



February 2022 Altrusagram

Upcoming Dates



Wednesday, Mar. 2nd
Business Meeting
and Election of Board
via Zoom
6:00 pm

Tuesday, Mar. 15th
Sue's Supper at RMcD
House volunteer
opportunity

Wednesday, Mar. 16th
Program meeting
Communications
Committee
via Zoom
6:00 pm

Friday, Mar. 18th
All newsletter
articles due

Wednesday, Apr. 6th
Business Meeting
via Zoom
6:00 pm

**** and ****

April 22nd - 24th
District One Conference
North Conway, NH

from the President:

February! A month filled with celebrations. We dare to celebrate the beginning of the end of the bitter cold. We celebrate the loves in our lives. And oh.so.much.more....

But, Altrusans, everywhere, come together to serve.

Our Portland super chefs, under the direction of Karen Valley, served up Sue's Supper at Ronald McDonald House, this month, with her famous Mac&Cheese comfort food.

ASTRA, with the superior guidance from our Trish Maxim, has been meeting and this month they plan to execute the distribution of ~350 ACTIVITY bags to the Lake Region elementary students.

One of our favorite activities – the Cookie Walk, thanking those awesome folks at Books A Million for 2 SUPER successful book drives this past year, was modified somewhat this year, in the interest of health and safety.

Our January Program meeting, sponsored by the Finance committee, was a fun evening of BINGO! A fun event, which helped us to raise money for our Operations account.

Lots of progress has been made with our A B C projects, with a handful of schools remaining. There are plentiful books in our warehouse inventory to support numerous requests coming in from several other communities.

Thanks to everyone for your help in making all this happen. This includes all members, those that help to label and stack the books, those that executed the distribution of the books, those that help prepare dinners, those that donate their time and money to help us grow our organization, and those that spread the word about your community service.

We welcome a new member to our fold. Karen Arnold, we hope that you will be fulfilled and we know we will benefit and learn from your presence. Thank you.

Respectfully,
Debbie



FEBRUARY 2022

Holidays & Observances

- Wednesday, February 2nd**
Groundhog Day
- Saturday, February 5th**
Eat Ice Cream for Breakfast Day
- Sunday, February 6th**
Super Bowl Sunday
- Tuesday, February 8th**
Kite-Flying Day
- Friday, February 11th**
Guitar Day
- Monday, February 14th**
Valentine's Day
- Sunday, February 20th**
Muffin Day
- Monday, February 21st**
President's Day
- Friday, February 25th**
Clam Chowder Day
- Sunday, February 27th**
Strawberry Day

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

Who We Are

The 2021 - 2022 Board

President: : Debbie Lemieux
dalemieux33@gmail.com

Vice President: Wanda Pettersen
kettlecove_6@msn.com

Secretary: Karen Valley
book1babe@gmail.com

Treasurer: Fran Jensen
franjenzen2911@gmail.com

Director: Sharon Davis
sbdavis548@gmail.com

Director: Patricia Maxim
campnaples@fairpoint.net

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

Parliamentarian: Judith Reidman
judithreidman@gmail.com

Committee Chairpersons 2021 - 2022

Communications Co-Chairs:
Karen Valley book1babe@gmail.com
Debbie Lemieux dalemieux33@gmail.com

Finance Co-Chairs:
Fran Jensen franjenzen2911@gmail.com
Judith Reidman judithreidman@gmail.com

Membership Co-Chairs:
Patricia Maxim campnaples@fairpoint.net
Sharon Davis sbdavis548@gmail.com

Service Co-Chairs:
Susan F. King kings@maine.rr.com
Martha Gross grossmartha01@gmail.com

THE NOMINATIONS FOR THE 2022/2023 BOARD

The nominating committee announced the following nominees for the 2022/2023 board. The vote will be held at the March 2nd board meeting. Nominations from the floor will be requested before the vote.

President - Wanda Pettersen

Vice President - Karen Valley

Secretary - Patricia Maxim

Treasurer - Fran Jensen (interim)

Director (for two years) - Fran Breton

(Sharon Davis will serve her the 2nd year of her 2 year term as Director.)



Thank you to the Nominating Committee: Chair Anita Chandler, Judith Reidman and Pam Szalajeski.

Here's a list of books of our youth! (from the February 16th sharing session)

Ann S. loved The Book House books. Swiss Family Robinson was also a favorite of Ann's. Trish M was partial to Nancy Drew and the Bobbsey Twins.

Martha G loved The Black Stallion and all the books that followed it. Its about a boy, a shipwreck, survival, and the bond the boy developed with beautiful, wild horse.

