



December, 2017

Happy Holidays!

Time is just rushing by with Thanksgiving behind us and Holidays getting closer and closer - we are all very busy. My wish is that you all had a wonderful Thanksgiving celebration with family and friends and that your turkey turned out just right! I hope too, that you each took time to give thanks for all your many blessings. I always list Altrusa at the top of my gratitude list.

Our Outstanding Women of Today Luncheon is over and a huge success! Thanks to Mary Osentowski and Sylvia McCloskey for their hard work and dedication to getting the job done. Also, thanks to each of you that attended and welcomed our guests. As I made my way around the room, greeting and speaking to as many tables as I could, I got nothing but compliments about the event. I was so proud to represent our club.

Mid-year reports are due starting with the Administration Committees at the December Business Meeting, on Thursday, December 7. Please plan to attend to hear about all that our Administration Committees are doing and how you might get involved on maybe a different committee next year.

It is time once again to nominate and elect three to five members to serve on the Nominating Committee who will select officers to serve in 2017-2018. If elected to serve on the Nominating Committee, you would not be eligible to hold an office. Be thinking of someone to nominate and secure their approval before bringing their name before the club. In addition, please read the job descriptions for officer positions. They are all posted online and when contacted by the nominating committee, you will be ready and willing to take a position.

There have been many projects going on this last month. Blankets were given to the NICU at Methodist Hospital, PJ's were collected for the Acapella In-Home Care drive

for needy seniors in the North Texas area, change was collected for the UNICEF drive for the UN, Shelly's birthday was celebrated at Ability House, and the World Peace Art Contest was held at the library. Good work by everyone involved.

I hope each of you and your significant other will be attending our holiday party on December 21. It is a fun event and more details will be online and via reminder emails during the month of December. Bobbi Klein, Susan Fischer, and the entire Membership Recruitment Committee have a wonderful evening planned, so mark your calendars now!

As the year draws to a close, I wish each of you blessings for the holidays and a New Year filled with service, friendship and love.

Sincerely,

Sue McElveen, President, 2017-18
suemcelveen@yahoo.com



Upcoming Events:

See online calendar for event details, location, and sign-up at <http://altrusarichardson.com>

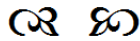
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| Dec 7 | Monthly Business Meeting (7p) |
| Dec 9 | Dallas Women's Forum - Tea Room Event |
| Dec 9 | Ability House Christmas Party |
| Dec 11 | OWT Wrap-up Meeting (7p) |
| Dec 13 | Seniors - Atria Bingo (6p) |
| Dec 18 | Foundation Trustee Meeting (6:30p) |
| Dec 21 | A Texas Holiday Party (6:15p) |
| Jan 4 | Retention Committee Meeting (6p) |
| Jan 4 | Business Meeting (7p) |

September Board Meeting

Altrusa Board Report

by Gayle Ingle

Altrusa Richardson's Club Board held its November/December meeting in the home of President Sue McElveen. The Board approved the recommendation of Kathryn Yates for Membership. It was announced that Administration mid-year reports will be given at the December Business Meeting. Service/Foundation reports will be presented at the January Business Meeting. The Board also discussed upcoming Club events including the Holiday Dinner Meeting (Texas/western theme) as well as the Club Birthday Party at the February Dinner Meeting. These events along with our other planned activities should be a lot of fun! Also announced, was the Spring Leadership Event, which will be February 17 at Canyon Creek Country Club.



Seniors Committee

41 Pairs of Pajamas Collected!

by Alma Benoit

Richardson Altrusans partnered with Acappella In Home Care for its 4th annual Pajama Drive to collect pajamas for Christmastime delivery to low-income nursing communities in the DFW area.



Richardson Altrusans opened their hearts and wallets and responded to the request, collecting 41 pairs of pajamas, both men's and women's, that were subsequently presented to Jo Alch, owner, and staff of Acappella In Home Care. Residents of Linden Park in Richardson are scheduled to receive pajamas along with residents in other nursing facilities in the DFW area.

