



## March 2025 Altrusagram



### Upcoming Dates

#### Wayside Supper Donation Presentation

Wednesday, April 2  
5:00 P.M.

#### Westbrook Community Center

426 Bridge St.  
Westbrook, Me.

#### Business Meeting

Wednesday, April 2  
6:00 P.M.

#### Westbrook Community Center

426 Bridge St.  
Westbrook, Me.

#### Ronald McDonald House

Sue's Supper  
Tuesday, April 15

#### Program Meeting

#### 96th Birthday Party

Wednesday, April 16  
6:00 P.M.

#### Casa Novello

694 Main St.  
Westbrook, Me.

#### Altrusa District One Spring Conference

May 2 - 4, 2025  
Wellsworth Hotel  
Southbridge, Ma.

#### 59th International Convention

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

### A Message From your President:

**March Madness is here!** Yes, there are Basketball Games to watch. (I especially enjoy this opportunity!), and daffodils are peeking up out of the ground. Welcome Spring with less snow and more rain!



And, here is what Portland Club Altrusans have been doing: We met at Stroudwater Lodge for our Business Meeting in early March and last week we met for the first time this year at the Westbrook Community Center (WCC) for our Program Meeting where member Christine Johnson provided us with an introduction to organizing and digitally archiving our Club's documents on Google Drive, which was well received by our members. Her presentation was followed by a Club "Book Review" where members brought and shared some of their favorite reads ranging from Children's books to Adult Fiction and Non-Fiction titles.

#### Realizing Opportunity, Creating Kindness

Our Club will be the guests of Wayside Food Services at the Community Meal at WCC 5PM on April 2, 2025, where we will be presenting them with a check from our December Silent Auction. The Business meeting will be in the Oak Room following the supper, at 6PM or shortly thereafter. Members, please let Anita Chandler know if you are planning to attend the Meal.

The April Program Meeting will be held at Casa Novello in Westbrook, where we will celebrate together our 96<sup>th</sup> Birthday with good food and, "fun" being planned by the Program/Event Committee. These April meetings present us with wonderful opportunities to "invite prospective members".

#### Gratitude for Growth

In December I wrote about the **T** in Gratitude: "**thankfulness** and growing by saying "thank you" at every opportunity." The last two months was about the **U** in Gratitude: "growing by **unifying** under common goals" and realizing the power of "**US**". Together we will continue onward with this theme by reviewing our evaluations at the April Business Meeting and later reviewing our "Strategic Plan" and "Policies and Procedures" Documents.

In April, we want to pursue the **D** in Gratitude – **Discovery** – by "growing who we are," **Discovering** who we are, our strengths, our weaknesses, utilizing our strengths to improve our organization, determining our path forward in our Club, in our community and beyond. Help others "**Discover**" who we are by inviting them to get to know us by asking them to attend one or more of our meetings and to participate in our service projects as opportunities present themselves.

#### Reminders:

Members: Don't forget to sign up for District One Conference May 2-4, 2025, as deadline is looming. And, for the Convention in Quebec July 23-26, 2025.

"Growing Better Together with Gratitude"  
Karen Valley

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



# Service Committee News

**Next Sue's Supper to be held April 15. Contact Ann Smith FMI**



Left to Right:  
Ann Smith and Marie Pike served up Pork chop suey with traditional fried noodles rice and brownies for the guests.

## Program Meeting Book Review



Pictured here are club members who spoke of their favorite books. From left to right, Back row: Karen Valley, Marie Pike, Cathy Paglio, Martha Gross. Front row: Toni Parise, Anita Chandler and Debbie Lemieux. Not shown who shared a book: Nicki Griffin, Pam Lemieux, Ann Smith

At our March 19 Program meeting, Christine Johnson spoke of efforts within the club to map out a plan for archival of our treasured documents. She has been testing with Google Drive for electronic retention of digital media. There is also work involving the scanning and uploading of pictures and non-digitized material. She has been collaborating with Karen Valley and Trish Maxim. This is excellent, much needed work. Thank you, Christine.

