

December 2021

**Outstanding Alachua County Volunteer Civic Organization
2010 "Work of Heart" Award
Home Club of 2009-2011 International Altrusa President,
Donna Johnson**

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President's Message



"The Holiday season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us."

Unknown

It's here! December! One of my favorite months. All months have something special--a birthday, holiday, anniversary, or a remembrance. But December is just a bit more special. Is it the Holiday decorations that my husband put up while I was out, magically transforming our house and yard into our own winter wonderland or the twinkling eyes that betray the smiles hidden behind our face coverings?

One of the things I like most about December is making cookies. I spend a great portion of my time in early December baking cookies. My family says I go a bit overboard with cookie baking (15 different kinds last year) making favorites from handwritten recipe cards of family members who are no longer with us or trying new recipes. One year I asked the family for their favorite, thinking I could reduce the amount of cookies I made. I think they colluded together and each one picked a different cookie, knowing I would make everyone's favorite. Then later in the month, I package up trays of cookies to give to family and friends. I love the look on their faces as they search for their favorite and then gently sneak under the wrapping to secure that cookie.

As special as December is, it also signifies the end of another year. Very soon we will turn the calendar and start a new year. Time for fresh ideas and new ways to be involved in our community. Our first event will be the Human Library on January 23rd, followed by Trading Closets and then the International Dinner. All these events will need as many members as possible to make them a success. The Human Library event is open to the community and could be a recruiting opportunity; proceeds from Trading Closets support Altrusa House as well as other club projects and the International Dinner raises funds for International Scholarships.

I wish each of you a wonderful Holiday season.
Most Sincerely Yours,
Dee



All Altrusans are encouraged to submit information, articles, pictures, and ideas for the newsletters at any time, but please note:

Submissions for the upcoming newsletter must be sent to editor, Carolyn Harrell, by the 25th of the month at harrellland@cox.net

Thanks to Bennye Alligood, Marge Baker, Cherise Bartley, Doris Hargrave, Shea Huey, Nancy Hult, Donna Johnson, Linda Mealiea, Carol Meyer, Bea Sherouse, and Vibeke Vala for contributions for this issue.

Who, What, When, Where: Mark Your Calendar

Since a number of questions often seem to arise about dates and times, let's experiment with a consolidated chronological listing of all our activities for each month (and some beyond) to see if that is easier to input and recall.



There will be fewer graphics, but hopefully less is more.
Please let me know if this is better for you and/or
feel free to offer suggestions and input via email. harrellland@cox.net
Also, please send information and dates
for the upcoming newsletters on or before the 25th of each month.



“Everything should be as simple as possible, but not simpler.”
Einstein

2021

Tuesday, December 7, 5:00 pm, Tuesday Book Club, Vibeke's back porch, Corinne Greenberg, facilitator

Thursday, December 9, noon, Altrusa Holiday Luncheon catered by White Apron, Woman's Club

Wednesday, December 15, 2:00 pm, Wednesday Book Club Book Exchange, Celia Burger's home

2022

Tuesday, January 4, 5 pm Tuesday Book Club, Vibeke's back porch, Carolyn Harrell, facilitator

Tuesday, January 18, 6 pm, Happy Hour Plus at Barbara Scott's RSVP to Barbara if you are coming

Wednesday, January 19, 2:00 pm, Wednesday Book Club, Marilyn Mitchell's home, Marge Baker, facilitator

Sunday, January 23, 2:00-4:30 pm Human Library Event, Cone Park Library, Celia Burger, chair
(note time change)

Friday- Saturday February 18 & 19 Trading Closets, Woman's Club, Myra Morgan, chair

Sunday, March 20, 1:00-3:00 pm, Altrusa House Garden of Memories Tour

Saturday, April 2, 2022, International Dinner, Gainesville Garden Club, Fran and Barbara B, chairs

Thursday- Saturday, April 28-30, 2022, District Three Conference Charlotte, NC

Remember Brian Jose and his compelling presentation of UF Performing Arts. Support and enjoy the arts!

Symphonies, Upstage, Musicals, Comedy, Dance...big names, rising talent

Buy tickets online, by phone or at box office

Google UF Performing Arts for schedules and information

See you there!

Regular Meeting Reminders

Luncheon meetings are on the second and fourth Thursdays of each month
except second Thursdays only in November and December due to the holidays
Altrusa House Board of Trustees meets on the third Thursday of the month.
Altrusa Club Board Meetings are the fourth Tuesday of the month.

December 23 (no meeting)

“Mankind is a great, an immense family... This is proved by what we feel in our hearts at Christmas.”

Pope John XXIII

“God bless us, everyone.”

Altrusa Meeting November 11, 2021

Leza Mueller

Communication/Development Director Bread of the Mighty Food Bank



Leza's happy look reflects the joy of receiving from Dee a donation to Bread of the Mighty in her honor. Then along with Leza, Altrusans Carolyn, Sara, Joan, and Dee get ready to load the table decorations and bags of additional food into Leza's car.

Today's guest speaker from Bread of the Mighty is mighty in her own right. Leza is involved with numerous clubs and agencies including Ronald McDonald House, Rotary, and Chamber of Commerce in which she serves in leadership roles.

Additionally, she has a personal business, Cabi Style with Leza.

