

ALTRUSA TIDINGS



ALTRUSA INTERNATIONAL INC. OF RICHARDSON, TEXAS

APRIL 2012

WORKING TODAY – BUILDING TOMORROW VOLUME 43, ISSUE 10

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PRESIDENT'S MESSAGE

BONNIE'S BASICS—SPRING IS HERE!

Spring is exciting for our Club for many reasons.

One is we know it is time for District Conference! Perhaps, if you are a new member, or have never been to Conference, you wonder what it is all about. We have members who have gone every year, and you can hear and feel their excitement as they talk about it, who is going, what will we do on Friday night, seeing members from other clubs, and just how much fun it is. It is obvious that they enjoy it. You might be thinking that you are a new member and need to wait another year to attend, or maybe you have been a member for a while but have never gone to Conference and wonder about it. Well, first of all, Conference is for all of us. There is training, fellowship, seeing old friends and making new ones, and having fun together. I hope if you can go, that you will think about it. You will be glad you did and will be in the group that talks about it next year as you urge other members to go.

Two, we are busy planning for Outstanding Women of Today. This is such a special time for us. We are serious about honoring women leaders and also about raising money for our projects for the next year.

We are proud of the event itself and

look forward to welcoming the honorees, their sponsors, their friends, the keynote speaker, and the leaders from our area who attend. We know that October will soon be here and Spring is the time we really get excited about OWT.

Three, we are already planning for a new year. Our President-Elect, Kimberly Kierce, has actually been planning this entire year so that she will be ready for her year as president. Along with planning, she is working hard this year and helping to make things happen that are good for us. Before long, she will name her committee chairs, we will sign up for committees and start thinking about what we will do during 2012-13 to fund projects, provide hands-on help to a number of organizations, and put into place our goals that will describe what we want to accomplish as the Altrusa Club of Richardson.

So, Spring has come! We are right on target. I hope that you are looking forward with me to a great finish to 2011-12 and a wonderful beginning to 2012-13, We will do it together. Thank you for your commitment to our Club.

Bonnie Perry,

President 2011-2012



WORKING TODAY – BUILDING TOMORROW

MARCH 15 PROGRAM MEETING REPORT

DR. SARAH SAMAAAN PROMOTES HEARTHEALTH

By Mary Osentowski

Dr. Sarah Samaan spoke to Altrusa members at the March dinner meeting about heart health and the importance of diet. She compared diets that are effective and recommended the Mediterranean Diet. This diet includes fruits, vegetables, fish and, fortunately for some of us, a glass of wine a day. Her presentation was enhanced with interesting PowerPoint slides and provided insightful information, which was followed by questions and answers. She responded to my recent email by saying the following about Altrusa:

You're a lovely and accomplished group, and I'm happy to have had the opportunity to speak with you. Thank you,



The Richardson City Council congratulates Altrusa for its 44 years of continued service in our community.

Council Members standing from left to right: Steve Mitchell, Amir Omar, Scott Dunn, Kendal Hartley and Mark Solomon. Seated: Mayor Bob Townsend and Mayor Pro Tem Laura Maczka.



also for making the donation to the World Wildlife Fund in my name. What a terrific idea!

Dr. Samaan is an acclaimed cardiologist, writer, and heart health educator. She is Co-Director of the Women's Cardiovascular Institute at The Baylor Heart Hospital, located in Plano and practices cardiology at Legacy Heart Center. She has a web site www.Heartline.com, where she provides valuable tips for heart health. Her most recent posting includes the following information:

**STEP #1: KNOW YOUR NUMBERS**

It is no mystery that cardiovascular disease (including heart attack, stroke, and heart failure) kills more women and men every year than all forms of cancer combined, yet many of us are unaware of our risk factors. Since the majority of heart attacks and strokes are preventable, it's critically important that we know what risk factors we carry. Fortunately, the chief trouble makers are easy to identify, and most can be treated. These include:

- high blood pressure (hypertension)
- diabetes
- high cholesterol
- smoking
- a sedentary lifestyle
- obesity

A heart smart diet and lifestyle can often prevent these problems from developing in the first place .

Her new book *Best Practices for a Healthy Heart: A 7-Point, Evidence-Based Plan to Protect and Heal Your Heart* is scheduled to be released in May by The Experiment publishing house.

PROJECT REPORT

STRENGTHSFINDER WORKSHOP LED BY BONNIE PERRY*By Janet Vance*

On Saturday, March 3rd, the Membership Recruitment Committee and the Leadership Development Committee joined forces to hold a StrengthsFinder mini workshop. The workshop served the combined purpose of providing an orientation event for new members and of providing an opportunity to both seasoned and new members to define their own leadership strengths, to understand the strengths of fellow members, and to appreciate why a combination of these strengths is needed for effective committees and project implementation. President Bonnie Perry was the facilitator and trainer for the day's program; she was aided by Leadership Development Committee members Nancy Rohm, Jane Tucker, Kay George, and Janet Vance,

Mary Beth McLemore opened up her beautiful new home for this event and served arriving guests coffee in her collection of vintage porcelain teacups. The new member orientation committee, headed by Sue McElveen and Norma Hammerlund, provided pastries and fruit at the beginning of the day, and served a light lunch midway through the workshop. Both the Leadership and the New Member committees wanted the focus of the day to be on the program, on new members, and on fellowship. To make these goals happen, both committees voted to use part of their budgeted funds to purchase the refreshments for the day rather than asking members to cook.

Twenty-two members met in both small and large groups to learn about the leadership strengths of other members and to identify their own top strengths.

Mary Beth's was lovingly informal and non-threatening. Led by Bonnie, we were encouraged to be forthcoming with our highs and lows in the workplace, and while doing that access our personal gifts and limitations: those qualities that we individually bring to the table whether working or volunteering. Totally enjoyable. We all hope to have another one later in the spring.

Gerry Carron



Based on the book, *StrengthsFinder 2.0* by Tom Rath, the group was guided to an understanding of all the strengths that are needed in an effective organization. The Leadership development committee would like to recommend that those members unable to attend the workshop take a look at this book. Two copies are available for borrowing at the Richardson Public Library.

I had the good fortune to attend the wonderful Strength Finders class facilitated by Bonnie Perry. This class was absolutely wonderful; not only did we learn more about our own strengths, but the strengths and thoughts of our sister Altrusans. GREAT session.