Nursing home residents on Medicaid are allotted limited funds to cover needed personal items, such as toiletries, paper products and clothing. Warm pajamas are considered a luxury, as basic supplies like toothpaste and soap are the priority.

Thanks to everyone for your compassionate giving and making this Christmas a bit more special for some very special seniors!



Community Outreach Committee

Altrusans Celebrate World Prematurity Day

by Robin Smith

On Friday, November 17th Altrusans helped Methodist Richardson celebrate *World Prematurity Day aka Go*



Purple for Preemies with the presentation of twenty-five hand-tied blankets hand made with love by Altrusans.

The special day was recognized with purple cupcakes, purple favors and the presentation of blankets and purple knitted caps for all NICU preemies.



November Dinner Meeting
Refugee Services of North Texas
By Robin Smith

Lily Heine from Refugee Services of Texas was the featured speaker for the November Dinner meeting program. Refugees Services of Texas (RST) was founded in 1978 as a social-service agency seeking to welcome refugees and other displaced people to Texas and to support them in integrating and thriving in their new communities. Guided by the principles of human dignity and compassion, RST has welcomed hundreds of refugees, asylees, and victims of human trafficking to Dallas through providing core services of resettlement case management, employment services, intensive case management, and legal aid.



Lily completed her undergraduate degree at Baylor University in International Studies with an emphasis in the Middle East. After graduating, she interned at the International Rescue Committee Dallas alongside the Case Managers handling the first ninety days of the U.S. Refugee Resettlement Program. In the summer of 2016, she moved to the Middle East to work at an NGO as a Community Development Liaison in the surrounding area of the Za'atari Refugee Camp. Lily recently accepted her assignment at Refugee Services of Texas through the Americorps Service Program. She is a fluent Arabic speaker and works diligently to connect the Dallas community to RST in order to make Dallas a welcoming and safe city for our new neighbors.

It was an extremely enlightening program and we had a robust question and answer session as Lily helped us understand more about the current refugee situation in our area and how we can help.

The Holidays are Coming!

Join us for "A Texas Holiday Party"



Don't miss our annual holiday party on December 21st. Social time 6:30 pm and dinner begins at 7:00 pm. This year's theme is "A Texas Holiday Party". Guests (spouses, significant others and friends, etc) are welcome to join us for

some down-home Texas grub and parr-tee! The evening's entertainment will be provided by Debbie Perrone, who will do a few numbers in tribute to Patsy Cline and lead us in a holiday sing along. Dinner reservations are \$20 per person. Please pay Jean Stuart in advance so she may join in the festivities.



UN Day – International Day for the Elimination of Violence Against Women

By Robin Smith

Human Rights Day begins the "16 Days of Activism Against Gender-Based Violence". From November 25th through December 10th the United Nations aims to raise public awareness and mobilizing people everywhere to bring about change. This year, the UN Secretary-General's "UNITE to End Violence Against Women Campaign" is using the color orange, designated by the UNiTE campaign to symbolize a brighter future without violence. **Altrusans wore orange to the November program meeting (pictured below) to recognize this important day.**

"Violence against women and girls is a human rights violation, public health pandemic and serious obstacle to sustainable development. It imposes large-scale costs on families, communities and economies. The world cannot afford to pay this price." – Ban Ki-moon, UN Secretary-General



International News
100 for 100 Success!
 by Kimberly Kierce

Congratulations to the following members for accomplishing the **100 for 100** Centennial Challenge through Altrusa International. These members individually gave 100+ volunteer hours in the 2016-2017 club year in honor of our Centennial Celebration.

