



May 2026 Altrusagram



Upcoming Dates

Board/Cmte Chair Meeting

Wednesday, May 27
4:00 P.M.
Oak Room
Westbrook Community Center
426 Bridge St.
Westbrook, Me.

Business Meeting

Wednesday, June 3
6:00 P.M.
Nathaniel Hawthorne
Boyhood Home
40 Hawthorn Rd.
Raymond, Me.

Ronald McDonald House

Sue's Supper
Tuesday, June 16

Program Meeting

Wednesday, June 17
5:30 P.M.
Oak Room
Westbrook Community Center
426 Bridge St.
Westbrook, Me.

Business Meeting

Wednesday, September 2
6:00 P.M.
Oak Room
Westbrook Community Center
426 Bridge St.
Westbrook, Me.

District One Workshop

Sunday, November 15
Nonantum Resort
95 Ocean Ave.
Kennebunkport, Me.

President's Message

Dear Members and Friends of Altrusa Portland

As I come to the close of my term as President, I find myself filled with both gratitude and pride as I reflect on the past two years we have shared. It has truly been an honor to serve alongside each of you. Your unwavering support, encouragement, and collaboration have meant more to me than words can fully express.

Together, we have continued to strengthen our mission and make a meaningful impact in our community. Our ABC Program improves the lives of kindergarten children in five of our local communities and it continues to grow and expand.

I want to sincerely thank you for your dedication to service. The countless hours you have volunteered, the compassion you have shown, and the energy you bring to fundraising and to every project including Scholarships, are the heart of Altrusa. Your commitment to improving literacy (ABC Program), supporting those in need (Empty Bowl and Milestones) and uplifting our community (Honoring a Volunteer of the Year) does not go unnoticed. It is inspiring, and it is what makes this organization so special.

Over the past two years, we have faced challenges and celebrated successes, always moving forward with a shared purpose. I am incredibly proud of what we have accomplished together, and I am confident that the future of our club is bright because of all of you.

Serving as your President has been a privilege I will always cherish. Thank you for your trust, your friendship, and your continued dedication to making a difference. We have indeed "Grown Better Together with Gratitude."

I wish our newly installed President, Debbie Lemieux success over the next two years. With our support she will lead us forward together with her "One Heart, Many Hands" theme. Goodluck, Debbie!

Again, thank you for your support.

With sincere appreciation,
Karen Valley



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

Who We Are...

The Board 2025 - 2026

Club President: : Karen Valley
book1babe@gmail.com

Foundation President: Martha Gross
grossmartha01@gmail.com

Vice President: Christine Johnson
cejinmaine@gmail.com

Secretary: Fran Jensen
franjensen2911@gmail.com

Treasurer: Marie Pike
pikerino2@aol.com

Foundation Director: Cathy Paglio
rpaglio1@gmail.com

Club Director: Trish Maxim
campnaples@fairpoint.net

Immed. Past President: Wanda Pettersen
kettlecove_6@msn.com

Parliamentarian: Ann Smith
vanillawoman2015@gmail.com

Committee Chairpersons 2025 - 2026

Communications Co-Chairs:
Christine Johnson *cejinmaine@gmail.com*
Erin May Deprez *erinmaydeprez@gmail.com*

Finance Chair:
Marie Pike *pikerino2@aol.com*

Membership Co-Chairs:
Patricia Maxim *campnaples@fairpoint.net*
Debbie Lemieux *dalemieux33@gmail.com*

Service Co-Chairs:
Martha Gross *grossmartha01@gmail.com*
Cathy Paglio *rpaglio1@gmail.com*

Program and Event Co-Chairs:
Anita Chandler *achandler@maine.rr.com*
Gail Mazzone *mestormy70@gmail.com*

District News

Spring Conference was held on the weekend of May 1. While Saturday and Sunday were all business, some shenanigans enjoyed by all on Friday Fun night included a Luau dress-up photo shoot and Bingo.



District One Board at Luau night at Spring Conference.

Left to Right: Wanda Pettersen - Governor Elect, Diane O'Reilly - Treasurer, Rite Cote - Immediate Past Governor, Susan Porazzo - Governor, Jodi Walencewicz - Vice Governor, Debbie Lemieux - Director, Barbara Leavey - Director.

Left - Altrusa International Director, Tammy Boyd and Right - Susan Porazzo - District One Governor.



Conference attendees from Altrusa Portland Club seen in their Luau best. Left to Right: Christine Johnson, Debbie Lemieux, Marie Pike, Fran Breton, Wanda Pettersen, Gail Mazzone, Trish Maxim, Karen Valley

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<https://www.altrusa.org>

Club News

Altrusa Portland celebrates it's 97th Birthday and the Installation of the 2026 - 2028 board.

Held at North Deering Tavern, Members enjoyed being entertained by Pamela Lemieux as she officiated the Installation Ceremony. And creatively installed herself, as she is the incoming Treasurer for the new Biennium.

The new board will take the reins on June 1.



Left: Incoming President, Debbie Lemieux
Right: Karen Valley, Current President



Left to Right: 2026-2028 Board members:
Karen Valley- Immediate Past President, Trish Maxim-Secretary, Debbie Lemieux- President, Gail Mazzone-Club Director, Pam Lemieux-Treasurer, Anita Chandler-Parliamentarian, Christine Johnson-Vice President.



