



## President's Message

Thank you all, for everything you have done this year to make it a club year that has exceeded my highest expectations. You have truly embraced this year's theme: **Be the Change**. Our club has made very positive changes for the best in our community and beyond. As I work on my annual report for the year, I am amazed at how much, how varied, and how impactful our club has been.

Please, please, if you have not put in your volunteer hours yet, estimate your yearly hours. As Kim said at our meeting, no matter how you estimate, you will not put in as many as you actually did. If you have any problems putting them in on our website, please call or email me and I will do them for you. I am submitting my annual report for our club on May 20th, so call me soon for any help.

Congratulations to all our scholarship recipients and to the committee that worked so efficiently to bring us such a nice celebratory dinner and program. The future looks brighter because of these exceptional individuals.

AWCLS, Book Club, is getting some new people coming who previously could not make it in the evenings. Welcome! Note that this month Book Club meets on the third Monday, May 20th, due to Memorial Day being on the 4th Monday. See you at Jean Stuart's at 2 pm!

It is bittersweet to finish this very special year. Thank you, Board of Directors, Foundation Board, OWT, and committee chairs, and everyone who gave their all this year. I am both confident and excited to see what is coming as I turn over the gavel to Jean. Words cannot express how much you mean to me and I will never forget your support, kindness, and encouragement during this fun and rewarding year.

Gratefully,

*Christine Hart*

President 2023-2024

ALTRUSA INTERNATIONAL

## JOIN CLUB 21



By Sharon Nash

Club 21 needs our support. The Club 21 Program was established in 1997 to support organizations that aim to meet 21st century health concerns of children and their families through local camps.

To donate, go to <https://foundation.altrusa.org/> go all the way to the bottom, fill in the form and select option Club 21 (Individual \$21).

If you prefer to donate by mail, use this form: General-Contribution-Form Altrusa-Foundation January-2020 Fillable.pdf and mail your check or credit card information to the address on the bottom of the form. Donate \$21 to join or renew your membership. New members, please indicate that you would like to receive a Club 21 pin in the comments section or check Yes on the General Contribution Form. Pins are not provided to those who are renewing their membership.

If you have any questions, please contact Sharon Nash, [sharon@nash-usa.com](mailto:sharon@nash-usa.com) or 214-642-6868. She will be happy to help. This is a great cause. Don't Delay, Donate Today!

For more information go to Events page

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

### May Events

May 01 *Volunteer Hours due!*

May 07 Deliver Methodist Richardson  
Nurse's Reels 9:00 am

May 09 Board of Director's Meeting 6:30 pm

May 10 Friends Place Mother's Day Tea 9:00 am

May 10 Lunch Bunch at Coco Shrimp 11:30 am

May 15 *International Day of The Family*

May 16 Monthly Club Meeting 6:30 pm Social time;  
7:00 pm meeting starts

May 20 Altrusa Bridge 6:30 pm

May 27 AWCLS Book Club 2:00 pm



## IMPORTANT NEWS...SURVEY RESULTS NEW MEETING LOCATION

I am pleased to inform you that we have received the results of our poll. I want to thank everyone who participated, especially those who took the time to share their valuable comments and suggestions. Rest assured that all the feedback received will be considered as we move forward into the next year.

An overwhelming majority voted for option 3, which means that we will hold our regular meetings at Network, with some meals at Aboca's. Additionally, we received some excellent suggestions on how to celebrate our scholarship program, and we plan to explore them further.

Thank you all for your continued support and dedication to our organization.

*Christine Hart*

Membership Committee, Retention Team Update

## ALTRUSA BRIDGE

When: Mon, April 15, 2024 at 6:30 PM, CDT

Where: Home of Deb Bourland

Want to play bridge? Regardless of whether you're a novice or a seasoned player, we would love to have you join us in a monthly game, which is hosted by one of the players on a rotating basis.



Altrusa Bridge is held on the third Monday of every month. social 6:30, bridge 7:00 pm. Each hostess will determine the number of tables she can host. Please register on the website no later than the second Monday of the month in order that we can line up subs if needed.