First name	Last name	First name	Last name
Alma	Benoit	Betsy	Meggs
Brenda	Boston	Jane S	Merz
Donna	Buhr	Cindy	Murray
Gerry	Carron	Sharon	Nash
Barbara	Cornelius	Mary	Osentowski
Nancy	Crowe	Bonnie	Perry
Brenda	Duckett	Nancy	Rohm
Susan	Fischer	Carol	Ruszkowski
Freda	Hanley	Gloria	Sandoval
Gayle	Ingle	Jackie	Scrivener
Janie	Jaquier	Robin	Smith
Pam	Johnson	Lynn	Solomon
Kimberly	Kierce	Jean	Stuart
Bobbi	Klein	Janice	Swallow
Julianne	Lovelace	Mimi	Tanner
Sandy	Martin	Courtenay	Tanner
Sue	McElveen	Ginger	Tonne
Cindy	McIntyre	Jane	Tucker
Mary Beth	McLemore	Ann	Turner



Sophomore Sisters Committee Follow-Up Report
Make A Difference Day at Café Momentum
 By Nancy Rohm



On the evening of Make A Difference Day, Saturday, October 28, 2017, twenty-two Richardson Altrusans, guests, and spouses ate dinner at

Café Momentum in Dallas in support of their program. Altrusa International asked clubs to celebrate Make A Difference Day (MaDD) with something “vocational” this year and the Sophomore Sisters Committee decided on Café Momentum as the MaDD project. (The Sophomore Sisters are all members who became Richardson Altrusans during the 2016-17 Altrusa year.) The Café management told us the most helpful thing we

can do is to come there and eat, allowing the interns to have experience cooking, serving, cleaning-up, etc. Additionally, Richardson Altrusans presented the Café’s Executive Chef with a \$250. check from our Foundation. (See photo below) The money will be used to purchase much needed black slacks and shirts for the servers to wear.



Pictured above (l-r): Two Server/Interns (names not known), Nancy Rohm, Jenn Rohm, Cat Zultner, Mouana Rouani, Pam Johnson, Janet McColloch, Christine Hart, Sue McElveen, Jo Leeper and Chad Houser, Founder, CEO, and Executive Chef of Cafe Momentum

Café Momentum is much more than a high-end restaurant. It is a 501 (c) (3) non-profit that works with the Dallas County Juvenile Justice System to train post-release non-violent juvenile offenders in the skills that will allow them to run a restaurant. “Youth are released from detention into the sheltered environment of Café Momentum’s post-release program” where the young men and women participate in a 12-month paid internship program. They are supported by case managers, who help them develop leadership, social and vocational skills, while exercising and practicing their new skills by working side-by-side with established chefs. That evening the Executive Chef, Chad Houser, shared with us that he takes the interns on outings. One example is a field trip to various farms where the interns taste carrots grown in different soils, learning how food grown in one soil can taste different from the same food grown in another soil. The purpose is to develop the intern’s palates as chefs.

The evening was delightful. Those in attendance had a wonderful time and enjoyed a delicious meal while engaging with the young servers.

Seniors Committee
Appletree Auction Fun!
by Robin Smith

Thirty six residents and family members at Appletree enjoyed a lively auction this month. Gloria Sandoval served as the auctioneer while Alma Benoit, Dean Burroughs, Judy Blome, and Lynn Solomon helped get those bids up! The residents had a great time with pillows, throws and stuffed animals being the most popular items. A wonderful fun night was had by all!



Pictured above (l-r): Dean Burroughs and Judy Blome model a few prized auction items.



Senior Committee Members (l-r) Judy Blome, Dean Burroughs, Gloria Sandoval, Alma Benoit, and Lynn Solomon

