

**2012-2013
Board of Directors**

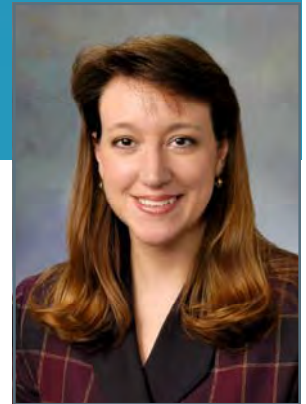
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What's Inside?

President's Message	1
Project Previews	8-10
Project Reports	38
Committee Reports	10-11
Board Actions	13
Meeting Preview	4
Meeting Highlights	12
Club Calendar	16
District Nine News	15
International News	13
Int'l Foundation	13
Altrusa Accent	15
Member Highlights	5,14
World Health Day	13
In the Media	2
Colorado Invitation	14
OWT	6
Conference Attire	10

President's Message

Kimberly's Adventures



The Journey: Empowered from Beginning to End

Spring is a special time of year. Everything is in bloom. The world around us expands with hope and new beginnings. It is also a time to reflect back on where we have been—and where we are headed. It is a time of transition—and Altrusa is no different. Spring is the time when the current club year begins to wind down, and yet we are also gearing up for the new club year ahead.

Reflecting back on my goals for the year to Participate, Serve, and Explore, I feel that we have met—and even exceeded—our goals in true Altrusa style! Through our membership growth, impactful projects, and fun times, each of you has truly lived up to the "Altrusa Adventure". Your Altrusa Passport has given you another year of opportunity to make a difference in the lives of those around us. However, as we wind down this club year, do not let the momentum slow down. We still have a few more projects to complete and more Foundation funds to give back to the community. We will begin preparing end-of-year reports and a few award nominations, documenting our successes and accomplishments achieved during this year of adventure.

While this momentum continues for the next few months, we are also in a state of transition as President-Elect Pam Kovacs begins to plan and prepare for her presidency. We are excited for Pam as she begins selecting her leadership team who will help her meet her goals for the year ahead. Pam has a unique ability to instill a real team spirit in all that she does, so the possibilities are endless for you to step up, be a leader, and be involved. Don't be shy—share your time, talent, and passion. Altrusa needs you to be an active part of something great.

So, let's make this journey memorable—from beginning to end.



Kimberly enjoys the Springtime beauty of the Missouri Botanical Gardens in St Louis.

Discover Altrusa!

Kimberly D Kierce
2012-2013 President
Kimberly.Kierce@cor.gov
972.744.4502

Discover Altrusa: Your Passport to Adventure

In the Media

BARBARA BERTHOLD IS RICHARDSON REAL HERO!

Katie Patterson, Richardson Adult Literacy Center Executive Director, shared this RALC eNews article.



Barbara Berthold - Richardson Real Hero Winner

Congratulations to Barbara Berthold, RALC board member, for being selected as the Richardson Real Hero winner. Barbara was co-nominated by Altrusa and the RALC. (She's pictured with RALC and Altrusa friends who attended the ceremony.)

Barbara came to the U.S. from Germany in 2006, with her husband, and has fully embraced American culture – and the Richardson spirit of volunteerism. She has been a student, tutor and board member with the RALC. Most recently, she was RALC's board president from 2010-2012.

"Barbara has been invaluable to the RALC. Her experience as an English language learner and vast knowledge of educational development have led RALC through critical periods and contributed significantly in the areas of curriculum, organizational development and advocacy," shared Katie Patterson. "We are so fortunate to have her on our team!"

Congratulations...

The Richardson City Council thanks all the outstanding, adventurous members of Altrusa who help chart the course to improve our community.

 A group of seven people, six men and one woman, standing in a row. They are dressed in formal business attire (suits and a dress). The background is a light-colored wall with a faint map of Richardson, Texas.

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

 The Altrusa Richardson logo, which is a stylized 'R' with a globe inside it, and a gold compass with a blue face and a red needle.

Discover Altrusa, your passport to adventure for 45 years.



At the Real Hero Award celebration, Barbara, seated in center, is surrounded by well-wishers from RALC and Altrusa Richardson.

