



October 2021 Altrusagram

Upcoming Dates



BOO!

Wednesday, Nov 3rd

Social Time
6:00 - 6:15 pm
Business Meeting
6:15 - 7:45 pm

Friday, Nov 5th

District One Dinner

Saturday, Nov 6th

District One Workshop
Clarion Hotel,
Portland, ME

Tuesday, Nov 16th

Ronald McDonald meal

Wednesday, Nov 17th

6:15 pm
Program Meeting -
Membership Drive
Clarion Hotel

Friday, Nov. 19th

All newsletter articles due



from the President:

Trick or Treat, Trick or Treat, give me something good to eat.....
Reeses and Snickers please? My absolute favorite all time
Halloween candy bars. What's yours?



Hallelujah! We attended our first in-person program meeting since January of 2020. Members greeted each other warmly at the Clarion Hotel Chart room, and shared a lovely meal. Warm regards and many thanks to our guest speakers, Pam Szalajeski (member since 2001) and her husband, Ed. They shared their personal healing journey with us, made possible by the Center for Grieving Children. The Center has provided grief counseling and healing for 4000 children and family members, since 1987. Pam and Ed shared how their healing evolved into becoming involved in the Center programs as Healers, themselves. Thank you, Pam and Ed, for your dedicated service.

Make a Difference Day, scheduled for the 4th Saturday of October, was to be served by members of Altrusa Portland at the Barron Center gardens on Oct. 23rd. But, apparently, some other Goblins made an appearance earlier and did the trimming and clean up, before us.

There are more treats in store for us, with our next Bam Book drive scheduled to begin October 24th. Thank you, Books-A-Million. You are the BEST. We are still counting the last batch of books received from the summer book drive. Please see Susan F. King if you haven't signed up for a slot yet.

Workshop beginning on November 5 promises more treats, No Tricks. Don't forget to get your Workshop registration mailed in to Wanda Pettersen. Unlike other Workshops, there will be a celebratory dinner Friday evening, ushering in Pam Lemieux and her District Board, while celebrating Linda Ring and her past Board. You won't want to miss this Treat. This year's Workshop theme is "Open the Door to Membership". Look for clubs sharing their tips on growing and retaining their memberships. There will also be discussions on leadership and Succession planning.

Thank you to each and every one of you for your heartfelt and selfless contributions and efforts serving our communities. You are Greater Portland's Greatest Treats!
Always,

Debbie

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

Who We Are...what we're thankful for...

The 2021 - 2022 Board

President: : Debbie Lemieux
dalemieux33@gmail.com

Vice President: Wanda Pettersen
kettlecove_6@msn.com

Secretary: Karen Valley
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Treasurer: Fran Jensen
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Director: Sharon Davis
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Director: Patricia Maxim
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Immed. Past President: Anita Chandler
achandler@maine.rr.com

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Committee Chairpersons 2021 - 2022

Communications Co-Chairs:
Karen Valley book1babe@gmail.com
Debbie Lemieux dalemieux33@gmail.com

Finance Co-Chairs:
Fran Jensen franjensen2911@gmail.com
Judith Reidman judithreidman@gmail.com

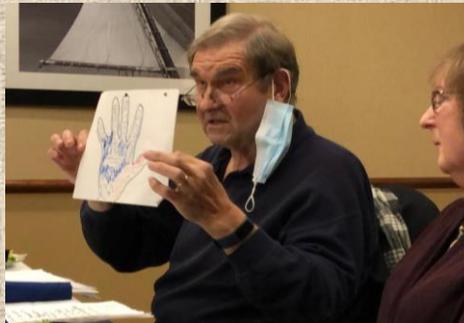
Membership Co-Chairs:
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Sharon Davis sbdavis548@gmail.com

Service Co-Chairs:
Susan F. King kings@maine.rr.com
Martha Gross sfyps2005@yahoo.com

Social Co-Chairs:
Fran Breton frb3282@hotmail.com
Pam Szalajeski pam.szal@maine.rr.com



So thankful to finally meet in person for the October 20th program meeting at the Clarion hotel. It had been a long time since we had all been together.



