

**Altrusa International of
Central CT, Inc.**

P.O. Box 2532

Middletown, CT 06457

Altrusa.CentralCT@gmail.com

President

Jamie Santaniello

860-986-4911

Vice-President

Lynne Havlicek

860-306-5110

Secretary (Interim)

Kathleen Didato

860-836-7611

Treasurers

Edna Liberty (General)

860-614-3817

Cathy Boone (Foundation)

860-754-6972

Directors

Bonnie Laput

860-894-2122

Tiffany Shaffer

860-817-4899

Elsie Mathews

860-841-9375

Past President

Hilda Schmidt

203-592-4819

Newsletter Editor

Elsie Mathews

860-841-9375

Meetings

2nd and 4th Wed.

Wadsworth Glen

starting at 6:30 pm.

Presidential Prose

Dear Altrusa Sisters,

Welcome to November.

Did you know that November is National Gratitude Month? Practicing gratitude can be beneficial for all of us and help shift us from focusing on the negative to appreciating the positive in our lives. I am certainly grateful for the ways each of you has impacted my life, the opportunities that Altrusa has brought me and the service I am able to achieve connecting me with our community. What are you grateful for this November?

We are well underway with our raffle this year. I hope you have had opportunities to sell your tickets to friends and family. With less physical contact with others this year, I have had success with utilizing social media and email to sell my tickets. Being flexible with payment sources like taking cash, check, use of PayPal and Venmo have also streamlined the process for me. How are you achieving success this year?

We wrapped up our Make a Difference Day project "Moving up" at the end of October. It was a great success. What a great project that will help an individual or family moving into an apartment after a period of homelessness.

Our holiday baskets this year will be a monetary donation to the Cromwell Human Service Department and members have been so generous.

I look forward to seeing you at our next business meeting November 11th! We will have a speaker for Veteran's Day.

Stay Well,

Jamie



Upcoming EVENTS

- Nov 11: Business Meeting at 6:30 pm
Virtual Meeting with Guest Speaker
- Nov 11: Veterans' Day
- Nov 25: NO Program Meeting
due to Thanksgiving holiday

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Mark Your Calendar!

District One Workshop 2020
Virtual Meeting via Zoom
November 7, 2020

District One Conference 2021
Freeport, ME
April 23-25, 2021

Altrusa International Convention 2021
Note Date and Venue Change
Charlotte, NC
July 28 – Aug 1, 2021



MEMBER MEETING

Nov 2- Virtual Breakfast Support the Troops and Honor the Veterans featuring Major General Francis J. Evon, Jr at. 8am=9am

EVENTS

Nov 10 - "It's Not Just a Logo—The Basics of Branding" - KeyBank Workshop series 9am-10am online with Zoom, presented by Logan Galla

Business After Work

None Scheduled at this time.

www.middlesexchamber.com



Altrusa Accent at Upcoming Meetings

- | | |
|-------------|--------------------------|
| November 11 | Lynne Havlicek |
| December 9 | No Accent /Holiday Party |
| January 13 | Ellen Paris |
| February 10 | Pat Jackowski |
| March 10 | Kathy Burns |
| April 14 | Hilda Schmidt |
| May 12 | Patti Deegan |
| June 9 | Bonnie LaPut |

NOTE: If the scheduled member is unable to present, please create your accent and ask someone else to read it at the meeting. ☺

Happy Birthday Wishes

- | | |
|-------------|-------------------|
| November 8 | Bonnie Laput |
| November 25 | Jamie Santaniello |
| November 25 | Dorothy Stevens |



Walk Against Violence–2020 Walk to End the Silence to be held by New Horizons

Hilda Schmidt and her daughter Heather Fitzgerald participated in the 2020 Virtual Walk to End Domestic Violence. The event is hosted by New Horizons and the Middletown Police Department. This annual walk is to honor victims, celebrate survivors and raise awareness of intimate partners' violence in Connecticut. The Altrusa of Central CT Club supports many events sponsored by New Horizons.

Hilda Schmidt



Holiday Food Baskets

Our Foundation has received \$235 in contributions from you, our members, for the Thanksgiving and Christmas baskets. Because of the Corona virus, the Cromwell Human Services department requested cash donations instead of the foodstuffs that we have traditionally supplied. Checks will be sent to Cromwell Human Services for \$115 for Thanksgiving and \$120 for Christmas.

We had planned for a photo op with the checks, but the rollback of Corona virus restrictions makes that difficult

Cathy Boone



REMINDER



On November 11, there will be a guest speaker joining the virtual club meeting. Veteran Speaker, William Currin will speak about "15 Things Veterans would like you to know". Please be sure to attend the zoom meeting at 6:30pm on November 11th.

