

## August 2022 Altrusagram

### Upcoming Dates



**Wednesday,  
September 7th**  
Business Meeting  
6:00 pm  
via Zoom

**Tuesday, Sept 20th**  
Sue's Supper at RMcD  
House volunteer  
opportunity

**Wednesday,  
Sept 21st**  
Program Meeting  
6:15 pm  
at St Peter's  
Service Committee's  
program

**Friday, Sept 23rd**  
All newsletter  
articles due

**Saturday, Oct 8th**  
Raffle items due to Pam  
Lemieux by this date

**Saturday, Oct 15th**  
Empty Bowl Service  
Project  
First Lutheran Church,  
Auburn St

**Saturday, Nov 12th**  
District One Workshop  
Marriott Courtyard hotel in  
Cromwell, CT

### from the President:



Summers are usually time for relaxation, reflection & renewal. This summer has flown by. Perhaps because we have been so closed up for the last couple of years, we just had to go out and enjoy life no matter how hot & humid it has been. September is right around the corner and the beginning of a new year for club activities. Our Business Meeting, on September 7<sup>th</sup>, will be on zoom. The Board is continuing to look for a location. Any ideas? Let one of us know.

As Altrusans, we still find ways to serve our community during these summer months. We have maintained our relationship with the Ronald McDonald house, and we are the beneficiary of Books a Million book drive. We are so grateful for BAM's customer's generosity!!!

Our Service Committee has been hard at work to bring back one of our service projects. The **Empty Bowl** is back on the calendar October 15<sup>th</sup> with a new location: First Lutheran Church, Auburn Street, Portland. That's right....IT'S BACK!! All proceeds from The Empty Bowl are donated to Project FEED. Service will provide more information.

I am pleased to announce that Frances Dyro has been conferred the honor of Emeritus status. Fran has been an active member of Altrusa since 1973. Her significant contributions to her Club, District, and at the International level are numerous. Please go on Group Tally to view her distinguished leadership roles. Congratulations Fran !! Well deserved.

I am so excited and looking forward to being your President and to work with each of you. As a valued member of our club, please let me or a board member know if there is anything we can help you with.

Wanda

*"Summer should get a speeding ticket - it goes by way too fast!" - Anonymous*

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

# Who We Are...

## The 2022 - 2023 Board

Club President: : Wanda Pettersen  
[kettlecove\\_6@msn.com](mailto:kettlecove_6@msn.com)

Foundation President: Anita Chandler  
[achandler@maine.rr.com](mailto:achandler@maine.rr.com)

Vice President: Karen Valley  
[book1babe@gmail.com](mailto:book1babe@gmail.com)

Secretary: Patricia Maxim  
[campnaples@fairpoint.net](mailto:campnaples@fairpoint.net)

Treasurer: Fran Jensen  
[franjensen2911@gmail.com](mailto:franjensen2911@gmail.com)

Foundation Director: Sharon Davis  
[sbdavis548@gmail.com](mailto:sbdavis548@gmail.com)

Club Director: Fran Breton  
[frb3282@hotmail.com](mailto:frb3282@hotmail.com)

Immed. Past President: Debbie Lemieux  
[dalemieux33@gmail.com](mailto:dalemieux33@gmail.com)

Parliamentarian: Judith Reidman  
[judithreidman@gmail.com](mailto:judithreidman@gmail.com)

## Committee Chairpersons 2022 - 2023

Communications Co-Chairs:  
Christine Johnson [cejinmaine@gmail.com](mailto:cejinmaine@gmail.com)  
Debbie Lemieux [dalemieux33@gmail.com](mailto:dalemieux33@gmail.com)

Finance Chair:  
Fran Jensen [franjensen2911@gmail.com](mailto:franjensen2911@gmail.com)

Membership Co-Chairs:  
Patricia Maxim [campnaples@fairpoint.net](mailto:campnaples@fairpoint.net)  
Karen Valley [book1babe@gmail.com](mailto:book1babe@gmail.com)

Service Co-Chairs:  
Anita Chandler [achandler@maine.rr.com](mailto:achandler@maine.rr.com)  
Martha Gross [grossmartha01@gmail.com](mailto:grossmartha01@gmail.com)

## In Memory of Marcia Marley

A member since 2006 and sponsored by Pam Lemieux, Marcia Marley peacefully passed away at home on Monday, August 15, 2022.

