

**2015-2016**

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**President's Message**

**ALTRUSA REIGNS; COMMUNITY GAINS**

Wow, it's hard to believe seven months have already gone by – in the blink of an eye! Here at holiday time our thoughts turn to giving thanks, wishing, hoping, praying for peace, and sharing our skills and our blessings with those in need. All these things Altrusans do so well. Our good works benefit youth and seniors, young artists and upcoming college scholars, non English-speaking people, the hungry, the challenged, and the infirm. And not only do we do these things at home but all across the world. Best of all we expect nothing in return – nothing but the joy giving brings. I particularly like projects we all do together. In January we will use our dinner meeting time for a hands on donation to the women's shelter. Why not bring a friend and introduce her to the group in a fun, informal, yet altruistic way?

Looking ahead to 2016, let's concentrate on our Kindness Project in April that will be here before you know it! Order shirts for your whole family – grand kids too. Hand out save-the-date coasters everywhere! They are useful and informative. The reverse side is a recruitment tool to reel in new members. We have 2000 coasters and they won't do any good unless they are given out! Think about bridge groups, favorite restaurants, high school and college students. Wear your ninja shirt to the store, sporting events, everywhere, and have coasters to give people who comment on your outfit (and believe

me they will!). Don't miss a single opportunity to promote kindness everywhere you go. Having holiday guests from out of town? They can participate at home too. The Tanners will be in Ireland on April 2<sup>nd</sup> and plan to wear their shirts, be the first to do an act of kindness and post it for us on Facebook. It's a great way to start our weekend, right?

I love each of you and what you bring to our club and to our community. Never ever forget what your commitment means. Have a wonderful holiday and a joyous and fulfilling New Year!

Altrusa Hugs,



*Cindy McIntyre*

President, 2015-2016  
altrusaprez@gmail.com



## Project Report

# WORLD PEACE ART CONTEST

By Janie Jaquier

Altrusa International of Richardson Foundation Inc., the Richardson Arts Alliance, and the Richardson Civic Art Society partnered with the Richardson Independent School District to sponsor the second annual World Peace Art Contest. The theme of this year's contest was "Youth for Peace". The contest was open to 4th, 5th, and 6th grade art students. Each school could submit three pieces of art work. Sixteen RISD schools participated this year. Canyon Creek Art framed the art work for display at the Richardson Public Library.

A reception was held at the library to honor the art students and their art teachers. The winners were: · 1st place: Issa Palacios at Richardson Heights Elementary, Art Teacher Lance Norman · 2nd place: Charlie Silva at White Rock Elementary, Art Teacher Ms. Batson · 3rd place: Parker Gauldin at Mohawk Elementary, Art teacher Kate Schatz · Honorable Mention: Ana Cristina Alcantar at Mark Twain Elementary, Art Teacher Michele Parks.



Above, 1st place; right, 2nd place; below left, 3rd place; below right, honorable mention.



**The Richardson City Council thanks Altrusa for its continued service to our community.**

2015-17 Richardson City Council Members from left:  
 Steve Mitchell, Marta Gómez Frey, Mayor Pro Tem Mark Solomon,  
 Mayor Paul Voelker, Bob Townsend, Scott Dunn, Mabel Simpson



## Meeting Report

### NEW FRIENDS, NEW LIFE

By Gay McAlister, Program Committee Co-Chair

Fact: Every night in the Dallas area, approximately 400 young girls are homeless on the city streets making them easy prey for traffickers.



Katie Pedigo (L) pictured with Altrusa Richardson President, Cindy McIntyre

Katie Pedigo, Executive Director of **New Friends, New Life** gave an informative and inspiring presentation about the reality of Human Trafficking in the DFW area. Human Trafficking is the second largest illegal business in the US and ranks behind the Drug Trade; sadly, Human Trafficking could surpass the Drug Trade to become the largest illegal business. The

typical victim is a runaway, enters the sex trade at age 13, and is sold online for \$90 the first time to a buyer who has the means to afford young girls and may be an educator, student, CEO, doctor, or other professional. Texas ranks #2 nationally in the volume of human trafficking.