Young Readers Initiative—Joint project with Middlesex NAACP—

YEAH! We got the Grant

Our newest project to encourage reading in adolescent minority boys has been funded with \$1,500 from the Altrusa International Foundation. Virginia Townes has agreed to chair the project and will let Faith Jackson of the NAACP know that we are ready to go and find out if she is ready to order the books for the first reading exercise. We will also seek development of a project plan that identifies the roles that Altrusans can play in this endeavor.

Cathy Boone

Make a Difference Day (MADD) – Movin' On Up

For Make a Difference Day 2020, we delivered household items to Saint Vincent de Paul to be used in an apartment being prepared for a tenant who has been homeless. We received \$80 in cash donations, donations of new household goods and our local foundation contributed up to \$100 for the project.

What started out to be a basket, grew to a carload and included kitchen, bath and personal items: Dishes and flatware for eight; 12 glasses; a toaster oven; hand mixer and mixing bowl, measuring cups and spoons ; 15 piece pots and pans and utensil set; baking pans; storage bowls; kitchen towels and potholders; 3-piece knife set and cutting board; small slow cooker; can opener; Shower curtain, liner and hooks; bath mat; two sets of bath towels; Soap, toothbrushes, toothpaste and hand sanitizer; scented candle; two large bed pillows; light weight fleece throw; Laundry basket, detergent and fabric softener; broom, dustpan and brush; lots of cleaning supplies and many, many other small items.

The items were delivered on October 27 to St. Vincent de Paul by Hilda Schmidt, Lynne Reilly, Kathy Burns and Cathy Boone. Thank you all for the funding and all of the items that you provided to make this such a significant donation.

Cathy Boone



Photo above: All the generous donations for MADD

Photo to the Right: Club members (Cathy Boone, Lynne Havlicek, and Hilda Schmidt) delivering the kitchen items to the new home. (photo courtesy of Kathy Burns).



New Project: Girls Love Mail

This is what I found in Oprah Magazine...

Happy Sendings

Not everyone who's newly diagnosed with breast cancer has an emotional support system. For those who don't, there's Girls Love Mail (GLM). Since 2011, the organization has invited people to write encouraging letters to strangers with breast cancer; it's sent about 167,000 to date. This year GLM wants to collect 25,000 new notes and needs your help; Visit girlslovelmail.com to offer optimism-building correspondence of your own.

In my recent email, you will find Writing Guidelines, Writing Tips, What you can and cannot say, and a few examples of letters written by others. The most important pages are 2 and 3! There's also lots of information on their website www.girlslovelmail.com

If you choose to participate, please make sure I have your notes **by November 15th**. I'll package them up and mail from our club.

This is a quick and easy, 1 month long project. Reach out to me if you have any questions, or need help getting started.

Thanks for joining me!!!

Linda Ring

The Girl Inside:

A poem by Ellen Paris

Somewhere deep inside yourself is your courageous Girl.

She's always there ready to activate your resilience and determination.

She's been there for you many times before and won't ever let you down.

Dig deep and count on her strength to keep you moving ahead.

She is your ultimate Cheerleader who helped you laugh at adversity.

Be "One" with your inner Girl and her power will set you free!

Words That Live...Happiness

"Happiness cannot be found by seeking it. Truly, happiness is a by-product, made out of living abundantly and understandingly. It appears when righteousness and vision are present. So too an Altrusa Club is built of the minds and hearts of women big enough to understand life. Its success is the composite of you and me and of every Altrusan wherever she may be."

Mamie L. Bass
International Altrusan
April 1940 page 17

Foundation Board Meeting

Our local Foundation's Board of Directors met on October 21. This was the Foundation's annual meeting and election of officers. The officers are: President Hilda Schmidt; Vice President Lynne Reilly; Treasurer Cathy Boone. Directors are Tiffany Shaffer and Kathy Burns. The bylaws provide that the Immediate Past President of the Club is the President of the Foundation.

The Board:

Approved a budget for FY 20-21 which will be sent to the club for comment at the next meeting.

Approved memorial contributions for Patti Deegan's parents and Kathy Burns' sister.

Approved up to \$100 for the MADD Moving On Up Project

Approved the purchase of 2 bingo cards for the District One November Workshop fundraiser.

The Board also agreed that the president and the treasurer would review the bylaws and recommend any needed changes to the members. Any changes to the bylaws must be approved by the Board of Directors and ratified by the Board of Directors of the Club.

Cathy Boone

Altrusa Raffle 2020 - Support Local Business

Thank you all for picking up your tickets at Governor, Linda Ring's doorstep.

