

President's Message

Well, it's the start of the second quarter already and all the committees have made a great start. I want to acknowledge how important all our committees are to the proper functioning of our club and the important and valuable service we provide to the Richardson and North Texas community.



There have been significant changes to the Committee Structure, which have had an impact on our functioning. Change can be a challenge. I commend the valuable members who have stepped up to embrace the effort to streamline the functioning of our club. They have put themselves "out there" by chairing or co-chairing a committee, project or event. These are the members who can see the future and are willing to contribute to the success of our club. Without these concerned leaders, the spirit of our club will cease exist and to all our many contributions to the community will vanish.

Just as importantly, wouldn't it be a shame to lose this network of wonderful women to call sisters – friends that you know you can rely on. I know for many of us, Altrusa is our family. Having the friendship and support of all my Altrusa sisters has meant so much to me through the years.

Let's continue to support each other, especially those leaders who so generously make the effort to further the interests of the club, because they are the backbone of the club.

But the essence of the club is every single member of the club. Each of us has a very special part to play in the functioning of the club. More importantly, every member makes a contribution and is essential to the fabric of our Altrusa community. Without you we are diminished and are not the same. Be kind to yourself... give yourself

the gift of being a true member of Altrusa, and give the gift of yourself to your Altrusa community. Be an Altrusa Sister.

As Oscar Hammerstein, II so aptly put it:

"There is a very real relationship, both quantitatively and qualitatively, between what you contribute and what you get out of this world (or Altrusa)."

Altrusa hugs,



President, 2019-2020

972-998-0160

Upcoming Events for SEPTEMBER

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

Sept. 5 6:00 pm OWT Team Leaders Meeting

Sept. 5 6:00 pm New Member Orientation

Sept. 5 7:00 pm Business Meeting

Sept. 8 11:30 am– 12:30 pm, Shift 1
 12:45 pm – 4:15 pm Shift 2

"Feeding Children Everywhere" Meal Bagging
 Richardson Civic Center

Sept. 19 7:00 pm Dinner/Program Meeting
 Speaker; Kris McLaughlan, Ability Connection

Sept. 20 10:00 AM–11:30 AM
 Lunch Bunch "Brunch" at First Watch

Sept. 23 Noon Tidings Deadline

Sept. 23 6:00 pm AWCLS Book Club
 "Small Great Things"

Sept. 24 7:30 pm Richardson Reads One Book
 Author Lecture, "Bluebird, BlueBird"
 Richardson High School

Sept. 26 6:30 pm Board of Directors Meeting
 Friends Place ALL Members are welcome

BOARD OF DIRECTORS

Board of Directors Meeting, August 22, 2019

by Bobbi Klein, President

Altrusa member Carol Ruskowski visited the Board meeting to observe.

President's Report: The Club and Foundation are participating in the HASR North Texas giving Day on September 19 and will have a booth at the Richardson Community Celebration at CityLine from 4:30 pm–7:00 pm. Jane Tucker is coordinator for the Foundation. Robbin Murley and Carol Ruskowski volunteered to work the booth. The Administration Board of Directors have signed the “Conflict of Interest Acknowledgement” and it will be posted to the website.



President-Elect's Report: (Administrative Committee Liaison) *Samanthia Slaight* — The Administrative Committees are working in their capacities. The Finance Committee is still working on the budget.

Vice-President's Report: (Foundation Committee Liaison and Liaison to Foundation) *Donna Buhr* — The Foundation Board of Trustees did not meet in August.

The *Kindness Committee* has the World Peace Art Project coming up late October–early November. They will host the Awards Banquet in November.

The *Ability House Committee* hosted Robert's very successful “Spiderman” Birthday party on August 3. The Committee will host the September 19 Dinner Program. The speaker is Kris McLauchlan, Senior Director of Residential Services. for Ability Connection.

The *Community Outreach Committee* completed the “Tools for Schools” project in August. The “Toiletries and Composition Notebooks” collections will continue throughout the year. “Richardson Reads One Book” is September 24th and we will supply the ushers. “The Lone Star Book Movers” will be early fall.

The *Sophomore Sisters* will lead a “Children's Underwear and Socks” collection for “Make A Difference Day.”

The *Grants Committee* has met and letters to organizations requesting consideration have been sent. The Deadline is August 31. The Committee Review of grant awards will be in September.

The *Scholarship Committee* had no update for August.

