scholarships to these active students.

I am so proud of our club's involvement within the community. Can you believe Altrusa Portland has been serving the Greater Portland area for 95 years?

District One conference is fast approaching. To everyone attending, have a fantastic time renewing old friendships and making new ones.

Please plan to attend the installation of the new officers. The installation will take place at the May 15th program meeting at the Club at Riverside.

Thank each of you for all your contributions.

Together in service
Wanda



"Life's most persistent and urgent question is, what are you doing for others?" – Martin Luther King, Jr.

Altrusa is an international non-profit organization, making our communities better through leadership, partnership, and service.

Who We Are...

The Board 2023 - 2024

Club President: : Wanda Pettersen
kettlecove_6@msn.com

Foundation President: Pam Lemieux
pamela.lemieux@myfairpoint.net

Vice President: Karen Valley
book1babe@gmail.com

Secretary: Patricia Maxim
campnaples@fairpoint.net

Treasurer: Fran Jensen
franjenzen2911@gmail.com

Foundation Director: Ann Smith
vanillawoman2015@gmail.com

Club Director: Fran Breton
frb3282@hotmail.com

Immed. Past President: Debbie Lemieux
dalemieux33@gmail.com

Parliamentarian: Judith Reidman
reidmanjudith7@gmail.com

Committee Chairpersons 2023 - 2024

Communications Co-Chairs:
Christine Johnson cejnmaine@gmail.com
Erin May Deprez erinmaydeprez@gmail.com

Finance Co-Chairs:
Fran Jensen franjenzen2911@gmail.com
Marie Pike pikerino2@aol.com

Membership Co-Chairs:
Patricia Maxim campnaples@fairpoint.net
Katie Lamb kwblamb@gmail.com

Service Co-Chairs:
Pam Lemieux pamela.lemieux@myfairpoint.net
Martha Gross grossmartha01@gmail.com

Social Co-Chairs:
Fran Breton frb3282@hotmail.com
Joanne Doherty jdoherthy193@gmail.com

What's cooking, Good looking!



Our 20th Annual Volunteer Of the Year Celebration was held April 17th.
(See more about the celebration on Page 7)

The VOY is chosen each year from nominations we received from local nonprofits.
Marilyn MacDowell joins this list of previously honored VOYs:

- 2024 - Marilyn MacDowell - The Iris Network
- 2023 - Sharyn Shearer - Project Grace
- 2022 - Sam Kelley - Vet 2 Vet Maine
- 2021 - Ray Richard - Portland Wheelers
- 2020 - Cathy Hendrix - Hospice of Southern Maine
- 2019 - Christine Arlander - Catherine Morrill Day Nursery
- 2018 - Dot Gonyea - Camp Sunshine
- 2017 - Toni Parise - Center for Grieving Children
- 2016 - Ann Smith - Portland Mentoring Alliance
- 2015 - Marilyn Goodreau - Maine State Society for the Protection of Animals
- 2014 - Celena Moreau - CASA, Inc.
- 2013 - Kim Lee - Morrison Center
- 2012 - Sandra Grubb - Trauma Intervention Program
- 2011 - Fran Seeley - PROP Foster Grandparents Program
- 2010 - Connie & Denis Netto - Portland Adult Education
- 2009 - Patsy Thompson Leavitt - Leavitt's Mill Free Health Center
- 2008 - Elizabeth Oatley - Tate House Museum
- 2007 - Rick Rosu-Myles - Big Brothers/Big Sisters of Southern Maine
- 2006 - The Heggeman Family - Maine Senior Games
- 2005 - Patricia Beville - Root Cellar



Altrusa International Foundation of Portland, Maine, Inc.
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<https://districtone.altrusa.org>

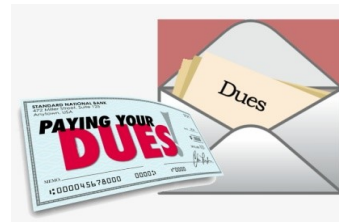
<https://www.portlandaltrusa.org>

Treasurer News

DUES are DUE

A friendly reminder that - **annual dues are due to the treasurer by May 31st.**
The dues for one year June 1, 2024 - May 31, 2025 is \$100.00.

Dues paid **after June 15th** will be assessed a **late fee of \$5.00**, by International, per member.