November is Raffle Sales month. It is also a time of stress and worry for many of us. Our Club has not been able to meet in person and work together in fellowship. With all that is going on in the world today, I hope that participating in the raffle this year will bring a small sense of normal into our lives. I hope that the idea of winning a prize will brighten someone's day.

Please set a personal goal to sell (or donate in kind) all of your tickets by the end of the Thanksgiving holiday weekend. We have the potential of raising \$5000. Think of all the good we can do. We must account for all the tickets (sold and unsold) before the actual drawing. This year, we are asking you to drop off your tickets and tickets sales to one of the committee members homes.

Linda Ring, 98 Pond Pl., Middletown
Pat Jackowski, 46 Milardo La., Middletown
Lynne Havlicek, 3 Pheasant Dr., Middletown

Also, I'm always in town and would be happy to pick up tickets from anyone who cannot be out and about. Please contact me - 860-306-5110 or clreilly24@yahoo.

On behalf of the Raffle Committee, I want to thank everyone in advance for your effort and support.

Lynne Havlicek



Altrusa International of Central CT, Inc. 2020 Raffle Supporting Local Businesses

Buy a raffle ticket for \$5, support our local community service efforts and have an opportunity to **win one of 37 prizes!** Just in time for the holidays...

We actively promote **Literacy for All Ages** and various community service programs. Some of our projects include:

- ♦ **ABC-Altrusa Books for your Community** - collecting new and gently used books (for pre-school through adult) which are distributed throughout the year.



- ♦ **Awards/Scholarships** - honoring two high school students, and one Middlesex Community College graduate who demonstrates academic potential and exemplifies our dedication to community service.

- ♦ **Senior Citizen Poetry Contest and Reception** - encouraging our seniors to share their life experiences through poetry.



- ♦ **Hungry Babies are not an Illusion** - collecting baby food and diapers to provide supplies to Amazing Grace food pantry, WIC, and Middletown Diaper Bank programs.

- ♦ **Female Soldiers: Forgotten Heroes** - Providing a handmade afghan to each resident at Madaras home in Bridgeport, first transitional home for female vets.

- ♦ **Pack the Pickup with Proteins for the Pantry** - Joining forces with Civitans and Soroptists, we collect protein items for Amazing Grace food pantry at the end of the summer, when goods are most needed.



Winners will be identified Dec 9, 2020 at 5 pm at Didato Oil Co, 151 William St., Middletown

Thank you to our loyal supporters:

- ♦ Cantina Ristorante
- ♦ Cheshire Pizza
- ♦ Chris Cote Golf Shop
- ♦ Dog Watch Café
- ♦ El Pulpo & Tapes Bar
- ♦ Forest City Brewery
- ♦ Great Taste Chinese Restaurant
- ♦ Illiano's Restaurant
- ♦ Lan Chi's Vietnamese
- ♦ Luce Restaurant
- ♦ Malloves Jewelers
- ♦ Max Restaurant Group
- ♦ Mondo Pizza
- ♦ Neon Deli
- ♦ Newfield Pizza Restaurant
- ♦ Nino's Restaurant
- ♦ R.J. Julia Wesleyan
- ♦ Red Fox Restaurant
- ♦ Vespucci's
- ♦ Victorian House



Special Thanks to Dinah Sinnema for donating this Beautiful Vintage Medallion Quilt. It measures 64 inches by 79 inches. This colorful, lightweight quilt is pieced together with black and bound in red

Altrusa is an international organization of business and professional volunteers dedicated to community service. We have a history of serving Central CT for more than 60 years!

Altrusa.CentralCT@gmail.com

Senior Poetry Contest

To all Gerard F. Melito Senior Poetry Committee Members: Jamie Santaniello, Linda Ring, Virginia Townes, Michelle Fine and Bonnie Laput,

I contacted the Dir. of the Cromwell Belden Library yesterday, Kara Canney. I discussed the possibility of using the library facility for next April (Linda Ring set the date of Sat. April 10, 2021). Below is her response. She penciled in the date on her calendar, but said that all state libraries are closed until the new vaccine can be safely administered to the state's population. I spoke with Linda Ring, and we will continue the contest via mail and a possible virtual presentation as we did this year.

Linda will design a letter for mailing to poets on Jan. 4 . I have contacted the 2 judges and they have agreed to judge the 2021 contest. More to follow.

Bonnie has volunteered to help with stuffing and mailing some envelopes, Thank you all for your help with this project. I'm sure the Senior Poets will be happy to enter poems and receive their book of entries.

Ellen Paris

All | The Middletown Press | Wednesday, October 7, 2020

THE MIDDLETOWN PRESS

EDITORIAL

A grim shadow of domestic violence

C OVID-19 had been creeping across the globe for just a few weeks when the United Nations recognized domestic violence as a "shadow pandemic."