Today, Liza Mueller inspired and informed us about the extensive work of Bread of the Mighty (BMFB). This is a food bank in its 35th year of operation serving 5 counties by collecting and distributing donated food and essentials to over 170 non-profits such as food pantries, churches, shelters, and other organizations who directly feed the hungry. The 25,000 sq ft warehouse on NW 10th Avenue includes 2,600 sq ft of cooler/freezer capacity. They also have 10 vehicles and are on the road five days a week collecting and distributing food. Leza's eyes sparkled as she described this grand operation with an accompanying slide show that showed the volunteers in action and the impact of their mission:

- 16.4 million pounds of food distributed in 2020-2021 fiscal year – 13.7 million meals
- 3,160 volunteers donated over 15,340 hours ... representing an in-kind gift of over \$184,000
- 75 community holiday food drives collected more than 38,000 lbs. of food and donated nearly \$34,000.



Their services include:

- Feeding Kids--100% funded by BMFB for 18 school sites with 2 additional by December 2021
- Mobile Pantries--30-50 monthly distribution sites allowing for more distribution of perishable items
- Gainesville Harvest--Donating more than 300 hours per week, 125 volunteers average 145 trips to 48 local supermarkets and restaurants per week picking up a total of 461,620 pounds of unused food (saving it from the landfill) and sharing with over 1,000 people each week through over 50 charitable organizations.
- Food for Seniors--BMFB met goal to distribute at least 95% of the USDA food for this program.
- SNAP Outreach--Although impacted by COVID, this year 173 individuals were enrolled.

Now, with this knowledge, we are inspired to volunteer in some way, host a food drive, tour the facility, or make a donation.

NO ONE SHOULD GO HUNGRY

ASTRA: Ability, Service, Training, Responsibility, Achievement

ASTRA is a service organization sponsored by Altrusa at the University of Florida. ASTRA helps students find a way to get involved in the Gainesville community through service projects like March of Dimes, the Ronald McDonald House, Kids Count, Project Makeover, and Jungle Friends. At the end of each semester, ASTRA and Altrusa award scholarships to outstanding ASTRA members. Currently ASTRA is a group of 16 members who meet at 6:00 pm every first Thursday of the month in the Reitz Union Matthew's Suite. Not surprisingly, their focus this year is helping kids recover from the pandemic by volunteering at places that support the physical, emotional, and social well-being of elementary and middle school students in particular.

The photos show some of these activities followed by a brief history at the end to tell how it all began.



At the Food4Kids event ASTRA packed food for school children in need of food outside of school and over the weekends



The photos below are from the GBM where they made cards to deliver cheer to kids in hospitals. The cards are mailed to the Cards for Hospitalized Kids organization and distributed to children across the US.



ASTRA also serves the university. The outdoor shots above are from the Campus Beautification event where they helped pot new plants that the UF Grounds department will put around campus.

The two photos below are from the November 4 GBM (General Body Meetings) event making toys for rescue dogs.



Last year with only nine active members, ASTRA volunteered 95 hours as a club (a total of each member's hours spent at events). With nearly double the members this year they hope to significantly increase that total.

In late 1996, Associate Dean W. Andrew McCollough asked Donna Johnson if there was anything Altrusa could do to support young women in the College of Business Administration. Donna was willing to work on establishing ASTRA at UF, but it would have to be for all students, not just those in the College of Business and the School of Accounting. The ASTRA Club of UF held its first organizational meeting open to all on 1.21.97 with six young women and Donna as Faculty Sponsor and Club Sponsor. The first service project was the Altrusa Read-In for Literacy on 4.17. 97. ASTRA was responsible for the project at Waldo Elementary. The club was officially chartered in Fall 1997 with 20 members. Kim Pace joined as a Faculty Advisor in Fall 2014 and Bea Sherouse joined Kim and Donna in 2017. Bea now meets with ASTRA and Kim Pace remains Faculty Sponsor (a requirement of UF) but does not attend meetings.

Thanks to Jieli Wegerif, ASTRA president, Bea Sherouse, and Donna Johnson for providing information and photos.

Giving and Gathering

For Ongoing Projects and Ongoing Friendships

House Shower for HONOR program

Laundry detergent, dish (not dishwasher) soap, cleansers like Comet or Softscrub, sponges or dishcloths, paper towels, toilet paper and such items that cannot be purchased with food stamps.

Days for Girls

Panties girls size 14, 16 and women's size 6, 7, 8. For convenience, order online and have them shipped to:

Days for Girls c/o Michelle Belanger, 6022 NW 26 Terrace, Gainesville FL 32653.

Copy and paste this URL into your browser to be directed to Days for Girls' Amazon page <https://tinyurl.com/sssz6af6>

Sewing Center is at 1001 NE 16th Ave and is open Tuesday, Thursday, Friday 1-5 pm

Jail Literacy Projects

Paperback books including puzzle books appropriate for inmates. Plastic framed reading glasses. RTS bus passes.

Inmate Read to Me Program Toddler through 5th grade books (soft or hard cover, English and Spanish)

International President Kathy Folley's Biennium Project: One Book at a Time

Donate 500 books or 500 service hours in the next two years. Please keep a record of your donations/time.

Bread of the Mighty

Food and volunteers are always needed. It's fun and satisfying to volunteer there!

- Plan **Pop-up Altrusa activities** at museums, art walks, wine tastings, golf and exercise, Do Art, lunching together, et al
- **Days for Girls** Gather a friend or two, volunteer for a bit, then grab a bite together. The center at 1001 NE 16th Avenue is open is open T, Th, F from 1-5 pm.
- Volunteer to **assist a Santa Fe professor** as job interview coach, ESOL conversation partner, et al. This is a continuing Altrusa service that is rewarding for all.