Treasurer's Report: No Report

Corresponding Secretary's Report: *Lynn Solomon* — In August, we received another letter and photo from Senayda Isabel Torres Medina, the girl whom we sponsor through Helps International. Bobbi will have it translated. A letter from Cheryl-Weeks Rosten, the Partners in Education Program Director, accompanied Senayda's letter. There will be a graduation for the Sixth Graders on October 24th. She included an itinerary and sponsors of Sixth Graders are invited to go with her to see the graduation.

Past President's Report: The *Sophomore Sisters* met in August and have selected their “Make a Difference Day” Project. More specifics will be available after they meet in September. They will seek community involvement for greater impact.

Special Committee Report: *Barbara Cornelius* stated that the website update is just about complete. If you find anything that needs adjustments please contact. Her.

The next Board of Directors meeting will be **Thursday, September 26, at 6:30 pm** at Friends Place. **ALL** members are always welcome.

Ability Connection Speaker for September 19th Program Meeting



Kris McLauchlan

Our Program Meeting will be hosted by the Ability House Committee.

The program Speaker is Kris McLauchlan, who is the Senior Director for Residential Services. Ability House is an Intermediate Care Facility. The Intermediate Care Facility (ICF) Group Home program at Ability Connection currently has two other homes in the DFW area. Each home provides family-style living for up to six adults with disabilities. The homes allow individuals to live with as much autonomy and independence as possible, while providing 24 hour care for the residents.

Brad Namdar Was Speaker for August Program Meeting

Brad Namdar of House of Namdar was our speaker at last month's program meeting. He spoke to us about his unique art label. He has generously donated a beautiful art piece to the OWT Raffle and will also provide candles with the Altrusa Richardson logo for every attendee. His fiancé, Pia Lara is to be initiated into the club in October.



Altrusa Richardson To Participate in North Texas Giving Day Richardson Celebration



The Club will have a booth at the Richardson Giving Day Celebration from 4:30—7:00 pm at the CityLine Plaza, 1251 State Street in Richardson. The Celebration is sponsored by Helping Agencies Serving Richardson and will include live performances, activities, games, prize drawings, donation stations, a pet costume contest, and much more. Our booth will offer information about our community involvement, Outstanding Woman of Today Luncheon and encourage Altrusa membership.

From the HASRRichardson.org website:

“As North Texas Giving Day celebrates eleven years of igniting giving to hundreds of nonprofits that serve North Texas, we’re excited to host a Richardson Celebration to highlight nonprofit service, volunteerism and giving in our local community.”

ABILITY HOUSE COMMITTEE UPDATE
Robert's Favorite Day of the Year



Janie Jaquier helps Spiderman Robert unwrap his gifts



Another gift is a Spiderman Action figure



On the cake Spiderman crouches "at the ready"

August 3 was a very happy day for Robert at Ability House. It was the Altrusa celebration of his favorite day of the year – his birthday. The party was not on his actual birthday, so he got to celebrate 1) with us, 2) at Ability Connection and 3) at Ability House with his friends, and that's okay with Robert! He waits impatiently all year long for his birthday. He counts down the months and any time of the year when we celebrate holidays or birthdays of the other residents, he makes sure that we know how many months it is until his next birthday.

Well, of course, we couldn't have just any old birthday party. Robert wanted a Spiderman party, so that's what we gave him and he was tickled. Rosemary made a fabulous Spiderman cake and there were Spiderman masks and decorations. Seven Altrusans and all of the Ability House residents fought crime with Silly String spiderwebs. And what party would be complete without cake, ice cream and soda.

RICHARDSON POLICE DEPARTMENT NEWS

2019 Public Safety Expo

09/14/2019, 9:00 AM - 1:00 PM Richardson Civic Center - Fountain Plaza



The Public Safety Expo is a free family friendly event for anyone interested in getting a closer look at police and fire operations as well as learning how to make their home and neighborhood safer. The Public Safety Expo provides an opportunity for an up close look at the various vehicles used by first responders and see demonstrations by some of our operational units. It also helps to educate the public in a fun and interactive way.

