



President's Message



I want to begin this month's article by thanking our Program Committee: Genevieve Hamulak, Gayle Ingle and Jane Merz and the Leadership Committee for getting us off to a

dynamic start with our June Program/Dinner Meeting with speaker/author Samantha Horowitz. Sam spoke to us about her experiences on September 11, 2001 on the campus and in the North Tower at the World Trade Center in New York City. We had great attendance and a lively, engaged audience. Our July program is still being fleshed out, but will be announced soon and continue our year concentrating on manifesting kindness, compassion and leadership.

Our Committees are started to be fleshed out with some amazing leaders coming forward to set goals and projects for our club. If you have not signed up for a committee yet, please look at the lists and choose something meaningful for you – we need your input, insight



Samantha Horowitz autographs copies of her book at June program meeting

and assistance. I am also looking for a few people to be on an ad hoc Marketing Committee – contact me if you are interested. If you know people who are interested in Altrusa, please bring them to a meeting and let them experience our brand of magic as we serve our community and our fellow North Texans.

Please get the year off to a good start by recording your volunteer hours at the end of each month. It makes life so much easier for you and the club to keep track of our investment in service to our community. If you have questions, contact Barbara Cornelius. Please don't forget to register for activities listed on the website and most of all, always register for the Program/Dinner Meetings by the deadline so we have an accurate count. And, last but not least, please get involved in OWT and participate in our annual fundraiser. We are off to a phenomenal start and don't want to lose any momentum.



Sarah Nesbit, President 2018-2019

E-mail: Sarah.Nesbit@cor.gov

Upcoming Events

See online calendar for event details, location, and sign-up at <http://altrusarichardson.com>

- | | | |
|---------|---------|-----------------------------------|
| July 5 | 7:00 pm | Business meeting |
| | | Bring school supplies for NETWORK |
| July 19 | 6:30 pm | Social Time |
| | 7:00 pm | Dinner/Program meeting |
| July 23 | 6:00 pm | AWCLS (Book Club) |
| July 23 | Noon | Tidings Deadline |
| July 26 | 7:00 pm | Club Board Meeting |

SENIORS COMMITTEE UPDATE

Richardson Public Library Book Rotation (Lone Star Book Movers)

By Toni Garrett

On June 16, 2018, eight Altrusans along with one Altrouser and four members of the Richardson Exchange Club, volunteered to help with the Richardson Public Library Book Rotation project. This project involves taking large print books on a rotation basis to several participating assisted and non-assisted living facilities in Richardson.

Altrusans participating in this event were: Alma Benoit, Shirly Waller, Dean Burroughs, Lynn Solomon, Helen Bate, Lindsey Theobald, Lishan Liu and husband, and Toni Garrett.



Members of the Richardson Exchange Club (front row) assisted Altrusans with the quarterly Lone Star Book Movers project (back row L-R) Helen Bates, Shirly Waller, Lynn Solomon, Anne Eiseman, Alma Benoit and Dean Burroughs (not pictured Lyndsey Theobald)

Lishan Liu (center) with her husband and a member of the Exchange Club

2018-2019 Sophomore Sisters Update

We Are Up and Running!

By Judy Blome

On June 24th, the Sophomore Sisters held our organizational meeting at Past President Sue McElveen’s home. She will be guiding us as we work on special service projects of our own. We will be focusing on a literacy project for Make a Difference Day on October 27th and possibly a second special project in conjunction with the KAN weekend next spring. We discussed ideas ranging from collecting books for various organizations and/or groups to translating voting instruction posters into Braille. We are researching each and plan to narrow our focus based on the results at our next meeting.

We will keep you posted.

Don't Miss the July 5th Meeting

We have a special

“ALTRUSANation” for the

2017-2018 Sophomore Sisters

in recognition of serving

Altrusa Richardson for two years.

We will also acknowledge our new

2018-2019 Sophomore Sisters

as they embark on their first full year

as Altrusans.



Make-up Meetings Are Available

By Bobbi Klein

Altrusans are encouraged to attend all business and dinner/program meetings. To encourage this District Nine recognizes Altrusans who attend all meetings or make-up meetings that they have missed. The Sue Powell Perfect Attendance Award is given to to all members who achieve this goal each year.

