



President's Message

Here it is – 2020!

A NEW DECADE!

I hope you had a very stress-free, happy and peaceful holiday season!

As we enter the new year and decade, let us remember that kindness starts with being kind to ourselves. No matter what you encounter or how busy you think you are, stop and take a look at the final outcome... what will really happen if the pumpkin pie is a little burnt? Allow yourself some space to enter the new decade in peace and with ease. Wise words from Tsorkenyi Rinopoché:

“Be kind to yourself as you proceed along this journey. This kindness, in itself, is a means of awakening the spark of love within you and helping others to discover that spark in themselves.”

Samanthia Slaight has brought us a very worthy cause; assisting the refugees in the camps along the Mexican border. We have assisted Mike's Kids in previous years but this new emphasis on assisting the women and girls adds a new dimension. I hope you were able to participate in this worthy cause. Leggings, under garments and feminine hygiene products were donated to this special cause. As usual, toys, clothing and other household items were also donated. Our donations, along with those of Altrusa of North Dallas and Garland, plus many other churches and groups filled a full semi truck, which was loaded and left for the trip to Matamoros on December 11. (more info on page 5)

Included on the truck were also the Spanish language books for our new Choose Kind Library to be installed



in the orphanage in Matamoros. In addition, another Spanish language Choose Kind Library is being established in an orphanage in Bogata, Columbia. The books have already been mailed. AND we have another Choose Kind Library going into a Think Kindness (Brian Williams) sponsored orphanage in Ghana. We have three new Choose Kind Libraries the RISD, too. (more info on page 10)

Doin' That Kindness Thing,

Bobbi Klein

President, 2019-2020



This is the logo for the orphanage in Bogata, Columbia; the site of one of our new International Choose Kind Libraries

Events for DEC. and JANUARY

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

Dec. 5	7:00 pm	Business Meeting
Dec. 9	6:00 pm	AWCLS Book Club Party
Dec. 12	6:30 pm	Board of Directors Meeting
Dec. 14	1:30 pm	Ability House Holiday Party
Dec. 19	6:00 pm	Social with Appetizers
	7:00 pm	Dinner/Program Meeting

Singer: Carla Edwards w/ Christy White piano

Dec. 23	Noon	Tidings Deadline
Jan. 2	7:00 pm	Business Meeting
Jan.16	7:00 pm	Dinner/Program Meeting
Speaker:	Pam Johnson	Topic: Elder Care
Jan. 23	6:30 pm	Board of Directors Meeting

BOARD OF DIRECTORS

Combined November/December Board of Directors Meeting was held December 12 2019



The January/ December Club Board of Directors meeting was held December 12, at Friends Place at 6:30 pm. The Nominating committee brought a recommendation that an exception to the requirements for President-Elect be made for the 2020-2021 slate of Officers. The Board of Directors approved this recommendation. The Board also approved a recommendation from the OWT Committee to sign a contract with the Hyatt Regency of North Dallas for our 2020 event. The rationale was a savings of several thousand dollars compared to our charges at the Renaissance. The recommendation was sent to the Foundation Board, approved and the contract has been signed.

The next Board of Directors meeting is January 23, 2020, 6:30 pm at Friends Place. All members are invited to attend to participate or just observe.

Senior Committee Update

Auction at Appletree Court Assisted Living

by Lynn Solomon

On November 5, 2019, Altrusans facilitated the auction at Appletree Court Assisted Living in Richardson. This auction is held each Fall and Spring. There were approximately forty-five residents in attendance! It is such fun watching them bid against each other to spend their "Apple bucks"! The majority of the auction items for Appletree Court are purchased out of the Seniors budget. As always, Gloria Sandoval did a fantastic job as our auctioneer! We were somewhat shorthanded, so a huge thank you to the Appletree Activities Director, Cindy Bostick, who pitched in to help us. Cindy has been at Appletree for a number of years and is very organized and professional. I can see why the residents and their families love her!

Thanks to the following Altrusans who volunteered their time for this event: Gloria Sandoval, Lynn Solomon, and Judy Blome.