ALTRUSA ACCENT

Celebrating Altrusans



SEPTEMBER BIRTHDAYS

Genevieve Hamulak	Sept. 6
Pam Johnson	Sept. 6
Jackie Scrivener	Sept 13
Norma Hammerlund	Sept. 16
Elizabeth Clark	Sept. 20

KINDNESS COMMITTEE – Helping Agencies Serving Richardson

News From HASR

By Mimi Tanner, Club Liaison to HASR

October 25 is the date of the second HASR signature event, yet to be officially named. This is a daylong seminar featuring Larry James, keynote speaker; lunch and breakout sessions. It’s a great opportunity to work on leadership skills, learn new things and have fun. Even though it is a few days before OWT, plan your OWT work schedule to allow time to attend this great event. (Besides, Altrusa’s HASR rep, Mimi Tanner, will be coordinating all the volunteers and will be looking for all kinds of help!)



KINDNESS COMMITTEE UPDATE – International Relations

August Greetings From Our HELPS International Student



Centro Educativo Privado Experimental “William M. Botnan”

Senayda Isabel Torres Medina is the young lady whom Altrusa sponsors through HELPS International. She attends the William H. Botan School in Santa Avelina, Guatemala. She is in the sixth grade and will “graduate” on Thursday, October 24th. Since we are her sponsor(s), we have been invited by HELPS International to go to Guatemala to witness the graduation. The basic itinerary is Oct. 22-26. Guests who want to spend time in Antigua before or after may do so. Land transportation and hotel is up to the individual and reservations can be made with advantage of HELPS discounted rates. Air is on your own. If anyone is interested, contact Cheryl Weeks-Rosten, the PEPKIDS Director at 989-941-7077.

Senayda Isabel Torres Medina’s Sixth Grade Class. Senayda is fourth from the right on the front row

to go to Guatemala to witness the graduation. The basic itinerary is Oct. 22-26. Guests who want to spend time in Antigua before or after may do so. Land transportation and hotel is up to the individual and reservations can be made with advantage of HELPS discounted rates. Air is on your own. If anyone is interested, contact Cheryl Weeks-Rosten, the PEPKIDS Director at 989-941-7077.

Along with the photo we received a hand-written letter from Senayda. Bobbi Klein will have it translated for us and it will appear in the October issue of Tidings.

Altrusa Donates for New Animal Shelter Sign

Adapted from the City of Richardson website www.cor.net



Several Altrusans represented the Club at the Ribbon Cutting recognizing the colorful new LED sign on Plano Road near the Richardson Animal Shelter. The sign was made possible in part by donations from **Altrusa International of Richardson Inc.**, the Richardson Rotary Club and Richardson AnimaLuv. Located near the intersection of Plano Road and Columbia Drive the sign highlights Shelter events, volunteer opportunities and adoptable pets—including large photos of the pets and their names. With an estimated 34,500 cars traveling on that stretch of Plano Road each day, the sign is effective way to share information and increase the Shelter’s visibility in the community, and share advisories, such as reminding people to not leave their pets in vehicles during hot weather.

Stop by and watch the cats and kittens at play in the Altrusa Kitty Playroom that we donated and decorated several years ago.

MEMBERSHIP COMMITTEE— RETENTION

“The Art of Racing in the Rain”

By Mary Boyter, Membership Retention



Pictured left to right: Courtenay Tanner, Jane Merz, Pam Johnson, Mary Boyter and Janie Jaquier. Missing from the photo are Jane and Don Tucker and Bobbi Klein, who had already entered the theater.

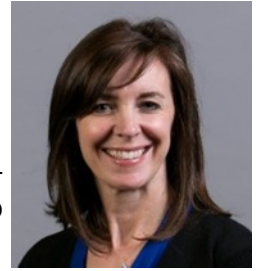
On Tuesday, August 13, seven members and two husbands attended the Retention Function of viewing "The Art of Racing in the Rain". As you may remember, the book by the same title was written by Garth Stein and was previously selected as a Richardson Reads One Book. Ergo, all of us knew the ending and brought ample Kleenex with the exception of one who should have brought a box. (That’s why we didn’t take a picture after the movie.) Nevertheless, it was a very good film enjoyed by all.

MEMBERSHIP COMMITTEE— RECRUITMENT

Don't Miss September 5th Initiation of Kathy Shockley

By Carol Ruskowski, Initiations Chair

We are pleased to introduce you to Kathy Shockley, whom we welcome into membership on September 5th. Pam Johnson and Jane Tucker are her sponsors. Be sure to get to know her.



