



## President's Message

As we go into August, our Altrusa Club is taking shape with committees starting to meet and plan, new leaders coming forward and we have new member prospects to cultivate. I want to extend another thank you to Program Committee member, Genevieve Hamulak, who planned our July Program/Dinner Meeting featuring **Dr. Anh Tran**, speaking on the subject of **Vitality and Self Care**, a subject that interests us all. I was unable to attend that meeting since I was at a conference in Orlando, Florida. The Retention Committee has planned the Annual New Member Party for July 30 at Desperados to celebrate International Friendship Day as this goes to press and I hope to see all of you there.

Our Past Presidents welcomed me as incoming President with a delightful dinner at Pam Johnson's home at the end of June. They all shared their insight, wisdom and support and I had such a wonderful time. We have such a strong tradition of leadership and service and I am so honored to be part of this amazing group of women. Looking back at Nancy Rohm's column from August 2016, one of the customs that came out of her luncheon is still being carried on today – putting the available signs on open seats at the Program/Dinner Meetings.

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Administrative and Foundation Budgets will be ready for presentation at the August Business Meeting by Finance Committee chairs Janie Jacquier and Kathy Yates. Please make plans to attend the August Program/Dinner Meeting, which will be chaired by the Leadership Committee. The program will be titled **What's in Your Future: The Band of Gypsies Scavenger Hunt**, which is a Board of Directors Job Fair. We are taking steps this club year to better prepare members for service on the Board and as Committee Chairs. Leadership is such an important part of service and one of the hallmarks of a successful Altrusa club. I can't wait to see what Leadership Development Committee Chairs Laura Trainor-Collins and Samantha Slaight have planned with this innovative approach to engaging the membership. Please sign up to attend on the website by the deadline.



Sarah Nesbit, President 2018-2019

E-mail: Sarah.Nesbit@cor.gov

## Upcoming Events

See online calendar for event details, location, and sign-up at <http://altrusarichardson.com>

July 30	5:00–7:00 pm	New Member Party
August 2	7:00 pm	Business meeting
August 6	6:30	foundation Trustee Board Mtg.
August 8	6:00 pm	Atria Bingo
August 16	6:00 pm	What's In Your Future?
	7:15 pm	Dinner/Program meeting
August 20	Noon	Tidings Deadline
August 23	7:00 pm	Club Board Meeting
August 27	6:00 pm	AWCLS (Book Club)

## CLUB BOARD OF DIRECTORS

### June Board of Directors Meeting Notes

By Toni Garrett, Vice President

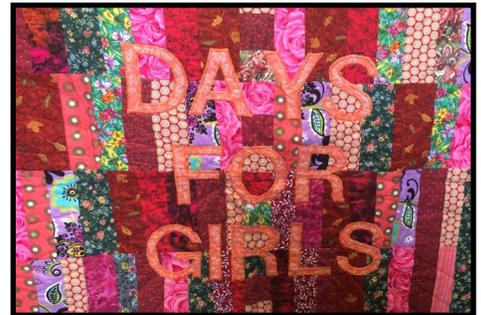
The Altrusa Board of Directors met on July 26 and discussed several important items. New business was brought to the Board by the Finance and Leadership Committees. Janie Jacquier presented three recommendations from the Finance Committee: *2018-2019 Foundation Budget, 2018-2019 Administration Budget, and recommendations for the Scholarship Endowment Fund.* Each of these recommendations was approved by the Board. Laura Trainor-Collins from the Leadership Committee presented the plan for the August dinner meeting: *“What’s in Your Future?”* The purpose of this meeting is to help all members learn about the duties of the Club and Foundation Boards in order to grow club leadership. Board members will host booths and answer questions about their duties, all presented in a “gypsy” theme to make it fun.

## ALTRUSA INTERNATIONAL SERVICE PROJECT

### Altrusa Richardson Donates To Days For Girls

By Jane Tucker, District Nine Liaison

The Highland Village DFW Metroplex Days for Girls Chapter annually takes reusable feminine hygiene kits to Africa in July. This year they had 1,000 prepared kits but then received notification of an urgent need to provide additional kits for over a million women and girls from South Sudan living in refugee camps. Because of time restraints, the only option for providing more kits was to divide the already prepared kits in half to help an



The colorful Days for Girls quilt was on display at the event, too.

additional 500 more

women and girls. As women and girls live in close proximity in these camps, there is a high probability they can share their kit components with one another to make having smaller kits a workable option.

To help provide additional components for these new kits, Richardson club members brought items to the June 7<sup>th</sup> business meeting. A total of 150 wash clothes and 332 Ziplock gallon freezer bags were donated to the Highland Village DFW Metroplex Chapter. They were delivered by Jane Tucker on Tuesday, June 12, 2018 to a work section at the Bridlewood Amenity Center in Flower Mound, Texas.

