

## 2013-2014

### Board of Directors

#### President

Gloria Sandoval

#### President-Elect

Cindy McIntyre

#### Vice-President

Laura Trainor-Collins

#### Recording Secretary

Nancy Crowe

#### Corresponding Secretary

Susan Fischer

#### Administrative Treasurer

Dena Davis

#### Foundation Treasurer

Kimberly Kierce

#### Directors

Kay George

Jo Leeper

Rose Daugherty

Cindy Murray

#### Immediate Past President

Pam Johnson

#### Parliamentarian

Carolyn Swanson

## President's Message

### SPRING MEANS CHANGES...

#### Spring means changes....rebirth, rejuvenation, renewal, and regrowth.

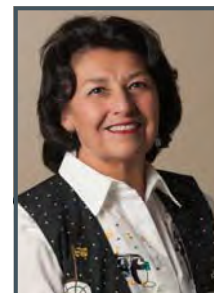
Spring is my favorite time of the year. Not only does it refer to the season, it also brings to mind thoughts of rebirth, rejuvenation, renewal, and of course regrowth. I have been researching service organizations as a whole, and it seems they all go through periods where it is necessary to adjust their service focus, fundraising and operations to remain relevant. Altrusa Richardson, in my mind, is going through our season of spring; remember; Spring also brings beautiful flowers. In the form of rebirth, we have to become childlike and be open to new things, willing to discover, meet new people with open arms. To rejuvenate, we must find ways to be flexible in meeting the needs of our members. Maybe we should find new approaches to our projects or to conducting business. I will be honest and say, I have been worried about not having as many new members come into our club as in previous years; however, now I think we should channel our thoughts into "how can we engage more of the members to attend meetings and participate in club projects?"

I recently read International President Ilona Kirby's March Welcome Message, and it was almost what I wanted to say in my President's message. She said: "We have now reached a crossroads, the point where each one of us must commit to boldly embark on the path that will lead Altrusa forward into the future; to move us into

the next 100 years. We must be open to diversity that brings new ideas, projects and energy into a club."

Our Strategic Planning Committee has asked our Committee Chairs for questions to be included in a survey. Hopefully, the results of the survey will help us find new ways to bring energy into our club.

Spring flowers are beautiful and leave lasting memories. Most flowers go through periods of rebirth, rejuvenation, renewal and regrowth, as does Altrusa. Do you think we can find ways to skip the period of rebirth and rejuvenation and go directly to the period of renewal and regrowth? Can we be like a child and be open to new ways of doing things and be flexible in finding new ways to bring in new members? I think we can...Altrusa Richardson is a strong club and, yes, we have gone through many challenges, yet we always come up on top. We are a diverse group of amazing women and yet we remain clear in one goal, service; service to our community and to each other. We are individuals, but together we create lasting memories in others, because **we are** Altrusa Richardson.



Altrusa Hugs,  
*Gloria Sandoval*

2014-2015 President  
gloria.altrusa@verizon.net

### What's Inside?

President's Message	1
Project Preview	7
Project Report	4-5
Committee Report	2-3
Board Actions	13
Meeting Preview	9
Meeting Report	6
Club Calendar	12-13
District Nine News	10
International News	9
Int'l Foundation News	7
Altrusa Accent	10
Member Highlights	8
Observing UN Days	11
In the Media	7
In the Community	8-9
Award Due Dates	13



*Dancing to the Altrusa Rhythm... Let's Keep Moving!*

## Committee Report

**SENIORS COMMITTEE HAS BIG PLANS FOR SPRING PROJECTS***By Sue McElveen, Seniors Committee Co-Chair*

As the new year gets underway, the Seniors Committee is looking forward to several events in our community. We will post those events on the website calendar and hope that some of you will be able to participate.

The committee met on Monday, Feb. 16, 2015, at Friends Place. We were a small but productive group. At that meeting we decided how we would spend our budget going forward. I had talked to **Zora Blankenship** at Atria and **Cindy Bostick** at Appletree Court and learned that both facilities were out of prizes for their auctions that take place in April. We support both of those facilities by supplying volunteers for these events. It was decided by the committee to supply prizes for each facility in the amount of \$110. Also, we asked that Altrusans bring any of the items listed below that they would like to donate:

- ◇ Ties for the men to bid on, both places said the men like ties even though they don't wear them often. I

believe they would like bright, colorful ones, or whimsical printed ones. Look through your husband's old ties, but make sure they are in good condition.

