



March 2022 Altrusagram

Upcoming Dates



Wednesday, Apr. 6th
Business Meeting
via Zoom
6:00 pm

Tuesday, Apr. 19th
Sue's Supper at RMcD
House volunteer
opportunity

Wednesday, Apr. 20th
Birthday Party!
see the details on
Page 3

Friday, Apr. 22nd
All newsletter
articles due

**Friday, April 22nd -
Sunday, April 24th**
District One Conference
North Conway, NH
see the most recent DSB

Wednesday, May 4th
Business Meeting
via Zoom
6:00 pm

from the President:

March 20, 2022 marks the vernal equinox.

Hello Friends, I am so happy to see the change of the seasons and the seemingly longer days. We surely can benefit from more hours of sunlight each day, as Altrusans in Portland are certainly as busy as can be.



While Susan F. King has been enjoying the warmer weather in California, under the direction of Martha Gross, the Service committee and members at large have been busy keeping our service projects running, like A B C and Ronald McDonald House Sue's Supper. In addition, they have been busy servicing the multiple requests for books for all ages that are coming in on the website. They have completed the distribution of books to the Pillowcase project for the Barbara Bush Children's Wing at Maine Medical Center. They have also started to reach out to area schools for our annual scholarship program.

Our Communications Committee hosted our March Program meeting. Our guest speaker was Kathryn Sargent, Director of the Maine Locker Project. Thank you for an inspiring, wonderful topic. Working with many area non-profits, farmer co-ops, supermarkets and restaurants, this project in the past year has delivered 450,000 lbs. of food and staples. Just Wow!

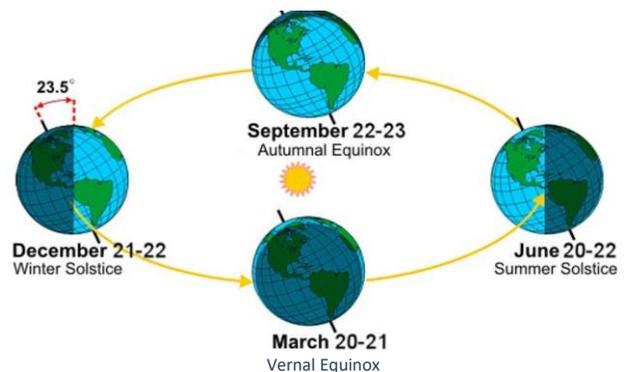
Our Committees are busy preparing budgets for the upcoming year. The nominating committee has presented the 2022-2023 slate of officers, which were voted in. Our 18th Annual Volunteer of the Year award program is underway. Plans for our 93rd Birthday party are in the planning stages. Our 2022 District One Conference is a month away. There will be a hands-on Days for Girls session, I am looking forward to and so many other opportunities for sharing and learning. I look forward to reconnecting with Altrusan Sisters we haven't seen since Workshop.

Thank you to each and every one of you. For all you do, You are VALUED. You bring HOPE to your communities. You deserve a big HUG!

Yours Truly,

Debbie

*"Unless someone like you cares
a whole awful lot
Nothing is going to get better.
It's not."
The Lorax by Dr. Seuss*



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

Vice President: Wanda Pettersen
kettlecove_6@msn.com

Secretary: Karen Valley
book1babe@gmail.com

Treasurer: Fran Jensen
franjensen2911@gmail.com

Director: Sharon Davis
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Director: Patricia Maxim
campnaples@fairpoint.net

Immed. Past President: Anita Chandler
achandler@maine.rr.com

Parliamentarian: Judith Reidman
judithreidman@gmail.com

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:
Patricia Maxim campnaples@fairpoint.net
Sharon Davis sbdavis548@gmail.com

Service Co-Chairs:
Susan F. King kings@maine.rr.com
Martha Gross grossmartha01@gmail.com

We welcome our newest member, Karen Arnold!

Karen agreed to share some information about herself so that we can all get to know her. She used some of the questions from our Mug Shot page.

From Karen:

My original dream was to be an art therapist that travelled the world.

