

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

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Meetings

2nd and 4th Wed.
Wadsworth Glen
starting at 6:30 pm.

Presidential Prose

Dear Altrusans,

As we step into November, I can't help but feel a deep sense of gratitude for all that *Altrusa of Central CT* has accomplished thus far this year. The fall season always reminds us to pause, look around, and say "thank you." I want to say THANK YOU to each of you who shows up — to meetings, to projects, to events — with a smile and a giving heart. Your time, energy, and compassion make such a difference, not just in our community, but in the lives of one another.

Our Girls Love Mail letter writing event turned out well. I was excited to have women from outside our club join us. Perhaps next year, we focus more on publicity and encouraging more groups to share it with their members.

Our Little Free Library Launch at Middletown's city hall came at a great time. With early voting happening right inside the door, we will get a lot of exposure. It was special to have Mayor Nocera come down to recognize our efforts and pose for a publicity shot!

November also marks the beginning of the holiday season — a time when giving seems to come naturally. But for Altrusans, service is something we practice all year long! As we move into our Veterans projects, Baby food drive, Seasonings collections and continuing raffle sales, we are bringing warmth and kindness to others. Let us also remember the power of small gestures: a handwritten note, a check-in call, or a few hours volunteered when someone needs an extra hand. Gratitude grows when it's shared, and this season gives us countless chances to share it.

I encourage each of us to take a moment to reflect on what we're thankful for — our friendships, our health, our ability to serve, and the sense of purpose that connects us. Together, we light the way for others through our compassion and commitment. Wishing you all a grateful November as we head into this special time of year.

In service and gratitude,

Linda





Nov 08	District One Workshop - Storrs, CT
Nov 12	Business Meeting Wadsworth Glen at 6:30pm
Nov 25	UN International Day for the Elimination of Violence toward Women
Dec 08	Return ALL Raffle tickets, sold or unsold to Lynne, Jamie, Linda or Pat
Dec 10	Raffle Drawing at Wadsworth Glen at 5:00pm
Dec 10	Holiday Celebration at Cathy Boone's on 14 Mansfield Terrace in Middletown



MEMBER MEETING

Breakfast

November 03 – Support the Troops & Honor the Veterans with Major General Francis J. Evon Jr., The Adjuvant General of the CT National Guard & the CT Military Department. At Sheraton Hartford South Hotel on 100 Capital Blvd in Rocky Hill from 7-9am.

Events

November 13, 14, 15, 21, & 22 – Romeo and Juliet at Oddfellows Playhouse on 128 Washington Street in Middletown from 7:00pm – 9:00pm

Business After Work

None scheduled for November

Happy Thanksgiving

Altrusa Accent at Upcoming Meetings

November 12	Cathy Boone
December 10	None- Holiday Party
January 14	Suzanne Morello
February 11	Pat Jackowski
March 11	Hilda Schmidt
April 8	Liz Brantley

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

Birthday Wishes

Jamie Santaniello
Dorothy Stevens

November 25
November 25





United Nations

International Day for the Elimination of Violence against Women 25 November

Every 10 minutes, a woman is killed. [#NoExcuse](#) UNiTE to End Violence against Women

Violence against women and girls remains one of the most prevalent and pervasive human rights violations in the world. Globally, almost one in three women have been subjected to physical and/or sexual intimate partner violence, non-partner sexual violence, or both, at least once in their life.

For at least 51,100 women in 2023, the cycle of gender-based violence ended with one final and brutal act—their murder by partners and family members. That means a woman was killed every 10 minutes.

This scourge has intensified in different settings, including the workplace and online spaces, and has been exacerbated by conflicts, and climate change.

The solution lies in robust responses, holding perpetrators accountable, and accelerating action through well-resourced national strategies and increased funding to women's rights movements.

Join our 16 days of activism

The International Day for the Elimination of Violence Against Women will mark the launch of the [UNiTE campaign](#) (Nov 25- Dec 10) — an initiative of [16 days](#) of activism concluding on the day that commemorates the [International Human Rights Day](#) (10 December).

