



April 2021 Altrusagram

Upcoming Dates



Wednesday, May 5th
6:15 p.m.
Business meeting
via Zoom

Tuesday, May 11th
Ronald McDonald House
project

Wednesday, May 19th
6:15 p.m.
Volunteer of the Year
presentation
and
Installation of the
2021/2022 Board

Friday, May 21st
items due to newsletter
editor

by no later than May 31st
dues must be paid

Wednesday, June 2nd
6:15 p.m.
Business meeting
via Zoom
Budget vote.

from the President:



APRIL.....Did you know?

The origins of April goes back to around 700 BC. Before January and February were added to the end of the year by King Numa Pompilius, April was already the second month of the Roman calendar year (March was the first). Around 450 BCE, April was rearranged into it's current fourth slot.

It is possible that the origin of the name is rooted in the Latin *Aprilis*, which is derived from the Latin *aperire* meaning "to open"—which is reference to the opening or blossoming of flowers and trees, a much awaited display now in progress in our northern region. Another theory holds that since months are often named for gods and goddesses, and since *Aphrilis* is derived from the Greek *Aphrodite*, it is possible the month was named for the Greek goddess of love (the goddess that the Romans called *Venus*)!

April opened with a presentation to the membership with the Board approved budget, which will be reviewed at the May 5th business meeting and voted on at the June 2nd meeting. Ronald McDonald House dinners main chef was Christine, coordinated by Ann Smith. Thank you, ladies. Books, Books and More Books – Christine delivered 100 books to Cricket Comforts for the Pillowcase Project. Christine and Martha have identified books to go to the Book Fairy Project, Portland Food Pantries and several more books to go to correctional facilities. You ladies totally ROCK!

April 21 found many Portland Altrusans gathered virtually to celebrate the club's 92nd birthday party. Led by Pam Szalajeski and Roberta Morrill, creativity and fun was shared.

On our last weekend in April, so many Altrusans attended our first-ever virtual conference put on by our District One Board. I was so pleased and proud to see that Portland attendance exceeded that of any other club. Congratulations to Marie Pike for taking home 2nd place Newsletter award. This last weekend in April opens the way for a new District Board and a new Governor. We congratulate and thank Linda Ring for her excellent leadership. And now, we welcome Pam Lemieux as our new Governor. Her 2021-2023 Biennium theme is "Altrusa – the Key to Service, Leadership and Fun".

April gives way to May, as we plan to celebrate our Volunteer of the Year award winner. The selection process has come to a close and the winner will be unveiled in an upcoming program meeting.

April Showers bring May Flowers. I HOPE that May brings us all closer together and keeps you and your loved ones safe and healthy.
Debbie Lemieux

"Be the change that you wish to see in the world." - Mahatma Gandhi

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

Who We Are

The 2020 - 2021 Board

President: : Debbie Lemieux
dalemieux33@gmail.com

Vice President: Wanda Pettersen
kettlecove_6@msn.com

Secretary: Karen Valley
book1babe@gmail.com

Treasurer: Nadeen Daniels
nadeen.daniels@gmail.com

Director: Fran Breton
frb3282@hotmail.com

Director: Patricia Maxim
campnaples@fairpoint.net

Immed. Past President: Anita Chandler
achandler@maine.rr.com

Parliamentarian: Judith Reidman
jreidman@maine.rr.com

Committee Chairpersons 2020 - 2021

Communications: Co-Chairs:
Christine Johnson cejinmaine@gmail.com
Karen Valley book1babe@gmail.com

Finance: Co-Chairs:
Wanda Pettersen kettlecove_6@msn.com
Fran Jensen franjenzen2911@gmail.com

Membership:
Fran Breton frb3282@hotmail.com
Patricia Maxim campnaples@fairpoint.net

Service: Co-Chairs:
Susan F. King kings@maine.rr.com
Martha Gross sfyps2005@yahoo.com

Social: Co-Chairs
Roberta Morrill rjdutton36@aol.com
Pam Szalajeski pam.szal@maine.rr.com

Beverly Knudsen

1931 - 2021

Beverly Knudsen became an Altrusan in 1989. Her sponsor was Nancy White. She has been characterized as kind, spunky and energetic and was a very committed Altrusa member. Bev loved and was very engaged in the Altrusa ABC project and enjoyed reading to the children. She loved Book Club and "All Things books". She was always at the ready to donate her time and energies to various activities, including the Empty Bowl Supper, Cleanup of the gardens at the Barron Center and the Chili Chowder Challenge. Bev had become an Emeritus member of the club in her later years.