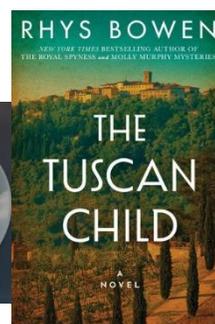


Pictured above is Takeekeia Martin, Program Director, receiving a pop-up surprise donation of 125 more books for the jail library and for children of inmates. She also accepted a donation from Altrusa to help inmates' families during the holidays. She sends gratitude for our continued service.

The Wednesday book club
will meet **December 15, 2:00 pm** at Celia Burger's home
for the Holiday Book Club Book Exchange
and
January 19, 2022 at 2:00 pm
at the home of Marilyn Mitchell to discuss
The Bookwoman of Troublesome Creek.



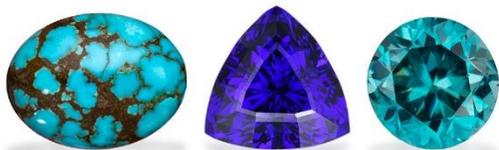
The Tuesday book club,
will meet **December 7 at 5:00 p.m.**
at Vibeke Vala's home
to discuss *The Tuscan Child*
and enjoy wine and Tuscan snacks
Corinne will facilitate.



Sunshine (and searching Wikipedia)

December Birthdays

Maggie MacDonald Dec 2
 Celia Burger Dec 3
 Karen Wishart Dec 8
 Corrine Greenberg Dec 12
 Freddie Dobson Dec 16
 Pat Kilby Dec 23



Multiple birthstone options for some months were created in order to allow **more affordable** options in addition to the traditional more expensive stones.

Turquoise is a semi-translucent to opaque gem that ranges from blue to green and often has veins of matrix (remnants of the rock in which it formed) running through it. This December birthstone has been cherished for millennia. The pharaohs and other rulers of ancient Egypt adorned themselves with it. Chinese artisans carved it more than 3,000 years ago.

It was thought to possess many beneficial powers like guaranteeing health and good fortune. From the 13th century on, it was believed to protect the wearer from falling (especially off horses) and would break into several pieces at the approach of disaster. Hindu mystics maintained that seeing a turquoise after beholding the new moon ensured fantastic wealth.

This turquoise birthstone also played an important role in the lives of Native Americans. The Apache thought turquoise could be found by following a rainbow to its end. They also believed that attaching the December birthstone to a bow or firearm made one’s aim more accurate. The Pueblo maintained that turquoise got its color from the sky, while the Hopi thought the gem was produced by lizards scurrying over the earth.

Tanzanite was named in honor of its country of origin. The tanzanite birthstone is often described as “velvety” mostly because of its deep and saturated color, which ranges from a pure rich blue to violet, with the blue considered most valuable.

Tiffany & Co. believed that tanzanite had international appeal and became its main distributor. In 1968 and launched a major advertising campaign to promote it. With its

Zircon, the word’s, origins have elicited colorful debate. Some scholars believe it comes from the Arabic word *zarkun*, meaning “cinnabar” or “vermilion.” Others think the source is the Persian word *zargun*, or “gold colored.” Considering the broad color palette for this December birthstone – red, orange, yellow, brown, green and blue – either derivation seems possible. Colorless zircon is known for its brilliance and flashes of multicolored light, called fire, which have resulted in centuries of confusion with diamond.

During the Middle Ages, this December birthstone was thought to lull one into a deep sleep and scare off evil spirits. In the Hindu religion, zircon alternates with hessonite garnet as one of the nine gems of the navaratna. When worn together, the nine gems protect the wearer and bring wealth, wisdom, and good health.

When our homebound days of 2020 began to ease up a bit,
 we began to come out of hibernation.

And as 2021 comes to a close it seems Altrusans have taken up their traveling again. We certainly have our fair share of globe trotings and Grandma visitings among our club members. Begin on page 7 to see where some of us have travelled in 2021. We have so much to talk about and share.

“Travel is fatal to prejudice, bigotry, and narrow-mindedness.” – Mark Twain

And in January, Altrusans will provide opportunities for our whole community to expand their experiences by traveling to Cone Park Library and into our Human Library. Bring your friends and acquaintances as we “Unjudge Someone.”

Please send news throughout each month to Linda Mealiea at linkmeal@cox.net or call her (352)267-7756. Photos are welcome too.

Where in the World?



**Donna Johnson,
England, Spain**



Carol Meyers, Iceland



**Donna Johnson,
Canary Islands**



Donna Johnson, Bahamas

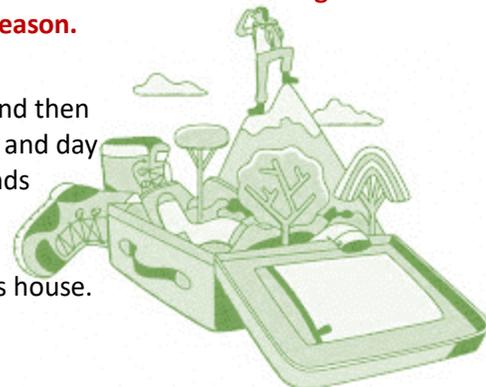
Travel to pages 8-9 for more...

NB: Place locations on the map are quite loosely situated as I imagine you realize. Please enjoy anyway.

Oh the Places You've Gone

Not surprisingly, sharing our Altrusan Adventures just couldn't be kept to one word destination listings. But why should we leave anything out...it's been so long, and it's holiday season.