Barbara Cornelius

PROJECT REPORT

BONJOU! BONSWA! KOMON OU YE? *

By Barbara Berthold, *International Relations Co-Chair*

We are excited to introduce a new and innovative project to the club. A project that will not only add to Altrusa's charitable outreach but serve the cooperation between club committees as well. This project was initiated in February 2012 and offers us the wonderful opportunity to foster cultural understanding between school-age children by supporting a "pen pal project" between 4th graders in Port-au-Prince, Haiti, and Richardson, Texas. Club members will work closely with the teachers to assist them in teaching about the two cultures and in building friendships through the exchange of letters, e-mails, and video messages.

Just last week a first e-mail was sent from Richardson Terrace Elementary School to The School of Hope in Port-au-Prince:

Dear 4th Grade Students,

Hello! We are 4th graders from Terrace Elementary. Our school is located in Richardson, Texas. What is the name of your school? We are very excited to learn about your class and your country. What are you learning about in school right now? Do you take any big tests at your school? We are preparing for a big writing test on March 27th and 28th, called STAAR- State of Texas Assessment of Academic Readiness. Our class has been working very hard to ace this test. Maybe sometime we can share some of our best writing we have done this year. After the test, we hope to send you a video of our class and some more pictures.

We can't wait to get to know you!

Sincerely,

Mrs. Baxter's 4th grade class

Laura, Mi yah, Aja, Sebastian, Kayla, Carlos, Sarra, Ammar, Garrett, Bryan, Hunter, Mariah, Daniela, Rosemary, Mar'Kayla, Deja, Suzan, Trinidad, Emily, Yafiet, Camryn, Demi ya, Michael, Mrs. Baxter"

The e-mail shows the students' excitement. "They definitely want to know more about the kids and the school and their country," said Holly Baxter, our 4th grade teacher at Terrace. And she praised them: "They wrote the whole email on their own, and did some editing and revising too. It really was fun for all of us."

* Creole phrases:

Bonjou! - Good morning!

Bonswa! - Good afternoon!/Evening! (after 11 AM)

Komon ou ye? - How are you?



TeachHaiti School of Hope 4th Grade Class



Terrace Elementary School 4th Grade Class

Altrusa International, Inc. of Richardson, Texas

P.O. Box 832101

Richardson, TX 75083

Carolyn Swanson, Newsletter Editor

contact@altrusarichardson.com

www.altrusarichardson.com

PROJECT REPORT

ABILITY HOUSE COMMITTEE CELEBRATED TWO RECENT BIRTHDAYS

By Barbara Cornelius, Ability House Committee Co-chair

We had two birthday parties recently at Ability House. We celebrated Vera's Birthday on February 18th.

Attending were Susan Frensley, Jan Skinner, Janie Jaquier, Ginna Coffey, Kimberly Kierce, and Barbara Cornelius

This was quite a party! Not only did we have a good showing of Altrusans, but Vera had several family members, her housemates, the wonderful caretakers, and Becky Adams of ACT join us for the party.

The Ability House Commit-

tee celebrated Kathleen's Birthday on March 3rd. This was the first time we got to celebrate with Kathleen and she LOVED it!

Attending were Kimberly Kierce, Bonnie Perry, Jan Skinner, and Barbara Cornelius. (I may have missed some

Altrusans attending, so I apologize in advance.) Kathleen's family also came to celebrate with her. We had the good fortune to have her parents, sister and brother with us, as well as her housemates, her wonderful caretakers, and Becky Adams of ACT.



Kathleen's party (left) and Vera's party (center and right)

COMMUNITY NEWS

LEADERSHIP RICHARDSON SCHOLARSHIP AVAILABLE

Helping Agencies Serving Richardson (HASR) has two scholarships available for 1/3 of the total tuition for Leadership Richardson. Because Altrusa belongs to HASR, our members are eligible to apply. The application will be available April 1 at HASR.org and must be returned by May 1. For more information about Leadership Richardson, see www.richardsonchamber.com.

Questions? Call Mimi Tanner.



INTERNATIONAL NEWS

APRIL IS ADD AN ALTRUSAN MONTH

ALTRUSA International | *Leading to a Better Community*

On your mark - Are you ready for Altrusa's largest membership campaign?

Get set - Have you ordered your posters and buttons from the international office?

GO!
Add An Altrusan Month is April 1-30, 2012.

Add An Altrusan Month!

This year Add An Altrusan Month is the largest membership campaign ever. We hope that every member will participate! There are great incentives for everyone this is a win-win for everyone!

MEMBER HIGHLIGHTS

NEW MEMBER STEFANI CARTER

Hi, my name is Stefani Carter and I serve as a member in the Texas House of Representatives in District 102. I am honored to be a new member of Altrusa International of Richardson and look forward to meeting and working with everyone.

I am one of six children and grew up in the Dallas/ Fort Worth area. After graduating from high school, I became a Longhorn, attending the University of Texas at Austin, where I earned a Bachelor of Arts and Bachelor of Journalism. I then went on to graduate from Harvard Law School and Harvard University's John F. Kennedy School of Government. While attending Harvard, I wrote editorials for *USA Today*. Upon receiving my law degree, I returned to Dallas and served Collin County as an assistant district attorney.

After being elected in 2010, I became the first Republican African-American woman to serve in the Texas House. I sit on the Criminal Jurisprudence and Ener-



gy Resources House Committees as well as the National Conference of State Legislators' Agriculture & Energy Committee. In addition, I am a Board Member of the Legal Representation Study Workgroup for the Texas Children's Commission and Advisory Board Member for the Texas Crime Victims Institute.

During my free time, I enjoy my involvement in local organizations such as the Richardson Chamber of Commerce, Richardson Rotary Club, Neighborhood Service Council, North Texas Crime Commission, and now Altrusa International, Inc. of Richardson. I also enjoy spending time with my mother and father and five siblings, who reside in the Dallas/Fort Worth Metroplex.

I am very excited to be a part of such a strong group of women who value community involvement and strive to make a difference.

