

## 2013-2014

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## President's Message

### SEASON OF NEW BEGINNINGS

Spring in all its glory abounds around us. Even on the chilly mornings, the trees continue to bud out, gardens are sprouting colors, wild flowers are everywhere, and we have lush fields of bluebonnets...all announcing that Spring has officially arrived.

With the addition of seven new members and a total of 14 for the year, we have many new Altrusa sisters just beginning to experience this new world of Altrusa. In a club as large as ours, it is a really big world to learn and explore. Seemingly countless new people to meet and names to learn, invitations to join new committees—Administration committees, Foundation committees, and requests to help with endless club projects, can be almost overwhelming.

Then, as though that's not enough new stuff to learn, at almost every meeting, we start casually tossing around the terms OWT, Accent, Conference, the Encyclopedia, like everyone knows what we are talking about. Sometimes, if you look around at a meeting, you will even spot a few "sophomore" members with their eyes glassing over trying to remember everything that was covered in their 30 minute member pre-orientation.

Alas, this is the very reason that most new and newer members of our club need a family of sponsors, rather than just two sisters, mentoring them until they get comfortable and almost everything is familiar. For our club, we all know the process will easily last for at least two years.

We really do a great job warmly welcoming all of our new members. I hope that each of us take the time, especially during meetings, to be sure that a new member sitting next to us actually knows and

understands all that is being said and discussed. Seriously, how many meetings did you attend after you first joined before you knew what an "OWT" was? It just takes a second and a simple ask. What a quick and easy way to show that we care about our members, we desire to make this a meaningful experience for all of our Altrusa sisters, and that we are helpers at heart.

This year, we have managed to do a fabulous job of "Leading Loudly, Serving Proudly" in our community. Now, as we embrace the pride and accomplishment of adding 14 new members, let us all quietly lead the way for them at meetings and other club activities and in any other way that we can, so they, too, will want to continue serving proudly by our side for many, many years to come.



*Pam Kovacs Johnson*

President, 2013-2014

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#### What's Inside?

President's Message	1
Project Previews	2-5
Project Reports	5-9
Committee Reports	9-10
Board Actions	15
Meeting Preview	11
Meeting Highlights	11
Club Calendar	16
District Nine News	12
International News	15
Int'l Foundation	11
Altrusa Accent	14
Member Highlights	13
Dues are Due	12
World Health Day	14
Add An Altrusan	14
Obituary	4
Special Report	12

## "Leading Loudly, Serving Proudly!"

Project Preview

**PILLOWS, PASTRIES & PINOT PARTY...AND SOME BACKPACKS, TOO!**

By Kimberly Kierce, Community Outreach Committee Chair

The Community Outreach Committee has two final projects for the 2013-2014 club year that will make a positive impact in the Community.

**Pillows, Pastries & Pinot Party** is set for early May and will benefit New Beginnings Center. The Committee is planning to provide 100 pillowcases to the women's shelter: 25 for girls, 25 for boys, and 50 for adults. Altrusans are encouraged to attend the pillow decorating party to be held at Friend's Place on Friday, May 9 from 6:30 pm - 8:30 pm with refreshments provided by the Committee members.

New Beginnings Center provides services to those affected by domestic violence. Their outreach programs include crisis intervention, education, and counseling in Garland, Mesquite, and surrounding areas. Victims in



need of services other than shelter or those who have left the shelter can access these services, and all services in the outreach program are free of charge. Let's show our support for this local women's shelter by giving the clients a little something to call their own and to rest comfortably.

(Ed. Note: The photo above shows pillowcases decorated for our 2011 Sweet Dreams Pillow Project.)

**Summer Enrichment Activity Backpacks** will support selected children at Terrace Elementary School to encourage reading over the summer months and engage them in creative activities to promote ongoing learning and fun. Community Outreach is excited to be partnering with the Education Committee and the International Relations Committee to make this project a huge success. Twenty-four backpacks will be filled with several age-appropriate books (new, not used) along with coloring and activity books, stickers, crayons, pencils, construction paper, scissors, and glue. The backpacks will be filled during the Pillows & Pastries Party on May 9. So, if you are not the creative type, we can still use your assistance in assembling the backpacks at the party. Special thanks to **Andrea Rutledge**, Education Committee Co-Chair, for reaching out to the school about this project. Sharon Newman, Terrace Elementary Principal, was very excited to hear about this project that will wrap up the school year and promote education all summer long for those students needing extra support. Sharon said that parents of the children chosen to receive the backpacks will be given instructions to make the most of these enrichment activities. The synergy of these three committees is what makes Altrusa Richardson a great club and outstanding community supporter of those in need.



**The Richardson City Council thanks all members and supporters of Altrusa who LEAD LOUDLY and SERVE PROUDLY in our community!**

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

**Project Preview**

**AN INVITATION TO TEA AT THE CHOCOLATE ANGEL IN RICHARDSON**

*By Andrea Rutledge, Education Committee Co-Char*

The Education Committee has reserved the Chantilly Room at the Chocolate Angel (Richardson) and tea will be served on Wednesday, May 7 at 3:30 pm. We'd love for you to join the Education Committee at our end-of-year meeting. We've invited our favorite Pre-K team, Maribeth Nakwaasah and Cheryl Sefton, and Terrace Elementary School Principal, Sharon Newman. We plan to talk among ourselves about Altrusa at Terrace, past and future.

If you have an interest in the Education Committee, or if you've volunteered at Terrace Elementary School, or if your committee is considering a project at Terrace, or if you are interested in a leisurely tea with active Altrusans, come join us. The tea is Dutch treat and the cost is \$18.99 inclusive. Reservations are requested as soon as possible to hold the room. RSVP on the Altrusa website. Contact **Andrea Rutledge** if you have questions.