Marcia's classification when she became an Altrusan was Telephone Service. She worked at New England Telephone for many years and sponsored Gerry Dongo into Altrusa.

As described by her Altrusan sisters: "She was a lovely and gracious lady and will be terribly missed...a wonderful and giving person, always smiling when greeting her fellow Altrusans, hardworking, and fun! I remember working with her and Gerry on Communications Projects in years past using her son Bob's office to print and collate annual submissions for Conference.

We are keeping her family in our thoughts and prayers.  
Rest in Peace, dear friend in Altrusa.

- - Karen V



Altrusa International Foundation of Portland, Maine, Inc.

[altrusaportland@gmail.com](mailto:altrusaportland@gmail.com)

PO Box 8834, Portland, ME 04104 USA

[www.districtone.altrusa.org](http://www.districtone.altrusa.org)

[www.altrusaportlandgivesbooks.org](http://www.altrusaportlandgivesbooks.org)



# Our Service Projects...

## Service Committee Recap

Even though we don't meet during the summer we have accomplished a few things.

A little overview::

- \* Shelves in Warehouse ready for new books.
- \* Matinicus Island Library received 2 boxes of paperback classics. (30 books)
- \* Filled request for Princeton School in Maine (25+books) Karen Arnold will deliver them.
- \* July 30 and August 6 Table at BAM was manned 11:00-1:30

RMD supper was Tuesday July 19 and August 16th. Thanks everyone.

Arlene Hanson will be checking about Books for Prisons

- - Martha G

## Books Behind Bars Project

The project is continuing at Windham Correctional Center.

The need is for the following type of books for their Library:

Fiction - thrillers, fantasy

Fiction - science

James Patterson books

Some children books for all ages.

Please bring these books to our next meeting.

- - Arlene H



# The Empty Bowl is Back!



One of our favorite events!

Saturday, October 15th at  
the First Lutheran Church  
at 132 Auburn Street,  
Portland.

Altrusans, start thinking  
about what soup you want  
to make!

More details will be  
provided by the Service  
Committee very soon.

# More Service Projects...

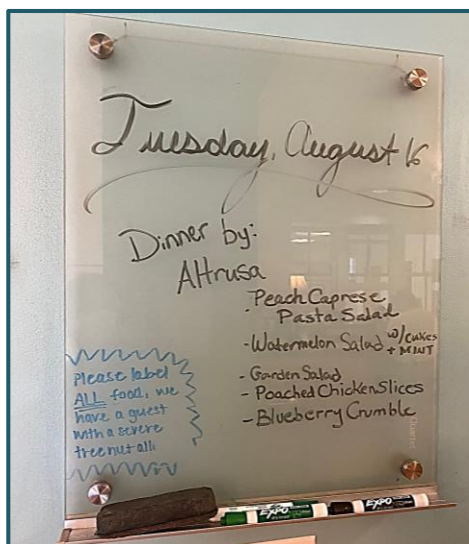
**Sue's Supper at the Ronald McDonald House** on August 16th was prepared by Sarah Labonte and her husband Tim, Christine Johnson, Karen Arnold and Toni Irish. The menu theme was summer salads:

Peach Caprese Pasta Salad  
Watermelon, Cucumber & Feta Salad w-Mint  
Green Salad  
Poached Chicken breast slices  
Blueberry Crumble

The Peach Caprese Pasta Salad recipe is to the right. A flavor-adding trick that Tim suggested was to cook the corn to just al dente in the water that we later cooked the pasta in.

Tim is a professional who brought his own knives. His primary job was to slice everything that needed slicing. He made quick and efficient work of it!

-- Christine J



left to right: Tim Labonte, Sarah Labonte, Toni Irish, Christine Johnson and Karen Arnold

## Peach Caprese Pasta Salad

*Crank up the seasonal vibes with fresh, sweet peaches and a lemony-herb dressing in this sublime take on a side-dish staple.*

- 8 oz cavatappi pasta, cooked al dente and drained
- 2 ears corn, cooked lightly with kernels cut from cobs
- 4 Roma tomatoes, cut into wedges
- 1/2 cup basil, chopped
- 1/2 red onion, cut into slivers
- 2 peaches, sliced
- 1 cup mini mozzarella balls
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 cup lemon juice
- 2 cloves garlic, minced
- 2 tsp Dijon mustard
- 1 tsp honey
- 1/2 cup olive oil
- 1 tsp thyme

1. In a large bowl, combine pasta, corn, tomatoes, basil, onion, peaches and mozzarella.

2. In a jar with a tight-fitting lid, add salt, pepper, lemon juice, garlic, mustard, honey, oil and thyme. Shake until ingredients are fully combined.

