



May 2025 Altrusagram



Upcoming Dates

Milestone Bags Delivery

Friday, May 30
2:00 P.M.

Meet-up Northgate Center
Shopping Plaza by CVS

Business Meeting

Wednesday, June 4
6:00 P.M.

Westbrook Community Center

426 Bridge St.
Westbrook, Me.

Ronald McDonald House

Sue's Supper
Tuesday, June 17

Program Meeting

Wednesday, June 18
6:00 P.M.

Westbrook Community Center

426 Bridge St.
Westbrook, Me.

Yard Sale

Saturday, June 21
8:00 A.M. - 12:00 P.M.

Fran Jensen's
7 Vivian St.
Westbrook, Me.



A Message From your President:

Dear Portland Altrusans,

I am honored to address you as your President as we wrap up the end of this fiscal year and prepare for a new year. I want to take this moment to discuss the vision and path that will guide our Club forward in 2025-2026. We are at a crucial juncture in our Club's history, facing challenges that test our resilience, **the need for membership growth being the greatest challenge**, but we are also presented with opportunities that promise a brighter future (our commitment to serving our communities – through our Service Projects). What we do for our communities makes a difference!



E for Excellence: the last letter of GRATITUDE

Excellence is the cornerstone of our future. We strive for the highest standards in our Service Projects e.g. Altrusa, Books and Children (ABC); Empty Bowl; Milestone Bags; and Volunteer of the Year (VOY), etc. Our organization has reached remarkable milestones, and it is all thanks to your unwavering dedication and relentless pursuit of **excellence**. Reflecting on the past year, we have accomplished so much and faced numerous challenges that tested our resilience and adaptability. Yet, through each obstacle, we have emerged stronger and more united. This is a testament to our shared vision and the collaborative spirit that defines us. Thank you for your hard work and hope you had fun as well! Looking ahead, our Club is poised to embark on an even more ambitious path: the sustainability of our Club through increased membership. Without additional members we will not be in a position to grow.

Newly elected Governor Susan Porazzo is leading us forward with the theme for her biennium: **"Venture outside your comfort zone, the rewards are worth it."** Here is my adapted meaning for ALTRUSA as it relates to growing our Club and therefore our organization through increasing membership:

A- ASK "Do you know about ALTRUSA?"

L- LEARN your "street", "elevator" and "social media" speeches. Share "what you know and **LIKE** about ALTRUSA". Be **READY** to share and to ask. Practice what you want to say. Change it up when necessary.

T- Talk the TALK – Share your passion. You joined for a reason. Ask what their passion is? Use your **TOOLS**: pass out Business Cards and Brochures. **TELL** them about our presence on social media and our website. **THANK** them for listening.

R- REALIZE that if you don't ASK you lessen the opportunity of increasing membership and achieving excellence. So, be **READY** to share. **RELATE** their passion and interests to our opportunities. The **REWARDS** will be worth it.

U- UTILIZE the **TOOLS** you have available to you. (See T above)

S- SEAL THE DEAL by inviting the person to a business and/or Program Meeting, or to participate in a Service Project

A- ASK AGAIN. Follow up invitations. **ACCEPT ALL responses with "gratitude"**. Keep on asking. Don't get discouraged. It may take twenty "no" responses before you get a yes. But who's counting? If you're getting a lot of "no" responses, revisit L and T. **ASK for help**. Pair up with **another Altrusan**.

In conclusion, I am confident that together we can overcome any challenge and seize every opportunity. Let us step out of our comfort zones and move forward with optimism, determination, and an unwavering commitment to the ideals that define us as a Club.

LET US SHARE THIS OPPORTUNITY WITH OTHERS!

Thank you for allowing me the opportunity to lead and for your support.
"Growing Better Together with Gratitude"

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

Service Committee News

Board member Installation Ceremony

Our new Foundation President, Martha Gross and Foundation Director, Cathy Paglio were installed during our Program Meeting held on May 21st.

Anita Chandler, Program and Event Co-chair presided over the installation. They are warmly welcomed to the board and will be excellent additions to the team, as they bring experience, energy and dedication to the roles.

The Foundation Board positions follow a 2-year term, which runs from June of 2025 to June of 2027.