Paul and I traveled in May and June to Roanoke, VA to celebrate our son's birthday and then our grandson's fourth birthday. In July we had a quick 6 day stay in Jackson Hole, WY and day hiked in the Tetons. The first 3 weeks of September we were in CO, visiting with friends and hiking Rocky Mountain National Park. It was back to Roanoke in October for a mini family reunion with son, daughter, spouses and grandson. We are planning another mini family reunion over Thanksgiving in Silver Springs, MD at our daughter's house.



Doris Hargrave

I traveled to Austin, TX in June to see my great nieces and nephew. They are so special to me as I lived with the family for three years and took care of both nieces from birth, when they lived in Redmond, WA outside of Seattle. Also exciting for them is their mother's job relocation to London next summer. Hope I can visit them there!

I just returned from Seattle where I visited Julia, a dear friend of mine whom I met at the first meeting I attended of the Daughters of America Revolution. I am convinced we are related somehow so it is a nice relationship. It was my first trip back and had forgotten how beautiful it was. Got to see old friends and meet so nice new ones.

Sometime this year, I traveled to Macon to visit my closest first cousin, Trisha, for more work on her mother's and our grandfather's family book begun in the early thirties. Another first cousin joined us and then we traveled to Columbus, GA to Linwood Cemetery to visit our maternal ancestors. Many were buried in the 1800's. I then ventured to LaGrange, GA to my grand-nephew's high school graduation. On the way home, I stopped in Foley, AL to see my chiropractors from Redmond, WA and their Golden Retriever, Fenway, who remembered I always have treats, even after the five years since I had seen him. The "parents" told me that no woman's purse is safe from Fenway since my visits! Beautiful dog! I got carried away. Forgot that I had had such a good time.

Shea Huey

Great trip to Iceland in early August, originally planned for June 2020. We were fortunate to be vaccinated and COVID test negative just before travel. The trip was through ProCruiseIceland and included a circumnavigation of the entire country, crossing the Arctic Circle. We had beautiful weather with only one slightly rainy day. The ship had 1/2 usual passenger capacity and a full hotel crew which led to fantastic service. Although many think of it as a land of fire and ice, at this time it was more fire and lava. The older lava fields are in the western portion, newer in the east. In fact we could see an active erupting volcano from our hotel near the airport and visited a town that was recently partially buried in lava. The residents managed to stop the flow before it obstructed the entrance to the harbor. We had talented guides, one being an operatic singer/teacher. All spoke multiple languages and we had a large group of Germans on board. Most of hotel staff were recruited from Miami area and included many from Central America. In addition to fresh fish the primary meat produced in Iceland is lamb and there are sheep grazing everywhere. Iceland is quite unique in its people and language in that they lived in such isolation that little has changed since Eric the Red. A beautiful land with wonderful people.

Carol Meyer

Martin and I traveled to Myrtle Beach, supposedly a great vacation/tourist spot, but for us simply a brilliant midway point between Baltimore and Gainesville for a family celebration after a pandemic imposed 18 months hiatus during which another grandchild joined our close-knit circle of love.

We spent a week in glorious weather on the beach, in the pool, in the condo doing puzzles, stitching, reading, and baking with Carsten's young family: Amelia 4, Sonja, 2 and Josiah 3 months. Did not pursue any of the advertised area sights but returned home full of memories that sustain us still.

Vibeke Vala



Views from Rocky Mountain National Park
Estes Park, Colorado
August 2021
Nancy Hult



Kapalua Beach - Maui, Hawaii
June 2021 Family Vacation
Better Together
Nancy Hult



Cherise and Rog recently enjoying Napa

My first trip post COVID-19 was with another Altrusan from Colorado. The dates for our cruise were September 19-30. We started and returned to Southampton, England where we took a day trip to Stonehenge. We boarded our ship and went to Vigo and Seville in Spain; Lanzarote, Tenerife, Gran Canaria in the Canary Islands. Marty and I have a trip planned to the Southern Caribbean from December 13 - 24. We'll be visiting the Bahamas, Colombia, Aruba, Curacao and Bonaire.

Donna Johnson



Donna Johnson's photo of iconic Stonehenge



Carolyn conquering a fear of heights



Frank Lloyd Wright's Taliesin West was amazing, as was the unexpected amount of greenery at Grand and Bryce Canyons.



"Nowhere in America compares to Savannah with its garden squares, old-school hospitality and scrumptious pecan pies" (British Daily Mail), and Lisa Renner agrees. She also notes the churches, cemeteries, GHOSTS, River Street, container ships, and of course, "The Girls," the familiar "Bird Girl" famous from *Midnight in the Garden of Good and Evil*, and most special is the waterfront "Waving Girl" remembering a girl who waved at all the ships coming and going for more than 40 years. The statue is a gift from Altrusans in Savannah.



Last but not least from Marge—
Does going to Publix count?

If you planned to send travel info but didn't get to it for this newsletter, please send it along and we'll have an addendum in the January newsletter.

Did You Know? Altrusa Info from Past, Present, Future

Through the Eyes of Past Club Presidents

President Joan Ginn, 1970-71

The club provided Christmas decorations for the residents at Oak Park (an apartment for the elderly) and gave parties at Halloween and Thanksgiving for the residents.

President Freddie Dobson, 1971-72

The club adopted as its number one project the research and compilation of data on establishing a Sunland Halfway House in Gainesville for the mentally disabled.

President Reta Matthews, 1972-73

The policy of paying for lunches on a quarterly basis was initiated. The club began a tradition of giving a yearly "coffee" for new citizens following the Naturalization Ceremonies at the U.S. District Courthouse.

