

**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,

April was a wonderful reminder of just how much heart and energy lives within our club. We were delighted to officially welcome our newest member, Laurie, at our April meeting. Laurie, you've joined a group that works hard, laughs often, and always finds room for one more set of helping hands!



Our commitment to service continues to shine through in meaningful ways. Thank you to Pat, Suzanne, and Kathleen for visiting and connecting with our little pre-K friends at Spencer Readers—those smiles say it all! We had lots of fun at Altrusa Intl of Litchfield County's Fashion Show and Fundraiser (who said that fundraising can't be *fashionable*?) The Senior Citizens' Poetry Reception was a tremendous success, with 17 talented poets and our two dedicated judges in attendance. Our judges were so excited to meet our poets and celebrate their creativity.

Behind the scenes, important work is also underway. Our Awards Committee carefully reviewed applications and selected two outstanding recipients—no easy task! We have received requests to partner on two new projects in Middletown, which we will consider during our upcoming planning session for next year. It's exciting to see how our presence in the community continues to grow! To round out the month, Pat, Hilda, and I attended the Altrusa District One Conference in Nashua, NH. We'll be sharing highlights and announcements at our next meeting.

Now, let's keep that momentum going! Join us for our May 13 Zoom meeting – the focus will be on confirming plans for May events and recapping Conference. Mark your calendars for Middletown Kids' Health & Safety Day on May 16 and our Awards Reception on May 27, where we'll proudly honor our Scholarship and Community Service Award winners.

Let's show up, support one another, and continue making a difference—because when Altrusans get together, great things happen!

Linda



- May 13 Business Meeting ZOOM only at 6:30pm
- May 16 Kids Health & Safety Day 10am -2pm Main St in Middletown, CT
- May 27 Program Meeting with reception for the 2026 Senior Award winners Wadsworth Glen at 6:30pm

SAVE THESE DATES:

District One Fall Workshop
November 14, 2026
Kennebunkport, ME

Altrusa International Convention
July 21–24, 2027
Columbus, Ohio



MEMBER MEETING

Breakfast
May – None scheduled

Events
May 31 – Italian Society of Middletown 2026 Car Show at Palmer Field on Washington Street in Middletown, CT from 10am -2pm

Business After Work
May 13–Wadsworth Mansion on 421 Wadsworth Street in Middletown from 5:00 – 7:00pm



Altrusa Accent at Upcoming Meetings

- May 13 Virginia Townes
- June 10 Kathleen Didato
- July 08 Jamie Santaniello
- Aug 12 Hilda Schmidt
- Sep 09 Laurie Caraway

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. 😊
The full 2026-2027 schedule will be posted here soon.

Birthday Wishes

No club member has a May birthday



District One 70th Annual Conference May 1-3, 2026

The theme of the conference was “Lighting the Way to Leadership”, reflecting the belief that every Altrusa has the power to inspire and guide others. Linda Ring (in her many roles), Pat Jackowski, and I, represented our club.

On Friday evening, a Luau Bingo Party was held to benefit International Foundation, which was fun for the attendees.

On Saturday, The International Representative was Tammy J. Boyd, International Director from Richmond, VA, District Two. Tammy brought news from International. Increasing membership and building leaders is the main objective. There were 6,794 members in 2025; 6722 in 2026. As always Social Media was highly recommended. Coming soon “How to.....guide for social media and marketing basic 101” . Tammy presented the call to International Convention in Columbus, Ohio, with a slide show of the Columbus Zoo, which will set aside a day for the Altrusans’ visit. On Sunday, Tammy spoke on **Leading the Way into Leadership**. She mentioned that we have to spark enthusiasm to get our members to embrace being in leadership roles. For most younger people service is important. To encourage membership, you may want to meet where younger people hang out. Change meeting places and time, such as Community Centers, maybe on the weekends 2pm – 4pm. There was a lot of discussion on these issues.