Members of



Pictured left to right: Pamela Moore, Highland Village Days for Girls Chapter Founder; Jane Tucker, Richardson; and Heather Olson Days for Girls Highland Village Board Members are shown with donated items for hygiene packets

Richardson and Garland Altrusa clubs joined in the work session to make an additional 600 basic kits and 100 postpartum kits.

The Highland Village Team is also selling specially designed “Days for Girls” Pop Socket Grips for \$10 to help raise \$1,000 to defray excess baggage fees to transport these kits to Africa. The Highland Village club purchases this item for \$2, and sells them for \$10, which allows the club to make \$8 on each sale. Richardson club members purchased 14 Pop Sockets so the proceeds from purchasing this item plus a \$5.00 cash donation contributed \$117 towards their goal of \$1,000.

Right: Altrusans from several DFW area clubs combined to assemble feminine hygiene packets



United Nations Days

## WORLD FRIENDSHIP DAY

Excerpted from Altrusa Collin County July newsletter



The International Day of Friendship is an initiative that follows on the proposal made by UNESCO and taken up by the UN General Assembly in 1997, which defined the Culture of Peace as a set of values, attitudes and behaviors that reject violence and endeavor to prevent conflicts by addressing their root causes with a view to solving problems. In its resolution of 1998, proclaiming the International Decade for a Culture of Peace and Non-Violence for the Children of the World (2001–2010), the General Assembly recognized that enormous harm and suffering are caused to children through different forms of violence. It emphasized that the promotion of a culture of peace and non-violence should be instilled in children through education. If children learn to live together in peace and harmony that will contribute to the strengthening of international peace and cooperation.

The Declaration and Program of Action on a Culture of Peace adopted in 1999 set 8 areas of action for nations, organizations and individuals to undertake in order for a culture of peace to prevail:

- foster a culture of peace through education;
- promote sustainable economic and social development;
- promote respect for all human rights;
- ensure equality between women and men;
- foster democratic participation;
- advance understanding, tolerance and solidarity;
- support participatory communication and the free flow of information and knowledge; promote international peace and security.

The International Day of Friendship was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts *and build bridges between communities*. The resolution places particular emphasis on involving young people, as future leaders, in community



**Altrusa International of Richardson, Inc.**

**Membership Retention Committee**

**Invites You to the Annual New Member Party as**

**We Celebrate International Friendship Day**

**Monday, July 30, 2018 at Desperados, 5 pm to 7 pm**

**The International Day of Friendship is a United Nations (UN) day that acknowledges the role that friendship plays in promoting peace in many cultures. Bring a friend to celebrate with you as we get to know some of our newest members. Join us for happy hour, great food and some fun games to play with fabulous prizes. This is an event not to be missed. Please sign up on the club website by July 25, 2018. Altrousers and family members are welcome too.**



## LEADERSHIP UPDATE

### What's In Your Future? *Program Meeting August 16, 6:00 pm*

*By Laura Trainor-Collins*

The Leadership Development Committee and the Club Board of Directors invite you to attend The Band of Gypsies Scavenger Hunt at the August 16<sup>th</sup> dinner meeting. Festivities will start at 6pm. As you know, improving leadership skills is a big part of being an Altrusan.

The Band of Gypsies can't wait to answer your questions about the different leadership opportunities with the club, the board of directors and foundation trustees. Whether you are a new Altrusan or a seasoned Altrusan, plan to participate in the Scavenger Hunt to learn more about the club, win some fabulous prizes and find out What's in Your Future.

Laura E. West, Lipsologist will be reading your lipstick imprint and we have a few more surprises for you. It's not required but please feel free to dress in your favorite gypsy garb.

Kimberly Stallings, from Heritage Risk Advisers, a proud graduate of Leadership Richardson's Class XXVIII and the 2015 Outstanding Women of Tomorrow Honoree will be speaking to us about improving leadership skills.

This is a great event to bring a guest to learn about Altrusa and join the fun. Sign up on the club website [altrusarichardson.com](http://altrusarichardson.com) and let's see what's in your future.



**Kimberly Stallings ,  
Program Speaker**



**Laura E. West,  
Lipsologist**

#### FEATURED SPECIALIST:

**Laura E. West, certified Lipsologist and intuitive entertainer.**

Laura is one of eight certified Lipsologists in the world, following in the footsteps of Jilly Eddy the creator of Lipsology and author of, "Lipsology, the Art and Science of Reading Lip Prints. With over twenty five years of engaging audiences through corporate events, speaking engagements and private parties, Laura has literally read the lip prints of thousands of people and one dog. Her quirky and upbeat manner immediately puts people at ease while she shares the special and often hilariously accurate messages each lip print has for their owners. To learn more about booking Laura for an upcoming event, please reach out to

[laura@lauraewest.com](mailto:laura@lauraewest.com).

## SOPHOMORE SISTERS UPDATE

### Making Progress

*By Judy Blome*

Sophomore Sisters met on July 18, 2018 at Venezia Italian Café and elected our officers:

- Chair        Shirly Waller
- Co-Chair   Lishan Liu
- Secretary   Robbin Murley
- Reporter   Judy Blome
- Publicity   Shirley Wilson-Sigler

We discussed our research on various project ideas for Make a Difference Day and narrowed our focus. We plan to announce our project in the near future.