President Ruth Sawyer, 1973-74

The club, as requested by the national extension chairman of Altrusa International, conducted a survey of Ocala for the possibility of establishing a club there. The club donated \$200 to the City of Gainesville for renovations of Bridge House, a rehabilitation center for alcoholics.

President Nancy Hess, 1974-75

Altrusa Club of Gainesville initiated more new members than in any year since its organization in 1958

**That was the past...let's accomplish this again in the present so Altrusa can be even stronger in the future.
Membership is the focus for the coming year,**

Wreath Report

Fran reports that 167 orders for wreaths and table-top trees raised **\$1,751.54 for Altrusa House**. We had three more orders than last year even with COVID and decreased club membership as many Altrusans expanded our buyers' group to other family and friends. FedEx is notifying customers regarding delivery dates, and some began receiving shipments the last week in November. Thanks to all who participated this year. Thanks to Fran and her elves, Myra and Barbara B, for all their work at Westside Park, a good sales venue.

Gifts for You in '22

Here are just some of the people and groups you may hear from next year. Invite friends to join us for an exciting and informative time together... and there are box lunches too!



- Rosewood
- Girls' Place
- Santa Fe Zoo
- Shands Mobile Clinic
- Mary Kilgour, author
- Child Advocacy Center
- Teachers of the Year
- Women's Giving Circle
- Mimi Carr Cooking with MKR
- Paynes Prairie and Area Parks Alliance for Immigrant Justice
- Voices Rising Community Chorus

Altrusa House Garden of Memories



The award-winning Garden of Memories is constructed of engraved commemorative brick pavers placed to honor or remember special person(s): clients, families, friends, and supporters of Altrusa House. You may sponsor an engraving for a minimum of \$150 or also, if you wish, make a donation in any amount to be listed as a donor in our Tribute Book which lists engraving recipients. We notify recipients so honored or the families of the remembered.



Honor your loved one and support Altrusa House. Print the EXACT name(s) or message to be permanently engraved. Please enter one (1) letter per space and leave a space between words. Engraved Brick 4" x 8" Minimum Contribution \$150

Please complete this form. A sample is below.

R	E	M	E	M	B	E	R	I	N	G
J	O	H	N		S	M	I	T	H	
1	9	2	5	-	2	0	1	4		

All donations received in excess of the brick engraving costs go directly to the general fund of Altrusa House to assist clients attending Altrusa House or to meet the responsibilities of the Altrusa House Board of Trustees in the maintenance and care of our house and grounds. Thank you for your support of Altrusa House Garden of Memories. Altrusa House is a 501 (c)(3) tax-exempt non-profit organization.

Donor Information

Name _____

For recognition I/we should be listed as:

Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

Amount of Gift \$ _____ Date: _____

Payment

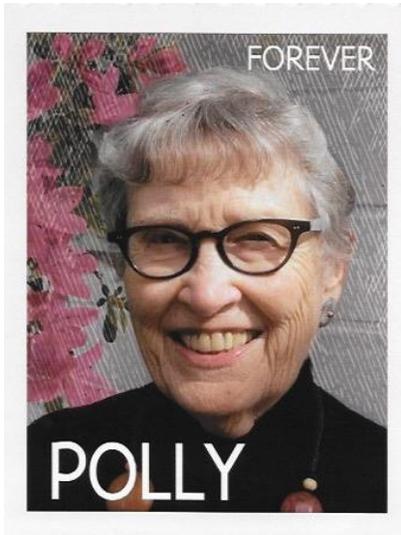
Please make contributions payable to Altrusa House and return to: Altrusa House
 P O Box 358765 Gainesville, FL 32653

In the memo line, indicate the name of the person to be honored or remembered.

For more information, please email altrusacalendar@gmail.com

Former Altrusan **Melanie Brandt** died at her home on September 22, 2021. She was an active member until 2001 when a serious accident left her quadriplegic as a result of a severe spinal cord injury. Although life-changing, Melanie was able to continue a robust and active life. With a talent for observation of detail and artistic expression combined with scientific analysis she developed a unique skill for tracing discovered rock art and illustrating and diagraming archaeological finds leading to her becoming a sought-after illustrator and graphic artist for scientific and academic texts.

Former Altrusan **Lalitha Ganesh's husband, Thangavelu Subramaniam Ganesh**, 82, died on November 10. A graduate of Madurai Medical College in India, he was a psychiatrist with the VA Medical system and the state hospital system. We are thinking of you with love, Lalitha.



The Garden of Memories

is constructed of engraved commemorative brick pavers contributed in honor or memory of special clients, families, friends and supporters of Altrusa House.

MARY 'POLLY' FRENCH DOUGHTY



Those important to Altrusa/Altrusa House and have a brick dedicated to them in our Garden of Memories.

Polly was the epitome of the community, national and international volunteer, civic activist. She was born in Philadelphia, PA. and received a B.S. from Ursinus College where she met her future husband, Paul. Together, they participated in educational and humanitarian activities in Mexico and Peru.

Following their move to Gainesville when Paul joined the Anthropology and Latin American Departments at the University of Florida, Polly became active in a leadership capacity in many volunteer organizations in Gainesville and UF. She served as President of the Alachua County League of Women Voters for four years. Polly referred to herself as an 'executive volunteer' and worked unflinchingly on women's issues with the Alachua County Democratic Party, Women's International League for Peace and Freedom, United Nations Association, and other groups. In 1995 she was a delegate to the Beijing World Conference on Women.

