



## September 2021 Altrusagram

### Upcoming Dates



#### Wednesday, Oct. 6th

via Zoom

Board Meeting

5:00 - 6:00 pm

Social Time

6:00 - 6:15 pm

Business Meeting

6:15 - 7:45 pm

#### Tuesday, Oct, 19th

Ronald McDonald meal

#### Wednesday, Oct. 20th,

6:15 pm

Program Meeting

location to be

announced

#### Friday, Oct, 22nd

All newsletter articles due



#### Friday, Nov 5th

District One Dinner

#### Saturday, Nov 6th

District One Workshop

Clarion Hotel,

Portland, ME

### from the President:



Well, it is hard to believe, September is coming to a close and Fall is upon us. Mums are being planted and pumpkins are showing up on doorsteps. A year ago, this newsletter spoke of raging forest fires, damages from the flooding caused by hurricanes and pandemic infections and restrictions. It spoke of front-line responders, selfless heroes, who dedicate their lives to helping others in need.

It spoke of the need to spread HOPE in a message of Service to our communities. As Altrusans, spreading HOPE means distributing books to children in Greater Portland Schools; it means preparing and serving meals at the Ronald McDonald House; it means distributing "Bags of Hope" to the Milestone Foundation; it means fundraising so that we can distribute annual scholarships to local High Schools and Secondary schools. And it means so much more. You all work tirelessly to keep these programs moving forward, in spite of restrictions presented to us in the way of weather or pandemic. You find a way!

We met on Zoom for our September Program meeting. Many of us shared a story or a picture about us or someone we care about. I remain HOPEful that our next program meeting can be in person.

I am looking forward to November's Workshop. It will be a great opportunity to connect with friends from other clubs in District One. It will be a chance to share knowledge and make new friends. I HOPE to see many of us together on Friday, November 5 to celebrate our dear friend, Pam Lemieux, our new District Governor.

In Peace and Hope,

*Debbie*

# Altrusans Build Hope

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

# Who We Are

## The 2021 - 2022 Board

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

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

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

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

Director: Sharon Davis  
[frb3282@hotmail.com](mailto:frb3282@hotmail.com)

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

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

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

## Committee Chairpersons 2020 - 2021

Communications Co-Chairs:  
Karen Valley [book1babe@gmail.com](mailto:book1babe@gmail.com)  
Debbie Lemieux [dalemieux33@gmail.com](mailto:dalemieux33@gmail.com)

Finance Co-Chairs:  
Fran Jensen [franjensen2911@gmail.com](mailto:franjensen2911@gmail.com)  
Judith Reidman [judithreidman@gmail.com](mailto:judithreidman@gmail.com)

Membership Co-Chairs:  
Patricia Maxim [campnaples@fairpoint.net](mailto:campnaples@fairpoint.net)  
Sharon Davis [sbdavis548@gmail.com](mailto:sbdavis548@gmail.com)

Service Co-Chairs:  
Susan F. King [kings@maine.rr.com](mailto:kings@maine.rr.com)  
Martha Gross [sfeps2005@yahoo.com](mailto:sfeps2005@yahoo.com)

Social Co-Chairs:  
Fran Breton [frb3282@hotmail.com](mailto:frb3282@hotmail.com)  
Pam Szalajeski [pam.szal@maine.rr.com](mailto:pam.szal@maine.rr.com)

## DISTRICT ONE WORKSHOP: "OPEN the DOOR to MEMBERSHIP"

Saturday, November 6, 2021  
9:00am to 3:30pm  
Clarion Hotel - Portland, ME

Registrations:  
\$40 if postmarked by October 15th  
\$45 if postmarked by October 25th  
\$50 if registered after October 25th or at the door!  
REGISTER EARLY!

The registration form was in the DSB sent earlier this month.

Topics include:  
How do you find prospective members?  
How do you nurture and support new members?  
How to engage new members  
How to create new leaders and fill your succession pipeline

Lunch is included: Soup, Assorted Sandwich Wraps, Beverages



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

Sue's Supper at Ronald McDonald House has been changed from the second Tuesday of each month to the third. This means that we will go there on October 19th, November 16th, and December 14th. If you join the crew of cooks, please bring your certificate of Covid vaccination along with you per Ronald McDonald volunteer regulations.

-- Ann S



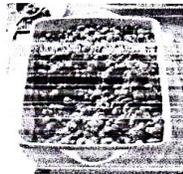
left to right: Debbie L, Karen V, Nicki G and Martha G



left to right: Karen V and Martha G

## Served at the September Sue's Supper was:

Taste of Home



### Best-Ever Beans and Sausage

★★★★☆

*My wife devised this dish, which is extremely popular with our friends and family. When she asks, "What can I share?" the reply is always, "Bring your beans and sausage...and a few copies of the recipe." — Robert Saulnier, Clarksburg, Massachusetts*

**TOTAL TIME:** Prep: 15 min. Bake: 1 hour 20 min.  
**YIELD:** 12-16 servings.

#### Ingredients

- 1-1/2 pounds bulk spicy pork sausage
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 1 can (31 ounces) pork and beans
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (15-1/2 ounces) great northern beans, rinsed and drained
- 1 can (15-1/2 ounces) black-eyed peas, rinsed and drained
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1-1/2 cups ketchup
- 3/4 cup packed brown sugar
- 2 teaspoons ground mustard

#### Directions

1. In a large skillet, cook sausage over medium heat until no longer pink; drain. Add green pepper and onion; saute until tender. Drain. Add remaining ingredients.
2. Pour into a greased 13x9-in. baking dish. Cover and bake at 325° for 1 hour. Uncover. bake 20-30 minutes longer or until bubbly.

