



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, or

www.altrusaportlandgivesbooks.org

February 2015

The 2014 - 2015 Board

President: : Pam Lemieux
pamela.lemieux@myfairpoint.net

Vice President: Karen Valley
book1babe@gmail.com

Secretary: Patricia Maxim
campnaples@fairpoint.net

Treasurer: Marie Pike
pikerino2@aol.com

Director: Katie Klein
katie72925@gmail.com

Director: Geraldine Dongo
gdongo1@maine.rr.com

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

Parliamentarian: Judith Reidman
jreidman@maine.rr.com

Committee Chairpersons

Communications: Marcia Marley
rmarley@maine.rr.com

Finance: Marie Pike
pikerino2@aol.com

Membership: Martha Gross
sfsp2005@yahoo.com

Service: Anita Chandler
achandler@maine.rr.com

Social: Katie Klein
katie72925@gmail.com

February President's Message

Dear Portland Altrusans

A lot has happened since last month. As most of you are aware, my father passed away on February 1st, with me and my brothers by his side. Your support and words of comfort during this time are much appreciated. Thanks so much for the beautiful flower spray you sent to the funeral home. Dad lived a full life and will be missed. I'm glad that many of you got to know him over the years. Dad was a good sport and came to many Altrusa events when his health was better. He never hesitated to join us, because you were always so welcoming. In this time of sorrow, it is heart-warming to know I have your support. Thank you.

On a happier note, this past month, on February 8th, we had our Annual Altrusa Great Chili Chowder Challenge. We haven't closed the books yet, so I don't know how profitable it was, but I do know it was a success based on the satisfied attendees I met during and after the event. We did a great job pulling together this event. So many Portland Altrusans volunteered to work on this project, both in preparation (getting the word out, soliciting restaurants to participate, selling tickets, compiling programs, renting helium for the balloon decorations, contributing door prizes, etc.) and on the day of the event (setting up displays, decorating the room, running product for judging, assisting restaurants with their needs, maintaining crowd control, greeting guests and distributing programs /spoons, selling 50/50 tickets, manning event ticket sales table, etc.). Not even the never ending snow storms this year, could dampen our enthusiasm. Kudos to all Portland Altrusans who volunteered for this project!

On a personal note, this month sees the end of the FairPoint Strike. The union employees will be returning to work on Wednesday, February 25th. As a manager at FairPoint, I have been working long days without much of a break since they went out on strike on October 17th. I'm glad the end is near, not only for myself, but for all of the union employees who have been out of work for the past 4 months. Hopefully, life will soon return to 'normal'. As a result, I look forward to participating in more Altrusa projects, such as the ABC project which is starting up again in March.

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Upcoming Dates

Wed, 2/25 "Cookie Walk"
5:00 pm Books A Million
see details on page 3 & last page

Mon, 3/2 ABC Program
9:15am Presumpscot School

Mon, 3/2 Board Meeting
6:15pm Pam Lemieux's house

Wed, 3/4 Business Meeting
* Election of Officers *
6:15pm St Peter's

Tue, 3/10 Ice Cream Social
5:00pm Riverton B&G Club

Wed, 3/11 Reading Project
5:00pm Pearl Street Housing

Thu, 3/12 Serving Supper
4:30-6:30 St Peter's

Wed, 3/18 Program Meeting
** New Members Initiation **
6:15pm Fireside Inn, Exit 48

Mon, 3/30 Board Meeting
6:15pm Pam Lemieux's house

Wed, 4/1 Business Meeting
6:15pm St Peter's

Mon, 4/6 ABC Program
9:15am Location to come

...more Upcoming Dates

Wed, 4/7 ABC Program
9:15am Location to come

Thu, 4/9 Serving Supper
4:30-7:00 St Peter's

Wed, 4/15 Program Meeting
Birthday Party !!
6:15pm Fireside Inn, Exit 48

April 24th - 25th
District One Conference
Quebec City, Quebec
(bus leaves Portland 4/23, returns 4/26)

February President's Message continued from Page 1

Finally, I must thank the Communication's Committee for the Program Meeting they sponsored in February. Gerry Dongo invited her friend, Delores Robinson, a Body Smart Fitness Consultant, to speak to our group. Delores brought a sample of grocery foods and gave us some insight on how we can eat healthier. I know I was inspired after listening to all of her advice. My next grocery shopping trip may find a few more 'healthy items' hitting my cart. Who knows? I may even start supplementing the exercise I get snow blowing and shoveling, with some basic stretching and weight resistance training.

I hope to see everyone at the March Business Meeting. Until then, stay warm!

Pam

"Kindness is the language which the deaf can hear and the blind can see"
-Mark Twain

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

The Social Committee will meet at the end of February to plan Altrusa's Birthday Party (April 15). We will meet at the Westbrook Panera Bread at 1:30 pm on Saturday, February 28. Everyone is welcome to join us even if you aren't officially on the Social Committee.

Katie

From the Membership Committee

The Membership committee was pleased to see all 3 of our newest members at the Program meeting on Wednesday, February 18th. If you haven't already introduced yourselves to them, please do:

Fran Breton, recently retired from the job of Administrator of the Cumberland County Jail. Birthday - October 22. Committee assignment - Membership.

Sarah Weeks, case manager for VNA Health & Hospital, providing Home Nursing Care. Birthday - March 1. Committee assignment - Social.

