



## April 2022 Altrusagram

### Upcoming Dates



**Wednesday, May 4th**  
Business Meeting  
via Zoom  
6:00 pm

**Tuesday, May 17th**  
Sue's Supper at RMcD  
House volunteer  
opportunity

**Wednesday, May 18th**  
Volunteer of the Year  
presentation  
and  
New Member Initiation  
\*\* details about  
location to come \*\*  
6:00 pm

**Friday, May 20th**  
All newsletter  
articles due

**Tuesday, May 31st**  
Annual membership dues  
are due

**Wednesday, June 1st**  
Business Meeting  
and  
Installation of 2022/2023  
Board!  
in Karen Valley's backyard  
6:00 pm  
more details to come

### from the President:

April 2019 was the last District One "In-Person" Conference. Until this past weekend. All were gathered together to enjoy reconnecting with Altrusan Friends from near and far, in North Conway, N.H. So many wonderful and inspiring examples of leaders in Service and bearers of hope for our communities. But most inspiring, was our own District One Governor, Pam Lemieux. She truly was the "hostess with the most-ess". The conference was a huge success due to her superior skills of engagement, attention to detail, and last but not least, grace. Thank you, Pam.



Our Portland Altrusan members have many reasons to be very proud. Our Lakes Region High School ASTRA club was awarded for their Yellow Tulip Project, under the direction of Trish Maxim. Under the direction of Susan F. King and received by Anita Chandler, the submission of AltrusaPortlandGivesBooks.ORG won the Letha H. Brown Literacy Project 3<sup>rd</sup> place award. Kudos to ALL!

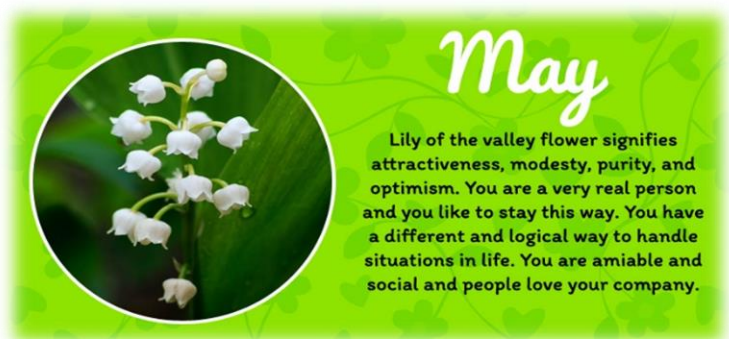
We look forward to our May Program meeting, celebrating our 18<sup>th</sup> Annual Volunteer of the Year award. Also we will be welcoming our newest members with initiation. In June, We will close out the Business year with the Installation of the 2022-2023 Board.

Yours Truly,

*Debbie*

### May Flower by Emily Dickinson

Pink, small, and  
punctual,  
Aromatic, low,  
Covert in April,  
Candid in May,  
Dear to the moss,  
Known by the knoll,  
Next to the robin  
In every human soul.  
Bold little beauty,  
Bedecked with thee,  
Nature forswears  
Antiquity



*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](mailto:dalemieux33@gmail.com)

Vice President: Wanda Pettersen  
[kettlecove\\_6@msn.com](mailto:kettlecove_6@msn.com)

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

Treasurer: Fran Jensen  
[franjensen2911@gmail.com](mailto:franjensen2911@gmail.com)

Director: Sharon Davis  
[sbdavis548@gmail.com](mailto:sbdavis548@gmail.com)

Director: Patricia Maxim  
[campnaples@fairpoint.net](mailto:campnaples@fairpoint.net)

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

Parliamentarian: Judith Reidman  
[judithreidman@gmail.com](mailto:judithreidman@gmail.com)

## Committee Chairpersons 2021 - 2022

Communications Co-Chairs:  
Karen Valley [book1babe@gmail.com](mailto:book1babe@gmail.com)  
Debbie Lemieux [dalemieux33@gmail.com](mailto:dalemieux33@gmail.com)

Finance Co-Chairs:  
Fran Jensen [franjensen2911@gmail.com](mailto:franjensen2911@gmail.com)  
Judith Reidman [judithreidman@gmail.com](mailto:judithreidman@gmail.com)

Membership Co-Chairs:  
Patricia Maxim [campnaples@fairpoint.net](mailto:campnaples@fairpoint.net)  
Sharon Davis [sbdavis548@gmail.com](mailto:sbdavis548@gmail.com)

Service Co-Chairs:  
Susan F. King [kings@maine.rr.com](mailto:kings@maine.rr.com)  
Martha Gross [grossmartha01@gmail.com](mailto:grossmartha01@gmail.com)

## *Let's start with a little business.....*

As is indicated in our Policies and Procedures document, any policy changes should be posted in the Altrusagram. We might be a little out of sequence, but here is the section that was discussed at the April business meeting.