Kathy is the Associate Director of Programs and Services for the Alzheimer's Association, Dallas and Northeast Texas Chapter. She is directly responsible for overseeing the programs and services for nineteen of thirty-four counties of the chapter service area, and the health systems outreach for the entire chapter.

She feels that serving her community is an important part of who she is as a person. She also wanted to set an example for her daughters on the importance of community involvement and that philanthropy is a key component to a balanced life.

SPECIAL DONATION

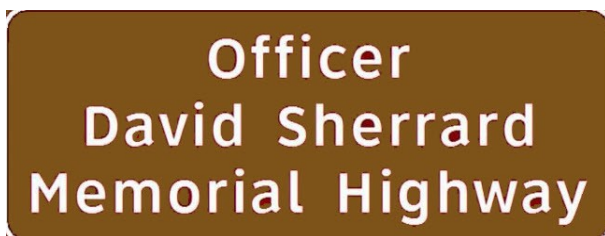
**Check Presentation to RCPAAA
for Officer Sherrard Memorial Hwy**

Bill Rodgers, President of the Richardson Citizen Police Academy Alumni Association, came to our August 15th meeting to formally accept a check for Altrusa's donation to the RCPAAA fundraising effort to purchase signs for the Officer David Sherrard Memorial Highway. The Memorial Highway is the section of Central Expressway that goes through Richardson from north to south.

The signs are eight feet tall and seventeen feet wide (see photo below). One sign will be placed at the northern border of Richardson of the southbound side of the highway and the other at the southern border on the northbound side.



Bill Rodgers, President of RCPAAA (left) accepts donation from Altrusa Richardson for \$500 toward purchase of signs to denote the Officer Sherrard Memorial Highway through Richardson.



According to the Texas Bill designating the Memorial section, the signs technically go into effect on September 1, but will remain covered until the planned Richardson Police Department's dedication ceremony, to coordinate with the dedication of the new Public Safety Complex. The celebrations are tentatively planned for early October.

NOTHING CAN MAKE OUR LIFE. OR THE LIVES OF OTHER PEOPLE.

MORE BEAUTIFUL THAN PERPETUAL KINDNESS.

.....leo Tolstoy



September 2019 U.N. Days and Other Observances

Excerpted from www.un.org and www.altrusa.org

International Charity Day September 5, 2019: In the [2030 Agenda on Sustainable Development](#) adopted in September 2015, the United Nations recognizes that eradicating poverty in all its forms and dimensions, including extreme poverty, is the greatest global challenge and an indispensable requirement for sustainable development. The Agenda also calls for a spirit of strengthened global solidarity, focused in particular on the needs of the poorest and most vulnerable. It also acknowledges the role of the diverse private sector, ranging from micro-enterprises to cooperatives to multinationals, and that of civil society organizations and philanthropic organizations in the implementation of the new Agenda.

International Literacy Day, September 8, 2019: [International Literacy Day 2019](#) is an opportunity to express solidarity with the celebrations of the 2019 [International Year of Indigenous Languages](#) and the 25th anniversary of the World Conference on Special Needs Education, at which the [Salamanca Statement](#) on Inclusive Education was adopted.

International Literacy Day 2019 will focus on “**Literacy and Multilingualism**”. Despite progress made, literacy challenges persist, distributed unevenly across countries and populations. Embracing linguistic diversity in education and literacy development is central to addressing these literacy challenges and achieving the Sustainable Development Goals.

International Day of Peace, September 21: Each year the International Day of Peace is observed around the world on September 21. The General Assembly has declared this as a day devoted to strengthening the ideals of peace, both within and among all nations and peoples.

The United Nations Member States adopted the [17 Sustainable Development Goals](#) in 2015, because they understood that it would not be possible to build a peaceful world if steps were not taken to achieve economic and social development for all people everywhere, and ensure that their rights were protected. The Sustainable Goals cover a broad range of issues, including poverty, hunger, health, education, climate change, gender equality, water, sanitation, energy, environment and social justice.

In Memorium

It is with sadness that we have learned of the passing of one of our former members, **Amalia Palmer**, who passed away on August 28.

Her funeral will be September 13, at 3:00 pm, at The Church of the Epiphany, 421 Custer Road in Richardson.

