



August 2024 Altrusagram



Upcoming Dates

Business Meeting

Wednesday, September 4
6:00 P.M.
Stroudwater Lodge
116 Landing Rd.
Westbrook, Me.

Finance Committee Meeting

Wednesday, September 11
6:00 P.M.
ZOOM mtg.

Ronald McDonald House

Sue's Supper
Tuesday, Sept. 17

Program Meeting

Wednesday, September 18
6:00 P.M.
Speaker:

Deb Bergeron, 100+ Women
Stroudwater Lodge
116 Landing Rd.
Westbrook, Me.

Calendar Raffle Prizes Due October 16

Deliver to Pam Lemieux

Empty Bowl

Saturday, November 2
5:00 P.M. - 7:00 P.M.
First Lutheran Church
132 Auburn St.
Portland, Me.

District One Workshop
Saturday, Nov. 16, 2024
Nonantum Resort
Kennebunkport, ME

From your President:

President's Message

"Growing Better Together with Gratitude "

I hope you've enjoyed your Summer! It's been quite an experience for me having a Total Knee Replacement Surgery in July. A month later I'm beginning to feel **resilient**. **Resilience** is the process and outcome of successfully adapting to difficult or challenging life experiences. It's all about being able to adapt and yes, having a positive attitude. **Resilience** helps us "bounce back" from difficult situations such as trauma or tragedy or just plain stress; and I'm ready to bounce back to a busy schedule of leadership, volunteering and connecting with you, while looking forward to your support and guidance as we start our new year together.

Together we will build the **resilience** of our organization by thriving and being successful contributors to our community. We'll create realistic plans and carry them out together. We'll be strong and yet flexible when needed, adjusting to both internal and external pressures as we engage with people in all our organizational functions wherever our plans and actions take us.

As we move forward together, we will indeed "grow better together by expressing gratitude, showing appreciation and striving for **resilience**." It's all about Attitude. Listen! Be kind! Acknowledge! Create kindness within our meetings, in our service projects, through our emails and media presence. Be mindful!

Noteworthy: We've realized another strong book drive this month at B.A.M. It was a pleasure to meet and greet customers there sharing our story with them and seeing them purchase so many books in support of our ABC Program.

The Board has been actively pursuing a location for our meetings and programs (which based on feedback from members who replied to the survey that was emailed to members) suggested we find a location that holds 20-30 people and where we could provide our own food. And preferably free or at a very low cost. Obviously meeting via Zoom is an option for business meetings, but I think we all prefer meeting in person.

Good news! You all should have received an email with details. Stroudwater Lodge located at 116 Landing Rd, Westbrook, Maine 04092 has offered us their location for both meeting room and Program events at no charge. We are very grateful to them for their offer.

Personally, I'm looking forward to Fall and our getting together in person again with all of you (especially at our new location) for meetings, programs, service projects and going to our District One Workshop in November at the Nonantum Resort in Kennebunk Port, Maine.

Always with gratitude,
ALTRUSANS R.O.C.K.!!!
Realize Opportunity, Create Kindness.



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

Who We Are...

The Board 2024 - 2025

Club President: Karen Valley
book1babe@gmail.com

Foundation President: Pam Lemieux
plemieux4263@gmail.com

Vice President: Christine Johnson
cejinmaine@gmail.com

Secretary: Fran Jensen
franjenzen2911@gmail.com

Treasurer: Marie Pike
pikerino2@aol.com

Foundation Director: Ann Smith
vanillawoman2015@gmail.com

Club Director: Trish Maxim
campnaples@fairpoint.net

Immed. Past President: Wanda Pettersen
kettlecove_6@msn.com

Parliamentarian: Judith Reidman
reidmanjudith7@gmail.com

Committee Chairpersons 2024 - 2025

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

Finance Co-Chairs:
Marie Pike pikerino2@aol.com
Danielle Petersen-Stone mommistone@gmail.com

