

Summer 2026 Altrusagram

Upcoming Dates

BAM BOOK DRIVE

July 19th – August 16th
Books-a-Million
South Portland ME

SUE'S SUPPER

Ronald McDonald House
Tuesday, August 18th
(3rd Tuesday of every month)

TOYS FOR TOTS TOY DRIVE

Sunday, August 23rd
4:00 PM
Payson Park, Portland
Rain date Sunday, August 30th

BUSINESS MEETING

Wednesday, September 9th
6:00 PM, Oak Room
Westbrook Community Center
426 Bridge St., Westbrook, ME

PROGRAM MEETING

Wednesday, September 23rd
6:00 PM
North Deering Tavern
1349 Washington Ave.
Portland, ME

BRICKYARD HOLLOW BREWING CO. FUNDRAISER

Tuesday, September 29th
5 PM - 9 PM
9 Commercial St, Portland, ME

EMPTY BOWL FUNDRAISER

Saturday, October 24th
5 PM - 7 PM
First Lutheran Church
132 Auburn St, Portland, ME

DISTRICT ONE WORKSHOP

Saturday, November 14
Nonantum Resort
95 Ocean Ave.
Kennebunkport, ME

DISTRICT ONE CONFERENCE

April 23 - 25, 2027
Hilton Garden Inn
Freeport, ME

INTERNATIONAL CONVENTION

July 21 - 24, 2027
Columbus, OH

President's Message July/August 2026

Confident ----- Inspiring ----- Caring



These words can be found on the home page of the Altrusa International Website, www.altrusa.org. And these words are the qualities exemplified by each of our Altrusan sisters in our Portland Maine club.

The summer months offer us opportunities to re-engage with family and friends and enjoy the splendors of our backyard gardens and the Maine outdoors. It is also a time for Portland Altrusans to refresh, reenergize and renew our commitment to serving our communities.

Committees have been preparing for the support and execution of fundraising and service projects. It is with collaboration of all committees and the dedication of our Altrusans that our communities benefit.

Last month, the Finance committee organized and held our 2nd annual Yard Sale fundraiser. A huge thank you to Fran Jensen for the use of her garage and the many hours of setup. Thanks to community and Altrusan donations, it was a great success. Upcoming plans for a "Restaurant Night" fundraiser are developing. Stay tuned for details in our next newsletter.

Under the thoughtful leadership of Martha Gross and Cathy Paglio, our Service committee develops and coordinates our many service projects. They have been coordinating plans for upcoming A-B-C season, our Empty Bowl fundraiser for Project FEED, Ronald McDonald House dinners, (aka Sue's Supper), school scholarship awards, Toys-For-Tots donations, Veterans Home service efforts, "Bags of Hope" for Milestone. And that's not all.....

Our ever-important Books-A-Million summer bookdrive is beginning on July 19th and running through August 16th. Altrusans are donating their time to meet, greet and thank BAM shoppers for their continued support of our Literacy project. Each year, from bookdrive donations, 2000+ area kindergartners are gifted a brand new FOREVER book. This is our most loved A-B-C project. We are so very grateful for the BAM bookdrives. Our work could not continue without this help.

Looking forward to a productive and awe-inspiring service season together. Thank you for all your creativity and energy.

One Heart, Many Hands
Debbie Lemieux



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

Club News

Who We Are...

Altrusa Portland Foundation 2025-2027

Foundation President: Martha Gross
grossmartha01@gmail.com

Foundation Director: Cathy Paglio
rpaglio1@gmail.com

Altrusa Portland Board 2026 - 2028

Club President: Debbie Lemieux
dalemieux33@gmail.com

Vice President: Christine Johnson
cejinmaine@gmail.com

Secretary: Trish Maxim
campnaples@fairpoint.net

Treasurer: Pam Lemieux
plemieux4263@gmail.com

Club Director: Gail Mazzone
mestormy70@gmail.com

Immed. Past President: Karen Valley
book1babe@gmail.com

Parliamentarian: Anita Chandler
achandler@maine.rr.com

Committee Chairpersons 2026 - 2028

Communications Co-Chairs:
Gail Mazzone
Karen Valley

Finance Co-Chairs
Pam Lemieux
Fran Jensen

Membership Co-Chairs:
Trish Maxim
Lee-Ann VanAtta

Service Co-Chairs:
Martha Gross
Cathy Paglio

Program and Event Co-Chairs:
Marie Pike
Ann B. Smith

PLEASE NOTE CHANGE IN SEPTEMBER MEETING DATES!!