Per Trish, Bev shared her bread recipe with Altrusa and it was frequently served at the Empty Bowl. Here's the recipe. The key to it is the self-rising flour.

BEV'S BEER BREAD

3 C. self-rising Flour
1/4 C. Sugar
1/2 tsp. Salt
12 oz can/bottle of Beer
Stir together w/ a spoon. Pour into a greased bread pan. Immediately bake @350 for 45-50 minutes.

Altrusa Birthdays

When we talk about Altrusa club birthdays, there are 2 different dates that we discuss. The earliest date is the "Organized" date (the date of their very first meeting). The 2nd date can be years later, when the club has finally signed enough members to apply for a "CHARTER" from Altrusa International. In our case, the first meeting was held on October 2, 1929 with the assistance of Mrs. Frances Davison of the Boston Altrusa club. Grace Allyn Cook was elected President. The members at that meeting started gathering other members until they had the required 25 to qualify for the Charter. (That number was lowered to 20 members after many years of being 25. As of 2017 it is now only 15 members to Charter.)

It took the Portland club almost 2 years to get the 25th member. She was our beloved Dr. Alice Whittier. Our Charter was issued with a date of September 27, 1931. We have always calculated our age based on the 'Organized' year (1929). Like all Altrusa clubs, we celebrate our birthday in April to honor the month that Altrusa was organized in 1917.

- Trish Maxim

Altrusa International Foundation of Portland, Maine, Inc.
altrusaportland@gmail.com

PO Box 8834, Portland, ME 04104 USA

www.districtone.altrusa.org www.altrusaportlandgivesbooks.org

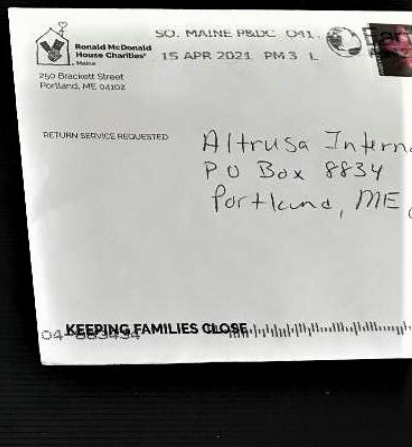
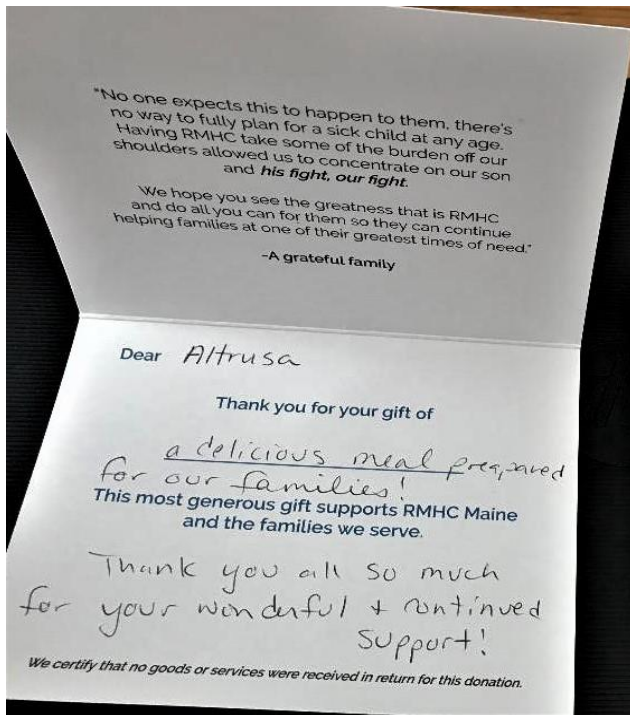
Our Service Projects



On a gorgeous sunny Tuesday evening, Guest Chef Christine gathered her sous chefs, Ann and Karen to prepare dinner at Ronald McDonald House!! The three stir fried veggies and pork to serve with rice. YUM! They finished up with brownies for dessert.

