



The Altrusagram

Altrusa International Inc of Portland, Maine
PO Box 8834
Portland, ME 04104 USA
www.altrusadistrict1.com

& follow the links to the Portland club's site

Vol. 11/12 No. 9

March 2012

The 2011 - 2012 Board

President: Kim Keaney
keaneykim@hotmail.com

Vice President: Anita Chandler
achandler@maine.rr.com

Secretary: Gail Mazzone
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Treasurer: Pam Lemieux
pamela.lemieux@myfairpoint.net

Director: Caroline Cobb
carolinec@gwi.net

Director: Gini Link
glink@maine.rr.com

Immediate Past Pres: Sue E King
suelou1996@hotmail.com

Parliamentarian: Joanne Doherty
rdoh1244@myfairpoint.net

Upcoming Dates

Mon. 4/2 - Board Meeting 6:15
at Kim Keaney's home

Wed. 4/4 - Business Meeting 6:15
at UNE Blewett Hall

Thu. 4/12 - Serving Supper Program
4:30 at St. Peters Church

Wed. 4/18 - Program Meeting
*** Birthday Party ***
Fireside Inn - Exit 48

Fri. 4/27 - ABC Program
East End School

Fri. - Sun. 4/27-29
Spring Conference
Montpelier, VT

Mon. 4/30 - Board Meeting 6:15
at Kim Keaney's home

Wed. 5/2 - Business Meeting 6:15
at UNE Blewett Hall

Fri. 4/4 - ABC Program
West School

Committee Chairs

Communications: Ann Babbitt
ababbitt@maine.rr.com

Finance: Pam Lemieux
pamela.lemieux@myfairpoint.net

Membership: Theresa Mancini
terman@maine.rr.com

Service: Anita Chandler
achandler@maine.rr.com

Social: Martha Gross
sfeps2005@yahoo.com

Cancellation policy for Program Meetings:
Members have a standing reservation. To cancel
call Joanne Doherty (773-7410) before noon of
the Monday prior to the meeting.

Members who miss but do not cancel will be
charged for meals that were guaranteed.

Newsletter editor: Marie Pike - pikerino2@aol.com

The deadline each month for Altrusagram articles
is the end of day on the Friday after the program
meeting.



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President's Message



Spring breeze—
the pine on the ridge
whispers it. *Kobayashi Issa*

from Kim Keaney

Elected for the 2012 - 2013 Board at the 3/7 business meeting
 President - Anita Chandler
 Vice Pres. - Martha Donahue
 Secretary - Gail Mazzone
 Treasurer - Pam Lemieux
 Director - Caroline Cobb
 Director - Carolyn Holman

Highlights of the March 7th business meeting:

- Voted for 2012-2013 Board.
- Voted for Delegates & alternates for Spring Conference.
 - Chili Chowder post event evaluation meeting to be held.
 - Bob Marley tickets sales strongly encouraged.
 - Orientation to be March 24th at Joanne D's.
 - About 8 members delivered coolies to B-A-M.
 - Seaside event discussed - signup list passed around.
 - Vol. of Year award update - to be presented at May installation.
- Maine Reads Festival of the Book plans discussed and signup passed around.
 - ABC update given - Martha D will take over organizing it.
- Discussed Mamie, Leatha and other award submissions and who would write them.
 - World Book Night event to be planned soon.
 - Karen Valley gave her Getting to Know You talk - very interesting!
 - Birthday party plans discussed
- Communication from the Nelson, New Zealand club passed around.

Mission Statement

Altrusa International, Inc. of Portland, Maine is a club of diverse professionals dedicated to providing service to our communities, focusing on literacy, fellowship and leadership development.

Vision Statement

Altrusa: Leaders in service, expanding leadership opportunities and providing service to communities worldwide.



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From the Social Committee

What does the social committee have in store for favors at our Birthday Party? Save the date April 18 @ Fireside Inn and find out
 Call or e-mail a member for your choice of a meal.

Baked Haddock
 Chicken Marsala
 Alfredo Tortellini-- Vegetarian

For the Communications Committee

The Communications Committee has sent in the 2011-2012 Yearbook and our Publicity folders for judging for Awards at Spring Conference. And Marie, honorary member of the CC, has sent in the Newsletter. SO.... Just another reason to come to Spring Conference and see if we win any Communications Awards. (or any other awards--- and have a good time.)

From the Service Committee

ABC program dates coming up:

Friday, April 27th - East End School
 Friday, May 4th - West School
 Tuesday, May 8th - Reiche School
 Monday, May 14th - Ocean Ave School
 Monday, June 4th - Riverton School

See Martha D to sign up.