This **2024** campaign [Every 10 Minutes, a woman is killed. #NoExcuse. UNiTE to End Violence against Women](#) will draw attention to the alarming escalation of violence against women to revitalize commitments, call for accountability and action from decision-makers.

What is considered violence against women

Violence against women and girls (VAWG) remains largely unreported due to the impunity, silence, stigma and shame surrounding it.

It can manifest in physical, sexual and psychological forms, encompassing:

- intimate partner violence (battering, psychological abuse, marital rape, femicide);
- sexual violence and harassment (rape, forced sexual acts, unwanted sexual advances, child sexual abuse, forced marriage, street harassment, stalking, cyber- harassment);
- human trafficking (slavery, sexual exploitation);
- female genital mutilation; and
- child marriage.

Within the UN [Declaration on the Elimination of Violence Against Women](#) issued by the UN General Assembly in 1993, defines violence against women as “any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.”

This affects women at all stages of their life, including education, employment, and opportunities.

Some women and girls, such as those in vulnerable situations or humanitarian crises, migrants, LGTBI, indigenous people or those with disabilities, face greater risk.

Violence against women continues to be an obstacle to achieving equality, development, peace as well as to the fulfillment of women and girls' human rights. All in all, the promise of the [Sustainable Development Goals](#) (SDGs) - to leave no one behind - cannot be fulfilled without putting an end to violence against women and girls.

[from the UN Page <https://www.un.org/en/observances/ending-violence-against-women-day>]

Inspiring HOPE through Hand-written Letters GirlsLoveMail



Thank you to all who attended our letter writing campaign for Girls Love Mail at the police station on Tuesday, October 21. We generated 65 hand-written letters, and they are on their way to GLM headquarters.

Please share your feedback on ways to improve this event for next year!

Linda



Left photo-
event
attendees
writing letters.
Right photo-
Technology
team Elsie
Mathews and
Linda Ring.
Lower Left -
Hospitality
team: Pat
Jackowski and
Suzanne



Right Photo - Club members hosting the event. Seated (left to right) Lynne Havlicek and Virginia Towns. Standing (left to right): Linda Ring, Elsie Mathews, Pat Jackowski, Suzanne Morello, Hilda Schmidt



Make A Difference Day (MADD) Project 2025

For October 2025's MADD, Altrusa Int'l of Central CT, Inc., with permission from City of Middletown Mayor Eugene Nocera, we launched a Little Free Library in the entrance of the Town Hall. When asked if Altrusa could place a LFL, and having been a former school principal, Mayor Nocera answered with a resounding, "Absolutely".

We sent a thank you to the mayor letting him know his support makes it possible for us to share the joy of reading and strengthens our community's connection through Literacy.

We Altrusans are thrilled that this project has found a home in such a central and welcoming location where all residents can enjoy it.

P.S. A big thank you to Ralph Ring for building the table that the LFL sits on plus installing it at the Town Hall and to the Committee for books and labels which will continue.

Kathleen Didato



Right photo: Left to right – Hilda Schmidt, Lynne Havlicek, Linda Ring, Middletown Mayor Nocera, Pat Jackowski, and Kathleen Didato



Left photo: Linda Ring and Hilda Schmidt stocking the newest Altrusa Central CT Little Free Library.



Raffle Update

- Our drawing will be held on December 10th, 5:00pm at Wadsworth Glen, before our holiday gathering. Winners need not be present.
- If you have sold tickets and proceeds you would like to turn in, I can take them at the Business Meeting on November 12th.
- All tickets (sold and unsold) along with sales must be returned to one of the committee members by Friday, December 5th
- Remember, the ticket stub must be filled out in ink. Any tickets found with return address stickers will be disqualified.

I will bring tickets to the November Business Meeting if anyone needs more to sell when you see friends and family over the Thanksgiving holiday.

Thanks to everyone in advance for making this a raffle to remember!



