

2013-2014

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President's Message

PASSING OF THE GAVEL

It is truly amazing how fast a year goes by. Thinking back a year ago, at my Installation Dinner listening to Pam's speech of all the accomplishments completed in her year, I was hoping that we would do as much during my year. Here we are a year later; I am amazed at all that has been accomplished by the remarkable women of our Club. Everything we do is with passion...in our projects, our community, and more importantly, toward each other.

We have accomplished many wonderful projects that have benefitted many individuals, families, other non-profits of our community and internationally. To list three examples: our Education Committee, work tirelessly with the children of Terrace Elementary, a multi-cultural community where the majority of the families, English is their second language. Our Community Outreach Committee's projects have helped other Non-profits like Hope's Door, a shelter and counseling center for those affected by domestic violence. Altrusa Richardson with guidance from our International Relations Committee has since 2012, has provided educational sponsorship for a child at The School of Hope in Port-au-Prince, Haiti. You have to admit these few examples of the workings of our club are amazing, to say the least. These and many more projects have been completed with the passion needed to see their completion.

As for the passion we have for each other, we are always ready to lend a hand and be the first to step up to work, play or just be there to lend a shoulder. We are a diverse group of amazing women, not

always agreeing on every issue, yet we work together with passion and dedication for the betterment of our community, and yet, always ready to reach out to each other when needed. We all need help at one time or another and I have found my sister Altrusans ready to reach out when asked or not asked, but still there, and ready.

My theme for this year is "Dancing to the Altrusa Rhythm...Let's Get Moving." I have to admit that at first I was unsure of it; however, the more I thought about it, the more it fit the way I look at life and everything else around me. I am a people watcher and sometimes as I'm watching our club members interact with each other as they worked on a project or at an event, no one has to talk or explain what they were doing, it just happened, so smoothly as if they had been doing it forever. Like dance partners, dancing to the Altrusa rhythm.

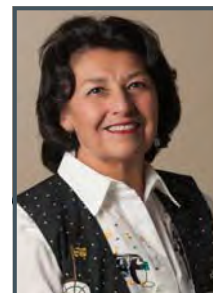
Now my year is at an end, and time to "pass the gavel" to **Cindy McIntyre** as our president for 2015-2016. I have no doubt with Cindy's passion and zeal we will have a great year. Her theme is "Altrusa reigns; community gains." I have no doubt our community *will gain* under her leadership.

Altrusa Hugs,

Gloria Sandoval

2014-2015 President

gloria.altrusa@verizon.net



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

International News

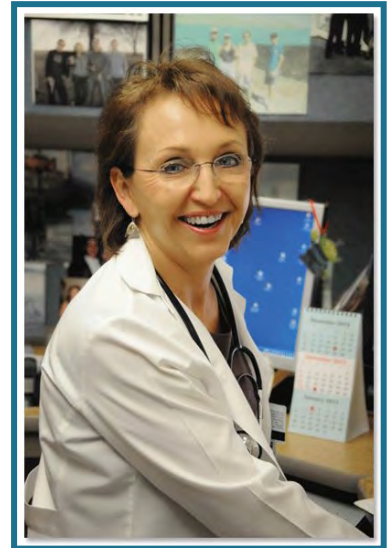
SECOND CONVENTION KEYNOTE SPEAKER WILL BE DR. PATRICIA SULAKSource: *The Altrusa Compass*, Vol.1, Issue 6

Dr. Patricia Sulak, member of the Temple Altrusa Club, was the keynote speaker at the recent District Nine Conference. She accepted the invitation of Altrusa International President **Ilona Kerby** to speak at the International Convention in July. [

[Editor's note: If you are attending Convention, do not miss Patsy's speech; you can expect an entertaining and inspiring presentation by a rather new Altrusan! For more information about Dr. Sulak, see the Delegate Report by Barbara Cornelius, elsewhere in this issue.]

Patricia Sulak, M.D., author of *Should I Fire My Doctor?*, is a nationally recognized practicing physician, researcher, speaker, and medical school

professor. She graduated from the University of Texas Health Science Center at San Antonio School of Medicine and was named the 2006 Distinguished Alumni. In addition to her busy clinical practice, teaching, and research at Baylor Scott & White Health / Texas A&M College of Medicine, she presents



throughout the country to businesses, organizations, schools, and healthcare institutions on numerous health issues with a focus on disease prevention.

She continues to be included in "Best Doctors in America" and "Texas Super Docs" and has been selected as an Outstanding Clinical Instructor by the Texas A&M College of Medicine medical students. Dr. Sulak was given a "Heroes for Children" award by the Texas State Board of Education and received the American College of Obstetrics and Gynecology Community Service Award for her work in school health. She is internationally recognized for her research on elimination of monthly menstruation to treat menstrual migraines, PMS, pelvic pain, and bleeding. Her areas of expertise also include the perimenopause and menopause while her latest pursuit is in wellness to obtain optimal health through lifestyle interventions.

Dr. Sulak founded and directs Living WELL Aware, a truly unique wellness program on disease prevention through healthy living (www.livingWELLaware.com). Her book *Should I Fire My Doctor?* and her keynote addresses and conferences delineate the eleven essential elements to health and happiness, empowering everyone to take ownership of their well-being and partner with their healthcare provided for optimal health.

