



# The Altrusagram

Altrusa International Foundation of Portland, Maine, Inc.

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[www.altrusadistrict1.com](http://www.altrusadistrict1.com)

& follow the links to the Portland club's site, or

[www.altrusaportlandgivesbooks.org](http://www.altrusaportlandgivesbooks.org)

January 2016



## Upcoming Dates

**Tue, 2/2** Board Meeting  
6:00 Pam Lemieux's

**Wed, 2/3** Business Meeting  
6:15 Clarion Hotel

**Fri, 2/5** "Cookie Walk"  
4:00 pm Books-A-Million  
(see Service report inside)

**Thu, 2/11** Serving Supper  
4:30-7:00 St Peter's

**Wed, 2/17** Program Meeting  
6:15 Fireside Inn  
by the Communications Committee

**Sun, 2/21/16**  
Chili Chowder  
Challenge!!  
see details inside

**Tue, 2/23** Board Meeting  
6:00 Pam Lemieux's

**Wed, 3/2** Business Meeting  
6:15 Clarion Hotel

**Thu, 3/10** Serving Supper  
4:30-7:00 St Peter's

**Wed, 3/16** Program Meeting  
6:15 Fireside Inn  
by the Service Committee

**Mon, 3/21** First ABC program  
of 2016!  
(see Service report inside)

## Message from President Pam:

How is 2016 treating you so far? Are you still sticking to your New Year's Resolutions? Or, are you like me, and you've already broken them? I'm not sure why I bother to make resolutions. I can't seem to stick to them. However, I've decided to adopt a new plan this year. I'm going to treat my 'Resolutions' like a 'Strategic Plan'. At least, like a Strategic Plan 'should' work. I've set my goals: 1) Declutter. This is a perennial goal and if you've ever been at my house, you'd know why this is always on my list. 2) Get Organized and Meet Commitments. This is another perennial goal. There are deadlines everywhere, at work, at home, at Altrusa, etc. However, I seem to have a mindset that you shouldn't do anything until the last possible moment. What am I thinking? Perhaps I think if I delay enough, the commitment will go away. It never does! And my procrastinating affects more than my personal mental health. It impacts others, like for instance our Altrusagram Editor. I'm sure she would appreciate me getting better on this front! My final goal is 3) Be Nicer to Family and Friends. Look for opportunities to connect, and act on them. Don't take minor frustrations out on your family and friends. It is just rude. Instead I'll look for ways to brighten their day. It will make them happier and me too.

Just like a Strategic Plan, I've written out these goals and I'm reviewing them monthly to see if I'm making progress. If I find I need to make an adjustment I'm going to come up with an action plan. In fact, I already have a new plan for my Declutter goal. I've got an extra city trash bag set aside to be filled with junk from closets and 'the junk room' (yes there is a whole room in my house with that name!) for each week in the month of February. (You may ask, why just February? Well, I think I need to make my action plans small and attainable. Who knows? I may do it again in March.)

In talking about Resolutions, Goals and Strategic Plans, I wonder how the Portland Altrusa Club is doing on their Strategic Plan. We need to dust it off and revisit our goals. The Portland Altrusa Club Board will be looking at that task in February. If you would like to participate in a Strategic

*continued on next page*



# The Altrusagram

## The 2015 - 2016 Board

President: Pam Lemieux  
[pamela.lemieux@myfairpoint.net](mailto:pamela.lemieux@myfairpoint.net)

Vice President: Pamela Szalajeski  
[pam.szal@maine.rr.com](mailto:pam.szal@maine.rr.com)

Secretary: Patricia Maxim  
[campnapses@fairpoint.net](mailto:campnapses@fairpoint.net)

Treasurer: Marie Pike  
[pikerino2@aol.com](mailto:pikerino2@aol.com)

Director: Karen Valley  
[book1babe@gmail.com](mailto:book1babe@gmail.com)

Director: Geraldine Dongo  
[gdongo1@maine.rr.com](mailto:gdongo1@maine.rr.com)