Our keynote speaker was Leslie Sturgeon, an entrepreneur, leadership mentor, and founder of Women Inspiring Women, New Hampshire’s largest women’s professional community. She spoke about **Stepping Up to Leadership and Stepping Outside Our Comfort Zone**. She shared that her leadership journey began in Altrusa. She was a dedicated member of the Meredith Altrusa club for over 20 years, becoming the youngest president in the club’s history. There she learned how to lead volunteers, build consensus, run meetings, fundraise, and guide an organization. Her message is simple: Growth rarely begins with feeling ready. It begins with stepping up-saying yes before you feel qualified and trusting that leadership grows through service. As Leslie often says, “Altrusa didn’t give me a title-it gave me the confidence to become the leader I am today” Leslie was very inspiring. Hopefully, she encouraged us, Altrusans, to go back to our clubs with positive energy and inspiring words for future club leaders.

Pat Jackowski presided over the Celebration of Lives, 2025-2026 Memorial Service for the six Altrusa sisters we lost this past year, remembering their dedication to Altrusa and how they will be missed.

There were two breakout sessions that I attended.:

- **Altrusa “Easy” Button: Using AI to share our story- Presented by Linda Ring** – AI can write social media post in seconds; generate newsletter and press releases, generate event flyers and caption, help brainstorm campaign ideas, adapt tone: professional, warm, fun, persuasive. Benefit: Saves time; improve writing quality; Keeps messaging clear and consistent; sparks fresh ideas; helps us reach a wider audience. It was very interesting and I hope I can learn it soon. Maybe we can have a program meeting to learn more about it.

Annual Conference update (continued)

- **On Being Treasurer-Presented by District Treasurer, Diane O'Reilly-**
Diane distributed a detailed handout on treasurer's calendar, general responsibilities Group Tally, financial responsibilities, cyber fraud and resources.

There was a Group Session on **Putting the pieces together-presented by Pat Jackowski.** Which I found interesting and Pat will elaborate on it in the June's Newsletter.

Some awards were presented on Saturday and the Major Awards: Mamie L. Bass-Service; Letha H. Brown- Literary; Gabrielle Crepeau-Leadership were presented on Sunday. Come to our business meeting on Wednesday, May 13, to see what awards our club received,

UPCOMING EVENTS

November 14, 2026
District One Fall Workshop
Kennebunkport, ME

April 30-May 2, 2027
2027 District One Conference
Portland, ME

Hilda Schmidt

Litchfield, CT Altrusa Club Fashion Show and Dinner

On April 22nd several members (Linda Ring, Pat Jackowski, Kathleen Didato, Hilda Schmidt, and Elsie Mathews) of the Altrusa International of Central CT club attended the huge annual fundraiser for the Litchfield, CT Altrusa club. In addition to the Fashion which was sponsored by Chico's (clothing was modelled by the Litchfield club members), a very nice sit-down dinner, plus there were several door prizes. Six of the eight individuals sitting at our table each won a door prize. Yay! There were also more than 40 beautiful baskets to bid on. The basket raffle tickets were sold as 25 tickets for \$20. A good time was had by everyone.

Elsie Mathews

May Days of Observance for the United Nations

The United Nations designates specific days in May to raise awareness on global issues, promote peace, and advance sustainable development goals. Here are the key UN observances for May:

- May 3 – World Press Freedom Day – Recognizes the importance of free, independent, and responsible media in democratic societies.
- May 5 – World Portuguese Language Day – Honors the Portuguese language and its global cultural significance.
- May 5 – African World Heritage Day – Celebrates Africa’s cultural and natural heritage and promotes its preservation.
- May 15 – International Day of Families – Raises global awareness of family-related challenges and opportunities.
- May 16 – International Day of Living Together in Peace – Promotes peace, tolerance, and coexistence among people of all backgrounds.
- May 16 – International Day of Light – Highlights the role of light in science, culture, and daily life, and supports sustainable development.
- May 20 – World Metrology Day – Recognizes the importance of measurement in science, technology, and daily life.
- May 21 – World Day for Cultural Diversity for Dialogue and Development – Encourages cultural diversity and dialogue to promote peace and development.
- May 22 – International Day for Biological Diversity – Raises awareness about the importance of biodiversity and its conservation.