Altrusa Richardson understands that sometimes things happen that may interfere with your attendance. Our club allows you attend the meetings of other clubs, or attend certain club and District Nine events as **make-up meetings. To attain perfect attendance members need to attend a minimum of twenty (20) club meetings and up to four (4) make-up meetings, for a total of 24 meetings.** The Club Board of Directors has approved the following dates/events to be used as make-up meetings for 2018-2019 club year:

- Altrusa Richardson Fall Member Orientation (date to be announced)
- Altrusa Richardson Spring Member Orientation (date to be announced)
- 2018 District Nine Fall Leadership workshop (October 20, 2018, in San Antonio)
- 2019 District Nine Conference (April 26-28, 2019, in Dallas)
- Attend the meetings of other clubs. For meeting info igo to: <https://districtnine.altrusa.org/clubs/>

In order to get credit for attendance at another club's meeting as make-up, members should document attendance. We suggest you obtain a copy of the agenda and have either the president or secretary of the club sign it. Turn this into the Administrative Treasurer Mary Beth McLemore, and indicate the meeting for which it is make-up .

Please note: The Holiday Dinner Meeting **will not** be counted as a make-up meeting this year.

Most important! Be sure to sign in at every meeting in order to get proper credit for your attendance.

ALTRUSA GRANTS COMMITTEE UPDATE

Altrusa Grants Available to Area Nonprofits

By Janet Vance



Altrusa International of Richardson has announced that applications are now being accepted for grants to qualifying IRS area non-profits for the 2018-2019 grants cycle. Grants typically range from \$500 - \$1500. Monies must be used for a specific project benefitting the community and disbursed no later than May 31, 2019 unless otherwise reported.

A fillable application form and submission instructions are available on the club web site at www.altrusarichardson.com/grants

Deadline for submission is August 31, 2018. Decisions on funding will be made in the fall and all applicants will receive notification of results prior to October 31, 2018.

If you need more information about the grant submission process, please contact Grants Committee Chairs, Mary Osentowski at m.osentow@verizon.net or Sylvia McCloskey at Sylvia_mccloskey@yahoo.com

Foundation Lamplighter Giving Program

Lamplighters are Altrusans or Altrusa Clubs who've contributed US\$500 or more to the International Foundation in a twelve month period. Individuals are recognized with a gold Lamplighter pin. An Altrusa Club receives a Lamplighter patch for their club banner. To become a Lamplighter go to: <http://www.altrusa.org/foundation/>

SENIORS COMMITTEE UPDATE

Annual Friends Place "Tie One On For Father's Day" Event

By Lynn Solomon and Alma Benoit

Friends Place Adult Day Services held its annual "Tie One On For Father's Day" event on June 15, 2018. Many of the staff, Altrusa volunteers and attendees wear ties to this event in honor of fathers everywhere.

Clients and their families were once again this year treated to a great classic car show in the parking lot. And there was a new addition to the event. Members of the Lone Star Riders Motorcycle Club joined the classic car owners in celebration of Tie One On. All enjoyed getting a close up look at these large machines. It is not often that one has the chance to see these motorcycles up close and stationary!! Many thanks to bike owners Dennis Benoit (Altrouser), Rick Butler and Rex Adams for bringing their bikes.

Altrusans Mary Osentowski and Mouna Rouani arrived early and joined Jane Tucker in escorting clients out to stroll around the parking lot to take a closer look at the cars and motorcycles, and helped set up the tables for lunch – hamburgers, hot dogs, cole slaw, and baked beans – and strawberry shortcake for dessert! Altrusans Lynn Solomon, Alma Benoit, Helen Bate and Gayle Ingle joined Mary, Mouna and Jane



Pictured above are the group of Altrusa volunteers who helped with the Friends Place "Tie One On For Fathers Day". (L-R) Lynn Solomon, Jane Tucker, Alma Benoit, Gayle Ingle, Helen Bate, Mouna Rouani and Mary Osentowski

for the second shift to complete the lunch service and clear the tables.

Hats off to Friends Place for providing a first class event for these wonderful senior members of our community. As always, it was an honor for Altrusans to be a part of it!



Pictured right are "Altrouser" Dennis Benoit, Alma Benoit, Rick Butler and Rex Adams with the motorcycles that were added to the car show this year.

The Longest Day June 21st is Observed as a Day of Love

By Jane Tucker

Thank you for Your Support.

The Alzheimer's Association observes The Longest Day on June 21st as a day of love. They ask members of the community do something they love to raise money for research to help those affected by this disease. Friends Place had a bake sale to do just that and asked Altrusa members to help donate and/or purchase bake sale goods. Jo Leeper (pictured right) was one of the Altrusan's who supported this effort. Thanks to all those members who helped, Friends Place raised \$1095 to donate to the Alzheimer's Association.