**Project Preview**

**WILD RIDE REFRESHMENT VOLUNTEERS NEEDED**

*By Bonnie Perry, Community Outreach Committee*

Altrusa will sponsor the Refreshment Area at Methodist Richardson Medical Foundation's [WildRide! Against Cancer](#) on Saturday, May 17, 2014. We will be working in shifts from 6:30 am to 2:00 pm. Volunteers are needed to serve refreshments to the cyclists.

The 11th Annual WildRide Against Cancer takes place during the [Wildflower Festival](#) and supports programs and services that benefit cancer patients and their families. The WildRide! Start and Finish is at Fujitsu, 2801 Telecom Parkway in the Richardson panhandle. Cyclists will ride 16, 40, or 64 miles through Richardson, Plano, Murphy, Wylie, and Garland and across the dam at Lake Lavon. Registration fees help pay for programs offered at the Methodist Richardson [Cancer Center](#), including:

- ◇ [Artist-In-Residence](#) Program – provides patients with two hours of time with artists experienced in art therapy, as they are receiving chemotherapy.

Studies show that patient anxiety decreases if they are participating in a creative activity during treatment.

- ◇ [STAR](#) (Survivorship Training and Rehabilitation) Program – provides one hour of cancer survivorship care through the STAR Program. Trained staff work with cancer survivors to help reduce pain and fatigue allowing patients to regain movement and strengthen mind and body.

Proceeds from the WildRide also support new equipment and technology so that North Texas cancer patients can receive quality, compassionate cancer treatment close to home.



**Saturday, May 17, 2014**

**Project Preview**

**COLLECTING ITEMS FOR NETWORK**

The Community Outreach Committee will be making a final donation to NEWTORK this club year for those unsung but very necessary, non-food items, such as **toilet paper, female sanitary items,** and diapers of all sizes (except newborn). Plus, we will also be collecting one food item - canned meats (chicken, tuna, Spam, etc.) Diapers will be purchased with committee budget money so members are asked to bring one or two **canned meat** items to any April or May meeting. Questions? Please contact **Nancy Crowe** or **Bobbi Klein**.

## Project Preview

# AWCLS INVITES YOU TO PASSOVER SEDER DINNER ON APRIL 21

By Bobbi Klein, Membership Retention Committee

Even if you don't regularly attend our book club meetings, this one should be on your calendar! We will be celebrating a special modified Passover Seder dinner, during which the story of Passover is passed down from generation to generation. If you have ever wondered about how Passover is celebrated, here's your opportunity to get an idea.

On Monday evening, April 21st (the last night of Passover) at 6:15 pm, we will meet at **Bobbi Klein's** home for a special "Women's Seder". Using our own "Altrusa Haggadah", we will go through our own Seder meal. We will discuss Passover, the two different haggaddahs, and other facets of the Seder.

The word "Seder" means "order" and the haggadah is the name of the "book" which is used to help us tell the story in the right "order". For our April book club selection, we will read a traditional Passover Haggadah, which can be read straight through in about a half hour. *A copy of the traditional Haggadah is available with the Seder event on our website.*

Reservations will be necessary and can be made on the website. The cost will be \$2, plus everyone will be asked to bring an item to contribute to the meal. A list of items to bring is also available on the website and you can register with what you will bring. Reservations will close April 18.

Please sign up to bring one of the following to the dinner:

- ◇ 1 dozen boiled peeled eggs -- 2- 3 dozen total
- ◇ Green Salad - enough for 10-12
- ◇ 1 Box Matzo & 1 bunch Parsley (Kosher for Passover)
- ◇ 1 Jar of Matzo ball soup (Kosher for Passover)
- ◇ 1 jar Gefilte Fish (Kosher for Passover)
- ◇ Cooked Vegetables (carrots, broccoli preferred, no sauces) for 10-12 servings
- ◇ Roasted Potatoes for 10-12 servings
- ◇ Salad Dressing - gluten free Kosher for Passover
- ◇ 1 Passover cake or other Passover dessert
- ◇ Passover Macaroons
- ◇ 1 bottle Manishevitz "White Concord" wine (1 liter)
- ◇ 1 bottle other wine (Kosher for Passover)

## FOODS ALLOWED/ NOT ALLOWED FOR PASSOVER

### Passover Chametz

In addition to avoiding leavened bread, Jews are also supposed to avoid foods made with wheat, barley, rye, spelt or oats - unless those foods are labeled "kosher for Passover." All five of these forbidden grains are collectively called "chametz." (Pronounced hamets.) The reason these grains can be eaten under some circumstances is that the rabbis determined foods containing these grains must be cooked in 18 minutes or less in order to be considered kosher for Passover. They felt that was just enough time to prevent any natural leavening in the grains from making food rise. "Kosher for Passover" foods are made with flour that is specifically prepared for Passover consumption and are usually made under the supervision of a rabbi.

### Passover Kitniot

In the Ashkenazi tradition, there are additional foods that are usually forbidden during Passover. These foods are called "kitniot" (pronounced kit-nee-h-oat) and include: rice, millet, corn, and legumes like beans and lentils. These foods are off limits because the rabbis determined they violated the principle of *ma'arit ayin*. This principle means that Jews should avoid even the appearance of impropriety. In the case of Passover, *kitniot* can be ground up and cooked with like flour, so they should be avoided.

In Sephardic communities, *kitniot* are eaten during Passover. It is also not uncommon for vegetarians who identify as Ashkenazi Jews to follow the Sephardic tradition during Passover - it's tough to be a vegetarian during Passover if *chametz* and *kitniot* are off the table!

### Other Passover Food Tips

Walk down the "kosher for Passover" aisle at the supermarket and you'll likely find a number of foods you didn't think would come under Passover food guidelines. For instance: sodas, coffee, some kinds of alcohol, and vinegar. These foods are often made with *chametz* or *kitniot* at some point during the production process.

