



April dates are all on hold for now as it is likely we will continue to stay safe by cancelling events. But emails will be going out so watch for them.

MAY DATES

Wednesday, May 6
Board meeting
Clarion Hotel
5:00 P.M.

Wednesday, May 6
Business Meeting
Clarion Hotel
6:15 P.M.

Thursday, May 7
Bob Marley event
at Keeley's Banquet Center
178 Warren Ave, Portland

Tuesday, May 12
Sue's Supper
Ronald McDonald House
4:30 P.M.

Wednesday, May 20
A very special meeting
installing our new Board
and
honoring the
2020 Volunteer of the Year
Clarion Hotel
6:15 P.M.

March 2020 AltrusaGram

President's letter:



I can not believe that so much has happened since we last met, it seems like March 4th was eons ago! I am so thankful for all of you and it is so hopeful to know that members of Altrusa are strong, caring, compassionate people always willing to step up to meet the challenge. I know that we have people sewing masks, delivering food and shopping for their neighbors, checking in by phone and doing whatever they can for each other. I am so happy to share with all of you that those folks still working: some remotely Andrea Doherty, Marie Pike, Nadeen Daniels, Nicki Griffin, Vicky Woodbrey and especially Sarah Labonte are all healthy.

Many of our spring projects and events are now on hold. A B C in both Windham and Portland will be completed when schools reopen, meals at Ronald McDonald House are on hiatus, Bags of Hope and our birthday party will also wait until we can share these times together. Bob Marley's Concert and our District One Spring Conference have both been cancelled for the present time and new dates will be announced.

In the meantime we have accomplished much! Ronald McDonald's supper with a children's book theme was a fun meal to prepare, thanks to Christine Johnson's imagination. Our visit to Robie Community Center to meet the Cricket Comfort stitchers that make pillow cases for children at the Barbara Bush Hospital was really incredible, seeing all that story themed fabric and matching it with children's books was great. The last of the books arrived and were delivered by Susan King for their pillow case match up last week. Marie Pike has sent out letters to area non-profits asking for Volunteer of the Year candidates and you have elected a slate of officers for the 2020 - 2021 year!

Congratulations to President-elect Debbie Lemieux, Vice President-elect Wanda Pettersen, Secretary-elect Nicki Griffin, Treasurer-elect Nadeen Daniels, Director-elect Trish Maxim.

While we are not meeting, this is a good time to catch up on posting your volunteer hours, thinking of the committee you'd like to serve on next year or a service project or fund raiser you'd like to propose to the appropriate committee, learn how and participate in a ZOOM meeting (these could be dinner or cocktails with friends!), or just opening up your own kitchen to try a new recipe. One thing that I have already enjoyed was opening my yearbook and telephoning each one of you and having a great conversation! Who knew that you could have band practice virtually - Ann Babbitt does! Arlene Hanson is frustrated at not being able to work with her needy student who was making progress. All of our "cat people" are being entertained by their pets, some of them (Gus and Millie) think they can go to work! And, oh, those gorgeous photos of Brittany White's beautiful daughter and Kenith's birthday party, we are blessed!

Walk your neighborhood and stay healthy,

Anita

President John F Kennedy said, "Ask not what your country can do for you, ask what you can do for your country" Today our answer is "Practice social distancing, wash your hands and shout hello to your neighbor."

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

The 2019 - 2020 Board

President : Anita Chandler
achandler@maine.rr.com

Vice President: Debbie Lemieux
dalemieux33@gmail.com

Secretary: Ann B. Smith
vanillawoman2015@gmail.com

Treasurer: Wanda Pettersen
kettlecove_6@msn.com

Director: Fran Breton
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Director: Nadeen Daniels
nadeen.daniels@gmail.com

Immed. Past President: Marie Pike
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Parliamentarian: Judith Reidman
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Committee Chairpersons 2019 - 2020

Communications: Debbie Lemieux
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Finance: Wanda Pettersen
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Membership: Fran Breton
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Service: Susan F. King
kings@maine.rr.com
 and Martha Gross
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Social: Marie Pike
pikerino2@aol.com

Membership: Fran Breton,
 Chairman
 Rae Clark McGrath
 Trish Maxim
 Ann B Smith
 Pam Szalajeski



Communications: Debbie Lemieux,
 Chairman
 Ann Babbitt
 Christine Johnson
 Nadeen Daniels
 Gerry Dongo
 Nicki Griffin
 Vicki Woodbrey



Finance: Wanda Pettersen, Chairman
 Fran Jensen
 Pam Lemieux
 Marcia Marley
 Marie Pike
 Judith Reidman



Service: Martha Gross & Susan F King,
 Co-Chairs
 Anita Chandler
 Jane Coolidge
 Sharon Davis
 Martha Donahue
 Fran Dyro
 Arlene Hanson
 Carolyn Holman
 Sarah Labonte
 Carol Spector

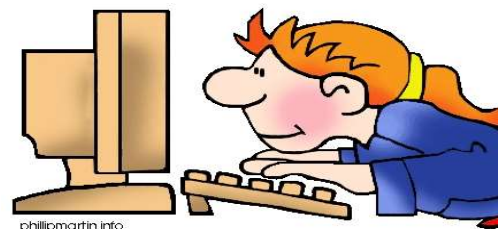


Social: Marie Pike, Chairman
 Andrea Doherty
 Joanne Doherty
 Roberta Morrill



We hope we see you at every program meeting but if you can't attend, please be sure to email or call Wanda P with your cancellation by noon of the Monday before the meeting. Anyone who misses but didn't cancel will be charged the \$4 set-up fee.