**DANCING TO THE ALTRUSA RHYTHM...
LET'S KEEP MOVING!**

The Richardson City Council congratulates Altrusa for its 47 years of continued service in our community.

2014-15 Richardson City Council Members from left: Kendal Hartley, Scott Dunn, Mark Solomon, Mayor Laura Maczka, Mayor Pro Tem Bob Townsend, Paul Voelker, Steve Mitchell.

Project Report

GOOD PROGRESS MADE ON CHOOSE KIND LIBRARIES

By Bobbi Klein, International Relations Committee

As some of you are aware, the International Relations committee received a grant last May to help us start a brand new project called the "Choose Kind Libraries". These libraries are stocked with books promoting kindness, equality, empathy, diversity, understanding differences, and the like.

So where are we? We have established our first three libraries in the RISD; the first is the *Choose Kind Library at Terrace Elementary*, which has been open since September, 2014. Our second location is Northrich Elementary for which we ordered 34 books to be delivered during the summer. Our third location is Northlake Elementary and 35 books are on order. Both of these libraries will open during the new school year. Each library has a special location within the school library, and is designated as the "Choose Kind Library at the (school name), sponsored by Altrusa International of Richardson Foundation", with a large sign. The books have bookplates matching the sign. We also have

started an International Choose Kind library. We have donated \$300 to the new TeachHaiti school being built in St Michel, Haiti. These funds will purchase "choose kind" books in Haitian. We will also have a sign designation on our special section of the library.

In cooperation with the Education Committee, we brought **Brian Williams**, founder of "Thinkkindness.org" to RISD, to present assemblies aimed at teaching kindness, acceptance, and cultural diversity. At a January meeting, Brian told us about the assemblies and "Kindness Ninja challenges" for the students.

*A community chorus with worldwide talent*

Photograph by Kirian Photography

The Contemporary Chorale celebrates
their 59th season.

The Contemporary
Chorale



Melanie Moore, Director

For more information visit www.thecontemporarychorale.org

Altrusa Accent

WHAT IS AN ACCENT? AN INVOCATION?

An Altrusa Invocation is a two-minute presentation at a Club meeting—either business or dinner—that provides an inspirational, uplifting message. It is most often an entertaining or heartwarming presentation that conveys positive messages or words of encouragement and/or reflects the principles and ideas of Altrusa. Since Altrusa's focus is literacy, some Altrusans choose to share their on of their favorite short stories, poems, or prose.

An Altrusa Accent is a two-minute presentation at a Club meeting that covers such items as an upcoming International or District event, new Altrusa materials, Altrusa historical highlights, or bylaw and policy changes. The Altrusa Accent can provide helpful information in membership orientation. The Accent is sometimes a reading of a bylaw or policy that explains actions to be taken during the order of business for the meeting, such as the election of Conference delegates.

Project Report

SPRING BOOK COLLECTION—THANK YOU, FRIENDS OF THE LIBRARY!

By Donna Buhr, Community Outreach Committee Co-Chair

The Monday after the Friends of the Library (FOL) held their Spring book sale, Altrusan volunteers gathered in the basement of the Richardson City Library and hand-selected a variety of books from the thousands of unsold books. Volunteers chose an assortment of books to be donated for families served by NETWORK and chess books for children served by the Boys and Girls Club of Richardson.

Project co-chairs, **Sandy Martin**, **Jan Flesch**, and **Samanthia Slaight** along with Community Outreach committee volunteers, **Cindy Murray** and **Donna Buhr**, set about a mission to find specific types of books. Jan found a delightful selection of children's books and DVDs, Cindy found a delicious array of cook books, Samanthia uncovered a treasure chest of much needed foreign language books, Sandy Martin managed to find a precious collection of chess books, and my husband, **Jim Buhr**, (volunteer by special request) and I gathered a great selection of "how-to" and sports books. Jim graciously volunteered to help with heavy lifting of boxes and to assist with the delivery to Network.

Because of the great teamwork of the volunteers, the project was completed in record time with a wonderful selection of ten boxes of books for NETWORK and an assortment of chess books for the Boys and Girls Club.

NETWORK offers a choice of three books per individual served and depends on Altrusa to help replenish their library twice a year after the Fall and Spring book sales. The donation of chess books to the Boy and Girls club completes the Community Outreach Chess Project, where earlier this year the committee donated chess pieces, boards, and a clock for children to use. The chess project was specifically requested by the Boys and Girls Club of Richardson to help with a chess club they recently started.

The Community Outreach Spring Book Collection project assisted two local service organizations that will benefit hundreds of children and families. Once again, great teamwork to help serve our community with another wonderful community outreach service project completed by amazing Altrusan volunteers!

The Friends of the Richardson Library was formed in 1986. It is a 501(c)(3) nonprofit organization, and, like Altrusa, supports Richardson Reads One Book. FOL's mission is to support the Library and to enrich the cultural opportunities available to library users. Richardson Altrusans Barbara Berthold and Sandy Martin are members of the FOL Board of Directors.