Next on the agenda we had several members share their favorite books. Here is the list:

- "8 Days" by Jule Selbo ( Portland author)
- "The Lincoln Highway" by Amor Towles
- "The First Ladies" by Marie Benedict and Victoria Christopher Murray
- "All the Broken Places" by John Boyne
- "The Personal Librarian" also by Marie Benedict and Victoria Christopher Murray
- "The Big Hungry Bear" by Don and Audrey Wood
- "How to Read a Book" by Monica Wood
- "Crying at Movies" by John Manderino (Marie Pike's husband)
- "Gifts from the Sea" by Anne Morrow Lindbergh
- "The Women" by Kristin Hannah
- "What is the What" by Dave Egars



On **April 2**, Wayside is sponsoring a supper at the Westbrook Community Center at **5:00**. This occurs just before our business meeting. They have invited us to attend their supper in appreciation of the donation we will be giving them. **PLEASE** let Anita know if you plan to attend. She needs to give them a headcount.

The **Westbrook Community Center** is a public collection site for **The Locker Project 4th Annual Mac 'n Cheese Drive**. Any brand and any serving size is being collected until April 16th to help make sure no child goes hungry over the school break.

If you would like to help, please bring your donation to the **Westbrook Community Center** at 426 Bridge St. , Westbrook.

We'll document what our members have brought, and add it to the (hopefully) growing pyramid just outside the Oak Room door.

Thank you!! Since we are meeting at the Westbrook Community Center for our **April 2nd** business meeting, It would be the perfect time

# Committee News

## From the Finance Committee

April showers bring.....*a fundraiser!*

Once again Altrusa of Portland has been chosen by Hannaford to be a recipient of their community fundraiser. This time it's through their *Hannaford Community Bag Program*. We will receive \$1 for every reusable community bag sold (for \$2.50) at the 295 Forest Avenue Hannaford store during the whole month of April.

Over each of the last six months the 295 Forest Avenue store has donated approximately \$200 from its Community Bag Program. Globally, Hannaford's program has generated over \$3,544,000 for nonprofits and saved an estimated 126,300,000 single-use bags from ending up in landfills. Wow!



Even if you already have reusable bags, they do get grimy and germey over time, don't they? And, if that's not reason enough to replace your reusable bags, don't forget that April 22nd is Earth Day.

Let's all support Earth Day and Altrusa and replenish our stash of reusable bags in April.

## From the Membership Committee



### April is Add an Altrusan Month



It is at any Business meeting or Program meeting, throughout the year, that we welcome guests and potential new members. April 16 is our Program meeting to be held at Casa Novello in Westbrook and we celebrate our 96th birthday that night. This will be a great opportunity to invite potential members.

Mamie L. Bass' words below hold as much value today as they did in 1956. It is up to each of us as club members to take an active role in building our club and making our club strong. As always, if you know someone that you want to approach, but are uncomfortable doing so, please reach out to any club member or to one of us in the Membership Committee. We are happy to help!

***Ask/invite – if we do not ask someone to attend a meeting with us the answer is always NO.***

## Membership Committee

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

“What we have already achieved is magnificent. But Altrusa is not static. It is dynamic. New fields shall open unto us and we will achieve new goals of helpfulness. In the past, in the present and in the future the strength of Altrusa is in the individual member—her vision, her character, her kindness and her desire for service, and always her power to add to the happiness of those about her. So it is to you, each of you, to build for Altrusa and for your own happiness. Altrusans of the present and the future, I salute you and pledge anew my devotion and understanding.”

**MAMIE L. BASS**

INTERNATIONAL ALTRUSAN PUBLISHED IN APRIL 1956



ASTRA of Lake Region High School

Ability  
Service  
Training  
Responsibility  
Achievement



NHS INDUCTEES — Lake Region High School inducted 21 new members into the National Honor Society on Thursday, March 6. Pictured (front row, left to right) Daisy Piotrowski, Delani Brown, Ashley Watson, Nica Walter, Mia Letarte, Vylet Robbins, Madison Olsen, Jolene Mei, Abbigail Nadeau, Hayden Roy, Brooke Randall, Abigail Travis; (back row, left to right) Collin Varney, Jacob Kivaja, Reid Plummer, Erinn Green, Ella Gibbons, Phoebe Acosta-Afthim, Ava Cole, Grace Gaumont and Ella Barrows.

