



September 2023 Altrusagram



Upcoming Dates

Business Meeting

Wednesday, Oct. 4
6:00 PM
Riverside Golf Course

15th Annual Empty Bowl

Saturday, October 14
5:00 - 7:00
First Lutheran Church
132 Auburn St.
Portland, Me.

Sue's Supper at RMcD House

Tuesday, Oct. 17
volunteer opportunity

Program Meeting

Wednesday, Oct. 18
6:00 PM
Riverside Golf Course

October 18 Calendar Raffle Prizes Due to Pam Lemieux

Business Meeting and Bake Sale

Nov. 1
6:00 PM
Riverside Golf Course

District One Workshop

Saturday, Nov 4th
Sheraton Hotel
Nashua, NH

from the President:

After this long rainy summer vacation, Fall has arrived. Fall not only marks the changing of seasons with colorful foliage, crisp air, apples, and pumpkin spice everywhere. Fall is a time which brings people together and provides an opportunity to volunteer and to encourage our newer members to become comfortable within the club.

As I begin the second year of my term, I look forward to having fun with each of you as we provide community service. As committee assignments were selected, I continued with IPP, Debbie Lemieux's, co-chair concept. I began by asking an experienced member to serve as a co-chair with a less experienced member. This allowed the experienced member to provide a valuable part of transitioning the less experienced member to become comfortable with a new role. As mentor, you will be explaining the leadership roles of the club, providing club history, and answering questions. Sharing the responsibility of co-chairing a committee should not only bring new enthusiasm and pride to the experienced member by providing the less experienced member a sense of belonging and the opportunity to take a more active role within the club. I thank you all for taking on this responsibility.



On September 20th, we held our 1st program meeting of the year. This year our club's business and program meetings will be held in person at "The Club at Riverside." Our guest speaker was Hope McMasters from Portland Health Care Services who provided us with an overview of drug addiction and treatment of overdose symptoms. She also provided us with Narcan and how to administer it in case we witness an opioid overdose while out in the community. Thank you Hope for this education.

Service is busy organizing the October 14th, Empty Bowl Event. All funds collected will be donated to Project FEED. Service is also contacting schools to schedule our ABC literacy program. These are great projects to invite a friend to participate which shows them what we are all about.

We will continue with the theme: "Together in Service," we all add to the success of our club. Let us keep communication and information flowing between the committees. Each committee has a specific role in every service project and when these roles are united it guarantees a successful club and service project.

Let's have some fun!

Wanda

"Coming together is a beginning, staying together is progress, and working together is success." - Henry Ford

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

Who We Are...

The Board 2023 - 2024

Club President: : Wanda Pettersen
kettlecove_6@msn.com

Foundation President: Pam Lemieux
pamela.lemieux@myfairpoint.net

Vice President: Karen Valley
book1babe@gmail.com

Secretary: Patricia Maxim
campnaples@fairpoint.net

Treasurer: Fran Jensen
franjenzen2911@gmail.com

Foundation Director: Ann Smith
vanillawoman2015@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 2023 - 2024

Communications Co-Chairs:
Christine Johnson *cejinmaine@gmail.com*
Erin May Deprez *erinmaydeprez@gmail.com*

Finance Co-Chairs:
Fran Jensen *franjenzen2911@gmail.com*
Marie Pike *pikerino2@aol.com*

Membership Co-Chairs:
Patricia Maxim *campnaples@fairpoint.net*
Katie Lamb *kwblamb@gmail.com*

Service Co-Chairs:
Pam Lemieux *pamela.lemieux@myfairpoint.net*
Martha Gross *grossmartha01@gmail.com*

Social Co-Chairs:
Fran Breton *frb3282@hotmail.com*
Joanne Doherty *jdoherthy193@gmail.com*

What's cooking, Good looking!



Preparations for Altrusa Portland 95th Birthday celebration are underway.
Beginning with the selection of the Committee:

Anita Chandler - Chair- service
Francine Breton – Social
Marie Pike - Finance
Katie Lamb - Membership
Karen Valley - Foundation & Club Board



Building on our Service Projects

Please send your Service Project Ideas to Pam Lemieux by Monday, October 2nd.

She provided a Service Idea Survey form at the Program meeting.

1. Is there a group of people you would like to support with our Service Projects?
2. Is there a Non-profit group you would like us to partner with?
3. When would you like to volunteer? Morning, afternoon, evening?
4. Do you have a specific project you would like us to consider?

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

Our Service Projects

Soccer Sunday at Kennedy Park!



On Sunday, September 10th, in collaboration with the Greater Portland Immigrant Welcome Center, Altrusa Portland gave away books to attendees who ranged in age from four to forty and came from a variety of countries in Africa and the Middle East. Although it was a misty morning, Marie Pike, Martha Gross and Ann Smith displayed a variety of books from our stockpile under a pop-up tent provided by Nicky Griffin. (Thank you, Nicky!) The director, Reza Jalali, his wife, and several staff members of The Immigrant Welcome Center handed out soccer balls to eager players, and impromptu games sprang up in the field immediately while spectators watched and ate the free healthy snacks provided by the center.

