



October 2025 Altrusagram



Upcoming Dates

Empty Bowl Supper
Saturday, October 25
5 - 7 P.M.

First Lutheran Church
132 Auburn Street
Portland, Me

100+ Women Who Care Quarterly Meeting

Monday, November 3
5:30 P.M.

Elks Lodge
1945 Congress St, Portland

Business Meeting

Wednesday, November 5
6:00 P.M.

Westbrook Community Center
426 Bridge St.
Westbrook, Me.

District One Workshop

Saturday, November 8
UCONN

352 Mansfield Road
Storrs, Ct.

Ronald McDonald House

Sue's Supper
Tuesday, November 18

Program Meeting Membership Drive

Wednesday, November 19
6:00 P.M.

North Deering Tavern
1349 Washington Ave.
Portland, Me.

Cricket Comforts Pillowcase Dash

Saturday, November 22
Old Robie School
668 Gray Road
Gorham, Me.

A Message From your President:



Welcome new members: Sue Kohler and Lee-Ann VanAtta. Sue has been assigned to Communications Committee and Lee-Ann to Membership Committee. We're excited that you have become Altrusans and members of our Club!

I truly love being an Altrusan! October is the month we make soups and desserts and serve them at our Empty Bowl Event to families, friends and neighbors to raise money for Project FEED, a very worthy cause. This is one of those feel good moments that we make happen. But we couldn't do it without the generous donations of the wonderful people who come to eat and socialize. It's people helping other people. I'm hopeful we will raise enough money to fill a lot of empty bowls this winter. At this event we also start selling our Raffle Calendars (our biggest fundraiser) for the January drawings. Another way we volunteer is to greet customers on the weekends at Books-A-Million starting this month during our semi-annual book drive which begins on October 19th and ends on December 7th.

Next month some of us will attend the District one Workshop on November 8th at UCONN in Storrs, Ct. We are planning to host a membership drive on November 19th. Our Membership Committee is working hard on the preparations for it. Claire Behrle will be our guest speaker talking about Altrusa's "Days for Girls" project. Since increasing our membership is an important goal this year we encourage each of our members to bring a guest with them. We hope to add at least three more members.

As we approach the holiday season I am both grateful and hopeful. I love the holidays!

Happy Halloween! 🎃

Karen Valley

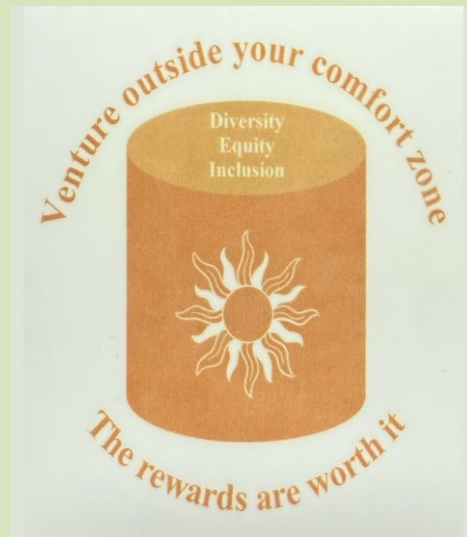
"Growing Better Together with Gratitude"

Karen Valley

District One Governor, Susan Porazzo, selected this as her Biennium theme.



Pictured here Susan Porazzo(left) and Governor Elect, Wanda Pettersen,(Right)



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

Who We Are...

The Board 2025 - 2026

Club President : Karen Valley
book1babe@gmail.com

Foundation President: Martha Gross
grossmartha01@gmail.com

Vice President: Christine Johnson
cejinmaine@gmail.com

Secretary: Fran Jensen
franjenzen2911@gmail.com

Treasurer: Marie Pike
pikerino2@aol.com

Foundation Director: Cathy Paglio
rpaglio1@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 2025 - 2026

Communications Co-Chairs:
Christine Johnson cejinmaine@gmail.com
Erin May Deprez erinmaydeprez@gmail.com

Finance Co-Chairs:
Marie Pike pikerino2@aol.com
Nicki Griffin gardenhandsme@gmail.com

Membership Co-Chairs:
Patricia Maxim campnaples@fairpoint.net
Debbie Lemieux dalemieux33@gmail.com

Service Co-Chairs:
Martha Gross grossmartha01@gmail.com
Cathy Paglio rpaglio1@gmail.com

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

Altrusa International

District One Workshop

There is still time to get your registration in. There will be fun, informative and motivating sessions for all to benefit from. Getting new ideas, connecting with old friends from other clubs and meeting new friends is why we look forward to this each year.

Saturday November 8, 2025, 9AM – 3PM
Graduate Storrs – 855 Bolton Road, Storrs, CT 06268
860-427-7888

First Timers registration is \$40.

If you cannot make it, The Northeast Connecticut club is hosting the workshop and there service project is "Project Hope" asking clubs to donate Socks.

The donations will be sent to The Holy Family Homeless Shelter in Willimantic, CT. items most needed at the shelter are socks.



**Please bring your Sock donation to the November 5 Business Meeting
(or see an Altrusan that is going to Workshop).**



Altrusa International Foundation of Portland, Maine, Inc.

altrusaportland@gmail.com

PO Box 8834, Portland, ME 04104 USA

<https://districtone.altrusa.org> <https://www.altrusaportland.org>
<https://www.altrusa.org>

Committee News

From the Finance Committee

Thank you, thank you, thank you....