Immed. Past Pres. Anita Chandler  
[achandler@maine.rr.com](mailto:achandler@maine.rr.com)

Parliamentarian: Judith Reidman  
[jreidman@maine.rr.com](mailto:jreidman@maine.rr.com)

## Committee Chairpersons

Communications: Marcia Marley  
[rmarley@maine.rr.com](mailto:rmarley@maine.rr.com)

Finance: Marie Pike  
[pikerino2@aol.com](mailto:pikerino2@aol.com)

Membership: Martha Gross  
[sfsp2005@yahoo.com](mailto:sfsp2005@yahoo.com)

Service: Anita Chandler  
[achandler@maine.rr.com](mailto:achandler@maine.rr.com)

Social: Sue E King  
[suelou1996@hotmail.com](mailto:suelou1996@hotmail.com)

### Vision Statement

Altrusa: Leaders in service, expanding leadership opportunities and providing service to communities worldwide.

### Mission Statement

Altrusa International, Inc. of Portland, Maine is a club of diverse professionals dedicated to providing service to our communities, focusing on literacy, fellowship and leadership

*message from President Pam continued from page 1*

Planning Session be sure to volunteer at the next Business Meeting. I will be looking for our Strategic Plan to be concise (too many goals and you lose focus), to the point (too wordy and no one wants to take the time to read it) and flexible (it should be a dynamic document that allows for revisions as they are needed). If you are skilled at preparing strategic plans, or if you want to learn how to prepare a strategic plan, consider joining our Ad Hoc Committee for 2016 Portland Altrusa Strategic Plan.

I hope I've piqued your interest in participating in this activity. Now I need to wrap up this President's Letter and get it to our Altrusagram Editor today, before she puts out the Altrusagram with a note that: The President Was Speechless!

In the meantime, be sure to set some personal goals and if you don't succeed immediately, just try again.

Pam

*Fall seven times and stand up eight. –Japanese Proverb*

**The Nominating Committee** was elected at the January business meeting. The committee consists of Anita Chandler (chair), Martha Gross and Judith Reidman.

They will present the nominees for the 2016 - 2017 board at the February business meeting. Members will vote at the March business meeting. Installation of new officers is during the May program meeting. Are you interested in serving or know of someone who is? If so, let the committee know.

To be successful Altrusa needs members to be willing to step up. Serving on the board is an excellent way to both learn more about the organization and contribute to its continuing service to the community.



## The Altrusagram

### It's All About the Service!

Cookie Walk - It's that time of year when Altrusa's elves bake their favorite cookies to thank the amazing staff at Books-A-Million for their help in amassing the incredible number of books in this years Holiday Drive! We will gather in their coffee shop on Friday afternoon, February 5th at 4:00PM, to bring our goodies to their staff room.

We will meet later in the spring to count and catalogue this year's books.

A B C update - Our first scheduled date for this year is on the first day of spring! Monday, March 21, we will visit our friends at Presumpscot School. We will be announcing all other dates in the March Altrusagram. You'll have time to plan to take part in this very rewarding and fun project.

We, like all the committees, are dedicated to making Altrusa's Great Chili Chowder Challenge a rousing success. Don't forget to ask your family, friends and co-workers to join us on February 21st at the Holiday Inn By the Bay. Please invite them to purchase their tickets at Skillin's Greenhouse since they have once again committed to matching all the tickets that they sell!

*from the Service Committee*

If you know of anyone who would like to learn more about Altrusa, please sign them up to get our newsletters. Give their name and email address to Marie Pike and she'll add it to our "Friends of Altrusa" mailing list.

Also consider adding any supporters or partners in our community service projects to that list so they see what we're up to.

### Our Club Continues to Grow!

The Board has approved another application for membership: Mary Jo DiBenedetto, a certified Master Reiki Teacher & Practitioner who lives in Windham. Her sponsor is Anita Chandler. Mary Jo was our speaker at the October 21, 2015 program meeting.