MEMBER HIGHLIGHTS

NEW MEMBER LISA DEPRATO

I grew up in Dallas, Texas, a child who read voraciously, especially books pertaining to theology and psychology. I also discovered another transcendent world in literature and poetry, a world that still profoundly stirs my soul today. Some of my favorite writers include Dostoyevsky, Joyce Carol Oates, Anne Sexton, Czeslaw Milosz, William Faulkner, Maya Angelou, and Walker Percy. My favorite movie is *Doctor Zhivago*, and I confess to a penchant for romantic movies, but not for romance novels.

I love to read about characters struggling with moral dilemmas, and I have always revered people who exemplify the nobility of their convictions in the face of persecution and oppression. During my induction ceremony to Altrusa, I felt especially moved when Elizabeth shared about the horrific pain inflicted upon the suffragettes, and how they bravely endured this terrible abuse in order to give women the right to vote. Some other heroes and heroines of mine include Nelson Mandela, Martin Luther King, Mother Teresa, and Gloria Steinem. My ultimate hero is Jesus Christ,



whom I worship as my God, and who ultimately teaches me what it means to love, to forgive myself and others, and who believes and loves me, even when my belief in Him and myself has faltered.

My friends would describe me as a free spirit, ready to embrace any adventure. I have recently taken belly, ballet, flamenco, and tap dancing. My poor Mother and Father still attend my dance recitals! When I reflect upon some of the best times in my life, I think about my travels to exotic places such as Indonesia and Hong Kong. One of my favorite trips was to Poland, inspiring me to write a poem about Poland. I derive much pleasure from writing poetry, and if I could trade places with anyone, I think I would want the life of the poet, Mary Oliver, whose poetry resonates so deeply with me. I share her love of nature, her awe of all the creatures God has made, and the spiritual quest that seems to infuse her poems. My love of animals is reflected by my large family of canine and feline rescues which my husband, Ray, and I cannot resist.

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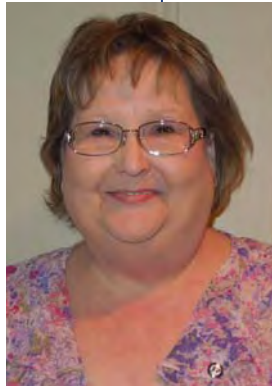
MEMBER HIGHLIGHTS

NEW MEMBER PAT GRIFFIN

First, let me start off by saying that I am really proud to be a new member of Altrusa of Richardson.

I was born in Nashville, Tennessee, and when I was 12 years old. My family moved here to be close to and help out with an ailing grandmother. If you think Texans have a distinct drawl, you should have heard our deep Southern accents when we first arrived.

I attended Richardson schools and graduated from Richardson High School in 1971. I went into banking in 1978 and have been in it ever since. I am a Branch Manager for Colonial Savings in the Garland branch. I will have been married for 30 years; we celebrate our anniversary on Christmas Eve. We have one daughter and three grandchil-



dren. While I am on the subject of family, my niece, Melody Terry, is the person I have to thank for introducing me to the Altrusans. I am very proud of her and all that she has accomplished and think of Melody as more of a daughter than a niece.

I love to read, bake, watch movies, travel, visit with old friends, and spend time with my family. I have four good friends that I have known for close to 40 years; to me, that's an accomplishment. My favorite trip was a cruise that we took to Alaska. My favorite movie is *City Of Angels*. I have two Bichons, named Chloe and Zoe. Please don't tell them they are dogs—they think they are people!

(CONTINUED FROM PAGE 6)

NEW MEMBER LISA DEPRATO

I have the privilege of having a job as a licensed professional counselor, having obtained my doctorate in marriage and family therapy. My niche is working with women in midlife, especially those going through transitions such as divorce, the empty nest, grief, and those in troubled marriages who desire to work with a therapist who has trained extensively to work with couples wishing to repair their relationship. I also have a law degree, and I am an inactive member of the State Bar of Texas. I practiced law for several years, but realized that I did not like the adversarial aspect of it. Counseling utilizes my gifts and brings me deep fulfillment. The most fulfilling volunteer work I have participated in involved doing group work with women in the Dallas county jail. After working with them, I felt like they had given me the blessing, and I felt transformed by this experience.

I met my sponsor, Barbara, at her place of business, Canyon Creek Art, searching for the perfect piece of art for my office. I found that very perfect piece of art, and also found a special person in Barbara, who led me to a group of special women, Altrusa. I thank God all the time for leading me to such powerful women who change the world everyday with who they are and what they manifest. Altrusa women are added to my list of heroines, and I

promise to give you my best, feeling privileged and honored to spend time with women who will stretch me, enrich me, and remind me that I need loving support to give loving support. You already feel like sisters, and I want to thank you for all you have already given me. I am so excited about the journey that awaits me.

PROJECT PREVIEW

Altrusa Market Place & Bake Sale

Saturday, April 14th, 2012
10 am - 3pm
Friends Place • 1960 Nantasket Drive
Richardson Texas 75080

- ✓ Home-Made Baked Goods - Yum!
- ✓ Candy - Yum Yum!
- ✓ Hand made crafts - 1 of a kind
- ✓ Jewelry - Unique "bling"
- ✓ Soft goods - 1 of a kind
- ✓ Gifts from around-the-world

Benefiting Altrusa International of Richardson
Admission: FREE! • FREE! • FREE! • FREE! • FREE!

COMMUNITY NEWS

DON'T MISS RALC'S MURDER MYSTERY - APRIL 28

By Katie Patterson, Executive Director, Richardson Adult Literacy Center

The Richardson Adult Literacy Center is hosting its annual fundraising event, the Murder Mystery, on Saturday, April 28. This is a fun “who done it,” interactive event where community leaders and professional actors participate in a play – and attendees work in teams to solve the “crime.”

The event takes place at the Richardson Public Library. Doors open at 7:00 PM and the play begins at 7:30 PM.

This year's community actors are sure to be entertaining. They are:

- Carl Youngberg - Richardson arts patron, speaker and co-founder of *Jobbing America*
- Philip Bates - Principal at North Junior High
- Bruce MacPherson - Managing Director of the Eisemann Center
- Amir Omar - Richardson City Councilman

Tickets, which are \$45 each, can be purchased:

- At the Richardson Public Library, 1st floor In-



formation Desk (cash/check)

- By calling the RALC office: 972-644-5119
- Through PayPal (credit cards) via www.ralc.org/murder-mystery

In addition to the performance, there will be a raffle/silent auction with items such as Texas Rangers tickets, theater tickets, restaurant gift certificates, Wildflower! passes, a World Poker Tour poker set, tickets to a variety of attractions, and much, much more.

