



## October 2023 Altrusagram

### Upcoming Dates



#### Business Meeting and Bake Sale

Wednesday, Nov. 1  
6:00 PM  
Riverside Golf Course

#### District One Workshop

Saturday, Nov 4th  
Sheraton Hotel  
Nashua, NH

#### Program Meeting Membership Committee

Wednesday, Nov. 15  
6:00 PM  
Riverside Golf Course

#### Sue's Supper at RMcD House

Tuesday, Nov. 21 volunteer opportunity



#### District One Conference

April 26-28, 2024  
Double Tree by Hilton

### from the President:



Autumn has arrived, such a beautiful time of year in Maine with its colorful foliage. There is so much to do. Preparing gardens for winter, apple picking and sampling cider, corn maze fun, tons of Halloween candy on the shelves, and everything pumpkin flavored; coffee, donuts, cookies. Members are also preparing for our upcoming service projects.

We gathered together for our monthly program meeting for dinner and fellowship. This month's guest speaker was Sarah Bronson, PT, Executive Director of Riding to the Top Therapeutic Riding Center. Her presentation explained how equine assisted services enhance the health and wellness of children and adults with disabilities through their services.

Thank you to First Lutheran Church for donating the dining and kitchen areas for Altrusa Portland's 15<sup>th</sup> annual Empty Bowl event, to recognize "World Food Day". All proceeds are donated to ProjectFEED, an emergency food depot. More information on this night is explained in this newsletter.

Altrusa Portland is again, the recipient of the BAM (Books a Million), book drive beginning October 22<sup>nd</sup>. Members, please sign up with Susan King to assist with this. We are so thankful for BAM's relationship with Altrusa Portland Club.

This year's November 4<sup>th</sup> workshop theme is "Altrusa Rocks". Altrusa's foundation is built on the dedication of its members as represented in the Altrusa Rock Heart. Clubs were asked to paint rocks with a word from the Altrusa Rock Heart to bring to workshop and share why this word is meaningful to their club. Just like rocks, our members come in all sizes, shapes, colors, ages. Together we can build our foundation and increase our numbers through inclusion, unity, and teamwork. Send your Workshop registration to Diane O'Reilly, District One Treasurer.

A reminder that next month there is the membership information dinner. This is a great way to introduce acquaintances and friends to Altrusa International and to the community service we provide.

#### Together in Service Wanda



*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](mailto:kettlecove_6@msn.com)

Foundation President: Pam Lemieux  
[pamela.lemieux@myfairpoint.net](mailto:pamela.lemieux@myfairpoint.net)

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

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

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

Foundation Director: Ann Smith  
[vanillawoman2015@gmail.com](mailto:vanillawoman2015@gmail.com)

Club Director: Fran Breton  
[frb3282@hotmail.com](mailto:frb3282@hotmail.com)

Immed. Past President: Debbie Lemieux  
[dalemieux33@gmail.com](mailto:dalemieux33@gmail.com)

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

### Committee Chairpersons 2023 - 2024

Communications Co-Chairs:  
Christine Johnson [cejinmaine@gmail.com](mailto:cejinmaine@gmail.com)  
Erin May Deprez [erinmaydeprez@gmail.com](mailto:erinmaydeprez@gmail.com)

Finance Co-Chairs:  
Fran Jensen [franjensen2911@gmail.com](mailto:franjensen2911@gmail.com)  
Marie Pike [pikerino2@aol.com](mailto:pikerino2@aol.com)

Membership Co-Chairs:  
Patricia Maxim [campnaples@fairpoint.net](mailto:campnaples@fairpoint.net)  
Katie Lamb [kwblamb@gmail.com](mailto:kwblamb@gmail.com)

Service Co-Chairs:  
Pam Lemieux [pamela.lemieux@myfairpoint.net](mailto:pamela.lemieux@myfairpoint.net)  
Martha Gross [grossmartha01@gmail.com](mailto:grossmartha01@gmail.com)

Social Co-Chairs:  
Fran Breton [frb3282@hotmail.com](mailto:frb3282@hotmail.com)  
Joanne Doherty [jdoherty193@gmail.com](mailto:jdoherty193@gmail.com)

## What's cooking, Good Looking!

### BAKE SALE

Don't forget to bring some baked goods or other treats and some cash for the In-house Goodies Sale to be held at the business meeting on November 1st. Besides baked goods, think candy, home-made pickles, etc...