From the Finance Committee

Bob Marley Concert – Standing Room Only! PLEASE

We need every Portland Altrusan out selling tickets to the Sunday, April 22nd 7:00pm Bob Marley Concert at the Comedy Connection in Portland. Tell your family and friends about this event. Let them know that you have tickets to sell. The ticket price is \$20. The proceeds will go to benefit the many Altrusa Scholarships that are awarded in the Portland Community. Marcia Marley, Bob's mom, is the keeper of the tickets. Call Marcia at 878-9970 to reserve a table of tickets. There are no bad seats at this event. Please put on your selling caps and let's sell out the room! It is sure to be a great time for all attending. Buy a ticket yourself, and join the party!

From the Membership Committee

Please bring a friend to our next meeting. Invite someone to Maine Reads Festival of the Book, let him/her see us in action and get to see and hear some great authors.

Installation for our new team of officers coming in May. It would be nice to add an initiation or two before the end of the year.

From the Service Committee

Caroline Cobb, Martha Gross, Martha Donahue and Bev Knudsen went to Presumpscot School March 13th. We read to two classes of 18 students each. We then passed out snacks and beanie babies to each child. We were well received



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The **Spring Fling at Seaside Nursing Home**, under the guidance of Rita Hammond, started about six years ago. Rita visited a friend there and noticed that there were few activities for the residents. Being an artist and loving flowers she developed the idea of creating Spring Baskets.

On March 10th, ten Altrusans and Theresa's friend, Diane, shared the afternoon with 35 residents who loved the refreshments and the completion of the baskets which were used to decorate their small rooms.

The purpose of the event is to foster companionship through communication and socialization and of course welcome Spring!



Scholarship recipients attend the March 21st Program Meeting

Nancy Bowker (left) and Leigh Merriman right) shared with us their talents and stories of how the scholarships they received from Altrusa have helped them attain their professional goals.

Nancy used the funds to obtain glasses that have been crucial in helping her musical career. She's happy to be able to read the music and see the musicians at the same time. Nancy is a civil rights singer and a performer of sung prayers. She also helps others in singing their own prayers.

Leigh was able to buy a computer which has enabled her to make prints of her oil paintings, track costs and make note cards to sell. Most of Leigh's inspiration comes from nature.

Both women spoke very highly of the Women, Work & Community organization whose mission is "helping women succeed in the Maine Economy and achieve economic security for themselves and their families." This is the organization that helps us choose our non-traditional scholarship recipients.

BAM Replaces Borders as Our Book Benefactor

Initially, the club was heartbroken when we first heard the news that Borders was closing its doors. Not only for the loss of the generous supply of books, but also because we had made many friends with the employees at Borders. However, BAM moved into the former South Portland Borders building and they also hired many of the former Borders employees! Imagine our delight when they reinstated the Christmas Book Drive and wanted to continue the relationship with the Portland Altrusa Club. On Saturday morning, April 24th, five Portland Altrusans gathered to count and catalog boxes of books that we picked up from the Christmas Book Drive that Books-A-Million (BAM) had to benefit Altrusa. We shelved 965 new books. The value of these books was \$11,665. When storing this bounty of books we know that we are truly blessed to live in such a generous community. However, these books will not remain on the shelves long. On Saturday, we also 'pulled' over 350 books for the Portland Head Start Program. Between our many literacy programs, such as our ABC Project and our summer reading project, and many other requests, we are also working to quickly distribute these books to those that need them.



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East End Books and Bears

Submission for the Letha H. Brown Literacy Award

Children have a natural affinity to their stuffed animals. The Portland Altrusa Club has tapped into that close relationship and is using it to encourage children to read.

The Riverton School Books and Bears Program has been an annual Portland Altrusa event. The Riverton School Parent Teachers Association partners with the local Portland Altrusa Club to put on this literacy opportunity for their 1st graders. The PTA provides a supper for the Riverton School children and their parents. Altrusa provides a 'storyteller' and books to give to the children. The children are encouraged to bring their favorite teddy bear to the event, so they can read them their new book! This program is so well received at the Riverton School, that Kathy Cole, the Volunteer Coordinator at Riverton and East End Schools, asked the Altrusa Club of Portland to duplicate the program at the East End School.