3. Drizzle desired amount of dressing over pasta and veggies and toss gently to coat. Serves 6 X5

Per serving: 417 cal, 25g fat, 15mg chol, 14g prot, 39g carbs, 11g sugar, 6g fiber, 394mg sodium

Recipe by Teresa Blackburn

TERESA BLACKBURN



# other Committees' News

## MEMBERSHIP COMMITTEE

We're looking for all the help we can get to increase our membership again. Thanks to our 3 newest members: Karen Arnold, Toni Irish, & Katie Lamb, we are starting this 2022-2023 year with 30 members officially. (Fran Dyro has been transferred to Emeritus status.) Perhaps these 3 members can now recommend Altrusa to their friends / business associates.

Each of us should try to have at least one guest at our Membership Drive - - - which if we follow the schedule from last year, will be the 3rd Wednesday of November (Nov 16th). Actually, inviting one guest and a 'plus one' works well, because who doesn't like to have a best buddy along for the company?!

Please give it some thought.

- -Trish M



## FINANCE COMMITTEE

### Calendar Raffle Prizes Needed NOW

This year we need to prepare our Altrusa Calendar Raffle to be ready in time for us to sell them at the Empty Bowl Supper in October.

All Portland Altrusans are being asked to solicit businesses to donate prizes for the calendar raffle. In the past, some Altrusans have donated gift cards they have received, but don't have any plans to use, and others donate money to the CASH prizes awarded in the Calendar Raffle. Prize ideas include a Gift Card to a restaurant, bookstore, grocery store, movie, etc. It is one of the best type of prizes because it allows us the ability to put the prize in the mail the next day. Prizes that are not gift cards and not anything that can be mailed in a letter, are acceptable prizes, BUT the Altrusan donating the item will be responsible for getting the item to the winner.

Last year we had \$2500 worth of prizes in our Altrusa (January 2023) Calendar Raffle. Hopefully, we can reach that level again this year.

Let's get started NOW on getting prizes for the Calendar Raffle. The Empty Bowl Supper is in less than 2 months from now!!!

Please send Pam Lemieux your prize donation(s) and/or a "specific promise for a prize and the value". Gift cards and/or money can be mailed to: Pam Lemieux, 44 Longview Dr, Portland, ME 04103. "Specific promises" can be emailed to: [pamela.lemieux@myfairpoint.net](mailto:pamela.lemieux@myfairpoint.net)

Thanks in advance for your generosity.

- - Pam L

## OUR CLUB NORMS

With meetings starting back up it might be a good time to review the Club norms that we adopted a number of years ago:

- Start and end on time
- Have an agenda
- Respect each other
- Be open to the ideas of others
- Accept differences
- Speak one at a time
- No side conversations
- No interruptions of speaker
- Provide a safe space to speak one's mind
- Abide by the democratic process
- Be engaged while present
- Assume others' good intentions

and...this wasn't one that we thought of back then, but applies in these days of Zoom meetings:  
please mute yourself except when speaking.

# ASTRA



Ability  
Service  
Training  
Responsibility  
Achievement

May 17, 2022  
Kristina Theriault,

As the Liaison from the Portland, Maine Altrusa club to ASTRA, I want to send you this official "Thank You" for being our ASTRA Advisor for the 2021-2022 LRHS school year. You have done an excellent job with a club that was decimated by 2 years of COVID. Hopefully we are now in the rebuilding stage.