## RUTH BARTLETT OLIPHINT



**Ruth Bartlett Oliphint** was born to Orda and Frank Bartlett June 1, 1921 in Atwood, Kansas, passed away March 6, 2014 in Dallas, Texas. She is survived by her son and daughter-in-law, Richard and Martha Peters of Dallas, TX and daughter-in-law, **Marsha Peters** of Dallas, TX, four grandchildren, six great grandchildren, nieces and nephews. Ruth lived most of her childhood in Atwood, Kansas, making lifelong friendships she cherished. Ruth lived in Dallas, TX most of her adult life and moved to Colorado Springs in 1991 after marrying John Oliphint on Nov, 16, 1990. She was active members of the First United Methodist Church and the Assistance League of Colorado Springs. Ruth was a true friend and cared deeply about her family. Ruth's words of encouragement, generosity, faith, love of life, kindness and compassion will be greatly missed. A celebration of Ruth's life was held on Saturday, March 22nd at Lovers Lane United Methodist Church. If desired, memorials may be made to Mission Outreach at Lovers Lane United Methodist Church, or to First United Methodist Church of Richardson.

Project Preview

ALTRUSA WINE & CHOCOLATE LITERARY SOCIETY READS ON & ON

By Jan Belcher, Membership Retention Committee

Lois Ferrara did a fantastic job leading the discussion of Midnight in the Garden of Good & Evil by John Berendt at our March AWCLS gathering. The discussion was lively and there were lots of great snacks plus chocolate and wine! If you haven't read the book or didn't see the movie, you'll enjoy the story based on actual events. Set in Savannah, Georgia, the story is peopled by a gallery of remarkable characters and Amazon calls the book "...a sublime and seductive reading experience. Brilliantly conceived and masterfully written, this enormously engaging portrait of a most beguiling Southern city has become a modern classic." Check it out at the Richardson Public Library for one of your summer reads.

On Monday, April 21, Bobbi Klein will host a seder dinner at her home. (See page 4 of this newsletter or our website for more information.)

If you're reading ahead:

Our May 26 book selection is The Interestings by Meg Wolitzer. Published on April 9, 2013, the New York Times Book Review calls it, "Remarkable . . . With this book [Wolitzer] has surpassed herself." From New York Times-bestselling author Meg Wolitzer comes a new novel that has been called "genius" (The Chicago Tribune), "wonderful" (Vanity Fair), "ambitious" (San Francisco Chronicle), and a "page-turner" (Cosmopolitan), which The New York Times Book Review says is "among the ranks of

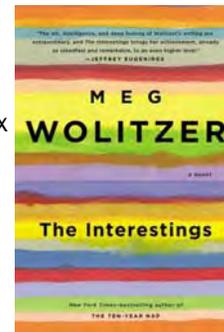
books like Jonathan Franzen's Freedom and Jeffrey Eugenides The Marriage Plot."

The summer that Nixon resigns, six teenagers at a summer camp for the arts become inseparable. Decades later the bond remains powerful, but so much else has changed. In The Interestings, Wolitzer follows these characters from the height of youth through middle age, as their talents, fortunes, and degrees of satisfaction diverge.

Wide in scope, ambitious, and populated by complex characters who come together and apart in a changing New York City, The Interestings explores the meaning of talent; the nature of envy; the roles of class, art, money, and power; and how all of it can shift and tilt precipitously over the course of a friendship and a life.

AWCLS meets on the 4th Monday of every month at Friends Place, 1960 Nantucket Drive in Richardson. As always, we begin at 6:00 PM and end by 7:30 PM. You do not need to have read the book to participate. We do ask that you register on the Altrusa web site so we know how many are coming. Please bring snacks, chocolate, and wine to share. We always have a great time!

HAPPY READING!!!!!!



Project Report

UNICEF TAP PROJECT BENEFITS FROM WATER SALES AT MEETINGS

The International Relations Committee has been selling bottles of water at our meetings. Each \$1 raised goes to the UNICEF Tap Project where it provides a child with clean drinking water for 40 days.

Below: the water. At right, Nancy Rohm, Janice Swallow, and Donna Buhr.

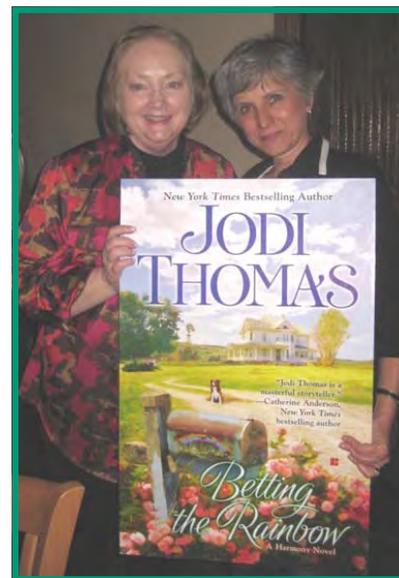


Project Report

**AUTHOR JODI THOMAS WAS GUEST SPEAKER AT SPECIAL EVENT**

New York Times and USA Today Best Selling author **Jodi Thomas** spoke about “Living in Two Worlds: Fiction and Reality” at a special event for Altrusans arranged by **Lois Ferrara**. The event—attended by both Altrusans and community supporters—was held April 1, 2014, in the new private dining room at Aboca’s Italian Grill in Richardson.

Thomas is a fifth-generation Texas who has written 39 books to date with most of them set in our great state of Texas. She is not only a gracious and inspirational writer, but she has a passion for encouraging new writers and that is why she helped create the West Texas A&M Writer’s Academy.



Project Report

**BeadforLife SOLD AT PRE-MEETING RECEPTION**



The International Relations Committee provided wine and peanut stew—the national dish of Uganda—at a reception prior to the March 20 dinner meeting. In a new procedure this year, 20% of the revenue from BeadforLife sales will be returned to our Foundation.

*Left: Shoppers Jill Van Os and Rose Daughety. Right: The reception food and drinks.*



Project Report

**GOOD MANNERS, LIFE-LONG LEARNING FOR PRE-K CHILDREN**

By Andrea Rutledge, Education Committee Co-Chair

Hazel Weathers invited Sponge Bob to the Pre-K classroom as Altrusa Richardson presented our fifth annual Good Manners Party, which took place in March 2014. Good manners are an important part of the Pre-K curriculum, and the Good Manners Party is a reward and a learning experience for our four- and five-year-old friends.

