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Central CT, Inc.
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Meetings
2nd and 4th Wed.
Wadsworth Glen
starting at 6:30 pm.

Presidential Prose

October is here, and we are *FALLing into step* with a busy month of fun, fellowship, and service!

🍂🍁 There's a lot happening, so let's make the most of every opportunity to connect, serve, and—of course—have a little fun along the way!

🎟️ Raffle News: 43 Prizes!

Our raffle permit has been approved, and we now have 43 prizes! 🎉 Raffle tickets will be available for members to pick up at our October 28th meeting. Start thinking about friends, family, and coworkers who might want to try their luck—and help support Altrusa at the same time!

🍷 Dine, Donate & Share!

Be sure to share our flyers for the Dine-to-Donate fundraiser at Texas Roadhouse on Thursday, October 22nd. Bring along family and friends and help turn dinner into dollars for our community projects!

💖 October 28th – Join Us IN PERSON!

Please plan to attend our October 28th meeting in person for some much-needed fellowship. We'll also spend part of the evening writing uplifting notes for our GirlsLoveMail campaign, sending encouragement to women newly diagnosed with breast cancer. A few kind words can make a difficult day a little brighter.

📚 Books Are Treats!

On October 30th, we'll be at City Hall giving away books to town trick-or-treaters as part of our *Books are Treats* event. Come join us and our Altrusa Bookworm for some Halloween fun—and help put a book in the hands of a young reader!

USA Supporting Our Veterans

We'll be purchasing laundry detergent for the Madaras Home for Female Veterans, with our donation to be delivered on Veterans Day, November 11th. Watch your email, too, for information about the Ocean State Job Lot Coats for Veterans sale. Two more opportunities to show our veterans that their service is remembered and appreciated.

Looking at everything on our October calendar, it's clear that **small can be mighty!** Thank you for bringing your time, energy, creativity, and heart to Altrusa. Together, we're *Making a Difference every single day!* ❤️



Linda



- Oct 14 Business Meeting - ZOOM only at 6:30pm
- Oct 22 Dine to Donate at Cromwell's Texas Roadhouse 4-8 pm
- Oct 28 Fellowship and Letter writing for GirlsLoveMail at Pat's 6:30 pm
- Oct 30 Books are Treats at Middletown City Hall 11am-3pm
- Nov 11 Business Meeting - ZOOM only at 6:30pm

SAVE THESE DATES:

- Nov 14 District One Fall Workshop
Kennebunkport, ME
 - Apr 23-25, 2027
District One Spring Conference
Freeport, ME
 - Jul 21-24, 2027
Altrusa International Convention
Columbus, Ohio
- *****

Birthday Wishes

Michelle Fine October 10



MEMBER MEETING

Breakfast

- October 5 - Dan Hurley, Head Coach, University of Connecticut Men's Basketball - [Register](#)
- November 2 - 25th Annual Support the Troops & Honor the Veterans Event - [Register](#)

Events

- October 19 through 27 - Chamber Travel Program: Best of Greece - An Aegean Odyssey - [Learn More](#)

Business After Work

- October 7 - Riverhouse at Goodspeed Station, Haddam - [Register](#)



Altrusa Accent at Upcoming Meetings

- | | |
|--------|---------------------|
| Oct 14 | Kathleen Didato |
| Nov 11 | Cathy Boone |
| Dec 09 | None/ holiday party |
| Jan 13 | Suzanne Morello |
| Feb 10 | Pat Jackowski |
| Mar 10 | Lynne Havlicek |
| Apr 14 | Hilda Schmidt |
| May 12 | Elsie Mathews |

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 Texas Roadhouse Fundraising Event 55 Shunpike Road Cromwell, CT 860-807-1522

The Texas Roadhouse, Cromwell Fundraising **Dine to Donate (DINE-IN OR TO-GO)** is set for Thursday, October 22nd, 2026 from 4:00 to 8:00pm. Texas Roadhouse will donate 10% of our supporters' food purchases to Altrusa of Central CT. In addition, we will be able to sell raffle tickets and give out free books.

