



## President's Message

Happy Spring! I hope the longer days with more sunshine energize you, as they do for me. Ability House has been very busy with Vera and Kathleen's birthday parties, which were held two weeks apart. Our Book Swap at Janie Jaquier's home was well-planned and attended, and the extra books went to Genesis for another great book donation. Thank you Sophomore Sisters! The Lone Star Book Rotation is still going strong. Great job everyone! AWCLS, also known as the book club, has begun its new meeting time at 2 p.m. and is still on the 4th Monday of each month.

We have a lot more to do this month. Please make sure to check our monthly calendar **58th Birthday Favor** for service and fun opportunities. Coming up next is the KAN Event!

At least six hands-on projects will take place at Friend's Place on April 6 from 9 am to noon. This is an all-hands-on-deck project and is always a fun and rewarding day. It is an excellent event to bring potential Altrusans to so they can experience Altrusa, Richardson.

The Scholarship Dinner is scheduled for April 18th, and the committee has chosen the recipients who will receive scholarships to further their education. It is always inspiring to hear their dreams and plans. Please come and support this.

The District Nine Conference is scheduled for April 19-21 and we have a strong representation attending. The service projects are:

- 1). to order online on Altrusadistrictnine.org specific books through Amazon
- 2). or give feminine hygiene products. We will collect those at the April 18th meeting which is the day before the conference.

I am extremely proud of each one of you. My heart is filled with joy and gratitude. I cannot believe how fast this year has gone. Next month we will be installing our new boards and they are going to be great!

*Christine Hart*

President 2023-2024

For more information go to the Events page at

[altrusarichardson.com](http://altrusarichardson.com)

### April Events

**April 01** *Volunteer Hours due!*

**April 04** Foundation Trustee Meeting 6:30 pm

**April 06** KINDNESS ACTION NETWORK EVENT 9:00 am

**April 07** World Health Day

**April 09** Solar Sister's Dinner 6:00 pm

**April 10 & 11** Warren Center Craft Kits Project  
2 shifts 9:00 - Noon or 1:00 - 4:00 pm

**April 11** Board of Director's Meeting 6:30 pm

**April 15** Altrusa Bridge 6:30 pm

**April 18** Monthly Club Meeting 6:30 pm Social time;  
7:00 pm meeting starts

**April 19-21** DISTRICT NINE CONFERENCE

**April 22** AWCLS Book Club 2:00 pm

**April 27** Counseling Place Color Walk 8:00 am

**April 27** Ability House—Nina's Birthday 1:30 pm



Kindness Committee Update

## ALTRUSA “KAN” (KINDNESS ACTION NETWORK) EVENT

By Sue McElveen

**SATURDAY, APRIL 6, 2024**

**FRIENDS PLACE**

**1950 NANTUCKET, RICHARDSON 75080**



Join Altrusa Richardson’s day of Kindness and participate on various Kindness projects that help our neighbors both locally and internationally. Our goal is that we have 100% participation from our members. Come for an hour (or more) to make this the biggest success EVER!

★ Our main project on April 6 is to honor the dedicated nurses at **Methodist Richardson Hospital**. We will decorate reels that hold staff ID badges, then deliver them to the hospital.

★ We will also assemble bags with personal items to deliver to **New Friends New Life** clients that have escaped or been saved from human trafficking.

★ In cooperation with the **Blue Star Mothers** organization, we will decorate care package boxes to send to deployed soldiers. We will fold 300 pocket sized flags to send in care packages now and for future mailings to our military men and women.

★ Altrusans all over the globe support an organization called **Days for Girls**. We make and provide reusable sanitary products for girls in third world countries.

★ And we will also assemble bags filled with a book for children going through the **RISD Intake Center** where children new to Richardson ISD are tested for admission into the proper grade. The book will go home with the student.

★ We have asked the **Outreach Committee** to join us with a project. It just so happens that the Outreach Committee has a project coming up with **The Warren Center**. This is a non-profit agency that advocates, serves and empowers the children and families impacted by developmental delays and disabilities. We will be assembling take home kits to help parents work with their children.

You are invited to be a part of this exciting one-day volunteer opportunity that will spread kindness everywhere. There are many ways to give back and we invite you to Share in Altrusa’s Kindness together. All are invited to attend!

This would be a perfect time to bring a friend that might be interested in seeing what we do in Altrusa Richardson. We are hoping that many of the City of Richardson elected officials will attend since they always support our fundraising efforts. The mayor is always one of our biggest supporters, so let’s show the City know how we spend some of our Foundation budget to help Richardson as well as people all over the globe.



**THERE WILL BE  
COFFEE AND  
TREATS**



## Kindness Committee Update

### HANDS ON PROJECTS AT MARCH MEETING

By Sue McElveen

WOW! As Co-Chair of the Kindness committee I was astounded to see so many of our club members come early, by an hour or more, to participate in the projects our committee offered before our March Business Meeting. Thanks to all who participated.

There were three projects that our committee offered. There were two different projects to enhance our Military project and the third was for our Days for Girls project.



**ABOVE:** The first project for the military was getting patriotic paper cut out to decorate boxes at our KAN Event on April 6<sup>th</sup> to be given to the Blue Star Mother's organization. The boxes will be packed with treats and other small needed objects to be mailed to soldiers serving in foreign lands.

**LEFT:** The other military connected project was to have twenty-five people write a personal letter to a soldier and be put in the boxes. Cindy McIntyre was in charge of those projects. Volunteers cut enough papers to decorate twenty-five boxes and at our KAN Event members can do more embellishments to cheer the soldiers. Twenty-five members signed up to write a letter to a soldier and ten people wrote theirs and turned them in at the meeting.