Our newest members have been assigned to the following committees:

Sue Ellen Crawford (b'day Sept 9th) - Communications  
Carol Spector (b'day July 13th) - Service

Please update your YEARBOOKS with their names (page 24), committee assignments (page 8) and their birthdays (page 20). Committee chairs -- please be sure to include these new members in your committee meetings, discussion & tasks.

Wanda Pettersen and Mary Jo will be assigned to a committee once their membership application process is completed.

If you are asked to give a "Getting to Know You" talk, we'd be interested in:

**WHO sponsored you?  
HOW did you know them?  
HOW did they approach you?  
WHAT 'hooked' you?  
WHY did you become a member?**

A constant reminder to you all -- please bring your friends to Altrusa program meetings and projects. (Our committee will pay for their 1st meal.) Perhaps if they like what they see & hear, they will become members.

Altrusa is a great way to VOLUNTEER as little or as much as you are able to give.

*from the Membership Committee*



## The Altrusagram

**SAMPLE THE AREA'S MOST SCRUMPTIOUS CHILIS AND CHOWDERS FROM SOUTHERN MAINE'S FAVORITE CHEFS AND THEN VOTE**



### ALTRUSA'S GREAT CHILI AND CHOWDER CHALLENGE

**A Benefit for Altrusa International of Portland**

[www.altrusaportlandgivesbooks.org/chili-chowder-challenge.html](http://www.altrusaportlandgivesbooks.org/chili-chowder-challenge.html)

**Sunday, February 21 • 12:30 to 3 PM**

**HOLIDAY INN by the BAY**

**Tickets are \$20.00 in advance**

\$23 at the door. \$10 for Children 10 & under.  
Special Preview tickets for \$35 (11:30 to 12:30)

**Call  
797-4494**



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by  
*Dick Clark & Curtis  
(Motown) Haynes*



**Our biggest fundraiser.**

**Please support it in any way you can.**

**Plus -- it's a whole lot of fun!**

**Hurrah!**  
Restaurants are signing up!

Sponsors and judges are  
signing up!

The entertainment has been  
arranged!

There are still  
posters that need to be  
placed,

tickets that need to be sold,

door prizes that need to be gotten,

and  
volunteer slots that need to be  
filled.

**Please** contact Pam Lemieux for  
posters, and Marie Pike for tickets  
or with any door prizes you have.

The event sign-up sheet will be at  
the February business and program  
meetings.





Altrusa is an international non-profit organization, making our local communities better through leadership, partnership, and service. We are civic-minded people who strive to create better communities worldwide.

Guest speaker Suzanne Bourgault with Judith Reidman at the January 20th program meeting. Suzanne is a dual licensed Investment Advisor and Broker with Ameriprise and spoke to the club about financial planning.



Mark your calendars for a fantastic District One Conference at the White Mountain Hotel in North Conway, NH on April 29th to May 1st. You will not want to miss the informative sessions, the International President Sylvia Silverman, the hands-on service project, the hilarious after-dinner entertainer, the beautiful facilities, the shopping, hiking and other free-time adventures that are planned. And most important of all, the chance to get to know your fellow club members better, get to see friends from the District and get to make new friends.

Conference is the best thing happening the last weekend of April! The District Service Bulletin will be out soon with more detailed information and the registration form.

A reminder of the cancellation policy for Program Meetings: members have a standing reservation and must cancel if not attending. To cancel, call Joanne Doherty (730-1479) before noon of the Monday prior to the meeting. Members who miss but do not cancel will be charged for meals that were guaranteed.

The deadline for Altrusagram articles is by end of day on the Friday after the program meeting - please be helpful by keeping to the deadline. (Earlier submissions are, of course, welcome!) Please send articles, pictures, dates of upcoming events, etc... to the editor Marie Pike at [pikerino2@aol.com](mailto:pikerino2@aol.com)

## Future District & International Events

District One Conference April 29 - May 1, 2016 - North Conway, NH

District One Workshop - November 2016 - to be hosted by Altrusa of Greater Hartford

International Convention - July 21 - 24, 2017 - Nashville, TN