Project Report

EDUCATION COMMITTEE HOSTS FABULOUS FOURTH ANNUAL MANNERS PARTY

By Hazel Weathers, Education Committee

Big Bird was there. So were Ernie, Cookie Monster, Elmo, and Abby Cadabby. All attended the Manners Party held on March 19th for the morning and afternoon Pre-K classes at Terrace Elementary. Forty-three excited children enjoyed the decorations, ice cream sundaes, gifts, and opportunity to practice “good manners”. For the fourth year, the Altrusa Education Committee coordinated and hosted the annual Manners Party where the 4 and 5-year olds got a chance to put into practice the good manners their teacher had emphasized throughout the year.

The Manners Party is a two-day event. The day before the party, each child carefully selected a book to present as a gift to a classmate from books donated by Altrusa. Then, Altrusans helped them giftwrap and label their presents. This year, the wrapping paper and ribbons continued the Sesame Street theme that was used throughout the party. The next day, while the students were outside on the playground, busy Altrusans quickly decorated the classroom with crepe paper and all things Sesame Street. Two children (recognized by their teacher for especially good behavior) were selected to stay in to help set the tables. When the children came back in, they were delighted with the transformation of their classroom to Sesame Street with wall hangings, table cloths, and dinnerware.

The first order of business was presentation of gifts. One at a time, each child presented his/her gift to a friend; the friend said “Thank you” and the gift giver responded “You’re welcome”, thus reinforcing a basic lesson in etiquette. Once all the children had opened their gifts, they took a seat at a table for the rest of the party. The children made their own ice cream sundaes with toppings of their choice and enjoyed cookies, fruit, and drinks. They had many chances to practice saying “please” and “thank you” as Altrusans helped serve the treats. And, as a courtesy, each table waited until everyone had their ice cream sundae before they started to eat.

Naturally, when they had finished eating, the children helped clean the area by busing their own tables. In addition to the gift of a book specially selected for them, each child received a Sesame Street medallion necklace with a picture of a muppet and sayings like “you’re terrific”, “you did great”, “you’re stupendous”, etc. The kids had a ball, so at the end of the party, they thanked the Altrusan helpers and we heartily said “You’re welcome!” We were as delighted as they were and impressed with how mannerly they were. Plus, we loved the many hugs we got as they were leaving.



(Continued on page 4)

MANNERS PARTY (Continued from page 3)

Of all the support we provide through the year including field trips, mentoring, Teddy Bear time, and more, the pre-K teacher said she loves this event the most. She invited the school Principal in to see the party in action and she left the decorations up so that when parent-teacher conferences were conducted later in the week, the parents learned more about the party and the progress their children made in learning and practicing manners.

It took many people to support this event including these Altrusans: Barbara Berthold, Genevieve Hamulak, Pat Hansen, Linda Korn, Marybeth McLemore, Mary Osentowski, Andrea Rutledge, and Hazel Weathers. "Thank You" to all who helped!

**Project Report****ALTRUSA CONTINUES TO SPONSOR STUDENT IN GUATEMALA**

By Jane Tucker, International Relations Committee Co-Chair

Senayda Isabela Torres Medina is the second student our Altrusa Club has sponsored in the last ten years through HELPS International. We have received her first grade picture taken in Santa Avelina, Guatemala.

The picture was taken while the teachers were being in-serviced on activities for the children to do. A big hit was the huge parachute brought down by a retired P.E. teacher. At one point over 80 onlookers and kids could be seen running underneath it and bouncing tennis balls on top. The teachers received further education in music so they could in turn teach the children rhythm and simple songs on recorders. Also final editing was made on nine more books in Ixil (their native language) for emerging readers. We look forward to further correspondence from Senayda as she loves drawing us pictures. The money our club donates to HELPS International is essentially a dollar a day (\$350) to provide education to this child who otherwise would not get the opportunity of an education.

**Meeting Preview****APRIL 18 MEETING: JOIN US FOR SCHOLARSHIP PRESENTATIONS**

The Scholarship Committee, co-chaired by Liz Luthans and Mary Osentowski, will present scholarships to RISD students and others studying medicine. Scholarships range from \$500 - \$2,000 for 2-year or 4-year colleges or universities. Scholarship recipients are selected based on scholastic achievement, financial need, community volunteerism, extra-curricular activities, and a short essay. Scholarship money is for tuition, fees, and textbooks only.