Business Meeting, September 9th
Program Meeting, September 23rd

REMEMBER!!

COMMITTEE REPORTS
due to Debbie by
September 6th

Board and Committee Co-Chairs met on 6/17 and approved the recommended changes to the Policies and Procedures Manual below. Members will be asked to vote on these changes at the September 9th business meeting.

PROPOSED CHANGES

I. Grants and Scholarships.

B. Award Criteria

3. The Alice Whittier/~~Fran Dyro~~ Scholarship of \$500 will be awarded to a graduating student at Portland High School, who aspires to pursue a career in science. This award is made in memory of Alice Whittier, a founding member of the Portland Altrusa Club and the first practicing female pediatrician in Maine. Dr. Fran Dyro was sponsored by Dr. Whittier.

6. The ASTRA club Scholarship of \$500 will be awarded to a graduating ~~senior~~ who is a member of the Portland Altrusa sponsored ASTRA club.

III. Delegates to Conference and Convention

E. Financial Arrangements

1. The stipend budgeted for ~~district~~ conference will be divided equally among the delegates and alternates.

V. Proposed New Members

C. Five (5) days after the email, delivery of the recommendation email, barring any objections from the membership, and after the prospective member has attended at least two meetings/events, the president of the club will send an invitation of membership to the prospective member. The invitation will include ~~location~~ committee assignment, location and dates of meetings/events, the amount of dues and where to send the payment.

VI. Reserve Fund

A. A balance of ~~\$2,000.00~~ \$2,500.00 shall be maintained in the operating account at all times.

XII. Local Club and Foundation Office

C. The term of ~~officer~~ office for all Club and Foundation officers will be two years

XIV. Death of Portland Altrusan or Immediate Family Member

A. In the event of the death of a Portland Altrusan, the local club will make a \$50 donation in her/his memory to the Altrusa International Foundation (funded from the Service/Foundation Account). ~~and send a funeral floral arrangement (funded from the Operating Account). Should the family wish no floral arrangement, a \$50.00 donation will be made (funded from the Service/Foundation Account) to a charity of the family's choice or to the Altrusa International Foundation.~~ The President or designee of the club will make the appropriate arrangements.

Altrusa International Foundation of Portland, Maine, Inc.
altrusaportland@gmail.com

PO Box 8834, Portland, ME 04104 USA

<https://districtone.altrusa.org> <https://www.altrusaportland.org>
<https://www.altrusa.org>

D i s t r i c t N e w s

Altrusa District
One Governor
Susan Porazzo



July 2026 President's Message

Hello District One,

As the USA is celebrating its 250th anniversary, I've been thinking about how far we've come and my biennium theme.

Venture outside your comfort zone, the rewards are worth it. If we consider the people who founded our nation, expanded our size, welcomed so many from other nations, it is clear many of them ventured way outside their comfort zones. The founders of Altrusa did the same, paving the way for a truly international organization that continues to serve their communities far and wide. Much the same may be said of Canada which is celebrating their 159th birthday. Bermuda is rich in history and has always been close with the USA.

I want to expand District One membership in order to truly represent our communities. We all must look for ways to grow so that we remain vital support systems within our club areas. All of us should look at how we grow our leaders, present and future.

Someone recently asked me what was Altrusa's value proposition. That's a common approach in business. I look at our District, and I see our value proposition in so many places. The homeless that we provide assistance to, the children who may not be receiving full meals at home when school is out, the literacy projects spreading books to many, many children who still love to read and the support given to various international agencies and groups like Days for Girls. I see value in the leadership skills Altrusa gives to those willing to step up and even those who like to stay in the background.

As you celebrate this summer, please remember to continue to share Altrusa with those in your community who you think would want to be a part of what we bring to our District.

Thank you all for your service.

In service,
Susan

Committee News

From the Communications Committee

YEARBOOK REMINDER

Please send any updates to the yearbook to Christine Johnson by August 1st. The yearbook will be created in a digital PDF standard; however, print copies will be available at a cost of \$5 payable by September 17th.