Membership Co-Chairs:
Patricia Maxim campnaples@fairpoint.net
Debbie Lemieux dalemieux33@gmail.com

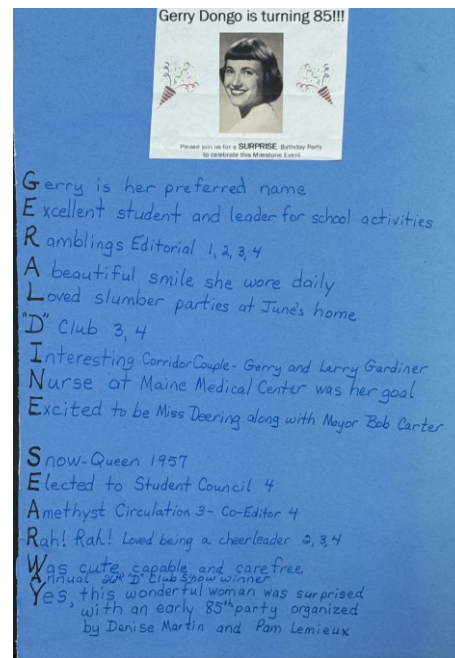
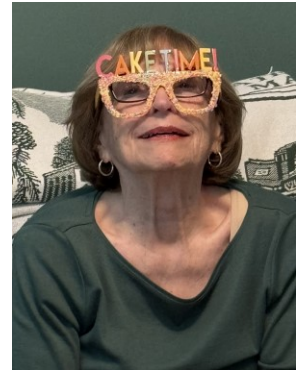
Service Co-Chairs:
Pam Lemieux plemieux4263@gmail.com
Wanda Pettersen kettlecove_6@msn.com

Program and Event Co-Chairs:
Anita Chandler achandler@maine.rr.com
Gail Mazzone mestormy70@gmail.com

What's cooking, Good looking!

Gerry Dongo Turns 85. Happy Birthday, Gerry

A surprise birthday party held for Gerry, given by Denise Martin and Pam Lemieux.



Altrusa International Foundation of Portland, Maine, Inc.

altrusaportland@gmail.com

PO Box 8834, Portland, ME 04104 USA

<https://districtone.altrusa.org>

<https://www.portlandaltrusa.org>

Service Committee News



16th Annual Empty Bowl Meal

Saturday November 2, 2024 5-7PM
First Lutheran Church
132 Auburn St, Portland, ME

GET READY FOR THE EMPTY BOWL SUPPER

Soon you (Portland Altrusans) will be asked to contribute a soup and/or a dessert AND your time working the evening of the Supper,

This is one of our most fun fundraisers. Surrounded by so many different delicious soups, chowders and chilis. After the attending customers have all that they can eat of the many different soups, etc., we have a table of homemade desserts they can nibble on if they are still hungry.

It is never too early to start talking up the Empty Bowl Supper with your family and friends. If you know someplace good to put up a poster, please do so. You will get a poster that can be printed on 8 1/2" x 11" paper. If you aren't able to print it, a member of the Service Committee will bring copies for you at all our Altrusa Meetings before November 2nd.

The price to attend the supper is \$15 per person and \$10 for children under age 10. This is the same price that was charged the prior two years.

This fundraiser will benefit Project FEED, an emergency food pantry located at Woodfords Church in Portland.

July 27 to August 24



Summer Bookdrive was a huge success. Books have been collected and are being sorted and labeled.