The funds raised will go to the club's in-house account to pay our operating costs. So do some good and then get to take home some goodies!

Thank you,  
The Finance Committee



### Riding To The Top

At our October Program Meeting, Sarah Bronson, Physical Therapist and Executive Director, gave us a slideshow presentation highlighting the wonderful programs at Riding To The Top, a Therapeutic Riding Center located in Windham, Me.



Altrusa International Foundation of Portland, Maine, Inc.

[altrusaportland@gmail.com](mailto:altrusaportland@gmail.com)

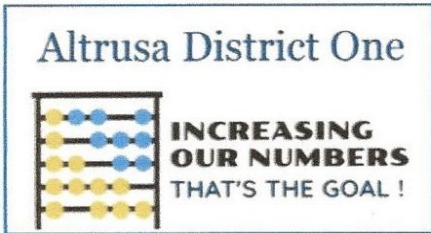
PO Box 8834, Portland, ME 04104 USA

<https://districtone.altrusa.org>

<https://www.portlandaltrusa.org>

# District One Workshop

## Altrusa District One



### Registration Form Workshop November 4<sup>th</sup> 2023

Sheraton Nashua NH  
11 Tara Blvd  
Nashua NH 03062  
603-888-9970

Name \_\_\_\_\_

Club \_\_\_\_\_

First Timer to Workshop Circle one Y or N

Early Bird Fee registered by 10-15-23 \$75.00 \$75.00

Regular Fee registered between 10-16-23 to 10/31/23 \$80.00

Day of Event \$85.00

This includes Italian Buffet

Hotel rooms can be reserved at a rate of \$150.82 by calling the hotel. Be sure to mention Altrusa in order to receive discounted rate. October 20<sup>th</sup> the hotel will release the unreserved rooms for general sale.

Send registration Form to

Diane O'Reilly

432 Allison Drive

Torrington, CT 06790



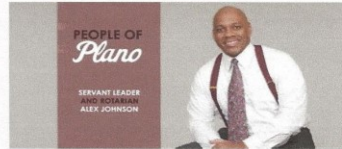
# District One Workshop

## Agenda-Altrusans Rock!

- 8:15AM – 9:00AM** Workshop Registration-Check In
- 9:00AM – 9:15AM** Welcome, Introduction of Board, followed by Grace-Governor Rita
- 9:15AM-10:00AM** Workshop **“Growing Membership Through Service”** by Susan Porazzo
- 10:15AM-11:30AM** Workshop: **“Altrusans Rock”**  
Presented by club members led by Penny Eldridge
- 11:45AM-12:00PM** Call to Conference, Altrusa International Seacoast ME
- 12:00PM-1:30PM** Lunch - Italian Buffet
- 1:45PM-2:45PM** Heidi Bullen and Lisa Wentzell, authors  
Of **“A Dog and His Boy”** with Scotty and Spillway
- 2:45PM-3:00PM** Wrap - Thanks to the host club—Merrimack Valley -  
Followed by Benediction
- 3:00PM** Opportunity for Book Signing By Authors

**Workshop: “Growing membership through service”** presentation by Susan Porazzo

Leveraging the keys and message by Alex Johnson, Business Coach in Plano, TX and shared with Altrusans at International Convention, we will discover together how to grow Club membership via service projects. His key message is “Changing your Mindset for Growth”. His suggestions around tapping under use markets should open up the discussion for all Altrusans.



### Guest speaker...




**Lisa Wentzell, AUTHOR**

Lisa Krikorian Wentzell is a full-time mom with a full-time career caring for Scotty, her special-needs son. Together with her husband, Scott, they are dedicated to Scotty enjoys all that life has to offer. Everyone's life journey is different, and although their family journey is challenging, Lisa triumphs in uncovering hidden joys. She feels blessed with loving and supportive family, friends, teachers, and community, and with amazing programs that allow Scotty to downhill ski, ride horses, and surf. Lisa's empowering message in A Dog and His


Scotty has a unique friendship with Spillway and we all want a sense of belonging, and we all want and need friends and we all want to be included at school, work, play and in our community. We want to celebrate our differences. Spillway and Scotty highlight human resilience and with a little determination, creativity and support of friends, anything is possible. We share Scotty's story and our message of inclusion, acceptance, and friendship.

