

THE RUSS IN US

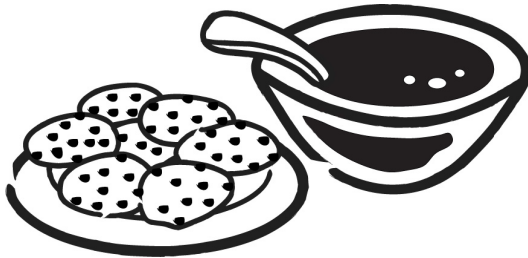
By Shauna (Ringler) Jarvis

Granddaughter of Herb & Bernice Russ and daughter of Reneé (Russ)



1

Our family is like a batch of cookies.





2

Cookies have 'food' ingredients.
OUR FAMILY HAS 'PEOPLE' INGREDIENTS.





3

WE HAVE GROWNUPS IN OUR RECIPE.

Cookies have flour.

Both work hard to hold
everyone together.



4

Cookies have sugar.

WE HAVE 'SWEET' PEOPLE.

Both make us smile,
but only sweet people likes hugs.



5

WE HAVE TENDER PEOPLE.

Cookies have eggs.

They both help keep things soft but only the tender people say ‘you need to apologize.’



6

Cookies have baking soda.

WE HAVE LEADERS.

One builds the cookie and the other builds confidence. Leaders say things like ‘we can do it’ and ‘I’ll catch you if you fall.’



A good cookie has
good ingredients.

**JUST LIKE A GOOD FAMILY
HAS GOOD PEOPLE.**



8

**BUT WHO WANTS TO EAT
A GOOD COOKIE WHEN YOU CAN
HAVE A GREAT ONE?**



9

And the thing that makes
a cookie great are the
'SECRET INGREDIENTS'.



10

Snickerdoodles
have secret ingredients?





11

Jelly jewels have a
secret ingredient.

Shhkh (it's the jelly)



12

Chocolate chip cookies
have secret ingredients...

*well maybe not so secret since it says
'chocolate chip' in the name.*



18

**GOOD FAMILIES ALSO BECOME GREAT
WITH SECRET INGREDIENTS.**



14

And in our family, we have
SUPER-SECRET INGREDIENTS.





15

4 SUPER-SECRET INGREDIENTS

to be exact.

They were give to us
by God himself.



16

Listen closely.

Think hard.

And you will see them
inside of you.



17

SUPER-SECRET INGREDIENT #1:

Resilience



18

We have resilience in our blood.

Ever fall off of a horse and get back on it? Fall out of a swing and get back in it? Ever fall off of your bike but keep on riding? Sometimes we fall down and it hurts. Resilience is what gives us the ability to ask for help, get back up, dust off, and figure out how to do things better.

People in our family fall down but we don't quit. We get back up and do things better the next time.



19

SUPER-SECRET INGREDIENT #2:

Understanding



20

We have understanding in our hearts.

We know what it's like to have happy times so we get happy when others have them too. We also know what it is like to have hurt feelings so we comfort others when they have hurt feelings too. Because we have been given understanding, we have good friends wherever we go.

People in our family care about others.



21

SUPER-SECRET INGREDIENT #3:

Strength



22

Our strength come from our courage.

Think of a time when you were afraid to do something you really wanted to do. Maybe it was riding a roller coaster or jumping off a diving board. You were scared, but you did it anyway. Having strong courage doesn't mean you won't be scared, it means fear won't stop you from doing something really important to you.

People in our family are strong because we have courage.



28

SUPER-SECRET INGREDIENT #4:

Sense



24

We have good sense in our minds.

Some of us have good sense with animals, others with schoolwork, some with farming and some with art. Having good sense means that we listen and pay attention. We are good learners. We do well in whatever we put our minds to. We make mistakes but we use common sense to keep doing better.

People in our family are very smart.



25

*These super-secret ingredients
are what make our 'good' family
a great family.*



26

**WE CALL THESE INGREDIENTS
THE 'RUSS IN US'.**

RESILIENCE
UNDERSTANDING
STRENGTH
SENSE



27

They were sent to our family from God,

given to us by our parents and our grandparents, passed on to each of us as we were born. These secret ingredients run through our blood. They make our family great. They run through your blood and they make you great.

ALWAYS REMEMBER WHAT IT MEANS TO BE A RUSS.



28

We cherish the 'Russ in Us'.

We pray that you will cherish the Russ in you.



This book is inspired by 4 generations of strong Russ women. I wrote it to encourage the older and embolden the young. My hope is that we will stand in our God-given strengths and use our gifts to better the lives of one another, as well as those around us. Life is not fair and it is not without pain so when good comes our way, we will not forget the One from whom it comes. God is our hope and our light. May you never lose sight of either.



30

I am Shauna (Ringler) Jarvis. I am the granddaughter of Herb & Bernice Russ. My mom is Reneé Russ. My sister is Bobbi Jo (Ringler) Spitzer and her daughter is Destiny (Spitzer) Winters.

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