**Hold the presses...
 Altrusagram entry
 submissions!**



Please send me your submissions **no later than 3rd Friday of the month.** Forward to my email at dalemieux33@gmail.com. You can also call me at 310-4509.
 Editor - Debbie Lemieux

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Altrusa Portland Service News - Cricket Comfort Project

We teamed up with a community group called Cricket Comforts to match books with themed pillowcases for patients in the Barbara Bush Children's Hospital. We provided books from our warehouse and added \$292 of additional books ordered through BAM. Some members went to the group's work meeting on March 7th to bring the books and help filling the pillowcases with them. Susan F King and Heidi Farren delivered the book-filled pillowcases on Tuesday, March 17.



left to right: Wanda P, Jane C, Susan FK, Anita C, Pam L, Altrusa friend and Cricket Comfort member Mary Franklin, and Deb L



left to right: Jane C, Wanda P, Trish M, Anita C, Mary Franklin, Heidi Farren of Cricket Comfort, Susan FK and unnamed Cricket Comfort member.

more Altrusa Portland Service News



Martha G reads to this class of Kindergarten students in Windham on March 10th, with Pam L and Wanda P.

It is unlikely any more ABC days will be done this spring but books for the kindergartners will be delivered to all the schools that we did not get to read to once they reopen.



The Volunteer of the Year nominations are coming in, even during this on-going crisis. The deadline for nominations is April 17th.

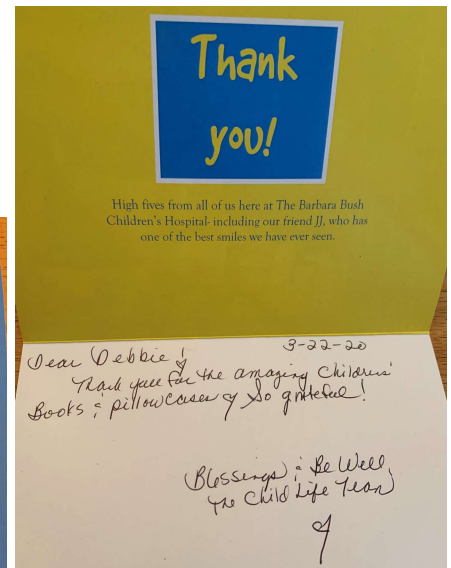
If you would like to be involved in deciding which nominee is our 2020 Volunteer of the Year please email Marie Pike (pikerino2@aol.com) and let her know to add you to the subcommittee. The process: right after the deadline passes Marie will email a pdf of all nominations to the subcommittee. Your task then would be to, within a day, rank them all in order of preference. We take those responses and using a weighted average determine the awardee. The process is a quick turnaround so that we can give the awardee and his/her organization as much advance notice as possible.

So if you'd like to be part of the process just email Marie. It's hard choosing sometimes but so very rewarding to read about all the nominees.

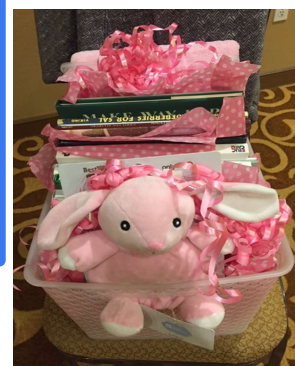
Join us for Sue's Supper on Tuesday, May 12th (April has been canceled). Look for a sign up sheet at our business meeting...or email Susan King at kings@maine.rr.com Be sure to put SUE'S SUPPER on your calendar - it's great fun!!



Thank you's from the Barbara Bush Children's Hospital



ASTRA is an acronym that summarizes what we are about. We use our **ABILITIES** to **SERVE** our community. We participate in **TRAINING** that improves our leadership skills and take **RESPONSIBILITY** for our work together. Our members are proud of **ACHIEVEMENTS** that make a real difference to our world.



On March 26th all Altrusans received this suggestion from Debbie McBee, our International ASTRA Chair (abridged):

Altrusans and ASTRA members around the world,

There are things we can do right now to help others during this pandemic, even if we are having to stay home! Our Universal ASTRA Service Project is "The World Needs More Love: Letters to Strangers."

We are calling on all ASTRA members -- and Altrusans, we invite you join us -- in an old-fashioned letter-writing campaign!

Over the past month, our world has changed dramatically with the coronavirus pandemic. With so many people spending days at home, distancing from one another, and with school, activities, meetings and work on hold for so many, social isolation and stress takes a toll.

We can make a difference right now! As Maya Angelou said, "Be a rainbow in someone else's cloud." We are asking all ASTRA members (Altrusans, feel free to join us!) to write letters to people who may "need more love".