Attendees selected and took home about sixty books provided by Altrusa Portland. Project Bazia, a small non-profit that publishes books about Africa in English for students in rural African schools and ESL students here also provided about fifty books for attendees to take home and enjoy.

The GPIWC, located at 24 Preble Street, Floors 3 & 4, was founded in 2017 by Alain Claude Nahimana. Thanks to his vision, and the support of many other Portland community non-profits, The Greater Portland Immigrant Welcome Center serves as “a hub of collaboration that strengthens the immigrant community through language acquisition, economic integration and civic engagement.”

This month's chefs for the Altrusa meal at the Ronald McDonald House were Pam Lemieux and Marie Pike. They cooked up two batches of chili, a vegetarian chili and one with meat. They also made coleslaw and a gluten-free cornbread and served a variety of fruits.



Stay Tuned

Service Committee is working on schedules for upcoming A B C sessions at Greater Portland Schools.

ABC



Service Committee hosted the program meeting, on Sept 20th. Held at the new location of the Riverside Golf course, the guest speaker was Hope McMaster from the Portland Public Health Dept. The topic was dealing with the ever-growing problem of Opioid addiction and identifying and treating overdose with the use of Narcan. She was very informative and handed out Narcan doses for us to take home.

Arlene Hanson is having a Stickers party on Thursday October 19th at 11:00 at her home, 124 Ridgewood Dr. , Falmouth

Lunch will be served.

All are welcome.

Books For the Prison Project



Again, this year, Arlene Hanson is overseeing the collection and distribution of **books for the local prisons**. Please donate gently used books and deliver them to Arlene Hanson as soon as possible. If you enjoyed the book, perhaps an inmate will too. The following subjects have been suggested for this group: Mysteries, Self-Improvement, Suspense, and even Books for Children visiting the prison.

other Committees' News

Finance Committee

CALLING for PRIZES!!

It is that time of year when we put together our calendar raffle, so the finance committee is asking everyone to obtain prizes. Please keep in mind that gift certificates are best since we do not want to be mailing packages but if it is something that has to be mailed or delivered, that will be the donor's responsibility. Pam Lemieux has graciously agreed to put together the calendar for us again this year so please have all prizes to her no later than the October 18th program meeting.

CALLING FOR YOUR BEST BAKED GOODS!!

At the November 1st business meeting we would like to do a bake sale. This will be a fundraiser for our in-house operating account. So please plan to bring some goodies to sell and some cash to buy other goodies at that meeting! More details will be given before then.

The committee met on September 8th and in addition to discussing the calendar raffle we voted to invest some of the Foundation funds in CDs in order to earn some interest. The CDs will be timed to mature with our service project needs in mind. We also discussed how we will accept payments at the upcoming Empty Bowl service project (Square, checks and, of course, cash) and decided to sell 50/50 tickets at that event. We decided that Marie Pike will be the committee's representative on the Birthday Party ad-hoc committee.

We also have started investigating some other fundraising opportunities and will keep the club informed as those plans take shape. But meanwhile - get your CALENDAR RAFFLE PRIZES to Pam L by October 18th, please!!!

MEMBERSHIP Committee

Katie Lamb & Trish Maxim are co-chairing the Membership committee this year. Trish is handling the administrative functions; while Katie will be the fresh blood to bring new ideas to projects like our Membership program on November 15th.

It seems that our new meeting location at the Riverside Golf Club will be a nice place for this to happen. As our District One Governor Rita Cote suggested, could you invite a guest to come meet the rest of us that evening? We'd love for them to experience the camaraderie of our group. Please put the Nov. 15th date on your calendar now; and try to keep it open for Altrusa's annual Membership program -- so that we have a really good turnout of members to greet the guests that evening. Thank you.

By the way, in case you never knew WHO sent your beautiful birthday card from Altrusa every year, it was Rae Clark-McGrath -- even before she was assigned to the Membership committee. Many thanks to Rae for doing that for so long!

And now -- a huge thank you to Gerry Dongo, who is not officially a member of this committee, for so willingly agreeing to become the new sender of birthday cards to our members.

Committee:

- Rae Clark-McGrath
- Erin Deprez
- Ann Smith
- Karen Valley
- Katie Lamb

October Birthdays

Pam Lemieux
Fran Dyro
Fran Breton
Pam Szalajeski

Happy Birthday!