We'll be back to R McD H on Tuesday, May 11th. Give Ann a call if YOU'D like to be Head Chef.

-- Susan K



Our Service Projects



On Thursday, April 23rd, Anita met Jaimie Johnson at our warehouse to transfer our board books and stuffed animals into her care!! She is the Office Manager for the Head Start and Early Head Start Program!



Jaimie was delighted to receive 484 new stuffed friends for her Head Start kids!!!! We were also able to share 63 new board books with her for her centers!

-- Susan K

Service Ideas From Conference

SOS (Support Our Soldiers)

Ideas were presented to provide support for our soldiers.

Three categories were suggested:

- * Care Packages for Deployed Service People There is a long list of desired items at <https://login.altrusa.org/files/2019/09/SUPPORT-OUR-SOLDIERS-Cat-1-International-Flyer.pdf>
- * Random Acts of Kindness: pay for a meal or coffee for a vet: write letters to vets: replace a clear outside light bulb with a green one: sponsor an honor flight
- * Support Homeless Vets: contact VA, Disabled American Veterans, Coalition for Homeless Vets, VFW, Blankets of Warmth

Days For Girls

Days for Girls (DfG) is creating a world with dignity, health, and opportunity for all, through sustainable menstrual care solutions and health education. They envision a world where girls can attend school, pursue opportunities and succeed even when they have their periods.

DFG needs 10,000 pair of underpants for their kits!!! They welcome prewashed 100% cotton flannel and fabric in 1 yd. (or more) lengths. 100% cotton washcloths are also needed. White IS NOT a preferred color.

DFG has a website with a wish list on it.

https://smile.amazon.com/hz/charitylist/ls/16CCRTH9N6G91/ref=smi_cl_lol_lis0_ls0

We would change the address to:

DFG Resources
645 Taylor Way Suite 200
North Salt Lake City UT 84054

-- Susan K

In the school's newsletter this week:



Book Donation

Mrs. Gurnee had the wonderful opportunity to offer books to staff and students last week thanks to Altrusa. Altrusa is a club of diverse individuals dedicated to providing service to our communities- focusing on literacy, fellowship and leadership development. This is the second year we have been able to benefit from this group's generosity. Susan King, former South Portland elementary school teacher, helps to make this possible. At the end of the day on Friday, there were still some books left. Is your student looking for a new title? Please have them stop by the office in order to choose a new book of their choice. Want to learn more? Visit altrusaportland@gmail.com

Committee News

COMMUNICATIONS COMMITTEE

Here's the great 'Call to Workshop' written by Karen Valley and performed by her, Pam L, Debbie L, Wanda P and Anita C and presented at the Conference last weekend.

*Hear Ye, Hear Ye! All District One Altrusans!
After a year of COVID it's exciting to hear
We're getting together in person for Workshop this year!
To Portland you'll go, November 6th is the day.
Workshop is coming, so plan for your stay!*

*You ask, "Where will it be?"
At a lighthouse, a restaurant or maybe a hotel?
Rumored are the Clarion or the Sable Oaks Sheraton,
or even "in Pam Lemieux's backyard!" Do tell!
More details coming soon. You'll see!*

*Well, wherever it is, there is fun to be done!
Sessions to be attended, Speakers to be heard and Raffles
to be won!
Whether you fly or drive, go by bus or train
On and on you'll go until you reach Portland, Maine.*

*Come early, stay late!
Come Friday night to Celebrate!
Take time to wine and dine
as we Honor Linda Ring and Pam Lemieux and their
Boards
at the same time!*

*So, as the magical time for networking grows near.
Add the date to your Calendar and set your GPS to here:
Portland, Maine is your destination for Fall Workshop 2021
this year!*

-- Marie P

The Volunteer of the Year award ad hoc committee faced the usual challenge of choosing among the inspiring nominees to determine who would be the 2021 Volunteer of the Year. We were pleased to receive five very worthy nominees. The award will be presented May 19th and announced in the May Altrusagram.

On the ad hoc committee were: Fran B, Anita C, Gerry D, Debbie L, Pam L, Judith R, Wanda P, Ann S, Karen V, and Marie P (chair). Thank you all.