Samanthia Slaight, Sandy Martin, Cindy Murray, Jan Flesch, and Donna Buhr enjoyed selecting free books. Thanks to the generosity of the Friends of the Library, the books will find new homes with the clients of NETWORK and will help the youngsters of the Boys and Girls Club of Richardson learn to be better chess players!

Committee Report

GRANT COMMITTEE ACCEPTING APPLICATIONS UNTIL JULY 31, 2015

By Liz Luthans, Grant Committee Co-Chair

The grant committee is currently accepting applications from 501(c)(3) organizations that serve the needs of our community. The deadline for submission is Friday, July 31, 2015.

Altrusa International, Inc. of Richardson, Texas requires all non-profit organizations requesting contributions to make formal application for those funds. This process includes completing an application, found on our website, www.altrusarichardson.com, and emailing the application with attachments to contact@altrusarichardson.com.

Applications will be reviewed by Altrusa members to make decisions based on our Altrusa goals and our

community's financial needs. Altrusa grants range from \$250 to \$1,500 and will be awarded during the 2015-2016 club year.

Awarded grants will be announced no later than September 30, 2015. If an organization is awarded an Altrusa grant, it is essential that they submit a final report showing how the funds were used within 60 days of the date the funds were expended. Failure to submit a report could make the organization ineligible for future grants.

Questions concerning the grant process may be sent to contact@altrusarichardson.com.

Project Report

ABILITY HOUSE COMMITTEE CELEBRATED NINA'S BIRTHDAY

By Jane Merz, Ability House Co-Chair

We celebrated **Nina's** birthday on April 25, joined by Nina's twin, **Dina**, and quite a few staffers from Ability Connection. Nina received a lovely tote bag in her favorite color, turquoise (a favorite of several Altrusans), a necklace and Spring Creek Barbecue gift card from us, and several other gifts. Nina was all smiles and really liked the chocolate birthday cake. **Robert** , of course, reminded us that his birthday will be soon. Many thanks to **Ann Payne** and **Ann Eisemann** for their help.



(Right) Nina and Dina with the turquoise tote bag.

(Below) Clients of Ability Connection Texas with (back row) Altrusans Jane Merz, Ann Payne, and Ann Eisemann.



Grants Committee Report

RICHARDSON READS ONE BOOK PICK FOR 2015 IS ANNOUNCEDFrom onebook.cor.net

The Grants Committee presented a Big Check to Richardson Reads One Book at the April 8 event announcing this year's pick: **We Are Called to Rise** by **Laura McBride**!

The book is McBride's first novel and it was published by Simon & Schuster on June 3. It is receiving well-deserved acclaim for its powerful depiction of the intersecting lives of four widely varying characters in "off-the-Strip" Las Vegas. It is a timely and relevant novel. **We Are Called to Rise** is one of those special novels that has something for everyone.

The Author Lecture featuring Laura McBride is scheduled for Tuesday, September 15 at 7:30 p.m. at Richardson High School: 1250 Belt Line Road in Richardson.

The Altrusa Wine and Chocolate Literacy will discuss the book at their August 24 meeting.

From the Author's Website:

Three lives are bound together by a split-second mistake, and a child's fate hangs in the balance. Far from the neon lights of the Vegas strip, lives are about to collide. A middle-aged woman attempting to revive her marriage. A returning soldier waking up in a hospital bed with no memory of how he got there. A very brave eight-year-old immigrant boy.

This is a story about families—the ones we have and the ones we make. It's a story about America today, where so many cultures and points of view collide and coexist. Told in four pitch-perfect voices, Laura McBride's deeply moving debut shows what happens when the protective borders of our lives are suddenly smashed and how ordinary strangers can rise to the extraordinary challenge of caring for each other.

Born in Spokane, Washington, Laura McBride always knew she was going to write a novel. It wasn't the lack of discipline that prevented her from writing. She simply thought there was too much other stuff to do. She once thought of herself as an adventurer,

traveling far and wide. In reality though, she lives what she describes as "a very suburban life" in Las Vegas.

McBride studied American Studies and earned her Bachelor of Arts degree from Yale University. She teaches at the College of Southern Nevada and lives with her husband and two children in Las Vegas. She wrote part

of *We Are Called to Rise* while in residency at Yaddo.

For more information on the author:

Author's Blog: <http://lauramcbrideauthor.com/>

Read Her Like an Open Book, "Guest Blogger Laura McBride: My Year with Virginia Woolf" <http://bit.ly/1L33ITt>



Janet Vance, President of the RROB Board of Directors, receives a Big Check from our Foundation from **Gloria Sandoval** and **Cindy McIntyre**.

Member Highlights

ALTRUSANS WEAR BLUE IN SUPPORT OF CHILD ABUSE PREVENTION

Prevent Child Abuse Texas (PCATX) is a statewide non-profit organization working to prevent child abuse and neglect in all its forms throughout Texas. They asked that we show our support of National Child Abuse Prevention month (April) by wearing blue.

We are good at wearing orange in recognition of the United Nations campaign to End Violence Against Women, so why not wear blue? The Community Outreach Committee noted that preventing child abuse fits well with our 2014-2015 projects with Collin County Children's Advocacy Center and with the Hope's Door and New Beginnings shelters.