For more information, please email Julianne Lovelace at [jl3430@verizon.net](mailto:jl3430@verizon.net), 214-906-6566. DEADLINE for registration for bridge is the second Monday of the month.

Membership Committee, Retention Team Update

## OUTTA THIS WORLD ALTRUSA SISTER SUPPER

By Laura Trainor-Collins, Retention Team Leader

The Membership Retention Team hosted our first ever Sister Supper on April 8. We had fifteen members and guests attend this evening event, after we watched the Total Eclipse. What an amazing spectacle to watch.

Moon pies were table favors and we played a game identifying mystery sun, moon, and eclipse songs. Nancy Crowe was first, and Mary O was second identifying their mystery song and received Milky Way bars as prizes. Peter Hart was the last person to identify his mystery song and he received a blow-up alien. Susan Long and Jean Stuart each won a blow-up alien from the door prize drawing. This was a fun event and Appolonia's Italian Kitchen in Richardson was very accommodating. Our first Altrusa Sister Supper was an "***Outa This World***" success.



**Above:** L-R Ginger Mayo, Nancy Rohm, Mary Osentowski, Marsha Peters, Mary Anne Fernandez and Susan Long (and friend) at the Solar Sisters Supper.



**Above:** Jean Stuart and her new little blue friend are "***Outta This World***"

## RICHARDSON GOES TO CONFERENCE



We had really good representation at the District Nine Conference in San Marcos, learned a lot and had lots of fun!

**Front Row** (L-R) Susan Fischer, Cindy Murray, Immediate Past-President Ginger Tonne, District Governor-Elect Kimberly Kierce, Richardson President Christine Hart, Mary Osentowski, Bobbi Klein **Back Row** (L-R) Mary Beth McLemore, Sue McElveen, Joanie Scott, Deb Bourland, Nancy Crow, Cindy McIntyre, Gloria Sandoval, Janie Jaquier

[More information to come in the next exciting issue!]

## Ability House Update

### NINA AND DINA'S BIRTHDAY



April 28 was our birthday celebration for Nina (and her twin sister Dina). Rosemary Gouger made Nina's favorite Pineapple Upside Down cake. **Above** (L-R) **Front row** is Vera, Nina, Crystal and Shelly. **Back row** (L-R) Mary Osentowski, Gayle Ingle, Sherry White, Rosemary Gouger-Sanders, Bobbi Klein, Janie Jaquier, Dina (Nina's twin) Thanh Tran, Kimberly Kierce and Bonita Atkins (Shelly's sister)

Community Outreach Committee

**LOAN STAR BOOK ROTATION FOLLOWUP**

By Alma Benoit

Altrusans and Exchange Club volunteers assist the Richardson Public Library quarterly with book rotations at Richardson assisted living facilities and the Richardson Senior Center. Existing books are taken off the shelves at each facility and replaced with another set of books that remain there for three months, providing new reading material for the residents. Here are a few pictures from two recent Saturday morning rotations.



On December 2, (L-R) Exchange Club volunteer Gina Grissom, Altrusans Alma Benoit, Kimberly Kierce and Gloria Sandoval, paired with two more Exchange Club volunteers, Doug Starnes and Stevie Grissom, partnered to rotate books at six senior living facilities and the Richardson Senior Center.



Alma Benoit and Kimberly Kierce prepare to set off for their destinations to rotate books.



Kimberly Kierce displays one of the senior living facility libraries after the existing books were taken down and the new books were shelved.



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.

## THE INITIATION OF FOUR NEW ALTRUSANS IN APRIL

Photos by Mary Anne Fernandez



(Left–Right) Sponsor Alisha Gimbal, new member Holly Goodside, new member Nancy Ballow, new member Carolyn Guiliani, Sponsor Mary Beth McLemore, new member Linda Fox and sponsor Carol Ruzskowski



Nancy Ballow



Holly Goodside



Linda Fox



Carolyn Guiliani



Returning member Jill Van Os

April saw us celebrating the addition of four new members to our "family". Deb Bourland conducted the initiation ceremony. Alish Gimbal sponsored Nancy Ballow and Holly Goodside (and her dog Dolly, who has visited Ability House already); Mary Beth McLemore sponsored Carolyn Guiliani, who was an Altrusan several years ago and Carol Ruzskowski and Jean Stuart sponsored Linda Brown Fox, who is excited to make new friends in Altrusa.