Raffle Committee,
Lynne H., Pat J., Linda R., & Jamie S.

Workshop Reminder

It's time to treat yourself to a day of *inspiration, connection, and Altrusa spirit!* Join us on November 8th for the District One Workshop in Storrs, CT — just a short drive away and easy enough to do in a single day. For only \$80 (lunch included!), you'll enjoy a full schedule of engaging sessions featuring dynamic speakers from both inside and outside of Altrusa. You'll come away with fresh ideas to strengthen your club and renewed energy for your own service journey.

This is more than just a workshop — it's a chance to laugh, learn, and connect with Altrusans from across the district who share your passion for making a difference. Whether you're a longtime member or brand new to the organization, you'll find friendly faces, meaningful conversations, and plenty of inspiration to take back home. Don't miss out on this easy and rewarding getaway — sign up today and be part of something special in Storrs!



Linda



Altrusa Accent (from October 8th business meeting)

Gratitude is a deep, often conscious appreciation for the goodness in one's life, whether from people, circumstances, or a higher power, accompanied by a recognition that this goodness was not earned or entirely self-created. It begins with seeing that something positive has happened or exists in your life. Gratitude can increase happiness, decrease stress and anxiety and foster optimism.

While there is an abundance of quotes on gratitude, here are a few I'd like to share.

1. Joy is the simplest form of gratitude. (Karl Berth)
2. Gratitude is thankfulness expressed in action. (William George Jordan)
3. No duty is more urgent than the returning of thanks. (Confucious)
4. If the only prayer you ever said in your whole life was, "thank you," that would suffice. (Meister Eckhart)
5. Appreciation can make a day, even change a life. Your willingness to put into words is all that is necessary. (Margaret Cousins)
6. Feeling gratitude and not expressing it is like wrapping a present and not giving it. (G B Stern)
7. Gratitude is the healthiest of all human emotions. The more you express it, the more you find to be grateful for. (Anonymous)
8. Gratitude is not only the greatest virtue but the parent of all others. (Cicero)

Kathleen Didato

Veterans' Project Update

We will be making a trip to Pfc. Nicholas A Madaras Home for Veterans Day.

We have received laundry detergent from a few members. If anyone else wants to donate laundry detergent, please contact me before then. I am also looking for big size calendars to distribute with the detergent. I would like to bring 10. I have 3 so far. They are the kind you get sent from donating to certain charities. No pressure at all. I can ask Didato's to contribute them if we don't have enough. Thanks in advance.

And remember that we have about \$100 to spend on the ladies for Christmas besides giving the afghans. So, if you see a bargain on Body Creams or Spritzes or see something cool, please contact the committee. I have to give a shout out to Pat Jackowski who is a master at finding cool bargains.

Kathleen Didato

Business Meeting Minutes' Highlights (October 8th meeting)

Ongoing updates

- In- School Reading Assist Project at Spencer School – Pat Jackowski, Chair
Update: All applicants have been approved. (Linda, Virginia, Suzanne, Kathleen, and Pat) will develop a plan of action with teacher Chris Newton.
- Holiday Gathering – will be at Cathy Boone's home on 12/10/25. Details at the November business meeting

Unfinished/New Business Discussions

- Altrusa Accent - Kathleen D. gave an Accent on Gratitude. It will be in the November newsletter.
- Raffle – Lynne H.
Tickets distributed at the October 8th meeting. Start selling on October 12th. Return all sold and unsold tickets and all proceeds to committee by December 6th. Thank you.
- Girls Love Mail – Linda R.
EVENT IS TUESDAY, 10/21/25 at Police Station Community Room
Flyer in Central Breeze and emailed. Service Groups contacted.
Linda will have power point with instructions. Refreshments will be Apple Cider, water, and cookies. Set up is at 5:00, event is from 6:00 to 8:00, Cleanup is 8:00 to 9:00.
We will give out books and raffle tickets will be available for sale. Our goal is 100 letters.
Thanks for your commitment to attend and assist our guests.
- Make a Difference Day – Kathleen D.
Ralph is building a table for the LFL to be placed in lobby of City Hall.
Target delivery dates: Oct 22-24.
Pat J. and Lynne H. have adult and children's books to provide an assortment of titles.
PR – Picture with interim Mayor Nocera of dedication and share on Facebook. Notify Chamber.
Add QR Code sticker to front of library. The Little Free Library will be registered as ours.
- Fall Workshop – Linda R.
Saturday, October 8th in Storrs, CT.
Theme: Let Service Light the Way.
Details in the DSB.