The cycle can be broken with awareness, volunteering, mentoring, donations of time, money,

clothing, or employment opportunities. Advocacy is a strong countermeasure to trafficking when the community is vocal about the need for strong response from law enforcement, hefty penalties for the buyers not the victims, and awareness that trafficking can, and does occur in our communities. Katie is a Dallas native, an attorney, and the parent of two teens.

International Day for the Elimination of Violence Against Women was supported by Altrusa Richardson members by wearing orange, the official color of the UNITE Campaign, to our November 19 dinner meeting (see picture below).



## Membership & Service Committee Reports

### SERVICE WITH FRIENDS

By Christine Hart



Orientation/Re-orientation day was a success at Nancy Rohm's home on November 14th. New members and members that have not been to conference before were inspired with a good, short program about our past conferences and our up-

coming conference. Thank you, Mary Beth!

Our blankets for the babies from the NICU at Methodist were fun to make. Thank you, Gerry and Donna for all of your pre-work to get this project ready for us to do!



# *Altrusa Tidings*

## *Outstanding Women of Today ... Builders of Tomorrow 2015 Fête Set*



*Nominee Reception*



# Altrusa Tidings

## Outstanding Women of Today ... Builders of Tomorrow 2015 Nominees



### Corporate Nominees (L-R)

Nickie Taylor  
Newmark Grubb Knight Frank  
Jennifer Stroup Bobo, AuD, CCC-A  
Oticon, Inc.  
Cindy D. Marshall, MD  
Baylor AT&T Memory Center



### Government Nominees (L-R)

Mistie D. Gardner, CEM®, TEM®  
City of Richardson  
Marta Gómez Frey  
Collin Small Business Development Center  
Lydia Gray-Henderson  
VA North Texas Health Care System



### Education Nominees (L-R)

Abigail Anderson  
Aldridge Elementary, Plano ISD  
Audra G. Barrett  
Cedar Valley College  
Mary K. Darin  
Richland College  
Sandra Hayes  
Richardson ISD



### Nonprofit Nominees (L-R)

Lisa Rigby  
Metrocrest Community Clinic  
Amy Bodwell, CPA  
Methodist Richardson Medical Center  
Michelle Hollaender  
HELPS International, Inc.  
Larissa Linton  
Heroes for Children  
Erica Morgan Stanley, LCSW  
Children's Advocacy Center of Collin County  
Sue Walker  
Richardson Chamber of Commerce



### Outstanding Woman of Tomorrow

Kimberley J. Stallings  
Heritage Risk Advisors  
Nina Ramirez (Not Pictured)  
Brentfield Elementary, Richardson ISD



# Altrusa Tidings

## Outstanding Women of Today ... Builders of Tomorrow 2015 Nominees



### Small Business Nominees (L-R)

Joni Avery, DDS  
Joni M. Avery DDS, PA

Paula Frykholm  
Logotology

Diana F. Hall  
The Velvet Snout Canine Adventure Center

Ann Hamby  
1st Service Solutions, Inc.

Lori A. Leu, CELA  
Leu & Peirce, PLLC

Paulette Martsolf  
Allie-Coosh

Maureen McGuire  
Texas Republic Bank

Holly L. Sullivan, MCD, CCC  
Speech Pathology Services

Andrea Thomas  
ScratchMeNot, LLC

Diana R. Wickman, CLU, FLMI, AALU  
Wickman Agency, LLC

## **BIG CHECK PRESENTED TO CITY OF RICHARDSON**



During the 12th Annual Awards Luncheon, Altrusa Richardson President Cindy McIntyre presented a ceremonial check for \$229,558 representing the hours of volunteer time invested in the city by the organization in the past year to Richardson Mayor Paul Voelker.

## **LUNCH BUNCH RIDES AGAIN**

*By Ann Eisemann*

November 11, 2015, members gathered for the quarterly lunch get-together at Main Street Bistro.