Part I of the program began the day before the party when each child chose a book as a gift for another child. The gift giver then chose wrapping paper, wrapped the gift, and wrote out the gift tag. **Ezhar** very carefully chose a book for one of the girls and then chose the princess paper to wrap it in. It is wonderful to watch such a young child choose a book with only his friend's interests in mind! Whoever chose **Dang's** book was very sure he would like it, and he loves it. His book is an alphabet book where each page has a slide over panel showing a word beginning with the letter. And Dang just knew his friend would like the

Mickey Mouse book he chose for her. Altrusans who helped with the book wrapping left with a warm feeling for these children who were so thoughtful.

Part II of the party happened the next day with the help of 5 children who were chosen for their exceptionally good manners. The children learned to set the table with plates, cups, napkins, spoons, forks, and favors. They were so proud of themselves, and when they told their families, their families were so proud. There were a lot of Altrusans busy decorating for the party, but until **Barbara Berthold** arrived, we sure had trouble hanging the crepe paper! The children first presented their books, one at a time, to their friends, and the friend said, "Thank you" and the giver responded, "You're welcome." Everyone then feasted on make-your-own ice cream sundaes, punch, fresh fruit, and cookies—but only after everyone at the table was served.

Everything about the party was HAPPY.

Project Report

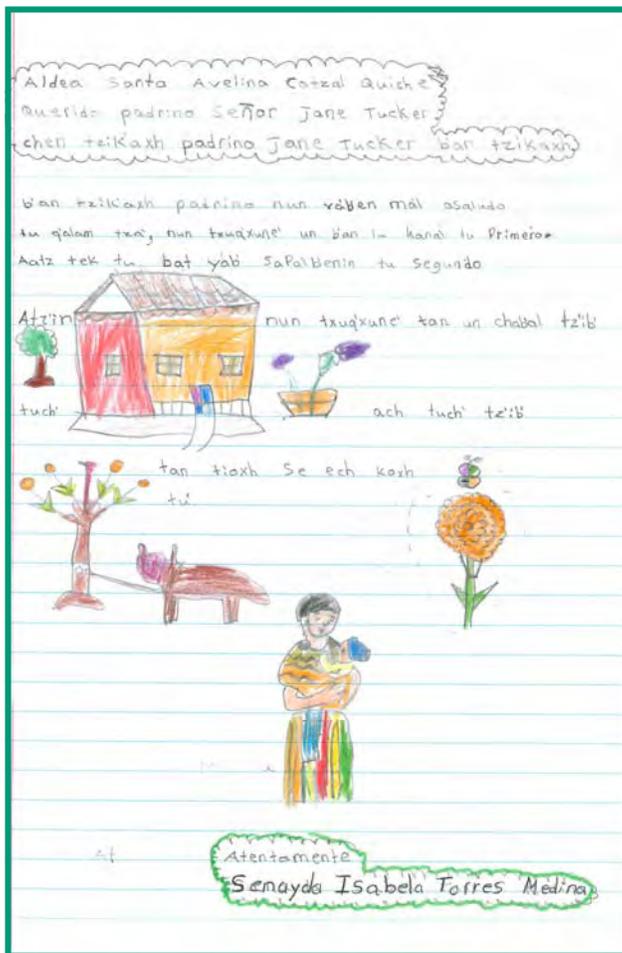
**NEW PHOTO OF AND LETTER FROM SENAYDA**

By Jane Tucker, International Relations Co-chair

In 2011, Altrusa Richardson began sponsoring a second child through [HELPS International](#), a nonprofit organization founded in 1984 to help the people of Guatemala by providing a means for educating their children. **Senayda Isabela Torres Medina**, a second-grader this year, recently sent us a photo of herself and a charmingly illustrated letter. We have not yet found someone to translate the Mayan dialect to English.

The people HELPS focuses on were the victims of a civil war that occurred in the early 1800's. Because of this war and the remoteness of the villages, many communities were left without food and safe drinking water, and many families were displaced.

HELPS International began in 1984 by organizing outreach programs and, through the years, these programs have expanded to include education and literacy programs, installation of vented cooking stoves, and construction of schools, water systems, airstrips, and even homes for war widows. Today, there is an extensive medical system in place as well as economic development programs. HELPS International continues to be dedicated to assisting the people of Latin America.



Project Report

ABILITY HOUSE COMMITTEE HELPS RESIDENTS CELEBRATE

It is always a treat to receive Bill Knudsen's thank-you cards for the parties hosted by the Ability House Committee! The recent celebrations were for Vera's birthday in February and Kathleen's in March.

Ability Connection Texas (ACT) provides a caring, family-style living environment for adults with disabilities through its residential services program. Ability House is one of seven homes operated by ACT throughout the North Texas area. These homes, sometimes referred to as group homes, allow individuals with disabilities to live with as much autonomy and independence as possible.

In addition to birthday celebrations with cake, ice cream, soft drinks, cards, and gifts provided by Altrusa, our Ability House Committee throws holiday parties for the residents throughout the year and everyone is encouraged to attend. Ginna Coffey and Janie Jaquier are Co-Chairs of the committee. If you would like to attend one of the parties, contact Ginna or Janie for more information.

Ability Connection Greetings!

On behalf of the Ability House residents – thank you very much for helping Vera and Kathleen celebrate their birthdays!

Robert, Nina, Vera, Kathleen, Shelly and Roberto always look forward to visiting with their Altrusa friends...and on behalf of all of us at Ability Connection - you have our very best wishes for a wonderful Spring!

PS: Robert asked me to share that there are only five months until his Birthday!

Bill

Bill Knudsen  
President/CEO  
Ability Connection Texas

Vera's 2014 Birthday!



