

*HAPPY NEW YEAR,
ALTRUSANS!*

President's Message

We blinked and 2019 is here now. Our club has been busy serving the community and making a difference on a variety of fronts. I was so excited to read and report to District Nine on what our Sophomore Sisters did with Operation Paperback on Make a Difference Day. I am so proud to be your President and proud to represent Altrusa Richardson whenever I can.



Our Membership Recruitment Committee led by Carol Ruszkowski, planned and produced an amazing Holiday Dinner Celebration in December. I know that we were all wowed by the talent and performance by the Lady A's and their wonderful accompanists, Rev. Ellen Dittman, and our very own Christine Hart. Peter Hart generously donated his time, talent and equipment as sound engineer and a good time was had by all.

The KAN/International Relations Committee has issued a shopping list for the items needed for KAN Weekend April 6, 2019 and the Military Care Package Project, which will be mailed at that time. If you did not get one of the bright yellow information sheets, reach out to Cindy McIntyre and she will send you an electronic copy so you can get some of the items needed and bring them to the upcoming meetings. There is also a list included on page 5 of this newsletter.

The Nominating Committee has been working hard

and I hope all of you will consider a leadership position with the club in the upcoming club year as we move forward. In January, we will discuss electing delegates and alternates to the 2019 District Nine Conference.

Mid-year reports for the Administrative Committees were delivered at the December Business Meeting and gave us a comprehensive snapshot of the exciting administrative projects happening in the club. I'm anxious as I know all of you are to hear a recap in January of all the exciting work being done by the Service Committees.



Sarah Nesbit, President 2018-2019
E-mail: Sarah.Nesbit@cor.gov



Upcoming Events

See online calendar for event details, location, and to register at <http://altrusarichardson.com>

- Jan. 3 7:00 pm Business meeting
- Jan. 9 6:00 pm Atria Bingo
- Jan. 17 7:00 pm Dinner/Program Meeting
"A New Year , A New You", Dr. Terry Parsons
- Jan. 22 Noon Tidings Deadline
- Jan. 24 7:00 pm Board of Directors Meeting
- Jan. 26 10:00 am Senior Book Rotation

*CLUB BOARD OF DIRECTORS UPDATE***November Board Meeting Notes**

By Bobbi Klein, President Elect

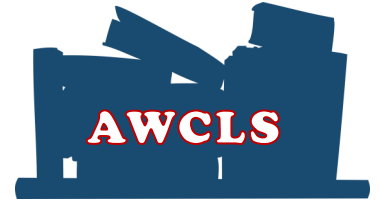
The Board of Directors met for November/December Board meeting. Ginger Tonne has agreed to serve out the remaining term as Vice President. The main topics of discussion were: restructure of the club board – no changes will be made at this time; our club will assist with the service project at the 2019 Conference; and Dr. Tran's offer to teach wellness classes before meetings – dates and times to be determined based on club interest.

*MEMBERSHIP RETENTION COMMITTEE UPDATES***Altrusa Wine & Chocolate Literary Society—AWCLS (Book Club)**

By Christine Hart, Chair

What a wonderful year of sharing we enjoyed at book club...eleven amazing books, deeper friendships and new friendships, and many guests.

What is our book club like? Welcoming, strongly bonded, we have a wonderful freedom of honest expression with no judgements. We delve into different times, cultures, genres, and each of our lives are enhanced. We are exposed to reading materials that we normally wouldn't choose and learn about other's experiences and ideas through them. We are very intellectually stimulated. We can be silly, serious, caring, and Altrusans!

**AWCLS Book Club Books for 2019**

By Christine Hart, Chair

The AWCLS meets at Friends Place, 1960 Nantucket Dr., Richardson, usually on the last Monday of the month at 6:15 pm (see schedule below). Everyone is invited to join the fun. Even if you haven't read the book, you can learn a lot – about the book and you fellow Altrusans!

DATE	BOOK	AUTHOR	LEADER
January 28	I Feel Bad About My Neck	Nora Ephram	Janet McCollough
February 25	Love and Ruin	Paul McClain	Kay George
March 25	Rainwater Secret	Monica Shaw	AUTHOR VISIT (see page 3)
April 22	Born a Crime	Trevor Noah	Christine Hart
May 20 ***	The Dali Lama 's Cat and the Art of Purring	David Michie	Cat Zultner
June 24	The Little Old Lady Who Broke all the Rules	Catharine Ingleman-Sunberg	Samanthia Slaight
July 22	An Uncollected Death	Meg Wolfe	Janice Campbell
August 26	Richardson Reads One Book Selection to be announced		Mary Beth McLemore
Sept 23	Small Great Things	Jodi Picoult	Robin Smith
Oct 28	he Heretic's Daughter	Kathleen Kent	Donna Buhr
Nov 25	Ordinary Grace	William Kent Krueger	to be determined

December date to be decided for our party

***Note that this is 1 week earlier than usual due to Memorial Day

SAVE THE DATE!