# Altrusa Tidings

## Outstanding Women of Today ... Builders of Tomorrow 2015 Fête Set



### Outstanding Women of Today... Builders of Tomorrow 2015 Honorees



Honorees of the 2015 Outstanding Women of Today... Builders of Tomorrow Award were (Pictured L-R) Larissa Linton, (Nonprofit), Cindy D. Marshall, MD (Corporate), Lori A. Leu, (Small Business), Lydia Gray-Henderson, (Government), Audra G. Barrett, (Education) and Kimberley J. Stallings, (Woman of Tomorrow). Each Honoree was recognized for her professional accomplishments:

**Larissa Linton** (Non-Profit): Heroes for Children was formed in 2004 by Larissa Linton & Jenny Scott, both mothers who lost children to leukemia. They realized the need for an organization to help other families coping with this devastating disease. Larissa Linton, the Executive Director of Heroes for Children, **oversees** all aspect of the organization, including special events, donor relations, and social assistance programs. Under her leadership the organization has served over 4,500 families and awarded more than \$5.5 million in assistance. She spearheaded the Heroes & Handbags fund raiser events that raised \$675,000 to help families served.

**Dr. Cindy Marshall** (Corporate): Dr. Cindy Marshall, Medical Director at Baylor Neuroscience Center, entered her psychiatric residency with a goal of becoming a child psychiatrist but then she cared for an elderly gentleman who was dependent on Xanax and for the first time in her medical career, she helped a patient by "taking away medication rather than prescribing it." From that time on, she was hooked on Geriatrics. Dr. Marshall was instrumental in developing the Baylor AT&T Memory Center, which includes a staff of 8 plus an Alzheimer's Association specialist. She approaches dementia care with an open mind and caring heart.

**Lori Leu** (Small Business): Lori Leu, a graduate of Harvard Law School, after several years of practicing law, enrolled in SMU Perkins Theology School; her studies were interrupted when her husband's job transferred him to France. Upon their return to the US, she opened Lori A. Leu & Associates in 2008 with the dream of devoting her practice to serving seniors and their families. What started as a one-lawyer practice has transitioned into Leu & Peirce with 8 employees dedicated to continuing Lori's dream. Her legal skill and her concern for all who walk into her office have made her the most sought after elder law attorney in Dallas.

**Lydia Gray-Henderson** (Government): Lydia Gray-Henderson developed the Fisher House Program at Veterans Administration North Texas Health Care System in 2006, writing all the policies, procedures, and pertinent documents needed to implement the program. The Dallas Fisher House opened in 2009 and has provided comfortable lodging to 4,247 Veterans, Active Duty Service members, and their families. Lydia makes certain all major holidays are special at the Fisher House. She also provides leadership for the Hoptel, a program for veterans that are receiving cancer treatment and require overnight lodging.

**Audra Barrett** (Education): Audra Barrett, Vice President of Instruction at Cedar Valley College and past Vice President of Student and Instructional Services at the LeCroy Center, has made great contributions to the Dallas County Community College District. This includes the launch of an award-winning online degree pathway and the implementation of technological solutions to support teaching and learning. She has the ability to work with individuals on breaking down barriers in order to reach common ground. Audra is highly respected in her field and without question a community college leader.

**Kimberley Stallings** (Outstanding Woman of Tomorrow): Heritage Risk Advisors, a thriving independent commercial and personal lines insurance agency in Richardson, is owned by Kim Stallings and her husband. She used her Marketing degree to brand the agency, her philanthropic experience to create the Heritage Helps Program, which gives back to various local charities and her sales/customer service experience to make a fertile bed out of a real estate investment group. The agency opened just last year and is adding an average of a new client each week.



# Altrusa Tidings

## Outstanding Women of Today ... Builders of Tomorrow 2015 Fête Set



The Annual Awards Luncheon is well-attended by many supporters of the community who help celebrate the accomplishments of women making the world a better place.

## Grant Committee Report

# ALTRUSA SUPPORTS RICHARDSON SYMPHONY ORCHESTRA

By Kimberly Kierce, Foundation Trustee

Altrusa Richardson awarded a \$1,000 grant to Richardson Symphony Orchestra in support of Symphony Days, a program that makes classical music more accessible to students. The RSO's goal this year is to focus in building upon an additional concert for private and home school students that was introduced last year.