- ◇ Soft Fleece Throws like those sold at Target and Walmart are great for snuggling on cold days. They can be washed and dried with the senior's laundry.
- ◇ Boxed Note Cards and Thank You Notes
- ◇ Address books and/or journals
- ◇ Spring Hats – perhaps you have a couple in your closet, still in good condition that you no longer wear.
- ◇ Lotions, bath sets, etc.
- ◇ Small, soft, stuffed animals
- ◇ NO CANDLES !!!

Bring any of these items you wish to donate to the March and April meetings. The dates for both of these auctions have not been set; watch our website for details.

We will also be calling Bingo at Atria Richardson on May 13 and June 10. At these events we need two volunteers, one to call the numbers and the other to help check the bingo cards and help attendees if they have difficulty playing. **Sue McElveen** and **Susan Fischer** did the one in February and had a blast. The women were so sweet and loved that we were there. **Brenda Duckett** has volunteered to assist the May 13 event. **Gloria Sandoval** will call the one scheduled for June 10. We need volunteers for April and June to help assist the caller.

We will provide volunteers for the Book Rotation that the library has scheduled for March 28. We will assist the Exchange Club of Richardson for this event. Generally we ask for about volunteers to help guide the Exchange Club. The Book Rotation is a great way for those that work to get in a few volunteer hours and support area seniors.

Further down the road we will be helping with the Mother's Day Tea at Friend's Place on May 8, the Friday before Mother's Day. More information will be available closer to the date. The committee decided to set aside \$50 to buy cookies and specialty teas for this event.

Following the Mother's Day Tea we will be helping with the Tie One On event for Father's Day at Friend's Place. Watch for updates in Tidings. The Seniors Committee will provide bottled water and coolers with ice for the volunteers at a cost of about \$20. Much of the volunteer time is spent outside talking with the clients of Friends Place during the antique car show, and as you know it can be hot at this time of year.

Our thanks to all that have served on the Seniors Committee this year. This is a great committee for those of you that are looking for a committee to try out for the coming year.



## Committee Report

**TEN TIPS ON SISTERHOOD**

By Bobbi Klein, Membership Recruitment Committee Co-Chair

Let's think about sisterhood, since we just celebrated the 49<sup>th</sup> anniversary of sisterhood that we, and so many before us have found in Altrusa. Even though our club has a strong Altrusa sisterhood, why not make it stronger, for the club and also for ourselves? There are lots of women out there who are looking for what we have... a sisterhood of women who would like to "Dance to the Altrusa Rhythm" for the next 49 years!

Here are 10 tips to sharing sisterhood both inside and outside of Altrusa.

- ◇ Just say "hello" and acknowledge a new sister with warm eye contact and a smile. The eyes are the mirror to the soul. They reflect the person who is inside. To begin walking that path to sisterhood, you've got to make warm eye contact.
- ◇ Move outside of your comfort zone. Sometimes we have been exposed to doing things certain ways, talking to certain people, and having certain types

of acquaintances for so long we don't know how to change. Not only does doing the routine (the norm) limit your exposure to the world around you but it also doesn't exercise your brain enough. Make a conscious effort to enrich your life with a sister that you've never imagined having. Find someone who doesn't look, dress, eat, or act like you and extend a warm hello. Be proactive; Keep extending that warm hello until it grows.

- ◇ Learn to see beyond the surface and acquire a variety of sister vessels. Envision a pitcher of water that has been poured into several vessels. One is a coffee mug, one is a beautiful champagne glass, and one is an old pop bottle. Which one of those vessels contains the water from the pitcher? THEY ALL DO. So just like those vessels can contain the water so can various sister vessels. Your task is to find the sister vessel that will enrich your life. Just because you're an old pop bottle doesn't mean that only other old pop bottles will enrich your life.
- ◇ Just keep it real - be yourself (who you are) - no airs. So often we walk through the paths of life wearing a mask of who we think people want us to be and don't embrace the freedom of simply being ourselves. William Shakespeare said it pretty well, "To thine own self be true". You'll be a healthier and happier sister because of it.
- ◇ Learn to be a good listener. Read positively between the words and watch for the unspoken body language. Sometimes those unspoken words and body language can be saying, "I care" or "I'm hurting". Practice listening with your heart (your inner self) and not just your physical ears and eyes.
- ◇ Laugh with someone. Laughter is good medicine and food for the body, soul and spirit. It produces endorphins. Some scientists claim that endorphins enhance our immune system and have anti-aging effects. Endorphins are also produced when we share love, eat a great meal, take a walk, and of course, laugh. Laughing with a sister is like experiencing a physical and mental workout.
- ◇ Have a good cry with a sister. Although women are notorious for shedding tears, there are still many sisters out there who aren't letting them flow. There are times when we want to be alone but there are times when we need the nurturing arms of a sister.