Recipient Deb Smith of
Maine Senior Games

Volunteer of the Year

At the same meeting as the Foundation board installation, on May 21st, Altrusa Club of Portland was pleased to award the 21st annual Volunteer of the Year award to Deb Smith in recognition of her dedicated volunteer service to Maine Senior Games.

Each year, Altrusa Portland solicits the Greater Portland community of more than **120 non-profit agencies** for nominations for Volunteer of the Year. Nominations were received, and the selection process began. Reading the quote below, you can clearly see how Deb Smith rose to the top of our selection.

To quote from Karen Reardon's nomination: "As the current Coordinator of the Maine Senior Games, I see how hard she works and how much of an asset she is to the work that I do for the Games. Deb has been involved with the Games since the early 2000's as an athlete and volunteer and advisory board member. However, in 2020 she brought her willingness to help to a whole new level of commitment. In 2020 the Maine Senior Games was dropped by the Southern Maine Agency on Aging as one of the programs that they were going to support and sponsor.

Deb along with a committed group of volunteers decided to form a 501©3 Non-Profit so that the Maine Senior Games could continue to exist. At that time, Deb became the Board Chair and has continued in that role since. Her enthusiasm for this work is outstanding, she helps me with all the programs that we run and is the event coordinator for our Basketball Tournament each year. In addition to helping with organizing activities, marketing the Maine Games, and competing in the Maine Senior Games she also coaches a team of women who compete in the Games as well. "

**Next Sue's Supper
to be held
June 17
Contact Ann Smith FMI**



Ronald McDonald
House Charities
Maine

News

From the Membership Committee:

Norma's words echo our President Karen Valley's call for continued growth in our membership and our District Governor Susan Porazzo's theme to "venture outside your comfort zone".

Norma said, "Altrusa is what you and I make it."

Norma Hiner

May 2025



Norma Hiner, Past Altrusa International President from 1991-1993, passed away after an extended illness on Friday, May 23, 2025. A member of District Five for 57 years, Norma's love of Altrusa was reflected throughout her life by her service, leadership and achievements.

Her words from the June/July 1992 issue of the Altrusa Accent still apply today:

"Growth, in both numbers and service, is absolutely essential if Altrusa is to remain a productive and meaningful organization... We all have to work "together" to attract others into Altrusa... In addition to recruitment, our club meetings and service projects must be meaningful to our membership. Free time is jealously guarded, and we are competing with other local civic organizations, churches, and school activities – plus the demands of family and work. Meetings must be enjoyable, interesting and productive. And, if community service projects are relevant and meaningful, members will always find the time to be active... We need new Altrusa Clubs...our history shows that growth was never hindered by war, economic depressions or troubled times. If your club is strong – internally and in service – you will attract new members. Altrusa is what you and I make it".

No services are planned at this time, according to Norma's wishes. Please keep her family in your thoughts and prayers.



Altrusa International, Inc. | 312-427-4410 | altrusa@altrusa.org

District One Conference Group Photo



This Photo taken of all attendees of 2025 Spring Conference.

Committee News

From the Finance Committee

See the information in this newsletter about the upcoming yard-sale fundraiser. It's June 21st at Fran Jensen's yard. Fran said that if people want to drop things off a day or two before hand, contact her to arrange a day and time. Nicki Griffin will be providing more information to everyone.

The budget was passed at the special Zoom meeting. Thank you everyone.

All of the candy that was left over from Conference has been sold. Thank-you's go to Christine for handling the candy and to Debbie L, Ann S and Cathy P for the lovely sewn, knitted and crafted items we offered for sale at Conference. Including the post-conference candy sales, the club ended up with a \$310 profit - wow!!!

Hannaford has told us that we earned \$118 from the April Community Bags for Goods program. Yay!

The committee is working on a share-the-profit meals event with a local restaurant. More info to come as details are worked out. Nicki G is working on this with the restaurant.

Thank you all for all you do to fund our service projects and keep the club going.

As you may have heard, we are having a yard sale on Saturday, June 21st at Fran Jensen's house from 8 am to noon. Sales will be on a "make an offer" basis so we won't have to do any pricing, other than using our best judgement when someone offers a price!

Volunteers are needed to man the tables. Time slots available from 7:30 to 12:30. We are in need of extra tables to display our treasures. Organizers may be needed Friday afternoon/night so that there's not too much to do first thing Saturday. Please Contact Nicki Griffin.