Here are few ideas to make this event a success:

1. Make sure to distribute the flyers at least 7-10 days in advance, to be sure people reserve the date.
2. Advertise in social media, etc. Send emails with copies of the flyer to friends and colleagues.
3. Send an email reminder 48 hours prior to the event. Don't forget to tell them to bring their flyer!
4. Remember, the success of this fundraising effort rely on our ability for promote the event.

Hilda



Hebron Lions Lights In Motion

Mark your calendars! I have signed up for Altrusa to work 2 nights at Lights In Motion. Unfortunately, my first date ended up double booked... so we have Sunday, December 13 and Tuesday, December 22.

We need to provide 8 people to staff the stations, so check your calendars now, and let me know if you're able to commit. We'll even accept family and friends to make that quota!

Remember, they will donate to our Foundation \$300 plus 2% of the proceeds that night! That's a great way to raise funds for our Foundation (children's projects) while enjoying the outdoors... bundle up!

Thanks!

Linda



Books are Treats

Come join fellow Altrusans as we celebrate literacy with a new project – “Books are Treats.” Through our Little Free Library at Middletown City Hall, we found out there is a Halloween initiative for children to visit the City Hall offices for a safe venue for children to trick or treat. After conferring with the staff at Planning and Zoning, we developed a program to get more books in the hands of the community.

On Friday, October 30th, from 11 AM – 3 PM, we will have a book table in Middletown City Hall where books will be distributed. Members and our Bookworm will be there to entice children of all ages to come get a book, learn about Altrusa and share our love of literacy for all ages. More details will be discussed and sign-up will be available at the October 4, 2026 business meeting.

-Pat J

ALTRUSA International Leading to a Better Community of Central CT, Inc.

Little Books for Big Imaginations!

Books are Treats

Free Books for Children!

Friday, October 30, 2026
11:00 AM – 3:00 PM

Middletown City Hall
245 deKoven Drive, Middletown, CT

Come meet our Bookworm and pick out a book to take home!

Altrusa International of Central CT, Inc.
Community Service | Literacy | Making a Better Community for All



Candid and Kind.

Good leadership doesn't require us to choose between honesty and kindness.

Being candid doesn't mean being harsh, and being kind doesn't mean avoiding difficult conversations or telling people only what they want to hear.

Sometimes the kindest thing a leader can do is care enough to tell the truth, even when it's uncomfortable.

We can say what needs to be said, clearly and directly, while still respecting the person in front of us.

Truth matters, and so does the way we deliver it.



StoryWalk(R) Project: Update

On September 12, 2026, we submitted a grant application for the StoryWalk (R) project to the Altrusa International Foundation. That grant application is currently under review with a decision expected mid-November. Meanwhile, we received Altrusa International of NE Connecticut's list of 'books' they use for story walks and are working with Anne Rash of that Club to visit one of their installations and to borrow a 'book'. This 'book' would be used to show our Club and community members that would be involved in the approval and installation of our StoryWalk (R).

Thinking positively, once grant monies are received at the end of November, the next steps would be to secure a location and contact that community's children's librarian to select the 2 books to use for our StoryWalk(R). Printing would come next with an anticipated installation in early Spring.

We will keep you posted!

Laurie

StoryWalk Committee: Laurie, Hilda, Jamie, Linda



On a whim, I applied to win a free Little Free PIZZA HUT Library from the LFL site. I propose we put it at Pierson Park in Cromwell when we launch our StoryWalk. What better way to end a story than taking a book home to read later!

I hope we win!!

Linda

Raffle Update

The raffle tickets have been approved and are in production! You can start selling them on October 11th. You can pick up your tickets from several locations... Linda's home, or any event in October.

The 2026 Raffle Committee:
Lynne Havlicek, Pat Jackowski,
Linda Ring and Jamie Santaniello





GIRLSLOVEMAIL®
A LITTLE LETTER. A BIG IMPACT.

Let's Write Some Encouragement!

October is Breast Cancer Awareness Month,
and it's the perfect time to write notes for **GirlsLoveMail**.

Your handwritten note will be sent to women who are
newly diagnosed with breast cancer. A few kind words can
be a bright spot, lift their spirits, and cheer them on.