(Continued on page 4)

*A community chorus with worldwide talent*

Photograph by Kirian Photography

The Contemporary Chorale celebrates  
their 59<sup>th</sup> season.

The Contemporary  
Chorale



Melanie Moore, Director

For more information visit [www.thecontemporarychorale.org](http://www.thecontemporarychorale.org)



## Project Report

**COMMUNITY OUTREACH GIVES CHESS SUPPLIES TO BOYS & GIRLS CLUB***By Robin Smith Community Outreach Committee*

When the Community Outreach Committee completed their final budget for this year there was a new organization included...Boys and Girls Club of Richardson! The club serves children from multiple Richardson schools, elementary through high school, and provides transportation and after school homework support and other enrichment activities until 7pm. We initially contacted the club over the summer to see how we might be able to support their ongoing programs. One request involved chess supplies for a chess club they are starting. After the committee reviewed the request, we decided to allocate funds to purchase chess pieces, boards and a chess clock for the children to use.

In a very exciting reception held on February 18th, Altrusa presented the children with three new portable chess boards, chess pieces, travel bags and a new digital clock. The children joined us for cookies and punch and then took turns playing with the three new boards. The items were purchased from the United States Chess Federation (USCF) so all of them meet Federation standards! The children were very excited and their Director, **Erica Taite**, was

thrilled to receive the donation. We hope to add to the donation by picking up some additional chess books and supplies that will help the children develop their skills!

It was a wonderful event with a great organization that works hard to provide a safe and engaging place for children. The Community Outreach Committee is looking forward to identifying more opportunities to partner with the club!



**Robin Smith and Kay George** delivered chess supplies to the Boys and Girls Club of Richardson.

**TEN TIPS ON SISTERHOOD** *(Continued from page 3)*

Stress is the way that our bodies react both physically and emotionally to any change in the status quo. Sisters can manage stress by helping others. Sometimes that is the perfect remedy for whatever is troubling you. So don't pass up the freedom to have a good cry with a sister. Tears of sadness, joy or grief can help cleanse the body of substances that accumulate under stress and it also releases those good ole endorphins from the brain.

- ◇ Spread the love 'cause you are love. "A candle that lights another candle doesn't lose its light but the light grows and shines brighter throughout the world."
- ◇ Altrusa is our sisterhood and our sisterhood is good. Like a cure to a disease, like the fountain of youth, like a gold mine, and like love, our Altrusa sisterhood is good and is much needed in our families, communities, and our world. Get out there and spread the Altrusa Sisterhood Love!

## Project Report

**ALTRUSANS CELEBRATE VERA'S BIRTHDAY***By Barbara O'Dell, Ability House Committee*

On Saturday, February 21, the Ability House Committee hosted a birthday party for **Vera**. Our friend Vera has been a resident since we started getting to know these special people twenty years ago.



Greetings Altrusa of Richardson!

As most of you know during the past year we have been working on our Ability Connection leadership transition. This email is to share that the transition process is nearing a successful completion.

After 24 years in nonprofits, including 10 years with Ability Connection, on March 1<sup>st</sup> I will step down as the CEO and Mark Denzin will become our President and CEO. Mark has over 25 years experience in nonprofits and has been the ACT Chief Development Officer for the past seven years. We are very fortunate to have Mark as our new President & CEO!

Mark's impressive leadership team includes:

April Allen, Chief Program Officer

Shelly Lane, Chief Development Officer

Jim Kunko, Chief Financial Officer

Thank you very much for your wonderful support of our efforts to help people with disabilities & you have my best wishes always!