...to everyone who obtained prizes for our 2026 calendar raffle. Raffle wizards, Pam L. & Christine are putting the calendar together and we will start sales at the Empty Bowl event.

And then it's up to all of us to SELL....SELL....SELL



A reminder: if you obtained a donation from a company, organization or an individual for the calendar (or for any other Altrusa Foundation purpose), please be sure to let Treasurer Marie Pike know who donated it, what the donation was, and the dollar value. There are IRS acknowledgement rules we must follow for donations over a certain amount. Plus we want, of course, to formally acknowledge and thank all our donors. So please send Marie the info regardless of the donation amount.

From the Membership Committee:

This Committee is preparing for the Membership Drive/Program meeting which is November 19.

We ask all members to invite one or more guests. You can use Facebook messaging, Email, or Texting your contacts. **DON'T FEAR THE "NO"**.

If they are speakers or prospective members, we will pay for their meals.

Where do we find New Members? They are everywhere you are - churches, utility companies, newspapers, homeowners' associations, senior centers, schools, banks, doctors' offices, libraries, beauty salons, fitness centers, etc.

Don't forget to include former members. They already know what your club does for the community. The obligations that caused them to drop out may be gone. And ASK members of other organizations you may belong to or know of. These are like-minded people looking for service opportunities.

EMERITUS

District One Board approved our application for Rae Clark-McGrath to be designated Emeritus status.

Please update your yearbooks on Page 19.

Her info can be found in last Year's Yearbook.

Membership Committee

**Trish Maxim & Debbie Lemieux,
co-chairs**

Fran Breton

Katie Lamb

Marilyn MacDowell

Rae Clark-McGrath

Sarah Labonte

Lee-Ann VanAtta

Recruiting is not a science...

It boils down to 3 things:

- Ask/invite – if we do not ask someone to attend a meeting with us the answer is always NO.
- Make a list of potential people/friends to "court" for Altrusa.
- Clubs **MUST** set membership goals...we as individual members **MUST** set our own personal goal.



Members are our TREASURE.

New members = new friendships, new ideas, new energy.

Service Committee News

If it's October, then we are cooking for our Empty Bowl Supper.

Altrusans should arrive at 3:30 for setup. There will be tables to set, and soups to warm up. Bread and dessert tables to set up. Doors open for the Public at 5:00.

Saturday, October 25, 2025
In Recognition of
World Food Day
Altrusa International of
Portland is hosting our
**17th Annual
Empty Bowl Meal**
5:00 pm – 7:00 pm
First Lutheran Church
132 Auburn Street, Portland ME
Visit us at
altrusaportland.org

Meal includes all you can eat:
Choice of Soups
Bread & Crackers
Hot & Cold Beverages
Dessert
Adults \$15
under age 10 \$10
Tickets available at the door

All Proceeds benefit

PROJECT NEED
An Emergency Food Pantry

100 Woodland Street
Portland, Maine
Peace Will Come When the
Hungry Are Fed
Dorothy Day

Empty Bowl Supper
Saturday, October 25
First Lutheran Church
132 Auburn Street

PROJECT NEED
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Portland, Maine
*Peace Will Come When the
Hungry Are Fed*
Dorothy Day



**Next Sue's Supper
to be held
at Ronald McDonald House
250 Brackett St.
Portland, Maine
November 18
Contact Ann Smith to sign up if
you want to cook**

BAM Book Drive

Altrusans will be manning the welcome table on Saturdays and Sundays, from now until December 7, 11:00 - 1:30.

Check your email for Sign-ups from Cathy Paglio.



Books for Buxton Special Ed.

Martha Gross delivers books to Erin Geyer.



ABC

Windham K-classrooms are being scheduled and signups are currently under way. Look for Wanda Pettersen's email to pick an ABC slot that works for you.



ASTRA of Lake Region High School

Ability
Service
Training
Responsibility
Achievement



ASTRA's first meeting for 2025 - 2026 was very impressive, with 34 students in attendance.

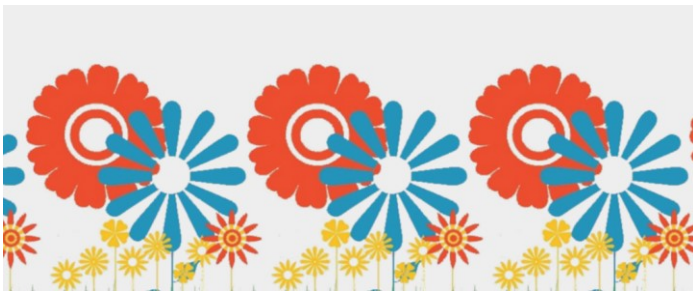
Many were eager to sign up for the first 2 opportunities of the year.

Bridgton Rec Soccer Round Robin on Saturday, October 25 at HAM complex, where they will set up a table for fundraising.

And a Pumpkin Carving contest cleanup activity held on Oct. 15, at the High School. These pumpkins will join the Thousands of other pumpkins from schools all across Maine, to be on display and all lit up, at LLBean, Saturday, October 25. Sponsored by Camp Sunshine.



For More Info and ASTRA testimonials, visit <https://astra.altrusa.org/>



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/1FAIpQLSfBA5kpTP2KnohBM77MIB7qwAm953gIU10L8wCWanf3Qbrtqg/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

District One Workshop

November 8, 2025
University of Connecticut
Storrs, Ct.

Hosted by Northeastern Ct. Club

District One Conference

Hosted by Merrimack Valley Club
May 1-3, 2026
Nashua, N.H.