Next Month Business

- **Veterans Day** – Elsie M.
Purchase Coats at Ocean State Job Lot and get Crazy Bucks to use for Seasons Greetings. Foundation approved to purchase 3 coats. Elsie will coordinate date and time so others can join for a group picture.

Any Other Business

- Kathleen D. - Collecting detergent at our Nov. 12th Meeting for the women at Maderas House.
- Altrusa of Litchfield County – save the date for their fashion show late April in Litchfield.

Lynne Havlíček, Secretary

President's Council Meeting Notes 10/23/2025

- Last call for Workshop! Our attendance numbers are down. Reach out to members and encourage them to attend.
- International continues to support **Days For Girls**. Governor Susan asked which clubs actively support DFG. Only 2 are consistent contributors (Merrimack Valley and NECT clubs), while many of us address **Period Poverty** in our local communities (Central CT has the SAFFE program). Four ways to contribute to DFG:
 - Monetary donations
 - Collect and fold underwear
 - Host a kit making event
 - Sponsor your own chapter.*I suggested that perhaps NECT or Merrimack could invite District One members to join in at their next DFG event!*
- Members have complained about missing international publications. Presidents were asked to verify emails for all their club members in Group Tally (or delegate the task.) *If you are not getting our newsletter or information from International, please let me know!*
- President Chris DeVlieger shared her projects for the coming months:
 - Membership Challenge in February.
 - Revamping the Membership Sponsor Pin program.
 - Membership committee is working to streamline the onboarding process for new members.
 - New clubs are being formed in District Nine and a new ASTRA club in District Fourteen.
 - Is anyone interested in forming relationships with a Sister Club?
- The UN Committee is working to improve Altrusa's status at the UN. To that end, there will be additional questions added to the Club Activity Report. There will be more information coming about
 - How to include UN in your conference.
 - Working to improve the UN video.
 - Include UN Days in your DSBs.
- Our International Visitor to Conference will be Tammy Boyd (District Two), International Director.

Linda Ring

Governor's Message for November 2025



Hello everyone!

It has been so nice to see all the clubs and their activities these past few months. I know many clubs are coming into one of their busier time periods with so many projects to do as we prepare for our holidays and winter season.

I was lucky to spend a Saturday with members of Carroll County NH at an annual Halloween event to support the Laura Foundation. The children were adorable in their costumes, and everyone enjoyed themselves while raising money for a local charity. Feel free to reach out with any upcoming service projects and as my schedule allows, I am happy to lend a helping hand.

The Board members have been reaching out to schedule their visits. We hope that you get as much out of these visits as we do. It is a great opportunity to hear what the Board is doing for District and learn what we can be doing to be of service to your clubs.

The Board, Northeastern CT and I are excited to be welcoming many of you to our Fall Workshop next week at Storrs, CT. We hope that everyone will take something away from one of the sessions and spend time catching up with your fellow District One members.

In service,
Susan

Reminder on navigating the web...

Where can you find more information about District One? <https://districtone.altrusa.org/>

Where can you find more information about Altrusa International? <https://www.altrusa.org/>

www.altrusastore.com (purchase Altrusa branded items including pins and banners)

Give International some feedback and share your thoughts on improving Altrusa with the [Suggestion Box](#).

If you have forgotten your password to the site please send an e-mail to Altrusa@altrusa.org or call the International Office for assistance.

Did you remember to change your clocks?



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