More from Service Committee

EMPTY BOWL

Please remind all your family, friends and co-workers that for only \$15.00 they can enjoy up to 15 different delicious, home-made soups and chowders on Saturday, October 14, 5 to 7 pm, First Lutheran Church, 132 Auburn St Portland as well as 10 scrumptious desserts! Chowders include seafood, fish and corn - Our soups include Pea Soup, French Onion, Southwestern Bean, Tomato Basil (MY FAVORITE), Chicken with Rice, Chili with meat, Zuppa Toscana, Veggie with Noodles, Chilli with Ground Turkey, Chicken Noodle, Witches Brew Chicken Stew and Spicy Beef Vegetable. The church hall is very handicapped accessible.

We COULD use a few more workers so if you have a spouse, sibling, child or neighbor who might be able to lend a hand, we would certainly appreciate their assistance! We will be selling 50/50 raffle tickets so tuck a little cash into your pocket also.

Don't forget to bring some take-home containers so that you can enjoy some of the left-overs the next day.

other Committees' News

Communication Committee

If you haven't yet seen the latest, revised version of our Brochure, one side shown below, come to the next business meeting, at the Riverside Golf Course on Oct. 4th. We will have copies to distribute.

We are very excited to provide this revised version, many thanks to Erin Deprez. It is a version that is intended to span many years and is as informative as it is visually attractive. This will be the tool going forward that we use to entice new and potential members.

Yearbook is in the updating process, thanks to Ann Babbitt. If you have changes to your contact info or would like a new photo, please contact Ann ASAP. In addition, she will be available for a new photo at the October 4 Business meeting.

All are busy in their preparations for the Empty bowl. Not the least of which includes marketing this important event. Yes, this means



Please use the flyer, found on next page, we are all in marketing when it comes to the Empty Bowl. Be sure to share with friends, colleagues, neighbors, other orgs you belong to, your place of worship, social groups, on your social media, etc.

ALTRUSA PORTLAND, Me

WHAT IS ALTRUSA?

We are an international volunteer service organization of leaders dedicated to improving our communities and the world through service.

WHY BECOME AN ALTRUSAN?

Altrusa offers the opportunity to serve your community with other people who also value service. It provides networking opportunities and long-lasting friendships.

WHEN AND WHERE DOES ALTRUSA MEET?

We meet the 1st and 3rd Wednesday evenings of each month, September through June. The first meeting of the month is a business meeting. The second meeting of the month is a dinner and program meeting. Check our website for our current meeting location.

WHAT DOES PORTLAND ALTRUSA DO?

We unite our talents to provide service to others. We give directly to the community through service projects & financial contributions.



HOW CAN I LEARN MORE?

Visit our website:
altrusaportland.org



District One website:
districtone.altrusa.org

Altrusa International website:
altrusa.org



SIGNATURE SERVICE PROJECTS

- ABC Literacy Program**
Reading to kindergartners & giving each child a book of their own
- Barron Center Garden**
Maintaining a memory garden
- Distributing books to the community**
Fulfilling book requests & donating books to other organizations
- Empty Bowl - Project FEED**
Fundraising to feed the hungry
- Scholarships**
Providing high school, college, & back-to-work grants
- Sue's Supper at Ronald McDonald House**
Serving supper
- Volunteer of the Year**
Celebration of a local volunteer & the winner's organization
- A. S. T. R. A. Lake Region Club**
Youth Service Club Sponsor





Meal includes all you can eat:

Choice of Soups
Bread & Crackers
Hot & Cold Beverages
Dessert



Saturday, October 14, 2023
In Recognition of

World Food Day

Altrusa International of Portland is hosting our

15th Annual Empty Bowl Meal

5:00 pm – 7:00 pm

First Lutheran Church

132 Auburn Street, Portland ME

Choose a ceramic bowl to use for your meal & to keep as a reminder that there are always Empty Bowls in the world

In exchange for a meal & the bowl

Adults \$15

under age 10 \$10

Tickets available at the door

This fundraiser benefits

Project FEED

an emergency food depot located at Woodfords Church in Portland ME

If you can't make it, but would like to help support Project FEED, visit our website to donate!!

altrusaportland.org

Other Things

Don't forget to input your Service Hours.
Copy and paste this link into your browser:

<https://docs.google.com/forms/d/e/1FAIpQLSfBA5kpTP2KnohBM77MIB7qwAm953glU10L8wCWanf3Qbrtqg/viewform>

The International Association President wants us to enter literacy hours as a separate category.

from the
Altrusagram
editor



Many thanks in advance for all your efforts and your support in providing your input to Altrusa articles and photos. And also, Thanks to Trish Maxim's proofing!!

Please email myself, Debbie, at dalemieux33@gmail.com with anything you consider newsworthy. My deadline for submissions is the 3rd Friday of the month.

-- Debbie L.



Please continue to fill up the green Altrusa **CLYNK** bags.

Then:

1. drop them off at your local Hannaford's
2. drop the bags off at Pam Lemieux's house

Mark your calendar for these Future District & International Events

District One Workshop

November 4, 2023

Nashua, NH Sheraton Hotel

hosted by the Merrimack Valley club

District One Conference

April 26-28, 2024

Double Tree by Hilton

Andover, Mass