



February 2025 Altrusagram

Upcoming Dates

Business Meeting

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

Ronald McDonald House

Sue's Supper
Tuesday, March 18

Program Meeting

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

Committee Budgets DUE

Friday, March 21

Finance Committee Meeting

Monday, March 24
Time TBD

Altrusa District One Spring Conference

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

59th International Convention

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

A Message From your President:



I don't have to tell you that there is much chaos in our world, such as war abroad, environmental challenges in our world and close to home, and governmental shake-ups. This chaos spills over into our personal lives, causing conflict within, because we, YOU, are all fundamentally persons of caring, giving and love. So, we ask ourselves, "What can we do?" First, take a deep breath, hold it...then exhale slowly. Repeat as necessary. Ahhh, that's better!

Next, We remind ourselves what the meaning of Altrusa is.

A is for Amity. mutual understanding and a peaceful relationship, especially between nations; peace; accord.

L is for Loyalty. faithful adherence to a sovereign, government, leader, cause, etc.

T is for Talent. capacity for achievement or success; ability

R is for Reciprocity. a situation where each enjoys an equal benefit

U is for Unity. the opposite of being divided. This is a word for togetherness or oneness.

S is for Service. work done by one person or group that benefits another

A is for Achievement. something accomplished, especially by superior ability, special effort, great courage.

We are Altrusans and ASTRA. Since 1929, We have turned conflict and need into action. These past few months we have delivered much needed books to deserving K-students in several schools, from the elementary schools in South Portland, Portland, Westbrook to Windham, Buxton and the Lakes Region. Our ASTRA high school club has been very busy executing several projects like creating activity bags for 1st graders February school vacation. We have our scholarships project in full swing to benefit high schools and colleges. Our 21st annual Volunteer of the Year project is underway. And most recently, several members baked their favorite cookies and in a show of gratitude and thanks to Books-A-Million employees for the bookdrives they sponsor for us, held a Cookie Walk.

We are proud members of a great organization, volunteering with people towards common goals that benefit our communities. Let's continue to express our appreciation and gratitude for each other. It's infectious! If you're an experienced member, share your experience by mentoring newer members. If you're a new member and need explanations, don't hesitate to ask for help. Be willing to step outside of your comfort zone. The value of our organization is in all of us, its members. There is no "I" in Altrusa, only "us."



"Growing Better Together with Gratitude"
Karen Valley

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

Other Altrusa News



Altrusa International of St. Paul has been very busy this month.

They volunteered with Feed My Starving Children. They had so much fun chatting, laughing, and packed so many meals for kids and people in Zambia!

What a Super Idea! 2025 Promwear Give Away

Altrusa International of Corvallis, Oregon is planning this event for April 5, in case you happen to be in Oregon.



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

Next Sue's Supper to be held March 18. Contact Ann Smith FMI



Program Meeting Speaker

Emily Pike, meteorologist from Channel 8, spoke to us about how she got interested in the weather business as a young woman, going to college and working for the weather channel.

She's lead a fascinating life as a "storm chaser."

My favorite was hearing her tell us the story of surviving Hurricane Ian.

She sheltered with a family in their three story house on stilts near the water and finally escaping in kayaks that happened to float by them and lived to tell about it!

You can see Emily on Channel Eight local weather reports evenings and weekends. Thank you, Emily, for a fun evening!

Karen



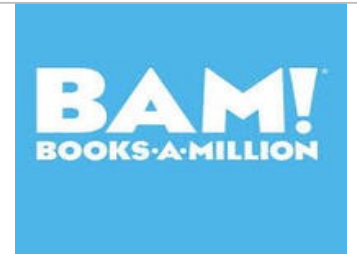
The 2025 Cookie Walk Team

From Left to Right:

Karen Valley, Wanda Pettersen, Trish Maxim, BAM Asst. Mgr, Ben Bahrenfuss, Marie Pike, Cathy Paglio, Susan F. King. Not shown is Anita Chandler, Martha Gross, Nicki Griffin, Pam Lemieux, Toni Parise and Ann Smith who also baked.

These members baked and delivered cookies to **Books-A-Million** on Saturday, February 22. This Cookie Walk tradition is to show appreciation to the employees that help to support the bookdrives they sponsor for us.

We receive thousands of brand-new books each year that are then given to all kindergarten children in Portland, S. Portland, Westbrook, Windham, Buxton, Hollis, and the Lake Region elementary schools.



ABC



Toni Parise reads to a classroom of Kindergartners at Lyseth School.

Wanda Pettersen, Fran Breton and Martha Gross, seated are preparing the bags of books to be given to the K-students.



Committee News

From the Finance Committee



To all committee chairs: it's time to prepare your committee's 2025-2026 budget request. It must be submitted to Marie Pike no later than March 21st (earlier is good too!) The finance committee will meet soon after that to put together a draft of the budget.

The draft will be presented to the board and then presented to the club. Approval of the budget requires a vote by the club.



The "Chain of Service" spans several tables here at our Business meeting.

From the Membership Committee

The schedule for "Getting To Know You Talks" for the next 2 Business meetings will be our 2 newer members in the order in which they became Altrusans:

Gail Mazzone	March 5
Danielle Petersen-Stone	April 2

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

-Trish

Member Initiation Marilyn A. MacDowell



Trish Maxim and Marilyn MacDowell - getting to receive her Altrusa pin.



Marilyn adds her link to the membership chain.

At the March 5 business meeting, Marilyn MacDowell was officially initiated into membership, which included receiving her Altrusa pin and adding a link to the "Chain of Service".

Trish Maxim, co-chair of the membership committee presided over the ceremony, as Debbie Lemieux, Co-chair and Fran Breton, membership cmte member spoke of the long history of tradition behind the initiation ceremony and the significance of becoming a member.

We proudly welcome Marilyn as an Altrusan sister.



ASTRA of Lake Region High School

Ability
Service
Training
Responsibility
Achievement



ASTRA students attended the February 11th meeting and stuffed some 200 previously decorated bags with crayons, stickers and other fun activity items. These stuffed bags were then prepared for delivery to the schools to be handed out to the 1st graders. These are sure to have put smiles on their faces.

Next ASTRA meeting is March 11.



An assembly line approach for filling the activity bags. Students went around the table selecting the bag and stuffing with items.



Each of the 1st grade classrooms at both Stevens Brook and Songo Locks Elementary schools had a designated bag to assist in delivery. The activity bags were apportioned to these delivery bags. Debbie Lemieux was able to deliver to the schools.



Some very creative artwork went into designing these activity bags.



Some activity items for the 1st graders



These designs were created by Co-Chair of the membership cmtc, Debbie Lemieux. They were affixed to button pins and presented to the ASTRA students.

Here's hoping that they can help to spark interest to potential members.



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