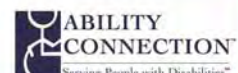
**PS: I hope you enjoy the attached photo of Altrusa volunteers at the ACT Ability Walk event on February 7<sup>th</sup>. Thanks very much friends!**

*Bill*

Chief Executive Officer  
Ability Connection Texas



**Thank You Altrusa Richardson!**



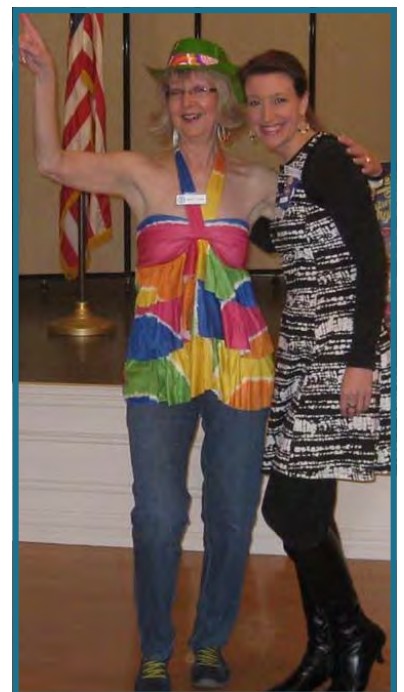
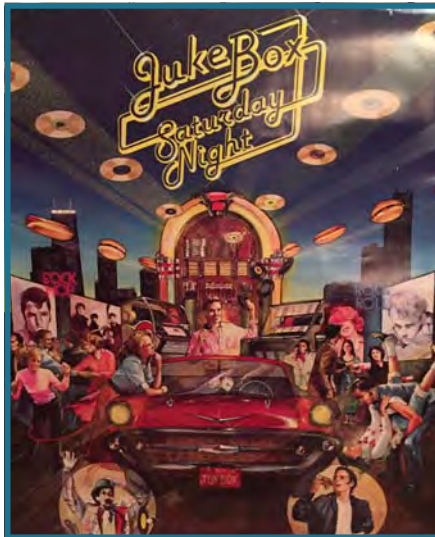


## Meeting Report

**HAPPY 49<sup>TH</sup> BIRTHDAY, ALTRUSA OF RICHARDSON!**

It was our 49<sup>th</sup> birthday! "Altrusa Bandstand... Dancing to the Altrusa Rhythm for 49 Years"...and We're Doin' the Soda Shop Bop, Too

On February 19, we put on our dancin' shoes and 60's-inspired attire to celebrate with our special guest, District Nine Governor **Beth Blair**.



**ALTRUSA BANDSTAND**



***We're Goin' Boppin'...We're finger poppin' today.***

***The Place is hoppin'...the Altrusa Way...***

Yes Ladies. It's the Altrusa Birthday Party comin' your way on Feb 19<sup>th</sup>!

**"Altrusa Bandstand...**

**Dancing to the Rhythm of Altrusa for 49 Years"!**

Dress in your favorite 60's attire for a step back in time to 1966-1967

Were you a Mod? A Rocker? Collegiate? Beachie? Hippie?

We'll be trippin' down memory lane... with our own Altrusa DJ!!

As we celebrate the "birth of our club" — February 16<sup>th</sup>, 1966

Make your reservation now!!



## Project Preview

**ALTRUSA WINE AND CHOCOLATE LITERARY SOCIETY READS ON AND ON!**

By Christine Hart, Membership Retention Committee

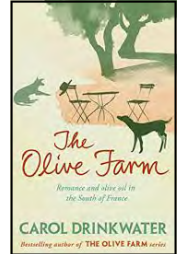
Altrusa Wine and Chocolate Literary Society delved into the book *Ireland* by Frank Delany. We had 13 women contributing to the discussion with one repeat visitor who is now a very real potential member. So many of our members have come into our club after visiting our book club. Please remember that it is a great place to bring friends.

On April 27, we will be going to France for *The Olive Farm* by **Carol Drinkwater**. **Lois Ferrara** will be leading us in our discussion. It is not a lengthy book, so if you have never been to book club, or it has been a while since you have come, please consider coming. We ask that you please sign up on the website.

**The Olive Farm Synopsis**

When Carol Drinkwater and her fiancé, Michel, are given the opportunity to purchase ten acres of an abandoned olive farm in the

South of France, they find the region's splendor impossible to resist. Using their entire savings as a down payment, the couple embark on an adventure that brings them in contact with the charming countryside of Provence, its querulous personalities, petty bureaucracies, and extraordinary wildlife. From the glamour of Cannes and the Isles of Lérins to the charm of her own small plot of land-which she transforms from overgrown weeds into a thriving farm-Drinkwater triumphantly relates how she realized her dream of a peaceful, meaningful life.