Susan K loved to be read to from Told Under the Green Umbrella or Told Under the Blue Umbrella.

Pam L loved the Dr. Seuss books, especially The Cat In The Hat as she could read it. She also enjoyed Nancy Drew.

Marie P was a horse and history buff reading about Grant and Lee and their horses. A title she particularly enjoyed was The Green Grass of Wyoming.

Wanda P so enjoyed having her own bookshelf full of little golden books. She fondly remembers The Little Engine That Could.

Speaking of golden books Anita C loved her copy of The Fuzzy Wuzzy Kitten. The kitten was flocked and truly fuzzy wuzzy.

Christine J remembers her parents reading on her bed in the evening. Tiny Tots is a book that Christine still cherishes. In school, she loved the SRA cards! For herself, Christine enjoyed reading Nancy Drew.

Pam S recalls The Five Little Peppers and How They Grew. She also enjoyed Trixie Belden and Clara Barton stories and loved comic books for their illustrations.

Judith R loved to visit the ducklings statues in Boston Garden. They held warm memories of Make Way For Ducklings for Judith.

Nikki G even had her own Heidi doll to accompany her favorite story, Heidi.

And in the truly grim category, Fran J lost many of her books when they were burned in East Germany. She does recall 1001 Arabian Nights and the genuinely grim Brothers Grimm stories. Hansel and Gretel was a favorite. Fran can tell interesting stories of long fingernails from those stories.

- - Susan K

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www.altrusaportlandgivesbooks.org

Our Service Projects...

We provided a wonderful meal at the Ronald McDonald House on Tuesday February 15. Chefs were Karen valley, Anita Chandler, Nicki Griffin and Christine Johnson with fruit from Marie Pike. Dinner was an amazing Mac and cheese with chicken, accompanied by green beans and then chocolate chip cookies. We made enough to leave one full casserole for the freezer.

-- Nicki G



Left to right: Nick G and Christine J



Left to right: Anita C, Karen V, Nick G and Christine J

Baked Macaroni and Cheese Casserole for Sue's Supper at Ronald McDonald House

Servings: 20-24

4 Two Quart Deep Dish Casserole Dishes

Ingredients:

Elbow small macaroni, two 3lb pkgs (regular or gluten free)
1½ lbs. chicken breast per casserole, cooked and cut up into small pieces (omit for meatless casseroles) (can substitute boneless thighs)
1½ lbs. per casserole extra sharp white cheddar cheese, shredded
4 large eggs per casserole
Gallon Milk (prefer whole or 2%)
Large can Italian style breadcrumbs (or two small)
1 lb. Butter (to dot top of casseroles and to grease bottom and sides of casserole dishes)
Paprika

Directions:

Preheat oven to 350 degrees. Grease the sides and bottom of casserole dishes. Set aside.
Cook macaroni for ten minutes at full boil. Drain and set aside.
Cook chicken for the casseroles with meat in olive oil with salt, pepper, a little garlic. Set aside.
Grate extra sharp white cheddar cheese or open packages of already shredded sharp white cheese Set aside.

When ready, layer macaroni, chicken, light on breadcrumbs and the cheese for two layers. Omit chicken if meatless is desired.
Then last layer is just macaroni, breadcrumbs, and cheese on top layer.

Mix 4 cups of milk to 4 well-beaten eggs. Add to casserole to within a half inch of top. Add additional milk if needed. Add extra breadcrumbs to top layer, paprika and dot with butter.

Bake in 350-degree oven for about an hour. Cool for 5min. then serve with a vegetable on side.

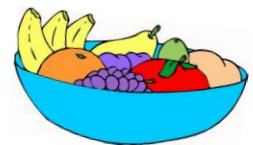
Anita C organized, shopped and delivered! While the Cookie Walk seemed questionable this year, fruit and individually wrapped candies felt safe. Heidi and Dean seemed delighted with our offerings.



A few sales people came into the staff room and left with apples, clementines and handfuls of candy. Thank you all for contributing!

Maybe we can do a cookie walk in the fall.

-- Susan K



...and more Service Projects

My Place Teen Center Receives Books

Representatives of MPTC came to our warehouse on Monday February 7 to select books for the kids they serve (ages 10-18) in their after-school programs. Tina Burns, Program Director; Jamie Burns, Senior Youth Worker Cumberland County; and Nikki Billingslea, Cumberland County Program Coordinator joined Altrusa Christine Johnson in picking titles they thought the kids would enjoy. These books will be used to upgrade their on-site library in Westbrook and support a new book club program with the books shared among their Westbrook, Saco and Biddeford locations.

