



May 2022 Altrusagram

Upcoming Dates



Wednesday, June 1st
Business Meeting
and
Installation of 2022/2023
Board!
in Karen Valley's backyard
6:00 pm
(watch for updates if
weather is bad)

Tuesday, June 14th
Sue's Supper at RMcD
House volunteer
opportunity

Friday, June 17th
All newsletter
articles due



Next business meeting
after summer hiatus is
**Wednesday,
September 7th**

from the President:

It has been a very eventful and rewarding 2 years serving as your President. It began with the rise of the COVID pandemic and the lockdowns in our schools and our access to the Kindergarten students. We learned to adapt to social distancing practices and to adjust our methods of service delivery. We also learned to become more flexible and open to technology and ZOOM. How many of you have secretly or even out loud, said: " Oh No! Not another Zoom Meeting". Ever mindful and diligent in all of your efforts to continue to serve, has kept Altrusa Portland a vital part of the community. And as ever, your resourcefulness and creativity kept the light shining the way for your helping hands and hearts.

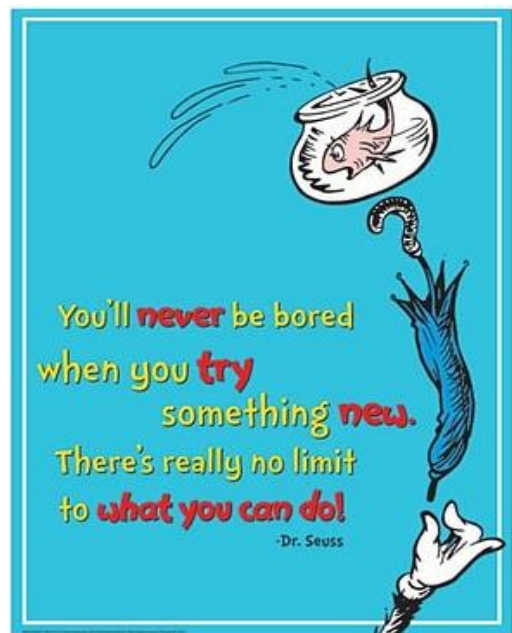


Sue's Supper at Ronald McDonald House carries on under the watchful eye of Ann Smith, and A B C programs were resumed. Wow! A whopping 1630 books gifted to Kindergarten students. And, with the help of our website, our Service committee was able to manage incoming requests for older students to the tune of 700 books. Awesomeness! Scholarships and our 18th annual Volunteer of the Year award wind up the fiscal End of Year celebrations, which included an initiation of 3 new members. Fabulous! I hope you will all consider joining your fellow Altrusan Sisters for the last meeting of the Summer, June 1 at Karen Valley's back yard. It will hail the installation of our 2022 - 2023 Board members.

Thank you, one and all, for your very dedicated service. I have enjoyed getting to know each of you better. Thank you for your support.

Yours Truly,

Debbie



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

Who We Are...Together in Service

THE 2022/2023 COMMITTEES

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
franjensen2911@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 *franjensen2911@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*

COMMUNICATIONS

Ann Babbitt
Andrea Doherty
Christine Johnson (Co-chair)
Sarah Labonte
Debbie Lemieux (Co-chair)

FINANCE

Karen Arnold
Nicki Griffin
Fran Jensen (Chair)
Pam Lemieux
Marcia Marley
Marie Pike
Judith Reidman
Wanda Pettersen

MEMBERSHIP

Rae Clark-McGrath
Patricia Maxim (Co-chair)
Ann Smith
Karen Valley (Co-chair)

SERVICE

Anita Chandler (Co-chair)
Gerry Dongo
Fran Dyro
Nicki Griffin
Martha Gross (Co-chair)
Arlene Hanson
Susan King
Katie Lamb
Marie Pike
Pam Szalajeski
Ann Smith
Toni Irish

SOCIAL

Fran Breton (Co-chair)
Sharon Davis (Co-chair)
Andrea Doherty
Joanne Doherty
Carol Spector

Altrusa International Foundation of Portland, Maine, Inc.

altrusaportland@gmail.com

PO Box 8834, Portland, ME 04104 USA

www.districtone.altrusa.org

www.altrusaportlandgivesbooks.org

the Volunteer of the Year

THE ALTRUSA 18TH ANNUAL VOLUNTEER OF THE YEAR AWARD

Among so many very worthy nominees for the 2022 Volunteer of the Year, Robert "Sam" Kelley stood out. Sam has volunteered with Vet to Vet Maine for over 5 years. A detailed description of the services he has provided to the organization are on the next page. Sam was nominated by Vet to Vet Maine Executive Director Susan Gold.