Program Committee

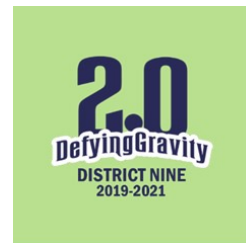
November Program Meeting Highlighted our Annual Observation of the UN Day for the Elimination of Violence Against Women



Our annual group photo wearing orange in observance of the UN Day for Elimination of Violence Against Women. In the background are photos from the Outstanding Women of Today Luncheon

District Nine 2020 Conference Registration – Defying Gravity

By Nancy Rohm, Conference Finance Chair



It is important that as many Richardson Altrusa members as possible register early for the April 2020 Conference; as hosts we need to lead by example. This is going to be a very unique Conference. It is one you don't want to miss.

You may certainly register by credit card using PayPal online. But there is a charge of \$7.56 per Registration taken from the Conference Account for using PayPal. If it is possible for you to register by check, I encourage you to do so. If you want to bring the Registration form and your check to a meeting, beginning with the December Business meeting, I will accept them and **even do the online registration for you.** Also, I will have blank Registration forms with me.

If money for Registration is a problem, there are options. Come to the December Business Meeting to learn more, or contact Mary Beth or Brenda Boston concerning the options if you miss this informative meeting.

ALTRUSA ACCENT

Celebrating Altrusans



DECEMBER BIRTHDAYS

Jane Merz	December 4
Ann Turner	December 8
Ann Eisemann	December 9
Pat Hansen	December 9
Janet Vance	December 15
Mary Boyter	December 20
Betty Bruce	December 22
Lyndsey Theobald	December 29
Nancy Rohm	December 30

JANUARY BIRTHDAYS

Helen Bate	January 5
Mary Beth McLemore	January 5
Linda Griffith	January 8
Tracy Carron	January 10
Janet McColloch	January 10
Mouna Rouani	January 14
Mimi Tanner	January 23
Toni Garrett	January 31

MEMBERSHIP COMMITTEE – RECRUITMENT

Meet New Member Pia Lara

Pia Lara became our newest member on November 7, 2019. Pia Lara is a Global Stock Compensation Consultant at Kimberly-Clark Corporation. Pia was born and raised in Mexico, attended Highland Park HS, and graduated from SMU with degrees in Business and French, and an MBA in Finance.

Pia is pictured in the center with sponsors Gayle Ingle (left) and Susan Fischer (right).



Pam Johnson to Speak at the January Dinner Meeting

The January speaker is our own Pam Johnson, founder of Friends Place Adult Day Services. Friends Place provides supportive Dementia/Alzheimers wellness philosophy of care. A long-time advocate for high quality memory care, Pam will speak to us about Elder Care issues. Pam has been a dedicated Richardson Altrusan since 2007 and served as President 2013-2014.



Pam Johnson

Don't forget to make your reservation to join us for a ham dinner and enlightening talk.

MEMBERSHIP COMMITTEE—RECRUITMENT HOSTED

The Holiday Dinner/Program Meeting Featured Soloist Carla Edwards

Fifty Altrusans and friends attended the Holiday Dinner/Program Meeting, which started off with a Happy Hour social time with appetizers, wine and friendship, followed by a delicious dinner. Entertainment was provided by soloist Carla Edwards. Carla is the choir director of Unity of Dallas and is a long-time member of the Dallas Symphony Chorus, and has appeared with The Dallas Opera Chorus and the Lyric Stage. Carla was accompanied by pianist Christy White. Carla and Christy lead us in singing some carols and the evening ended with a rousing and challenging Left-Right ornament exchange game.



Everyone enjoys some appetizers, wine and social time before the dinner



Carla Edwards with Christy White at the piano. Mary Beth and Carl McLemore are pictured in the front.



Pam Johnson helps to serve the wine and appetizers.



Carla Edwards sang several moving holiday pieces



Bobbi Klein (center) and friend Jennifer Markey (left) step out of their comfort zone to sing a duet accompanied by Christy White.