### XII. Local Club and Foundation Office

A. The Portland Altrusa Club has the following officers: President, Vice President, Treasurer, Secretary, 1 Director and the Immediate Past President.

B. The Portland Club term of office for officers will be one year, except for:

1. President will serve a two year term.
2. Treasurer will also represent the Foundation and will serve a two year term.
3. Club and Foundation Directors are elected for two-year terms on alternating years.

C. The Portland Foundation will have 4 elected officers. The Foundation will have the office of President, to be served by the Chair of the Service Committee. The Foundation will have 1 Director. The Club Treasurer will hold the role of the Foundation Treasurer. The Club Secretary will hold the role of the Foundation Secretary.

D. The membership will elect a Nominating Committee to formulate a slate for the upcoming year, which shall include the Immediate Past President who will chair this Committee.

E. The Nominating Committee will announce the proposed slate for both Club and Foundation at the February Business Meeting and elections are held at the March Business Meeting.

-- President Debbie L



Immediate Past Governor Linda Ring (far right) presents the Conference First-Timers with their certificates, including Portland's Christine J (4th from left).  
For more Conference photos and news go to pages 8 - 10.

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# Our Service Projects...



Pictures from 4th & 5th graders at Buxton Community School after receiving books from us.



Ann S reading BAD DOG to kindergarten students at Rowe School.

# ...and more Service Projects

## Sue's Supper at Ronald McDonald House

Head Chef for Sue's Supper in April was Christine Johnson. At the suggestion of Karen Arnold, we served Sloppy Joes. Karen prepared her totally decadent Lemon Bars for dessert. Sous chefs were Susan King and Martha Gross, who also provided a fresh fruit medley.

The traditional Sloppy Joes were made with beef and the usual seasonings. The recipe shown here is an interesting and tasty vegan option - Sloppy Jills. This recipe can be enhanced with the addition of tabasco and other favorite Sloppy Joe seasonings. Toasting the roll is recommended to compliment the flavors.

The meal was served with sides of coleslaw, pickles and chips.

-- Christine J



Will, from  
the Ronald  
McDonald  
House



left to right: Susan K, Karen A, Martha G and Christine J

## Sloppy Jills!

### Ingredients:

- 1 ½ cup green or brown lentils
- 2 Tbsp olive oil
- 1 clove of garlic chopped
- ½ cup chopped onion
- ½ cup bell pepper
- ½ cup diced carrot
- 1/2 cup ketchup
- 2 Tbsp maple syrup
- 2 Tbsp chili powder
- ½ tsp smoked paprika
- 3 Tbsp tomato paste
- 1 Tbsp balsamic vinegar
- 1 Tbsp yellow mustard
- ½ tsp sea salt
- ½ tsp black pepper
- 1 cups water



- The morning you plan on making this meal, leave lentils to soak in a bowl of water. This will shorten the cooking time of the lentils and make the beans more digestible.

- Rinse and drain soaked lentils and place in a large pot. Fill the pot with enough water to fully submerge the lentils and bring to a boil. Let the lentils simmer for about 20-25 minutes or until fully cooked but still somewhat firm.

- Drain lentils and set aside.

- In the same pot you made the lentils in pour in oil, onions and garlic and let cook for about five minutes over medium heat.

- Add bell pepper and carrot and cook for another 8 minutes.

- Add lentils, ketchup, maple sugar, chili powder, smoked paprika, tomato paste, balsamic vinegar, mustard and water.

- Mix all ingredients together and bring to a simmer for 20 minutes. If you'd like the filling "sloppier" add a Tbsp of water at a time until you get your desired consistency. Add salt to taste.

- Remove from heat and allow to sit for another 10 minutes to thicken up.

- Serve with your favorite sandwich bread or roll.



Serves 8



## other Committees' News

### MEMBERSHIP COMMITTEE

Portland Altrusa welcomed 2 new members as of April 1, 2022:

Karen Arnold  
Toni Irish

That brought our head count to 32 in time for the District One Conference cut-off date for Delegate & Alternate eligibility. We qualified for 3 of each instead of 2 at the Conference in North Conway this past weekend (4/22-24).