On being told of his award, Sam wrote: "Wow! I am honored. Thank you so so much. And I want to thank Sue Gold for the nomination. There is a person who deserves recognition by our community for putting together "Vet-to-Vet" - one great organization. I have been involved with many non-profits over the years-and "Vet-to-Vet" is one of the best ever. I am a Vietnam vet and am now on my third vet - the first 2 are dead. Through this organization, I have been able to do so much for my fellow veterans. I mean a "LOT". The veteran I visit now is a WW2 vet, 95, still lives at home with his wife. I visit him weekly and we have a great relationship."

The Portland Altrusa club is pleased to have donated \$250 to Vet to Vet - Maine in honor of Sam Kelley, our 18th Volunteer of the Year.



Awardee Sam Kelley



IPP Anita Chandler, Sam Kelley, his wife Jean



Sue Gold, ED of Vet to Vet - Maine who nominated Sam

Thank you so so much for the honor of being the "Volunteer of the Year" local recipient of Altrusa.

Your group of ladies have done magnificent work for a very very long time. My wife (Jean) and I spoke to several of your members last night and were both so impressed at the significant work your members do in our community. I feel so honored to have been chosen by your group.

Thank you sincerely from the bottom of my heart.

Robert "Sam" Kelley



Vet to Vet Maine's Mission:

Vet to Vet Maine is committed to alleviating social isolation and loneliness among Maine's veterans and linking them to needed services. We accomplish this by connecting trained veteran volunteers with fellow veterans who need a friend. The volunteers visit at least twice a month and provide companionship, offer assistance with benefits, support independent living, and foster friendships and mentoring among veterans.

more about the Volunteer of the Year

Robert "Sam" Kelley has been a volunteer with Vet to Vet Maine (V2VME) since 2017, when he trained to become a peer companion for lonely veterans. As a V2VME peer companion, he is required to visit his assigned veteran at least twice a month, but he usually visits once or twice a week, providing companionship and extending friendship to a veteran who needs a friend. He also plays an important role in assisting his veteran friends in accessing well-earned benefits and services that can improve their lives. A Vietnam combat veteran himself, Sam has a deep compassion for his fellow veterans. His first veteran friend was estranged from his family, lived alone, and had difficulty navigating the activities of daily living. With the help of Sam and V2VME, this veteran got much-needed home care from the VA for 4-5 days each week, enabling him to stay in his home until his death in 2020. At one point, when he couldn't reach the veteran by phone, Sam alerted local EMTs and traveled to the veteran's home himself to check on him. The veteran had fallen and was unable to seek help. He spent several days in the hospital following the incident, but thanks to Sam, the outcome was not worse.

After the death of his first veteran, Sam has visited two other veterans. Currently he is visiting a 95-year-old World War II veteran whose hearing loss had isolated him from friends and family. We recently received a glowing report from the veteran's social worker that Sam has been instrumental in obtaining earphones for him from the VA that have greatly improved his ability to communicate again. The two veterans spend time sharing stories and talking together—a favorite pastime that earphones have made much more enjoyable.

In addition to helping individual veterans, Sam is committed to V2VME and its mission to ease the social isolation of lonely Maine veterans. He has served on the V2VME board since 2019 and chairs the Fundraising Committee, spearheading a successful \$1,000 match challenge that raised more than \$4,000 for the organization. He raised an additional \$1,100 from a Facebook campaign asking friends and family to donate to V2VME in celebration of his 75th birthday.

His latest volunteer venture for V2VME is producing and hosting a TV show for veterans on Portland Media Center's public access channel called Vet to Vet Maine that addresses many issues of interest to veterans. Sam attended a required TV studio production class to learn how to produce a show and rounded up three other people—another V2VME board member, a V2VME volunteer, and his grandson—to serve as the show's crew. The show will help publicize V2VME and its mission in addition to presenting speakers from many other veterans' organizations. The first show, featuring V2VME executive director and the organization's president, can be seen on V2VME's website, <https://vet2vetmaine.org>.