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# Committee News

## COMMUNICATIONS COMMITTEE

"Communication is giving, receiving, or exchanging ideas, information, signals or messages through appropriate media, to persuade, to seek information, to give information or express emotions. "...This is what your communications committee attempts to do for you the members and for our organization to produce greater understanding.

We communicate through linear, interactional, and transactional experiences. Communication is fundamental to the existence and survival of our organization. Our most valued experience is connecting through personal interaction in an in-person environment. However, in this place and time we find the need to utilize more of our media sources etc. For example, we connect with you the members through Zoom on our computers, tablets, and phones. We utilize Facebook, Instagram, and sometimes even Twitter. Of course, we still communicate through our website and the Altrusagram. And we produce the Yearbook for members and the brochures for the public. We send emails (lots of these)!

While it's been difficult to meet in person, we continue to strive to fulfill our obligations to you. Sometimes some of us struggle with timeliness in communicating so if you don't hear from one of us, please remind us that we owe you our attention and support. Send an email, text, or call one of this committee's co-chairs Debbie Lemieux and Karen Valley.

-- Karen V

## FINANCE COMMITTEE

Next week will be the beginning of Autumn and we are still lucky enough to experience beautiful Summer weather. Not much to report since last month, but I do want to let everyone know that Pam reported that we sold 64 tickets for the Quilt raffle, which our own Fran B won. This translates to approximately \$ 550. Neither of these figures are final, since all of the tickets have not been paid for and all the checks have not been deposited yet. As soon as Wanda returns from Grandmother "Bestemor" duty, we will get together and add all of the final sales and receipts up.

Stay safe and enjoy the Apple Harvesting Season.

-- Fran J

## MEMBERSHIP COMMITTEE

The Program meeting by the Membership Committee has been moved to November this year, instead of the October ones we've had ever since 2018, when we met Carinne Fournier our, then, brand new ASTRA Advisor. Here's hoping that by this November it can be an in-person Membership Drive at the Clarion Hotel.

When you receive your 2021-2022 Altrusa Yearbook from Ann Babbitt, you should also receive one of our tri-fold brochures with it. I hope you will pass that brochure along to somebody as an invitation to attend our Nov. 17th Membership Drive. And suggest that they bring a friend with them for the evening meeting with a free meal for both.

-- Trish M

## ASTRA

We have a new ASTRA Advisor!!

Just today (9/20) I made contact with Kristina Theriault, a young Guidance Counselor at Lake Region High School, who is excited to do this for us. I thought I had been emailing information to her several times this summer, but it was my error on the URL that I had keyed into my contact list in June that she never received anything from me. (Receiving no 'MailerDaemon' reports, I had no idea she had not received them.)

Kristina lives in Raymond, Maine and is the mother of a daughter who is almost 3 years old and a son almost 1. I will meet Kristina at the LRHS 'Open House' this Wednesday (9/22) from 5-6:30p. She is currently working on setting a meeting schedule that doesn't conflict with all of their other extra-curricular activities.

--Trish M

## KEEP HER IN YOUR THOUGHT

Nadeen Daniels has resigned as Treasurer and from the club while she deals with her health issues. We will miss you, Nadeen, and will be sending prayers and healing thoughts out for you.

# 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!

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

## October Birthdays

Pam Lemieux  
Fran Dyro  
Fran Breton  
Pam Szalajeski



Happy Birthday!

## SERVICE HOURS

Don't forget to input your Service Hours. The Google Docs online Service form captures all that you input for your monthly service activity. This can be used to tally the hours that get submitted to International. It is a very important function. *Do it now before you forget all the good work you've done this past summer!*

Copy this link to your browser:

[https://docs.google.com/forms/d/e/1FAIpQLSc05lynjHKrEFy5iUIGzd0FKeHcBeT3wO1ku8H6EjMca6Ny\\_w/viewform](https://docs.google.com/forms/d/e/1FAIpQLSc05lynjHKrEFy5iUIGzd0FKeHcBeT3wO1ku8H6EjMca6Ny_w/viewform)

## Passing of an Altrusan



Former Altrusan (2010- 2021)  
Carolyn Holman passed away on September 8th after a brief illness. Carolyn had a long career in education and Altrusa's literacy projects were dear to her heart. She will be much missed by us all.

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

District One Workshop  
Friday night, November 5th dinner  
Saturday, November 6 all day Workshop  
- Clarion Hotel, Congress Street, Portland

District One Conference  
April 2022  
North Conway Grand Hotel, North Conway, NH