Be the person that makes others feel special.
Be known for your kindness and grace. — Unknown

ALTRUSANS DONATE CHILDREN'S

COATS AND JACKETS

TO NETWORK OF COMMUNITY MINISTRIES

by Jackie Scrivener

In November Altrusa's Community Outreach Committee donated seventy-one children's coats and jackets to the Network Clothes Closet. NETWORK operates a clothes closet to service Richardson families in need. For the past four years the Outreach Committee has used club funds to purchase gently used coats and jackets from Goodwill Industries to donate to the clothes closet. The need was so much greater this year after the October tornado. Altrusa's donation will bring warmth to our most precious citizens, our children.



(L-R) Christine Hart, Jackie Scrivener and Janet McColloch display some of the donated coats.

KINDNESS COMMITTEE

Special December Collection for Refugees on the Rio Grande Border



(L-R) Samantha Slaight, Bobbi Klein, Deb Bourland and Anne Payne pose with a few of the 20 + boxes donated by Altrusa



Anne Payne packs a box to be included in the shipment on December 11.



Deb Bourland carries a box out to the truck to be loaded.



It's hard to tell, but this is the semi just as it is starting its journey to the Rio Grande. The donations had to be crammed in in order to shut the doors.

Our club has partnered for several years with Mike's Kids, a non-profit organization focusing on assistance for children and adults in the Rio Grande area of Texas and Mexico. It was started by Samantha Slaight's husband several years ago after observing the extreme poverty in the area. In November, Samantha spoke to her contact in Mexico and there was an urgent request for leggings as protection for the women in the refugee camps, who are experiencing sexual abuse. We rose to the occasion and made personal donations of not only leggings but under garments, personal care items and clothing. The Kindness and Outreach Committees made donations, too. We also involved other Altrusa Clubs and other organizations our members are involved with. More than thirty boxes of items were donated through our efforts.

Another Successful World Peace Art Contest

Janie Jaquier again lead our partnership in sponsoring the World Peace Art Contest with the Richardson Public Library, Richardson Civic Arts Society, and Richardson Arts Alliance. This year's theme was "Peace Begins With Us". Sixteen schools and fifty-four artists participated. Altrusa organizes the event, checks in the art, assists with the framing and display of the art and hosts the Awards Reception. The professional framing is donated by Canyon Creek Art and Frame, and displayed on the 3rd floor of the Richardson Public Library. This year's first place winner is Angelina Godina from Stultz Road Elementary.



Some of the table decorations for the Award reception



The 6th Annual World Peace Art Contest poster.



Some of the artists that participated gather at the Award reception hosted by Altrusa



Janie Jaquier and Jane Merz check in the artwork.



Myron Stennett, RISD Visual Arts Director and first place winner Angelina Godina.



City Councilman Mark Solomon and Mayor Paul Voelker pose with one of the artists.



City Councilman Mark Solomon talks with some of the students about their art.

Post Date: 11/15/2019 3:00 PM



World Peace Student Art on Display at Library; Artists Recognized at Reception

Richardson ISD fourth, fifth and sixth grade artists were honored at a reception at the Richardson Public Library Tuesday evening, the culmination of the sixth annual World Peace Art Contest and exhibition sponsored by Altrusa International of Richardson, the Richardson Civic Arts Society, the Richardson Public Library and the Richardson Arts Alliance. The contest celebrated the United Nations' International Day of Peace with the theme, "Peace Begins with Us."



This article was in the Richardson Week In Review, posted on November 15, 2019.

There were overall winners as well as winners at each school. Award recipients included (L to R) Stultz Road Elementary's Angelina Godina, first place; Northrich Elementary's Cindy Gonzalez, honorable mention; Northrich Elementary's Ethan Garcia, second place; and Dartmouth Elementary's Zachary Newcomer, third place.

Winning art is on display in the Library's third floor gallery through Nov. 22.