Altrusa Richardson is proud to support the efforts of the RSO as they reach out to students who otherwise would not be afforded the opportunity to have their lives enriched by the beautiful sounds of orchestra instruments and classical music.



## MEETING PREVIEW

Our December dinner meeting will feature a musical duo and a sing-along of holiday music.

The meal will include appetizers followed by a ham dinner, after which we will enjoy pie and coffee while we continue to visit with each other.

This is a make-up meeting, so if you are aiming for perfect attendance, this is a great opportunity for you!

As always at this time of year, guests are welcome to enjoy an evening of festivities with us!

## CLUB BOARD ACTIONS

Decided to hold a November-December holiday brunch at President Cindy McIntyre's home on Saturday morning, November 21.



Altrusa Richardson President Cindy McIntyre bestows honorees with Outstanding Women of Today Awards

## Service Project Preview

### THE “KAN” PROJECT

By Cindy McIntyre

The Kindness Action Ninja (KAN) Project submitted a grant application to International Headquarters in September. It was a labor of love and included requests for help with promotional materials such as ‘save-the-date’ coasters, and “official” pins for participants to wear during the event days April 2-3,, 2016. The grant application was six pages long; here is the abstract:

Our club will spend two days in April partnering with schools, non-profit organizations and groups performing acts of kindness, e.g., saying thanks to police, visiting sick children/seniors – paying it forward. We want to touch as many people as possible in our diverse community allowing joy and gratitude to emerge in the givers, and recognition and appreciation in the recipients. It’s simple and inclusive reaping benefits of greater understanding while realizing Altrusa’s mission of service to others.

In addition to the coasters and the pins, we hope everyone will order a Richardson Kindness Ninja black and white t-shirt. These may be worn the days of the event but will also be used to promote when we visit other organizations to get them on board. The t-shirt company will allow any of the groups to modify the lettering with their own organization’s name, if they so choose.

On December 1, 2015, we received notification that our grant had been approved and included a check from International in the amount of \$880.00. The letter said, among other things, “The members of your Altrusa Club are to be commended for their interest in and support of this worthwhile project.”

So, with money in hand, we placed the order for 2500 coasters! They will arrive any day now and it will be up to each one of our members to distribute them around our city—to their clubs, their workplaces, girl and boy scout troops, favorite restaurants and businesses—everywhere. Al Shala at Besa’s Italian Restaurant has said he will be glad to put them out for every customer! And the City of Richardson will do a proclamation for us AND the City Council wants to participate.

The Facebook Event is already in place for people to sign up. We want to know the name of the groups and how many participation pins they will need. This will also be the platform to report their stories and post pictures of them in action that weekend. It is an easy and accessible way to communicate that is familiar to many.

Someone asked me “why Ninjas?” Well, kids and teens think they are cool—and they tend to do things silently and with no thought of recognition for themselves. A ‘Kindness’ Ninja expects nothing in return but the joy of doing for others. The ninja theme is our hook to promote interest—a current version of the pay it forward concept. You will be surprised at the response when you tell people about it. It will be fun and so easy. We love working together as a club on OWT. Let’s get the same spirit going for this group project!!



### INTERNATIONAL NEWS

From *The Altrusa Compass*, Vol.2, Issue 2

Convention Award winners have agreed to have their submissions featured on the website. They can be seen by clicking on the Convention Wrap-up on the Welcome Page, selecting [Convention Award Winners](#). Congratulations to all and thanks for sharing your submissions!

## International Foundation News

### INTERNATIONAL FOUNDATION CONTRIBUTIONS/GRANTS FY2013-2014

From *The Altrusa Compass*, vol. 1, issue 3

The contributions to Altrusa International Foundation and the Grants it made during Fiscal Year 2013-2014 are shown below. The Foundation reported that it distributed almost \$26,000 more in Club grants in 2013-2014 than in 2012-2013.