The photograph below was taken at the April 16 dinner meeting. Unfortunately, a number of members escaped before the photo was taken.



OWT Committee Report

*2015 Outstanding Women of Today . . . Builders of Tomorrow
Luncheon and Awards Presentation*



Lady A asks, "Have you looked at my OWT Insider Information web page lately?" It can be viewed only after you log in to our website and go to the Members Only page. OWT Insider Information includes planning documents, meeting notes, and the letters and forms for nominations and sponsorships.

Meeting Report**ALTRUSA SCHOLARSHIPS GIVEN TO FIVE OUTSTANDING STUDENTS**

By Ginger Tonne, Scholarship Committee Co-Chair

Altrusa International of Richardson presented \$1600.00 scholarships to five area high school seniors during the April 16, 2015, dinner meeting. The students and their guests were honored with a dinner and presented certificates along with their award.

This year's scholarship recipients were **Maddie Barnett** (Richardson High School), **Ryan Bernard-McClenan** (Lake Highland School), **Shian Omar** (JJ Pearce High School) **Besa Shala**, and **Ethany Thomas** (both from Richardson High School).

Altrusa Richardson awards scholarships annually to seniors from RISD schools or residents

of Richardson attending public high schools. Students applying for the scholarships must be a U.S. citizen or a legal resident. Students turn in an application based on Altrusa requirements, a resume, two letters of recommendation, and a transcript along with a short essay. The scholarship committee reviews the applications and then interviews potential recipients.

This year the committee received 65 qualified applications. Recipients are chosen based on their academic achievement, financial need, community volunteerism, extra-curricular activities and essay.



(back) Scholarship Committee: Jan Flesch, Sandy Martin, Brenda Boston, Barbara Berthold, Rose Daughety, Cindy McIntyre, and Ginger Tonne. (front) Scholarship Winners: Shian Omar, Besa Shala, Ethany Thomas, Maddie Barnett, and Ryan Bernard-McClenan.

Project Report

MICHELLE THAMES WAS GUEST SPEAKER AT BOARD TRAINING EVENT

By Liz Luthans, Leadership Development Committee Co-Chair

The Leadership Development Committee hosted a Board Training Event Thursday on April 23 for incoming and outgoing board members, committee chairs, and any interested members at large at Friend's Place. We had 25 members in attendance to hear former Richardson Assistant City Manager, **Michelle Thames**, share her extensive knowledge regarding the functionality of good boards and effective board members.

Michelle drew from her experience in her current role as Director of the Prestonwood Pregnancy Center, as well as her positions with the City of Richardson, and service

on numerous non-profit boards including **Richardson Living** magazine and the Warren Center. Michelle emphasized that effective communication and understanding your strengths, weakness, and personality style and those of your fellow board members are essential to successful and productive boards. The committee thanked Michelle with an honorarium to the Prestonwood Pregnancy Center.



Meeting Preview

MAY DINNER MEETING TO FEATURE INSTALLATION OF 2015-2016 BOARD

Please join us for the May Dinner meeting when the 2015-2016 Altrusa Richardson Board of Directors will be installed.

Current President, **Gloria Sandoval**, will present her Annual Club report and Incoming President **Cindy McIntyre** will present her theme "Altrusa Reigns, Community Gains" and her goals for the coming club year. It is sure to be an elegant event.

President **Cindy McIntyre**

President-Elect: **Sue McElveen**

Vice President: **Dena Davis**

Admin Treasurer: **Bonnie Perry**

Recording Secretary: **Nancy Crowe**

Corresponding Secretary: **Courtenay Tanner**

Directors **Donna Buhr, Barbara Cornelius, Rose Daughety, Cindy Murray**

Immediate Past President **Gloria Sandoval**

International Foundation News

INTERNATIONAL FOUNDATION AWARDS FOUR GRANTS IN TEXAS

Altrusa International Foundation recently announced the recipients of the Spring 2015 Grants. A total of \$35,665.00 was awarded to 24 Altrusa Clubs; four of those clubs are in District Nine.

Through the Foundation Grants Program, the Foundation provides assistance to individuals and helps Altrusa Clubs carry out the independent programs of community service with funds for vocational assistance; graduate school assistance to international students from developing countries; literacy projects; and community service projects sponsored by local Altrusa Clubs. Grants range from \$250 to \$2,000, based on needs and funds available

and are subject to specific selection criteria. Altrusa Clubs are limited to one grant per fiscal year (June through May).



Austin, TX	Smart Meals Gardening	\$1,000
Garland, TX	Fun Reaching Our Goals	\$2,000
San Antonio, TX	Ready, Set, Accelerate!	\$2,000
Waco, TX	Mind, Body, and Soul	\$2,000

Conference Delegate Report

DR. PATRICIA SULAK OF TEMPLE CLUB WAS DYNAMIC KEYNOTE SPEAKER*By Barbara Cornelius, Delegate*

Here I was listening to the roll call and the reports at conference, wondering who this energetic woman was at the head table cheering so exuberantly for the Temple Club.... and then the keynote speaker, **Dr. Patricia Sulak** is introduced and this same enthusiastic woman literally JUMPS down to the front and WOWS us!