PLEASE EMAIL TRISH OR DEBBIE IF YOU WOULD LIKE A PRINT VERSION!!

From the Program & Events Committee

GETTING TO KNOW YOU "SPEED DATING"

We're pleased to announce that the *September 23rd program meeting* will be a *Getting to Know You 'speed dating' night*. What might you learn about people you don't know well yet, and about people you think you already know well? And what will someone learn about you? It's sure to be a fun kick-off to the new Altrusa season.

From the Finance Committee

BRICKYARD HOLLOW BREWING COMPANY FUNDRAISER

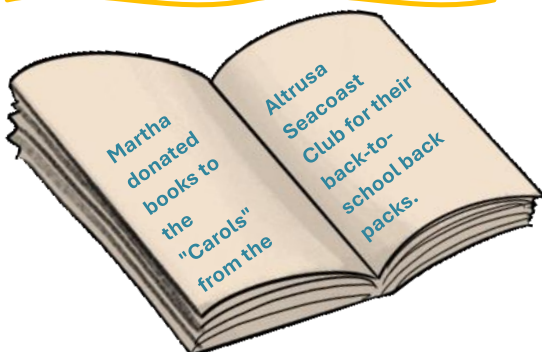
Altrusa will BE hosting a fundraiser through Brickyard Hollow's Community Nights on September 29th from 5:00 pm to 9:00 pm at their restaurant on 9 Commercial Street, Portland, ME. Brickyard Hollow donates 5% of their sales to our organization. Proceeds will benefit our many scholarships and other community activities.

We will have an informational table set up in the lobby with our resources to be shared with guests. This may include 50/50 Raffle tickets, donation bucket, posters etc. (to be determined).

Please alert your friends, relatives and neighbors in plenty of time for this event, so they can include it in their weekly "dining out" schedule.

From the Service Committee

BOOK DONATION



Committee News

From the Service Committee

BAM BOOK DRIVE



Books-A-Million (BAM) summer book drive began July 19th and will end August 16th. We look forward to meeting BAM patrons and sharing about the Book Drive and answer questions about Altrusa. Maybe we will recruit a new member or two? Questions about book drive-ask Cathy P.

Fran Breton representing Altrusa at BAM book drive!!



The ABC Program is the Altrusa International of Portland Maine's signature literacy project providing books for kindergarteners, as well as school libraries in the Greater Portland area. Volunteers visit classrooms to read stories and gift every child their very own "forever book" to take home.



TOYS FOR TOTS

The summer is going by so fast and our Fill The Trunk Toys for Tots Event is Sunday, August 23 at 4:00 pm at Payson Park in Portland. We will meet at the bottom of the hill used for sliding. Rain date is Sunday, August 30 at 4:00 pm.

I offer a few ideas to purchase toys:

- ▶ Purchase a toy or two at Amazon and have it shipped to:
Cathy Paglio, 30 Gertrude Avenue, Portland, Maine 04103
If you do this, please let me know so I can watch it.
- ▶ Give money to me and I can shop for you-I love to shop !!
- ▶ Drop off toy to me or I can pick up
- ▶ Purchase a new unwrapped toy and join us at the Fill The Trunk event and bring your toy to add to the trunk of my husband's Corvette.

Please RSVP and let me know if you are planning to come to our Fill The Trunk Event. We had fun last year filling the trunk and checking out the Corvette. I am in the process of trying to get a few Southern Maine Corvette Members to come by with their Corvettes too. Last year we collected 79 toys!! Let's see if we can beat that!!!!

Any questions please let me know. Thank you, Cathy

Committee News

Service Committee



Cricket Comforts August Summer Fun Gathering will be held on Saturday August 8 at the Gorham Recreation Center's Multi-Purpose Rm, Door # 5, Ball Park Rd, Gorham, ME 04038.

Cricket Comforts is a local non-profit organization that delivers 170 100% cotton and 1000% fun pillowcases to Barbara Bush Children's Hospital each month. At least once a year, they also deliver book/pillowcase pairings with new books provided by Altrusa. Follow them on Facebook at <https://www.facebook.com/CricketComforts>

This week, on July 21, "Head Cricket" Heidi Ferrin took 30 book/pillowcase pairings to the hospital. As always, BBCH was thrilled to receive them. Cricket Comforts plans to include 25-30 book/pillowcase pairings in each delivery for the next few months until their book inventory is depleted for this year. They continue to be grateful to Altrusa for supporting this special project.

