



November 2025 Altrusagram



Business Meeting
 Wednesday, December 3
 6:00 P.M.
 Westbrook Community Center
 426 Bridge St.
 Westbrook, Me.

Ronald McDonald House
 Sue's Supper
 Tuesday, December 16

Program Meeting
Holiday Party and Silent Auction
 Wednesday, December 17
 6:00 P.M.
 North Deering Tavern
 1349 Washington Ave.
 Portland, Me.

Business Meeting
 Wednesday, January 7
 6:00 P.M.
 Westbrook Community Center
 426 Bridge St.
 Westbrook, Me.



District One Conference
Sheraton Nashua
 May 1 - 3, 2026
 11 Tara Blvd.
 Nashua, N. H.

A Message From your President:

Dear Members,

As we approach the close of the first six months of another vibrant year, I want to take a moment to reflect on our collective achievements and look ahead to the opportunities before us.



November is a time for gratitude and reflection, and I am deeply thankful for the dedication, creativity, and hard work that each of you brings to our organization. I want to thank Debbie, Trish and the Membership committee and Christine for the work they put into the Membership Drive held at North Deering Tavern in Portland on November 19th. It was a tremendous success, and as a result we have two, soon to become members: Ann Nappi, sponsored by Debbie Lemieux and Kristina Kentigian sponsored by Karen Valley. Thank you also to Claire Berhle our Guest Speaker who did an interesting and informative presentation on the history of "Days for Girls" Project.

This past year, we have made considerable progress in furthering our mission. Our committees have completed goals and introduced new ways of doing things that will help us move forward with our strategic plan (two new members earlier in the year plus two in process) strengthening community partnerships and supporting each other through challenges, both expected and unforeseen. Together, we have built a culture that values collaboration and celebrates diversity, ensuring that everyone has a voice and a place at the table in our Club.

As we enter the holiday season, I encourage you to take time to connect with friends and family, recharge, and celebrate the successes—big and small—that we have achieved together.

Looking forward to 2026, I am confident that we will continue to grow, adapt, and thrive as we pursue old and new goals and respond to the evolving needs of our club and community. Thank you for your unwavering commitment and enthusiasm. I am proud to serve alongside you and excited for all that lies ahead in the next six months.

With appreciation and best wishes for a Happy Thanksgiving!

"Growing Better Together with Gratitude"

Karen Valley
 President 2024-2026
 Altrusa International of Portland Maine



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
franjensen2911@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

International President, Chris DiVlieger
Message as found on the International Website

As we embark together on this new biennium, it is under the theme of "Love, Literacy & Legacy".



The word "love" was chosen because it embodies several things. First, let's make sure we are doing something that we love. Many of us joined and remain in Altrusa because of the service we are privileged to be part of. Spreading kindness and enriching the lives of others fills our hearts and brings joy to others. Love is the outcome from serving others.

The second word "literacy" was easy for me. I love books, and I love to read. Reading has played a significant role throughout my life for a variety of reasons. Literacy was one of the primary reasons I joined Altrusa. I know I am not alone in this.

The last word "legacy" simply stated means lasting impact. One may say that legacy encompasses the memories, teachings and experiences one leaves behind. But what is missing in that thought is that your legacy is actually built in the now. Your legacy is created in the way you show up in each minute of the day. It comes through in every interaction you have, and it is built with every action you take. The more focused you are on what matters and the kind of change you want to make in the world, the more likely you will be able to create a legacy that has a positive impact. That's what our founding leaders did, and what we need to do now. Let's focus on an exciting future for Altrusa!

I ask you to remember the words of our founder, Mamie Luella Bass, in the Principles of Altrusa in which she wrote "**Altrusa believes it is not enough to be good; Altrusans must be good for some thing**".

So, what is your some thing? Together, let's make every moment of this biennium truly magical and do something meaningful by leading to a better community.

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>

Holiday Party December 17, 2025

It is time to Party! Dress up or dress down but come prepared for a fun night of holiday games and pub food at 1349 North Deering Tavern Washington Ave Portland. The fun begins at 6pm. We are ordering individually off the menu. Tips are included on your bill, but feel free to give generously as "Tis the Season!!!"

In addition to games and other surprises, there will be a Silent Auction with proceeds going to Wayside Food Pantry Portland Maine. So dig into those closets and pantries, your basement or garage, wherever treasures may be found.

More details in Finance committee news. To ensure your place at the event or have any questions, contact Karen Valley by email at book1babe@gmail.com.



Committee News

From the Finance Committee

If it's November, then we are selling our Annual Calendar Raffle.

It's now that time of year for our biggest fundraiser. We've got wonderful prizes and the calendar looks great. Thank you to all who contributed. The funds raised go to support our scholarships and other service projects. So now we just need everyone to **SELL! SELL! SELL!**



After that wonderful Membership Drive we just had, be sure to inform any potential new members that dues are 1/2 price for new members for the period December 1st to March 31st.

So initial dues would be \$72.50 - which includes the one-time \$10 setup fee that goes to International with their share of the dues. These dues cover membership until May 31st.

Finance/Fundraising

Marie Pike, Co-chair
Nicki Griffin, Co-Chair
Pam Lemieux
Christine Johnson
Fran Jensen
Judith Reidman



We will have a silent auction at the December 17 holiday party. All funds raised, per the vote at the November business meeting, will be donated to Wayside.

SO we are looking for auction items. Your donation could be a service or an item, just make it something you feel someone else would love to bid on. Get creative! And come to the party ready to win an item/service that you want to take home.

From the Membership Committee

Membership Drive
Held November 19
at North Deering Tavern

Thank you, to those members that brought guests to this membership drive. We had a great attendance from members. North Deering Tavern did not dissappoint. The service and the food was great.