Thank You Altrusa of Richardson!

Kathleen's 2014 Birthday!



Thank You Altrusa of Richardson!

Grants Committee Report

BIG CHECK AWARDED TO THE COUNSELING PLACE

At our March 6 meeting, Andrea Rutledge of the Grants Committee presented Debbie Walsh, Executive Director of The Counseling Place, the Big Check in the amount of \$900 for their "Project Positive" program.

The Counseling Place provides professional counseling services to the Richardson Community, which includes people who live, work, study or worship in the city of Richardson or who live within the RISD school district.

People come to The Counseling Place seeking help with various struggles, challenges or changes they are facing:

- ◇ Grieving the Loss of a Loved One
- ◇ Relationship changes: marriage, divorce, blending families
- ◇ Personal or Work-Related Stress
- ◇ Anxiety, Phobias, Depression, Anger Management
- ◇ Parenting, Co-Parenting
- ◇ Post Traumatic Stress
- ◇ Adjustment to new culture, new location or other life changes



Committee Report

**LEADERSHIP SKILLS IDENTIFIED AT SPRING WORKSHOP**

By Liz Luthans, Leadership Development Committee Co-Chair

The Leadership Committee hosted a Leadership Training Workshop on March 22, 2014, from 9:30 to noon at Friend's Place. **Mary Osentowski** and **Brenda Boston** led the group of twenty-five women through a series of interactive exercises, case studies, and models designed to help each of us identify leadership skills and discern how we might apply those skills to become more effective Altrusa members, committee chairs, and members of the Board of Directors. Group activities were focused on real challenges faced by Altrusans every day. The workshop provided a framework within which to discuss challenges and lead groups forward.

The Leadership Committee enjoyed hosting the event and appreciates all those who attended. We want to extend a special "thanks" to Mary O and Brenda Boston for serving as workshop facilitators and to **Pam Kovacs Johnson** for sharing Friends Place with our group once again.

Right: speaker Mary Osentowski; speaker Brenda Boston  
Below (L-R) Leadership Development Committee members Brenda Boston, Bonnie Perry, Mary Osentowski, Liz Luthans, Jane Tucker, Cindy Murray, Donna Buhr, and Sherri White; soon-to-be-initiated Robin Smith



Committee Report

**ADD AN ALTRUSAN MONTH: BECOMING THE BEST SPONSOR**

By Bobbi Klein, Membership Recruitment Chair

At the Spring Orientation, the Membership Recruitment Committee introduced the *Sponsor Builder Guide* to go hand in hand with the *New Member Plan*. If you've been uncomfortable about sponsoring a friend in Altrusa, this will be a perfect guide to help you take on that personal leadership role. The best thing is to be there to support the new member. And, if you are a

newer member yourself, you can learn together!! Ilona Kirby, our International President, has challenged everyone to "bring one". So, for **Add An Altrusan Month**, why not bring guests and let them see for themselves what fun it is to be an Altrusan? Who wouldn't want to be a part of this wonderful group of women, just like you?

### Grants Committee Report

## FOUNDATION GIVES BIG CHECK TO RICHARDSON READS ONE BOOK

**Mr. Penumbra's 24-Hour Bookstore** by Robin Sloan is the Richardson Reads One Book (RROB) pick for 2014. The title was unveiled at a reception March 25. Altrusa of Richardson Foundation donated \$1,000 to the RROB Program, and President **Pam Kovacs Johnson** presented our Big Check to **Nancy Kubasek**, RROB President.

This year's selection is the first book by Sloan, a writer based in California. RROB is in its 11th year and is part of a national movement to bring together all segments of communities through the reading and discussion of a single book. Books are selected for their broad appeal, timely subject matter, and thought-provoking issues.

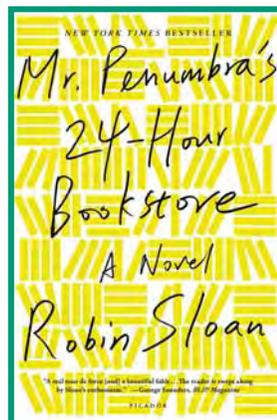
The Library has many copies of the book available for checkout, including audio and large print editions. Special programs and discussions on **Mr. Penumbra's 24-Hour Bookstore** will be scheduled throughout the year and will be announced on the RROB website at [onebook.cor.net](http://onebook.cor.net).

The highlights of the 2014 program will be Robin Sloan's free public lecture on Sept. 23 at 7:30 p.m. at Richardson High School and the classes that he will conduct for selected students. Traditionally, Altrusans who volunteer to usher at the

public lecture are invited to attend a reception before the event.



Below: President Pam Kovacs Johnson presents the Big Check to Nancy Kubasek. Lower, L-R, RROB Board of Directors, Book Cover, and author Robin Sloan.



### Committee Report

## INTERNATIONAL RELATIONS COMMITTEE APPLIES FOR GRANTS

By Jane Tucker, International Relations Co-chair

To allow the International Relations Committee to finance a project related to the UN World Day of Social Justice, **Bobbi Klein**, **Barbara Berthold**, and **Jane Tucker** have submitted a grant request to Altrusa International Foundation. If approved, the grant will help establish a "Choose Kind" Library within the existing library at Terrace Elementary School. This project is to partner with Richardson ISD to use literature to encourage a better understanding of and compassion for our differences in order to foster a community of acceptance, empathy, and inclusion. Approximately 60 books with topics aimed at complimenting the existing RISD anti-bullying program would be purchased. The books' content would focus on conflict resolution and respect for human diversity.

In addition to this request, another literacy grant application has been submitted through Phi Kappa Phi National Honor Society seeking funds for an Emotional Wellness Literacy Resource Library at The Counseling Place. This grant would assist **Debbie Walsh**, Executive Director of The Counseling Place, in providing books, workbooks, and journals to help their clients identify and manage their emotions. Subjects for the books would include: anger management, dealing with bullies, coping with stress, working with difficult people, and conflict resolution. Currently, therapists can only recommend these books to their clients as funds are not available to provide them to their clients. This grant would bridge a gap in services and be a welcome addition to their resources.