May Birthdays of the Month

Katie Lamb
Martha Gross
Sarah Labonte

Happy Birthday!

Committee News

Ronald McDonald House
Sue's Supper

Next Meal June 16

Consider being a Chef of
the Month

Contact Ann Smith to sign
up



**Ronald
McDonald
House®**

From the Service Committee



Pictured above, Left to Right - Karen Valley, Debbie Lemieux and Ann Smith met at Ronald McDonald House on Tuesday, May 19 to cook for the residents.

Italian meatloaf, Green Beans, Roasted red potatoes and topped off with Strawberry cupcakes.

On Thursday, May 21st, Portland Altrusans, Wanda Pettersen and Pam Lemieux, delivered 18 bags of personal care items to Milestone Recovery at 10 Andover St, Portland, ME. This is where the Women's Recovery Center is located.

We were greeted by Alisa Gibson, Milestone's Director of Mission Advancement (pictured), and Amy Chaney, RN, Withdrawal Management Director. They were very appreciative of these personal Care bags that contained Soap, Deodorant, Shampoo, Conditioner, brush/comb, Toothpaste, toothbrushes, face cloths, socks, and so much more.

The clients at Milestone Recovery receive a personal care bag when they graduate from the program. Many clients enter Milestone Recovery with very little personal items. These bags help them to get started on their new life. In fact, while we were dropping off the bags we met a client who had just graduated out of the program and was leaving. We gave her a bag on the spot and wished her good luck.

Thanks go out to all the Portland Altrusans who donated a bag of personal items. Your generosity is amazing.



Left to Right: Pam Lemieux, Wanda Pettersen, Alisa Gibson, Milestone's Director of Mission Advancement.

Club News

Finance Committee is sponsoring 2nd Annual Yard Sale. If you have gently used stuff and want to donate, deliveries can be made to 7 Vivian St., Westbrook at the home of Fran Jensen.

ALTRUSA | Leading to a Better Community
International **Portland, ME**

Proceeds benefit
**Altrusa of Portland, ME
Foundation**

Yard Sale!

**SATURDAY
06/27/26**

8am-4pm

Pay what you want- By Donation
Household goods, Books, home baked goods, and more!
7 Vivian Street, Westbrook, ME



ASTRA of Lake Region High School

Ability
Service
Training
Responsibility
Achievement



Tuesday was a picture perfect day for an End of Year celebration for ASTRA members at Lake Region High School.

This was a senior send-off, but also we said Thank you and so long to Mrs. Kristina Theriault for her 5 years of advising and supporting the ASTRA club. She is taking on a new role at the High School and is passing the baton on.

ASTRA t-shirts designed by the members were sold to the members as a fundraiser and were handed out this day.

Also, ASTRA graduation cords were handed out for the graduating senior ASTRA members.



ASTRA members making their way to the picnic shelter for the End of Year celebration.



left to right: Lee-Ann VanAtta, Mrs. Kristina Theriault- advisor, Trish Maxim
Kristina was presented with a beautiful flower pot to hang on her deck.



Left to right - Seniors Katherine O'Connor and Abigail Manchester seen with Mrs. Theriault displaying the T-shirt.

Katherine O'Connor is going to Mount Holyoke for a major in Biology. Abigail Manchester is going to Southern Maine community college for Firefighting. Best Wishes to these fine young women.



ASTRA members and supporters in the picnic shelter at Lake Region High School.



Ability
Service
Training
Responsibility

ASTRA of Lake Region High School

Last Friday, 18 Lake Region High School ASTRA members, with 3 Altrusans and their advisor, Kristina Theriault, descended upon 2 area elementary schools for their ABC project, with new books in hand to give to each Kindergartner.

First stop was Songo Locks Elementary School, where they read to 5 K-classes.



With 18 ASTRA students for just 3 classrooms at Stevens Brook Elementary - after the book was read to the classroom - - the high school students got 1-on-1 time (OR 1-on-2 time) with the kindergartners. It was really special for everybody!!



Other Things

Don't forget to input your Service Hours.
Copy and paste this link into your browser:

<https://docs.google.com/forms/d/e/1FAIpQLSfBA5kpTP2KnohBM77MIB7qwAm953glU10L8wCWanf3Qbrtqg/viewform>

The International Association President wants us to enter literacy hours as a separate category.

from the
Altrusagram
editor



Many thanks in advance for all your efforts and your support in providing your input to Altrusa **articles and photos.**

Please email myself, Debbie, at dalemieux33@gmail.com with anything you consider newsworthy. My deadline for submissions is the Friday following the Program meeting.

Club Meeting Norms:

- ✓ Start and end on time
- ✓ Respect each other
- ✓ Accept differences
- ✓ No side Conversations, Cell phones silenced
- ✓ Provide a safe space to speak ones mind
- ✓ Abide by the democratic process
- ✓ Be engaged while present
- ✓ Assume others' good intentions
- ✓ Be open to the ideas of others
- ✓ No interruptions of speaker, speak one at a time



Thank you for continuing to fill up the green Altrusa **CLYNK** bags.

Pam Lemieux can give you as many bags with stickers as you ask for. Fill them with your returnables and Then:

1. drop them off at your local Hannaford's
2. drop the bags off at Pam Lemieux's house
3. or, bring to a meeting and give to Pam.

Mark your Calendars

District One Workshop

Nonantum Resort
95 Ocean Avenue
Kennebunkport, Me.
Nov 15, 2026