AUTHOR PRESENTATION AND RECEPTION

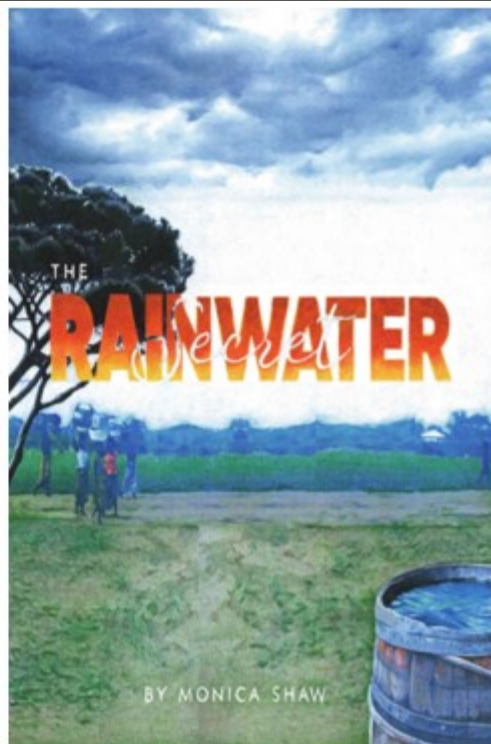
MARCH 25, 2019
 FRIENDS PLACE,
 RICHARDSON

RAINWATER SECRET

by **MONICA SHAW**

Copies of this book will be available at our January dinner meeting for \$15. It is also available on Kindle for \$4.99

Look for more information coming as this special event comes closer.

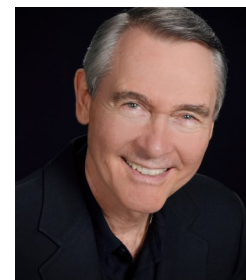


JANUARY DINNER MEETING PROGRAM

“A New Year, A New You”, presented by Dr. Terry Parsons

By Gayle Ingle, Program Committee

What is a New Year’s Resolution? We often make New Year’s Resolutions that we never keep or only keep for a short while. Would you like to change that pattern? Please come to the January Dinner Meeting on January 17 and hear Dr. Terry Parsons as he will focus on how we can change our minds, brains and lives. Dr. Parsons is a wonderful speaker and you will certainly enjoy hearing him.



Dr. Terry Parsons

The Richardson Altrusa Believers

The Monkees Recorded *I'm A Believer* in October 1966 and released it in November 1966. That same year Altrusa of Richardson was organized on February 16, 1966. The Membership Retention Committee would like to honor all the Altrusa Believers each month by their dates of service. This month we are congratulating the Richardson Altrusa Believers from 2005 to 2009. Make sure and give a special Thank You to each of these ladies for their **10+ years** of service to the club.

Deb Bourland	2005	Barbara Cornelius	2009
Dena Davis	2008	Susan Fischer	2008
Norma Hammerlund	2009	Genevieve Hamulak	2007
Pat Hansen	2007	Pam Johnson	2007
Sue McElveen	2005	Cindy McIntyre	2008
Sarah Nesbit	2007	Ann Payne	2007
Jane Tucker	2006	Janet Vance	2008

Thank You For All You Do For Altrusa

MEMBERSHIP RECRUITMENT COMMITTEE UPDATE

Meet Our Newest Member

By Carol Ruzskowski



On December 6, 2018 we initiated **Diana Heald** (center). She is sponsored by Mimi Tanner (left) and Jane Merz (right). Be sure to introduce yourself and get to know her.

COMMUNITY INITIATIVE UPDATE

\$1,500 Grant Awarded to Ann Eisemann Inclusive Playground

In October, the Board of Directors voted to recommend, and the Foundation Trustees approved, a grant of \$1,500 be awarded from our special Community Initiative Fund for the Ann Eisemann Inclusive Playground at Cottonwood Park. The playground is named for Ann Eisemann. Ann (a beloved, longtime member of Altrusa) and her husband Chuck Eisemann, have been community leaders for many, many years. The playground project is spearheaded by the Richardson East Rotary Club, in conjunction with Richardson Parks and Recreation Dept., and support from many community organizations and individuals.



The City of Richardson and the Richardson East Rotary Club cordially invite you to attend the Groundbreaking Ceremony for the

Ann Eisemann Inclusive Playground

Sunday, Jan. 13, 2019, 2 p.m.