Her message was delivered with such great humor and yet hit the mark so tenderly. You need to live your life with energy and have FUN!! One main ingredient in her perspective for life is "graciously give our gifts" and she tells us that we can do that as Altrusans. Patsy has known many Altrusans over the years, and has friends and patients that are Altrusans who have encouraged her to become a member. But like many of us, she felt she just didn't have the 'time' - finally she decided to join the Temple Club in 2013. Now, she believes it isn't "you don't have time to join," it's "you don't have time NOT to join." Part of "Living Well Aware" is to seek and secure support: what better way to do that than become an Altrusan? Altrusa saves lives!

Patsy believes that we all should periodically pause, ponder, and pray with the belief that this will lead you to your passion and purpose in life. Always strive to:

- ♦ Live Healthy, Live Happy, Live Holy
- ♦ Lift Humanity
- ♦ Live a Life of Humility

Dr. Sulak founded Living WELL Aware to promote healthy lifestyles and has authored the book, **Should I Fire My Doctor? Eleven Essential Elements to Living WELL Aware**. Patsy, with her husband, **Jeffrey Waxman, MD**, began focusing on their own wellness: physically, emotionally, and spiritually. This resulted in their professional and personal lives reaching heights never imagined, including their marriage.

Patricia Sulak, MD, is a nationally recognized practicing physician, researcher, speaker, and medical school professor at Baylor Scott & White Health and Texas A&M College of Medicine. She graduated from the University of Texas Health Science Center at San Antonio School of Medicine and was named the 2006 Distinguished Alumnus.



Conference Delegate Report

THE SKINNY FOR NEW ALTRUSANS BY MELVA HILL, GREENVILLE CLUB*By Nancy Crowe, Delegate*

I attended **Melva Hill's** workshop for new Altrusans. Below is my paraphrasing of her presentation.

THE HISTORY OF ALTRUSA

Altrusa International was founded in 1917 in Nashville, originally as Altrusa Institute. During that time, a record number of women were going to work during World War I, and there was a need for women's civic organizations. **Dr. Alfred Durham**, a member of Kiwanis, began organizing clubs throughout Nashville, TN, Louisville, KY, and Dayton, OH, before he moved to Indianapolis, where he met **Mamie L. Bass**.

Mamie L. Bass had served as the Superintendent of the Women's Division of the United States Employment Services, and was a partner in her brother's architecture firm. She also assisted him in organizing a Rotary chapter in Indianapolis. While she admired Dr. Durham's Institute, Bass felt that Altrusa could serve a higher purpose. In June 1918, when Altrusa held its first convention in Indianapolis, Mamie L. Bass's vision became a reality. The Altrusa Institute became a classified service organization for women.

Later, the Altrusa Institute was renamed as the National Association of Altrusa Clubs and adopted By-Laws that laid the groundwork for today's Altrusans. Soon after, Mamie L. Bass created The Principles of Altrusa, which defined Altrusa as "builders of women" and an organization based on accomplishment and merit. The Principles were officially adopted in 1921 along with a major club building effort.

By 1922, Altrusa had 20 clubs. In 1935, Altrusa became International when the first club in Mexico was organized. Since that first step over US borders, Altrusa moved into New Zealand, Great Britain, Chile, Russia, Puerto Rico, Ecuador, Ireland, and Bermuda.

In 1946, Altrusa sent its first representative to the United Nations. In 1962, Altrusa International established the Altrusa International Foundation, which is dedicated to improving economic well-being and quality of life through a commitment to community services and literacy. In 1966, the organization began to look to America's youth as the future of Altrusa and established ASTRA clubs. ASTRA encourages young people, ages 13 to 21, to participate in community service. Expanding on its commitment to youth, Altrusa adopted literacy as an ongoing area of service in 1977.

The eighties and nineties brought many exciting changes to Altrusa. With the end of Communism, the former Soviet Union saw its first Altrusa clubs. Increasing its global outlook, Altrusa expanded projects beyond literacy and education by adopting a resolution to promote environmental concerns in 1989.

The new millennium continues to bring new ideas and opportunities for Altrusa. In 2011, the association launched a new branding and marketing campaign with the purpose of increasing Altrusa's image in the communities, and reaching out to an evolving membership. The goal of Altrusa is to change the world, community by community.

YOU ARE A PIECE OF THE PUZZLE

Altrusa has a special quality that takes acquaintances, molds them and shapes them into friendships. Those friendships take root and blossom into a sister/brotherhood.

They come together with a plan that brings food to the hungry, books to children, and smiles to the elderly.

Because we work hard, we play hard too! And you can ask anyone, we even put the "fun" in fundraising.

Even though Altrusans come from all walks of life, we all march to the same beat..... We're ALTRUSANS and that's our SUPER POWER!!!!

ALTRUSA IS NOT SOMETHING YOU JOIN, ALTRUSA IS SOMETHING YOU BECOME!!!