**WEDNESDAY,
OCTOBER 28TH
6:30 PM**



Pat's Home
666 Congdon St. West
Middletown, CT

*Join us for a little fellowship
and a meaningful way to make
a positive difference!*

An **ALTRUSA ACCENT** is a two-minute presentation at a Club meeting that covers such items as news on an upcoming International or District event, new Altrusa materials, Altrusa historical highlights, or bylaw and policy changes. The Altrusa Accent can provide helpful information in membership orientation.

Laurie shared these thoughts at our September Business Meeting:



Always
REMEMBER

— ★ ★ ★ —
UNITED IN
HOPE, GRATITUDE
AND SERVICE

PEOPLE.
PURPOSE.
A BRIGHTER
TOMORROW.

SERVICE | LITERACY | LEADERSHIP

Altrusa Accent

Sept 2026

This year marks the 25th anniversary of Sept 11, 2001. Remembering that day can bring feelings of sadness and loss. Strange as it **may seem**, it also can bring feelings of gratitude and thankfulness for so many things that we normally take for granted – friends, family, faith, home, health, opportunity – the list goes on.

This short prayer, part of Altrusa traditions, may help orient our thoughts.

Altrusa Collect

Our heavenly Father,
Surrounded by blessings,
May we learn to bless;
Reaping the fruits of patriotism,
May we love our country more;
Members of a world-wide community
May we cherish our neighbors
everywhere;
Grateful to Thee,
May we show our gratitude
By efficiency and service.



The 9/11 national moment of silence is this **Friday, September 11, at 8:46 AM.** Take the moment to remember and then take another and fill it with gratitude for all that you have.

Together, we make a difference.®

Altrusa and our work with Lady Veterans



One of the things I value most about Altrusa is the breadth and depth of the projects we support and communities we serve. I love that our work responds to such a wide range of needs.

November is the time of year we support the Pfc. Nicholas A Madaras home for lady veterans in Bridgeport. The home houses 10 women and any small children they might have. Some are working, some are in training and some in transition. We try to pamper them at the holiday time with hand-made afghans and toiletries and other goodies.

Several years ago, we found out that they must purchase their own detergent. We decided to collect and/or purchase bottles of laundry detergent and have now added full-size calendars to deliver on November 11th, Veterans Day. This year, it's on a Wednesday. I will confirm if that day is free for both members who may wish to go and the director of the home.

Kathleen





Meet Keisha Johnson... A Lady Veteran and friend of Altrusa

<https://thehollywoodchristmasparade.org/celebrity/keisha-johnson-ms-curvey-united-states-global-icon/>

Keisha Johnson is a decorated military veteran, accomplished pageant titleholder, and dedicated mentor with a lifelong passion for service and empowering women. A former U.S. Army Sergeant and recently retired U.S. Space Force Security Specialist, Keisha brings over 20 years of leadership, operational expertise, and unwavering commitment to excellence to every endeavor. At age 50, Keisha entered the world of pageantry, not only as a personal milestone but as a way to inspire her daughter and encourage women of all ages and backgrounds to boldly pursue their dreams. Since then, she has earned multiple prestigious titles, including Petite USA Ms. Connecticut 2024, Ms. Military Malibu 2024/2025 and Ms. Curvy United States Global Icon 2025. In September 2025, Keisha was appointed as the Director for Miss Black California USA, further amplifying her impact by empowering women through leadership and representation at the national level. Keisha is deeply committed to supporting underserved communities through hands-on service and compassionate outreach. Her community work has been recognized with several honors, including the Military Showcase Founder's Award in 2024, the STEAM100 Veteran's Service Award in 2025 and certificates of recognition from the City of Los Angeles and the City of Malibu.

Keisha Diane Johnson's story is one of courage, service, and an unwavering commitment to making a difference. Her journey serves as a powerful reminder that it is never too late to pursue one's passions and that true strength lies in the ability to support and uplift others.