*Come hear this remarkable story*





**Altrusa Club of Merrimack Valley.**  
All District Service Project



**ALTERNATIVE HOUSE**  
Cherry Hill, Merrimack Valley, MA

The Merrimack Valley Club is asking members/Clubs in District One to please donate **BABY HYGIENE** products for our local domestic violence organization. Collection baskets will be at the registration table at the District One Fall Workshop on Saturday, November 4, 2023.

**Wish list:** disposable diapers, baby wipes, baby shampoo, baby wash, lotions, Desitin, and other hygiene products.

Thank you very much!

# Altrusans Have FUN!

## Painting Rocks For District One Workshop



Fingers with acrylic paint on them, paint brushes clicking, blow dryer buzzing. That was the scene at Pam Szalajeski's house this afternoon as 6 Altrusa members painted rocks of different shapes and sizes. After two hours of laughter, great conversations the rocks were completed. Patricia Maxim, Wanda Pettersen, Pam Lemieux, Christine Johnson, Fran Breton and Pam Szalajeski felt very proud of the results.



# Altrusans Have ADVENTURES!

## Altrusans travel Downeast to deliver books

Submitted by Susan King

It seemed so early! But Martha pulled into my driveway at 7:30 am on Tuesday, October 3<sup>rd</sup>, raring to go. Off we went to gather up Anita and we were off...at 7:50!

We'd previously loaded Susan's car with 470 books destined for Milbridge and Jonesport! Sunny and warm, we headed to our first stop, Ellsworth. In Ellsworth, we consulted Anita's directions and Martha's DeLorme atlas. A gas stop and a quick bathroom break and we were back on our way.



Milbridge is a town of about 1,300 situated in the heart of Maine's wild blueberry country. Many of the first generation Mainers brought their families north from Latino countries. Milbridge Elementary School, has been getting national attention for its innovations and successes with ELL students. The school reports 33 percent of its kindergarten class is Hispanic. Their newsletters are sent home in English and Spanish. The local library conducts story hour in both languages. We found our way to the school and promptly met Charles, the custodian, who happily loaded his hand truck with our cartons of books. He and Ms. Lisee (the principal) were **thrilled** with our donation.

Next stop is Jonesport which is the home of a large lobster-fishing fleet. At the end of a lovely peninsula, we (eventually) found ourselves at Jonesport Elementary, a preK- grade 8 school of 100 students. Lisa, the school's secretary welcomed us warmly and enthusiastically. John Reese, the school's new principal was delighted to meet us and welcomed our books!



Finally, we were off to D. W. Merritt to meet Ms. Lorna Greene. Ms. Greene, principal of a 96 student K-6 school was also happy to meet us. 49% of her students qualify for free and reduced lunch. She was pleased to hear that she could give our books to classroom libraries, the school library or send them home with individual students.

With our book deliveries completed, we decided lunch was in order. We stopped at the Mexican take-out run by the Vazquez family in Milbridge! YUM!



Our final stop before heading for Portland was Momo's in Ellsworth. Momo's Cheesecakes, the first official cheesecake shop in Maine! Momo's offers over 60 flavors of cheesecake daily. She is OPEN 24/7 and is **self serve!**

We arrived home in Anita's driveway at 8pm. We had a full and busy day and felt great about Altrusa and the generous nature of all of us!

# Our Service Projects

## Books Behind Bars Had a Banner Year!

In the past we have simply asked our members to donate 'gently used' books for the local prisons. This year Christine from the Communication Committee took it an extra step. Not only did she put the request out on Facebook, but she also put out a request for books on the 'NextDoor' App. It was amazing to see the responses that we got.

People are so generous. Roughly a dozen people responded and donated hundreds of books. Christine and Pam L. collected books from these people, and with the books donated by Altrusans, we (Arlene Hanson, Project Chair, Christine Johnson, Marie Pike, Wanda Pettersen, Anita Chandler, Trish Maxim and Pam Lemieux) ended up sorting and labeling **853** 'gently used' books on Thursday, October 19<sup>th</sup>, finishing the process on Monday, October 23<sup>rd</sup>.