-- Marie P

MEMBERSHIP COMMITTEE

The Membership Committee thanks Nadeen Daniels for her fascinating "Getting To Know You" talk at the April business meeting. She has had some very interesting municipal jobs in the Greater Portland area.

Next up will be Dr. Fran Dyro, who has been a member of our Portland Altrusa club longer than any other current member. She was sponsored by Dr. Alice Whittier in 1973. Be sure to tune in to our business meeting on May 5th.

-- Trish M

FINANCE COMMITTEE

Happy Spring ladies,

We have weathered a very challenging year, to be sure, and yet it doesn't seem possible that it is annual dues renewal time.

I have received a handful of dues payments to date. Thank you very much.

As a reminder, our 2021/2022 dues are \$100, broken down as follows: \$55 - International; \$15 - District; and \$30 - Club.

Please make your check **payable to Altrusa** and send to me at 53 Northwood Dr, Portland, ME 04103. I would appreciate receiving your check no later than **May 30th**.

Happy new program year!

Nadeen

Treasurer



PAY YOUR DUES

ASTRA News



Ability
Service
Training
Responsibility
Achievement

Both ASTRA President Cierra Grover and ASTRA Advisor Carinne Fournier attended the Saturday morning session of our District One Conference for the ASTRA presentation. Cierra told about the several projects the club has completed so far this school year, despite the COVID restrictions; and then mentioned a couple more projects that are planned once "Spring" really gets here. It is obvious that Cierra is enthusiastic about ASTRA. Cierra & Carinne both answered quite a few questions from Altrusans about the ASTRA organization, activities, and recruitment of new members.

Governor Linda Ring announced during that morning session that Lake Region High School ASTRA had won the "ASTRA Service Project" award again this year. This was the 2nd year that they are the only ASTRA club in District One, so -- the only entry. (You can't win if you don't enter and don't meet the deadline.) It was Cierra who wrote & submitted their entry on "Vacation Activity Bags" this year, as well as last year's entry on "S. O. S." (Support Our Soldiers).

International ASTRA chair, Debbie McBee, has reminded us that both entries will now be judged at the International level; and the winner announced at the International Convention in Charlotte, SC in July.

On April 16th we learned that there had been 20 applications for the 4 Altrusa International scholarships. (5 of them were disqualified for being incomplete.) Four LRHS ASTRA seniors had applied, but none of them won. (I did confirm with Debbie McBee that none of ours were disqualified.)

The same 4 LRHS seniors applied for the \$500 scholarship from our Portland club. The announcement of the winner will happen in May.

-- Trish M



ASTRA completed a 2nd round of "Activity Bags" in time for April school vacation for the elementary students.

Katie Klein "Founder of ASTRA at LRHS"

Katie Klein celebrated her 40th birthday on April 14th. When I texted her Birthday greetings, she told me she reads our "Altrusagram" every month; and is glad to see that ASTRA is still going strong.



Katie's big news from Plymouth, Mass is that she got into a PhD program for Library Sciences at the University of South Carolina. She will be moving to South Carolina in August to start her studies. She has applied for a teaching assistantship at the University. But in the meantime, her teaching license will transfer so she can work in a school library if she needs to.

-- Trish M



Our Birthday Party rocked!!



The love one I'll put into a neighbors garden, the small one I'll give to a family that's moving away to Florida and the lady bug I'll take to the Ronald McDonald house. Nicki



Karen's



Great fun, Pam!!! Thanks! Love, Susan



I call them Kindness Rocks. Pam S



Oops! It looks like a watermelon :) Marie



Trish's



Finally got my butt in gear.
Judith



I put it in the garden. Wanda



Anita's

District One Conference rocked too!!

Congratulations

District One 2021 - 2023 Board

Governor Pam Lemieux (Portland)
 Governor-Elect Rita Cote (Biddeford-Saco)
 1st Vice Governor Violet Sims (Greater Hartford)
 2nd Vice Governor Susan Parrazo (Plymouth)
 Director Cathy Baybutt (Carroll County)
 Director Hilda Schmidt (Central CT)
 Treasurer Wanda Peterson (Portland)
 Secretary Marie Pike (Portland)

and

Governor's Award was shared by: Debbie Lemieux, Cathy Baybutt and Denise Doyon.

Governor Linda Ring was awarded the Gaby Crepeau award.