We Receive a Grant for Days for Girls for Conference



Foundation Board Members

Linda Robison
Foundation Chair

Sandi Miller
Past Foundation Chair

Susan Carpenter
Vice & Finance Chair

Debby Weber
*Past Finance Chair and Education,
Development & Marketing Co-Chair*

Sherral Nelson
Grants Chair

Kimberly T. Abmeyer
Finance Trustee

Dana Vierck
*Grants Co-Chair and
Anna H. Settle Community Leadership
Award Chair*

Marie Pike
*Education, Development
& Marketing Chair and Finance Trustee*

Leslie Johnson
*Grants, Anna H. Settle Community
Leadership Award and
Marketing Trustee*

Ex Officio Members
Martha Hardwick Hofmeister
Legal Advisor

Shawna Kaiser
Secretary & Foundation Director

Kathy Folley
Association Representative

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P (312) 427-4410 | F (312) 789-4416
E foundation@altrusa.org
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November 8th, 2019

Altrusa International of Richardson, Texas, Inc.
c/o Jane Tucker
PO Box 832101
Richardson, TX 75083

Dear Richardson, Texas Club members,

Congratulations! The Grants Committee of the Altrusa International Foundation, Inc. selected your club to receive a grant in the amount of \$3900 for *Stitching Kindness Through Days for Girls*. The members of Richardson, Texas are to be commended for their interest and support of this worthwhile service opportunity.

The grant package and check will be mailed by November 30th to you at the address above.

Your club should qualify for special local publicity for this grant. We will enclose a sample press release for your use in the grant package. We're very interested in receiving a copy of any publicity your club receives.

In addition, you will receive a form for photo release. The form should be signed by anyone depicted in photos sent to the foundation office for publication. The form should be signed by a parent or guardian for anyone under the age of 18.

Please keep in mind that by November 30th 2020, your Altrusa Club must complete the grant evaluation form and return it to the International Foundation office. This evaluation is an important aspect of the entire Grants Program and your cooperation is greatly appreciated. We especially are interested in photos, newspaper clippings, etc. The follow up evaluation form will be included in your grant package and may be found on the Altrusa website.

We appreciate your club's continued support of the International Foundation and its programs.

With best wishes for continued growth in service,

Linda Robison

Linda Robison, 2019-2021 Foundation Chair
Altrusa International Foundation, Inc.

ABILITY HOUSE COMMITTEE UPDATE

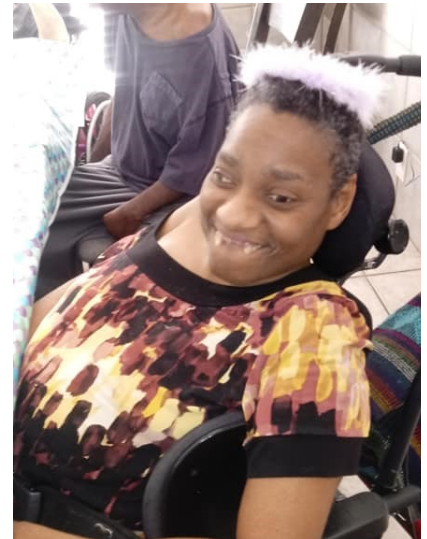
Shelley's Birthday Nov. 2 and Decorating for the Holiday December 7



Barbara Cornelius assists Birthday Girl Shelley to read her birthday card



Shelley's party theme was the Little Mermaid and this is her cake.



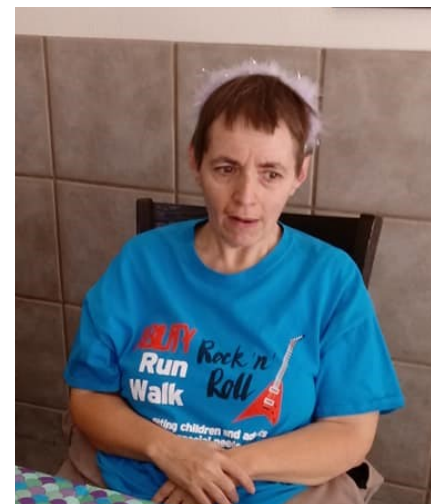
Vera is wearing a halo for the party



Nina is wearing a halo!, too



Robert flashes his dazzling smile



Kathleen helps to celebrate



Decorating Ability House: (L-R) Bobbi Klein, Jane and Don Tucker, Donna Buhr, Kimberly Kierce, Robert (Kimberly's friend - on the roof) Rosemary Gouger, Linda Caron, Blake Whitaker (Linda's husband—on ladder)



Adding yard art to decorations is Bobbi Klein as she makes sure the calf and the Snowboy are secure. (Robert on roof , Blake on ladder) The residents just loved having the outdoor decorations and avidly watched the process safely from indoors

ABILITY HOUSE COMMITTEE UPDATE

A Trip to See the Nutcracker November 29



L-R Vera, Shelley and Nina wait for the Nutcracker start.