**Meeting Highlights**

**MARCH 20 DINNER MEETING FEATURED HILARIOUS STORYTELLING**

*By Cindy McIntyre, Program Committee Co-Chair*

Police Chief **Frank McElligott**, former Plano Policeman for many years and currently head of Police for the City of Hutchins, Texas, brought his wry sense of humor, his compassion for those with serious illness, and his wonderful storytelling ability to our Altrusa Sisters at the March 20<sup>th</sup> dinner meeting. He is a guy who has been through a couple of marriages and can poke fun at himself and, as Instructor at the Citizens Police Academy of Plano, regaled his audiences then and now with outrageous police action stories that you can't make up! He also has a five-year old daughter that obviously is the light of his existence. Since I knew him at the Police Academy, he has come through a tough fight with cancer and knows we should not take anything for granted, not spend time with people who don't return our friendship, and meet each new day with a thankful and positive outlook. He made several excellent points:

- "Get up in the morning, decide to be happy."
- "Live life going forward."
- "Don't trip over something behind you."



**Meeting Preview**

**SCHOLARSHIP RECIPIENTS TO BE INTRODUCED AT APRIL 17 MEETING**

*By Liz Luthans, Scholarship Committee Co-Chair*

The Scholarship Committee received 47 scholarship applications for undergraduate study at two- or four-year colleges or universities for the 2014-15 school year. Committee members reviewed each application and selected final applicants for interviews. The Committee conducted interviews with the selected applicants March 26 through March 29. All Altrusa members will have the opportunity to meet our scholarship recipients at the April dinner meeting on Thursday, April 17, 2014.

Scholarship recipients are selected based on scholastic achievement, financial need, community volunteerism, extra-curricular activities, and a short essay. Applicants must:

1. Be a graduating senior of an RISD high school or be a resident of the City of Richardson and attend a public high school; and
2. Be a US citizen or legal resident; and
3. Provide a copy of each of the following by the deadline:
  - ◇ completed application form
  - ◇ two letters of recommendation, at least one being from a counselor or teacher
  - ◇ high school transcript (unofficial copy)
  - ◇ a resume of extra-curricular school activities and community volunteer activities from 9<sup>th</sup> -

12<sup>th</sup> grades, including offices held/honors received, year of participation, and estimates of time per month dedicated to each activity.)

- ◇ an essay stating academic goals, career ambitions, and any special circumstances affecting financial needs for college. (approx. 250 words or one typewritten page, double-spaced, 12 point font)

**International Foundation News**  
**SILENT AUCTION AT DISTRICT NINE CONFERENCE**

District Nine Conference will have its annual Silent Auction benefitting the Altrusa International Foundation. Each Altrusa Club has been asked to contribute at least one item with a minimum value of \$25 to the auction. The Foundation provides the funding for Altrusa Club Grants, the Letha H. Brown and Nina Fay Calhoun Awards, ASTRA Scholarships, and Disaster Relief.



The auction will be in the Everything Room, along with the Club Displays and the collection of items for the Conference Service Project.

## District Nine News

**GET ACQUAINTED WITH INTERNATIONAL VISITOR TO CONFERENCE**

International Vice President **Leanne Milligan** will be our Altrusa District Nine Conference representative from Altrusa International. Leanne will be on hand to share our unique Conference celebration, to bring us news from the International office, and even to lead a workshop at the 58<sup>th</sup> Annual District Nine Conference in Austin, Texas!

Leanne Milligan is a member of Altrusa International of Te Awamutu, New Zealand (District Fifteen), and currently serves as our International Vice President. An Altrusan since 1994, Leanne has undertaken roles at all levels of Altrusa. She has held many offices in her club, including president, and on the District level, she served as Treasurer, First and Second Vice Governor, Governor Elect, and in 2009-2011, District Governor. On the International level, she was a member of the 2001-2003 Bylaws Resolutions and Recommendations Committee and in 2003-2005 chaired the Service Development Committee. She also was a member of the 2009-2011 International Long Range Strategic Planning Committee, Co-chair of the Governors' Council and Convenor for the 2013 International Convention held in Rotorua, New Zealand.

Leanne is a fully qualified Chartered Accountant since 1994 (equivalent of the United States CPA), working in corporate, public practice, and audit sectors in manufacturing, agribusiness, property development, retail, and distribution industries. For these past 14 years, she

has been working for Waitomo Petroleum Ltd. as the Chief Financial Officer and is responsible for financial reporting, systems development and strategic/business planning.

In addition to her other professional interests, she is involved with the New Zealand Institute of Chartered Accountants, serving on the National Corporate Advisory group and National Council and Waikato Leadership Team. Recently, Leanne was awarded a Fellowship in the New Zealand Institute of Chartered Accountants for her service to the profession. She has served locally on the Kainga Aroha Community House Management Committee, the Te Awamutu Museum Trust Board, and the Waikato Relay for Life Committee. Leanne recently became a member of the New Zealand Institute of Directors.

Leanne has lived in Te Awamutu for the past 20 years and is single with two very spoiled cats. She enjoys scrapbooking, card making, cake decorating, walking, reading, and gardening. Her main passion is collecting soft toys; she has more than 4,400 in her collection.

**Special Report****IT IS TIME TO RENEW YOUR MEMBERSHIP; DEADLINE IS MAY 16, 2014**

*By Jenn Rohm, Administrative Treasurer*

Wow, has this year flown! Having been given the honor of serving as the Administrative Treasurer has opened my eyes to many of the "behind the scenes" parts that make this a successful club. I am thankful to all of those who have served for getting us here and to those who will serve taking us further.