Project Report

EDUCATION COMMITTEE INVITES YOU TO JOIN THE WEDNESDAY CLUB!

By Andrea Rutledge, Education Committee

The Wednesday Club is finishing another fabulous year, and Pat Hanson, Elizabeth Smith, and Andrea Rutledge, project leaders, thought you might want to know about this Altrusa project. We would love to have additional volunteers to help next year.

The Wednesday Club was developed by the Education Committee to provide enrichment of the learning environment for able kindergarten students. The 2011-2012 school year (August-May) was the first full operational year of the program which was piloted in the previous school year. Two groups of eight children are selected by the kindergarten teachers to participate in the program. The children are able learners and well-behaved students. Each Wednesday Club session is one hour long. Andrea Rutledge, a co-leader of the Wednesday Club explains why the Club was developed, and what its goals are as follows:

There were children whose home backgrounds worked against their immersion in education, but whose abilities and eagerness gave them a real chance at success. The Wednesday Club developed out of the need to keep this joy of learning alive.

The Wednesday Club meets weekly, with different activities for each week. This year, highlights included a fossil presentation by Barbara Berthold and a trip to the Perot Museum as part of a test group. The structure of the program is the same from week to week:

1. Each child is given a folder to keep the year's poems in and to record their stars earned for answering the question asked each week. The children are expected to bring their folders to Wednesday Club every week. Three Altrusans serve as Club leaders. Other Altrusans supplement the program by making presentations, by leading special projects, and by providing additional help as needed.
2. The first activity is a question for each child from the set of kindergarten skill questions we purchased.
3. The weekly activity takes up the majority of the Club time. Activities for this year have included:
 - ◇ T-Shirt decoration for the Club t-shirts and folders
 - ◇ LEGOS and building toys
 - ◇ Leaf rubbings
 - ◇ Games and Puzzles
 - ◇ Black paper scratch off (a favorite: remember when you colored a paper and then covered the colors with black crayon and etched your picture. Now you can buy the paper)
 - ◇ Patriotic. Election and instrument making
 - ◇ Gingerbread man decoration (cookies for valentine's day)
 - ◇ Coloring a BIG train engine for the Pre-K to play inside
 - ◇ Trip to the Perot Museum
 - ◇ Felt mitten puppet making (real sewing!) and performance of a story
 - ◇ Kite flying
 - ◇ Scientific study: Fossils
 - ◇ M&M statistics
4. The poem and discussion of the vocabulary word complete the session.



(Continued on page 6)

WEDNESDAY CLUB (Continued from page 5)

The Wednesday Club is a project of our club's education committee. Expenses are about \$250 -\$300 per year. Our biggest resource is the efforts of the Club leaders and presenters. A one-hour Club activity probably requires an average of four hours preparation; new activities require far more preparation time. Just ask Barbara about her fossil presentation or Pat, Andrea or Elizabeth about our field trip.

We encourage Altrusans to participate in Wednesday Club. All this year, the children told us how much they loved Wednesday Club—and all of the children still have their folders. The children's joy and the knowledge that we are enriching the lives of these small, but very eager, learners is rewarding and uplifting.



Member Highlights

BARBARA CORNELIUS WELCOMES GREAT-GRANDSON!



Rowen Alexander Crosby, center, is being smooched on by Barbara (right) and her daughter, Trish, Rowen's grandmother. Rowen was born February 16, 2013.

BE A PART OF OWT!

The Outstanding Women of Today (OWT) committee still has a few vacancies! Contact Janice Swallow to offer your help with our annual fundraiser. Remember, all members are required to take part in fundraising activities

by donating time to a Ways & Means committee or money to the Altrusa Richardson Foundation.



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Project Report

AWCLS HOSTS PASSOVER CELEBRATION; THANK YOU, BOBBI KLEIN!

On Monday evening, March 25, (first night of Passover) approximately 30 Altrusans and friends met at Friends Place for a special "Women's Seder". Using our "Altrusa Haggaddah" and led by Bobbi Klein, we enjoyed a Kosher meal.

None of the food had flour or peas because the Israelites, in their haste to leave and during their wanderings, couldn't wait around for things to rise or ferment. In remembrance, these things are not eaten during Passover.