These days are part of the UN’s broader observance calendar, which includes both UN-designated and UN system agency-designated days. They provide opportunities for governments, organizations, and individuals to organize events, campaigns, and educational activities aligned with each day’s theme

Altrusa International recognizes the UN Day of Observance, May 15 as the International Day of Families. The Day was proclaimed by the UN General Assembly in 1993 and reflects the importance the international community attaches to families. The International Day provides an opportunity to promote awareness of issues relating to families and to increase knowledge of the social, economic and demographic processes affecting families.

Pat Jackowski

Altrusa Accent from business meeting on March 11, 2026 (by Lynne Havlicek)

A poem by Emily Dickinson about altruism and compassion

If I can stop one heart from breaking
I shall not live in vain.
If I can ease one life the aching
Or cool one pain.
Or help one fainting robin
Unto his nest again.
I shall not live in vain.

2026 Senior Award Update

The two 2026 winners are Faith Kalisz and Anahi Matute.

Faith Kalisz is a senior at Nathan Hale ray High School. She plans to attend St. Anslem's College to study Environmental Protection. Her essay focused on her experience as a volunteer coordinator for blood drives.

Anahi Matute is a senior at Valley Regional High School. She plans to attend the University of Connecticut where she will study business analytics and political science. Anahi's essay focused on her experience as a volunteer for Buddy Track.

We have invited both winners to the May 27th Altrusa meeting at 6:30pm in the Wadsworth Glen library room where we will host a small reception for the recipients and their guests to meet with the club members.

Thank you to the 2026 Senior Awards Committee members (Lynne Havlicek, Pat Jackowski, Jamie Santaniello, Michelle Fine, and myself). Everyone was so efficient and timely with their reviews and scores. It helped the process go smoothly.

Elsie Mathews

Some interesting facts about Mother's Day...

- Mother's Day originally began as a tribute to one woman
- President Woodrow Wilson made Mother's Day a National Holiday in 1908
- Mother's Day is a \$25 billion holiday
- The white carnation is the Mother's Day flower





Middletown Kids Health & Safety Day

A Reminders to all Central CT Altrusans...

The Club is signed up and ready to make this year's event a success. The Middletown Kids Health & Safety Day – May 16, 2026 from 10 AM to 2 PM. We have books, signage and some new advertisement to entice children to come see us in the Community Room of the Police Department. I bought this shirt in Sapphire Blue from Amazon for the event.



They do have it in other colors as well. Emails will be forthcoming for those who signed up to work the day. Anyone who wasn't in attendance and can assist on the 16th, please contact me.

Pat Jackowski

Highlights from Business Meeting on April 8, 2026

General Business – Linda Ring

- Linda will set up an email with the USPO.com to be informed of mail deliveries to P.O. Box
- Dues are due June 1. It's ok to think about paying dues now. \$110.
- Baby Food and Diaper Drive/Requests – Kathleen Didato
- Request for packable crib/bassinet for two preemies. (Contact ABC Women's Center) Shared on Facebook and found donations within two hours. Kathleen also delivered special need formula to Amazing Grace Food Pantry.
- Poetry Reception Plans – (April 18th, 2 pm, Cromwell Belden Library) Cathy Boone/Linda Ring
New Poetry Judge – Ashley Raithel at Middlesex Community College. Both judges will be at the reception.
Reception Signups – Cathy sent sign- up sheet around to members. Set-up is at 12:30.
- Middletown's Kids Health and Safety Day (Saturday, May 16) – Pat Jackowski
Book inventory – 500 (last year we gave out 286 books)
Schedule workers – 9:30 – 2:30 – Pat sent a sign-up sheet around to members.
We will be in the Community Room again this year. Pat will order a "Bookworm Costume" and Virginia will wear it for publicity.
- HS Senior Community Service Award (presentation on Wednesday, May 27) – Elsie Mathews, Lynne Havlicek
- So far, we have 3 applications (1- Vinal and 2 East Hampton) deadline is April 15 th . Elsie and Lynne will coordinate the reception.
Recognition of UN International Days Project Proposal - Pat Jackowski We will dovetail our current projects with UN International Days.
- 2026-04-08 Altrusa Business Meeting Agenda 4/2
- Any interest in participating? No interest from the Club currently.