Cottonwood Park, 1321 W. Belt Line Rd. Richardson, TX 75080

Plans for items to be added to Cottonwood Park include:

- Equipment to allow access to children with mobility issues and wheelchairs
- 100 percent coverage of surfaces to accommodate wheel-chair travel
- A fence to control exit points for children
- More shade elements
- A restroom, with changing table, next to the playground
- More handicapped parking spots next to the playground

Altrusa Intl. of Richardson Foundation, Inc. will be acknowledged on the Donor Sign at the park.

Please see the thank you email from the Parks and Recreation below.

As a sponsor of the playground, all Altrusans are encouraged to attend the Groundbreaking Ceremony, if possible. This is another opportunity to make Altrusa more visible to the Richardson Community.

From: Paula Vieregge <Paula.Vieregge@cor.gov>
Sent: Thursday, December 27, 2018 12:15 PM
To: Altrusa <contact@altrusarichardson.com>
Subject: Ann Eisemann Inclusive Playground Donor Acknowledgement

Dear Playground Donor,

Thank you for your generosity in making the Ann Eisemann Inclusive Playground a reality! This project wouldn't be coming to life without a wonderful group of supporters!

Thank you for making a difference in the lives of Richardson families! You made it happen!



Paula Vieregge
Administrative Secretary
 Richardson Parks & Recreation Department
 411 W. Arapaho Rd., Suite 208
 P.O. Box 830309
 Richardson, TX 75083
 972.744.4310

Connect with Us!



INTERNATIONAL RELATIONS/KAN PROJECT UPDATE

In Preparation for Kindness Action Ninja Weekend –Donations Requested

By Cindy McIntyre, Kindness Action Ninja Project Chair



Pictured here are some of the troops opening much needed and appreciated support “Care Packages”

Altrusa of Richardson’s fourth annual Kindness Action Ninja (KAN for short) Weekend is April 5-7, 2019. Our largest project, is *Care Packages for the Military*. The care packages will contain items that are very necessary, often difficult to obtain abroad, and certainly not always thought of by those of us at home.

On April 6, 2019, our members will gather at Friends Place at 9:00 am to fill, seal, address, and mail our goal of two hundred “Care Packages”. Notes of encouragement will be included (with deepest thanks for their service) from the Kindness Ninjas of Altrusa Richardson.

A \$1,500 grant from Altrusa International Foundation will help to fund the purchase of items and the cost of mailing. Club members are asked, if they so choose, to collect or donate materials and snacks to augment our lofty goal.

Please see the suggested items below to guide you while shopping. If you can get 50 or 100 (or more) of one item that’s terrific, but we do ask that you bring at least 10, if you can. Bring your donation to meetings between January 2nd and April 1st.

Please Note:

NO chocolate, chocolate chip cookies, alcohol... anything that would melt in the desert heat.

- | | |
|---|--|
| <p>SUGGESTED ITEMS: SNACKS – Salty and Sweet</p> <p>COOKIES – plain/iced oatmeal, raisin, peanut butter, sugar and molasses, homemade or store bought</p> <p>CRACKERS – no saltines, but Trisket, Chickn-in-a-basket, Ritz, Wheat Thins, etc.; Chips in cans; cheese crackers</p> <p>FRUIT SNACK – (Resealable bags) dried banana chips, apple slices, apricots; golden raisins; freeze dried berries; Trader Joe’s fruit tapes</p> <p>NUTS – cans or small individual sleeves of mixed nuts, honey roasted peanuts, almonds, pistachios, macadamias, sunflower or pumpkin seeds</p> <p>DIPS/CONDIMENTS – small cans of bean or cheese dip</p> <p>MEATS/FISH –Slim Jims or other individual packaged beef (no pork); non-perishable beef jerky or beef sausage; (make sure labeled USDA Beef); Quality canned sardines, smoked oysters or clams</p> <p>BEVERAGES/SOUP – (to mix with water or milk) instant breakfast; Gatorade/sweetened drink mixes, water enhancers (liquid or crystal); instant coffee or cocoa, lemonade, tea bags, creamer; soup in a cup</p> <p>CEREAL – (small 6 /8 packs) Frosted Flakes, Trix, Cheerios, Nuts & Honey, Honeycomb</p> | <p>ENERGY/PROTEIN BARS – granola bars, small bags of trail mix (no chocolate), snack cakes</p> <p>ENHANCERS – to mix with MRE’s (Meals Ready to Eat), ramen noodles, seasoned salt, packets of hot sauce, mustard, relish, ketchup; taco seasoning for meat or chicken</p> <p>TOILETRIES – toothbrush, toothpaste, dental floss piks; cotton swabs, shaving lotion, disposable razors, shampoo, small packages tissues; individually packaged baby wipes, eye drops, lip balm, lotion; aspirin and other pain relievers; feminine hygiene products; zinc oxide crème in tubes; moleskin, foot powder</p> <p>ENTERTAINMENT – paperback books, current magazines, comic books, word games, crossword puzzles, foam footballs and basketballs, frisbees, hacky sacks, playing cards, yo-yos, Sunday comics, coloring books and colored pencils</p> <p>OTHER HELPFUL ITEMS – large rolls of “gaffers” tape in black green and tan (like duct tape but fabric) <i>matte finish only – not shiny</i>; Batteries (no lithium) size AA & D are in high demand</p> <p>WRITING MATERIALS – notepaper, stationary, envelopes, pens pencils and stamps</p> |
|---|--|