Delicious desserts and drinks will also be served. "Make it a fun night out with friends," said Barbara Berthold, RALC's board president. "Enjoy an early dinner together, then come to a grand performance and indulge in the wonderful desserts that are being made just for the event."

Altrusa has been a long-time advocate of the RALC. Call your friends and make plans to attend this fun event that supports adult English as a Second Language instruction and family literacy.

SPECIAL REPORT

AN INVITATION TO SOLVE A MYSTERY

I know some of you signed up to be on an Altrusa Team at the Murder Mystery when Jane Merz sent an email a few weeks ago, but I am sponsoring one also. It is great fun. There are generally snacks (not dinner) and free drinks - including adult beverages.

Who will join my team to solve the mystery? Please call or email me to reserve your slot! My contact information is on our website,

www.altrusarichardson.com.

signed/Jean Stuart

MURDER AT THE END OF THE WORLD

SATURDAY, APRIL 28

STARRING
Community Leaders Carl Youngberg, Philip Bates, Bruce MacPherson, and Amir Omar
Interactive mystery play PRODUCED BY & FEATURING the Murder Mystery Players

Carl Youngberg
Richardson Arts Patron, Speaker,
co-founder Jobbing America

Philip Bates
Principal North Junior High

Bruce MacPherson
Eisemann Center Managing Director

Amir Omar
Richardson City Council Member

Richardson Public Library
Doors open: 7:00pm
Play begins: 7:30pm

Tickets = \$45
Purchase at the Richardson Library,
www.ralc.org or by calling 972-644-5119.

Proceeds benefit the Richardson Adult Literacy Center, a non-profit providing free ESL instruction for adults in Richardson.

COMMUNITY NEWS

RPD TO SPONSOR COLLECTION AND DISPOSAL OF UNWANTED DRUGS

Email from Mike Wieczorek, Richardson Police Department

On Saturday, April 28, 2012, from 10 AM – 2 PM, the Richardson Police Department and the Richardson Citizen's Police Academy Alumni Association will sponsor a *National Take Back Initiative* local collection site for the safe and easy disposal of any unwanted, unused, or expired pharmaceutical or over-the-counter (OTC) medications.

Please Note: Intravenous solutions, intravenous medications, and syringes will not be accepted due to the potential hazard posed by blood-borne pathogens.

The *National Take Back Initiative* is coordinated nationally by the Drug Enforcement Administration. Individual local collection events are sponsored by local law enforcement agencies and are open to all Americans. Proper disposal of unwanted prescription or OTC medications will serve to: 1) reduce the environmental impact of trashing or flushing, and 2) remove the opportunity for accidental ingestion or intentional abuse.

Here are some things you need to know about Richardson's local "Take Back" event:

- The event will be set up as a "drive thru and drop off" so that participants will not have to park and exit their vehicles.

- The event location will be on the **south side outer parking lot of the Richardson Civic Center/City Hall located at 411 W. Arapaho Rd. (@U.S.75)**. Ingress and egress is easy from Belle Grove Drive.
- Program participation is anonymous. No identification will be requested and substances turned in for destruction will not be inventoried or logged. Police are present for participants' safety and event security.
- All participants must retain possession of their own medication during the collection process, from home to the point of disposal.
- Participants may dispose of solid dosage medications (pills, capsules, etc.) in its original container or by removing the medication from its container and dumping it into the disposal box.
- All pharmaceutical liquids, such as cough syrup, will be accepted in their original consumer containers, and tightly sealed to prevent leakage.
- **Illicit substances such as marijuana or methamphetamine are not a part of this initiative and should not be placed in disposal containers.**

SPECIAL REPORT

MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS!

Richardson Adult
Literacy Center's
murder mystery
at the library
April 28

National Drug Take-
Back Initiative
April 28
10AM-2PM
Richardson Civic
Center

Pancake Breakfast
Benefiting
NETWORK
Seniors' Net
At Friends Place
May 5, 9-11 AM

Mother's Day Tea
and
Father's Day Event
At Friends Place
Details to be
Announced

Retention Committee's
Bus trip to Oklahoma
(Choctaw!)
Date TBD

Your Business Ad Can Go Here!

An advertisement in *Altrusa Tidings* is a great way to spread the word about your services or products!

Ads are business card-sized; \$25 for one insertion, \$100 for six consecutive months.

Camera-ready content due by 15th of month; fee must be paid to Treasurer by third Thursday of month prior to publication.

Contact *Tidings* Editor for contracts and guidelines

Your Big Brag Goes Here!

Thank You...Celebration...Recognition...Achievement
Special Event...Award...Congratulations...Just Because!

If you would like to share your big news in a big way, contact the *Altrusa Tidings* Editor about creating your colorful, attention-getting 3.5-in. x 2-in. message.

Only \$25 for a one-time personal brag! Deadline is 15th of month for content; fee must be paid to Treasurer by third Thursday of month prior to publication.

COMMITTEE REPORT

HOW TO FIND AND NOMINATE OUTSTANDING WOMEN OF TODAY & TOMORROW

By Cindy McIntyre

Outstanding Women of Today is a distinguished honor for professional accomplishments. Women are nominated for exemplifying determination, innovation, and making an outstanding contribution in their chosen careers. They are recognized and applauded for making a difference for the future of women and providing leadership in their fields.

- **Think of someone you work, live or socialize with that would be a good nominee.**

Remember she must have a paying job, and she must live or work in Dallas or Collin County. Watch the newspapers and magazines like *Plano Profile* and *Inside Richardson*.

- **Keep categories in mind:** Education, Non Profit, Small business, Corporate, Government, and anyone under 35 in any of those categories.

Health/medical professionals' category is decided by the number of employees: fewer than 50 is small business; over is corporate. Medical can mean doctors, physician's assistants, nurses, veterinarians, or ophthalmologists. Government can be city, county, judicial, social service agency, law enforcement, parks and recreation, library, etc.

- **Check to see if she is on the list of former nominees and winners on the website. If not, go for it!**

If she wasn't a winner, she can be nominated again.

- **Now find someone to nominate her. Do you know her boss, her best friend, someone who works with her? That's your target.**

By getting someone other than an Altrusan to

nominate, you sell at least one extra ticket and that widens our invitation list and improves our bottom line. Plus it leaves you more time to work on the event committees!