## In the Media

**SUE MCELVEEN DISCOVERED THIS!**

Richardson Daily News, June 16, 1976

SECTION II Wednesday, June 16, 1976 RICHARDSON DAILY NEWS PAGE 1

## Altrusans to install officers

Mary Hoglund will assume her duties as president of Altrusa Club of Richardson at an annual banquet scheduled Thursday, June 17.

Other officers include Diane Sullivan, vice president; Jo Wylie, recording secretary; Gigi Farley, corresponding secretary; and Dorothy Tyson, treasurer. Directors for the club's coming year which begins July 1 are Lee Davis and Mary Patterson.

Dr. Nina Fay Calhoun, Dallas dermatologist and past president of Altrusa International, Inc., will conduct the installation service. Immediate past president of the group is Elizabeth Maroney.

Also planned for the annual meeting is the president's address and presentation of a special Committee of Excellence award. Presented annually, the award goes to the committee which has best exemplified the ideas of Altrusa in its work during the past year. Jan Hemphill, new president of the Dallas County Criminal Bar and immediate past president of the Altrusa Club of Dallas, will present the award.

Special guests for the evening will include Mayor and Mrs. Raymond Noah and new members Eva Matule and Virginia Waldo.

The dinner will begin at 7 p.m. in the community room of Citizens Bank Center. Membership is by invitation only.

**BEDSPREADS**  
ALL SIZES  
UP TO 50% OFF  
**The Spread Shed**  
Keyphone Park Spring Valley at N. Central, 231-7267  
136 Preston Valley Shopping Center, Dallas 287-3161  
OPEN 9-50 AM TUE - 2 PM DAILY • SAT TILL 6

**Billies Fashions**  
19750 CENTRAL EXPRESSWAY  
1245 SPRING CREEK VILLAGE

## SWIMSUIT SALE

(And Cover Ups)  
Junior Size Swimsuits  
**\$10.00**  
Sizes 3-15 Were orig. to 20.00

Misses Sizes  
(One & two piece)  
**\$18.00**  
Sizes 8-16 Were Orig. to 39.00

**COVER UPS 1/3 OFF**  
GET READY FOR YOUR VACATION AND THE 4TH OF JULY WEEKEND

**AS Splashin' Fresh**  
Specialty of the house  
**RED SNAPPER STEAK**

**International Foundation News  
MAXINE AT CONVENTION!**

The Foundation Luncheon at the 2015 Altrusa International Convention will feature guest speaker **Cathy Barnett**, portraying the Hallmark greeting card character, "Maxine".

She will be available for photos with Conference attendees immediately after the luncheon.



## In the Media

**CITY PUBLICATION MENTIONED US!**

Richardson Today, February 2015

**Richardson Altrusans  
celebrate 49th birthday**

Richardson Altrusans will blow out 49 candles on the cake at the club's birthday party at 7 p.m. on Feb. 19 at the Richardson Woman's Club.

The Richardson Altrusa Club has been serving the community

since its inception. This year, in addition to many ongoing projects, an art contest was held for Richardson ISD upper elementary school students. Artists drew posters on the topic "What World Peace Means To Me." Winners' work was displayed at the Richardson Public Library.

The special guest at the birthday dinner will be Beth Blair, governor of Altrusa District Nine (Texas).

People seeking more information or wishing to register to attend should visit [www.altrusarichardson.com](http://www.altrusarichardson.com). Reservations must be made by Feb. 16.

**ALTRUSA** | Leading to a Better Community®  
International Richardson, TX

## In the Community

**ALTRUSA RICHARDSON MENTIONED AT CHAMBER LUNCHEON**

The Richardson Chamber of Commerce launched its 2015 Women in Leadership Luncheon Series with a presentation by Richardson City Manager **Dan Johnson**. Dan will offered his perspectives on the essentials of 'community building' and Richardson's unique history that has set a pattern for continued vitality and progress. Dan combined census data with fable and folktales, current headlines with ancient writings, to highlight many attributes of community crafting and why residents and businesses call Richardson "home". He also highlighted the importance of several organizations to Richardson, including—front and center on the slide!—**Altrusa of Richardson!**



## Member Highlights

**CLAUDIA TATUM PICTURED IN ARTICLE ABOUT CITIZEN POLICE ACADEMY ALUMNI**

*The Dallas Morning News neighborsgo February 6, 2015*

neighborsgo.com

## Community

February 6, 2015 17R

## RICHARDSON INSIDERS

# Academy alumni learn about border enforcement

By CARL YOUNGBERG  
carlyoungberg.richardson@gmail.com

Do you have some \$100 bills tucked in your purse or billfold? Did you know this currency can carry a fascinating DNA?