"Before these accomplishments, I was a homeless veteran. I received help from the Altrusa organization, which provided my children with basic housing necessities and clothes. We are so grateful for the assistance we received from this women's group. To this day, I still use the furniture and tables they provided. My son is a graduate of Quinnipiac University, and my daughter attends boarding school in New England. I was also previously featured in their newsletter for my accomplishment of obtaining my degree in 2019. I would like to take this time to thank the organization for their contribution to veterans and families throughout Connecticut."

Keisha

Highlights from September 2026 Business Meeting

General Business – Linda Ring

- Search for new meeting location continues.
 - American Legion to discuss at upcoming Board meeting.
 - Wesleyan – contact again after students move in.
- International Book Challenge – ONE BOOK! Target to donate one book per club member from Sept 1 to Nov 30. Report books donated online. Include photos.
- UN Status – President Chris is working to raise the status of Altrusa within the United Nations. Kudos to Pat J. for her monthly report in our Central Breeze.

Fundraising Reports

- **Dine to Donate** at Texas Roadhouse, Cromwell – Thurs Oct 22
- **Lights in Motion** – Linda Ring – no dates yet

Membership Drive

- **Cromwell Riverfront Fest** – not able to commit this year. Need to consider other venues to meet new potential members.

Project Updates

- **Grant Application for ABC program or Story Walk?**
 - Club agreed to submit Grant Application for StoryWalk. Laurie and Linda will try to complete it by Sept 15 deadline.
- **MADD = One Book Challenge?**
 - Refresh FLF stations (Amazing Grace, City Hall, YMCA). Report number of books donated.
- **GirlsLoveMail**
 - Pat to host club for fellowship and letter writing on Oct 28th.
- **Veterans**
 - Club approved motion to re-direct Community donations for detergent for our Lady Veterans.
 - Coats (\$135 in budget) will be purchased at OSJL when promotion is on.
 - Blankets of Warmth – 10 ladies currently in residence.
- **Spencer Readers**
 - We will need to update background checks as ours expire in November. Anyone interested in joining Suzanne, Virginia, Kathleen, Linda and Pat should reach out to Pat.
- **Knitting Circle**
 - Collaboration with Middlesex Community College starts Monday 9/21 12:30-1:30 for 4 sessions. Anyone interested in joining Linda should reach out to Linda.

Project Documentation

Please remember to review (or create) a project road map for our archives. Send updated documents to Linda.

Announcements

- | | |
|-----------------|--|
| • 10/14/2026 | Club Meeting, location tbd |
| • 10/28/2026 | GirlsLoveMail Event or Prepare books for distribution? |
| • 11/11/2026 | Club Meeting, location tbd |
| • 11/14/2026 | District One Workshop, Nonantum Resort, Kennebunkport, ME, Keep the Spark Alive |
| • 04/23-25/2027 | District One Conference, Portland, ME area |
| • 7/21-24/2027 | Altrusa International Convention, Columbus, OH |

Lynne

October United Nation Days of Observance

October 16 - World Food Day

2026 Theme - Innovate Today. Nourish Tomorrow.



World Food Day is an international day celebrated every year worldwide on October 16 to commemorate the date of the founding of the United Nations Food and Agriculture Organization in 1945. The day is celebrated widely by many other organizations concerned with hunger and food security.

The 2026 campaign centers on how innovation can transform the way food is grown, stored, distributed, and consumed. The Food and Agriculture Organization (FAO) is using the theme to spotlight solutions that combine new technology with the knowledge farmers, fishers, herders, and Indigenous communities have relied on for generations.

October 24 – United Nations Day

2026 Theme – The Future We Want, the UN We Need: Reaffirming our Collective

Commitment to Multilateralism

United Nations Day marks the anniversary of the UN Charter coming into force in 1945, which is the moment the United Nations officially began its work. It reflects the UN's role in promoting peace, human rights, and social progress, from fostering access to healthcare and education to raising living standards worldwide. The day originated after representatives from 50 countries met in San Francisco to draft the founding document that created the organization.

This 2026 theme emphasizes the UN's role in fostering global cooperation, peace, and shared solutions to pressing challenges. It calls on member states and all stakeholders to reaffirm their commitment to multilateralism — the principle that the world's problems are best addressed through collective action, dialogue, and partnership.