John Sanders (front) and Rosemary Gouger (not pictured) took the residents to the show



Robert is really happy to be at the show.

The Holiday Party December 14th



Vera and Robert open presents at the holiday party



Janie Jaquier helps Henry (front), Rosemary Gouger, Gayle Ingle is in the background



Robert and Kathleen wait for the refreshments served by Donna Buhr and Rosemary Gouger (that's her arm front right)



John Sanders reads to Kathleen (shown) and the rest of the group.



Donna Buhr (her arms) shows Nina one of her presents



Shelley gives us her best holiday smile



Kathleen strikes a pose



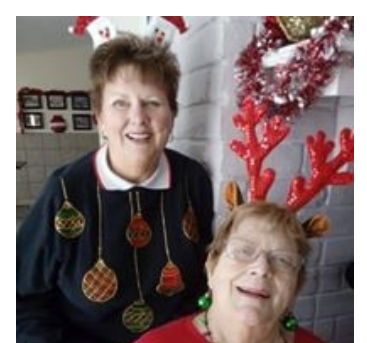
Vera, flashes her smile—its party time!



Henry sports his new Cowboys cap



Robert is ready to PARTAYAAAYYY!



L-R Jane Merz and Mimi Tanner shopped for the gifts

KINDNESS COMMITTEE UPDATE — CHOOSE KIND LIBRARY PROJECT

Choose Kind Libraries Expand Again, SIX TIMES!



The kids of The Bridge Kids Mission in Bogata Columbia where one of our three new International Choose Kind Libraries are located.

With the help of the \$3,200 grant received from the Altrusa International Foundation, the Choose Kind Libraries have expanded with three new international libraries. The first is in the Kids Mission, Bogata, Columbia. (See the picture to the left.) The second is in another orphanage that Brian Williams' Think Kind organization works with in Uganda. Think Kind is making a trip in January and are taking the books to the orphanage. The third library is being established in the orphanage in Matamoros. The books were sent on the truck that left on December 11th.

Three new schools in the RISD are being added, too. The locations are O'Henry Elementary, Spring Creek Elementary and Mark Twain Elementary. The books for each of these schools have been ordered but not delivered to the schools yet.

MEMBERSHIP COMMITTEE UPDATE — RETENTION

Altrusa Wine and Chocolate Literary Society Holiday Get-Together



Members of the Altrusa Wine and Chocolate Literary Society got together in December for a holiday party and to select the reading list for 2020. Pictured above (l-r) Jackie Scrivener, Kay George, Janet McCulloch, Pam Johnson, Donna Buhr, and Carol Ruszkowski. Some of the others attending, but not in this picture, were Jane Merz, Gerry Carron and Shirley Wilson-Sigler.

In Memorium

Donna Buhr's mother, Floie Poole of Prescott, Arkansas, died November 16. Donna and other family members were with her at the end. Mrs. Poole had not been well for some time, but as we all know, the loss of loved ones is always a difficult time. Please keep Donna and her family in your prayers.

Cards can be sent to: **Donna Buhr**
2102 Eastpark Dr.
Richardson, TX 75081

Words to Remember in the Coming Year

Requested from November Business Meeting

She Let Go by Safire Rose

She let go.

Without a thought or a word, she let go.

She let go of the fear.

She let go of the judgments.

She let go of the confluence of opinions swarming around her head.

She let go of the committee of indecision within her.

She let go of all the “right reasons”.

Wholly and completely, without hesitation or worry, she just let go.

She didn't ask anyone for advice.

She didn't read a book on how to let go.

She didn't search the scriptures.

She just let go.