Consider mailing a handwritten note to:

- Health care workers
- EMT's and first responders
- Grocery store managers/employees
- Elderly neighbors
- A favorite teacher
- ...or anyone else you think might enjoy receiving a handwritten note by mail.

Write a few words of encouragement or thanks, share a favorite memory, a favorite quote or even a drawing or cartoon. Help someone smile :)

Use this opportunity to spread joy and positivity, to shine light into someone else's world !

You never know what happiness a simple act of kindness will bring about.

Please join us in writing letters!

Remember, continue to protect yourself and send your letters by mail.

Debbie McBee
District Twelve ASTRA Chair
Altrusa International ASTRA Chair

On Monday, March 2nd - - after an 11 week maternity absence, ASTRA Advisor, Carinne Fournier, returned to LRHS to teach. We had an ASTRA meeting with her on Tuesday March 10th; and presented her with the beautiful pink basket of books and baby items for Willa from Altrusa. Carinne was delighted with the selection of books. (She's not only a mother now; she's also an English teacher.)

ASTRA successfully met the March 1st deadline to enter their 'Service Project' to District One for Altrusa's annual competition. They chose the Altrusa International theme of "S.O.S. - Support Our Soldiers" to highlight their involvement with the revitalization of American Legion #67 in Bridgton.



By Monday, March 16th, school was closed until the end of the month due to the Coronavirus pandemic. The closure has now been extended to the end of April.

If you were watching CH13 news on Thursday, March 26th at 7:00PM or 11:00PM, you might have seen the segment from Lake Region High School with 2 senior girls lamenting the loss of traditional Senior activities that they are missing out on. Isabella Wears & Delaney Meserve are both members of ASTRA. Isabella is the Secretary this year.

FINANCE COMMITTEE NEWS

The Sound of In-House Money

Please continue to fill up the green Altrusa CLYNK bags. Here's how to dispose:

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

Keep those cans and bottles coming!



AMAZON SMILE:

You shop. **Amazon gives.**

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.

Invite your friends to Select Altrusa International of Portland as their charity in Amazon.

OTHER THINGS...

[Click Here for the Google Docs Service Hours Online Entry Form.](#)

Don't forget to input your Service Hours. The Google Docs online Service form captures all that you input for your monthly service activity. This can be used to tally the hours that get submitted to International. It is a very important function.

One method is a 2-step process, using an interim form to capture service hours manually, while "on the run", during a given month. Keep it in your car, or in a monthly calendar, as easy access enables updates to it. And then once a month, use that manual form to submit to the Google Docs Service form.

A Future Altrusan!



Altrusa friends,

Thank you for your extremely generous gift celebrating the birth of Isla (pronounced eye-la). The card is stunning and frame-worthy too!

I hope you all are doing well during this time. If anyone needs any help with grocery shopping or daily chores, please let me know. I'm working remote from home and happy to help anyone!

Here are a few pictures of Isla. Thank you again for your thoughtful gift... it will most likely go toward buying lots and lots of diapers!

Be well and take care,
Brittany



District and International News

Unfortunately this April's District 1 Conference had to be canceled. Everyone who had paid their registration has probably had it refunded already (or uncashed checks voided) by Treasurer Hilda Schmidt. Governor Linda had the hotel cancel all room reservations for us. You should have received a cancellation notice from the hotel. If any issues or concerns contact Hilda or Linda.

And rest assured, all the great plans that had been made for Conference workshops will not go to waste. Stay tuned for news from the District and Governor Linda about the fall Workshop.

And we know from experience what great a host the Hartford CT club is. It will be fabulous!

Let's all make up for missing out on seeing our District One friends this spring with a big turnout at Workshop in November.

· Workshop 2020 ·

Saturday, November 7, 2020 Host: Greater Hartford Club Location TBD. Watch for the DSB for more info.

· Conference 2021 ·

Friday - Saturday, April 23-24, 2021
location TBD

We will be hosting this Conference when our own Pam Lemieux will be installed as Governor of District One! A committee has been exploring a possible site, or it may be held at the Beverly, MA venue that was canceled this spring. Pam is working with Governor Linda on firming up those plans.

· Convention 2021 ·

Wednesday – Saturday, July 21-24, 2021
in Quebec City, Quebec, Canada

It's hard as Altrusans not to be out there serving our communities hands on. Many of you are contributing from home. If one way you contribute is by financial donations, don't forget the Altrusa International Foundation. The Foundation recently expanded its definition of natural disaster to include this pandemic and is actively soliciting grant requests to help communities cope. To help in that mission consider making a donation to the Foundation. The cancellation of Conferences with their fundraisers for the Foundation is going to have a significant impact on its budget. Donating is easy: go on line to the Foundation website or ask Marie Pike, District One's liaison to the Foundation.



Thank you for all you're doing!

Whether it's sewing facemasks, volunteering at the food pantry, checking in with neighbors who need a little help, sitting through video and tele-conference board meetings, and our medical professional members working still, and probably much more our members are doing that we don't know about.

(photos: courtesy of Deb L)



SPREAD LOVE.



Stay Safe. Stay Strong.
HEAD DOWN. HEART UP. ONWARD.

Print this and tape it up in your windows. Spread the love.