Article taken from March 20 Bridgton News. The National Honor Society induction of these 21 members. Included in this photo are 6 ASTRA club members, indicated by red line.  
Back row, Left to Right: Ava Cole and Ella Gibbons  
Front row, Left to Right: Nica Walter, Maddy Olsen, Jolene Mei, and Hayden Roy

**CONGRATULATIONS**



from Left, Madison Paradis and Kathrine O'Connor will have their links added to the ASTRA chain of service. These club members joined in 2024.

ASTRA meeting held on March 25th, where members discussed the plans for April and May activities. Attended by Trish Maxim and Debbie Lemieux.

They will be meeting on April 10 to have the sign-ups for the **May ABC** reads at Songo Locks and Stephens Brook schools.

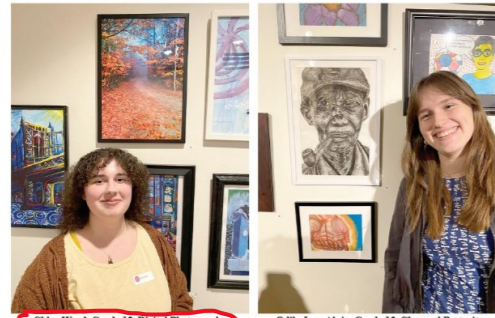
They are planning to perform activities at the **Naples Earth Day** celebration, which is April 26th.

Their last meeting of the school year is May 27th where they will hold **Elections for the 2025-2026 Officers** and an end of year celebration.

Another significant mention in the School Notebook section of the Bridgton News, Chloe Ward, who is an ASTRA club member and senior, shown with her framed digital photo. This and others shown could be seen at the Portland Museum of Art.

**School Notebook**

Page 8A, The Bridgton News, March 20, 2025



Chloe Ward, Grade 12, Digital Photography

Odile Jane Aluja, Grade 12, Charcoal Portrait



Madeleine Olson, Grade 4, Oil Pastel, Picasso

Violet Richards, Grade 2, Reflectional Symmetry, Tropical Island, Bleeding Tissue Paper and Sharpie

**Young artists' work featured**

March is Youth Art Month and SAD 61 had several students representing the school district at Portland Museum of Art (PMA) and Maine Educators Association (MEA) in Augusta.

There was a ceremony with students from all over the state of Maine having their artwork put on display. These were certificates handed out.

PMA will have students' artwork on display until the end of March.

MEA will have students' artwork on display until November 2025.

SAD 61 students whose work is being featured include:

Odile Jane Aluja, Grade 12 at Lake Region High School, Untitled, Charcoal Portrait, at the PMA. Art Teacher Ian Carlsson.

Chloe Ward, Grade 12 at Lake Region High School, Untitled, Digital Photography, at the PMA. Art Teacher Trish Maxim.

Alaina Clifford, Grade 7 at Lake Region Middle School, "Batman," at the PMA. Art Teacher Paige Charrington.

Madeleine Olson, Grade 4 at Crooked River Elementary School, Oil Pastel, Picasso, at the PMA. Art Teacher Evelyn Abrams.

Violet Richards, Grade 2 at Songo Locks Elementary School, Bleeding Tissue paper and Sharpie, at the PMA. Art Teacher Evelyn Abrams.

William Jones, Kindergarten at Songo Locks Elementary School, Oil Pastel, Vase, at MEA in Augusta. Art Teacher Evelyn Abrams.

The SAD 61 District-Wide Fine Arts Festival will be held on Tuesday, May 20 from 4 to 7 p.m. at Lake Region High School. Bring a clean t-shirt to have this year's design milk screened on it. There will be music, presenting artists, and every student K-8 will have one piece of art in the show (unless they did not attend classes).



William Jones, Kindergarten, Vase

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# 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](mailto: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