- **Contact that person and sell them on the idea.**

This is the easy part. What an impressive, easy, and thoughtful way to recognize the women of this community who do so much. Three hundred people will be clapping for her! Nominees get a delicious lunch and the each honoree receives a beautiful, engraved vase.

- **Send them links to our website where she/he can find the nomination form and all instructions.**

www.altrusarichardson.com

- **Offer to write one of the recommendation letters if you know the nominee well.**
- **Encourage and follow up!**



MEETING PREVIEW

APRIL 19 PROGRAM MEETING: SCHOLARSHIP PRESENTATIONS

The recipients of our 2012-2013 scholarships will join us for dinner, speak to us about their plans, and be recognized for their achievements at our April 19 meeting.

The Scholarship Committee (Susan Frensey, Genevieve Hamulak, Jo Leeper, Cindy McIntyre, Mary Osentowski, Ingrid Palet, June Rentmeester, Samantha Slaight, and Shannon Ydoyago) selected the winners based on



scholastic achievement, financial need, community volunteerism, extra-curricular activities, short essays, and interviews.

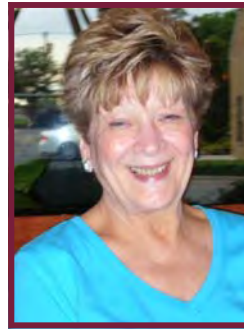
Scholarships range from \$500 - \$2,000 for 2-year or 4-year colleges or universities. Scholarships must be used for the 2012- 2013 school year and will be sent directly to the school. The money may be used for tuition, fees, and textbooks only.

DISTRICT NINE NEWS

CANDIDATES FOR THE 2012–2013 NOMINATING COMMITTEE

At District Conference, delegates will elect the Nominating Committee for the current Biennium. This committee, composed of five members, will have responsibility for nominating officers

and directors for election to the 2012-2014 District Nine Board of Directors. The nominee receiving the highest number of votes will serve as Chairman of the committee.



Candidates are Valeta Gentzler (Dallas), Debbie Mabry (Temple), Mary Beth McLemore (Richardson), Brenda Reeves (Austin), and Brenda Tucker (Pampa).

COMMITTEE REPORT

INTERNATIONAL COMMITTEE DONATES SCHOLARSHIP TO TEACHAITI

By Jane Tucker



TeacHaiti was founded to provide education to some the neediest children in Haiti. Children who otherwise would not be able to attend school. Schooling in the United States is provided at no cost and is required, but in Haiti you must pay for the privilege of going to school.

When TeacHaiti, the “School of Hope,” was launched October 11th, 2010, through the generosity of sponsorships and donations, founder Miquette Denie was able to purchase books, desks, chalkboards, and a building for learning. The school provides uniforms and teaching materials as well as meals while the children attend school. For more information, see www.teachaiti.org.

Miquette Denie has been instrumental in working with Altrusa to organize the Terrance

Elementary – School of Hope “pen pal” project. To aid in her work in Haiti, the International Relations Committee has donated a \$350 scholarship to TeacHaiti to provide a year of education for one student at the School of Hope for the 2012-2013 school year.

ALTRUSA ACCENT

OUR MISSION STATEMENT

As we begin to plan for a new Club year, let us keep our Altrusa International, Inc. of Richardson mission in mind...

Mission Statement:

“To serve our community while developing individual leadership skills and friendships.”

For more information about our club: www.altrusarichardson.com

MARCH 1 BUSINESS MEETING REPORT

THREE NEW MEMBERS INITIATED IN MARCH

Dena Davis, Melody Terry, Pat Griffin, June Rentmeester, Stefani Carter, Susan Fischer, Barbara Cornelius, and Lisa DePrato, during the March initiation ceremony conducted by Gerry Carron and Sue McElveen of the Membership Recruitment Committee.

COMMITTEE REPORT**THE EDUCATION COMMITTEE HAS HAD A BUSY YEAR!**

By Andrea Rutledge

This is a summary of the many projects conducted this year by the Education Committee, with the support of many Altrusans.

SCHOOL SUPPLY CLOSET

Between July and September, Altrusa International of Richardson donated school supplies to Terrace Elementary School in Richardson, Texas. Altrusa club members contributed over 1,000 items that were placed in the school's "supply closet" where teachers and school administrators can take materials as needed for students or classrooms throughout the school year. Not all students arrive at school equipped with the requisite tools; economic pressures simply prohibited some parents from purchasing all the school supplies needed by their children. Terrace's school motto is "Many Faces...One Family" and Altrusa's donations supported the entire "family" -- 27 teachers and more than 500 students in pre-K through 6th grades.

WEDNESDAY CLUB

Pat Hansen and Andrea Rutledge meet each Wednesday with eight kindergarten students chosen by their teachers as good students. There are two groups of students who rotate each six weeks, allowing for a total of 16 kindergarten students to participate in this enrichment program. Activities to date have included a visit from Carla and Roger (training seeing-eye dogs), building a gingerbread house, decorating a 5-foot cardboard house for the Pre-K, making tee-shirts, learning checkers, and playing board games and LEGOs. The children are introduced to a

new poem weekly and one word becomes their "password" (vocabulary).

FIELD TRIPS

The Pre-K went to the Arboretum for the pumpkins. The third grade went to the Museum of Science for a program called "Electric Theater" and a planetarium program. The Pre-K, Special Needs Pre-K, and Kindergartens went to Santa's Village. Thirty-eight 6th graders, self-selected as part of a Terrace interest program called "College Bound" visited Richland (thank you, Mary O), UTD (thank you, Dena) and SMU (thank you, Andrea's daughter) aboard DART buses. This project would definitely NOT have happened without Altrusa since the planning was long and difficult. The 6th grade program was without financial cost to Terrace or to Altrusa.

IN-SCHOOL "FIELD TRIPS"

Altrusa planned a full-day yo-yo and science program hosted by the P.E. teacher. The Banjo man/storyteller was at Terrace on January 27. The Bubble Lady will visit on May 5, a repeat performance.

IN-SCHOOL VOLUNTEERING

Altrusans work one-on-one with individual students and guide small group activities during classroom centers. Barbara Berthold is volunteering afternoons in Pre-K. Andrea is volunteering mornings in Pre-K and first grade.