No dairy products were served, based on the basic commandment not to "Boil the kid in the mother's milk" which means meat and dairy are not to be served together. Bobbi made a delicious brisket so no dairy was allowed. This is a Kosher law that applies at all times, not just during Passover.



Project Report ADVENTURE ON A CAROUSEL!

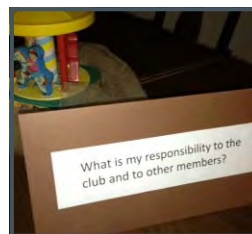
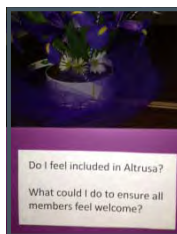
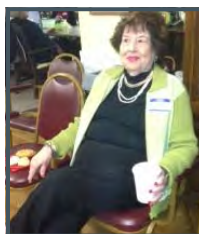
By Janet Vance, Leadership Development Committee Co-Chair

Twenty-eight women braved the rainy cold weather on March 23 to ride the "Altrusa Carousel", the theme of the club's Spring Leadership event. The morning's activities opened with a humorous skit by our resident playwright, Mary Osentowski, and starred the Altrusa Players, Sue McElveen (as the Overwhelmed), Kay Rose George (as the Overachiever), Jo Leeper (as the Underwhelmed), Liz Luthans (as the Parliamentarian), and Janet Vance (as the Observer). These characters were the starting point for the "Carousel" discussions with Toni Garrett as the day's lead facilitator.

Small groups rotated through four carousel stations to consider different strategies for keeping seasoned members energized and for helping new members make a good connection to the club and the club's activities. Small group discussions were facilitated by members of the Leadership Development Committee. We had many guests from the Dallas Club, the Garland Club, the Collin County Club, as well as a couple of potential new members for our Richardson Club. It was a lot of fun to share ideas with different clubs in our area. Findings from the day will be shared with the entire membership after compilation is complete.

Guests included:

- ◇ Barbara Buehler and Sandy Gilman of Collin County
- ◇ Meg Muller, Dee Parmer, Jackie Robertson of Dallas
- ◇ Janet Black, Janice Campbell, and Gale Wallace of Garland
- ◇ Donna Buhr--Guest of Richardson Club



Project Preview

AWCLS WILL DISCUSS *EMPIRE OF THE SUMMER MOON* AT APRIL MEETING

By Kay George, Altrusa Wine and Chocolate Literary Society

The Altrusa Wine and Chocolate Literacy Society will meet on Monday, April 22, to discuss *Empire of the Summer Moon* by S.C. Gwynne. In the tradition of *Bury My Heart at Wounded Knee*, a stunningly vivid historical account of the forty-year battle between Comanche Indians and white settlers for control of the American West, centering on Quanah, the greatest Comanche chief of them all. S. C. Gwynne's *Empire of the Summer Moon* spans two astonishing stories. The first traces the rise and fall of the Comanche, the most powerful Indian tribe in American history. The second entails one of the most remarkable narratives ever to come out of the Old West: the epic saga of the pioneer woman Cynthia Ann Parker and her mixed-blood son Quanah, who became the last and greatest chief of the Comanche.



We meet at Friends Place Adult Day Services, 1960 Nantucket Drive in Richardson, at 6:00pm on the fourth Monday of each month. Even if you don't have a chance to read the featured books, we hope that you will join us for a great time of fun, fellowship, discussion, and sharing.

Project Preview

ALTRUSA MARKETPLACE TO SUPPORT OUR ADMINISTRATION BUDGET

By Bobbi Klein, Membership Retention Committee

The 5th Annual Altrusa Marketplace is going to be an amazing event you'll want to share with all your friends. Look for our article in this month's Richardson Today. Flyers and sound bites were sent recently for you to distribute to your friends. Go back to your email now and pass the flyer on to all your friends, and don't forget to post on Facebook, Twitter, and any other social media. Let's pass the word and generate a huge turn out so that our vendors make lots of money and want to come back year after year. Vendors making money means we make money for our Administration budget and the Bake Sale makes money for our Sister's Fund so plan to donate your favorite creations!