Always ready to promote literacy, the Portland Altrusa Club jumped at the invitation. A date was set, May 26, 2011, and at East End School, the local teachers, instead of the PTA, prepared snacks, instead of a supper. However, the teachers took it a step further and added activity tables. The Portland Altrusa club brought over 100 books to give away to the children, and provided a 'storyteller' to entertain both the children and their families who attended the event.

More than 60 children attended this after school event. Besides the parents who brought the children, there were also many brothers and sisters. With the large crowd attending and the diversity of the group, parents and children of all ages, and the addition of various activity tables, the event took on a festival atmosphere.

The teachers had a table where children could form sentences on a board from a display of magnetic words. At another table they were drawing stories and at yet a third table they could make their own colorful book marks. Finally, there was the table where parents helped their children read to their 'teddy bears'.

However, the 'storyteller' was the hit of the program. Children and parents were brought into the story telling room in groups. With the crowd attending, we had to have 4 sessions to fit everyone in. Susan F. King, a Portland Altrusan and a 2nd grade teacher at the Skillins School in South Portland, was the storyteller. She gave an animated rendition of a well known children's story. She interacted with her audience of children and parents, often soliciting their assistance in telling the story. It involved simulating animal sounds and movements. Susan provided four exhausting sessions of this high energy story telling. No one realized you could get so much exercise just telling a story.

The response to the East End Books & Bears program by the parents was so heartwarming to those Altrusans who attended. The parents were all smiles and expressed their sincere gratitude in having the program offered at the East End School. Both the children and parents took thoughtful time selecting their books. We heard wonderful stories about when and how they include reading time in their daily lives. They were very appreciative at receiving free books to add to their bookshelves at home. Overall the feedback was extremely positive.

While the night of the East End event, only 3 Portland Altrusans were needed at the East End School, at least 6 other Portland Altrusans were involved in the collection and cataloging of the books that were given away to the East End Children.

The Portland Altrusa Club has been blessed with a wonderful relationship with the local Border's Bookstore. We have been the selected beneficiary of many of their book drives. Border's management has been invited to many of our Altrusa literacy events and they have seen first-hand how we work to get the donated books into the hands of children who most need them.

The East End Books and Bears Program that we initiated in May 2011 will undoubtedly be another annual Portland Altrusa Literacy Event. It will join the ranks of our other Portland literacy programs such as the ABC Program, the Riverton Books and Bears, and the 'Bookgiving' Events.

submitted by Pam Lemieux



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Spring Fling at Seaside Nursing Home *Submission for the Mamie L Bass Award*

Altrusa of Portland Maine, under the guidance of Rita Hammond, began the Spring Fling Project at the Seaside Nursing Home six years ago. The idea for the Project started when Rita went to Seaside to visit an Altrusan friend who lived there. She noticed that there were few activities for the residents and that there was no Activities Director.

Rita, an artist in her own right, developed the idea of creating spring baskets with the residents using silk flowers. The background of colorful greenery was created first. She found fellow Altrusans to help her design nosegays that would coordinate with each basket, so that the participants, regardless of their physical restrictions, could be creative with the final completion of the arrangements. Residents will use them to decorate their small rooms at the home.

She presented the idea to chapter membership and they became enthusiastic with several volunteering to help her design the baskets. Other members provided homemade cookies, punch, crackers and cheese, and a fresh fruit bowl that would support a spring theme using seasonal plates and napkins. Our club members wanted to promote an atmosphere of companionship, instruction and celebration which proved to be both enjoyable and heartwarming for all.

Resources required were silk flowers, wooden picks, tape, Styrofoam oasis and a variety of baskets were purchased, donated and collected from yard sales throughout the year. The project costs were approximately one hundred dollars.

There were about thirty-five residents that attended this year and ten Altrusa members.

Benefits of this Spring Fling service project are: (1) Altrusa of Portland has been invited back for the last five years because of the popularity of the project and the delicious refreshments. They look forward to seeing our members arrive. (2) An opportunity for some residents to once again connect with their own personal artistic talent. (3) Socializing and communicating with Altrusan women and with each other. (4) Pictures were taken for both the Altrusa scrapbook, and for the collage that will be given to the nursing home. (5) The greater

Portland community will also find out about this project in the local newspapers, such as The Forecaster, Portland Press Herald, and The Portland Daily.

Seaside Nursing Home now has a Director of Activities who helped to coordinate the event. Her staff was very helpful with the Altrusan members and also assisted the residents with their baskets.

Some residents of Seaside come from various parts of the State of Maine and have few family members who are able to visit regularly so they enjoyed sharing a little of themselves and their past with us.