Places I have traveled to for business and/or pleasure:

N/S America: 43 States, Puerto Rico, Canada, Mexico, Brazil

Caribbean: 6 islands

Europe: Belgium, Denmark, Germany, Greece, Italy, Norway, Sweden, Switzerland, UK.

Asia Pacific: India, Japan

Pets: All our pets have been adopted through a shelter. Currently we have a wonderful 50-pound 6 year old bulldog mix named Ariel who thinks she is a lap dog. I am primarily a "dog person", although the cat I had was incredibly affectionate.

Hobbies/Sports/Interests: I love painting in watercolors, alcohol inks, crafts, jewelry making, yoga, walking, gardening, photography, ancestry research, traveling and the study of cultural differences.

Favorite meal: Sushi or Chicken Pho soup

Other Volunteering: Rotary member volunteering with Locker Project, Gorham Literacy Program, Have also been involved in Engineers Without Borders and on an advisory board for a home-schooling organization as well.

Personal Projects - currently working on converting old family movies and tracing family ancestry.

Something about me that others don't know: Recently retired in May 2021 from being a mechanical/environmental/health and safety engineer for 36 years. I am trying to model my new life in line with "service above self".

After 30+ years in Maine, I am finally getting to connect with my local community and meet awesome people along the way!

*Welcome, Karen, we're glad to have
you with us!*



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www.altrusaportlandgivesbooks.org

We're turning 93...and going strong...

You are all cordially invited to
the Altrusa Birthday Party.

Friends, food, wine
and socializing



Date: April 20
Time: 6 PM to 8 PM
Place: St. Peter's Church

Birthday cake, hors d' oeuvre, wine
50/50 Raffle
Casual dress

Let's take this opportunity to relax and enjoy each other.

Did you know:

Altrusa of Portland was organized in October, 1929 by the Boston club and was chartered (i.e. met the definition of charter strength under Altrusa International rules (at that time 25 members) in September 1931. We celebrate our birthday in April along with Altrusa International and all the Altrusa clubs worldwide.

Our Service Projects...

Once again we were able to help out the Cricket Comfort program by donating 20 Picture books and 50 upper grade books - see pictures from Martha Gross! The books will be matched up with handmade pillow cases and given out in the Children's wards at Maine Medical Center, just to bring a little "comfort" to the kids undergoing treatment.

In addition to donating 42 Picture books to Presumpscot School for the ABC project, we were able to actually read to 2 kindergarten classes - I bet the Altrusa readers were happy to be doing this again!

25 (3rd and 4th grade) books were delivered to Tonya Bufano at Rowe Elementary for the older students and we also will read to the Kindergarten classes on 3/24.

Christine Johnson delivered over 30 books for 4th to 8th graders to the Westbrook Community Policing Center - these books are slated to be handed out at the annual Westbrook Blizzard Bash on March 18.

We are using bags donated by the Maine Marathon to pack up and carry the books - so much easier on our arms than boxes! Thank you to the Communications committee for helping thank the Marathon for the donation by mentioning them in upcoming Facebook posts. Every time an organization mentions us in a Facebook post, or we mention the other group, we get great publicity.

We also have some lovely bags donated by TD Bank so if you are picking up books for a donation, if you would take pictures of the packed up bags and send to Nicki Griffin, she'll be sure to get them to the individuals who coordinated the donations.

Marie Pike was the head chef for Sue's Supper at the Ronald McDonald House on March. The next supper will be on the third Tuesday in April, the 19th.

-- Nicki G



Books delivered to Cricket Comforts, pictured are Cindy and Heidi from Cricket Comforts



Readers from the 3rd grade at Rowe Elementary enjoying the books we delivered.

Volunteer of the Year Award is in process!

We have mailed out over 120 requests for nominations for the 2022 Volunteer of the Year - our 18th!! And the Communications Committee has added it to our website and is publicizing it, hoping for more nominations.

Nomination must be received by April 15th. If you know of another nonprofit that might want to nominate a volunteer, please direct them to our website.

At the April business meeting we'll look for members who want to be on the selection committee. Reading all the nominations is inspiring!