May 4th is the date and 10 am to 3:00 pm is the time to be at Friends Place to shop our 25+ vendors. There will be musicians from RISD schools playing out front from 10 am - 12 noon to draw the crowds! And Fuzzy's Tacos will be selling their goodies for lunch in the parking lot from noon to 1:00 pm ! YUM!! So come and shop, eat, and enjoy the music. There will so much going on and be lots to choose from...

Jewelry....Books...Clothes....Accessories...Baby Goods... Wood Crafts... Stained Glass...

Handbags...Toffee...Pampered Chef...BeautiControl...Home Décor and more!

Leland's Gold & Diamonds will be purchasing old gold and precious metal again this year. The vendors contribute a portion of their sales back to our club and Leland's was our largest contributor last year. Bring your old jewelry...maybe you can make some extra money to spend at the Marketplace and bring in a little extra money to the club this way, too!

The Retention Committee has worked hard to grow this event each year and just like the growth of OWT, Marketplace has grown into an event we can be proud of, too. And one we hope to become known for in Richardson, too. But the committee needs your help. First, please sign up to bring baked goods for the bake sale; but we will also need help with setting up, assisting vendors and shoppers and then, of course, there's always clean-up. We want to return Friends Place to Pam in the condition we found it. We will break the time into shifts of a couple of hours only, so come lend a hand and shop before or after your shift. There will be a "Vendors and Volunteers Only" area which will be stocked with water and snacks to sustain us through the day. Please support this worthy event with your time, baked goods, or your shopping prowess.

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*



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10 am to 3pm

FRIENDS PLACE

1960 NANTUCKET, RICHARDSON, TX 75080

Committee Report

SENIORS COMMITTEE PLANS EVENTS FOR REMAINDER OF YEAR: AUCTION, TEA

By Gloria Sandoval, Seniors Committee Co-Chair

May is only one month away and that means the end of another year. The Seniors Committee, however, still has two events to complete before we say goodbye to another year.

Appletree Court Senior Living Live Auction happens in the Spring and Fall. The spring event happens in April and typical auction items are trinkets, floral and miscellaneous personal items to brighten the resident's apartments or to help them personally. The fall event is in November and is always full of holiday cheer. The live auction is filled with lively chatter from the residents and definitely lots of competition. Altrusa provides the items set out for auction.

The Friends Place Mother's Day Tea celebrated the Friday before Mother's Day, is a special day for the clients of Friends Place Adult Day Care. It is celebrated with music, followed by a buffet of finger sandwiches, fruit, and cookies with a delicious offering of flavored teas. Altrusans put on their best bonnets and help serve, and take care of the needs of the clients of Friends Place on this special day. Altrusa provides the teas and cookies for this special day.

All members of our club are invited to participate in these fun and very special community events. Please check the Altrusa website to keep up with Senior happenings.

Project Preview

DISTRICT NINE CONFERENCE FUN NIGHT "CLUB COSTUME"

By Bobbi Klein, Membership Retention Committee

For those of you who have never been to conference and don't know what you are missing, (A LOT) you should know that for many years our club has adopted a "club costume" to wear to the Friday Fun Night in a show of Richardson solidarity (and to show others how much fun we have!).



Anyway, we try to come up with something using the Fun Night theme and incorporate our President's theme for her year, too. This year the Conference theme is "Altrusa Dreaming" and Kimberly's theme is "Discover Altrusa, Your Passport to Adventure". So in the spirit of Adventure we will be wearing straw pith hats with animal print bands. They will have a "thought/dream bubble" saying "Discover Altrusa Adventure". The pith hats are \$2. each

The **Explorers** among us will be discovering adventure wearing khaki or animal print shirts with khaki pants. And the **Dreamers** among us will be dreaming of Altrusa Adventures in their pajamas and slippers.

We will also have optional accessories available in matching animal prints to complete one's ensemble: bandanas and slap bracelets for \$1 each and sunglasses and fans for \$.50 each. So you can have a "**complete ensemble**" for a mere \$5.



Now don't you want to come to conference just to be able to join in the fun?!!

Costume pieces will be **available to purchase at the April 4th and 18th** meetings or contact Bobbi Klein. **If you are undecided about attending Conference, call Bobbi and let her talk you into going!**

Ability House Committee Report

COMMITTEE PARTIED WITH ABILITY HOUSE RESIDENTS THREE TIMES RECENTLY

Ability Connection Greetings!