BAM is the primary source of the books we give to kindergarteners all over the greater Portland area. These drives also provide the books needed to fulfill Book Requests through our website

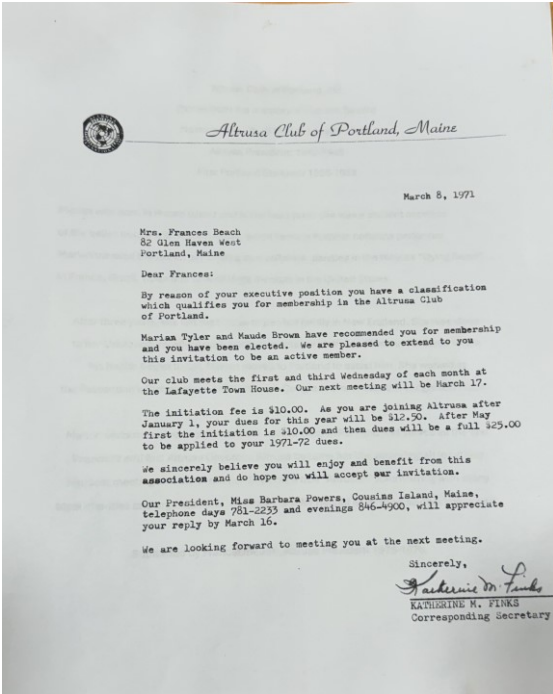


Arlene Hanson working her kitchen magic for the guests at the RMH in August.

Doesn't she have a beautiful smile?

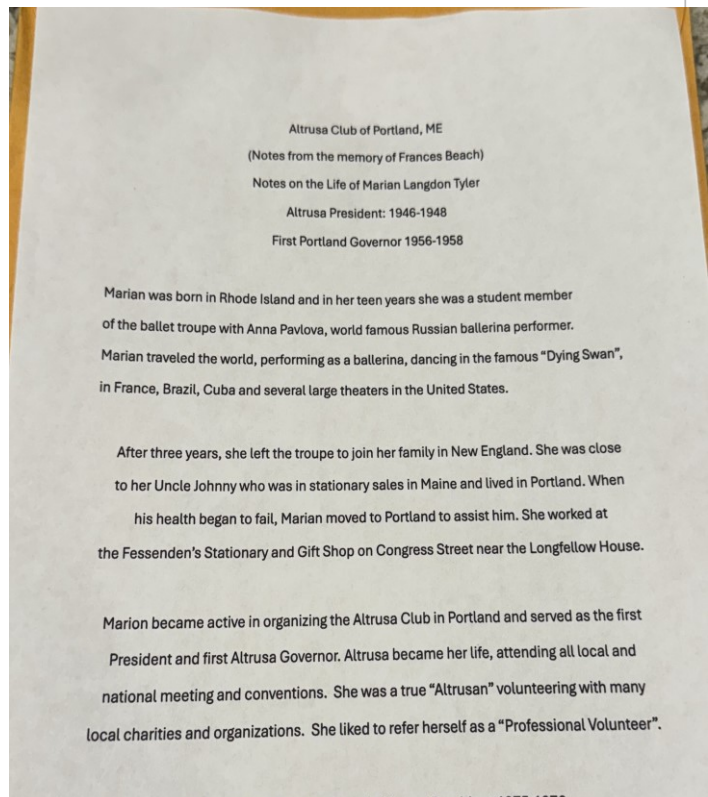
Time Capsule News

Trish received a mailing from Fran Beach, who now resides in Florida. Fran Beach was Altrusa Portland President 1975-1976. She sent these documents she had saved to Trish. And she also generously donated \$100.00 to the club for our A B C project.



This is Fran's invitation to membership.
Dated March 8, 1971.

Notice the Initiation fee.



Submitted by Frances Beach, Altrusa President 1975-1976.

As remembered and documented by Fran, A Bio on Marian Langdon Tyler, Altrusa Portland President, 1946-1948 & District One Governor 1956-1958.

Note: As a young girl, Marian studied with Anna Pavlova.



Fran Beach founded the A B C literary project.
A B C originally stood for Animals, Books and

Committee News

Membership News

Thank you to CATHY PAGLIO for volunteering to fill our 'opening' for an Altrusan to send our Birthday greetings this year. She is coordinating with Gerry Dongo to receive the supplies and any words of wisdom. Thank you Gerry for handling this task so nicely this past year. We are sorry you are leaving Altrusa; we will miss your presence. We wish you the best with your health and happiness!