UNITED NATIONS OBSERVANCES

January 2019 U.N. Days and Other Observances

From www.un.org and www.who.int



International Day of Commemoration in Memory of the Victims of the Holocaust: January 27, 2019

By virtue of its resolution A/RES/60/7, the General Assembly of the United Nations designated January 27th – the anniversary of the liberation of the Auschwitz death camp -- as an annual International Day of Commemoration to honor the victims of the Holocaust, and urges Member States to develop educational programs to instill the memory of the tragedy in future generations, to prevent genocide from occurring again anywhere in the world.

HOLIDAY DINNER PROGRAM

Let Us Entertain Ourselves

Hosted by the Membership Recruitment Committee, our December 20 meeting was another memorable Holiday party. We had nearly as many guests as Altrusans to enjoy our celebration. Thanks to Weddings and Celebrations we enjoyed a fine roast beef dinner and yummy dessert.



The entertainment was outstanding, too. Once again, the talent of our membership shown through. Directed by Christine Hart, four of our members; Genevieve Hamulak, Cindy McIntyre, Rosemary Gouger and Cat Zultner, became not only a lovely singing quartet, but a bell choir, too.

A fine time was had by all.

TOP RIGHT Pictured (L-R) : Genevieve Hamulak, Cindy McIntyre, Rosemary Gouger and Cat Zultner sport reindeer antlers.

MIDDLE LEFT Pictured (L-R) : Christine Hart, at the piano, accompanies our quartet in another number.

BOTTOM RIGHT : Christine Hart (center with her back to us) leads our quartet—Chimes at the ready, (L-R)) Rosemary Gouger, Cat Zultner, Cindy McIntyre and Genevieve Hamulak.



ALTRUSA INTERNATIONAL FOUNDATION ACCENT

Who Do You Know To Nominate?

Anna H. Settle Community Leadership Award



The purpose of the Community Leadership Award is to recognize individuals who've made significant contributions to their communities as volunteer leaders.

Think of someone who:

- Has chaired a specific community service program which provided, or continues to provide, a benefit to the community
- Chaired an Altrusan project or program (not a fundraiser) – they may have chaired a project sponsored in cooperation with another civic or charitable organization
- Lives or works in the community of the nominating Altrusa Club
- Is a true volunteer and not a paid staff member
- Does not have to be an Altrusa member

There may be (1) nomination per Altrusa Club.

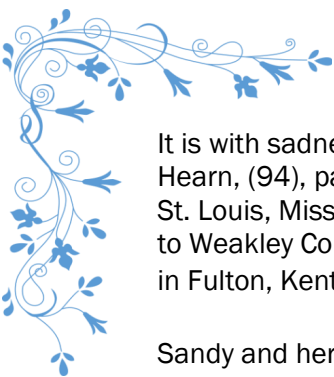
The Community Leadership Award will be presented at the Reno, Nevada Convention – July 2019.

The monetary prize is \$2,000 (US) – to be given to the winner's project, or a service project of their choice.

Deadline for 2019 nominations: May 15, 2019

Please click here for guidelines and application information.

(312) 427-4410 or foundation@altrusa.org



In Memorial

It is with sadness that we note the passing of Sandy Martin's mother, Dolores Bell Caldwell Hearn, (94), passed away on December 15, 2018 of Dyersburg, Tennessee, She was born in St. Louis, Missouri, on November 8, 1924. In the Spring of 1927, she and her family returned to Weakley County to the family farm. In 1937, the family settled in their new house and farm in Fulton, Kentucky.

Sandy and her family request memorials be directed to McIver's Grant Public Library; First United Methodist Church; or the donor's choice.

Cards, letters and emails should be sent to Sandy at:

Sandy Martin

37 Balmoral

Richardson, TX 75082

sanstar1221@att.net