**RIGHT :** In the dining room Nancy Rohm, who is organizing a Days for Girls project as an ongoing project for the year. The volunteers traced a pattern onto a piece of cloth and then cut the pattern out. Those will be used as part of the kits going to women and girls in third world countries so they will have washable and reusable sanitary pads to use during menstruation. Before the business meeting there were 65 tracings that got cut out and ready to be sent to the sewers to complete the pads. We will try to schedule another hands-on event before the April business meeting to finish this project before the end of the year. We will have other work to be done for Days for Girls at our annual KAN Event.



We felt this was a big hit with all who participated, Next year let's all think of things we can do to help a committee's project along and to provide more hands-on events before a meeting. Everyone had a good time visiting while they were doing the projects. Many hands make light work, so plan to come to the KAN Event on April 6, from 9 :00 AM—Noon at Friends Place and help complete all our kindness projects.

## Community Outreach

### LOAN STAR BOOK ROTATION

By Alma Beniot



Altrusans Carol Ruszkowski, Ginger Mayo, Mary Anne Fernandez and Alma Benoit joined Exchange Club volunteers Doug Starnes, Jon Spangler, Stevie Grissom and Gina Grissom at the temporary library on March 9 for the quarterly Richardson Library Loan Star Book Rotation. Large print library books and audio books were rotated among senior living facility libraries and the Senior Center to provide new selections of books for these onsite libraries.

At each library, the books from the prior rotation are taken off the shelves and a new set of books are shelved in their place. Then the books that were taken off the shelves are rotated to the next facility and so on it goes. This project, initiated by Altrusans, has been an ongoing club project for many years and is greatly appreciated by the library staff and resident book lovers!



*Altrusa International Accent*

### TRACKING DAYS FOR GIRLS DONATIONS

[ALTRUSA@ALTRUSA.ORG](mailto:ALTRUSA@ALTRUSA.ORG)

In order to track material donations made to our international service project, Days for Girls, we have created the survey below. Material donations can be tracked individually or as a club - please be certain all members are aware of your club's tracking process to prevent duplicates. Please report donations made since **6/1/2023**, and submit by **6/15/2024**. The form can be found below, or LOGIN TO THE our website under the "Service" tab. Thank you for all you do for Days for Girls!

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## Community Outreach

### WARREN CENTER CRAFT KITS PROJECT

When: Wed, April 10, 2024 at 9:00 AM, CDT

Where: The Warren Center, 320 Custer Rd, Richardson, 75080

This project is to prepare craft kits for clients of The Warren Center There are three different kits that we will make: Tree, Butterfly, and Rainbow Kits.

We will do this over two days (April 10 & 11) with two shifts per day: 9am - 12pm and 1pm - 4pm. There are a lot of kits to cut and paste and prepare for the kids, so we will need a lot of help.

This is a lot of fun and will help the Warren Center children. Please sign up on our website.

## Community Outreach

### COUNSELING PLACE COLOR WALK

By Deb Bourland and Gloria Sandoval

The Counseling Place is having a fundraiser walk. They need seven volunteers to greet and register the individuals who are walking. This is for two hours only at Huf-fines Park. This is a fun event and Counseling Place can use our help. We could go have brunch afterwards.



*District Nine Accent*

### DISTRICT NINE CONFERENCE

Info available on [altrusa.districtnine.org](http://altrusa.districtnine.org)

We'll be celebrating Altrusa in San Marcos in Central Texas between Austin and San Antonio, so truly in the center of everything! Plan to arrive early or stay for a fun Sunday afternoon after conference. There is lots of shopping, spa-day opportunities, art galleries, hiking trails, restaurants and nightlife, including live music, so grab your friends and extend your stay!

Conference begins in 3 weeks!! Make your reservation at the hotel now. More rooms were made available at the \$179 Altrusa rate TODAY. So act now.

The deadline for registering for conference without a late fee is MARCH 31. We already have almost 120 full registrations (not including guests). Our goal is more than 150 ALTRUSANS in attendance. Help us reach that goal by registering NOW.

To register for conference and to make your hotel reservation, go to the District website and find the Call to Conference.

Ability House Committee

## KATHLEEN'S "WEARIN' O' THE GREEN" BIRTHDAY

By Rosemary Gouger

The Ability House Committee helped Kathleen celebrate her almost St. Patrick's Day birthday with a colorful and festive St. Patrick's themed party. As usual, Rosemary Gouger-Sanders baked a birthday cake in the form of yummy cupcakes. Six Altrusans were there to share the festivities. Holly Goodside brought her big fluffy dog to meet the residents. His kerchief says "I'm not a Bear"!



**RIGHT:** Looks like Kathleen is not too sure about those shamrock glasses.



**ABOVE:** Vera (left) and Shelly (right) enjoy feeling how soft the dog's coat is. Holly Goodside holds the leash. Kathleen and her dad sitting are in the back.



**RIGHT:** The fanciful St. Patrick's cupcakes made by Rosemary Gouger-Sanders.



Gayle Ingle and a friend from Ability Connection help as Kathleen opens her gifts.



L\_R: Kathleen's dad helps Kathleen with her cupcake. Housemate Jane enjoy her cupcake, too.



One of our favorite things is a picture of the birthday girl with her Altrusa Friends. L-R Gayle Ingle, Donna's stepdaughter Donna Buhr, resident Jane, Kathleen, Kimberly Kierce, Bobbi Klein and Rosemary Gouger-Sanders.