Your efforts are very much appreciated at every level of the Altrusa organization. To give you a little background history: The International organization of Altrusa is 105 years old (organized in 1917); and they developed the ASTRA clubs 50 years later in 1966. The Portland, Maine Altrusa club is 93 years old (organized in 1929) and this is the first ASTRA club we have ever sponsored. It was organized by the LRHS librarian, Katie Klein, who had become a member of the Portland Altrusa club in 2012 when she lived in Westbrook. Towards the end of her first year at LRHS, she approached Portland Altrusa with the thought that she could start an ASTRA club at the high school. We said YES. With the blessings of the Superintendent of SAD 61 schools in the Spring of 2016, the first ASTRA meeting was held in January of 2017; and was chartered with 20 members on February 1, 2017. It is the only ASTRA club in Maine; and currently the only ASTRA club in our District ONE (New England, Eastern Canada, and Bermuda.) Thanks to you, we have just completed our 6<sup>th</sup> year.

I, personally, thank you for leading ASTRA's 2021-2022 year of Community Service activities; and for your commitment to be our on-going Advisor to ASTRA. Considering your home life with two toddlers and the nit-picking details required by Altrusa to run a club and report the results - - I realize it is a humungous commitment. Your efforts are VERY MUCH appreciated by me.

I hope to get you to an Altrusa meeting some day, so that all the members can meet you and thank you personally. I want them to hear your story about why you volunteered to do this. (You told it to ASTRA and me at our first meeting on September 30, 2021.)

We all have you to thank for the 'LRHS ASTRA Club' still existing.

Thank you!!  
-Trish Maxim

From ASTRA Advisor, Kristina Theriault:

Trish!! Holy moly, thank you so much for the note that was so nice and I hope to visit a meeting in the future as well! Please let the group know that I have enjoyed my rookie year and the check was not expected but very much appreciated! Enjoy your summer!!!! ♥ ☆

**WE WANT TO KNOW:** As a kid were you happy or sad to go back to school in September? And why?



I loved Summer at our family camps (rented) on Highland Lake all of my growing up years: running barefoot all summer; living in a bathing suit; swimming & boating; rainy day Canasta or baking brownies & fudge.

But I don't ever remember being sad about going back to school in the Fall. I loved school (particularly Elementary school); and used to play 'school' after school. Both of my parents were teachers; so it was the family routine.  
-Trish



I was always happy since I loved school but also because my mother always made me five new outfits to wear that first week.  
Nicki

Happy. But I loved summer too.  
Ann B



I was always excited for the start of a new school year. It was nice to see friends I had not seen all summer, and get into new classes! By mid Fall that excitement waned, and I wished for the ease of summer again!  
Katie

I was always excited because it was not only the new teacher but also new shoes and a new school dress!  
Anita



Happy! Living in the country I was ready to see some people besides family!  
Marie

# Other Things

## KEEP THE MONEY COMING!



### CLYNK MONEY

Please continue to fill up the green Altrusa CLYNK bags.

Here's how to dispose:

1. drop them off at your local Hannaford's
2. drop the bags off at Pam Lemieux's house
3. bring to a meeting and give to Pam.



### AMAZON SMILE MONEY

If you are shopping on-line consider using Amazon Smile, with Altrusa International Foundation of Portland, Maine as your choice of nonprofit. For instructions see the November 2020 Altrusagram or contact the Finance Committee. The 0.5% of sales adds up if we all participate! Invite your friends to do the same.



The deadline for the Altrusagram articles each month is the end of day on the Friday after the program meeting. Sending things before then is fine too!

Please write complete articles and identify people in photos if not club members.

Editor Marie Pike     [pikerino2@aol.com](mailto:pikerino2@aol.com)

## SERVICE HOURS

Debbie Lemieux has updated the service hours input data.  
Don't forget to input your Service Hours.

*Copy and paste this link into your browser:*

[https://docs.google.com/forms/d/e/1FAIpQLSc05IynjHKrEFy5iUIGzd0FKeHcBeT3w01ku8H6EjMca6Ny\\_w/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc05IynjHKrEFy5iUIGzd0FKeHcBeT3w01ku8H6EjMca6Ny_w/viewform)

A link to the form was included in the email with this newsletter.

### September Birthdays

Gerry Dongo  
Belle Dodge  
Kaen Valley

Happy Birthday!



## Mark your calendar for these Future District & International Events

### District One Workshop

November 12, 2022 at the Marriott Courtyard in Cromwell, CT  
to be hosted by the Greater Hartford club

### District One Conference

April 21 - 23, 2023  
Nonantum Resort in Kennebunkport, Me  
to be hosted by the Greater Biddeford/Saco club

### International Convention

July 19 - 22, 2023  
San Antonio, Texas