We were able to present to Stephen Gray, Project FEED director, the proceeds from the 17th Annual Empty Bowl. \$1824. Wow!!!

Speaker, Claire Behrle, an Altrusan from the Merrimack Valley club spoke about the Days for Girls International non-profit, and the impact it's having across the globe.

Altrusa International has committed to continue it's support of this project.

Membership Committee

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

Fran Breton
Sarah Labonte
Marilyn MacDowell
Pam Szalajeski
Lee-Ann VanAtta



Karen Valley, left, presents check



Claire Behrle, presents Days for Girls. Ann Marie Snyder, also present from the Merrimack club, passed around sample DfG kits for the attendees to see and feel. Claire spoke about how each person can make a difference and the tremendous need across the globe.

Service Committee News



So thankful for the very generous book donation at Books-A-Million from Derek and his daughter Shiloh, who is pictured here with Altrusans Marie Pike(left) and Gail Mazzone(right). Derek and Shiloh were shopping for a present for mother/grandmother Linda Logan who is a member of the Sanford-Springvale Altrusa club. They bought multiple books for our club's ABC project. Happy Birthday, Linda! You have a wonderful son and granddaughter.



Shown here is Karen Valley on the Left and Nicki Griffin on the Right.



Bam Bookdrive until December 7. Cathy Paglio has been sending out gentle reminders to those scheduled to represent Altrusa at BAM and to those scheduled to Pick up the donated books. Thanks to all those that have helped. Shown above is Cathy Paglio on the Left and Martha Gross on the Right.

17th Annual Empty Bowl to support Project FEED

The halls of the First Lutheran Church on Auburn St. were filled to the brim, this year, with old and new friends of our Empty Bowl supper. Altrusans brought the normal generous array of soups, chowders and chilis. There were Altrusans working in the kitchen keeping the soups hot and dishes washed. While other Altrusans served up the soups to our patrons.

All proceeds went entirely to Project FEED and were presented with a check for \$1824 at our November 19 meeting.



Altrusans on Display with their famous Crockpot goodies.



Here is Wanda Pettersen working the kitchen.



Service Committee News

ABC

Altrusa Books for Children



Windham A B C

Behind these books are smiling faces of K-students at Windham Primary. Each of the 12 classrooms were read to by an Altrusan.

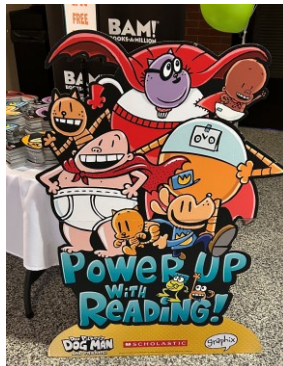
Then after they read, each student was allowed to select a Brand new, FOREVER book to take home.



Altrusa Portland Meets Dogman



Cathy Paglio, left and Erin Deprez, right with Dogman.



Ann Smith, reading her Dogman book.



Altrusans were invited by Books-A-Million to attend and man a table at the "Dogman, Power up with Reading" event held at Cross Insurance Center, on Friday, November 14.

Cathy Paglio, Erin Deprez and Ann Smith were onsite to represent Altrusa, they greeted ticket holders and were recipients of several Dogman books that ticket holders gifted back.

Thank you, Books-A-Million.

Membership News

We are happy to announce that the Board has approved two new members.

Kristina Kentigian, sponsored by Karen Valley, lives in Westbrook and works at Basics Fitness. Kristina wants to be involved in community service and found our various service missions to be a good fit.



Ann Nappi, sponsored by Debbie Lemieux, lives in Portland with her husband, Joe. Ann is retired and worked in the Portland School system as an administrator. She has been witness to our A B C program and has indeed participated in both an A B C read last year and was seen at BAM bookdrive earlier this fall.





ASTRA of Lake Region High School

Ability
Service
Training
Responsibility
Achievement



25 ASTRA students were in attendance at our November LRHS ASTRA planning meeting, we discussed the upcoming December projects:

- Scholastic Book Fair (12/6);
- Stevens Brook Elementary School (SBES) Christmas shopping event (12/17);
- Letters from Santa (before Christmas).

Lake Region ASTRA students were presented with the idea of filming a promotional video, to be used as a tool to engage Bonny Eagle High School students and create interest in forming a club there.

Our own Erin Deprez, librarian at Bonny Eagle H.S., has been given approval by the principal and activities director to pursue the start-up of a club.



Officers for 2025-2026 were elected at their last meeting in May before the school year ended. They are:

From Right to Left:

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



Shown here 25 ASTRA students in attendance. The room was full, with extra chairs lugged in from the Library and half a dozen students sitting on the floor.

At this point in the meeting, they are all signing up with Kristina to volunteer for the projects of their choosing.

- In addition to the ones on Kristina's agenda, we discussed:
- Breakfast with Frosty
 - Vacation Activity Bags
 - Resuming making Bead Bracelets
 - Yellow Tulip Garden (maybe Daffodils & Herbs)
 - T-Shirts / Sweatshirts.

It was a busy 35 minutes.

Even if you aren't directly involved in our current ASTRA club at Lake Region High School, check out the ASTRA Altrusa web-site shown below.

You can watch the ASTRA promotional video, which has one of our LRHS group pictures in it (from 2019 "Habitat for Humanity" project).

Here we have access to many instructional documents provided by International to guide us as we start a new ASTRA club and to help maintain our current club.

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.

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.

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.

Mark your Calendars

District One Conference

Hosted by Past Governors
Sheraton Nashua
11 Tara Blvd
Nashua, N.H.
May 1-3, 2026