Where does your \$100.00 go? \$55.00 goes to International, \$15.00 goes to District One and \$30.00 is retained by the club for our operating costs.

Every penny we raise for fundraising is designated to go back out to the community so the dues are our way of covering our club expenses like membership supplies, fees, parties, etc.

Please submit your dues **check payable to Altrusa International of Portland, Me., Inc.** and mail to:
Fran Jensen 7 Vivian St.
Westbrook, ME 04092

Or if you would like to save a stamp, you may bring your payment to the May Business and/or Program meetings.

Thank you,
Fran Jensen



The Finance Committee presented the Operating and Foundation budgets at the April business meeting. The budgets will be voted on at the May 1st business meeting. If anyone did not receive a copy of the budgets and would like one please let Fran Jensen or Marie Pike know.

AND....we now have an erasable VERY BIG CHECK! Be sure to use the big check for a publicity photo anytime we are giving a donation. There are Expo erasable markers with the check; we just have to remember to erase it right after use. Letting the marks sit on the check overnight or longer could affect the clean erasing.



Our Service Projects



May 21
Ronald McDonald House
Sue's Supper



BAM has agreed to do another Book Drive for us this summer. Stay tuned FMI regarding signups for this much anticipated event.

THANK YOU, BAM



ABC



Toni Parise reads to Presumpscot kindergartners.

Presumpscot called and we listened!!

Tuesday afternoon, April 23rd, found Martha and Toni reading to some young folks at Presumpscot!

The entryway and the K wing have been remodeled since our last visit last spring! It is a beautiful space!

Toni's book, Fiona the Flamingo was ideal as there was a child named Fiona in one of the K's! Martha shared a timely book about spring birds.

Just one more school to read to in our ABC year!!

Martha Gross reads to Presumpscot kindergartners.



ABC

more News

MEMBERSHIP COMMITTEE



Due to a Nor'easter on the day of our Business meeting, Altrusa reverted to our standby ZOOM connection for the April 3rd meeting. Cathy Paglio gave her "Getting To Know You" talk during that 'trying' situation; but she did an excellent job.

Our next "Getting to Know You" talk will be at the Business meeting on May 1st and will be given by Gail Mazzone, a former member in 2010-2012; who has become a new member in 2024. We are so glad to have her back!

The date for our ORIENTATION of new members & their Sponsors has been set for Saturday morning (10a-12n) May 4 at the home of Fran Jensen in Westbrook.

If anybody else would like to attend, you are welcome; please let us know.
-Trish

Cathy Paglio gave her "Getting To Know You" talk at our April Business meeting.

She joined our club in 2023, sponsored by Katie Lamb and Pam Szalajeski.

Cathy has lived in Portland her whole life. And studied Elementary Education at the University of Southern Maine. She worked for HeadStart for 25 years as a teacher and later as a director, when they opened a center in Windham.

Children's books are BIG part of everything she has been involved in. She took on the role of Family Literacy Coordinator as a result of an influx of Grant money. In this role, she started a book club for 1st graders, made crafts, helped guide those obtaining their GED, and held parenting classes and training for Child Care providers.

She volunteered at the Windham Correctional Center, where children spend time with their parents reading books.

Now she is working for DHHS, Department of Health and Human Services, as a childcare licensing specialist and loves reading to her grandchildren, ages 3 and 11.

After her Mom's death, she found healing in becoming a volunteer as a counselor at the Center for Grieving Children.

We are fortunate to have her generosity of spirit and caring and welcome her warmly, as a member.

April
Birthdays
of the Month

Erin Deprez
Patricia Maxim
Beth Bellemere

Happy Birthday!





ASTRA of Lake Region High School

Ability
Service
Training
Responsibility
Achievement

As the result of a late season Blizzard, followed by a Nor'easter and then Spring vacation week, it's been almost 2 months since our last ASTRA meeting. We have one meeting scheduled near the end of April & two scheduled for May; and then this school year is over.

While Altrusa is away at District Conference this last weekend in April, ASTRA will be busy reading to the Kindergarten classrooms in Naples & Bridgton and delivering a brand new 'forever' book to each child.

Another Community Service opportunity this week-end is the "Earth Day" 'Roadside Clean-up' in Casco & Naples. Hopefully ASTRA will be there. (Prior to COVID we did this every year. Our assigned space was always the Naples Village Green & Town Beach.) This is the first year since COVID that it is really getting organized again.