Cards can be sent to:

Amalia's Daughter and Son-in-Law

Jenna and Paul Koekemoer

6028 22nd Street

Rio Linda, CA 95673

Amalia's Son Daughter-in-Law

Jenna and Paul Koekemoer

6028 22nd Street

Rio Linda, CA 95673

International President's Message to All Altrusans

From the Altrusa International website www.altrusa.org



President's Message

BEVERLY HARDY



Welcome Altrusans as we embark on our new biennium of 2019-2021. This biennium will be our 103rd year of our amazing organization. We have evolved into a top tier service organization that we can be extremely proud! I have a tremendous leadership team to support me during this biennium. I truly believe as my theme states **TEAM WORK MAKES THE DREAM WORK**. No one person can make Altrusa successful without the help of other talented leaders working beside them. Truly, together we thrive as we work together "Leading to a Better Community".

You have heard me say many times and will continue to hear me say: As members of Altrusa we are **volunteers!** Altrusa is not a job, it is our service. My motto has always been to stress: **Family first; Career second** if you're still working; **Service third**, which is of course, for many of us are our volunteer hours for Altrusa.

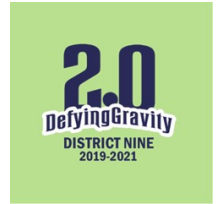
We live in one of the most challenging eras Altrusa has ever faced. A rising tide of technological innovations and entertainment opportunities has radically altered the social landscape of our world, fundamentally changing the way our society interacts. It is in this climate of fierce competition for people's time that are reaching out to those in our communities and asking them to join us in sharing and caring. We must embrace this tide of change if we are to survive. We are forced to compete with powerful new technologies, like smartphones, tablets and all the modern social media and entertainment opportunities that come with them for our members' and potential members' valuable time and energy. We need to embrace this change and realize that it is the key to growth. By embracing the tide of change, we will be able to ride atop it and increase our membership, instead of letting change simply wash over us.

We the members of Altrusa should continue to exhibit passion, enthusiasm and energy for our organization while participating in our fundraisers and projects. We need to emphasize to nonmembers the wonderful philanthropic arm of our **International Foundation** and all they contribute throughout the world.

By working together and embracing change, we will achieve our monumental goal of growing our membership. We can reverse the trend of a declining membership and fight to retain our members. To be able to continue to benefit from change, we need to always remember that it is **change –not chance- that will get us there.**



ALTRUSA INTERNATIONAL OF GARLAND
invites you to join in a
MEMBERSHIP EXTRAVAGANZA



Thursday, October 10, 2019 at 6:00 pm

featuring **Beverly Luedke**

Beverly is a dynamic, motivating speaker and will present strategies on growing Altrusa with

“out-of-the-box” ideas! She is on the international membership committee,

former chair of district membership and Temple Altrusa president.

Garland Altrusa meets at Holiday Inn, 5110 N. George Bush Frwy

Dinner is \$25 and a reservation is needed by October 4.

No need to pay in advance. Pay at the door but if circumstances change and you can't attend, cancellation must be made by **October 6**. (Club must pay for all reservations not cancelled by this date.)

Contact: Shirley Raymer for reservation

saraymer5@gmail.com or call 972-278-8891/214-213-4281

How to Grow Healthy Children in a Toxic, Pressure-cooker World

The purpose of this workshop is to educate parents, teachers, professionals, and anyone interested in helping our children. Speakers will discuss how to recognize trauma and its common sources, exploring the term “Transgenerational Trauma.” (**We adults have to heal our own wounded inner children if we are to keep from passing on our pain to our kids!**) These pearls of learning about human development and the trauma that interferes can cause dramatic shifts in your perceptions and way of life. And, you'll gain tools that can lead to effective change in many young lives. Come prepared to learn, participate, and leave inspired by upgrading what you know about developing healthy children. (We will also have some fun!) **For questions, more information, or to register without fees, please call Anne at 903-306-5286**

Who: David Johnson, BS, DTM, Anne Redelfs, MD, DTM, Kathy McCommon, IIN Coach, Brian Dixon, MD, and Deborah Chelette-Wilson, LPC

When: Saturday, September 21, 8:30 AM - 3:30 PM

Where: Community Missionary Baptist Church, 115 W. Beltline Road, DeSoto, TX 75115

Cost: \$79 per person for August registration, \$89 in September (includes lunch) / CEUs for LPCs (+\$20)

To register online: <https://www.eventbrite.com/e/how-to-grow-healthy-children-in-a-toxic-pressure-cooker-world-tickets-68535055195> Vendor tables available: call Kathy at 903-736-5027