



June/July 2025 Altrusagram

Upcoming Dates



Ronald McDonald House
Sue's Supper
Tuesday, August 19

Business Meeting
Wednesday, Sept. 3
6:00 P.M.

Westbrook Community Center
426 Bridge St.
Westbrook, Me.

Program Meeting
Wednesday, Sept. 17
6:00 P.M.

Westbrook Community Center
426 Bridge St.
Westbrook, Me.



View of Acadia National Park. (above)

Willard Beach (below)



A Message From your President:

In May, I spoke to our Club at the close of the 2024-2025 fiscal year, highlighting our achievements and the need for membership growth and continuing to expand community service to further our mission. It bears repeating as we begin our new year:



Focus on membership growth: Ensuring the Club's sustainability depends on increasing membership, which is the primary challenge ahead. The new Governor's theme encourages members to step outside their comfort zones for rewarding outcomes.

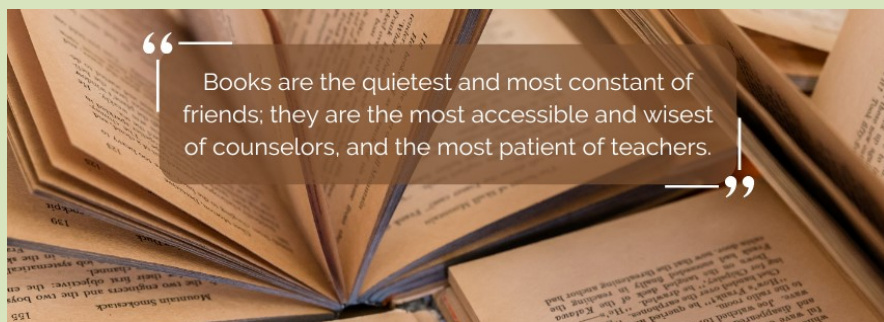
Membership growth strategy (ALTRUSA acronym): A detailed approach (see May 2025 Altrusagram) was presented involving asking others if they know about Altrusa, learning and practicing speeches, sharing passion, utilizing tools like business cards and social media, inviting prospects to meetings or projects, and persistently following up with gratitude. This Summer is an opportune time to bring business cards with you wherever you go. For instance, at a restaurant you could leave one with your receipt (with your name and email address) if you're comfortable with that or at the grocery store. When someone gives you excellent customer service at a business or event, you could hand them a card and thank them. And say something like, "You might be interested in who we are and what we do, or you may know someone else who might be interested and share the opportunity with them." "Check us out on Facebook."

It is also an **opportune time for our committees to meet** to plan our service, fundraising events, programs/events and communications along with other training opportunities for the year. I am looking forward to being invited to these meetings and to give acknowledgement and support to your ideas.

Our Club Board will meet towards the end of August to discuss plans for the year and a first draft of an update to our **Strategic Plan** will be sent out to Committee Chairs so they can have some input up front before the Board meets to draft it for membership review in the Fall.

Meanwhile, I hope you are enjoying the beautiful summer weather and keep "asking" – pass out those business cards!

"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

First Annual "After a very Long Time" Yard Sale

Was a huge success. With generous donations from so many members, friends and family, and some well-deserved dry weather, Saturday, June 21st proved to be glorious.

Fran Jensen offered up her spacious garage and driveway. This project was managed by Nicki Griffin. Many members on site to assist, including Anita Chandler, Martha Gross, Debbie Lemieux, Christine Johnson, Fran Jensen and Toni Parise.

Attended by many walkers and drive-bys, all walked away with a new-found treasure.

The proceeds will go towards our foundation account, which helps to fund our Literacy projects, annual high school and college scholarships, our contributions to the Ronald McDonald House, among other service projects.



Debbie Lemieux takes time to test out a baseball glove cushy chair for her



From Left to Right, Anita C., Martha G., Fran Jensen and Nicki take a much deserved break from sales and a respite from the sun.



Looks like the chair passed the test. Martha Gross helps Debbie load it into her vehicle.



Martha Gross lending a hand to Ann Smith(right)'s grandson, trying out a skateboard.

**Next Sue's Supper
to be held
August 19
Contact Ann Smith FMI**



Ronald McDonald
House Charities®
Maine

Reminder from our President Karen Valley

I encourage our committee co-chairs to organize a meeting with their committees before September. The meeting can be held in-person or in Zoom, whatever makes sense for your team. The purpose should be to sketch out a plan and schedule for the upcoming service year. Some committees have already met.

We will meet again, as a club, in September. Enjoy this beautiful summer in Maine.



ASTRA of Lake Region High School

Ability
Service
Training
Responsibility
Achievement



After seeing this article in the Bridgton News, I attended the 7:30AM Rotary meeting in Bridgton to hear our ASTRA 2017 Charter Member and 2018 Scholarship recipient Lauren Jakobs (correct spelling) speak to the group. She is well on her way to becoming a Physician.

(It turns out that her mother, Dr. Lisa Ryan, is the current President of the Bridgton Rotary Club.)

After Lauren's graduation from Lake Region High School in 2018, she attended & graduated from Assumption University and currently attends New England College which is moving from Biddeford to the former Westbrook Junior College campus on Stevens Avenue in Portland.

Maybe we can entice Lauren Jakobs to be a speaker at one of our program meetings.



ASTRA from the ARCHIVES



Founder Katie Klein at ASTRA's 1st FUND RAISING event June 17, 2017.



Katie Klein and some of the CHARTER members with the beginning of their Chain of Service-2017.



Look at our ASTRA club now!!
More than 50 links in our Chain of 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 Calendars



Hosted by Northeastern
Ct. Club