Altrusans! We added 5 wonderful new members this past year. It would be great if each one of them would bring in a new member; but let's not expect them to do all the work. Put on your thinking caps for people you've met recently that might enjoy our Altrusa camaraderie.

It looks like our annual Membership program might be scheduled for Wednesday, November 20, 2024 -- but guests are welcome to meetings anytime before that, too.

Trish Maxim & Debbie Lemieux, co-chairs
Fran Breton
Katie Lamb
Marilyn MacDowell
Rae Clark-McGrath
Sarah Labonte



The Finance Committee knows you are all amazing! So we're sure we'll have lots of wonderful prizes coming in for the raffle calendar.

Dates:

prizes due to Pam L by October 16th

sales start at Empty Bowl on November 2nd

drawings start on January 1st

Please keep in mind that prizes need to be easily mailed (e.g. gift certificates). If a prize does not fit that parameter, the donor must be willing to deliver it to the winner. Pam will accept a binding commitment if the physical item itself is not available by October 16th.

So help this be an AMAZING fundraiser for our service projects!

Thank you,

the Finance Committee

August
Birthdays
of the Month

Gail Mazzone
Toni Parise
Wanda Pettersen



Birthday Cards

Cathy Paglio has volunteered to be the keeper of the Altrusa Birthday "rolodex". Thank you Cathy!





ASTRA of Lake Region High School

Ability
Service
Training
Responsibility
Achievement



ASTRA

Some exciting news - - for those of us trying to attend the ASTRA meetings at Lake Region High School - - is that the available time slot for those types of activities has changed from 7:30 AM to 10:10 -10:45AM.

As usual at this time of year - - having graduated 5 Seniors from our group of 28 active members last May, we are now in our rebuilding stage. We had a great group of 7 Freshmen join us a year ago; they are now Sophomores. I hope we get even more this year. The 9 Soph's are now Juniors; and the 7 Juniors, including the President for the last 2 years, Delaina Grover, are now Seniors.

Other good news is ASTRA Advisor - - Kristina Theriault, Guidance Counselor - - is continuing for her 4th year. (She's setting a new record for longevity.)

ASTRA at LRHS is starting its 9th year. Altrusan Katie Klein founded the ASTRA club when she was the Librarian there in 2016. She was both Advisor & Liaison to Altrusa. Katie left that job 2 years later for a similar job in Plymouth, Massachusetts. Since then we have had non-Altrusans as Advisors. Carinne Fournier was an English and Humanities teacher for 3 wonderful years until COVID hit. Although 2 years of COVID subsequently decimated our peak member-ship of 45 students, it never shut down ASTRA. But they are not as active in the community as they used to be.

As you probably know, we have the only ASTRA club in the whole of District One. (There have been others - - in NH recently - - but they have not survived.) Our new young member, Danielle Petersen-Stone was once a member of the ASTRA club sponsored by the Windham, Maine Altrusa club - (both now defunct). It's great to have Danielle for the perspective of what could happen for Altrusa in the future. (Altrusa International is now attempting to stay in touch with our graduates of ASTRA, to keep them aware of the potential to be Altrusans.)

- Trish Maxim & Debbie Lemieux, Co-Chairs

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.

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.

Club Meeting Norms:

- ✓ Start and end on time
- ✓ Respect each other
- ✓ Accept differences
- ✓ No side Conversations, Cell phones silenced
- ✓ Provide a safe space to speak ones mind
- ✓ Abide by the democratic process
- ✓ Be engaged while present
- ✓ Assume others' good intentions
- ✓ Be open to the ideas of others
- ✓ No interruptions of speaker, speak one at a time



Thank you for continuing to fill up the green Altrusa **CLYNK** bags.

Pam Lemieux can give you as many bags with stickers as you ask for. Fill them with your returnables and 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 16, 2024
Nonantum Resort
Kennebunkport, ME

59th International Convention

July 23-26, 2025
Downtown Hilton
Quebec City, Canada

