



September 2022 Altrusagram

Upcoming Dates



Wednesday, October 5th

Business Meeting
6:00 pm
via Zoom

Saturday, Oct 8th

Raffle items due to Pam
Lemieux by this date

Saturday, Oct 15th

Empty Bowl Service
Project
5:00 - 7:00 pm
First Lutheran Church,
132 Auburn St

Tuesday, Oct. 18th

Sue's Supper at RMcD
House volunteer
opportunity

Wednesday, October 19th

Program Meeting
6:15 pm
at St Peter's
the Board's program
with guest speaker Julie
Flynn from AARP

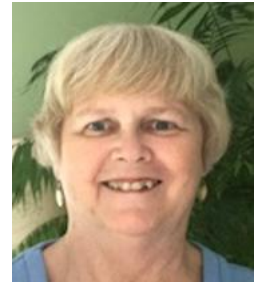
Friday, Oct. 21st

All newsletter
articles due

Saturday, Nov. 12th

District One Workshop
Marriott Courtyard hotel in
Cromwell, CT

from the President:



The arrival of Fall means a time for leaf peepers and the changing of colors. In our personal lives, we change our closets from summer to winter clothing, and we put away outside furniture to stack wood inside for heat. We are also changing as a club. We have become a bit more comfortable holding our business meetings on ZOOM and we are returning to in-person program dinner meetings. We are enjoying getting to know our new members, yet sad for losing dear friends.

The first program meeting brought together a small but mighty group: fellowship, dinner and a guest speaker who could ask for anything better. Our guest speaker was Corey Westleigh from Milestone Recovery. Milestone has been a leader of substance use disorder treatment since 1967. Although our club has had a relationship with Milestone, there were many questions of interest regarding the different programing and the future plans for assisting people within the community.

Members also filled a table of books to distribute between the Windham Correctional Facility and Cumberland County Jail libraries. These facilities are grateful for our contribution to their residents.

Schedules are out for labeling, sorting and shelving books for the upcoming ABC program, and the making of soups, deserts, and assisting at the Empty Bowl. Please contact the service committee for a date that is good for you. We are off to a busy start to our year.

Wanda

"And now," cried Max, "let the wild rumpus start!"

*Maurice Sendak
(Where the Wild Things Are)*

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

Who We Are...

Why We Do the Empty Bowl Supper...

The 2022 - 2023 Board

Club President: : Wanda Pettersen
kettlecove_6@msn.com

Foundation President: Anita Chandler
achandler@maine.rr.com

Vice President: Karen Valley
book1babe@gmail.com

Secretary: Patricia Maxim
campnaples@fairpoint.net

Treasurer: Fran Jensen
franjensen2911@gmail.com

Foundation Director: Sharon Davis
sbdavis548@gmail.com

Club Director: Fran Breton
frb3282@hotmail.com

Immed. Past President: Debbie Lemieux
dalemieux33@gmail.com

Parliamentarian: Judith Reidman
judithreidman@gmail.com

Committee Chairpersons 2022 - 2023

Communications Co-Chairs:
Christine Johnson *cejmaine@gmail.com*
Debbie Lemieux *dalemieux33@gmail.com*

Finance Chair:
Fran Jensen *franjensen2911@gmail.com*

Membership Co-Chairs:
Patricia Maxim *campnaples@fairpoint.net*
Karen Valley *book1babe@gmail.com*

Service Co-Chairs:
Anita Chandler *achandler@maine.rr.com*
Martha Gross *grossmartha01@gmail.com*

After a two-year hiatus the Portland club is so pleased to be resuming its well-loved Empty Bowl service project. The funds raised are dedicated to Project FEED. Project FEED (an acronym for the Food Emergency Exchange Depot) is an emergency food pantry housed at Woodfords Church. Project FEED provides food and household supplies to take home for individuals and families in crisis. They offer supplies for seven days per person in the household to those in need.

Grace Spear, a long-time Altrusan, passed away in 2005. She served as President of Portland Altrusa 1968-1969 and was an active member of Woodford's Congregational Church where she volunteered at "Project Feed". The club decided to commit her \$1,000 legacy to the club towards the costs of an annual fundraiser for Project FEED. Thus the Empty Bowl event was born.

The Portland Altrusa club began its annual Empty Bowl dedicated-fundraiser in October 2007. It has been held every year since then excepting the pandemic years of 2020 and 2021. Early years saw the club making its own bowls for the event. There were some "interesting" bowls on offer those years!

The Empty Bowl supper is a national grass-roots model where participants are invited, after eating, to take a bowl home with them as a reminder of the many empty bowls in our communities.

Support World Food Day and help fill some of those empty bowls with Portland Altrusa's Empty Bowl Supper on Saturday, October 15th!



Altrusa International Foundation of Portland, Maine, Inc.

altrusaportland@gmail.com

PO Box 8834, Portland, ME 04104 USA

<https://districtone.altrusa.org> www.altrusaportlandgivesbooks.org

Our Service Projects...

Sue's Supper at the Ronald McDonald House - September 20th:
Southwestern Soup with sour cream and cheese plus taco chips and dinner rolls, cookies and fresh fruit.



left to right: Anita Chandler, Susan King and Katie Lamb

Literacy Day Project

We delivered 30 books to the Cumberland County Jail in recognition of Literacy Day.