With only two months left in the club year, it means that it is time for me to turn to all of you and ask for your assistance. Yes, I am talking about Membership Dues. Please send your **check** made payable to **Altrusa International of Richardson, Inc.** in the amount of **\$125.00**, which covers the \$55 to International, \$13 to District Nine, and \$57 for our local club. You may use a credit card to pay your dues through **PayPal**. The link is on the website under Members Only (you must log in); please do not use the link in your profile.

And, It is not just a matter of collecting your dues. There is paperwork—lots of paperwork—that goes along

with turning in your portion to International and District and updating your record on our website. To allow me time to do my part, as well as have the account ready in a timely manner to pass the books onto the next Administrative Treasurer, Dena Davis, I humbly request that you **provide your payment to me (Jenn Rohm) no later than May 16, 2014**, (Friday after the May Installation Dinner Meeting). You may bring your check to me at the Business or Dinner Meeting, you may drop it off at my house or mail it to me (see yearbook directory for home mailing address). Also, International charges a late fee. Any dues not turned in to me by **May 16** will have a **\$10.00 late fee** added and will need to be turned in to next year's Administrative Treasurer, Dena Davis. Thank you in advance for your timely responses.

**PLEASE NOTE:** For clean record keeping purposes, the membership dues deposit itself will not be made until June 1, 2014, as it is a 2014-2015 budget item.

**Member Highlights**

**A RACE, A MAKE A DIFFERENCE DAY PROJECT, AND A ROMANTIC RECEPTION**



**Bet you can't catch Cristal!**

Altrusan **Cristal Retana** (center, above) discovered a team from Downtown Dallas Altrusa in the Run for Human Rights 5K race at White Rock Lake on March 22. Cristal was the First Place Female Winner with a time of 25:21.3!



**Make a Difference Day**

The 2012-2013 New Members collected books for Texas Scottish Rite Hospital for Children. Shown delivering the books are (L-R) **Jan Skinner, Lynn Solomon, Janice Flesch, and Kimberly Kierce.**

**The Johnsons' Wedding Reception**

**President Pam Kovacs Johnson** received a scrapbook at her wedding reception at Friends Place on March 1. **Bobbi Klein** collected sayings, advice, humor, quotes—words of all kinds!—from Pam's Altrusa sisters and created the special book. Right: **Jane Kovacs** with Pam; **Mike Johnson** with Pam; **Barbara Cornelius, Genevieve Hamulak, Jenn Rohm, Gerry Carron, Donna Buhr, Jan Skinner, Ann Payne, Nancy Rohm, Mary Beth McLemore, Bobbi Klein, Rose Daughety, Pam Kovacs Johnson, and Sue McElveen.**



Special Days

**UNITED NATIONS WORLD HEALTH DAY IS APRIL 7**

By Jane Tucker, International Relations Committee Co-Chair

The United Nations World Health Day is celebrated on April 7<sup>th</sup> under the sponsorship of the World Health Organization. It was founded in 1948 when the World Health Organization had its first Assembly. This day is celebrated every April 7<sup>th</sup> to mark the founding of this organization whose purpose is to draw worldwide attention to global world health issues. The day provides an opportunity for individuals in every community to get involved in activities that can lead to better health.

This year, the 2014 theme is "Vector-Borne Diseases". Some of the more commonly known vectors are mosquitoes, sandflies, bugs, ticks, and snails, which are responsible for transmitting a wide range of parasites and pathogens that can cause many different illnesses. Mosquitoes, the most deadly vector, transmits malaria, which annually results in an estimated 660,000 deaths worldwide, as well as dengue fever, lymphatic filariasis, chikungunya, Japanese encephalitis, and yellow fever. The deaths are most common in tropical areas and places where access to safe drinking water and sanitation systems are problematic.

This year's campaign aims to raise awareness about the threat posed by vectors and vector-borne diseases and to stimulate communities to take action to protect themselves

through the information provided to them through this campaign. Altrusa Richardson has been participating in the UNICEF's Tap Water Project to raise money to help in this campaign. One element in preventing vector-borne diseases is to have access to safe drinking water. **Norma Hammerlund**, a member of the International Relations Committee, has taken lead on this project to raise money to provide safe drinking water for children. By donating just a \$1.00, UNICEF can supply a child safe drinking water for 40 days. It is through awareness and help from organizations such as ours, that measures can be taken to improve and protect communities world-wide from health problems such as vector-borne diseases.



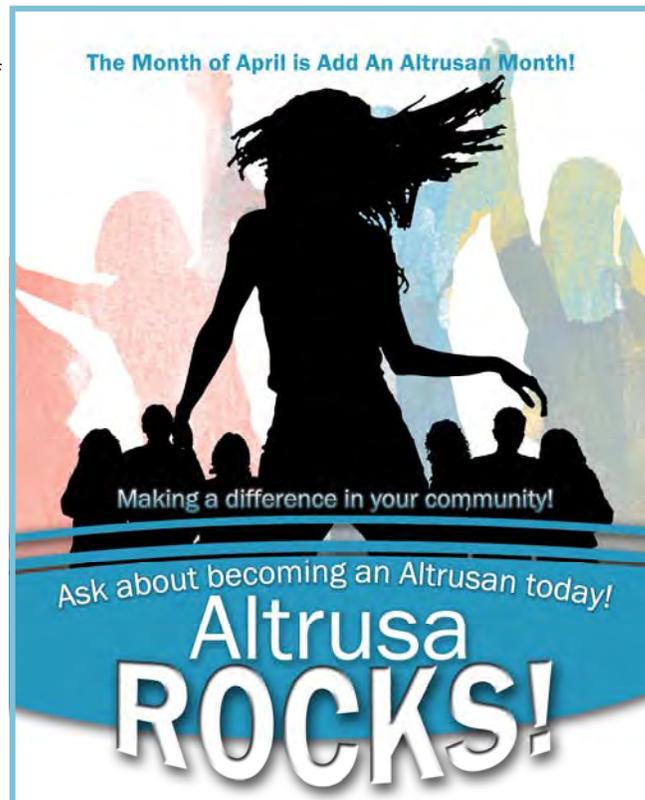
Altrusa Accent

**ADD AN ALTRUSAN MONTH**

Add an Altrusan Day was formerly held during one day in January every year, but was moved to the month of April as a part of Altrusa International's 2010-2015 Long Range Strategic Plan. No longer just one day, an entire month can now be geared towards bringing in new members and promoting our Altrusa Club.