-- Marie P

...and more Service Projects

Altrusa Gives Books

Megan Perry, Community Policing Coordinator for the Westbrook Police Dept, happily receives books from Christine Johnson. The books will be handed out to kids at the upcoming Blizzard Bash on Friday March 18.

The Blizzard Bash is an annual event held at Walker Field in Westbrook's Frenchtown community. Since is a day off from school, it gives the kids an opportunity to get out and burn some energy, eat pizza, do crafts, play games and take home a book!

Thanks to Maine Marathon for donating these reusable bags which made it easy to deliver this load of children's books! Also thanks to Martha Gross who helped select the books.

-- Christine J



left to right: Megan Perry and Christine J

The Communications Committee was pleased to have Kathryn Sargent, the Executive Director for the **Maine Locker Project**, speak at our March program meeting.

Kathryn joined us via Zoom and explained the background and outreach of the Locker Project. The Locker Project distributes staples as well as donated and rescued fresh food to children and their families at more than 30 preschools, schools and neighborhood sites in Cumberland County. They rescue fresh foods from local markets that would otherwise go to landfills. Good Shepherd Food Bank also provides access to discounted foods and fresh produce. Volunteers pack bags of food given out at schools and events.

Altrusa has supported the Locker Project.

-- Marie P



Sue's Supper at Ronald McDonald House

Altrusans cooked Meatball Stroganoff and the vegetarian option - Mushroom Stroganoff, served with rice, green beans, brownies and grapes for the March supper.



left to right: Marie P, Karen V, Martha G, Anita C

Easy Meatball Stroganoff

TOTAL TIME: Prep/Total Time: 30 mi. YIELD: 4 servings.

Ingredients

- 1 tablespoon olive oil
- 1 package (12 ounces) frozen fully cooked Italian meatballs, thawed
- 1-1/2 cups beef broth
- 1 teaspoon dried parsley flakes
- 3/4 teaspoon dried basil
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/4 teaspoon pepper
- 1 cup heavy whipping cream
- 3/4 cup sour cream

Directions

1. in a large skillet, heat oil over medium-high heat. Brown meatballs; remove from pan. Add broth, stirring to loosen browned bits from pan. Add seasonings. Bring to a boil; cook until liquid is reduced to 1/2 cup, 5-7 minutes.
3. Add meatballs, noodles and cream. Bring to a boil. Reduce heat; simmer, covered, until slightly thickened, 3-5 minutes. Stir in sour cream; heat through.

(For vegetarian option: substitute mushrooms for meatballs and mushroom bouillon for beef broth.)

other Committees' News

MEMBERSHIP COMMITTEE

We are delighted to have another Prospective Member. Toni Irish's "Recommendation for Membership" has been approved by the Board. Her sponsors are Christine Johnson & Judith Reidman. Toni lives in Falmouth. She is affiliated with GFWC (General Federation of Women's Clubs), University of Maine Alumnae, SMVA (Southern Maine Volkssporting Association), her church, and sports. While she requires written communication by snail mail (Christine Johnson will provide) and telephone calls vs text, Toni is interested in joining Altrusa for Community Service opportunities, friendships & social activities.

Karen Arnold is paying her dues to become a Member on April 1st. Welcome, Karen. We are so pleased to have you join us!

Also - - we were excited to have Anita Chandler's guest, Katie Lamb, attend our March program meeting via ZOOM, where the Communication committee's speaker, Kathryn Sargent, explained the "Locker Project" of Greater Portland to us. (Wow! What an undertaking to combat food insecurity in so many areas.) We welcome Katie to come back to more of our meetings (and service projects). Thank you, Anita, for inviting Katie

- - Trish M

FINANCE COMMITTEE

Finance Committee's "March Madness", it is, and we are hustling to assemble all of the budget requests from each Committee.

THANK YOU to those of you who have already submitted it. 🙏😊 Saturday the 19th was the requested date. Any stragglers, please get your request to me ASAP, since the Finance Committee is meeting on Thursday the 24th at 1:00 PM.

The Vernal Equinox came and Spring has finally sprung 🌸, at least I thought so.