Sam says his involvement in Vet to Vet Maine and the opportunity to aid a fellow veteran is "literally one of the best things I have ever done for my fellow man in my life"

The amazing volunteers honored in previous years:

2021 - Ray Richard - Portland Wheelers
2020 - Cathy Hendrix - Hospice of Southern Maine
2019 - Christine Arlander - Catherine Morrill Day Nursery
2018 - Dot Gonyea - Camp Sunshine
2017 - Toni Parise - Center for Grieving Children
2016 - Ann Smith - Portland Mentoring Alliance
2015 - Marilyn Goodreau - Maine State Society for the Protection of Animals
2014 - Celena Moreau - CASA, Inc.
2013 - Kim Lee - Morrison Center
2012 - Sandra Grubb - Trauma Intervention Program
2011 - Fran Seeley - PROP Foster Grandparents Program
2010 - Connie & Denis Netto - Portland Adult Education
2009 - Patsy Thompson Leavitt - Leavitt's Mill Free Health Center
2008 - Elizabeth Oatley - Tate House Museum
2007 - Rick Rosu-Myles - Big Brothers/Big Sisters of Southern Maine
2006 - The Heggeman Family - Maine Senior Games
2005 - Patricia Beville - Root Cellar

Our Service Projects...

Books....Books...Books...

Our primary focus, giving books, is done thanks in large part to the support from Books-A-Million.

ABC projects:

Lake Region schools - 180 books
South Portland schools - 260 books
Westbrook schools - 220 books.
Buxton schools - 75 books.
St. Bridget's School - 50 books
Portland schools 580+ books
Windham schools - 240 books
BREATHE - 25 books
TOTAL ABC BOOKS 1630+ books

PortlandAltrusaGivesBooks.org

Our website, portlandaltrusagivesbooks.org received some traffic!!

We were able to grant requests for 700 books for the community to places including Westbrook Community Policing, Biddeford/Saco Altrusa club, Woodfords Family Services, Gorham Village School's Reading Buddies and My Place Teen Center.

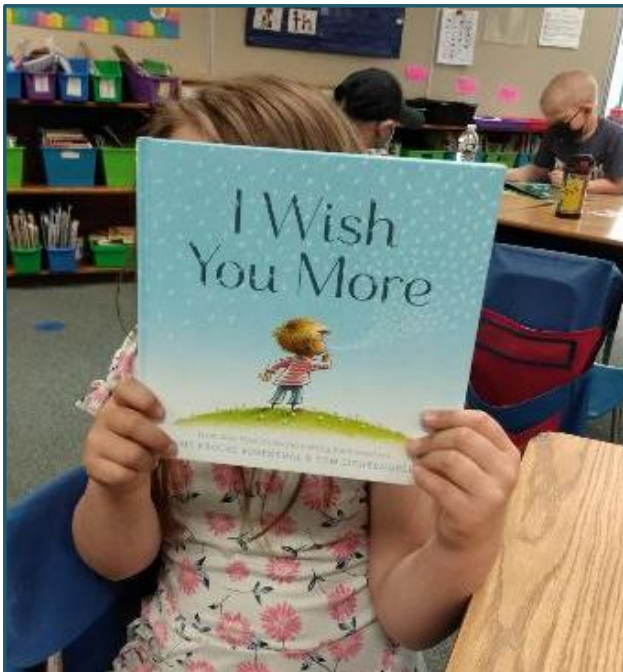
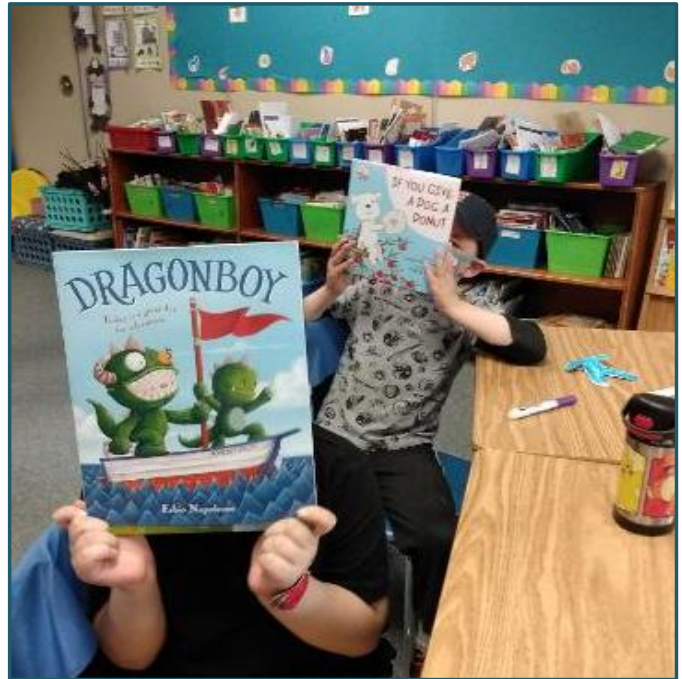
- - excerpted from Service Committee's year-end report



Tuesday evening, May 17th, was redolent with the smells of pickles, onions and green peppers. Anita and Susan prepared Italian sandwiches for the 15 residents of the Ronald McDonald House. Individually bagged chips accompanied the sandwiches. Apples and clementines along with M&M cookies were dessert!