She let go of all the memories that held her back.

She let go of all the anxiety that kept her from moving forward.

She let go of all the planning and all the calculations about how to do it “Just Right”.

She didn't promise to let go.

She didn't journal about it.

She didn't write the projected date in her Day-Timer.

She didn't check the weather report or read her daily horoscope.

She just let go.

She didn't analyze whether she should let go.

She didn't call her friends to discuss the matter.

She didn't do a five-step Spiritual Mind Treatment.

She didn't call the prayer line.

She didn't utter one word about it.

She just let go.

No one was around when it happened.

There was no applause or congratulations.

No one thanked her or praised her.

No one noticed a thing.

Like a leaf falling from a tree, she just let go.

There was no effort. There was no struggle.

It wasn't good and it wasn't bad.

It was what it was, and it was just that.

In the small space of letting go, she let it all be.

A small smile came over her face.

A light breeze blew through her.

And the sun and moon shone forevermore...

December 2019 and January 2020 U.N. Days and Observances

Excerpted from www.un.org



World Aids Day, December 1, 2019: *The theme of 2019 is “Communities Make the Difference”*

World AIDS Day offers an important platform to highlight the role of communities at a time when reduced funding and a shrinking space for civil society are putting the sustainability of services and advocacy efforts in jeopardy. Greater mobilization of communities is urgently required to address the barriers that stop communities delivering services, including restrictions on registration and an absence of social contracting modalities. The strong advocacy role played by communities is needed more than ever to ensure that AIDS remains on the political agenda, that human rights are respected and that decision-makers and implementers are held accountable.

International Day of Persons With Disabilities, December 3, 2019: *The 2019 theme is “Promoting the participation of persons with disabilities and their leadership”.* This year, the International Day of Persons with Disabilities (IDPD) focuses on the empowerment of persons with disabilities for inclusive, equitable and sustainable development as anticipated in the 2030 Agenda for Sustainable Development, which pledges to ‘leave no one behind’ and recognizes disability as a cross-cutting issue, to be considered in the implementation of its [17 Sustainable Development Goals \(SDGs\)](#).

Human Rights Day, December 10, 2019: *The 2019 theme: Youth Standing Up for Human Rights*

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](#) (UDHR): a milestone document proclaiming the inalienable rights which everyone is inherently entitled to as a human being regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Available in more than [500 languages](#), it is the most translated document in the world.

Altrusa International member Eleanor Roosevelt served as the Chairperson of the drafting committee of the Universal Declaration of Human Rights.

Where, after all, do universal human rights begin? In small places, close to home – so close and so small that they cannot be seen on any maps of the world. [...] Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world." —Eleanor Roosevelt



International Day of Education, January 24, 2020: the first International Day of Education was observed January 2019. By proclaiming the [International Day of Education](#), UN member states recognized the importance of working to ensure inclusive and equitable quality education at all levels – so that all people may have access to lifelong learning opportunities that help them to acquire the knowledge and skills needed to access opportunities to participate fully in society and contribute to sustainable development. The right to education is enshrined in article 26 of the [Universal Declaration of Human Rights](#). The declaration calls for free and compulsory elementary education. The [Convention on the Rights of the Child](#), adopted in 1989, goes further to stipulate that countries shall make higher education accessible to all.

International Day of Commemoration of the Victims of the Holocaust, January 27, 2020: *“75 Years After Auschwitz– Holocaust Education and Remembrance for Global Justice”*

2020 marks the 75th anniversary of the liberation of Auschwitz, the ending of the Second World War, and the ending of the Holocaust. 2020 also marks the establishment of the United Nations, formed in response to atrocity crimes of the Holocaust and the Second World War, with the aim of building a world that is just and peaceful. Acknowledging the milestone year, the Holocaust and the United Nations Outreach Programme has chosen as the theme for Holocaust education and remembrance in 2020, "75 years after Auschwitz - Holocaust Education and Remembrance for Global Justice". The theme reflects the continued importance, 75 years after the Holocaust, of collective action against antisemitism and other forms of bias to ensure respect for the dignity and human rights of all people everywhere.