On Monday, these were divided between the 3 prison systems that would receive the donated books. The following Altrusans were assigned to deliver these books: Wanda took the books earmarked for Windham Correctional, Anita took the Cumberland County Prison books and Arlene oversaw delivery of the Androscoggin County Prison books.

This Service Project is a favorite of Arlene Hanson. Arlene is what we affectionately call a 'Snow Bird'. She is heading to Florida next week. It was great that this project was finished before she left.

## Books Behind Bars Project



Members gathered together at Arlene Hanson's home to sort and label all the books destined for the Cumberland County Jail.

## Lunch after work for the ladies

Arlene Hanson provided lunch for the labelers. Shown here: Arlene with Anita Chandler



# More from Service

This month's volunteers for Sue's Supper were Nicky Griffin, Marie Pike, and Martha Gross(not shown below). They were very busy as they made all the different fixings for tacos for the eighteen guests staying at Ronald McDonald House. Next month's date for Sue's Supper is November 21<sup>st</sup>. Who would like to join the team of chefs for that evening's service meal? Please contact Ann Smith.



## 15th Annual Empty Bowl

The First Lutheran Church on Auburn Street was a very busy place Saturday, October 14<sup>th</sup>! The air was dry but chilly, a perfect night for soup and bread, and people lined up to buy their tickets for a great meal and a fun evening.

We served fifteen different soups, everything from hearty meat and vegetable combinations to chowders and chilis or traditional like French onion or chicken with rice. We had several choices.

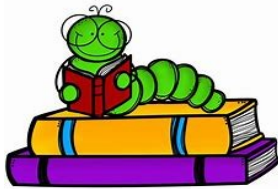
On the side, we served home-made corn bread and bread donated by the Big Sky Bakery.... And for the grand finale, cookies, and brownies, and cake! (O, my!) No one left hungry.

Our thanks to Aroma Joe's for donated coffee and to Martha Gross who won the 50/50 but donated her winnings back to the club for this event.

This year's Empty Bowl was great success. Our special thanks again to First Lutheran for allowing us to use their space. Thanks to all our volunteers, in particular, the Lemieux clan who showed up to help with setup and cleanup.



Scheduling is underway for this most adored service project. Stay Tuned



## Books-A-Million BookDrive



We are SO LUCKY!!!!

BAM is hosting another book drive for us. Thank you, BAM.

This bookdrive runs from October 22<sup>nd</sup> thru December 10<sup>th</sup>! It has been noted that best results occur when Altrusans are present in the store. Thank you for signing up to help Susan King fill all the available spots. Contact her if you have not already.

And tell all your friends, family to start their holiday shopping and donate a book for our programs.

**ALL of our literacy programs depend on this partnership.**





# other Committees' news



## MEMBERSHIP Committee Save the date and bring a guest!

Wednesday, November 15th is the date of our next Program meeting, which is to be sponsored by the Membership committee. It will be held at "The Club at Riverside Golf Course".

Can you think of somebody that you would like to invite for a FREE supper at 6:15p? We'd like to have them hear about our Altrusa activities in greater Portland; and abolish the myth that Altrusa is one of those 'best kept secrets'.



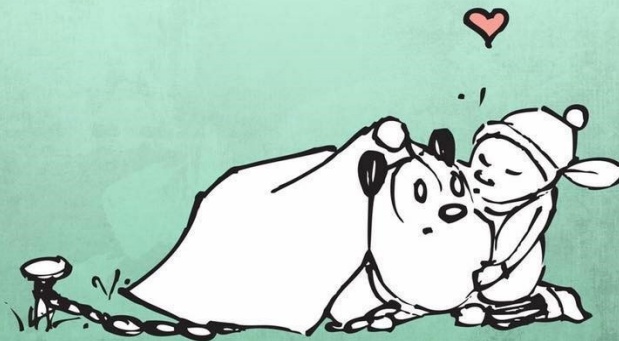
Had you heard of Altrusa before you were approached by your sponsor? (I definitely hadn't; and neither had my mother. But that was 48 years ago.) Hopefully that situation has changed somewhat since then. But we still need to keep working at it.