Nicki Griffin, self-employed master gardener, who worked with us on our garden at the Barron Center even before she became a member. Birthday - January 23. Committee assignment - Service.

The Communications committee provided us with name & addresses stickers for page 21 of our yearbooks. If you didn't get them at the Feb. 4th business meeting, see Marcia Marley. Also please update your yearbooks with their:

Committee assignments on page 8
Birthdays on page 20.

I hope you'll all be at the March 18th Program meeting when we have our Initiation Ceremony for Fran, Nicki, & Sarah.

Trish

From the Service Committee

The service committee is looking forward to a very busy March and we want to remind everyone that each one of us is a member of this committee by virtue of membership in Altrusa! We do want to officially welcome new member Nicki Griffin to our committee.

Our cookie walk of thanks to the employees at Books A Million will take place on Wednesday February 25th. at 5:00 so please make a batch of your favorites and join us as we deliver the cookies and our thanks for a great holiday book drive!

Two very special new events will also take place this month, on Tuesday the 10th we'll visit the Riverton Boy's and Girl's Club at 5:00 to host an ice cream social and book give away, on the next day Wednesday the 11th we'll be at Avesta Housing's Pearl Street housing project to read and distribute books to children from kindergarten to high school. Avesta discovered us through our website!

We continue to serve supper at Wayside's St Peter's Community Meal on the second Thursday of every month from 5:30 until 6:30, our time starts at between 4:30 and 5:00.

ABC may have been completed in South Portland and now here come the dates for Portland and Westbrook! Our first Portland school visit is Presumpscot on Monday, March 2nd at 9:15, let's hope that March "comes in like a lamb"! The other available dates now are April 6 and 7, with more to come. Thanks to Susan F for arranging for ABC.

Anita

From the Finance Committee

Do you have some delicious soup, bread or dessert recipes to share? Please send them to the Finance Committee for the cookbook fundraiser.

Marie

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From the Communications Committee

The Communications Committee had a busy month working on the publicity for Chili Chowder Challenge. We were pleased with amount of publicity we generated. We had items advertising the event as follows:

On Line:

Whofish, Eat Drink and Lucky Skillins Greenhouse E-mails, MPBN Community Calendar

Print:

Portland Maine Sunday Press Herald (2/1, 5 & 8 in Audience section)
 Portland Press Herald Source (2/1/ and 2/4 in Dispatch Food & Dining)

If anyone has copies or any other press releases please save and give to one of the committee.

Thanks

Marcia

Nominating Committee

The nominating committee has presented following candidates for office for the 2015/2016 year:

President - Pam Lemieux
 Vice President - Pam Szalajeski
 Secretary - Patricia Maxim
 Director (for a 2 year term) - Karen Valley

Marie Pike and Gerry Dongo will each serve the 2nd year of their terms in their respective positions as Treasurer and Director.

The nominating committee was composed of Anita Chandler, Martha Gross and Marcia Marley.

The membership will vote for the 2015/2016 board at the March business meeting. Installation of new officers is the May program meeting. .

Body Smart Fitness consultant Delores Robinson addressed the club at the February 18th program meeting. She explained her approach to healthy eating, based on the Glycemic Index, and demonstrated healthier choices to high-index foods. Delores also shared her inspiring journey to becoming a health trainer.





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Photos from our 2015 Chili Chowder Challenge, courtesy of photographer and Altrusa friend Mary Franklin. The event held on February 8th at the Holiday Inn by the Bay was lots of fun for everyone!





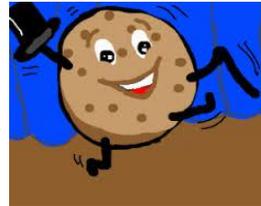
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Altrusa is an international non-profit organization, making our local communities better through leadership, partnership, and service. We are civic-minded people who strive to create better communities worldwide.

The deadline for Altrusagram articles is by end of day on the Friday after the program meeting - please be helpful by keeping to the deadline. (Earlier submissions are, of course, welcome!)

.Please send articles, pictures, dates of upcoming events, etc... to pikerino2@aol.com

COOKIE WALK - Wednesday, Feb 25th, 5:00 pm!!



What's a cookie walk? It's the day we deliver delicious cookies to the Books A Million staff to thank them for their efforts in helping us receive around 1,900 books worth about \$18,000 during the book drive this past holiday season! Wow!! So please make some cookies and come strut them through the store with us as a BIG thank you to Books A Million.

CONFERENCE IN QUEBEC – APRIL 24TH & 25TH

Come enjoy the fellowship of Altrusa and all that Quebec City has to offer !!

See your DSB for the registration form and hotel registration information. Deadline for the early bird rate for conference registration is March 15th, and for hotel special rate is March 24th, so don't delay!

Interested in riding the bus to Quebec? A special Altrusa bus will be going up, leaving Portland on Thursday, the 23rd and returning on Sunday the 26th.

The lovely & gracious Quebec Altrusans have wonderful things planned for us in a wonderful location..

Contact Marie Pike if you need more information.

A reminder - The cancellation policy for Program Meetings: members have a standing reservation. To cancel, call Joanne Doherty (730-1479) before noon of the Monday prior to the meeting. Members who miss but do not cancel will be charged for meals that were guaranteed.

Future District & International Events

- District One Conference - April 24-25, 2015 - Quebec City, Quebec
- International Convention - July 17-20, 2015 - Kansas City, MO
- District One Workshop - Nov. 7, 2015 - Plymouth, MA