Ability house rocked two Saturday's in a row thanks to Altrusa of Richardson!

On February 23rd Altrusa helped Vera celebrate her birthday complete with cake, soft drinks and Blue Bell ice cream! Everyone joined in for the singing of Happy Birthday and the blowing out of candles. Vega liked her card...and she loved her new purse and her wonderful blue hat with the burgundy flower. Vera's sister & husband joined in the celebration!

March 2nd was Kathleen's special day. With her Mom and Dad in attendance Kathleen opened her card and she wanted to open her gifts first. She showed her Mom and Dad her lovely peach colored blouse and was really excited about her new Etch-A-Sketch! After the gifts came the soft drinks, cake and Blue Bell ice cream.

We hope the two attached pictures help remind you how very much Vera, Kathleen, Roberto, Robert, Shelly and Nina enjoy their time with their Altrusa friends!

...and as always you have our very best wishes!

Bill

Bill Knudsen
 President/CEO
 Ability Connection Texas

Hello Altrusa of Richardson!

Easter Saturday was extra special for Robert, Vera, Nina, Kathleen, Roberto and Shelly – thanks to the Altrusa Easter Party! Each resident's Easter Basket was a joy – filled with snacks and candy.

The highlight of the festivities was the scrumptious frozen vanilla pudding and crushed Oreo layered dessert! And the multiple choices of soft drinks were also a treat.

...and please notice that Robert is holding up four fingers to remind us-all that it is only 4 months until his August Altrusa Birthday party!

We hope the attached group photo of the Ability House residents – with some of their Altrusa friends—helps remind you how very much we all appreciate Altrusa's continuing friendship with Robert, Vera, Nina, Kathleen, Roberto and Shelly!

Best wishes for a spectacular spring!

Bill

Bill Knudsen
 President/CEO
 Ability Connection Texas



Meeting Highlights

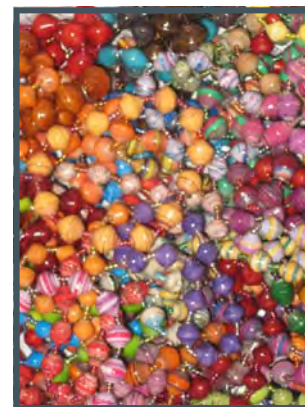
12 STONES ADVENTURE WAS SHOWN AT MARCH 21 MEETING

The International Relations Committee provided flatbread, dal, and wine as an appetizer course to those who came early to our March program meeting.

A huge round of applause greeted Barbara Berthold when she held up her Richardson Real Hero award!

We saw the 12 Stones Adventure movie (to watch an excerpt go here: <http://www.youtube.com/watch?v=zS-6pnQtR5A>.) The 12 Cornerstones, the foundation of the Heifer International mode, were presented by committee members and volunteers. For more information about Heifer International, <http://www.heifer.org/>

Bead for Life sales continued, in observance of the United Nations Women’s Rights Day. The money raised at Bead for Life jewelry parties helps to raise awareness about the extreme poverty in Uganda and helps to share the inspiring stories of participants. The money raised is invested in community development work that not only fights poverty, but also helps in health care, vocational training, affordable housing, and entrepreneurial skill development. Additional beaded jewelry from TeachHaiti was also sold.



International Foundation News

COURTENAY TANNER DONATES FRAMED ART TO INTERNATIONAL FOUNDATION FUNDRAISER



District Nine will hold its annual silent auction benefitting Altrusa International Foundation at the District Conference in Frisco. Each Club is asked to contribute at least one item with a value of at least \$25.

Courtenay Tanner has generously donated an original painting by an RISD student to the auction on behalf of Altrusa Richardson. If your home needs a unique painting in primary colors by a very talented young artist, attend the auction and bid high!

There will also be a raffle at District Conference will all proceeds going to Altrusa International Foundation.