TEDDY BEAR TIME

Eight full sessions of reading and crafts were held in

(CONTINUED ON PAGE 13)

(CONTINUED FROM PAGE 12)

the Fall for 12 Pre-K students and their parents.

READ-TO-ME

A six-week reading program on the Teddy Bear Time model was a big success. Thanks to Pat Hansen and Elizabeth Smith for creating the crafts.

HOMework BACKPACKS

Mary O and Linda Korn are maintaining the 13 Pre-K homework backpacks. The work is weekly. The backpacks have been upgraded and enriched.

PARENT EXPO

Altrusa provided books for all the children attending the Parent Expo and left behind books for the students and teachers.

TICKETS TO THE THEATER

Altrusa, through Sarah Nesbit at the Eisemann Center, received tickets for first graders to attend two performances of children's plays. Chamberlain Ballet provided tickets to the Nutcracker and another dance performance.

JUDGES

Altrusans have judged the Invention Convention and the Spelling Bee at Terrace this year.

INTER-COMMITTEE PROJECT

First arrangements for an "inter-committee" project have been made. The International Relations Committee and the Education Committee are supporting the exchange of letters, e-mails, etc. between one of Terrace's 4th

grade classes and a 4th grade class in Haiti.

MANNERS PARTY

Hazel Weathers organized a FABULOUS party for each of the Pre-K classes. The party was the highlight of a year-long program to teach children good manners. On the day before the party each child chose an Altrusa-provided book to be given as a gift to another child. The giver picked fancy paper and ribbon and wrapped the gift. The books were presented, one at a time by each child to each recipient. Everyone said, "thank you" or "you're welcome".

SUMMER READING PROGRAM

Altrusa received a small matching grant from the Altrusa International Foundation. Those funds, and matching funds from the committee budget, will underwrite the books purchased as rewards for summer readers. The librarian has expressed her thanks for our help with this program. This is the second year Altrusa has helped with the program; this year's gift is bigger.

BOOKS FOR THE ART CLASSES

Altrusa purchased 5 art books for the art teacher to use. We got a HUGE thank you poster signed by a whole lot of kids.

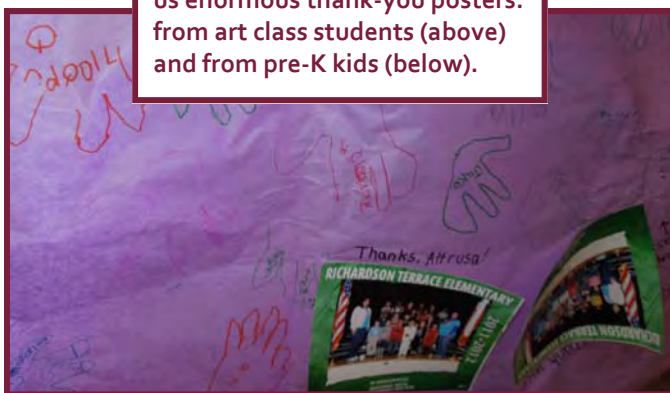
GIFT TO THE NEW PEROT SCIENCE MUSEUM

The committee will be making a donation in honor of Karin Fondren (our museum angel) to the education outreach program at the new science museum. We have been very generously treated by Karin in her scholarships for admittance to the museum for Pre-K, fourth grade, and third grade classes.

In closing, Linda Korn and Andrea Rutledge will be finishing their term as co-chairs for this committee. It has been our pleasure to organize the many activities carried through by committee members. Active members include: Pat Hansen, Ann Payne, Mary Osentowski, Elizabeth Smith, Diane Thorpe, and Barbara Berthold. The committee would like to thank all Altrusans who participated in the committee's activities, including the Book Nook Breakfast Club (special thanks to Kim Kierce). We accomplished great things at Terrace this year--who would expect anything else from Altrusans. We can only wonder at what lasting impact our work will have. Thank you to all, for everything.



Terrace Elementary School gave us enormous thank-you posters: from art class students (above) and from pre-K kids (below).



BOARD ACTIONS

- Received Audit Committee report from Janice Swallow
- Reviewed results of Strategic Planning Committee survey presented by Kay George
- Decided that community service requirements within RISD preclude formation of ASTRA Club at this time

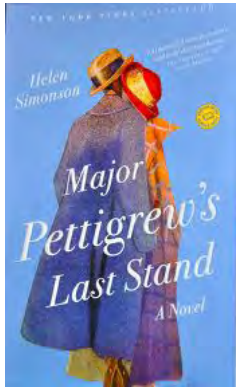
MEMBERSHIP RETENTION COMMITTEE REPORT

THE ALTRUSA WINE AND CHOCOLATE LITERARY SOCIETY

By Kay George

It was another awesome AWCLS gathering. It is amazing to watch the bonds that are being formed with this group. It is our hope that more and more Altrusans will join us for these wonderful discussions. It seems that each book mirrors experiences that we have all had in our lives.

This month, we enjoyed *Major Pettigrew's Last Stand* by



Helen Simonson. Pam Kovacs led us as we traveled to Edgcombe St. Mary, a small village in the English countryside filled with rolling hills, thatched cottages, and a cast of hilariously original characters. Among them was Major Ernest Pettigrew (retired), a widower who is wry, courtly, opinionated, and completely endearing. Major Pettigrew leads a quiet life valuing the proper things that Englishmen have lived by for generations: honor, duty, decorum,

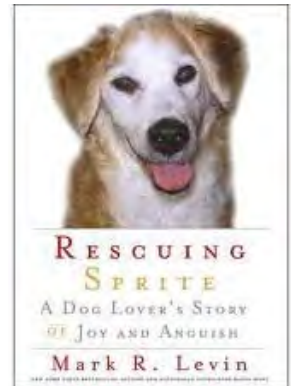
and a properly brewed cup of tea. But then his brother's death sparked an unexpected friendship with Mrs. Jasmina Ali, the Pakistani shopkeeper from the village. Drawn together by their shared love of literature and the loss of their respective spouses, the Major and Mrs. Ali soon found their friendship blossoming into something more.

Thanks to Gerry Carron, Kay George, Pam Kovacs,

and Norma Hammerlund for snacks. Barbara Cornelius, Cindy Martin, and Mary "O" provided libations, and Pat Johnson furnished the chocolates. As always, our gratitude to Pam Kovacs for allowing us to meet at Friends Place and for furnishing water, soda, plastic ware, cups, etc.