Learning of Pam and Ed Szalajeski's work with the Center for Grieving Children made us thankful to have such caring people in our Altrusa community.



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PO Box 8834, Portland, ME 04104 USA

www.districtone.altrusa.org www.altrusaportlandgivesbooks.org

Our Service Projects...

Christine Johnson organized her coven of Martha Gross, Ann Smith, and Karen Valley to prepare Witches' Brew stew and Witches' Veggies stew.

They gathered at the Ronald McDonald House on October 19th to cook for the residents. Cookies and fruit rounded out the menu.

So spooky!.



left to right: Martha G, Karen V and Christine J



Ann S

Served at the October Sue's Supper was:

Witches' Brew Chicken Stew

Adapted from a recipe in Southern Living 2001

Prep 20 minutes, cook 40 minutes, total time 60 minutes. Yields 12-14 cups.

INGREDIENTS:

- * 1 Tablespoon Butter
- * Boneless skinless chicken breasts or thighs (about 1.5lbs), chopped
- * 1 large yellow onion, chopped
- * 3 large carrots, chopped
- * 2 stalks celery, chopped (optional)
- * 2 cups white or red potatoes (unpeeled), cut into small bite sized pieces (optional)
- * 4 garlic cloves, minced
- * ½ teaspoon of salt
- * 1 teaspoon cumin
- * ¼ teaspoon red pepper
- * 3.5-4 cups chicken stock
- * 1- 4.5 oz can chopped green chiles
- * 3 cans Great Northern beans, rinsed, drained and divided
- * 2 tablespoons flour
- * ½ cup milk
- * ¼ cup chopped parsley (or cilantro)
- * Optional Toppings

DIRECTIONS:

- Step 1:** Melt butter in a large Dutch oven over medium-high heat. Add chicken, onion, carrot, celery (if using), potatoes (if using) garlic and salt. Sauté 10-15 minutes. Stir in cumin, red pepper, and broth. Cover.
- Step 2:** Bring to a boil. Reduce heat and simmer, stirring occasionally for 20 minutes. Stir in the chiles and 2 cans of the beans.
- Step 3:** Mash remaining can of beans in a small bowl. Whisk together flour and milk and stir into the mashed beans. Gradually add bean mixture to the soup mixture, stirring constantly. Cook 10 minutes or until thickened. Remove from heat and stir in parsley (or cilantro). Taste and adjust seasoning.

Notes:

- * This is a very versatile dish which is easy to adjust to taste. It also freezes and reheats well.
- * Potatoes make for a heartier stew and their starch helps with thickening the broth. For a lighter more soup-like dish, omit potatoes.
- * For additional thickening or alternate thickening, add half a can of pureed pumpkin or squash (about 1 cup). This also amps up the vitamin A.
- * To reduce the sodium content: Omit salt in Step 1, use low sodium chicken stock or broth, use low sodium Great Northern beans. Use the optional celery and add ½ tsp black pepper to boost flavor.
- * To make it vegetarian: Replace chicken with 20-24 oz of crimini mushroom or mixed wild mushrooms, chopped coarsely. Use mushroom broth or vegetable broth. Use the optional celery and add ½ tsp black pepper to boost flavor.
- * Optional Toppings: Shredded cheddar cheese, thinly sliced green onions, sour cream, cooked and crumbled bacon.

...and more Service Projects

SERVICE COMMITTEE REPORT

Things are getting busy for the Service Committee. Although we still are waiting to hear back from the various school systems about starting the ABC program, we are hopeful that at least SOME of it can happen this year. If not, we'll find another way to get the books into the hands of the kids. More information to come.

Sue's Supper continues at the Ronald McDonald House, now the third Tuesday of the month, with Christine J heading up a crew of Martha G, Ann S and Karen V in October. The recipe for the meal is in this Altrusagram! We need people for the November and December dinners so please consider trying this if you have never been before. It's very gratifying to meet some of the families who so appreciate our efforts.