International News

INTERNATIONAL HAS MOVED

Altrusa International, Inc. and Altrusa International Foundation, Inc. relocated their offices in March. The address of the smaller and more cost-effective location is:

Altrusa International, Inc.
One North LaSalle Street, Suite 1955
Chicago, IL 60602

Voice: 1-312-427-4410
Fax: 1-312-427-8521

BOARD ACTIONS

- ◇ Accepted Courtenay Tanner's offer to donate an original piece of art to International Foundation fundraiser
- ◇ Discussed difficulties with attendance records; in the future, there will be a sign-in table at the dinner meeting and a second table for other club business.
- ◇ Chose Barbara Berthold to be our nominee for the International Community Leadership Award
- ◇ Reviewed requirements for District Awards and decided on contents and authors for each submission

Special Report

UN STATEMENT ON WORLD HEALTH DAY, APRIL 7

4 April 2013



Secretary-General
SG/SM/14922
OBV/1208

Department of Public Information • News and Media Division • New York

REDUCING HYPERTENSION CRITICAL TO GLOBAL ACTION PLAN ON TACKLING NON-COMMUNICABLE

DISEASES, SECRETARY-GENERAL SAYS IN MESSAGE FOR WORLD HEALTH DAY

Following is UN Secretary-General Ban Ki-moon's message for World Health Day, to be observed on 7 April:

This year's World Health Day sounds the alarm about a silent global killer: raised blood pressure, otherwise known as hypertension. One in three adults worldwide has this condition. It is a major cause of death in rich and poorer countries alike.

Raised blood pressure, a main trigger for cardiovascular disease, all too often goes undiagnosed because symptoms are rare. The good news is that when it is detected early enough, relatively simple steps can significantly reduce the risk of heart attacks, heart failure and strokes. That is why the United Nations encourages all adults to have their blood pressure regularly checked at health-care facilities.

Following a healthy lifestyle can add years to all our lives. The evidence is unequivocal. Cutting down on the consumption of processed salt, eating a balanced diet, avoiding harmful use of alcohol, getting regular exercise, reducing stress and avoiding tobacco use minimize the risk of developing high blood pressure and further consequences, such as strokes or heart attacks.

Addressing high blood pressure is a key to tackling cardiovascular disease, one of the four most deadly non-communicable diseases. The other three — cancer, chronic respiratory diseases and diabetes — are on the rise everywhere, particularly in low- and middle-income countries, and increasingly among younger people. The countries that are hit hardest are those that can least afford the social and economic consequences of losing a significant part of their workforce to illness and premature death. These are the same countries that can least afford to pay for treatment and care.

I welcome the growing global momentum to address non-communicable diseases. At the General Assembly in September 2011, countries committed to taking action. Since then, the World Health Organization has worked with partners to develop a global action plan to address non-communicable diseases in the years leading up to 2020.

Reducing hypertension is a critical element in that action plan, and something we can all play a part in. Let us become aware of our own blood pressure levels and contribute to greater public awareness of the problem of hypertension.

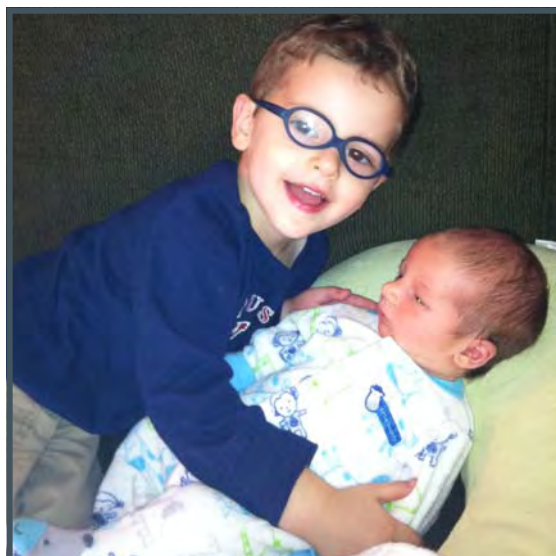
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Member Highlights

ELIZABETH SMITH AND SHELLEY SAVARIAN WELCOME NEW GRANDSONS!



Left, a beaming Elizabeth Smith holds Jacob Austin Brown, named after her daddy. Jacob weighed 10 lbs. 1 oz.



Right, Alex Sarvarian welcomes his new baby brother, Ryan, who weighed 7 lbs 10 ozs. Proud grandparents are Mahmud and Shelley Sarvarian.

ROCKY MOUNTAIN HIGH, COLORADO!

By Susan Frensley

Who would like to come to the Upper Arkansas River valley for an Altrusa retreat in June, 2013? You are invited!