Officer Jason Wilmot accepts the Altrusa books from Anita Chandler

Books Behind Bars Project


Please bring us your gently-used adult books for Windham and Cumberland County prison libraries. Both prisons want fiction novels: mystery and any recent novels. The Cumberland County jail is in need of self-help books.

Please get the books to Arlene Hansen before, or at, the October program meeting on October 19th.



The Empty Bowl is Back!





Saturday, October 15, 2022
In Recognition of
World Food Day
Altrusa International of
Portland is hosting
14th Annual Empty Bowl Meal

5:00 pm – 7:00 pm
First Lutheran Church
132 Auburn Street, Portland ME

Meal includes all you can eat:
Choice of Soups
Bread
Hot and Cold Beverages
Dessert

Guests choose a ceramic bowl to use for their meal and to keep as a reminder that there are always Empty Bowls in the world.

In exchange for a meal and the bowl, the Guest makes a **\$15.00** donation.

All proceeds raised will be donated to **Project FEED** which is an emergency food depot located in the basement of Woodfords Church in Portland ME.

<https://www.facebook.com/AltrusaPortland/>
<http://altrusaportlandgivesbooks.org/>
<http://altrusa.org/>

other Committees' News

MEMBERSHIP COMMITTEE

This is a reminder to mark your calendars for our Membership Drive on Wednesday, November 16th.

That gives us a little more than 6 weeks to be thinking of somebody we can invite to dinner that evening. We're also hoping that every Portland Altrusan will be in attendance.

Please come and support us.

--Trish M



FINANCE COMMITTEE

At the Business meeting on Sept. 7, 2022, the Finance Committee presented the following revision to Policy IX. This updated verbiage would allow the club not to go through updating this Article every time there is a change in program location & or cost per meal. This revision will be voted on October 5, 2022 Business Meeting.

POLICY REVISION

IX. Cancellation of Dinner Reservations

Current language:

2. Members who fail to notify the designated person of a dinner cancellation by the deadline will be billed the surcharge by the Treasurer.

Revise language:

2. Members who fail to notify the designated person of a dinner cancellation by the deadline will be billed the **meal/room fee as appropriate** by the Treasurer.

-- Wanda P

Deadline for getting raffle prizes to Pam Lemieux is Saturday, October 8th.

COMMUNICATIONS COMMITTEE

Hooray! We're Back! The 14th Annual Empty Bowl Supper will be held on Saturday, October 15th at First Lutheran Church, located on Auburn St. in Portland.

Empty Bowl Supper Posters have been distributed. If you need more copies let one of us know. The committee has been working to get the poster distributed and put on the website. The Paypal button is ready to take orders.

Facebook posts have been created and YOU can help, too. You will find the Empty Bowl post on the @AltrusaPortland Facebook page. Share, Share, Share!!

Please, please, please....help us spread the posters around the city. Schools, universities, churches, grocery stores. And the poster will be attached to this email, so that you can share with your email list of friends and family.

And you can add in the Website address, shown below, to direct folks to purchase tickets online.

<https://www.altrusaportlandgivesbooks.org/empty-bowl-2022.html>

Debbie Lemieux and Christine Johnson, Co-Chairs
Ann Babbitt
Andrea Doherty
Sarah Labonte



ASTRA



ASTRA Advisor Kristina Theriault is attempting to find a meeting time / day of the week at Lake Region High School that doesn't conflict with other activities and her own commitments as a Guidance Counselor. The free period, called 'Laker Time' is from 7:30-8:05 AM. Kristina is currently aiming for Thursday mornings during that time -- the same as last year.

- Trish Maxim

from the most recent ASTRAGRAM newsletter:

ASTRA

A - Ability - To know that all of us have special talents to share with others.

S - Service - To improve the lives of those less fortunate in the community.

T - Training - To develop leadership ability and potential.

R - Responsibility - To learn to accept obligations and know the satisfaction of carrying projects through to a successful conclusion.

A - Achievement - To experience success; to know that a group can accomplish so much more than any one individual.

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!

Please write complete articles and identify people in photos if not club members.

Editor Marie Pike pikerino2@aol.com

SERVICE HOURS

Debbie Lemieux has updated the service hours input data form to allow for entry of hours related to non-profit general and Altrusa Book Delivery projects. This is a requirement from International President, Kathy Foley.

Don't forget to input your Service Hours.

Copy and paste this link into your browser:

https://docs.google.com/forms/d/e/1FAIpQLSfBA5kpTP2KnohBM77MIB7qwa_m953glU10L8wCWanf3Qbrtg/viewform

A link to the form was included in the email with this newsletter.

October Birthdays

Pam Lemieux
Fran Dyro
Fran Breton
Pam Szalajeski

Happy Birthday!



PROGRAM MEALS RESPONSIBILITY

Any member who will not be attending the program meeting, or who will attend but not eat a meal, is responsible for notifying the Treasurer no later than by noon of the Monday before the program meeting. A charge be levied on anyone who does not cancel their meal. Be sure to call or email Fran Jensen to cancel your meal.
franjensen2911@gmail.com



Mark your calendar for these Future District & International Events

District One Workshop

November 12, 2022 at the Marriott Courtyard in Cromwell, CT
hosted by the Greater Hartford club

District One Conference

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

International Convention

July 19 - 22, 2023
San Antonio, Texas