More Service Projects...

Small friends enthusiastically greeted our readers at Talbot School on Thursday, May 12th. Ann S, Martha G, Anita C and Susan K read to approximately 70 kindergarten students on a beautiful, sunny morning. It is so gratifying to gift children with their very own, FOREVER book.



Left to right: Ann S, Martha G, Anita C

other Committees' News

MEMBERSHIP COMMITTEE

On Wednesday, May 18th at the Clarion Hotel / KW training center, 21 of our members attended -- in person -- the INITIATION of 3 new members to Portland Altrusa. Prior to the ceremony, Ann Babbitt took portrait photos of each of the 3 for our next Yearbook. During the ceremony the Sponsors each told us a little about their new member. We look forward to hearing much more of that information when the new member gives her "Getting To Know You" talk at some future meeting.

A huge THANK YOU from all of us to:

Judith Reidman for sponsoring Karen Arnold;

Christine Johnson for sponsoring Toni Irish;

Anita Chandler for sponsoring Katie Lamb.

Well done!

Karen, Toni, & Katie, WELCOME!!

Please don't hesitate to ask any questions that come to mind; or to query our 'lingo' when we assume that everybody knows what we are talking about. This Committee's purpose is to teach and to help you to learn.

- Trish M



Left to right:
Karen Arnold,
Katie Lamb and
Toni Irish

FINANCE COMMITTEE

Finally Spring is here, or is it Summer already? The weather does not know what it wants to do. --

However, since the lilacs 🌸 are finally blooming, we hope that we do not get any more surprising snowstorms like they did in Colorado 🌨️👂

We are at the end of our fiscal year and preparing for a new budget year. We are happy to report that just about ALL of the yearly dues have been submitted, and we will be submitting our contribution to International on the 1st of June.

Thanks goes to Wanda Pettersen who took the lead for Finance and Treasurer besides all the other hats 🧢 she has been wearing, while I was away.

Happy Summer!

-- Fran J

COMMUNICATIONS COMMITTEE

Communication vs Communications

"**Communication** is about forming relationships with others. A human element. It is something that we do on a daily basis." Dr. Wagner, Xavier University. We **communicate** information by speaking, writing, and using a common system of symbols for language.

Communications is the distribution of messages. It can be technical in nature using transmissions and technology.

"**Communication** is the strategy and creativity. It is the planning and managing that takes place first, and then the **communications** are employed (through various media, whether the medium is print or Web or whatever) to get those formulated messages across." Joshua De Lung, Executive Editor, Relatively Journalizing."

At the recent Program meeting we experienced **communication**: We formed new relationships with our Volunteer of the Year and with our newly initiated members. We congratulated, we chatted, we shook hands... We also experienced **communications**: Patricia Maxim shared some history of our club and informed the new members of their responsibilities and duties, distributing folders of information... Christine Johnson will publish this event on our Web Page and on Facebook. Marie Pike will put photos and information about the event in the Altrusagram.

Your 2021-2022 Communications Committee is pleased to have served our Club this year.

Debbie Lemieux, Co-Chair

Karen Valley, Co-Chair

Ann Babbitt

Christine Johnson

Marie Pike

-- Karen V

Getting to Know our Newest Members

KATIE LAMB

Family?

I live in Portland with my husband Bill, our two children Braden (15) and Daisy (13), and our 23 year old cat Kallie!



What was your original dream?

When I visited Epcot as a young kid, I fell in love with the idea of being an engineer. I spent most of my middle and high school years learning about different types of engineering, and ultimately went on to earn my Civil Engineering degree from Wentworth Institute of Technology. That dream has served me well!

Volunteering?

Over the years I have served in various volunteer roles. I have coached soccer, served terms as treasurer and as president of the PTO's of each of the kids schools, led Girl Scouts and Cub Scouts, taught Sunday School, run fundraisers and large events, and am a member of the Portland Female Charitable Society. I keep pretty busy!

Hobbies/Interests/sports?

I enjoy reading, puzzles, watching sporting events, and shopping in my free time. I'll almost always volunteer to do the shopping for an event!

Something about you that others might not know?

When I was in college I worked for both the Red Sox and Patriots as a premium services cocktail waitress.

TONI IRISH

What was your original dream?