Also - - Portland tied for the 3rd place award of the "Greatest Number of New Members" since last year. Biddeford/Saco also had 2 new members. The winners of 1st place tied with 3 new members - - Sanford/Springvale and Northeastern Connecticut.

The Membership committee is currently planning for the INITIATION of Karen and Toni at our Program meeting on Wednesday, May 18th. We hope all of you will attend to warmly welcome Karen & Toni into Altrusa.

- -Trish M

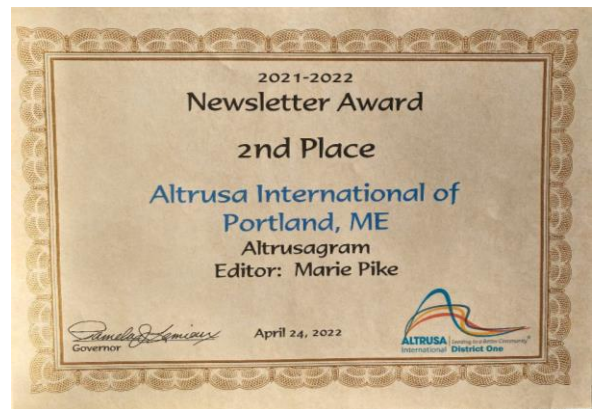


### COMMUNICATIONS COMMITTEE

We congratulate Marie Pike for her hard work and skills creating our Altrusagram!!! We took Second Place at District Conference for our newsletter!!!

For those of you who may not know, the submissions are judged by non Altrusans. And thank you to everyone from proof reader Trish Maxim to all who contributed to them.

- - Karen V



### FINANCE COMMITTEE

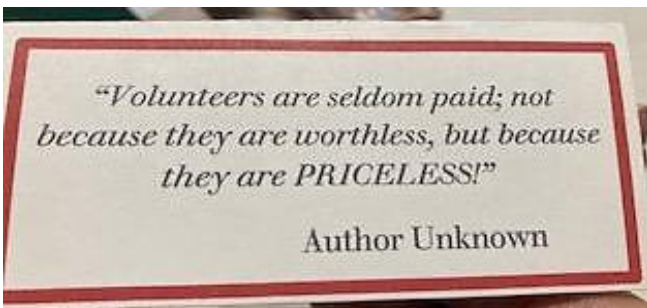
Friendly Reminder:

Dues are due... Don't forget – annual dues are due to the treasurer by May 31st.

The dues for one year are \$100 of which \$55 goes to International, \$15 goes to District One and \$30 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.

- - Wanda P



# ASTRA



On Thursday, April 14th -- the day before their Spring vacation -- I accompanied 4 ASTRA students and their Advisor to Songo Locks Elementary school in Naples, where they read to 5 Kindergarten classes. Each student was responsible for one classroom, reading one book to the entire class; then being sure that each child selected a book from the bagful of Altrusa's "ABC" books that had been laid out on the tables for them. Mrs. Theriault, ASTRA Adviser, did the same in the 5th room.

Each one of those ASTRA students had attended that elementary school. One of them was excited to snag the room with the same Kindergarten teacher she had 10 years earlier.

The Kindergarten children were extremely excited to get their very own book to take home and enjoy during school vacation (and forever). The teachers were impressed with the quality of the books they received. One of them told me that the big, white book "With No Pictures" is her students' favorite book. They ask her to read from it every day.

This past weekend at District One's Conference in North Conway, the Lake Region High School ASTRA club was awarded 1st place for the entry of their 'Yellow Tulip' project into the "ASTRA Service Project" competition. The win comes with a certificate to display in their glass cabinet, plus a \$100 prize from Altrusa International for their Treasury. (We knew they would win; they are the only ASTRA club in District One. But they had to enter to win.) Their entry will now be sent to International, held for a year, and entered into the International competition with the other District winners -- and next years District winners -- to be judged and the winner announced at the International Convention in July 2023 in San Antonio, Texas. That 1st place winner will receive a \$300 prize.