Your Franklins may have a story to tell, and sharing some with us was James Hamilton, special agent from U.S. Customs and Border Protection, during the annual meeting of the Richardson Citizen Police Academy Alumni Association.

"Ninety percent of \$100 bills that were tested showed positive for cocaine contact," Hamilton said of results from a chemistry test on high-dollar paper currency.

This announcement blew me and other graduates of the Citizen Police Academy away.

While I don't have a batch of C-notes hanging around, I was intrigued with his story about them and the work of the border protection teams. There was a collective gasp from all of us thinking about



Photo submitted by CARL YOUNGBERG

CPAAA member **Claudia Tatum** (left) stands with James Hamilton, special agent from U.S. Customs and Border Protection.

the money trail that exists.

"Being a tech guy, I was looking forward to hearing about how the use of technology has made the job of border protection so much more efficient," said Bill Rodgers, incoming president of the CPAAA. "Sadly, as in many other aspects of our lives, embracing the latest 'gee-whiz' device without the underlying training and follow through of ten results in a waste of time and

money.

"It was enlightening to hear that more emphasis should be placed on human intel. While it may be great to see a live video of smugglers crossing our border, if there isn't an agent available within a few miles of that location, the smugglers are usually gone by the time someone arrives on the scene. Good ol'-fashioned police work is often better.

"If the hundreds of millions spent on technology were instead spent on more agents, and we paid them a better salary, then perhaps the border would be better secured."

The CPAAA is a group of residents who have each completed the 16-week training program hosted once a year by the city and the Richardson Police Department.

Having completed the academy course myself several years ago, what I thought was going to be primarily about police technology and legal briefs turned out to be more sociology than television-style police work.

When you look at the work of the RPD, it is all about people. From counselors to the beat patrolman, it is about connecting with people and helping everyone make Richardson a better and safer place to live.

Founded in 1993, the CPAAA continues to support the Richard-

son Police Department by increasing public awareness of the department's crime prevention programs. The association boosts morale among the officers and staff by supplying meals and snacks to those working on Christmas and Thanksgiving and awarding college scholarships to children of officers and staff. The two major fundraising projects are the spring and fall electronics recycling and document shredding events.

This speaker was just one of the many who come to speak as guests of the CPAAA each month. Membership is open to those who are graduates of the Richardson Citizen Police Academy, but anyone can come out and help volunteer.

For more information, email [crime.prevention@cor.gov](mailto:crime.prevention@cor.gov).

*Carl Youngberg contributes to the Richardson Insiders network of bloggers. To read more Insiders posts, visit [dallasnews.com/richardsoninsiders](http://dallasnews.com/richardsoninsiders).*



## In the Community

**ALTRUSANS JUDGE SCIENCE FAIR AT CANYON CREEK ELEMENTARY SCHOOL**

It is not an official Altrusa project, but Canyon Creek Elementary School counts on **Nancy Rohm** to round up a few Altrusans to help judge their Science Fair. This year's fair was held Wednesday, January 22. Altrusans, **Barbara Berthold, Jan Flesch, Mary Beth McLemore, Brenda Moreland**, and Nancy Rohm judged a large number of interesting scientific endeavors.



## Meeting Preview

**PROFESSOR JERRY MCELVEEN TO SPEAK AT MARCH 19 MEETING**

**Jerry McElveen**, Professor Emeritus and Poet Laureate of Richland College, will read some of his poetry and share funny anecdotes from his 54 years of teaching English Literature.

Professor McElveen holds a bachelor's degree in English from Southeastern Louisiana University, and a

master's, also in English, from Louisiana State University. Since 1969, he has taught English for the Dallas County Community College District, spending most of that time at Richland College.

Jerry is married to Richardson Altrusan **Sue McElveen**.



## International News

**MAKE YOUR CONVENTION HOTEL RESERVATIONS BY JUNE 13**

From [www.altrusa.org](http://www.altrusa.org)



The 2015 Altrusa International Convention will be July 17-20 in Kansas City, Missouri. Hotel reservations for the Westin Kansas City at Crown Center can be made online through our group booking site, <https://www.starwoodmeeting.com/Book/AltrusaInternational>,

available through June 13th. To help you enjoy all that Kansas City has to offer, group room rates are available from Saturday, July 11 through Saturday, July 25.