The phrase “The Future We Want” reflects the UN's vision for a sustainable, equitable, and peaceful world, while “the UN We Need” underscores the organization's essential role in achieving that vision. The focus on multilateralism aligns with the UN's current priorities, including the Agenda 2030 Sustainable Development Goals, the Pact for the Future, and the UN80 initiative marking the UN's 80th anniversary.

Pat J

United Nations



Nourishing the Future: Education, Food Security, and Global Citizenship — a conversation held alongside the United Nations General Assembly on September 23, 2026

I was one of about 80 attendees at the UN 'side chat' sponsored by Altrusa International Inc. on Zoom. What touched me most was hearing from students in Argentina, Kenya, and India about how food insecurity affects their daily lives and ways they have addressed it in their own communities.

The phrase "**Nourishing the Future: Education, Food Security, and Global Citizenship**" captures the deeply intertwined relationship between SDG 2 (Zero Hunger), SDG 4 (Quality Education), and the overarching principles of Global Citizenship Education (GCED) championed by the United Nations.

The Core Connection: Education, Food, & Citizenship

The UN addresses these three pillars collectively because they create a powerful feedback loop for sustainable development:

- **Food Security as a Prerequisite for Education (SDG 2 ? SDG 4):** A child cannot learn effectively on an empty stomach. UN statistics show that chronic hunger affects school attendance and basic cognitive development. School meal programs are routinely highlighted in UN sessions as one of the most effective ways to simultaneously combat malnutrition and boost classroom enrollment.
- **Education as a Driver for Sustainable Food Systems (SDG 4 ? SDG 2):** Modern agricultural advancements require educational initiatives. By training young generations in climate-resilient farming, reducing agricultural food waste, and making conscious nutritional choices, education directly safeguards the future food supply.
- **Global Citizenship Education (GCED) as the Catalyst:** According to the [UN Academic Impact \(UNAI\)](#), global citizenship empowers youth to see local issues—like a regional drought or food desert—as part of a shared global responsibility. It bridges the gap between learning about a problem and taking empathetic, sustainable action in solidarity with others.

Josh Amstutz, a teacher at Winton Woods High School in Ohio, spoke about their Academy of Global Studies which focuses on global issues and the 17 Sustainable Development Goals (SDGs) set by the UN. Students choose one of the SDGs and build a project around it by defining an issue, researching its effects, and steps to improve the situation.

Evalyn Wakhusama, a teacher in Kenya, addressed the issues seen in Nambale Magnet School in Kenya. Alison Bray-Palmer, a dietitian in Canada, spoke of the issues with food insecurity and its impact on a student's ability to learn. We heard directly from students in Bangladesh and Argentina about their efforts to acknowledge the effects of malnutrition and make a change for the better.

The energy, expertise, and honesty that these speakers and student voices brought to this conversation was enlightening.

As the Altrusa International UN Committee is striving to expand our status at the UN, please plan to attend future events when advertised.

Linda



“Keeping the Spark Alive”

District One Workshop 2026
Saturday, November 14, 2026
Nonantum Resort
95 Ocean Avenue
Kennebunkport, ME 04046

Hosted by: Greater Biddeford-Saco, ME

Hotel Reservations:

- Call the hotel at 1-888-205-1555
- Mention 'Altrusa' when booking
- Rate: \$249 per night (includes Breakfast Buffet for 2)
- Deadline: October 13, 2026

Conference Registration:

- Early Bird (before 11/1) - \$75
- Regular Registration - \$80
- Day of Event - \$85

Registration Link:

<https://forms.gle/VPVZGUnEz6YEc8f6>

Send your check, payable to:

Altrusa International, District One
Diane O'Reilly
432 Alison Drive
Torrington, CT 06790

Featuring **Hands-On Service Project**
for Maine Needs... all supplies will be
provided by District.