Conference Delegate Report

CLOSING SESSION OF CONFERENCE GIVES US MUCH TO ANTICIPATE!*By Sue McElveen, Delegate*

The last day of District Nine Conference is always something to look forward to in terms of getting the last bit of information on where we are headed as a District. The last day of a biennium is exciting because we get to meet the new Board of Directors, plus all the committee chairs that will be guiding us for the next two years. Our club has three members serving as district chairs. They are **Kimberly Kierce**, **Bobby Klein**, and **Mary Beth McLemore**.

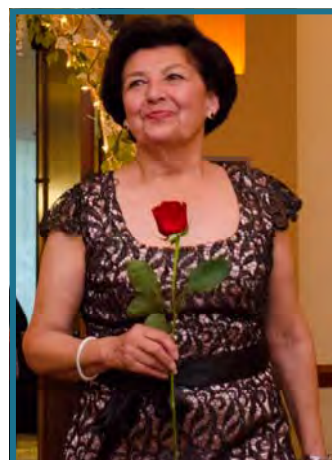
Also, the new Governor takes over with such enthusiasm that you leave the Conference energized and ready to get to work at the club level. We also get the final numbers of attendees and guests. This year we had 291 attend the Mighty Ninth Conference in San Antonio. Our club had 20 in attendance, a far cry from the 40+ from the Temple Club. We need to pledge to do better from Richardson next year.

As we wound down the Conference this year, we heard a push for International Convention 2015 being held in Kansas City, Kansas. I know I speak for Cindy McIntyre, our incoming president, when I encourage each of you to think about attending. It is very close to Dallas in terms of International traveling, so this is a good chance to see how things are done outside our district.

Speaking of next year, we had a fun presentation from the Altrusa club from Arlington. They will be hosting the District Conference in the Spring of 2016. It will be a fun time for learning, fellowship and club-building right in our own back yard. I am hoping to see twice as many of you attending District Conference next year.

There was a bid for the 2017 District Conference from the Temple Club. So mark your calendars because that will be in celebration of Altrusa's 100th Anniversary. Also, that will be the year we head for Nashville for International Convention in July.

Thank you for electing me as a delegate to District Conference this year. I have gone to every Conference since I joined Altrusa in 2005. I urge you to consider going to Conference whenever you get a chance. I guarantee you will not regret the decision to attend.



Conference Delegate Report**HIGHLIGHTS OF BUSINESS MEETINGS AT DISTRICT CONFERENCE***By Cindy McIntyre, Delegate and Conference Coordinator*

Twenty Altrusans from the Richardson Club attended the 59th District Nine Conference in San Antonio, April 17-19, 2015.

Six Richardson Altrusans (our five delegates plus our past District Nine Governor, **Mary Osentowski**) voted on matters before the District. Attached are the reports submitted to me as Conference coordinator.

Results of election of District Nine Board of Directors 2015-2017:

Sylvia Zamora, San Antonio – Governor

Linda Moore, Temple - Governor-Elect

Antonia Buban, Downtown Dallas, First Vice Governor

Trina Taylor, SW Dallas County – Second Vice Governor

Laure Bruner, Anderson County – Treasurer

Mary Black Pearson, Temple – Director

Shirley Raymer, Garland – Director

Official attendance: 253 Altrusans including one International Representative

Richardson had the most members with perfect attendance with 16 for 2013-14. Our club also took home the Dr. Nina Fay Calhoun International Relations Award, and the Club Communications Award. The club will send notes to members who donated items to the Silent Auction including **Sandy Martin**, **Linda Olivera**, **Courtenay Tanner**, and **Jane Tucker**.

2016 Conference will be hosted by Altrusa of Arlington in Ft. Worth on April 22-24, 2016. It's title is "Key to the West," so let's get the creative juices flowing early and mark your calendars. Let's beat Temple in attendance next year!

Sue McElveen and I attended the Presidents' Workshop led by incoming Governor Sylvia Zamora. She answered many of our questions and handed out helpful materials such as the 2014 Club Presidents Handbook (excerpts anyway) and contact information on her leadership team for the district. Any committee chair who would like to know who her counterpart is at the district level can contact me.



Conference Delegate Report

LIVING WELL AWARE: STRESS MANAGEMENT WORKSHOP

By Cindy Murray, Delegate

The Stress Management Workshop was presented by **Dr. Patricia J. Sulak**, MD (Founder of Living WELL Aware), member of the Temple Club, and author of **Should I Fire My Doctor?**

ELEVEN ESSENTIAL ELEMENTS TO HEALTH & HAPPINESS

1. Normal Numbers NOW!
2. Critique Caloric Consumption
3. Make Movement Mandatory
4. Address Adverse Addictions/ Halt Harmful Habits
5. Meticulously Manage Money and Minutes
6. Graciously GIVE Our Gifts
7. FORGIVE: Family, Friends, Foes
8. Passionately Pursue Purpose And Priorities
9. Stifle Stress/ Sever Suffering
10. Periodically Pause/ Ponder/ Plan/ Pray
11. See and Secure SUPPORT

Dr. Sulak concentrated on element # 9: Stifle Stress/ Sever Suffering in the workshop:

WHY IS IT IMPORTANT THAT WE REDUCE STRESS?