Pictured here are Nikki (left) and Jamie with some of the books which they were preparing to shelve. MPTC Executive Director Donna Dwyer said "I want to thank you, ...(for) so many beautiful books. We are THRILLED by their glory! I love books!"
-- Christine J



Books for Woodford Family Services

Woodford Family Services offers a variety of programs to help people with special needs maximize their potential, be appreciated, contributing members of their neighborhoods and communities, have positive, enriching relationships, live lives that are safe and secure, and lead lives allowing for choice. At their Westbrook location, they provide early childhood and preschool services to clients in the Greater Portland/Westbrook area.

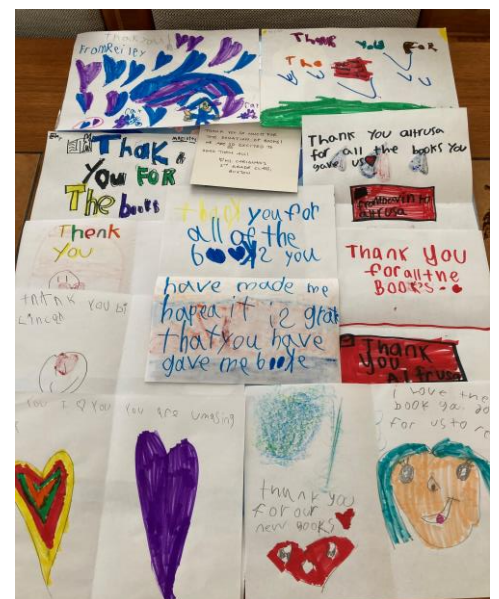
Altrusa Portland was pleased to donate several brand-new picture books to Woodford Family Services in Westbrook. In addition, we partnered with Book Fairy Pantry Project and Rotary Club of Westbrook-Gorham to deliver a supply of board books for their very youngest readers. A great collaboration among organizations that are passionate about childhood literacy!

-- Christine J



Thank you cards from the 5 second grade classes in Buxton for the 85+ books we provided.

We gave them a mix of books from K through 2nd because of their varying reading levels. COVID-19 has put many students behind. So they were very appreciative of our gift.



other Committees' News

MEMBERSHIP COMMITTEE

Prospective member Karen Arnold has attended the required two meetings. She was approved by the Board; and her name has been published in our Altrusagram. The next step is for our President, Debbie Lemieux to issue the letter of Invitation to become a member of our Portland club and assign Karen to a committee for the rest of this club year. Upon receipt of that letter, after Karen pays her dues, she will be declared a MEMBER of Portland Altrusa. (Her Initiation ceremony will happen sometime later.)

Prospective member Toni Irish is preparing her "Recommendation for Membership" form with Sponsor Christine Johnson. When we receive it, we will follow the same procedure. Hopefully it will appear in the next Altrusagram towards the end of March.

(Waiting for the next Altrusagram frequently slows down the New Member process. That is perhaps reason enough not to suggest that our Altrusagram be published less frequently.)

We have several other hopeful Prospective Members, but have not heard from them recently: Cliff, Dani, Janine, Pat, and Jay.

- -Trish M



FINANCE COMMITTEE

The Final Count is "340". That's how many calendars we all sold! That's 8 more than last year. Congratulations to each and every one of you who worked so hard on this annual project.

The Finance Committee will meet via Zoom next week to discuss our Spring Fundraising Project.

Just as a reminder, each Committee's budget is due to the Finance Committee by March 19th. This will enable us to review them and submit them to the Treasurer in time for our new budget year!

Thank You all for your hard work!

- - Fran J

COMMUNICATIONS COMMITTEE

Tagging

In Communications we **tag** all the time. A tag is a special kind of link. **When you tag someone, you create a link to their timeline.** The post you **tag** the person in may also be added to that person's timeline. Your status update may also show on that person's timeline. When you **tag** someone they'll be notified. **Tags** help us share information.

Christine Johnson explains:

Books requests from My Place Teen Center and Woodford Family Services were recently approved by the service committee. Pictures were taken with the recipients and each was posted separately on our Facebook page. In both cases, we **"tagged"** the receiving organizations to increase the visibility of these posts.

What did that **tagging** do for us? In the case of MPTC, 267 people saw the post which resulted in 28 likes, comments or shares. In the case of WFS, we reached a whopping 638 people resulting in 71 likes, comments or shares. Compare this to reaching 138 people with 22 likes, comments or shares from a recent program meeting post that included **"no tags"**.