We have learned from Altrusa International that our one applicant who submitted for their \$2,000 & \$1,000 Scholarships (4 in total) did not win one. (There were 19 applications at the high school level.) However, she did meet the deadline for our own Portland Club \$500 scholarship. That will be awarded next month on May 23rd at our last meeting of this school year, which is our 'Senior Celebration' event.

How quickly time flies!
-Trish



9 bags of Altrusa's "ABC" books, sorted and ready to deliver to ASTRA at Thursday's meeting.

Program Meeting

Altrusa's 20th Annual Volunteer of The Year Award Recipient is Marilyn MacDowell of the Iris Network

On April 17th, we were pleased to award the 20th annual Volunteer of the Year award to Marilyn MacDowell in recognition of her dedicated volunteer service to The Iris Network. She is truly an inspiration!

Held on an evening we celebrated the club's 95th anniversary of service, Altrusa welcomed Marilyn along with Iris Network Volunteer Coordinator Diane Richard, and Administrator Lisa Rouelle.

Marilyn was nominated by Jessica Siderio, Director of Development & Communication at the Iris Network. To quote from Jessica's nomination: For the past 31 years, Marilyn has exemplified the spirit of volunteerism at The Iris Network, making a profound impact on the lives of the residents at the Iris Park Apartments, our assisted living facility, for persons with vision impairment or blindness.

Marilyn's role has encompassed a broad range of activities, including organizing events such as bowling outings, local sports matches, visits to Peaks Island, restaurant lunches, scenic walks, and even snowshoeing adventures. These activities, under Marilyn's careful coordination, are not just leisure pursuits; they represent crucial opportunities for social interaction, physical activity, and mental stimulation for the residents. Marilyn's approach is characterized by a deep sense of empathy and a commitment to inclusion, ensuring that all activities are accessible and enjoyable for everyone, regardless of their level of vision impairment.

Throughout the COVID-19 pandemic, Marilyn remained dedicated to the well-being of the residents. Despite the challenging restrictions, she found ways to connect with them, such as sitting with fellow volunteer Jean in her car while the residents gathered in a nearby van. She continued to read the paper with them, chat about current events, and remained a constant supportive presence in their lives.

What sets Marilyn apart as a volunteer is her ability to lead by example. Her long-term commitment and proactive approach to organizing and participating in a variety of activities demonstrate her leadership qualities. Marilyn's continuous involvement and success in engaging others indeed encourages others to volunteer, creating a ripple effect that amplifies the impact of her work. Her approachable demeanor, combined with her evident passion for the cause, naturally motivates others to contribute their time and effort. Through her actions, Marilyn embodies the true essence of volunteerism, proving that one person's dedication can inspire a community to come together for a common good. "

CONGRATULATIONS, MARILYN!! The club donated \$500 to The Iris Network in Marilyn's honor.



Presenting Check to Marilyn, From Left to Right:
Pamela Lemieux, Altrusa Foundation President
Lisa Rouelle, Administrator Iris Network
Marilyn MacDowell, Award Recipient
Karen Valley, Altrusa Vice President
Diane Richard, Volunteer Coordinator, Iris Network.



From Left to Right:
Pam Lemieux , Diane Richard, Lisa Rouelle, Marilyn
MacDowell, Karen Valley

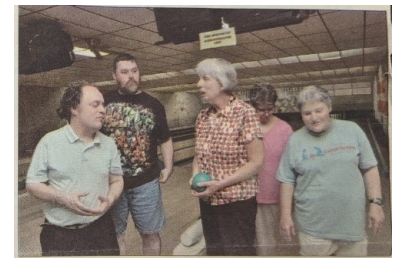


IMAGE REPRODUCED FROM THE FORECASTER
Marilyn MacDowell, center, at Colonial Lanes in Westbrook with her Iris Network bowling buddies:
John Lee, left, Tom Peaves, Francis Bergeman, and Debbie Schuttino.

Photo taken from September 2013
Forecaster article highlighting a
Bowling experience for the residents
with Marilyn.

Program Meeting

Here's to all volunteers, those dedicated people who give selflessly of their time, talent and treasures.

THANK YOU
FOR MAKING THE WORLD
A BETTER PLACE

Altrusa Portland 95th Birthday Party Celebration



Held on April 17th, members gathered to celebrate 95 years of community service in the Greater Portland area.