Other Business

- April Membership Challenge – We are in the running for a \$100 award, thanks to adding Laurie this month!
- ASTRA Kindness Postcards – Interesting and easy project done by ASTRA, International President asks all Altrusans to consider participating as well.
- Young Professionals – under 25 in age – ½ price dues
- Club 52 – Support camps for kids in need, donate \$52 before May 31, 2026 to be considered a founder. Club will donate \$252 to be a Founding Club as well.
- St. Vincent dePaul is looking for donations of fishing poles for occupational therapy outreach.
- Recycling \$'s received from Jamie and Lynne.
- Luther Ridge recycling \$19 to Foundation.
- Happy Dollars were collected.

Lynne Havlicek

Altrusa's Gerard F. Melito Senior Citizens' Poetry Reception
April 18, 2026 ** Cromwell Belden Library



Poetry Contest Reception (continued)





End of Year Tasks

As our calendar year comes to a close, it's time to reflect on what we've done and where we want to go next year! Here's a few reminders to help your review:

- Dues are Due by May 31st. Please send check to our Club Treasurer, Pat J. Dues are \$110 (\$55 goes to International, \$25 to District, \$30 stays in our local club) If they are not paid by June 5th, there is a \$5 late fee assessed.
- Report your hours of service for the Club Annual Report. I've generated a survey form... [Report your Books and Service hours Here](#)
 - Think about our literacy projects. How many books were YOU responsible for distributing to our community?
 - Think about the hours you've spent on LITERACY PROJECTS.
 - Then consider how many hours you have devoted to ALL VOLUNTEER efforts. Include Altrusa administrative hours, meeting preparations, project planning and execution. Then think about hours you've donated OUTSIDE of Altrusa. They count too!
- Look back on your committee and project involvement. Consider 'Stepping Outside Your Comfort Zone' and trying something new. Let me know if you have ideas for different projects or want to try a new role within the club. We can adjust project assignments.

This club is only successful because YOUR efforts make a difference! Thank you for your time and talents!

Friendly reminder: Please get all reimbursement requests in ASAP as Year-end is May 31.

Linda

District One President's March Meeting Notes

There was no President's meeting held in April due to the Conference being held in April.

From The Altrusa Compass (Volume 8 Issue 3)

Mamie Moment

New Fields Shall Open Unto Us "What we have already achieved is magnificent.

But Altrusa is not static. It is dynamic. New fields shall be open unto us and we will achieve new goals of helpfulness.

In the past, in the present and in the future the strength of Altrusa is in the individual member—her vision, her character, her kindness and her desire for service, and always her power to add to the happiness of those about her.

So, it is to you, each of you, to build for Altrusa and for your own happiness. Altrusans of the present and the future I salute you and pledge anew my devotion and understanding."

Mamie Luella Bass

International Altrusan April 1956 page 4

Except for last sentence, this message is on her tomb stone

Don't forget to follow our Altrusa International social media pages!

We post club service projects, updates from the International Office, club updates, and more to help grow our membership.

Facebook [@altrusaintl](#)

Instagram [@altrusaintrenational](#)

TikTok [@altrusa](#)

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.