Please take a look at Susan F's email on October 22 asking for volunteers to help sort and sticker books at Waldron Way. Martha G and Susan F have made a start but there are many wonderful books collected from both the BAM summer book drive and from the large donation of books from Carolyn Holman's estate. You might even come across a treasured childhood book you would love to re-read!

The service committee also needs volunteers for the NEXT

BAM book drive table, starting Saturday October 30 and continuing through December 11. A sign up sheet was included with Susan F's email this week. BAM staff tell us they always get more books donated when we are there so our time meeting and greeting customers does make a difference.

Arlene H again coordinated the book drop off at the Windham Correctional Center - see her write-up in this edition - and I'm sure that Martha G is happy to get them out of her storeroom - now there's room for more, right Martha?

As Anita explained at the business meeting, we'd like to step up our Christmas donation to the Wayside Food Program. It would be wonderful if we would each set aside \$.50 a day in spare change (or more). Collectively, we can then provide a substantial donation that Wayside can purchase items that are needed but seldom have donated. At the next program meeting Anita will distribute specially marked bags for your change collecting.

We don't know who, but someone or some group had already cut back and cleaned up the gardens at The Barron Center. Our Fall workday was cancelled and we will put off doing another workday until next Spring.

-- Nicki G

"STICKERING"

Martha Gross, Ray Clark-McGrath and Susan King enjoyed a lovely time together on October 16th. They stickered about a hundred books from the recent BAM drive. Lots of books left to sticker.

-- Susan K



left to right: Ray C-M and Martha G

BOOKS TO PRISONERS PROJECT

Arlene Hanson delivered 280 books to Windham Corrections on Friday, Oct 15. The books were collected in the summer and September of this year.

Thanks for Martha Gross, she labeled each book with an Altrusa sticker and stored the books in her garage!!! Fortunately the Windham administration allowed our books this year because the librarian Renee knew how much need these books are for the prisoners. Also the children's books are viewed by the prisoners who have children visiting them. The prisoner picks the book that is appropriate for the child that visits.

The new idea talking with Renee: an overflow of books could be transported by the Corrections vehicles to the main prison in Warren Maine that only have male prisoners that have children visitors. Their library is also very popular area and can always need new books.

Renee is so pleased with all that we do! She will be inviting us in the near future to visit the new woman's correction center. I am hoping the visit will be around the Christmas holidays; since I will be back from Florida during the Holiday Season.

Any information about the visit and or expanding our books behind bars project to other prisons will be announced in the upcoming meetings and or the Altrusagram.

-- Arlene H

Committee News

MEMBERSHIP COMMITTEE

It looks like we are going to be able to have an in-person Membership Drive this year at the Clarion Hotel at 6:15PM on Wednesday, November 17th. We have some excellent suggestions from Altrusa members on how to change-up the format a bit and spice up the meeting.

But most of all we need all available Altrusans to attend; and as many guests as possible. (The guest dinners are FREE to them, paid by Altrusa.) We need reservations to know how many chairs, meals, and 'Prospective Packets' to prepare. If we have enough people, the Clarion may be able to provide us the larger room across the hall from our regular room, which would be nice for the various 'Activity Stations' that are being planned.

I have suggested that you use Altrusa's tri-fold brochure that was included with your new "Year Book" as an Invitation/Ticket to a guest.

It would be great if every guest would bring a friend; and use the ticket for 2 FREE dinners. (As Ann Babbitt used to say, "We've got to eat somewhere that Wednesday night.")

--Trish M



FINANCE COMMITTEE

The Finance Committee has not met during the last month. We will try to get together during November to brainstorm for a Fundraiser.

Happy Halloween to everyone!

-- Fran J

COMMUNICATIONS COMMITTEE

Ann Babbitt brought Yearbooks and Brochures to the Program Meeting October 20, 2021. If you haven't received one yet plan to get yours from Ann. She has extras. We encourage members to take extra brochures to share with friends and contacts to invite to November's Membership Drive Meeting.