She was a dedicated supporter of the NAACP and contributed substantially to the development of the Cotton Club. Polly was an activist in local politics; she provided leadership in the local group that worked hard to get the State Legislature to ratify the Equal Rights Amendment. She was involved in numerous local political campaigns and opened her house to many 'meet the candidates' events.

Awards – so many! These included the Susan B. Anthony Award (1994), Altrusa-Easter Seals Award (2012), 'Uppity Women's Award' (UF), Santa Fe College Woman of Distinction Award (1990), Baha'i Human Rights Award, Gainesville Rotary Volunteer Award (1986), Girl Scouts 'Woman Who Makes a Difference Award' (2007).

Closer to home, Polly played a major role in the creation of Altrusa House and served on the Board of Trustees for many years. Polly's close friend, Jean Chalmers, made these comments: "Polly was a philanthropist. She gave generously to local and international programs through strong support of the UNA and special programs in South America that she and Paul loved. Polly was just lots of fun and her laughter made the world a better place. There was hardly a good cause or organization in Gainesville without Polly."

POLLY DOUGHTY WAS TRULY A WOMAN FOR ALL SEASONS

Donors: Lisa Renner, Nancy Hult. Tribute by Lisa Renner.



Governor's Greetings

FLORIDA, GEORGIA, NORTH CAROLINA AND SOUTH CAROLINA

Don't be pushed around by the fear in your mind. Be led by the dreams in your heart. Roy T. Bennett

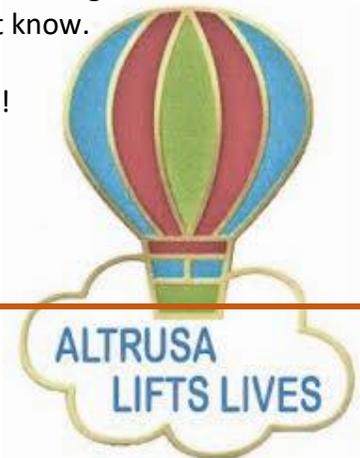
KEEPING THE JOY IN YOUR HOLIDAYS

For many the holiday season is a happy and joyous time enriched by reuniting with family and friends. But years end can also be very stressful. The final days of the year can bring a few weeks of stress and constant motion for many. For others, the holiday season can bring about feelings of being overwhelmed, depressed or lonely. We certainly can't stop the world from turning, but as Altrusans we can and do bring comfort, care, and a smile to those in need. So, whether it's through donations or actions, we can help someone whose spirits might need a little extra lifting this holiday season. We can pay off layaway balances for families in need, we can spend time in nursing homes with those who don't have families, make or donate blankets for those who need them, donate Christmas trees to military families, or even adopt a military family. The choices are endless, and I want you to be creative when you plan some of your club projects around helping those in need during the holidays. It is what we as Altrusans do best, and I guarantee it will keep the JOY in your heart and holiday!

Another area of JOY is in leadership, so take that leap of faith and consider serving on the District Nominating Committee, if interested in serving please let your Club President know.

True leadership is lifting others up. No matter what you decide to do, find your JOY in doing it. Now I wish each of you a very JOYful Holiday Season! Thank you all for your exemplary service to Altrusa,

Shannon



MAY YOUR HOLIDAYS BE MERRY

It truly is heartwarming to see all the service projects our clubs have taken on these past few months. Even handicapped a bit by COVID you have reached out to your respective communities and have truly made them a better place to live.

I am in awe of you all and oh so very proud to be a part of our fantastic organization. By all means, PLEASE remember to share with all the people you meet, the wonderful work Altrusa does within its reach. Always know you, our membership, are ALTRUSA!

On behalf of the Altrusa District Three Board, we would like to take this opportunity to wish all Altrusans a wonderful merry and bright holiday season.

JOY to the World

2021-2023 Biennium Goals

1. LEADERSHIP

Set the roadmap for your goals.
Submit a Club Strategic Plan to the District Governor.

2. SERVICE

Shine a spotlight on your Club's activity or project. Submit at least two articles to the DSB for publication.

3. MEMBERSHIP

Help grow Altrusa with a net gain of four or more new members during the biennium.

October Board Meetings Highlights

Since both boards meet very near the end of each month and the newsletter comes out the first week of the following month, board business highlighted in the newsletter is over a month old. For a full copy of any minutes, please contact Carolyn or the secretaries.

Altrusa House Board of Trustees Meeting at Altrusa House, October 21, 2021, 6:10-7:15 pm excerpts from Bennye Alligood's minutes

Present: Bennye Alligood, Mitzi Austin, Wendy Bice, Dee Dugger, Sara Freeborn, Shea Huey, Nancy Hult, Lee Johnson, Myra Morgan, Lisa Renner, Barbara Scott, Joan Suchorski, Fran Vandiver, and Justine Vaughen

- Shea provided copies of the Treasurer's Report. Sara said the refrigerator has been installed. The first door was damaged, the second door swung the wrong way. A third has been reordered.
- In other business, Reese Allison, a previous board member was made an ex officio member.
- Margaret Fields, currently LOA, has suggested a new board member who will be invited to the next meeting. Nancy suggested that community Foundation might be an avenue for new board members.
- Joan and Sara are working on the Phantom Ball letter targeted for mailing November 4th.
- Altrusa House is a sponsor of UN Day, October 24.
- The board thanked Lee and staff for a marvelous buffet dinner.
- Myra saw Ledmarie Rodriguez who sent regards to the board.

Please note that because the Director's Report and Gardening/Landscaping, Edward Jones, and FTD Report contain much information of interest to the club, the complete minutes of those sections are on page 15. Happy perusing.