The April selection is *Rescuing Sprite - A Dog Lover's Story of Joy and Anguish* by Mark Levin. Please join us as

Lois Ferrara leads the discussion of this charming book about the unconditional love that exists between dogs and their families. Although Mark Levin is known as a constitutional lawyer and a nationally syndicated broadcaster, he is, first and foremost, a dog lover. In 1998, he and his family welcomed a half-Border Collie/half-Cocker Spaniel they named Pepsi into their lives. Six years later, his wife and son persuaded him to adopt a dog from the local shelter, a Spaniel mix. It turned out he was older than originally thought, and he was the most beautiful dog they'd ever seen. They named him Sprite. Their lives would never be the same.



If you want to read ahead, check out our May selection – *Bossy Pants* by Tina Fey! This isn't a memoir. It's a spiky blend of humor, introspection, critical thinking, and Nora Ephron-isms for a new generation.

REMINDER - On Friday, April 20th at 8:15 PM, Paula McClain, author of *The Paris Wife*, will appear at the Dallas Museum of Art-Horchow Auditorium to discuss the book. This was a featured selection of the "Altrusa Wine & Chocolate Literary Society" in August, 2011, and was well received.

The lecture is free with admission to the Museum: Adults-\$10; Seniors over 65-\$7. According to person at the DMA with whom I spoke, they are sold out; however, they will offer a live simulcast in another theater. She also told me that there is a high "no show" rate, and they will move attendees into the auditorium as seats become available. If you are interested in attending, you can purchase tickets online at www.tickets.DallasMuseumofArt.org or by calling 214-922-1818. The lecture is in conjunction with the exhibition *Youth, and Beauty: Art of the American Twenties*. Sounds like a fun evening!!!

Please join us at Friends Place Adult Day Services, 1960 Nantucket Drive in Richardson, at 6:00 PM on the fourth Monday of each month for a great time of discussion, and sharing.



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SPECIAL REPORT

BONNIE PERRY AND KIMBERLY KIERCE HONOR ALTRUSA MOMS

At the March 15 dinner meeting, mothers of three Altrusans were recognized for their participation in our Club's activities. Kimberly Kierce presents a special award as Outstanding Volunteer of the Year to Ernestine Swanson (Carolyn) as Betty Crombie (Barbara Cornelius), Kathleen Crowe (Nancy) as President Bonnie Perry watches.

SPECIAL REPORT

WOMEN IN LEADERSHIP SERIES OFFERED BY RICHARDSON CHAMBER OF COMMERCE

By Janet Vance, Richardson Chamber of Commerce Liaison

The Women in Leadership Committee of the Richardson Chamber is hosting a series of Lunchtime lectures on Entrepreneurship. I had the pleasure of attending the first lecture in the 2012 series "Accidental Entrepreneur" which featured a panel of three entrepreneurs with unique and interesting stories of how they hap-

pened to start their own businesses. Altrusa Richardson's own Jean Stuart of P J Creations was a part of the panel and told her story of starting a handmade jewelry business with her sister as a second career after retiring from a successful career as UTD Registrar.

Another inspiring story involved the new owner of Richardson's Eastside 7-Eleven. Kazakhstan immigrant, Igor Finkler,

was driving a 7-Eleven truck when he caught the attention of

Women in Leadership

CEO Joe DePinto who was working incognito beside rank and file employees as part of the CBS reality show, "Undercover Boss". DePinto was so impressed with Finkler and his work ethic that the company gifted Finkler with the franchise to the Eastside Store.

Upcoming events in the series include "Building a Family Empire" with Maurine Dickey of the BBQ family (June 6), "A Woman in a Man's World" with Jamey Wozniak of Joe's Hitch Trailer, and Truck Accessories (Sept. 5), and "Beating the Odds" with McDonald's franchisee Karen Skinner (Dec. 5).

Altrusa of Richardson is a member of the Richardson Chamber. Any Altrusa member can attend these leadership luncheons at the member's discounted price. The March event that I attended had a delicious lunch catered by the Chocolate Angel. Our President, Bonnie Perry, and current OWT Chair, Courtenay Tanner, are on the planning committee for this year's series on "Entrepreneurship: Turning Dreams Into Reality". I hope to see even more Altrusans at the next Women in Leadership luncheon on June 6.

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SPECIAL REPORT

WORLD HEALTH DAY 2012 - GOOD HEALTH ADDS LIFE TO YEARS*A press release from the World Health Organization***RETHINKING CONVENTIONAL DEFINITIONS OF WHAT IT MEANS TO BE 'OLD'**

03 April 2012 | Geneva - On World Health Day (7 April), WHO is calling for urgent action to ensure that, at a time when the world's population is ageing rapidly, people reach old age in the best possible health.

In the next few years, for the first time, there will be more people in the world aged over 60 than children aged less than five. By 2050, 80% of the world's older people will be living in low- and middle-income countries.

NONCOMMUNICABLE DISEASES - THE MAIN HEALTH RISK FOR OLDER PEOPLE

The main health challenges for older people everywhere are noncommunicable diseases, such as heart disease, stroke, cancer, diabetes, and chronic lung disease.

"People in low- and middle-income countries currently face up to four times the risk of death and disability from noncommunicable diseases than people in high-income countries," says Dr. Margaret Chan WHO Director-General. "Yet most of these conditions are largely preventable or inexpensive to treat."

HEALTHY LIFESTYLES CAN HELP

The risk of developing all noncommunicable diseases can be significantly reduced by adopting healthy behaviours, such as being physically active, eating a healthy diet, avoiding the

harmful use of alcohol and not smoking or using tobacco products. The earlier people adopt these behaviours, the better their chance of enjoying a healthy old age.

"Healthy lifestyles from the very beginning of life is key to a healthy and active old age," says Dr. John Beard, Director of the Department of Ageing and the Life-course at WHO.

COST EFFECTIVE MEASURES
WHO highlights

the need for countries to take steps to prevent non-communicable diseases, and to ensure that systems and services are in place to provide treatment and care when it is required. Many of these services are highly cost-effective. For example, high blood pressure – a key risk factor for both heart disease and stroke – can be effectively treated for just a few dollars a year. Today, less than 15% of older people in low- and middle-income countries in need are receiving treatment for high blood pressure.