Kindness Committee Update

THE 8TH ANNUAL KINDNESS ACTION NETWORK WEEKEND

by Sue McElveen

The KAN Event for 2024 was a huge success. We had five projects set up for Altrusans and guests to get some hands-on volunteer work. We started at 9 A.M. and finished with the projects at 12 P.M.

The project for **New Friends New Life** was to bag personal items which included shampoo, conditioner, deodorant, toothpaste, toothbrush, bath soap, lotion, shaving gel, chapstick, hand sanitizer, and feminine wipes. There were 48 bags completed on the day of KAN and given directly to the organization. The representative told me that this was a real blessing because NFNL had just run out of their supply. These bags go to women that have been rescued or escaped from human trafficking. *(continued on next page)*



This picture shows the projects accomplished in **only 3 hours** and the wonderful volunteers who made it happen.



Above (L-R) Mary Beth McLemore, Janet McCollough, Cheryl Tolliver and Nancy Crowe (cut off by the edge of the photo) fill hygiene bags for **New Friends New Life**



The Community Outreach Committee added one of their projects for **The Warren Center**; Deb Bourland and Carol Ruzskowski work on take home craft kits

## KAN WORKDAY continued



Blue Star Mothers, Altrusans and other guests show off the decorated boxes



Folding those little flags wasn't easy but Altrusans, Blue Star Mothers and other guests all were up to it.

The **Blue Star Mother's** (above) was a focus for our annual military project. They package boxes to send to the military that are serving out of the country. The boxes are filled with treats, games, books, etc. They also try to send a personal letter written by volunteers. At KAN, we decorated 25 boxes, wrote 25 personal letters by Altrusa members, and folded 25 small flags that fit in a tiny ziplock bag, that the soldiers can carry in a pocket while away serving their country. There were actually 100 flags bought by the committee for the military project and also had enough money to buy extra treats to help the Blue Star Mother's. There were at least 10 members of that club that came and worked alongside our club members to work not only on the military projects, but then helped out other projects when the military projects were finished.

**Days for Girls**, (below) was another project that had us tearing flannel into 9 inch strips and then tracing a pattern on flannel cloth that our committee bought. We traced and cut out several hundred patterns for another group to sew in layers to make the pads for women and girls in third world countries to have reusable menstrual pads that they otherwise have not access to. The project we chose this year will impact over several hundred women and girls. The DFG organization always sends someone to work with our club on any particular project and this year Bridget Kenworthy from the Highland Shores Days for Girls. This is an ongoing project that was chosen as an International hands on project at the International Convention in 2017.



(Above left) We tear 12 yard reams and of flannel into 9 inch strips to then be measured and cut into the pieces that will be layered and sown into pads. (Above right)

## KAN WORKDAY continued



Volunteers are hard at work filling 300 bags (above left) and adding books (above right) for the RISD Intake Center Project

A new project this year, is the **RISD Intake Center**, which represents our focus on literacy, was to put together 300 “busy bags” for the children who visit the RISD Intake Center. This is where new students that move into RISD are tested to determine what grade they will be placed in for the school year. Laura and Jane spoke about something the young children could keep. It was decided that each bag would have a book, a booklet for children to color that was based on Kindness, a package of crayons, and a couple of small toys that could keep little hands busy while waiting to be tested, and could take home. We impacted 300 young lives as well as their families. We are glad to show them that there was a Richardson volunteer organization that welcomes them and their children



Cindy McIntyre proposed the idea of making badge reels for the nurses at Methodist Richardson Hospital. Our theme for this project was “**We Love Our Nurses.**” During 7 in home work sessions, 20 volunteers prepared these reels and got the supplies ready for KAN to decorate the boxes that we will put the 1,000 nurses reels to deliver to the nurses at the hospital for Nurse’s Day. **Above:** At the KAN Event the volunteers decorated 12 boxes and counted out 10 bags of a 100 reels, which will be delivered to the hospital May 9, during Nurse’s Appreciation Week.