Best,

- - Fran J

COMMUNICATIONS COMMITTEE

Spring is finally here and we're "springing" into action.

Recently Christine Johnson announced the start of the Volunteer of the Year (VOY) nomination process on Facebook (FB) with a link to our website. As of March 18, 2022 that post has only been shared once with 61 people reached. We encourage all members on FB to like and share this post.

A copy of the VOY letter and the application form have been added to the website. They can be found under the Current Events drop down menu and can be downloaded from that page. Sharing the FB posts gets our information out to our community.

We're asking you to spring into action with us and share what is posted.

- - Karen V



CONGRATULATIONS!!

THE 2022/2023 BOARD HAS BEEN ELECTED!

The following slate was elected at the March 2nd business meeting:

President - Wanda Pettersen
Vice President - Karen Valley
Secretary - Patricia Maxim
Treasurer - Fran Jensen (interim)
Director (for two years) - Fran Breton
(Sharon Davis will serve her the 2nd year of her 2 year term as Director.)

We all thank these leaders for their willingness to serve!

ASTRA



Left: Creating new links for their ASTRA "Chain of Service" that's on display in the LRHS front lobby.



Right: ASTRA T-shirt and "Chain of Service" on display in the main lobby of Lake Region High School.

Our first meeting of the month (March 3rd) was cancelled by the snow storm which prompted a 2 hour delay in the start of school that day. Since we meet during 'Laker Time' (7:30 - 8:05 AM) there is no make-up for that period.

At our March 17th meeting, I learned that only one member submitted an application to International for their \$2,000 & \$1,000 scholarships. That dead-line was March 15th. The winners will be announced April 15th. However, it sounds like several Seniors will be submitting applications by March 30th to Portland Altrusa for the \$500 scholarship.

During that meeting they had fun creating new Blue & Gold links for their ASTRA "Chain of Service" (like Portland Altrusa's Blue & White chain.) ASTRA's colors are BLUE & Gold; Lake Region High School's colors are Blue & Gold. Their chain is on display in the front lobby of the high school, with a blue ASTRA tee-shirt, the ASTRA Charter from International, and a recap of Service projects, year-by-year. It is impressive.

We discussed the upcoming District One Conference in North Conway at the GRAND HOTEL. They are invited to attend on Saturday April 23rd to observe or participate. They are enticed by that particular hotel, which they are familiar with and love. However, it is the last weekend of their Spring vacation week. It will be interesting to see who is available and willing to join us for a portion of the day.

Shortly after school vacation, they will be heading into the 2 Elementary schools with Altrusa's ABC books. ASTRA has been approved to visit the Kindergarten classrooms in-person and read to the children. They are really looking forward to it!

Our next two meetings will be March 31st & April 14th. If we stayed with our regular 1st & 3rd Thursdays, the latter one would fall in the next school vacation week. The year is already too short to lose another meeting date.

Any of you are welcome to join us. No masks needed since March 9th, but still optional.

-- Trish M



Last minute call for an ASTRA picture for the LRHS 2022 Yearbook. Only 8 in attendance on such short notice. (They refused to let the picture be taken until I was included.) Advisor Kristina Theriault is in turquoise, third from the right. -- 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

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/1FAIpQLSc05IynjHKrEFy5iUIGzd0FKeHcBeT3wO1ku8H6EJMca6Ny_w/viewform

April Birthdays

Patricia Maxim
Beth Bellemere
(Emeritus)
Jane Coolidge

Happy Birthday!



Once upon a time,
When women were birds,
There was the simple understanding
That to sing at dawn
And to sing at dusk
Was to heal the world through joy.

The birds still remember what we have forgotten,
That the world is meant to be celebrated.

Terry Tempest Williams
"When Women Were Birds"

Mark your calendar for these Future District & International Events

District One Conference

April 22nd - 24th, 2022

North Conway Grand Hotel, North Conway, NH
check out the recent DSB for details

District One Workshop

November 5, 2022

to be hosted by the Greater Hartford club
details to come

International Convention

July 2023

San Antonio, Texas