*To thank our host club, bring children's
board books for their project.*

AGENDA

8:30 - 9:00	Workshop Registration-Check In
9:00 - 9:30	Welcome, Introduction of Board & Committee Chairs, Altrusa Grace
9:30 - 10:30	Workshop: Current Membership
10:30 - 10:45	Call to conference Altrusa International of Portland ME
11:00 - 11:30	Workshop: Building a Culture of Belonging
11:30 - 12:00	Guest Speaker TBD
12:10 - 1:20	Ocean Ave Market Lunch Buffet
1:30- 2:30	Service Project
2:45 - 3:00	Wrap Up, Thanks to the host club: Greater Biddeford-Saco ME., Benediction

NOMINATIONS NOW OPEN



You've Led Your Club. Ready to Lead at the Next Level?

Your District One Nominating Committee is looking for Altrusans who are ready to step up, speak up, and make an even bigger difference!

Nominations are now being sought for **District Officers** for the upcoming biennium.

Think you need years of District experience? **Think again!**

The primary requirement for District Officer positions is simple: **you must have served as a Club President**. The exception is **Treasurer—you just need to have served as a Club Treasurer**. **Why should you consider it?**

Because serving at the District level gives you the chance to:

- ★ **Expand your leadership skills** beyond your own club
- 🤝 **Build friendships and connections** with Altrusans throughout the District
- 💡 **Bring fresh ideas home** to strengthen your club
- 🔔 **Have a voice in shaping our future**
- ❤️ **Support and encourage other clubs** as they grow and serve
- 🚀 **Challenge yourself and discover what you're capable of**

And here's the secret: **You don't have to have all the answers**. You simply need a willingness to learn, collaborate, and lead.

Your experience as a Club President (or Treasurer) has already given you a foundation. **Now you have an opportunity to build on it.**

Maybe the question isn't "Am I ready?"

Maybe it's "What could I accomplish if I tried?"

Consider putting your name forward—or nominate an Altrusan you know would be a great District leader. Our District needs your ideas, your energy, and your leadership!

Gary Douglas

Chair, District One Nominating Committee

President Chris DeVlieger's Theme: "Love, Literacy & Legacy".



The word **LOVE** was chosen because it embodies several things. First, let's make sure we are doing some thing that we love. Many of us joined and remain in Altrusa because of the service we are privileged to be part of. Spreading kindness and enriching the lives of others fills our hearts and brings joy to others. Love is the outcome from serving others.

The second word **LITERACY** was easy for me. I love books, and I love to read. Reading has played a significant role throughout my life for a variety of reasons. Literacy was one of the primary reasons I joined Altrusa. I know I am not alone in this. Did you know that the literacy program "Action for Literacy" was voted upon by the Convention Body in 1977? Then during the 2001 International Convention, literacy was adopted as our international focus, to be promoted throughout our association. In other words, we serve our communities through our literacy projects. Therefore, **our literacy challenge this biennium will be to get 1,000,001 books distributed throughout the world.** We can do it! Of course, this is addition to another international project the Convention Body adopted back in 2019 – Days for Girls. We will continue to support Days for Girls as well this biennium.



The last word **LEGACY** simply stated means lasting impact. One may say that legacy encompasses the memories, teachings and experiences one leaves behind. But what is missing in that thought is that your legacy is actually built in the now. Your legacy is created in the way you show up in each minute of the day. It comes through in every interaction you have, and it is built with every action you take. The more focused you are on what matters and the kind of change you want to make in the world, the more likely you will be able to create a legacy that has a positive impact. That's what our founding leaders did, and what we need to do now. Let's focus on an exciting future for Altrusa!

I ask you to remember the words of our founder, Mamie Luella Bass, in the Principles of Altrusa in which she wrote "Altrusa believes it is not enough to be good; Altrusans must be good for some thing". So, what is your some thing? Together, let's make every moment of this biennium truly magical and do some thing meaningful by leading to a better community.

With Altrusa Love,
Christine "Chris" DeVlieger
President of Altrusa International, Inc.

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/>
- Where can you purchase Altrusa branded items (pins, banners, etc.)? www.altrusastore.com
- Where can you send feedback to International, sharing thoughts on improving Altrusa? [Suggestion Box](#)
- Where can you find the last club newsletter or District Service Bulletin or Altrusa Compass (because you can't find it in your email)? [Altrusa International District One webpages](#)

KENNEDY'S

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N
E
R**



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P.O. Box 2532
Middletown, CT 06457