Altrusa Board Meeting via ZOOM, October 26, 2021, 6:15-6:54 pm excerpts from Linda Mealiea's minutes

Present: Dee Dugger, Carolyn Harrell, Becky Munden, Cherise Bartley, Karen Wishart, Donna Johnson, Linda Mealiea, Shea Huey (guest)

- Dee will try to get Sweet Adelines to carol for December meeting program
- Dee's email has been hacked and SCAM e-mails sent to Altrusa members. She has alerted members.
- Dee is checking with committee chairs for projects done between January 2021 and December 2021 that will be good for award submission. Human Book Project will be submitted next year. For this year we will submit Newsletter, Programs, Yearbook and others identified by chairs.
- Carolyn collecting donations for two inmate families' Thanksgiving, contacting Program Committee to plan future programs, and encouraging submissions for Unsung Hero
- Dee: will hold off member recruitment until we get a 2nd VP. Possibly hold member recruitment event in January.
- Checking account balance: \$18,308.00; Savings account balance: \$12,500.00. Motion approved to transfer \$5,000.00 to Foundation account as unrestricted funds for committees' use. Will present budget to club for approval at Nov meeting.
- Literacy will hold demonstration of Human Book project at next meeting.
- Vocational's Garage Sale adding a 2nd Saturday, Contacting Hospice to pick up unsold items.
- Vocational's Garage Sale netted \$1,583. Wreath sale is completed.
- Trading Closets set for February 18-19 and International Dinner for April 2.
- Plan to have yearbook ready after first of the year. Donna must update all changes in International and District first. Also, need to get photos of anyone not in last yearbook. Dee and Donna will handle update of yearbook.
- Donna is suggesting changes to club bylaws to match District's and International's Bylaws

Next Board meeting: Monday Nov. 15, 2021, 5:30 PM ZOOM (change from usual time)

Director's Report:

- Lee shared the members' and her appreciation to Sara for arranging the new furniture for the "man cave." The day area is next for improvements. She thanked Fran for the detailed maintenance list that they are going by.
- As far as the census goes in the last month they had three of their full-time veterans transfer to a higher level of care, not covid related. The census last month was 17 or 18. This month, within the last two weeks, we are down to 15. The VA case workers are wonderful about referring clients. We also have long-time clients that want to return but are still hesitant about covid.
- After speaking with the county and getting their input and approval for placement, Lee is having some larger signs made, one to go in the Archer Road area to promote Altrusa House in the community. She has checked into billboards, but they are cost prohibitive. She is also hosting tours on weekends and evenings.
- Lee expressed concern about the decline in the clients she has seen during the brief period of time Altrusa House was closed due to covid. Justine expressed interest in the possibility of some organization or possibly a UF student doing an organized study on cause and effect of socialization surrounding covid which would provide data that would be good for general use as well as marketing. The VA would be another agency that might be a good contact. Lee stated this is a great idea that she will pursue.
- Nancy said a new video that has been delayed due to covid is now back on track and she will be working with the company next week to set up a tour outside so they can take pictures for the video, which will be great for fundraising and marketing.

Gazebo/Sidewalks:

- Fran reminded the board that in our August meeting we approved the concrete grinding and the gazebo. They are going to start the sidewalk grinding tomorrow. The painting should be done within the next week or so. The total for this project is \$6390. Nancy stated that the gazebo was put in in 2010 and we should think about doing a 12 year celebration around June of next year and using it as a fundraiser as well. Lisa asked if the electricity would be available for the gazebo. Fran responded that it was currently shut off because it didn't follow code, but that she will pursue it and let us know.

Gardening/Landscaping Report, Edward Jones Review, *FTD Support Group:

- Nancy suggested that those that had not had a chance to walk through the Garden, please do. West Farms worked there Wednesday and Thursday and Nancy and her brother, who received pictures, were very pleased with the work. The eleven new bricks in the Garden have been installed. Our Garden of Memories Garden Tour has been rescheduled for Sunday, March 20 from 1:00 - 3:00 pm. Invitations will be sent to family members and those that are being honored. Lee asked if the current roster of members could be included in the mailing list. Nancy responded that they would like that and would certainly do so.
- They are in the process of making an electronic copy of the wonderful Tribute Book that Barbara keeps. For every stone that is in the Garden, a tribute is provided that describes who the person is and their affiliation with Altrusa House. Lisa thanked Nancy for her work. Nancy praised Reese Allison for the development of the Altrusa House page that is a great enhancement and is great for publicity.
- Sara, Nancy and Shea had a zoom meeting with Kent Walker, financial advisor at Edward Jones, regarding our investments. Nancy stated that we're doing very well. This year we are up to 14 or 15%. He recommended reinvesting all our dividends and money currently in our money market account. If we need the money we could have it in two days. We chose not to reinvest the \$4,000 that we have in the Account 1 money market until we have a better idea about the expenses because we had said we would pull \$4,000 from that if needed. Sara said most of what we have gets reinvested automatically. Nancy said some of them are closed funds that won't get reinvested and they get kicked into our money market. We can reinvest those in other funds if we choose to do that and that way it would continue to grow.
- Nancy discussed the AFTD October meeting held via zoom. There were four caregivers present. There were no outside speakers. All four were so thankful that they are still meeting during this pandemic. Charlie is working on getting a neurologist to speak to the group before the end of the year.

***Frontotemporal dementia (FTD)**, a common cause of dementia, is a group of disorders that occur when nerve cells in the frontal and temporal lobes of the brain are lost. This causes the lobes to shrink. FTD can affect behavior, personality, language, and movement.