WHO has outlined four key actions that governments and societies can take now to strengthen healthy and active ageing.

Promote good health and healthy behaviours at all ages to prevent or delay the development of chronic diseases.

Minimize the consequences of chronic disease through early detection and quality care (primary, long-term and palliative care).

Create physical and social environments that foster the health and participation of older people.

"Reinvent ageing" - changing social attitudes to build a society in which older people are respected and valued.

BREAKING STEREOTYPES

Poor health is not the only concern people have as they grow older. Stigmatizing attitudes and common stereotypes often prevent older people from participating fully in society. Older people make important contributions as family members, volunteers and as active participants in the workforce and are a significant social and economic resource.

"When a 100-year-old man finishes a marathon, as happened last year, we have to rethink conventional definitions of what it means to be 'old,'" says Dr. Chan. "Past stereotypes developed in past centuries no longer hold."

World Health Day is celebrated on 7 April to mark the anniversary of the founding of the WHO in 1948.



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- ♥ Support groups, educational programs & caregiver classes
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INTERNATIONAL NEWS

ALTRUSA INTERNATIONAL CELEBRATES 95TH ANNIVERSARY

April 12, 2012, is the 95th anniversary of Altrusa International, Inc.; it was founded in Nashville, Tennessee in 1917, originally as Altrusa Institute. During that time, a record number of women were going to work during World War I, and there was a need for women's civic organizations. Dr. Alfred Durham, a member of Kiwanis, began organizing clubs throughout Nashville, TN, Louisville, KY, and Dayton, OH, before he moved on to Indianapolis, IN, where he met Mamie L. Bass.

Mamie L. Bass had served as the Superintendent of the Women's Division of the United

States Employment Services, and was a partner in her brother's architecture firm. She also assisted him in organizing a Rotary chapter in Indianapolis. While she admired Dr. Durham's Institute, Bass felt that Altrusa could serve a



Mamie L. Bass

higher purpose. In June 1918, when Altrusa held its first convention in Indianapolis, Mamie L. Bass's vision became reality. The Altrusa Institute became a classified service organization for women.

Later, the Altrusa Institute was renamed as the National Association of Altrusa Clubs and adopted By-Laws that laid the groundwork for today's Altrusans. Soon after, Mamie L. Bass created the Principles of Altrusa which defined Altrusa as "a builder of women" and an organization based on merit and accomplishment. The Principles were officially adopted in 1921 along with a major club building effort. By 1922, Altrusa had 20 clubs.

In 1935, Altrusa became international when the first club in Mexico was organized. Since that first step over US borders in 1935, Altrusa moved into Puerto Rico, Chile, Ecuador, Mexico, India, Korea, Russia, Ukraine, Ireland, Great Britain, Bermuda, Canada, and New Zealand. In 1946, Altrusa sent its first representative to the United Nations.

INTERNATIONAL FOUNDATION NEWS

CELEBRATING 50 YEARS WITH \$50 GRANTS**Altrusa International Foundation, Inc.**

332 South Michigan Avenue, Suite 1123, Chicago, Illinois 60604
Telephone: 312/427-4410 Fax: 312/427-8521

BIRTHDAY CELEBRATION BOOK GRANTS

February 13, 2012

Dear Altrusa President and Altrusa Club Members:

Thank you for participating in the Altrusa International Foundation's 50th Birthday Celebration.

Enclosed is a check in the amount of \$50.00 from the Altrusa Foundation to purchase books for your club's literacy project. Your club is required to match the \$50.00 in book purchases. These books can be purchased anytime within the calendar year of 2012.

In addition, the club will receive via email an electronic version of a bookplate which should be printed and placed in each book. The bookplate can be personalized with your club's contact information and will serve as an opportunity for recruitment and publicity.

No birthday celebration would be complete without pictures. Please send pictures of your projects, the books, or even your members inserting the bookplates into the books to the Foundation Office at foundation@altrusa.org. PHOTO tip: Send photos as jpeg attachments.

The Foundation Board of Trustees is anxious to learn about all the wonderful projects Altrusans conduct to encourage reading and promote literacy around the world.

Yours in Altrusa Service,

Ann Marie Snyder
Foundation Chair

CLUB CALENDAR APRIL 2012

SU	MO	TU	WE	TH	FR	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Thurs., Apr 5 (7:00 PM) Business Meeting (Clubhouse)
 Mon., Apr 9 (7:00 PM) Bridge (Location TBD)
 Tues., Apr 10 (6:30 PM) Appletree Court Auction
 Thurs., Apr 12 (5:45 PM) SMALLS Dinner (Main Street Bistro)
 Sat., Apr 14 (10AM-3PM) Altrusa Marketplace (Friends Place)
 Mon., Apr 16 (Noon) Reservations for Apr 19 Meeting
 Thurs., Apr 19 (7:00 PM) Dinner Meeting (Founders' Hall)
 Apr 20 -22 District Nine Convention (Waco)
 Mon., Apr 23 (6:00 PM) Wine & Chocolate Literary Society
 Mon., Apr 23 (6:00 PM) Tidings Deadline
 Thurs., Apr 26 (6:00 PM) Board Meeting (Friends Place)
 Sat., Apr 28 (1:30 PM) Nina's & Shawn's b-days (Ability House)

APRIL BIRTHDAYS

9 Susan Frensley
 23 Andrea Rutledge
 29 Carole Lester

Remember,
 if you
 choose,
 you may
 bring a gift



to the dinner meet-
 ing in the month
 of your birthday. There will be an
 opportunity to put our names in a
 drawing (only \$1 per chance!) to win
 a birthday gift. The guideline is that
 the gift should cost around \$5.

MEETINGS

Business Meeting

7 PM, April 5
 Clubhouse
 at Richardson Woman's Club

Dinner Reservations
 for everyone
 due by Noon, Monday, April 16
 Contact: Jean Stuart

Dinner/Program Meeting

7 PM, April 19
 Founders' Hall
 at Richardson Woman's Club

Board Meeting

6 pm, April 26 at Friends Place



MEMBERSHIP RETENTION

BRIDGE

Monday, April 12
 6:30 PM Schmoozing
 7:00 PM Let's play bridge
 Location: TBD