Submitted by Martha Gross

South Sudan Library Project *Submission for the Dr. Nina Fay Calhoun International Relations Award*

During our Summer Book Giveaway at a low income site in Portland, we were made aware of a great need for books from a young Sudanese college student. His brother, also Maine educated, was building a library in the newest country in the world, their homeland of South Sudan.

The country of South Sudan was ravaged by war for many years, leaving many of the 5,000 English speaking villagers in Juba with little or no education. And so the South Sudan Library Project was created.

Our non-fiction books help to educate, our picture books help developing readers, our multiple copy selections help in the classroom and will serve as inspiration for writing assignments.

The library construction had an early 2012 scheduled opening date. A team of many members gave many hours lovingly selecting 750 appropriate titles, packing and shipping the books and our club banner to the South Sudan Youth Foundation, to arrive in time for the completion of the construction.

Attempting other delivery possibilities, we ended with no viable alternative except to expend \$2,000 on UPSP shipping, which did successfully deliver the books. We await the imminent opening of the library!

Submitted by Denise Martin



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The Buzz

After another trip to MMC, **Marion M** is again rehabbing at Brighton Medical. **Marcia M** seems to have recovered finally. She spent a long weekend at Foxwoods. Her son, **Bobby**, was performing there and invited her along. Of course, when family and friends heard **Bobby** was appearing at Foxwoods, they came out of the woodwork with offers to "keep **Marcia** company" and attend **Bobby's** shows with her. Her sisters, cousins, nieces and nephews joined her at various performances. Heard **Joanne D's** son **Bob** was there also.

When we caught up with **Helena J**, she was doing well after a fall. She was checked out at Maine Medical Center and is now using a cane to help with balance. As usual, she was very upbeat and witty.

Fran D checked in. She is "migrating" her way back to Maine. She will be here in April for her Mom's (**Mary**) birthday and for Orthodox Easter. Maybe she will make a meeting!

Ann B spent a few days in California at a recent orthopedic conference. **Denise M** also flew out to California to attend a seminar about the online component of her coaching business. The West Coast must be a conference Mecca. Before **Arlene H** and husband **Art** flew off to Florida, **Arlene** attended an insurance conference in Seattle. Speaking of Florida, **Judith R** and husband **Ed** are back in Melbourne for ANOTHER fifteen days.

Caroline C and her friend **Roberta** were seen meandering among the many beautiful flower and plant displays at the annual Portland Flower Show. Could that be considered *tiptoeing through the tulips*?

Now let's see if we can get this right? Hard to believe that we confused the **Lemieux** nephews and their wives or significant others in last month's column, but it happened! Attending Altrusa's annual Chili Chowder Challenge were **Brent** with his wife, **Nicole**, and their precious baby **Reese**. **Brent's** brother **Adam** was with his fiancée **Jessie**. **Jim** and **Debbie's** son **Matt** were with his soon to be wife, **Brittany**.

Chatted with **Rita H**; she is doing well after a bout with a flu bug. She was giving rave reviews to Altrusa volunteers who brought a bit of Spring to the Seaside Rehabilitation and Nursing Center. The residents look forward to this annual event. Every year, **Rita** starts collecting baskets and flowers in mid-August and makes nose gays for the baskets. Then she takes bunches of flowers and the baskets for the residents to fill. Approximately 35 people made the flower baskets with our Altrusans. Some were making them for friends and one man was making a flower basket for his nurse. **Theresa M** and her friend **Diane D** were helping as were **Susan F** and **Martha G**.

The membership committee's annual orientation /reorientation program, usually held in May at **Theresa M's** house, was scheduled for March at **Joanne D's**. With **Theresa's** busy schedule; planning her wedding and then the wedding itself etc., the committee convinced **Theresa**, it would be nice to do orientation early. **AND** it would be an excellent opportunity for a surprise wedding shower. **Theresa** could still host orientation in May! As we all know, there is never any question that Altrusans know how to have a party. The night before, **Sue EK** and husband **Lou** dropped off the beautiful 3 layer lemon flavored cake she had made complete with cobalt blue flowers. **Joanne** left it in the "cool" room,

sure that the door was closed. Her Doberman **Koko** found the cake and ate almost half of it, all from one side. So half the cake was still servable and delicious! Of course, **Bob** was up and out early to get another cake.