Stress has a huge influence on our physical, mental and emotional health

Stress can lead to anxiety, depression, anger, physical pain, susceptibility to disease

WHAT CAUSES STRESS?

Stress is mental or emotional strain or tension resulting from adverse or very demanding circumstances. What determines if something is

adverse or demanding? *PERCEPTION ATTITUDE* matters. Stress starts with negative thinking. STOP the suffering & stifle stress. If we are *Living WELL Aware*, we must improve our attitude by accepting the following life's realities with positive reactions:

Stress is inevitable. Stuffering is optional.

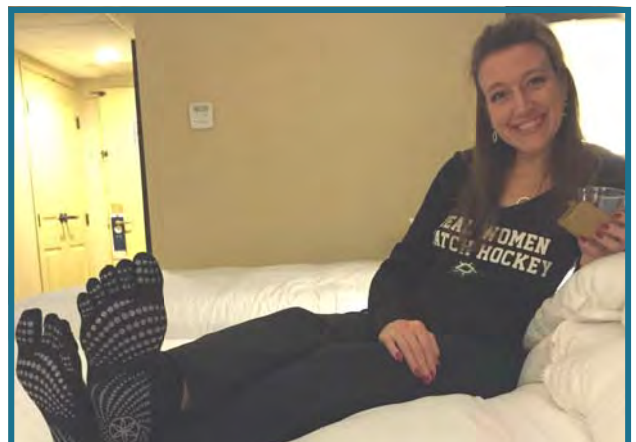
Life is unpredictable. Expect the unexpected.

Life is transient. Life is precious. Cherish each moment.

I'm not in control of most of life's events. I can choose how I react to life's events.

I am not perfect. There is room for improvement.

**PREVENTION IS THE BEST MEDICINE –
TAKE OWNERSHIP OF YOUR HEALTH!!**



Report from Conference Attendee**ILONA KIRBY, INTERNATIONAL PRESIDENT, ENCOURAGES DIVERSITY***By Kimberly Kierce*

International Visitor, **Ilona Kirby**, International President, presented a workshop on “Inclusion”, feeling that someone belongs. Clubs are encouraged to embrace diversity and ensure all potential members are welcomed and appreciated.

Ilona shared information about the struggles of Altrusa membership and how diversity has been expanding membership across the US. In 1987, legislation was passed thereby removing gender as a requirement for membership. Many organizations got right on the band wagon and Altrusa was a little slow on the uptake. While other organizations expanded membership to include men and women equally, their membership expanded and continues to do so today. Altrusa Membership grew but, while some clubs initiated male Altrusans, most clubs were still limited to female membership,

But today, times are changing; many Altrusa clubs are initiating record number of men. The two new District Nine clubs, Lewisville and Rockwall, have chartered with male and female members with great success. Ilona encouraged all clubs to look into ways to include males into our membership. But not only expand with gender but in all areas of diversity, but age and culture as well.

Increasing diversity gives Altrusa a more competitive edge and ensures viability of our organization. We need to reach a broader audience, build support, expand opportunities. Diverse members maximize on talents and give insight into new and different projects and ideas while expanding on stale ones.

Ilona challenged clubs to commit to changing the status quo and being culturally agile by following these guidelines:

- ◇ Begin with an open attitude – change starts with you. Have an open mind.

- ◇ Self Awareness – Look at your own club. Is it a fair reflection of your community population?
- ◇ Culturally Knowledgeable – Educate yourself about others and be sensitive about differences.
- ◇ Focus on Micro Behaviors – “The devil is in the details” It is the little things that speak volumes about how inclusive we are.

**BOARD ACTIONS**

- ◇ Received update from Catering ad hoc committee
- ◇ Finalized assignments for District Nine Award write-ups due May 31
- ◇ Reviewed plans for collection of dues payments using PayPal

Report from Conference Attendee

KINDNESS NINJAS INVADED CONFERENCE, GOT POSITIVE REACTIONS

By Bobbi Klein

Kindness Ninjas was chosen as our club "theme" for the 2014-2015 District Nine Conference Friday fun night but it turned into so much more. In February, based on the International Relations project "Choose Kind Libraries", we assisted several schools in bringing **Brian Williams**, founder of "Thinkkindness.org" to present "Think Kindness" assemblies at several RISD schools. These assemblies are aimed at teaching, kindness, acceptance, cultural diversity, etc. Brian also presented at our program meeting. We were so impressed with his message members started suggesting that we wear his Kindness Ninja shirts to Conference. With the assistance of **Jane Tucker**, Brian gave us permission to use the idea and sent us his logo and Jane ordered the t-shirts. In keeping with the Viva Altrusa fiesta theme we also wore little sombreros decorated with red carnations.

Cindy McIntyre suggested that we do Ninja-like acts of kindness during Conference. **Bobbi Klein** created slips of paper reading, "You've been touched by a Kindness Ninja - pass the kindness on." On the back was a short description of the Choose Kind Library Project. Altrusans passed these out, in secret if possible, along with treats provided by Jane. The reaction from district Altrusans was outstanding: they were surprised and pleased by our kindnesses. And we got a lot of pleasure from the positive reactions of others.