Cricket Comforts is gathering to create bright, cheerful, and fun pillowcases. Most of these will be donated to the MaineHealth Barbara Bush Children's Hospital, where they deliver 170 pillowcases each month. During each gathering they need help pinning, trimming, sewing and ironing fabrics to create the pillowcases. If planning on sewing please bring your portable sewing machine. Most other supplies will be available.

They generally have a potluck lunch and snacks. Please bring a snack, appetizer, or lunch item to share if you'd like to join them for the potluck. You are also welcome to bring your own brown bag lunch. Ice, cold and hot coffee, tea and fixings will be supplied. They will also bring paper products. They recommend bringing your favorite covered cup or tumbler which cuts down on spills and damage to fabrics.



In addition, their annual fundraiser is now in full swing. They are again raffling off a beautiful hand-pieced and long-arm stitched queen-sized quilt. Chances are \$5 each. Tickets are available from Christine Johnson or by contacting Cricket Comforts via their Facebook page.

Ronald McDonald House *Sue's Supper*

Next Meal ~ Tuesday, August 18th
Consider being a Chef of the Month!
Contact Ann Smith to sign up

NOTE: Ronald McDonald House collects pop tops from cans and saves them to sell to a recycling center where they are melted down and the metal is reused! They would love any we can donate. An interesting fact: there are two different kinds of pop tops, steel and aluminum which are indistinguishable by sight so before RMD brings in their tops to be weighed for cash, they use a magnet to separate out the steel!

Tell your friends and family to help us with their fundraiser!



Pictured above are Altrusans Arlene and Ann in the upper left corner and to the right is Gail, an employee supervisor for Ronald McDonald House. Kristina, a new Altrusa member, taught Arlene and Ann how to frost the "hydrangea" cupcakes. Our menu that night was roast beef for sandwiches, chicken salad (sandwiches or to eat plain), pickles, cole slaw, and cupcakes!

Committee News

Finance Committee

“Second Annual Yard Sale”

A big “THANK YOU” goes out to all our members, their families and friends, who saved their “Treasures” over the last year to contribute them to our “Annual Yard Sale”. Needless to say, it was a success.

Many of our members worked many hours before the actual date and lugged the treasures into my garage for them to be “exhibited” on the last Saturday in June to the Public. We had early birds and late treasure hunters. Some items were also sold on FB Marketplace to add to the “Pot”, which will be distributed as scholarships.

I specifically want to thank all the members who helped set up the tables, brought the tables, sorted out the merchandise, took all the leftovers back home or donated them to the local Salvation Army or Goodwill. It was a lot of work, long hours and the weather was NOT COLD!

Looking forward to the next one! Save those “Unwanted Items”. Remember, “Your “Trash” is going to become someone else’s Treasure”.

Have a great rest of the summer ~
Fran J



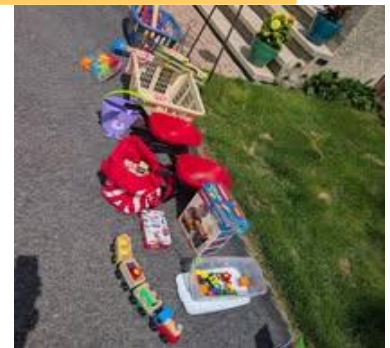
**Volunteers Cathy Paglio, Fran Jensen ,
Ann B. Smith and Debbie Lemieux**



**Member Ann B. Smith
organizing some of our
donated items!**

**Just a few of the donated
items from our members
and their friends!**

Thank you!



**Homemade baked goods
from Karen Valley!
Definitely well received!!**



**Our new roll-up banner -
brainchild of President,
Debbie Lemieux!**

Member Spotlight

Getting to Know. . . Wanda Pettersen

Wanda has been a member to Altrusa International Portland ME since March 10, 2016. She has invested her time and energy not only in volunteering in all our special projects, but as a leader and mentor for others in the organization. Within 3 months of becoming a member she took on the role as Club Treasurer from June 10, 2016, thru May 31, 2020. After treasurer, She has held the office as Club Vice-President and Club President and also has held the office of District Treasurer. Next year, she will be the Governor of District One (Altrusa Clubs in Maine, New Hampshire, Connecticut, Massachusetts, Quebec, and Bermuda).