Portland's Altrusagram was awarded 2nd place for the Newsletter Award.

With 80+ attendees, the virtual conference was a big success. I was impressed with the breakout room capability. Joanne Lannin, keynote speaker, brought back many memories of how we girls played basketball (back in the day). A big congratulations to Governor Linda and her team.
Wanda P

Saturday's speaker, Joanne Lannin, was great! Debbie's tech team did a fabulous job! The Foundation was SO well represented by you, Marie!! And we, Portland, deserve to be SO proud of our Governor Pam, Treasurer Wanda, our District One Committee chairs, Trish, Marie and Debbie, and our Altrusagram's Second Place award. It was quite a weekend!!!
Susan K

Marcia and I watched together on my device from 4-6 on Saturday. Very impressed with all the volunteer efforts accomplished during this pandemic. We just had to see Pam assume the Governorship. So very proud and happy for her.
Gerry D

ASTRA Cierra Grover spoke so well about our ASTRA club. The response from attendees was overwhelming. I never imagined that conference would be as well attended as it was. But the icing on the cake was that there were more Portland attendees at each session than any other club. Woohoo! Kudos to you all. Debbie L

We were so proud to have ASTRA club president Cierra Grover and advisor Carinne Fournier attend the Conference.



I thought it was fabulous! Great technology, lots of information presented well, wonderful to see everyone.... etc. etc. Congratulations to all who put their all into the making of Conference 2021!
Ann B

I missed Friday night but attended both times on Saturday. It was really worth it! I enjoyed it very much. I especially enjoyed the speaker on Saturday.
Karen V

I was delighted to learn that one of the newly instituted District Training sessions that I missed attending when it was originally presented, is now available on our District website to watch anytime. I can see "Power-Point Training" anytime that is convenient for me by logging into: districtone.altrusa.org and clicking on "Resources", which is the location of "Awards" information (2 awards unique to District One); "District Training" (10 categories); and "District Documents" (4 categories).

Altrusa International has done a tremendous job building the overall altrusa.org website, that now allows districts to enter & manage their own unique information.
Trish M

I attended Friday night and Saturday morning. I thought it was extremely well organized considering the large territory that had to be connected in different time zones. I learned a lot about the other clubs and their projects. I was impressed by the featured Speaker and the Astra Group from our own Lake Region High School.
Fran J

Other News



CLYNK 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!



Please send all newsletter items to Marie P at pikerino2@aol.com. The deadline is the Friday after the program meeting.



AMAZON SMILE MONEY

If you are shopping on-line consider using Amazon Smile, with Altrusa International Foundation of Portland, Maine as your choice of nonprofit. For instructions see the November 2020 Altrusagram or contact the Finance Committee. The 0.5% of sales adds up if we all participate!

Invite your friends to do the same.

May Birthdays

Martha Gross
&
Sarah Labonte



The International Foundation's '**Spring Back Into Things**' campaign is April 1 - June 30.

Can Portland exceed the amount we raised for the fall 2020 campaign?

Donations of \$50-\$99 receive a facemask
Donations of \$100 - \$149 receive a medallion
Donations of \$150 or more receive both.

Another way to support the Foundation - **Buy Luci Lights**

Rechargeable lights via solar or USB

Basic Luci Light \$23

Luci Light with USB charging port \$35

Luci 18-ft String Lights \$42



To donate go to:

<https://app.mobilecause.com/vf/DISTRICT/team/District1>

or

Text DISTRICT1 to 71777

Entering Your Service Hours

The year is almost over!! Be sure to enter your service hours. It's easier than ever. And when compiled by the International Association it shows the impact Altrusa has world-wide. Let's all be part of that!



https://docs.google.com/forms/u/0/d/e/1FAIpQLSc05IynjHKrEFy5iUIGzd0FKeHcBeT3wO1ku8H6EjMca6Ny_w/formResponse



Mark your calendar for these Future District & International Events

International Convention, Racing to Success, July 28-31 in Charlotte, NC
See the "Call to International Convention" emailed on 2/17/21

District One Workshop - Saturday, November 6

- location in Portland TBD
- Portland club is hosting
- Come early for the celebration on Friday night of the start of Governor Pam's biennium and the successful conclusion of Governor Linda's biennium