At this point we plan to have somebody from ProjectFEED come and accept the check from our recent very successful "Empty Bowl" supper. Also, Kirsten Cappy, whom Anita heard on a radio interview, will be speaking that evening.

Please come and support us; and bring along a guest or two.

**Service to others  
is the rent you pay for  
your room here on earth.**

*Muhammad Ali*



Ability  
Service  
Training  
Responsibility  
Achievement



## ASTRA alive and very well at Lake Region High School

Prior to COVID we had 45 members in ASTRA at Lake Region High School, which was an increase from the 20 that CHARTERED the club 3 years earlier on February 1, 2017.

On March 16, 2020 school closed for the rest of that school year, due to the COVID pandemic, with hopes of re-opening in the Fall.

Re-opening did not happen and 12 ASTRA Seniors had graduated in June of 2020. The entire 2020-2021 school year was accomplished by 'Remote Learning' via the students' home computers. ASTRA struggled with low attendance during ZOOM type meetings and very few Community Service projects happened. No "ABC" books were distributed that year. And another 12 Seniors graduated in June 2021. ASTRA Advisor, Carinne Fournier, resigned from teaching to stay home with her enlarging family.

Re-opening did happen in the 2021-2022 school year for 'In-person' classes. We had a new ASTRA Advisor, Guidance Counselor Kristina Theriault, but only 15 students from the now Senior and Junior classes. Because of the continuing COVID concerns, ASTRA was not allowed to visit the Elementary schools for their "ABC" project, so they simply delivered the generous supply of B.A.M. books from Altrusa to the front door of each school. At year end, we graduated another 9 ASTRA Seniors (June 2022).

By the start of the 2022-2023 year, activities were beginning to return to normal. Unfortunately we had less than 20 members by then, but we were allowed back into the Elementary schools to resume "ABC" readings and book distributions.

That brings us to this school year (2023-2024). The first ASTRA meeting was scheduled for Thursday, October 5th during "Laker Time" 7:30 - 8:05 AM. Altrusan Debbie Lemieux was there for support. Having no idea what to expect for attendance, imagine our delight when 21 students poured into the Library conference room for the meeting! Plans were made to have meetings on the 1st & 3rd Thursday mornings each month. The election of Officers would take place via email and be announced at the next meeting in 2 weeks. And at that same October 19th meeting, ASTRA students should be prepared to go outside and weed the Tulip Garden.



Left to right: Pam Lemieux, Delaina Grover, Trish Maxim

***It looks like we might have nearly 30 members this year:  
Seniors - 7; Juniors - 8; Sophomores - 6; Freshmen - 7.***

At the second meeting, the 15 ASTRAs attending, welcomed our Altrusa District One 'Immediate Past Governor', Pam Lemieux, from the Portland club. Pam delivered ASTRA's 3rd place International award for their "Yellow Tulip" Service Project. The award is a Certificate which is to be placed in ASTRA's display cabinet and a \$100 check for their Treasury. Both had been presented to Pam at Altrusa's biennial International Convention in San Antonio, Texas in July. (The "Yellow Tulip" Service Project was written in 2022 by then ASTRA President Rebecca Caron.)

Before we headed outdoors to weed the Tulip Garden, Advisor Kristina Theriault announced the ASTRA Officers for the 2023-2024 year:

President - Delaina Grover  
Vice President - Marissa Harlow  
Secretary - Bella Smith  
Treasurer - Chloe Ward  
Publicity - Kasey Johnson.

Following the ASTRA meeting, Pam Lemieux delivered 3 bags of B.A.M. books to the Librarian at Stevens Brook Elementary School in Bridgton (Pre-K to 5th grade).

ASTRA will be back there in the Spring to read and deliver books to the 3 Kindergarten classes.

-Trish



# 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 articles and photos to me, Debbie, at [dalemieux33@gmail.com](mailto:dalemieux33@gmail.com).  
My deadline for submissions is the 3rd Friday of the month.

-- Debbie L.

October Birthdays  
Pam Lemieux  
Fran Dyro  
Fran Breton  
Pam Szalajeski  
  
Happy Birthday!



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
3. or, bring to a meeting and give to Pam.

## 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

Hosted by Seacoast, Me. club

April 26-28, 2024

Double Tree by Hilton

Andover, Mass