Our house has two queen beds and two sets of bunk beds for guests.

The dates include Sunday, June 23, to Wednesday, June 26.

Getting there—TBD

Sleeping arrangements—TBD

Meals—TBD I think I am basically offering breakfast and some lunches.

Activities—TBD

Most everything—TBD

My only request is that participants make a donation to the Richardson Altrusa Foundation. The amount—TBD

If interested, contact Susan Frensley ASAP!



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District Nine News**THE KOREAN NECKLACE: AN ALTRUSA DISTRICT NINE TRADITION**

During the Governor's Banquet on Saturday, April 20, District Nine Governor LaVone Arthur will present the Korean Necklace to Incoming Governor Beth Blair, in a tradition dating back more than 50 years.

In-Ai Yang, a graduate nurse of a Seoul Korean Hospital, was given a Scholarship by the Seventh District (now District Nine) to get a year's advanced training in the United States at Vanderbilt University School of Nursing. Miss Willie Walker of Texarkana was Governor at that time (1948-50) and practically adopted In-Ai.

When Governor Walker's term was concluded, In-Ai gave "Bill" her most treasured possession, a jade pendant on a chain. This was a gift from In-Ai's husband before she left Korea. The carved jade symbolized love, good wishes and prosperity. In-Ai asked that this necklace be passed on to each succeeding Governor as a symbol of her continuing thanks to the District for the friendship and advanced training she had while in this country.

In-Ai did not get back to Korea because South Korea was invaded the day she reached San Francisco on her way home. Because she couldn't hear from her family (son, husband, mother, sisters, and brothers) and since no ships were going to Korea, she decided, after waiting about two weeks, to go to Tokyo.

Here she learned her family was safe, but her husband was to be killed, if found. Through various media, Mr. Yang heard In-Ai was in Japan. He and the son went to her. They have continued to live in Tokyo since then. She hasn't used her training except as a volunteer because Japanese are reluctant to employ Koreans.

Mr. Yang is a dealer in beautiful silk materials.

**Altrusa Accent****ATTENDANCE**

Frequent attendance at meetings means more interest in Altrusa, and Altrusans are recognized by District Nine for perfect attendance. Absence at a meeting may be made up by attending a meeting of another Altrusa Club, an additionally scheduled meeting of our Club, or an International Convention or a District Conference or workshop. In fact, in Richardson, the Holiday Party IS a make-up meeting.

Scheduled Orientation meetings are approved by the Board as part of the programs for the year, are included on our schedule of meetings, and are published in the newsletter and yearbook. The Orientations are also, therefore, considered "additionally scheduled meetings," which makes them eligible as make-up meetings in determining perfect attendance."

Beginning with the 2012 District Conference, Altrusans were able to earn the Sue Powell Perfect Attendance Awards. Sue, pictured at right, is a Past Governor of District Nine (1982-84); she's had perfect attendance EVERY YEAR since 1968 and has attended every District Conference and International Convention since then. Although Sue has only one niece in the Dallas Club, you will hear all of the members refer to their "Aunt Susie".



Club Calendar April 2013

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 Business Meeting; <i>Lisa DePrato bday</i>	5	6
7	8	9 <i>Susan Frensley bday</i>	10 Seniors: Atria Bingo	11 Retention: SMALLS dinner	12	13 Library book rotation; Wentworth House: Shawn
14	15	16	17	18 Dinner Meeting	19 - 20 District Nine Annual Conference	
21 District Nine Annual Conference	22 Retention: AWCLS @ Friends Place; Tidings deadline	23 Appletree Court Spring Live Auction; <i>Andrea Rutledge bday</i>	24	25 Board Meeting	26	27 Ability House: Nina
28	29	30				

Business Meetings, 7 pm, 1st Thursday, Clubhouse at the Richardson Woman’s Club
 Dinner/Program meetings, 7pm, 3rd Thursday, Founders’ Hall, at the Richardson Woman’s Club
 Board meetings, 6 pm, 4th Thursday, Friends Place Adult Day Services

Events on this calendar are copied from the calendar on our website. See the event listing at www.altrusarichardson.com for details of time and place.

If you choose, you may bring a gift (worth about \$5) to the dinner meeting 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. Proceeds are used for our administration budget.

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