Katie Lamb and Cathy Paglio acknowledged members years of service by presenting these pin badges with pins signifying their years of service, starting at 20 years. It is an amazing testament to our members dedication to service. A collective 425 years of service.

Altrusa thanks you all!



ALTRUSA - YEARS of SERVICE

PM	1975	49	TRISH MAXIM
AC	1978	46	ANITA CHANDLER
JD	1992	32	JU ANNE DOHERTY
PL	1993	31	PAM LEMIEUX
AB	1996	28	ANN BABBITT
AH	1999	25	ARLENE HANSON
MP	2000	24	MARIE PIKE
PS	2001	23	PAM SZALAJESKI
SK	2002	22	SUSAN F. KING
JR	2006	18	JUDITH REIDMAN
MG	2009	15	MARtha GROSS
KV	2011	13	KAREN VALLEY
RCM	2011	13	RAE CLARK-MCGRATH
GD	2013	11	GERRY DONGO
SL	2014	10	SARAH LABONTE
FB	2015	9	FANN BRETON
NG	2015	9	NICKI GRIFFIN
DL	2016	8	DEBBIE LEMIEUX
FJ	2016	8	FANN JENSEN
WP	2016	8	WANDA PETERSEN
AS	2017	7	ANN SMITH
AD	2018	6	ANDREA DOHERTY
CJ	2019	5	CHRISTINE JOHNSON
KA	2022	2	KAREN ARNOLD
KL	2022	2	KATIE LAMB
ED	2023	1	ERIN DEPRez
CP	2024	0	CATHY PAGLIO
GM	2024	0	GAIL MAZZONE
TP	2024	0	TONI PARISE

425

Years - Name

- 49 - Trish Maxim
- 46 - Anita Chandler
- 32 - Joanne Doherty
- 31 - Pam Lemieux
- 28 - Ann Babbitt
- 25 - Arlene Hanson
- 24 - Marie Pike
- 23 - Pam Szalajeski
- 22 - Susan F. King
- 18 - Judith Reidman
- 15 - Martha Gross
- 13 - Karen Valley
- 13 - Rae Clark-McGrath
- 11 - Gerry Dongo
- 10 - Sarah Labonte
- 9 - Fran Breton
- 9 - Nicki Griffin
- 8 - Debbie Lemieux
- 8 - Fran Jensen
- 8 - Wanda Petersen
- 7 - Ann Smith
- 6 - Andrea Doherty
- 5 - Christine Johnson
- 2 - Karen Arnold
- 2 - Katie Lamb
- 1 - Erin Deprez
- 0 - Cathy Paglio
- 0 - Gail Mazzone
- 0 - Toni Parise



Trish Maxim and Anita Chandler's pins - a 30 year pin + 3 -5year pins.

Thank you for your Service



Other Things

Don't forget to input your Service Hours.
Copy and paste this link into your browser:

<https://docs.google.com/forms/d/e/1FAIpQLSfBA5kpTP2KnohBM77MIB7qwAm953glU10L8wCWanf3Qbrtqg/viewform>

The International Association President wants us to enter literacy hours as a separate category.

from the
Altrusagram
editor



Many thanks in advance for all your efforts and your support in providing your input to Altrusa articles and photos.

Please email myself, Debbie, at dalemieux33@gmail.com with anything you consider newsworthy. My deadline for submissions is the 3rd Friday of the month.

-- Debbie L.

Club Meeting Norms:

- ✓ Start and end on time
- ✓ Respect each other
- ✓ Accept differences
- ✓ No side Conversations, Cell phones silenced
- ✓ Provide a safe space to speak ones mind
- ✓ Abide by the democratic process
- ✓ Be engaged while present
- ✓ Assume others' good intentions
- ✓ Be open to the ideas of others
- ✓ No interruptions of speaker, speak one at a time



Thank you for continuing to fill up the green Altrusa **CLYNK** bags.

Pam Lemieux can give you as many bags with stickers as you ask for. Fill them with your returnables and Then:

1. drop them off at your local Hannaford's
2. drop the bags off at Pam Lemieux's house
3. or, bring to a meeting and give to Pam.

Mark your calendar for these Future District & International Events

District One Conference

April 26-28,2024

Double Tree by Hilton
Andover, Mass

59th International Convention

July 23-26, 2025

Location TBD