By the first week of April, the UN charted a 30-percent rise in reports of domestic violence in France over just three weeks. Similar spikes were documented in neighboring nations.

Domestic Violence Awareness Month, marked each October, challenges the public to pay more attention to a social ill that is horrifying to even contemplate. That has never been more true than in 2020.

The breadth of the issue is overwhelming. It is not a just a local problem, or a state problem, or an American problem. Because it happens behind closed doors, it can lurk in any neighborhood.

Experts at domestic violence agencies have had to cope this year with challenges such as shelters being re-purposed as health centers, just as the coronavirus triggered abusers.

Financial stressors dovetailed with months of isolation just as victims were deprived of access to lifelines. Social workers saw a drop in reports during the early days of the pandemic. As warmer summer

months and the economy drew people outdoors, those numbers began to rise again because survivors had more freedom to reach out for help.

Some agencies report that recent hotline calls have risen by more than 50 percent, and leaders on the issue say they are bracing for more with the arrival of the autumn frost.

October is an appropriate time to erase the stereotype of domestic violence. The U.S. Department of Justice reports that about 1.3 million women and 835,000 men are victims of physical violence by a partner each year. Children who witness the violence are often ancillary victims. In some homes this fall, young adults escaping violent households for college are being forced back home.

State leaders cannot leave this pandemic in the shadows. State Rep. Alex Kasser crafted "Jennifer's Law" in honor of her missing constituent, Jennifer Dulos. Kasser is attempting to modernize the understanding of domestic violence in family court

cases, to reflect that psychological abuse can come in the form of coercive behavior delivered in texts, e-mails and social media.

Lawmakers, sidetracked by a truncated session, have yet to act on the legislation. It's a grim reminder that forms of abuse are modernized with a keystroke, while justice crawls. If you have the resources, agencies that support survivors are worthy places to support financially.

There will be a reckoning if domestic violence is not recognized as part of the challenge in trying to heal from the pandemic. In the wake of the recession a dozen years ago, there was a stark increase in reports of domestic violence.

The statistics, though, never reveal the truth. There are always victims who never step forward. They need bystanders willing to look and listen for the signs.

We all share a responsibility to pull the "shadow pandemic" into the light.

It's a grim reminder that forms of abuse are modernized with a keystroke, while justice crawls.

October was Domestic Violence Awareness Month

November TO DO List:



Have you documented your club's Make A Difference Day project?

- Would it qualify for a Mamie or Letha or Nina Award?
- Send MADD activity updates and photos to Cathy Babybutt, DSB Editor, at Altrusa.DistrictOne.DSB@gmail.com for inclusion in the next edition.

DSB Deadline is December 1... but why wait? Send it today!

- Encourage your members to attend Workshop on November 7th.
- Log in early to make sure you have your video and audio setup. The room will be open by 8:30 am. Presentation starts promptly at 9 am.

Add the Altrusa Compass Highlights to your International Correspondence section of the agenda. Remind members to respond to the International Survey regarding attendance at Convention 2021 in Charlotte, NC

If you don't have an Altrusa Accent to share at your club meeting, please use the United Way information on page 3 of Governor News.

DUES: Balance of International Dues are due on November 30th. If you took advantage of paying partial dues in July, now is the time to send in the remainder.

Good News from the Governor

Altrusa PPE from International

NEW! www.altrusastore.com
630-584-9414
info@altrusastore.com Presented by
 Doc Morgan Inc.

ALTRUSA STORE
PPE ITEMS AVAILABLE NOW!

Mask Ear Saver

1-5 — \$1.97 ea.
6-10 — \$1.59 ea.
11-24 — \$1.42 ea.
25 & up — \$1.17 ea.

Mask Holding Lanyard

1-5 — \$3.49
6-10 — \$3.17
11-24 — \$2.99
25 & up — \$2.87

Adjustable Face Mask

1-5 — \$6.76 ea.
6-10 — \$6.24 ea.
11-24 — \$5.90 ea.
25 & up — \$5.57 ea.

KEEP THE DISTANCE

Fundraising Opportunity Update

Boscov's Friends Helping Friends—

We have been notified by Boscov's that they hope to let us know by mid-November how much we earned by shopping their October event and that the funds would be distributed by the end of the year.

We are to receive 5% of the spending by shoppers who identified us as their charity. In addition to that, shoppers who didn't personally identify a charity could have their shopping attributed to all of the store's participating charities, so there may be a bonus in that.

Thank you all for participating in this event and helping to finance our Altrusa charitable activities.

Cathy Boone



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