**District Nine News****START PLANNING NOW FOR PERFECT ATTENDANCE IN 2015-2016****District Nine****SUE R. POWELL****PERFECT ATTENDANCE AWARD CRITERIA****OBJECTIVE**

Encourage regular attendance at meetings resulting in each member taking an active part in the fellowship enjoyed at meetings and the working together in service.

**ELIGIBILITY**

Every member of District Nine, Altrusa International, Inc. is eligible to participate in this award.

**DISTRICT**

Members of District Nine achieving perfect attendance status in accordance with the following guidelines will be issued an award certificate at the District Conference following the club year in which perfect attendance status was achieved.

**GUIDELINES**

Please refer to "Policy 5: Attendance" of Altrusa International, Inc. which reads: "When a member misses a scheduled meeting, the meeting may be made up by attending a scheduled business or program meeting of the another Altrusa Club, an additionally scheduled business or program meeting of the Club, an International convention, a District Conference or workshop, prior to the end of the Club year. A Credit for Attendance card is to be used to record all make-up meetings."

The base number of scheduled meetings will be established by each individual club prior to June 1 of each year, i.e., if your club meets 24 times each year, 24 will be the base number of meetings to attend to achieve perfect attendance. An additionally schedule business or program meeting of the club must be one so designated prior to the beginning of the club year (June 1) and published in the club's yearbook or calendar of scheduled meetings. A maximum of four (4) make-up meetings will be allowed in consideration for obtaining perfect attendance status.

Workshops offered by District Nine are referred to as Leadership Training Seminars (LTS). In accordance with Policy 5, no service project hours or hours worked on fundraising activities should be considered in achieving the District Nine, Perfect Attendance Award.

**PROCEDURE FOR SUBMITTING RECIPIENTS' NAMES**

At the end of each club year, the outgoing Recording Secretary or club member responsible for maintaining the attendance records will be responsible for submitting a complete typed (or printed) list of members' names who have achieved perfect attendance status to the District Secretary.

*Criteria adopted by District Nine Board of Directors on October 19, 1989,*

*To be effective June 1, 1990.*

*Award renamed for Sue Powell in 2011.*

**Altrusa Accent****ALTRUSA INTERNATIONAL LONG RANGE/STRATEGIC PLAN**

*Excerpted from the Altrusa Resource Guide, April 30, 2014*

The Long Range Strategic Planning Committee is designed to monitor the organization's Long Range/Strategic Plan, to review all its provisions established by the Board of Directors, to evaluate progress made, and to recommend to the Board of Directors revisions and/or additions deemed necessary to ensure the completion of the basic program and administrative activities as stipulated in the Long Range/Strategic Plan. By the end of the first year of each biennium,

the Board of Directors reviews the plan and makes revisions as needed. Composition and selection of the Long Range Strategic Planning Committee can be found in the current International Policy 61. A complete copy of Altrusa's Long Range/Strategic Plan is available for download from Altrusa's website [www.altrusa.org](http://www.altrusa.org). The Plan is updated online as it is revised.



**Special Day****INTERNATIONAL WOMEN'S DAY IS MARCH 8**

The theme of International Women's Day 2015 is Empowering Women - Empowering Humanity: Picture It!

To mark the occasion, United Nations Secretary-General Ban Ki-moon issued the following statement:

Twenty years ago, when the world convened a landmark conference on women's human rights, the devastating conflict in the former Yugoslavia prompted deserved attention to rape and other war crimes there against civilians. Two decades later, with girls as young as seven not only targeted but used as weapons by violent extremists, it would be easy to lose heart about the value of international gatherings. But while we have a long way to go to achieve full equality – with ending gender-based violence a central goal – progress over the past two decades has proven the enduring value of the 1995 Beijing Conference on Women.

Since the adoption of its Declaration and Platform for Action, more girls have attained more access to more education than ever before. The number of women dying in childbirth has been almost halved. More women are leading businesses, governments and global organizations. I welcome these advances. At the same time, on this International Women's Day, we must acknowledge that the gains have been too slow and uneven, and that we must do far more to accelerate progress everywhere.