Altrusa District Twelve Online Silent Auction

May 2026



Hello Altrusans and Friends of Altrusa,

You're invited to take part in the **Altrusa District Twelve Online Silent Auction**—no matter where you are! This exciting new fundraiser is open to all Altrusans, friends, and supporters everywhere.

Our **Online Silent Auction is LIVE now**—and we need your help to make it a success!

You can bid anytime, anywhere—from your cell phone or computer.

Why it matters:

- 60% supports the **Altrusa District Twelve Foundation**
- 40% supports the **Altrusa International Foundation**

Browse & Bid

Check out an incredible lineup of baskets and travel experiences—from local favorites, luxury spa items, decorations and artwork, handmade quilts and blankets, designer bags and themed baskets to travel packages to Nashville and Ireland—there's truly something for everyone! Bidding for most items starts at just \$20.

THANK YOU to our many donors of wonderful items for the Conference raffle, silent auction and live auction—all of which will be on display May 14-17, 2026 at Semiahmoo Resort.

How the Online Silent Auction works

- Click on a link below to view the Friday or Saturday items
- Bid online in real time
- Get notified if you're outbid
- Jump back in anytime

When you make your first bid, "Zeffy" (the bidding platform) will ask you to "Go to checkout" to enter a credit card number. *It does not charge you* unless you are the winning bidder. Please Note: under the Help Keep Zeffy Free section, you do NOT need to add the 17% donation that is pre-filled in the box. *Click on the drop down and type in "0", if you want to do that.*

Auction deadlines:

- *Friday Auction: Closes May 15 at 6:00 PM PST*
- *Saturday Auction: Closes May 16 at 4:15 PM PST*

Winners will be notified at closing, and all items and item descriptions are viewable online and at Conference.

Open to Everyone—Anywhere!

No need to attend Conference to participate. Support us from anywhere!

If you win an item, you can pick it up at our District Twelve Conference— or most items can be mailed if you're a winner who's not attending Conference.

Help Us Spread the Word

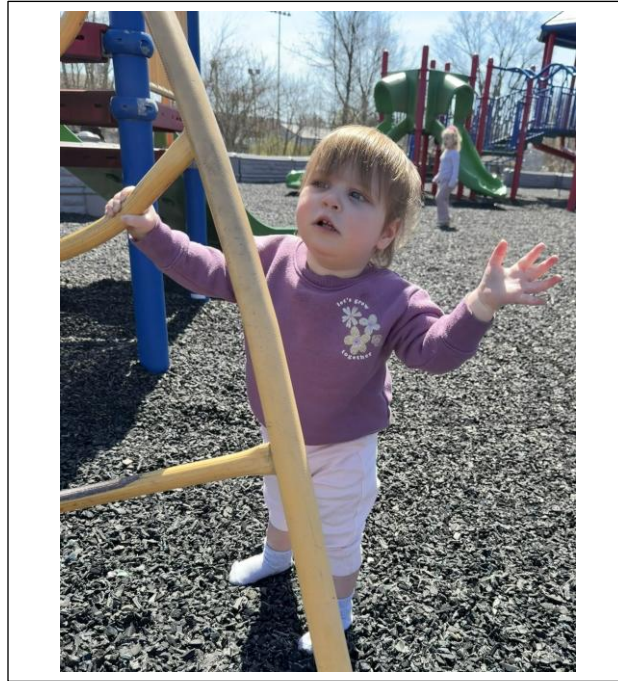
Know someone who loves a great deal or wants to support Altrusa? Please share this email with your friends, family, and colleagues—every bid supports our Altrusa mission and the work of the Foundations in our communities!

Start bidding now:

Friday Auction: <https://www.zeffy.com/en-US/ticketing/altrusa-district-twelve-foundation-and-international-foundations-silent-auction>

Saturday Auction: <https://www.zeffy.com/en-US/ticketing/altrusa-district-twelve-foundation-and-international-foundations-silent-auction-saturday-close-copy>

KENNEDY'S
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