As always, Altrusa's help and support of Friends Place is greatly appreciated.



CLUB BOARD OF DIRECTORS

June Board of Directors Meeting Notes

By Toni Garrett, Vice President

The Altrusa Board of Directors met on June 28, 2018 and discussed several items related to this club year.

- A proposed schedule of program meetings is in progress and will be finalized soon.
- The board discussed the number of meetings required for perfect attendance and identified opportunities for make-up meetings.
- The city of Richardson and HASR are hosting a volunteer fair on September 20, and we will explore this opportunity to showcase our club.
- Reports were given on several club committees.
- Community Outreach is collecting school supplies at the July 5 meeting, and Leadership is hosting an Altrusa Job Fair at the August dinner meeting.
- Cindy McIntyre presented a recommendation for a KAN Project Committee to add this as a regular committee to further our work. The Board approved and will bring this recommendation to the club for approval at the July 5th meeting.
- We agreed to discontinue the Birthday Drawings at dinner meetings.
- Sue McElveen has purchased ribbon for Altrusa pins to be attached to our new name badges. She will bring the ribbon and velcro to the July business meeting for members.



- Sue McElveen also reported that the eleven 2018-2019 Sophomore Sisters are planning for Make a Difference Day and KAN week-end.
- Our club begins this new year with 86 returning members, plus one emeritus and one dual membership.

Community Initiative Project
Needs at The Counseling Place
By Julianne Lovelace and Nancy Rohm



We met with Debbie Dobbs, Director of The Counseling Place, to learn more about a **monetary need** and possible Altrusa **project idea (s)**. We learned about this from Jane Tucker and Gloria Sandoval. This article gives you facts so you may decide if these ideas are things you want to put your foundation money and your time in to.

Originally, The Counseling Place was called Neighborhood Youth Services (NYS). It began in 1979; Altrusa has been involved from the beginning. Currently they serve many people of all ages, primarily victims of domestic abuse and of suicide attempts. They work with victims of bullying. They work with police officers and their families following a death of one of their own. They work with families and friends of suicide. In addition to funded victims' services, they provide counseling on a sliding financial scale to people in need.

They would like our **financial** help for a "Telethon Room". The space would allow a therapist to counsel people who can't come for an in-person appointment. The small room is about 6' x 9', large enough for a desk and chair, a computer, a camera and a lamp. For a \$1,500.00 donation they could purchase many of the items the room needs and put an Altrusa of Richardson plaque outside the door. This plaque could have our international logo in color. Altrusa would also be listed in the room, on the wall behind the computer, so it would show in the camera. One therapist would work in this room, answering questions and counseling by phone or interactively on the computer. If you think we should donate this **money**, it could come from our Community Initiative Fund, held in Reserves. Currently there is over \$9,500 in the fund, which was donated anonymously following our survey of community leaders. The donation is to be used to do good in our community.

The second items Debbie discussed were **hands-on projects**. The cost of doing these could also come from our Community Initiative fund. Some possibilities she suggested are: (1.) volunteers to be Advocates to speak to community groups (i.e. Sunday School Classes, etc.) about the efforts of Counseling Place to, "Slay the Stigma" of mental health services. Counseling Place will provide training. (2) volunteers to participate in community fairs and health fairs on behalf of The Counseling Place. (3) journals including guidance on how to write in one. Journals are helpful to those they work with, but many young people don't know where to begin. (4) "scream pillows" – to control anger. They teach teens to scream into a pillow or to hit the pillow when they feel angry. These could be bed-size pillows with pillow cases containing messages. Or they could be smaller rectangular pillows. Either size pillow and case would need to be washable. The pillow cases could be a sewing opportunity. (5) One-time Appreciation Day for Therapists. Each Monday they do peer support at 11:00 a.m. with about 20 therapists. We could supply lunch for them to eat during their meeting, decorate the room, provide token gifts, etc. (6) they can always use oils for oil diffusers, sponges, soaps, Keurig cups for coffee.

You will vote at the July business meeting whether you want to provide the **money** and/or do some of the **hands-on**. If you vote yes, to hands-on, you must be willing to put your time into this project during the year. If you have questions before the July 5 Business Meeting, please contact Julianne at jl3430@verizon.net or Nancy nancy@aplusrealtors.net.