Altrusa Club Leadership

2021-2022 Altrusa International of Gainesville Board of Directors

Altrusa International of Gainesville, FL, PO Box 358510, Gainesville, FL 32635

President (and Strategic Plan)	Dee Dugger ladydragonfly54@gmail.com
1 st Vice President	Carolyn Harrell harrellland@cox.net
2 nd Vice President	TBD
Treasurer (and Finance Chair)	Karen Wishart karenataltrusa@gmail.com
Secretary	Linda Mealiea linkmeal@cox.net
Past President	Laura Gunter laura.gunter22@gmail.com
Director (fundraising)	Cherise Bartley cklmbart@aol.com
Director (projects)	Becky Munden becky.munden@sunsurgical.com
Parliamentarian/Historian	Donna Johnson johnsodc01@gmail.com
Foundation Treasurer	Marilyn Mitchell m313mitchell@yahoo.com
Communications	Dee Dugger (website/social media) Carolyn Harrell (newsletter)

Service Committee Chairs

International	Barbara Bengston and Fran Vandiver
Literacy	Ester Tibbs
Vocational	Bea Sherouse

Standing Committee Chairs

Archives	Nancy Kirkland
ASTRA	Bea Sherouse
Presentations/Membership	Carolyn Harrell (temporary)
Programs/Agenda/Awards	Carolyn Harrell
Sunshine	Linda Mealiea
Yearbook/Phone Directory	Donna Johnson

Altrusa House Board of Trustees

President	Sara Freeborn
Vice President	Myra Morgan
Treasurer:	Shea Huey
Secretary:	Benny Alligood

Find us on the Web:

ALTRUSA INTERNATIONAL OF GAINESVILLE: GAINESVILLE.ALTRUSA.ORG
 ALTRUSA INTERNATIONAL DISTRICT THREE, INC. : DISTRICTTHREE.ALTRUSA.ORG
 ALTRUSA INTERNATIONAL, INC.: ALTRUSA.ORG

Altrusa District Three Leadership

DISTRICT THREE BOARD OF DIRECTORS

GOVERNOR:	Shannon Schell	Lake County, FL	(altrusashannon@aol.com)
GOVERNOR-ELECT:	Dimple Overstreet	Starke, FL	(dimplej@embarqmail.com)
VICE GOVERNOR:	Mantha Young	Lake City, FL	(mantheyoung@gmail.com)
TREASURER:	Scott Tice	Ocala, FL	(scottaltrusa@gmail.com)
DIRECTOR:	Dorothy Manning	Gaffney, SC	(demannin@gmail.com)
DIRECTOR:	Nancy Schumaker	Statesboro, GA	(nwshumaker@yahoo.com)
DIRECTOR:	LaShone Surrency	Lake City, FL	(Lsurrency@elcgateway.org)
SECRETARY:	Lori Davis	Lake County, FL	(lmdavis0824@gmail.com)
PARLIAMENTARIAN:	Colleen Duris	Ocala, FL	(cmdaltrusa@gmail.com)

ALTRUSA INTERNATIONAL LEADERSHIP

PRESIDENT: KATHY FOLLEY, DISTRICT 9, TEMPLE, TX president@altrusa.org

PRESIDENT: LINDA SMITH, DISTRICT 8, SALINA, KS presidenceselect@altrusa.org

VICE PRESIDENT: CHRISTINE DEVIEGER, DISTRICT 6, DEKALB-SYCAMORE, IL vicepresident@altrusa.org

TREASURER: GERMAINE VONDERHAAR, District 5, HAMILTON OH treasurer@altrusa.org

IMMEDIATE PAST PRESIDENT: BEVERLY HARDY, DISTRICT 3, STARKE, FL immediatepastpresident@altrusa.org

DIRECTOR: LISA BOYD, DISTRICT 4, CLARKSVILLE, TN director1@altrusa.org

DIRECTOR: KITTY MCELHANEY, DISTRICT 3, LAKE CITY, FL director2@altrusa.org

DIRECTOR: BETTINA SCHEMPF, DISTRICT 12, CORVALLIS, OR director4@altrusa.org

DIRECTOR: SUE WHITAKER, DISTRICT 6, MUNCIE, IN director3@altrusa.org

FOUNDATION REPRESENTATIVE: LESLIE JOHNSON, DISTRICT 11, ANAHEIM, CA lesliejohnson619@gmail.com

PARLIAMENTARIAN: COLLEEN DURIS, DISTRICT 3, OCALA, FL parliamentarian@altrusa.org

LEGAL ADVISOR: PAT WOODWARD, DISTRICT 2, FAUQUIER COUNTY, PA legal@altrusa.org

BRR CHAIR: DONNA JOHNSON, DISTRICT 3, GAINESVILLE, FL johnsodc01@gmail.com

EXECUTIVE DIRECTOR: TANIKA WILSON, CHICAGO, IL tanika@altrusa.org

WHEN DUES ARE DUE

June 1 - 1st Quarter Dues: \$150 which includes the dues below

Local Dues = \$75

Annual District Three Dues = \$20

Annual International Dues = \$55

September 1 - 2nd Quarter Dues: \$75

December 1 - 3rd Quarter Dues: \$75

March 1 - 4th Quarter Dues: \$75

Total Dues for the Year: \$375*

***Please note: New club members have a different pay schedule based on the month they join.**

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION FOR GAINESVILLE ALTRUSA FOUNDATION, INC. MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE. The Registration Number for Gainesville Altrusa Foundation, Inc. is CH29134