Anita C, **Martha D**, along with **Caroline C**, **Pam L** and **Susan F** counted the most recent donation of books from the customers of Books-a-Million before coming to the shower. **Susan F's** brother **Billy** was visiting for the weekend. Between counting books and the shower, **Susan** stopped at her house (Party Central?) Supposedly, **Billy** was just



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The Buzz (cont.)

going to use **Susan's** house as his home base while he was in Maine. Instead he invited all of their siblings and their families to **Susan's**. **Billy** told **Susan** it was okay, just go along to the "baby" shower.

Also at the shower, **Karen V**, **Trish M**, **Arlene H**, **Pam S** and **Kim K** brought her Mom, **Martie T**. Although, we couldn't reach any of **Lew's** kids, they were all in Florida; **Theresa's** family was well represented. Her daughter **Bernadette**, daughter-in-law **Mary** and two of her granddaughters **Mary** (the twins Mom) and **Cara** added to **Theresa's** surprise. Altrusans, family, and some of her best friends, **Bernice Jendrasko**, **Barbara Viola**, **Diane Di Pietro**, **Gloria Ahern**, **Gerry Joyce** and **Doris Gresik**. All of these ladies were classmates at Portland High School and have remained close for over 53 years.

Denise M on behalf of the scholarship committee organized our program this month. Two of the vocational grant winners shared their stories with us. **Nancy Bowker** was thrilled with the money to buy "real" eyeglasses and humorously shared her story of double decker glasses, drug store readers for distance and another pair for reading, sometimes wearing two pair at the same time. Her "graduated" lenses allow her to see and read music which is her life's work. **Leigh Merriman**, an artist, was able to buy a computer to make prints of her paintings. She turns the prints into note cards and sells them. The prints also give her a complete history of all her paintings.

Stay well, Love, Mother Goose

Get ready for Add an Altrusan month!

40 Potential Members in 4 Minutes!

Add an Altrusan Month is rapidly approaching! Add an Altrusan Day was formerly held during one day in January every year, but was moved to the month of April as a part of the 2010-2015 Long Range Strategic Plan. No longer just one day, an entire month can now be geared towards bringing in new members and promoting your club. Hopefully your club is currently making plans to host membership drives, or hold other membership recruitment events during April.

If you need help jogging your memory of friends and acquaintances you could invite to attend your club's membership event, try the following "40 Potential Members in 4 Minutes" exercise!

You might be thinking that 40 sounds like too many, but typically, only half the guests you invite will be able to attend the event, so it's important to invite more than you anticipate. Many factors affect a person's ability to attend an event, so don't be disappointed if certain people aren't able to participate—they might want to the next time!

Now grab a pen and try the following exercise. You'll be surprised how quickly your list grows!

taken from the International Altrusan, Feb 2012 issue



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Altrusa is an international non-profit organization, making our local communities better through leadership, partnership, and service. We are civic-minded people who strive to create better communities worldwide.

Happy Birthday to

Helena J - April 2nd
 Kim K - April 2nd
 Patricia M - April 6th
Enjoy your day!

Next book club meeting is Tuesday, April 24th at Mary Baumer's home. We're reading Pink Chimneys by Adrienna Knowles. Come join the group!

Spring Conference in Vermont

It's not too late to register!

There were 28 clubs in District One in 1957 when Spring Conference was held in Portland:

Bangor, ME	Barre, VT
Bath-Brunswick, ME	Bennington, VT
Bermuda	Boston, MA
Bridgeport, CT	Bristol, CT
Caribou-Presque Isle, ME	Dover, NH
Hamilton, Ont.	Laconia, NH
London, England	Middleton,
Moncton, N.B.	Montreal, P.Q.
Ottawa, Ont.	Plymouth County, MA
Portland, ME	Portsmouth, NH
Providence, R.	Quebec, P.Q.
St. Albans, VT.	St. Johns, N.B.
Toronto, Ont.	Torrington, CT
Waterbury, CT	Worcester, MA

We've been invited to the 95th Anniversary of Altrusa International, Inc. Hosted by Altrusa International, Inc. of Plymouth County

Thursday, April 19, 2012
 6:00 PM Reception, 6:30 PM Dinner

Rockland Golf Course
 276 Plain Street, Rte. 139
 Rockland, MA 02370

Please RSVP by April 5, 2012 to Terri Houston (508) 360-3002
thouston@wheelock.edu

Hurrah for Gail M and Karen V for "volunteering" to decorate our sap bucket for Spring Conference. If you haven't sent them your bucket list ideas yet - please do so ASAP!

Future District & International Events

District One Spring Conference - April 27-29, 2012 - Montpelier, VT

District One Spring Conference - April 2013 - Bangor, ME

International Convention - July 2013 - Rotorua, New Zealand