



January 2025 Altrusagram



Business Meeting

Wednesday, February 5
6:00 P.M.
Stroudwater Lodge
116 Landing Rd.
Westbrook, Me.

Ronald McDonald House

Sue's Supper
Tuesday, February 18

Program Meeting

Wednesday, February 19
6:00 P.M.
Stroudwater Lodge
116 Landing Rd.
Westbrook, Me.

Altrusa District One Spring Conference

May 2 - 5, 2025
Wellsworth Hotel
Southbridge, Ma.

Is your Passport Up to Date?



Convention

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

From your President:

This month we welcomed in a new year, and we continue to grow with gratitude. Our holiday celebrations bring more of us together than at any other time of year in friendship and service. Who doesn't like parties!



After a quick business meeting, while we were eating and talking, we raised money for Wayside Food Services through our Silent Auction. Thank you to all who brought items and to all who bid to help make the evening a success. We raised over \$300.

Thank you, Fran Jensen and Martha Gross, for asking Ben B. from Books-A-Million (BAM, the host/sponsor of our two annual book drives) to be our January program speaker. He shared a brief history of how he came to work for BAM along with the history of BAM. It was informative and affirming to hear about our book drives from his perspective. THANK YOU, Ben and Books-A-Million!

We'll have a busy February Business Meeting, reviewing financials and hearing from the Nominating Committee as they present the Slate for the two open Foundation positions as well as reviewing our meeting locations. What worked well? What might we want to change? Come prepared with your ideas.

Our next Program Meeting speaker will be from Channel 8 (an ABC Local Weather Person). Will there be more snow and wind in the forecast? BRRRR!!!! I'm looking forward to Springtime even if it's mud season in Maine. Wintertime can be hard on people. Stay warm and as always, be kind.

"Growing Better Together with Gratitude"
Karen Valley

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."
Melody Beattie



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
franjensen2911@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

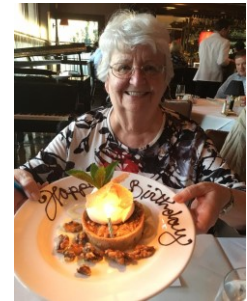
Program and Event Co-Chairs:
Anita Chandler achandler@maine.rr.com
Gail Mazzone mestormy70@gmail.com

News

Arlene Miele, an Altrusan of 40 years, from the Merrimack Valley club, passed earlier this week.

A ray of light, full of humor and always of good cheer.

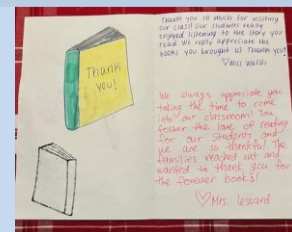
She will be missed by all who knew her.



Altrusans from the Portland club meet on a frigid January night to celebrate a postponed Holiday party. There was an abbreviated business meeting at kick-off, followed by dinner and a Silent Auction resulted in \$300.00 to benefit Wayside Community.

Correction to December Article.

"Thank You's" from the Windham Elementary Kindergartners, to **Fran Jensen** and Wanda Pettersen, following an ABC visit and gifts of FOREVER books to each of the students.



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>

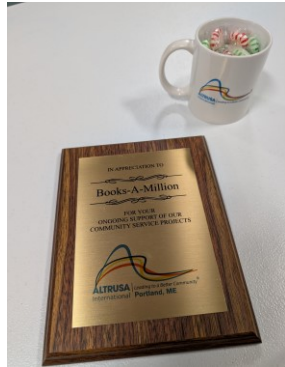
Service Committee News



A HUGE Thankyou

Anita Chandler presented a plaque thanking Ben and the whole BAM staff for supporting our service projects.

Our warehouse is brimming with brand new "FOREVER" books that go home with K-students, thanks to the twice annual bookdrives they sponsor for us.



Ronald McDonald House Charities®
Maine

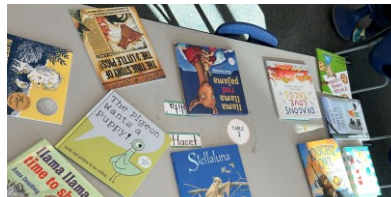


Great time making Shepard's pie, green beans and brownies for RMD house, this month.

