



*Light Tomorrow with Altrusa
Today*

Ginger Tonne

President's Message

As we go through the holiday season, and the realization of the year 2022 is almost over – I want to tell you how grateful I am that Altrusa is in my life and how wonderful you all are.

This is a strong group of women who have faced many hardships and many happy moments this past year. The losing of a loved one, the birth of a grandchild and fighting our own health battles on top of our work, shows the gratitude we have for our community and the world abroad. This holiday season we shall survive. We have survived because of the unity of our group.

The giving of our strengths and the protection of our weaknesses bind us together. Let's remember the good in people and the greatness of what we have accomplished. It does the soul good to give back to others and this group is one of the most giving I have ever worked with in my years.

I am proud to call you my sisters and honored to be the President at this time. Let's look forward to the new year 2023 "as we go forth with high ideals." We will reach even more goals and you have all done Altrusa proud with the many projects completed and the many to come will be just as successful. We are all leaders. Please take time to look at this wonderfully done newsletter with the fantastic pictures and report your hard-worked hours.

So please take some time for yourself and your family. Reach out to anyone of us if you need some love. Hope your holidays are blessed and I am proud to work alongside you again for the coming year 2023. What a blessing. Let's keep Lighting tomorrow with Altrusa today.

Best regards,

Ginger Tonne

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Coming events

Dec	3	1:00	Ability House, Decorate for the Holidays
Dec	5	6:00	AWCLS – Book Club, at Jean Stuart's home, 808 Fontana, Richardson 75080
Dec	8	6:30	Board of Directors, via Zoom
Dec	10		Human Rights Day
Dec	10	10:15	Operation Santa at the Warren Center
Dec	15	6:00	Altrusa Holiday Dinner, Founders Hall
Dec	17	1:30	Ability House Christmas party
Dec	31		December Volunteer Hours Due

Birthdays

Dec	4	Jane Merz
Dec	8	Ann Turner
Dec	20	Mary Boyter
Dec	30	Nancy Rohm
Dec	31	Anne Slagel

Community Outreach and Altrusa Members Strike Again!



By Deb Bourland and Carol Ruszkowski

On Monday, November 7th, Alma Benoit, Anne Turner, Ginger Tonne, Pam Johnson, Deb Bourland, Gayle Ingle, and Carol Ruszkowski gathered at Network Community of Ministries to

deliver 230 adult and children's coats. Carol was given a budget of \$800 and told to shop till she dropped (which she almost did!) She and the team purchased 142 coats and the price averaged out to \$5.63 for each piece. The remainder of the coats were donated by Altrusans. Thank you for your kindhearted donations of adult and children coats. Your generosity will go far in keeping children and adults warm this winter.

Thank you, Carol Ruszkowski and your team, Samantha Slaight and Sylvia McCloskey for all your hard work in purchasing the coats!!!!

Outreach Committee Senior Project Update Auction at Appletree Court Assisted Living



by Lynn Solomon

On November 9, 2022, Altrusans facilitated the Fall auction at Appletree Court Assisted Living in Richardson. This auction is held each Fall and Spring. There were approximately 30 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. Appletree Court Activities Director, Cindy Bostick, suggested we concentrate on purchasing Christmas items as they are having a door and shelf decorating contest this year. The sparkly Christmas items caused quite a bidding war! Gloria Sandoval, of course, is always a superb auctioneer!

Many thanks to the following Altrusans who volunteered their time for this event: Lynn Solomon, Pam Johnson, Deb Bourland, Alma Benoit, Gloria Sandoval and Carol Ruszkowski.

District Nine Fall Leadership Conference



Altrusa Richardson was well-represented, with eleven members attending.

Following are reports on the Conference Seminars

The Efficiency and Leader Seminar: "Who me? I'm not a leader"

By Christine Hart

This seminar covered "The Imposter Syndrome" most people experience at times. The panel spoke about feeling underserving, incompetent, and having anxiety about our leadership and our ability to live up to expectations.

They covered hints to help, which included: knowing your audience, knowing your strengths, combining our own strengths with others who have different strengths, and working with a diversity of thinking. Also, practice "staying in the moment" and concentrate on positive affirmations to help get rid of self-doubt and negative thinking.

The Patriotism and Leadership Seminar: "Take a Journey with me"

By Cindy McIntyre

Wendy Sheriff, with the Garland Police for twenty-eight years and liaison to the homeless community since 2009, spoke about her experiences in the service and as a member of the Garland Altrusa Club.

Many of her words of wisdom came from her mother, such as: Never forget where you came from,

be humble – you can't fall off the ground, and pay it forward.

She joined the service to 'be all she could be: and served admirably. Wendy asks, "Why now?" We are Altrusans, leaders of Women.

The Financial Literacy Seminar: "Bridge to Wealth"

By Jean Stuart

Financial Literacy is a globally recognized movement because of lack of knowledge, particularly in the young and underprivileged. Financial literacy is not taught in school. How do we get the information out to those who need it?

We can help by:

1. Supporting or partnering with existing initiatives.
2. Becoming a community event partner – find an event in your area and provide volunteers, books.
3. Teach a financial planning workshop – how to prepare a budget, and how to stick with a budget.
4. Promote financial literacy on our website, blogs and social media.
5. Become a pro bono financial coach – hold seminars on budgeting.
6. Support organizations promoting financial literacy.

Ms. Johnson's is heavily involved with an organization that cares for trafficked women, providing training, helping find employment, and coaching to build savings. She suggests we can partner with organization like Genesis Women's Shelter, YMCA, and the City.

Altrusans Donate to Provide for a Better World

By Jane Tucker

On November 5th, the Dallas Alzheimer's Association hosted the annual Walk to End Alzheimer's. Our club participated in the event by

raising \$245 to support Alzheimer's care, support, and research.

In addition to supporting the Alzheimer's Association, our club also raised \$65.06 for UNICEF at our November monthly meeting through a drawing for Guatemala Christmas ornaments purchased through UNICEF Marketplace.

This money will go to improve the lives of children around the world to ensure every child in the world is healthy, educated, protected, and respected.

Our Two Most Recent New Members Be sure to make them welcome.



Ginger Mayo



Beth Leos

Richardson Altrusans Observe the U.N. Day for the Elimination of Violence Against Women



With Decorum

And then....