-- Trish M

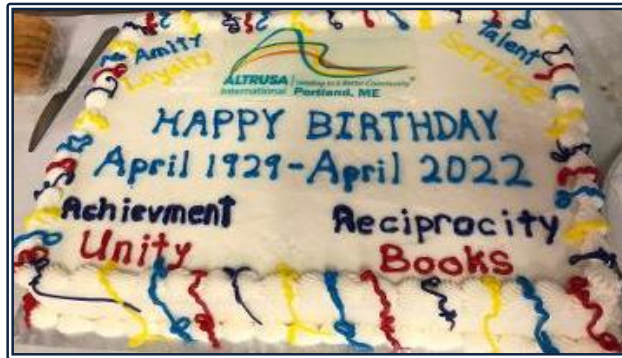


Ability  
Service  
Training  
Responsibility  
Achievement





# Birthday Party...we're 93 and going strong!



*By popular demand, here is a recipe for the dip that Ann S brought to the birthday party.*

## **Dilly-licious Dip**

16 oz sour cream (use Lactaid brand if lactose intolerant)  
2 TB dried onion flakes  
1 TB fresh parsley, finely chopped  
1 and 1/2 TB Kebbe spice (this is a mix of spices used in Middle Eastern dishes and can be purchased in an Arabic market or possibly at Hannaford's?)  
2 TSP garlic powder  
1 and 1/2 TSP dried dill  
1 tsp onion powder  
1 tsp paprika  
1 tsp dry mustard ( or 2 TB spicy brown mustard from a jar)  
salt to taste  
more parsley for garnish

Mix well at least three hours before serving. Refrigerate while flavors meld! Enjoy!





# Conference 2022



Eight Portland Altrusans attended Conference in North Conway, NH.  
left to right, seated: Christine J, Governor Pam L and Anita C  
left to right, standing: Wanda P, Marie P, Karen V, Trish M, Debbie L



left to right: Kitty McElhaney, Trish M and Pam L as  
Trish accepts the ASTRA award



Debbie L in the parade of banners



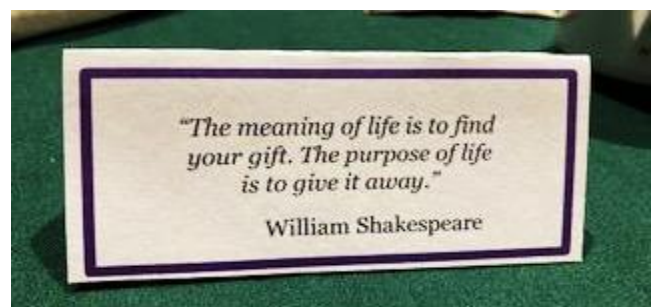
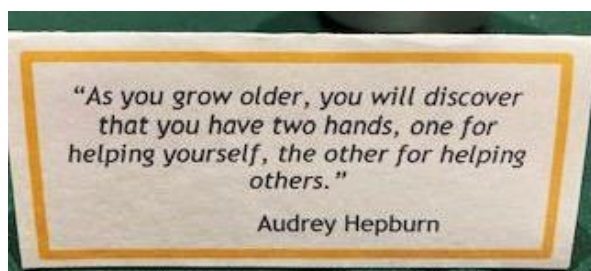
shoppers at the fundraising fair



Director Hilda Schmidt (second from left) presents the Letha H Brown awards: 1st place to the Meredith club, 2nd to the Seacoast club & 3rd to the Portland club.



As Service Chair, Anita C presents the Mamie L Bass awards: 1st place to the Seacoast club, 2nd to the Bangor club & 3rd to the Northeast CT club.





# Conference 2022

There was so much to get out of conference... pre conference workshop, good speakers, solid programs, and awards. I learned more about Foundation, service projects and partnering, and how Altrusa is organized. How knowledgeable and dedicated our leadership is! The conference program booklet was excellent! Well done! Using it made it easy to follow events. There was time to socialize and network at mealtimes. I highly recommend attending a District One Conference! It was a fun learning experience!

Because Fran Breton was unable to attend conference I was promoted from an alternate to a delegate. I got to sit with the delegates and vote. I enjoyed the experience and it has made me feel more connected to our Altrusa community at all levels: local, district and international.

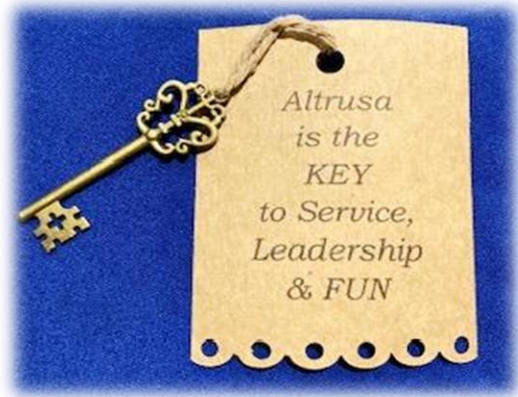
Karen V



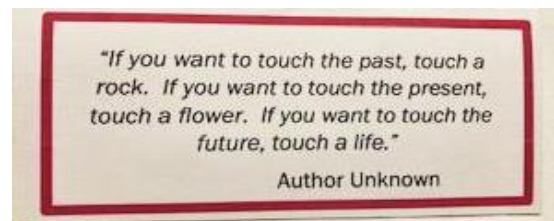
International Director Kitty McElhaney (Lake City, FL club), flanked by Governor Pam L

Considering the COVID situation for 2 years, having 64 Altrusans attend the 'In-person' District Conference was delightful.