The world must come together in response to the targeting of women and girls by violent extremists. From Nigeria and Somalia to Syria and Iraq, the bodies of women have been transformed into battlegrounds for warriors carrying out specific and systematic strategies, often on the basis of ethnicity or religion. Women have been attacked for trying to exercise their right to education and basic services; they have been raped and turned into sex slaves; they have been given as prizes to fighters, or traded among extremist groups in trafficking networks. Doctors, nurses and others have been assassinated for trying to operate in their professional capacity. The women human rights defenders brave enough to challenge such atrocities risk – and sometimes lose – their lives for the cause.

We must take a clear global stance against this total assault on women's human rights. The international community needs to translate its outrage into meaningful action, including

humanitarian aid, psycho-social services, support for livelihoods, and efforts to bring perpetrators to justice.

With women and girls often the first

targets of attack, their rights must be at the centre of our strategy to address this staggering and growing challenge. Empowered women and girls are the best hope for sustainable development following conflict. They are the best drivers of growth, the best hope for reconciliation, and the best buffer against radicalization of youth and the repetition of cycles of violence.

Even in societies at peace, too many girls and women are still targets of domestic abuse, female genital mutilation and other forms of violence that traumatize individuals and damage whole societies. Discrimination remains a thick barrier that must be shattered. We need to expand opportunities in politics, business and beyond. We need to change mind-sets, especially among men, and engage men in becoming active change-agents themselves. And we must back up our resolve with resources based on the sure understanding that investments in gender equality generate economic progress, social and political inclusion and other benefits that, in turn, foster stability and human dignity.

This is a vital year for advancing the cause of women's human rights. The international community is hard at work on establishing a new sustainable development agenda that will build on the Millennium Development Goals and shape policies and social investments for the next generation. To be truly transformative, the post-2015 development agenda must prioritize gender equality and women's empowerment. The world will never realize 100 per cent of its goals if 50 per cent of its people cannot realize their full potential. When we unleash the power of women, we can secure the future for all.



**Beijing+20 Campaign**

[Visit website »](#)

# Club Calendar March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Sarah Nesbit bday	3 Education: Teddy Bear Time	4 Amalia Palmer bday	5	6	7
8	9	10	11 Seniors: Atria Bingo	12 Business Meeting	13	14
15	16	17 Barbara Berthold bday	18	19 Nonprofit Compliance Cmte Report Discussion; Dinner Meeting	20	21 Sweet Dreams PJ Party & Orientation/Re- orientation
22	23 Tidings Deadline Retention: AWCLS (book club)	24	25	26 Board Meeting	27 Ann Payne bday	28 Seniors: Book Movers Carla Weiland bday
29	30	31				

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

Altrusa International of Richardson, Inc.  
P.O. Box 832101  
Richardson, TX 75083  
Carolyn Swanson, Newsletter Editor  
contact@altrusarichardson.com  
www.altrusarichardson.com

LOG IN to [www.altrusarichardson.com](http://www.altrusarichardson.com), and the website will recognize you as a member. It will show you "member only" information such as Committee Announcements and Member Only Events, and will let you easily register for all events.  
(As you log in, put a check mark in the Remember Me box to make subsequent visits easier!)



# Club Calendar April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Business Meeting	3	4
5	6	7	8 Seniors: Atria Bingo Sherri White bday	9 Susan Frensley bday	10	11 ACT Event at Wentworth House: Shawn's bday
12	13	14	15	16 Dinner Meeting	17 DISTRICT NINE CONFERENCE Seniors: Atria Auction	18 DISTRICT NINE CONFERENCE
19 DISTRICT NINE CONFERENCE	20	21	22	23 Leadership Development Event Board Meeting Andrea Rutledge bday	24	25 Ability House: Nina's Birthday Celebration
26	27 Community Outreach: Spring Book Collection Appletree Court Auction Retention: AWCLS (book club)	28	29 OWT Fundraiser All-Hands Meeting	30 Volunteer Hours Due		

## INTERNATIONAL AWARDS ENTRY DUE DATES

- ◇ Community Leadership Awards - May 15th
- ◇ Eleanor Roosevelt Humanitarian Award - May 15th
- ◇ Letha H. Brown Literacy Award - June 1st
- ◇ Mamie L. Bass Service Award - June 1st
- ◇ Dr. Nina Fay Calhoun International Relations Award - June 1st

## BOARD ACTIONS

- ◇ Received report from Nonprofit Compliance ad hoc Committee
- ◇ Received reports from the audit committee on the 2013-2014 Administration and Foundation books. There were no significant findings. All monies were handled appropriately.