Christine Johnson has posted the Book Drive for Altrusa October 24, 2021 to December 11, 2021 at Books-A-Million (BAM) to Facebook (FB) @AltrusaPortland and on our webpage at <http://www.altrusaportlandgivesbooks.org>.

Remember there is a form on the Membership Info/About section of our webpage. Easy to use so refer someone to check it out and fill it out.

Marie Pike publishes the Altrusagram. Karen Valley took pictures at the Dinner Meeting for the Altrusagram.

-- Karen V

ASTRA

ASTRA Officers 2021-2022



left to right:

Shelby Sheldrick - Publicity

Liz Smith - Treasurer

Sabrina Lopez - V.P.

Rebecca Caron - President

Aleah Warren - Secretary

They are all Seniors. Please update page 24 in your new "Year Book" with the name of Rebecca Caron as the current President (ipo 'TBA').

--Trish M

ASTRA

Thanks to Altrusa, I delivered six bundles of books, prepared by Susan & Martha, for the 4th & 5th grades at CRES (Casco's new Crooked River Elementary School) to ASTRA Advisor Katrina Theriault.

The plan is for ASTRA students to deliver them to the school and make a presentation in the classrooms about ASTRA and their community service activities.

--Trish M



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

Opportunity to Support our Altrusa friends!

If you like really good knives check out the RADA knives for sale for the Saco/Biddeford club's fundraiser.

<https://shop.meadowfarms.com/index.asp?PID=3043903>



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.

Copy this link to your browser:

https://docs.google.com/forms/d/e/1FAIpQLSc05lynjHKrEFy5iUIGzd0FKeHcBeT3w01ku8H6EjMca6Ny_w/viewform

November Birthdays

Debbie Lemieux
Ann Smith
Andrea Doherty
Sharon Davis
Arlene Hanson
Fran Jensen



Happy Birthday!

Spread the Word

The upcoming BAM book drive has been added as an event on the FB page (Oct 24-Dec 11). Members on Facebook should find this event, mark themselves as "going" and share it to their News Feed.

This is the best free way to spread the word.

Mark your calendar for these Future District & International Events

District One Workshop

IT'S NOT TOO LATE TO REGISTER!!

Friday night, November 5th dinner

Saturday, November 6 all day Workshop

- Clarion Hotel, Congress Street, Portland

District One Conference

April 22nd - 24th, 2022

North Conway Grand Hotel, North Conway, NH

some Member News and Views

This month's question: What was your favorite and/or least favorite Halloween treat?



My favorite trick-or-treat Halloween candy when I was a child was peeps. My least favorite was when someone gave me an apple. We usually had plenty of apples at home, and I wanted candy!
Pam L



MY favorite Halloween candy was anything chocolate, especially Mounds, Almond Joy and Waleeco...does anyone remember the last one? I might be spelling it wrong. And I couldn't stand anything licorice, especially the pink, white, and black jelly beans that came in a box. Who remembers what those were?
Ann S



I loved Milky Ways!
One time a person ran out of candy 😞 at least that was said to us and we ended up with each an onion 😞
I remember my Dad giving a dime to a tricker treater dressed in her Uncle's world War11 Navy uniform when we ran out of candy. And I thought Wow! That was a lot of money in my eyes back 70 years or so.....
Arlene H

Favorite Halloween candy: Snickers
Didn't like getting taffy or apples.
Karen V



favorite - peanut M &M s
did not like getting - apple
Ann B

My favorite Halloween treat was the Candy Apples that my mother always made for all the neighborhood kids. I don't remember being unhappy with anything; I loved it all.
Trish M



Loved anything chocolate. Never cared much for hard candies - except root beer barrels. Who doesn't like root beer!
Marie P



Candy Corn - love it
Apples - hate them
Judith R



When I was a kid, people could still make homemade treats. My mom usually made fudge or popcorn balls. I just wanted something that WASN'T homemade in my trick-or-treat bag. Except candy corn. Today I'd say my favorite is Butter Finger or Reese's Cups. Can't beat chocolate and peanut butter!
Christine J



Liked: Almond Joy!!!!
Disliked: Good and Plenty....though I like them now!!!!
Susan K