Maybe you'd like to contribute a baked item that can easily be divided, that also would be helpful. We have a lot of really good cooks in this club. FYI Nicki will be making a double batch of her famous pecan turtles to be sold individually wrapped.



Checkout our Facebook page, and please share the Yard Sale post and ask your local friends to re-share it! You can also email a "save the date" to family and friends.

Items for sale can be dropped off at Fran Jensen's house Monday, June 9, or after. Jewelry that needs a new home, gently used books, sewn, crafted or knitted items, etc. Contact Fran Jensen if you want to donate, drop-off or help with the sorting.

Ask your family, friends and neighbors for items that they might normally give away to a charity - one Master Gardener Friend who is moving to Rhode Island said she would bring me all the items that she had already put into a pile for Goodwill. I can't wait to see what she has. I did go through all my costume jewelry and found a few pieces that I know I'll just never wear again.

Let me know if you have any questions.

Nicki



ASTRA of Lake Region High School

Ability
Service
Training
Responsibility
Achievement



May was a very busy month for ASTRA.

Their A B C program kicked off with 9 students reading to the 5 Kindergarten classes at Songo Locks School in Naples on the morning of Tuesday, May 6th - - followed on Thursday, May 8th by 7 students reading to the 3 classes at Stevens Brook Elementary School in Bridgton. (Both of these events required transport by school bus, from the high school.)

We were prepared for 4 classrooms so we had 4 bags of books with us.

Trish delivered the extra bag (with 30 books in it) the next day (5/9) to the Principal of Sebago Elementary School, which used to be part of SAD61 in the early days of ASTRA. Those students have the option of eventually attending Lake Region Middle School and LRHS, if they so choose. So I like them to be aware of our ASTRA club early on. (Some of our current ASTRA students went to Sebago Elementary School)

Back row, L-R:
Bella Smith, Ella Gibbons,
Madison Paradis,
Kaitlin Lane
Front row, L-R:
Delaina Grover, Ella Martin, Avery Smith,
Ava Cole, Abigail Nadeau, Adviser -
Kristina Theriault at Songo Locks Elementary School.



Katherine O'Connor, Kaitlin Lane, Chloe Ward, Ella Gibbons, Ava Cole, Meadow Rowe, Marissa Harlow, & Kristina Theriault - Advisor at Stevens Brook Elementary School.



There were 2 students assigned to each classroom. One would read the book and the other would be setting up the Give-away Forever books on a table in the back of the classroom, while the children were being read to. After the book was read, the teacher would ask small groups of children to choose their Forever book, each in their turn.





Ability
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Achievement



ASTRA of Lake Region High School



Trish Maxim, and (L) and Delaina Grover(R) as she accepts her \$500.00 scholarship awarded by Altrusa International of Portland., Me.

On May 13th, a day of celebration for the ASTRA students. They came together to celebrate the 7 ASTRA Seniors that will be graduating. And they came together to celebrate their fun and productive service year. Advisor Kristina Theriault brought sweets and treats.

Debbie Lemieux presented the 1st Place certificate with the \$100 check for ASTRA's treasury to President Delaina Grover for her award winning "Service Project" entry about the 'Breakfast with Frosty' event held at Songo Locks School.

Trish Maxim presented Portland Altrusa's \$500 Scholarship to Delaina Grover, who has been the ASTRA President for the past 3 years.

After the meeting, Trish went to Kristina's office where they worked together to complete the "ASTRA Annual Report" and forwarded it to Altrusa International. Trish presented Kristina with the \$500 stipend check from Portland Altrusa, along with many THANKS for 4 years of being ASTRA Advisor; and for planning to stay on for another year.



These graduating students "Tooting Their Horn" in celebration of having completed 4 years.



The ASTRA chain of service grows as new members added their chain on this day.

Pictured below, The many ASTRA students that attended the celebration, with the graduating students in the back row holding the Chain of Service.



There was one last meeting of the undergraduates held on May 27th, at which time they elected their Officers for the next school year (2025-2026) and discussed some suggestions for Service projects.

L-R:

- Ella Gibbons - Publicity (P.R.)
- Hayden Roy - Treasurer
- Jolene Mei - Secretary
- Meadow Rowe - V.P.
- Katherine O'Connor - President

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 this International Event