District Nine Governor **Beth Blair's** list of ways to make every day "Add an Altrusan Day" include these suggestions:

- ◇ Wear your Altrusa pin every day for a month, and have your elevator speech ready!
- ◇ Write your own Top Ten list about why you love being an Altrusan, and post it to your Facebook page.
- ◇ Choose someone from your office to invite to your next meeting or service project, and keep going until you get a "YES!"
- ◇ Make donations to the International (or your Club) Foundation in honor of friends' and family's birthdays and other special occasions.
- ◇ Add a great Altrusa signature to your personal email.
- ◇ Create an "Altrusa" board on your Pinterest account, and pin great ideas for service projects, meeting decorations, or anything else that sparks your fancy.
- ◇ Look up old friends and make an Altrusa meeting or other event the place where you reconnect.



## International News

**A LETTER FROM ALTRUSA'S REPRESENTATIVE TO THE UNITED NATIONS**

*Email from Audrey Braver, UN Representative, March 23, 2014*

Good morning, Ladies,

My apologies for not getting this UN Information List off the ground sooner. No longer having the means of communication to Altrusans via the "International Altrusan," I have chosen to make up a list of everyone who inquires about the UN and send all an update. I hope to make it a monthly report.

As you may or may not know, the United Nations has been undergoing an asbestos removal which began in 2009. It should be finished sometime this year, ahead of the 2015 deadline. They have also taken advantage of this de-reconstruction to install 100% bullet-proof/blast-proof glass. However, the NGOs still endure last minute cancellations and schedule interruptions.

The first thing I think you all should know is that most of the Briefings Altrusa's UN reps attend are also webcast. Some of the more interesting or pertinent Briefings are stored on the webcast site so if you can't watch the live webcast, you can still pick it up later. The site is [Webtv.un.org](http://Webtv.un.org). If you go to that site now, scroll down to March 20 and look for DPINGO Briefing on "Happiness." That is the Briefing we attended on this past Thursday.

The 2014 Briefings began on January 23 with a program on the occasion of the Holocaust Remembrance Day and it dealt with the Deportation of Hungarian Jews during the Holocaust. That was followed on January 30 by a Q&A session with **Peter Launsky-Tiefenthal**, Under-Secretary-General for Communications and Public Information (DPI). He was new on the job and used this time to give us his background, then spoke mostly about the *DPINGO Conference* that will take place at the UN in NYC in August, 2014.

There was a lot of snow in February which closed the UN twice and cancelled programs. Also, there was an Orientation for new NGOs and then a Town Hall Meeting about the August Conference. On February 27<sup>th</sup>, there was a *Focus on Faith* program which the UN does regularly. This program was on "Mormonism and Its Role in Humanitarian Assistance." They brought in as many of their missionaries as could fit in the very large conference room and introduced them all. It was interesting but they are doing the same thing that many other agencies, e.g., the Red Cross, World Vision, various religious groups, etc., are doing.

On March 13th, the briefing concentrated on Bioenergy, clean cook stoves, and sustainable development. This dealt with Climate Change and that is an issue the UN is taking very seriously. Many of the Altrusa clubs are taking on a project to send solar cook stoves to the Darfur refugee camps in Iridimi, South Sudan. Solar energy is fast becoming a part of energy-efficient homes here in the US.

Next week on March 27th, the briefing will be on the International Day of Observance of the Victims of the Transatlantic Slave Trade. This briefing should be webcast live and I urge you all to watch it for yourselves. It should begin at 11 am EDT (Eastern Daylight Savings Time). But remember, if this is your bedtime or work time, you can still access it. If you watch it live, you can participate with questions on Facebook @ [undpingopartners4change](https://www.facebook.com/undpingopartners4change), or on twitter @ [undpingo](https://twitter.com/undpingo), or on tumblr @ [undpingo@tumblr.com](https://www.tumblr.com/undpingo).

I would be interested in your feedback if anyone does view this briefing. So please contact me.

I know you are probably interested in the governmental side of the UN but NGOs rarely have access to the General Assembly meetings. I was invited once a few years ago and was horrified by the anti-US speeches. Once I was invited to the Security Council when the new Permanent Ambassador from Palestine submitted his credentials. I was very impressed with **Mr. Bolton** who was at that time the US Ambassador (that tells you how long ago it was). He was generally considered a loose cannon. However, I thought Bolton mediated the confrontation between the Palestinian Ambassador (the aggressor, in this case) and the Israeli Ambassador (the defendant) with brilliant diplomacy.

It was an exceptional opportunity for me to have been invited to the Security Council.

*Audrey Braver*

**BOARD ACTIONS:**

- ◇ Approved five membership applications
- ◇ Reviewed attendance records
- ◇ Verified that forms for club display, etc. have been submitted to District Nine Conference Committee
- ◇ Finalized procedure for handling membership renewals

# Club Calendar April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 RETENTION: Dinner with Jodi Thomas	2	3 Business Meeting and Initiation of 7 New Members	4 Lisa DePrato bday	5
6	7 COMMUNITY OUTREACH: End of year cmte meeting	8 Sherri White bday	9 Susan Frensley bday	10 Board Meeting (note date change for April)	11	12
13	14	15 SENIORS: Appletree Court Auction	16	17 Dinner Meeting EDUCATION: Berkner Latin Dance Team	18	19
20	21 RETENTION: Passover Seder Dinner	22	23 Andrea Rutledge bday	24	25 DISTRICT NINE CONFERENCE	26 DISTRICT NINE CONFERENCE
27 DISTRICT NINE CONFERENCE	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, 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.

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