Who is Wanda Pettersen?

What was going on in your work or life when membership became appealing?

As I was getting ready to retire, a friend & coworker who is also a member of Altrusa, Francine Breton, spoke to me about this volunteer organization & thought I would be interested in joining. Francine invited me to a program dinner. I got hooked.

What is one value or belief that guides how you show up in your work or community?

I was brought up in a family who volunteered. Parents taking on the responsibility to befriend the elderly in a nursing home who had no family visits. Advocating for members of our community with their needs. Making and delivering meals to seniors. As a matter of fact, We could not sit for our thanksgiving meal until all the holiday meals were plated and my mother & dad delivered them before we could sit and have our meal.

What events, content, or programs have been most valuable to you?

My favorite project has been the ABC program. Sitting & reading with kindergarteners who may not have anyone at home to read to them, nor do they have any books of their own. To talk, read, and to be able to give them a book from Altrusa brings joy to my heart.

What's a small daily ritual that makes your day instantly better?

A couple of cups of coffee in the morning to help me plan the day ahead.

Which emoji do you use way too much?



Special Quote from Wanda:

Never forget where you came from.

Do you talk to your pets? What do you say?

Yes. I ask her how her day is going & how she is feeling. Normal conversations.

If your personality were a drink, what would it be?

summertime: Caribbean Martini/dessert: Salted Caramel Martini

What was the moment when you felt, "This membership is worth it"?

I am grateful for the like-minded friends I have made in the Portland Club and now at the district level. I am so looking forward to my next adventure with Altrusa.

ASTRA CLUB NEWS



ASTRA of Lake Region High School

Ability
Service
Training
Responsibility
Achievement



LRHS ASTRA was chartered February 1, 2017. These are the 1st 4 links on the 'Chain of Service' created at the Charter Ceremony May 18, 2017.



LRHS ASTRA initiation ceremony in May 2026 with 100+ links on the 'Chain of Service'!



Lauren Jakobs (center/orange shirt) was the guest at our 4/15/2026 Membership Drive. She graduated from LRHS one year after this picture; Assumption College in 2022; & University of New England this year. She is well on her way to becoming a doctor.

- Katie Klein, founder of ASTRA at LRHS is on the far right.



The 2025-2026 Lake Region High School ASTRA Club with 31 (+ Advisor) of the 52 members This group of students accomplished 8 different 'Service Projects' in the towns of Bridgton, Casco, and Naples.

Random Bits

NEWSLETTER

from the
Altrusagram
editor



Many thanks in advance for all your efforts and your support. Please email your **articles and photos** to the following email:

comm.altrusaportland@gmail.com

Our deadline for submissions is the 15th of every month.

SERVICE HOURS REMINDER

Please don't forget to input your Service Hours at this link: [Service Hours](#)

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

CLYNK!
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 drop them off at your local Hannaford store.
Easy Peasy!!

AUGUST BIRTHDAYS



1 – Gail Mazzone
10 – Ann Nappi
15 – Wanda Pettersen
23 – Kristina Kentigian
30 – Toni Parise

Happy Birthday!

DID YOU KNOW?



Put a small amount of water in a glass when you microwave your pizza to keep the crust from getting chewy

MONTHLY BOOK PICKS

1-3 year olds

Good Dog, Carl by Alexandra Day

We're Going on a Bear Hunt by Helen Oxenbury and Michael Rosen

3-6 year olds

Tacky the Penguin by Helen Lester

Bruce's Big Storm by Ryan Higgins

8-11 year olds

The Ultimate Road Trip Activity Book: 101 Puzzles, Games & Travel Activities for Long Drives, Plane Rides & Screen-Free Family Time by Sophie Harbor

Late Elementary to Adult

Gone to the Woods by Gary Paulsen

Adults

Among the Shadows by Bruce Coffin

"A reader lives a thousand lives before he dies.

The man who never reads lives only one."

~ George R.R. Martin