FY2013-2014 Programs	Contributions
Club 21	\$19,261.00
Endowment Fund	\$9,154.00
Disaster Relief	\$6,956.00
Grants	\$20,103.00
Where Needed Most	\$60,727.00
<b>Total</b>	<b>\$116,201.00</b>

FY2013-2014 Programs	Grants Distributed
Club 21	\$9,500.00
Disaster Relief	\$9,850.00
Grants	\$85,260.00
<b>Total</b>	<b>\$104,610.00</b>

## District Nine News

### DISTRICT NINE BOARD ACTIONS

From *News of Mighty Ninth*, Summer 2014

#### **At The 2015 Pre-Conference Board Meeting, The District Nine Board Of Directors Voted:**

- ◇ To Approve The Proposed 2015-2017 Long Range Strategic Plan.
- ◇ To Approve The Proposal From Altrusa International Of Temple, Inc. To Build A New Club To Serve East Bell County, Texas.
- ◇ To Approve That The District Nine Board Of Directors Support, Recommend And Endorse Kathy Folley As A Director On The Altrusa International Board Of Directors.
- ◇ To Accept The 2015-2016 District Nine Budget As Presented On Behalf Of The Finance Committee.
- ◇ To Approve Emeritus Membership Status For Chleo Worley, Louise Bailey, And Marion Stroup Of Pampa, And Wanda J. Stewart Of Lubbock.

- ◇ District Nine Established A Policy That States: Prior To A Club's Official Disbanding, That Club Must Contact The Revitalization Committee And Work With The Committee For One Year, Minimum, To Attempt To Revitalize The Club.

#### **At The 2015 Post-Conference Board Meeting, The District Nine Board Of Directors Voted:**

- ◇ To Approve Jackie Butler And Dorothy Rencurrel, From The Fort Worth And Arlington Clubs As 2016 Conference Co-Chairs. Additionally That The Board Approve Linda Hurt As The 2016 Conference Treasurer.
- ◇ To Approve An Advance Of \$2500.00 For The 2016 District Conference.
- ◇ To Accept The Bid To Host The 2017 District Conference From The Temple Club.

## Altrusa Accent

### WANT TO KNOW MORE ABOUT ALTRUSA?

For many years, the Altrusa Encyclopedia was the go-to document for learning about Altrusa. In April of 2014, the Encyclopedia was replaced by the [Altrusa International Resource Guide](#). It is available on the Members Only section of our website, where you can read it or download it to your computer.

Also available in the Members Only section are our bylaws and history. Remember, to access the Members

Only section of our website, you must be logged in. If you would prefer to receive any of these documents via email, send your request to Carolyn Swanson.

[Altrusa Bylaws and Policies \(2015\)](#) applies to Altrusa International, the Districts, and the Clubs.

[The Altrusa Tradition](#) was updated in 2012; it is the complete history of Altrusa since its founding in 1917.

## CLUB CALENDAR DECEMBER 2015

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nov 29 - Dec 5	Nov 29	30	Dec 1	2	3	4	5
			6:00pm RETENTION: Fixing Reindeer Food!		7:00pm Business Meeting	Jane S Merz	8:00am Judging the Christmas Parade  1:30pm Ability Connection: Christmas Party
Dec 6 - 12	6	7	8	9	10	11	12
				.Ann Eise mann Pat Hansen Robin Smith 6:00pm SENIORS: Atria Bingo			
Dec 13 - 19	13	14	15	16	17	18	19
			Janet Vance	9:00am OUTREACH: CACCC Holiday Project	7:00pm Program Meeting		
Dec 20 - 26	20	21	22	23	24	25	26
Dec 27 - Jan 2	27	28	29	30	31		
		6:00pm RETENTION: AWCLS (book club)		Nancy Rohm			

Business Meetings, 7 PM, 1st Thursday, Clubhouse at the Richardson Woman's Club; optional dinner afterwards at Besa's Italian Restaurant in Garland

Dinner/Program meetings, 7PM, 3rd Thursday, Founders Hall at the Richardson Woman's Club (social time at 6:30)

Board meetings, 7 PM, 4th Thursday, Friends Place Adult Day Services

Events on this page are copied from our website. See event listings at [www.altrusarichardson.com](http://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.