In addition to the reactions of Altrusans, we were pleased to have **Ilona Kirby**, International President, mention our "Kindness Ninjas" in her workshop on "Inclusion" on Saturday afternoon. She read about the project from the back of one of the slips. On Sunday morning, we presented her with a "Kindness Ninja" t-shirt. She was very excited and pleased to receive it. Then during

her wrap-up speech she showed everyone the t-shirt, talked about our "kindness", and challenged District Nine to all come to Convention in July as 'Kindness Ninjas'. She also suggested that we could sell the shirts as a fundraiser for the Choose Kindness Library project in front of the whole gathering!

I contacted **Sylvia Zamora**, our new District Nine Governor, to check to see if she was okay with our selling the shirts to the rest of the District. She loves the idea of all of us in our shirts at Convention and asked how she could help us promote the project.

So we had a very successful conference, promoting our club and the Choose Kindness project!!



District Nine News

DISTRICT AWARDS PRESENTED AT 2015 CONFERENCE IN SAN ANTONIOLINDA NICHOLS FOUNDATION AWARDSTotal Club Contributions

1. Temple
2. Downtown Dallas
3. **Richardson**
4. Dallas

Average Contributions Per Member

1. Austin
2. Downtown Dallas
3. Temple
4. Dallas

CLUB COMMUNICATION AWARD

1. **Richardson**
2. Greenville
3. Collin County

DR. NINA FAY CALHOUN INT'L RELATIONS AWARD

1. **Richardson**
2. Collin County
3. Garland

YEARBOOK AWARD

1. Dallas
2. Greenville
3. Pampa

LETHA H. BROWN/GOVERNOR'S LITERACY AWARD

1. Lubbock
2. Greenville
3. Downtown Dallas

MAMIE L. BASS SERVICE AWARD

1. San Antonio
2. Garland
3. Greenville

EDITH DEBUSK PRESIDENT'S AWARD

1. Kitty Hall, Pampa
2. Shirley Raymer, Garland
3. Lee Dorsett, Downtown Dallas

CLUB DISPLAY AWARD

1. Temple
2. Garland
3. Greenville

JOELLA TERRILL BUTLER MEMBERSHIP AWARD

1. Pampa
2. Borger

FIRST-TIMERS AWARDS

Highest Number: Temple with 15
Highest Percentage: Rockwall

JOELLA TERRILL BUTLER MEMBERSHIP AWARD

Certificates for Significant Increase
North Dallas Central Texas Orange Austin

Project Preview

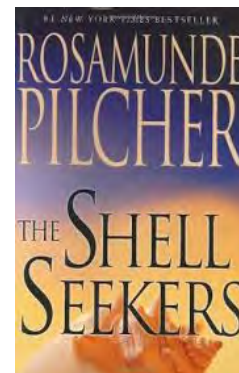
ALTRUSA WINE AND CHOCOLATE LITERARY SOCIETY READS ON AND ON!

By Christine Hart, Membership Retention Committee

May's book club will be on the 18th due to Memorial Day being on the fourth Monday of May. **In The Company of Liars** by David Ellis will be led by **Janice Campbell**.

The Shell Seeker by Rosamund Pilcher will be reviewed on June 22. Shifting in time, the novel tells the story of Penelope Keeling, the daughter of unconventional parents (an artist father and his much-younger French wife), examining her past and her relationships with her adult children. When the novel opens, Penelope is in her 60s and has just been discharged from the hospital after what was seemingly a heart attack. Penelope's life from young womanhood to the present is revealed in pieces, from her

own point of view and those of her children. Much of the forward impetus of the novel involves the work of her father, including a painting called "The Shell Seekers," given to Penelope as a wedding present. If you have never been to book club, or it has been a while since you have come, please consider coming and sign up on the website. We enjoy great discussions, snacks, chocolate and wine with some very unique literature.



Club Calendar May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Lynn Solomon bday	5	6	7 Business Meeting	8 Seniors: Mother's Day Tea	9
10	11	12	13 Seniors: Atria Bingo	14	15 Retention: Lunch Bunch Outreach: Making Blankets	16 Mary Osentowski, Gloria Sandoval bday
17	18 Retention: AWCLS	19	20	21 Dinner Meeting	22	23
24 Bonnie Perry bday	25	26 Jan Skinner bday	27 Education: Tea at Chocolate Angel	28 Board Meeting	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 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.

Club Calendar June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Liz Luthans, Ginger Tonne bday	4 Wine and Cheese Party Business Meeting	5	6
7	8	9 Sue Walker bday	10 Seniors: Atria Bingo	11	12	13 Irene Strejc bday Retention: Happy Hour & Celebration w/ Jan Skinner
14 Julie Horan bday	15	16	17 Susan Fischer bday	18 Rose Daughety bday Dinner Meeting	19 Janet Campbell bday Seniors: Tie One on for Father's Day	20
21 Janet Baker bday	22 June Rentmeester bday Retention: AWCLS	23 Donna Buhr bday	24	25	26	27
28	29 Sandy Martin bday	30 Laura Trainor- Collins bday Outreach, Retention: planning meetings				

LOG IN to 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!)

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