International Relations Committee
World Peace Art Contest!
by Janie Jaquier

“I love the theme of World Peace How marvelous! The work is precious and uplifting.” This is just one of many comments we received complimenting the art work of the 4th annual World Peace Art Contest. Altrusa International of Richardson Foundation Inc., the Richardson Arts Alliance, the Richardson Public Library, and the Richardson Civic Art Society partnered with the Richardson Independent School District to sponsor the contest. The theme this year was “Promote Peace...Embrace the World”. The contest was open to 4th, 5th, and 6th grade art students. Each school could submit three pieces of art work. Fourteen RISD schools participated this year. The reception, held at the library to honor the art students and their art teachers, was a great success with over 100 students, family members and



teachers attending. The winners were: • 1st place: Elle Holley at White Rock Elementary, Art Teacher Amanda Batson • 2nd place: Jett Vaden at Northrich Elementary, Art Teacher Kate Schatz • 3rd place: Millie Taylor at Moss Haven Elementary, Art teacher Toni Crook • Honorable Mention: Augustine Su at Mohawk Elementary, Art Teacher Tracy Theodoropoulos.



District News
Long Range Strategic Plan
by Kimberly Kierce



District Nine is “Set to Music” this biennium as Governor Linda Moore has chosen a “Music” theme and published the District Nine’s goals (click the link below for the Plan)

[2017-2019 District Nine LRSP](#)

Altrusa Accent – 2 November 2017

Meaning of Altrusa

By Cat Zultner

When I joined Altrusa, I was looking for something – a way that I could personally make a difference in my community by any definition: my neighborhood, my city, my state, my country or my world.

I did a little research on the “Altruism” side of the “Altrusa” equation and found an interesting book called “*Doing Good Better – Effective Altruism and How You Can Make a Difference*” by William MacAskill. I found a couple things that rang very true for me. From the book:

For almost all of human history – from the evolution of Homo sapiens two hundred thousand years ago until the Industrial Revolution 250 years ago – the average income across all countries was the equivalent of two dollars per day or less. Even now, more than half of the world still lives on four dollars per day or less. Yet, through some outstanding stroke of luck, we have found ourselves as the inheritors of the most astonishing period of economic growth the world has ever seen, while a significant proportion of people stay as poor as they have ever been.

....We live at a time in which we have the technology to easily gather information about people thousands of miles away, the ability to significantly influence their lives, and the scientific knowledge to work out what the most effective ways of helping are. For these reasons, few people who have ever existed have had so much power to help other as we have today.

Sometimes we look at the size of the problems in the world and think, “Anything I do would be just a drop in the bucket. So why bother?” But, in the light of research...that reasoning doesn’t make sense. It’s the size of the drop that matters, not the size of the bucket, and if we choose, we can create an enormous drop..... That we can’t solve all the problems in the world doesn’t alter in any way the fact that, if we choose, we can transform the lives of thousands of people.

Here’s what I gleaned from that passage and why I think my personal involvement in Altrusa makes a difference:

1. It is NOT about solving everything for everyone. It IS about doing what I can, where I am and always looking forward.
2. It is NOT about the individual size of each gift, but working together to make the biggest “drop” in whatever bucket we choose to fill. With money, time, love, etc. – all our contributions make a difference

Thanks for allowing me to be part something bigger than myself and room to make a difference in our world.



UN Day – December 10

Universal Declaration of Human Rights Turns 70

Human Rights Day is observed every year on 10 December – the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights. This year, Human Rights Day kicks off a year-long campaign to mark the upcoming 70th anniversary of the Universal Declaration of Human Rights, a milestone document that proclaimed the inalienable rights which everyone is inherently entitled to as a human being -- regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. While its promise is yet to be fully realized, the very fact that it has stood the test of time is testament to the enduring universality of its perennial values of equality, justice and human dignity.

The Universal Declaration of Human Rights empowers us all. The principles enshrined in the Declaration are as relevant today as they were in 1948. We need to stand up for our own rights and those of others. We can take action in our own daily lives, to uphold the rights that protect us all and thereby promote the kinship of all human beings.

#StandUp4HumanRights

- The Universal Declaration of Human Rights empowers us all.
- Human rights are relevant to all of us, every day.
- Our shared humanity is rooted in these universal values.
- Equality, justice and freedom prevent violence and sustain peace.
- Whenever and wherever humanity's values are abandoned, we all are at greater risk.
- We need to stand up for our rights and those of others.