Anything to do with animals! And I did it - I earned a degree in Animal Sciences and was a Veterinary Technician for several years in ME and MA.



Places traveled?

Caribbean many times, Alaska, Canada, cruises, and have traveled around the US.

Pets?

One dog - Rudee; two cats - Gidget and Gracie; and two canaries

Hobbies/Interests/sports?

Pickleball, walking, knitting, gardening, kayaking, canoeing, Xcountry skiing and snowshoeing

Favorite food or meal?

I like a lot of different things, but really loves homemade soups. Also love to bake.

Volunteering?

Knitting hats for non-profits (for about 30 years) and church work. Did meals on wheels for many years and senior Olympics for many years with Southern Maine Agency on Aging.

Awards & honors?

Led a Christian women's group, past president of Portland Club of Umaine Alumnae, and current First VP of Westbrook Women's Club.

Personal projects for someday?

Would like to travel more and have more family time

Something about you that others might not know?

I used to type automobile registrations in Boston for an insurance agency. Also, once danced with Chubby Checker!

Anything else?

I like to think of myself as a friendly and encouraging person.

We initiated three new members on May 18th: Katie Lamb, Karen Arnold and Tony Irish. (Karen's interview was in the March Altrusagram.)



left to right: Anita C and Katie L

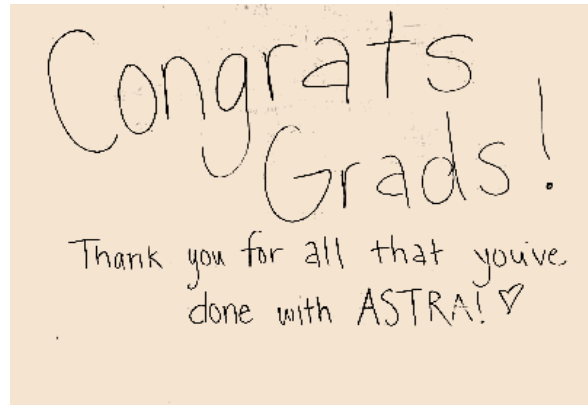


left to right: Trish M, Judith R and Karen A



left to right: Christine J and Toni I

ASTRA



The 2021-2022 school year is winding down. (Lake Region High School's graduation will be June 5th at the Fryeburg Fairgrounds.)

On May 18th, at the invitation of Stevens Brook Elementary School, ASTRA was allowed inside the classrooms to read to their three Kindergartens and distribute Altrusa's "ABC" books to each child. ASTRA loves this project! -- and thanks Altrusa for sharing their Books-A-Million treasures with them.

The very next day was the last ASTRA meeting for this school year. During their normal 'Laker Time' period (7:30-8:05a), Advisor Kristina Theriault arranged a celebration in the Guidance Lounge to complete the year-end business with:

- Breakfast treats of Monkey Bread, sausage links, fresh fruit, & juices;
- To gather Alumni information for Altrusa International;
- To present Graduation Cords & gift bags to the Seniors;
- To award the Altrusa Scholarship to Brooke Toole (whom you met last November at our Membership Drive at the Clarion); and
- To discuss recruiting new members for next year.

With the Seniors leaving, we are losing 9 of the 17 ASTRA members who started this year. We are left with 5 Juniors, 2 Sophomores, and 1 Freshman (who has declared she wants to be the President next year).

After the meeting, Kristina and Trish spent another hour at the computer completing the "ASTRA Annual Report" for International; and updating the photo page of the "ASTRA Service Project" with a picture of the 'Yellow Tulips' in bloom. That entry will now go to International for judging. The winner will be announced in San Antonio in July 2023.

I thanked Kristina for being the Advisor to ASTRA this year; and presented her with the stipend check from Altrusa. Our best news is that she is staying on for another year!

-- Trish M



Trish M with
Altrusa
scholarship
recipient
Brooke Toole



Graduating seniors wearing the Altrusa ASTRA
cords

more ASTRA...



ASTRA Advisor Kristina Theriault serving breakfast treats at the final meeting of 2021-2022.

Ability
Service
Training
Responsibility
Achievement



Departing gifts for the seniors.



ASTRA's
ABC project
at the
Stevens
Brook
Elementary
School



Other Things

KEEP THE MONEY COMING!



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.



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

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/1FAIpQLSc05lynjHKrEFy5iUIGzd0FKcHcBeT3wO1ku8H6EJMca6Ny_w/viewform

June Birthdays

Judith Reidman

Happy Birthday!



Mark your calendar for these Future District & International Events

District One Workshop

November 12, 2022 at the Marriott Courtyard 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