These types of posts can help raise our visibility in our community. If you have photos of Altrusans doing good in the community, please share them with the communications committee along with a couple of sentences about what is happening in the picture. Include names, organizations and titles, as applicable. If that organization has a Facebook and/or website, we'll be sure to include a **tag or link** in any post. While these photos may also be great content for the Altrusagram, posting them on Facebook in close to "real time" with the event depicted should always be our goal!

Also, check out the Newsletters page on our website under Club Information. There you will find the most current publication of Altrusagram, DSB and Compass, in addition to recent back issues. The communications committee will endeavor to keep these up to date.

Google **"what is tagging"** and you'll find more info on the subject.

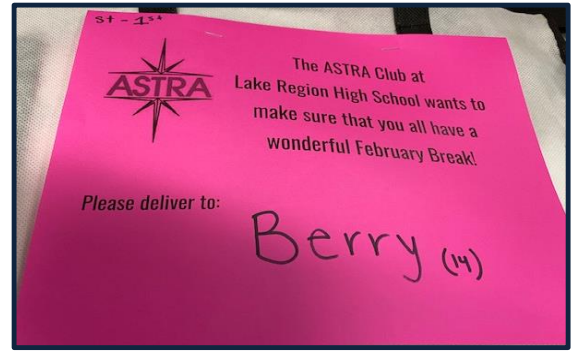
Communications Committee: Debbie Lemieux, Ann Babbitt, Marie Pike, Christine Johnson and Karen Valley.

- - Karen V & Christine J

ASTRA



Ability
Service
Training
Responsibility
Achievement

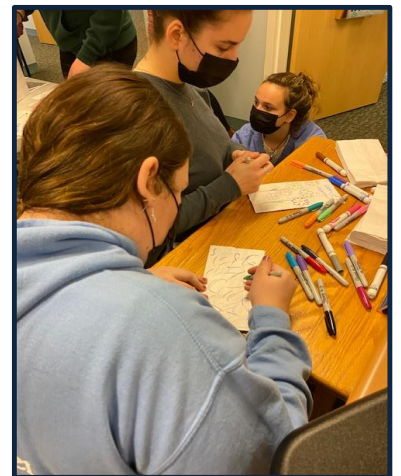


Now that their Christmas "Toy Drive" is over and they are back in school after their Christmas School vacation week, ASTRA has been busily working on their new project of "Vacation Activity Bags" for every Elementary student in the Kindergarten, 1st, & 2nd grades in Bridgton, Casco, & Naples (350+ bags). This project was enlarged and enhanced from a similar project done last year. More grades were included; and instead of buying decorative bags, they chose to personally decorate white, bakery type bags with their own creative pictures and squiggles, drawn with brightly colored magic markers.

They recruited volunteers in the cafeteria from the general population of the high school to join the fun. They also got some expert creations from the ART department of the high school. After the bags were decorated, ASTRA filled them with a variety of fun trinkets for young children to use creatively, like crayons and stickers as well as some pages of fun activities -- even a scavenger hunt. When a couple of NO SCHOOL snow days happened, time ran short at the very end to complete the project in time for delivery to the Elementary schools before the start of February vacation.

These pictures of the 'production line' operation to finish the task were taken the Thursday morning before vacation in the space next to the main office occupied by the Guidance staff. There was a continuation of the coloring process, as well as stuffing the colored bags with the goodies, and then packing the right number of bags into large bags (like we use for ABC books), labeled for each classroom teacher.

They completed every last one; and were on their way to their first class at 8:05 AM !!
-- Trish M



2/22/2022

Other Things



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 THE MONEY COMING!



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.



The deadline for the Altrusagram articles each month is the end of day on the Friday after the program meeting. Sending things before then is fine too!

Editor Marie Pike pikerino2@aol.com

SERVICE HOURS

Don't forget to input your Service Hours. The Google Docs online Service form captures all that you input for your monthly service activity.

Copy this link to your browser:

https://docs.google.com/forms/d/e/1FAIpQLSc05IynjHKrEFy5iUIGzd0FKcHcBeT3wO1ku8H6EjMca6Ny_w/viewform

March Birthdays

Christine Johnson

Happy Birthday!



Mark your calendar for these Future District & International Events

District One Conference

April 22nd - 24th, 2022

North Conway Grand Hotel, North Conway, NH
check out the recent DSB for details

District One Workshop

November 5, 2022

to be hosted by the Greater Hartford club
details to come

International Convention

July 2023

San Antonio, Texas