Picture to the left:
from left to right: Ann Smith, Marilyn MacDowell and Nicki Griffin

Ben Bahrenfuss from Books-A-Million was invited to speak at our January Program meeting. He was delighted to join us. He spoke of BAM's dedication to support our service projects. In addition, we learned about another semi-annual project of BAM, known as Coffee for the Troops. The beneficiary of these drives is Soldiers' Angels which provides aid, comfort, and resources to the Military, Veterans, and their families.

ABC



Some of the FOREVER books the children get to choose from to take home.



Wanda Pettersen reads to K-students at Amanda Rowe Elementary School. Cathy Paglio, reader and photographer.



Toni Parise reads to K-Students at Lyseth School.



Cathy Paglio reading to the students at Rowe Elementary.

Committee News

From the Finance Committee

Good work, Altrusans! The calendar raffle fundraiser raised \$3,910 for our service projects! And the silent auction at our holiday party raised \$386 which will be donated to Wayside Food Programs. Thank you to everyone for their efforts on behalf of both of these important fundraisers.



The finance committee will be meeting soon to discuss other potential fundraisers. If you have an idea, even if not on the committee, please let us know.

From the Membership Committee

The schedule for "Getting To Know You Talks" for the next 4 Business meetings will be our 4 newest members in the order in which they became Altrusans:

Gail Mazzone	Feb. 5th
Toni Parise	March 5th
Susan Petersen-Stone	April 2nd
Marilyn MacDowell	May 7th

We look forward to hearing about their 'past' and their present.

-Trish



New member Biography Marilyn A. MacDowell

I joined Altrusa shortly after having been selected by Altrusa Portland as winner of their 2024 Volunteer of the Year award, for my work with the Iris Network.

I have lived in Portland most of my life and enjoy the cultural events and access to outdoor activities. I love hiking, biking, cross country skiing, tennis and going to the beach.

I graduated from the University of Maine with a degree in elementary education. I taught kindergarten for 5 years at a daycare center. My next major job was at the USM library.

I have been retired since 2016.

I also like to travel, and have been to many wonderful places, including Europe, Poland, Switzerland, Greece and Iceland.

I have held many volunteer roles, starting in high school with Headstart.

I was a part of Student Action Corps with the University of ME. And with Big Brothers/Big Sisters for 8 years.

I am very proud of my work with The Iris Network where I supported blind residents from 1993 to present.

And now enjoy providing service with the members of Altrusa International Portland, ME.

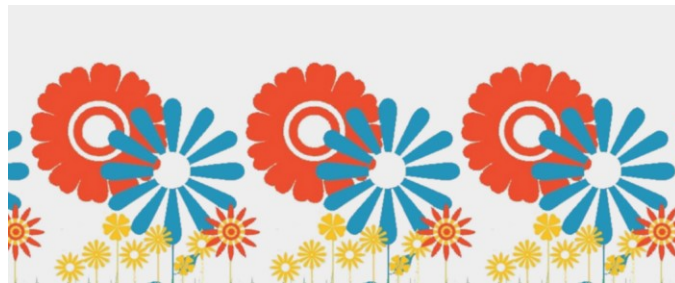


ASTRA of Lake Region High School

Ability
Service
Training
Responsibility
Achievement



Lake Region High School ASTRA members met on January 28 to create the February vacation break bags for the 1st grade students. They drew some creative designs and messages for the kiddos. At the February 11th meeting they will stuff some 200 bags with crayons and other items to make their february vacation break constructive and fun.



ASTRA is an international community service organization for youth and young adults sponsored and supported by local Altrusa Clubs.

ASTRA is an acronym for:

- Ability** to know that all of us have special talents to share with others
- Service** to improve the lives of those less fortunate in the community
- Training** to develop leadership ability and potential
- Responsibility** to learn to accept obligations and know the satisfaction of carrying projects through to a successful conclusion
- Achievement** to experience success; to know that a group can accomplish so much more than any one individual

The ASTRA motto is *“Growing in Service”*

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 Friday following the Program meeting.

-- 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