Portland got credit for 8 of those 64; and won the 1st place ATTENDANCE award. 2nd & 3rd place awards went to Biddeford/Saco & Seacoast who each had 7 attending. (There are 17 clubs in District One.)  
-- Trish M



A big **THANK YOU** to the three Conference host clubs: Carroll County, Laconia and Meredith. They did a wonderful job!! Seamless registration, interesting speaker, fun entertainment and great table decorations like the items here, above and below.



It was wonderful to see friends, old and new. We had great speakers. The two speakers from CASA were inspiring. And Becky Egan from the Quincy club spoke about "What's the Story with the Story?" A fascinating talk. A few things I took away from that were:

- \* Say "hello friends" rather than "hello kids" or "hello students" or "hello boys and girls" so as to not separate yourself from them.
- \* You don't read to kids, you read with them.
- \* Whole book approach - the story is just a piece of the whole.
- \* Use the book as a starting point, not as the end.
- \* Do you know the true story of Winnie the Pooh - it's fascinating. Look for the book *Finding Winnie: the True Story of the World's Most Famous Bear* by Lindsay Mattick.

-- Marie P

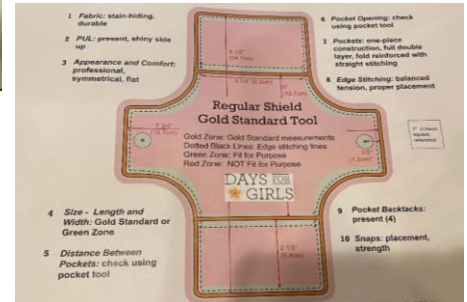
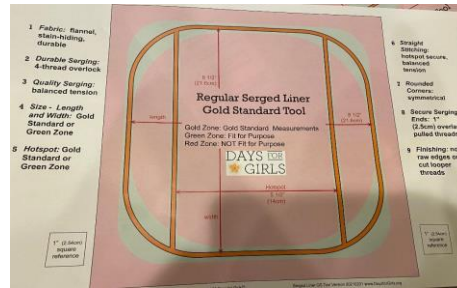


Speaker Becky Egan of the Quincy, MA club

# Conference Service Project: Days for Girls

*My impressions of Conference: I met some new members from other clubs. Seeing in them, the energy and eagerness I felt myself, as a new member. It was a re-ignition, of sorts.*

*My favorite session was the Days-For-Girls Hands-On presentation by Clair Behrle and her husband, Steve. They provided many handouts and explanations of the work that goes into creating the Kit. Clair said, she would come to us for a 1/2 day or a whole day workshop, for any that are interested in producing parts of the kit. Let's do it! I will share material with all interested. Below are pictures of the templates used for the main parts of the kit.*  
Debbie L



*It was enlightening, worthwhile and such an amazing effort from the presenters to share the process!!! They showed us exactly what is involved and let us try to actually make parts of the kit. It's a meticulous and multi-layered process. An added plus was that I got to serge parts of the kit with Kitty McElhaney, the International visitor. She was friendly, approachable and made me feel so comfortable participating.*

Karen V





# 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](mailto:pikerino2@aol.com)

## SERVICE HOURS

Debbie Lemieux has updated the service hours input data.  
Don't forget to input your Service Hours.

*Copy and paste this link into your browser:*

[https://docs.google.com/forms/d/e/1FAIpQLSc05IynjHKrEFy5iUIGzd0FKeHcBeT3w01ku8H6EJMca6Ny\\_w/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc05IynjHKrEFy5iUIGzd0FKeHcBeT3w01ku8H6EJMca6Ny_w/viewform)

## May Birthdays

Martha Gross  
Sarah Labonte

Happy Birthday!



The Seacoast club performed their rousing "Calendar Girls" number at Conference!

## Mark your calendar for these Future District & International Events

### District One Workshop

November 12, 2022 in Cromwell, CT  
to be hosted by the Greater Hartford club

### District One Conference

April 21 - 23, 2023  
Nonantum Resort in Kennebunkport, Me  
to be hosted by the Greater Biddeford/Saco club

### International Convention

July 19 - 22, 2023  
San Antonio, Texas