**“Becoming a leader is  
synonymous with  
becoming yourself.”**

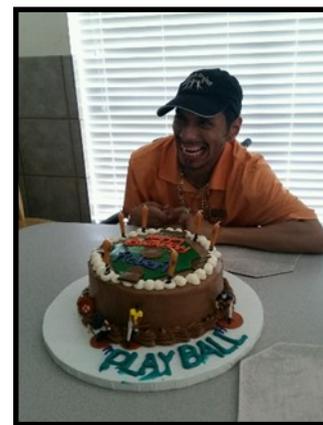
*Warren Bennis*

## ABILITY HOUSE UPDATE

### What's In Your Future? Program Meeting August 16, 6:00 pm

By Rosemary Gouger

Hello from Ability Connection! Saturday, August 4<sup>th</sup> at 1:30 we will be celebrating Robert's Birthday! I hope many of you will be able to join us. Robert is wheel chair bound and cannot speak with his voice but he makes up for that with his bright eyes and winning smile. Last year when I baked his baseball cake he kissed my hand to tell me how happy and grateful he was!. 'Thank you!', he said with his eyes. I can't wait to make him a chocolate "Dallas Cowboy" cake for this year. Robert has no family and no one to visit him so Altrusa coming to celebrate his birthday just makes his year.



Robert counts the days until his birthday all year long.

We have been in close conversation with Carolyn Bailey, the House Manager for Ability House and we have learned about new things going on at Ability House. Each resident is getting a bedroom makeover. Carolyn is so happy that Altrusa is taking a strong interest in Ability Connection and our committee is working on making 2018 a fabulous year for them.

The 2018-2019 Ability House committee is: Rosemary Gouger; Helen Bate; Shirley Wilson-Sigler; Sara Deats; Janie Jaquier; Jane Merz; Bobbi Klein; and Gayle Ingle. Please come to help us enrich the lives of these special people. All events are Saturday afternoons at 1:30 pm and only last about an hour. Here is the schedule of events for this year:

Robert's Birthday party – August 4	Vera's birthday party – February 23
Fall Halloween get together – October 8	Kathleen's birthday party – March 2
Shelly's birthday party – November 3	Henry's birthday party – March 16
Christmas Tree Decorating and Holiday Party – December 15	Nina's Birthday party – April 27

(and as always you can register on the website.)

Robert, Henry, Vera, Nina, Shelly and Kathleen look forward to meeting you!

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## ALTRUSA ACCENT

### Highlights of July 16 Program Meeting

By Tidings Editorial Staff

Our July program meeting was highlighted by a very informative speaker, Dr. Anh Tran of Tran's Vitality Essentials. Dr tran introduced us to his own special exercise program that is a combination of Yoga, Qi-Goung and Tai-Chi. Dr. Tran developed this program to offer a natural way to heal and mitigate physical ailments. Dr. Tran's wife, Yen, accompanied him and was very interested in our club. Charise Bell and Linda Karpyak, both instructors at the school, shared insights on their experience with the results that can be achieved by practicing the system.



Pictured left to right are Charise Bell, Dr. Tran and Linda Karpyak as they lead us in a demonstration of some simple exercises

Dr. Tran has very generously offered to **donate** his time to teach free classes before a meeting. Details are to be worked out, but possibly before the dinner meetings where there will be more room. More information coming soon.



## **INTERNATIONAL FOUNDATION**

### **Altrusa International Foundation**

*Excerpted from District Nine Spring 2018 Newsletter*

The International Foundation Grants Program funds programs of Altrusa Clubs carrying out independent programs of community service. Grants currently 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 while individuals are limited to a one time only Altrusa International Foundation Grant.

When considering applying for a grant include how the grant will fund service projects that involve Club membership participation, how the club decided on the project and the "hands on" provided by the club members. The project must be literacy related or directly benefiting individuals in the community who are disadvantaged. The proposal needs to state how the club learned of the need and how the club chose that specific project. A grant does not need to be lengthy but must include all the information required on the project checklist. A follow-up report is required by International Foundation within six months clearly defining the project's impact on the community, how the funds were used and the involvement of the club members.

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## **ALTRUSA INTERNATIONAL & DISTRICT NINE**

### **District Nine Will Be Hosting International Convention in July 2023**

*From District Governor Linda Moore*

District Governor Linda Moore has announced that the District Nine Board submitted a bid in the spring, to be considered at the Mid Year International Board meeting, to host the Altrusa International Convention 2023 in San Antonio. District Nine was awarded this event!! That is currently five years away and we will keep you up to date as plans are made.

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## **DISTRICT NINE**

### **Altrusa Richardson Will Bid to Co-Host 2020 District Conference with Collin County**

*By Bobbi Klein*

In May, the club members voted to bid to host the 2020 District Nine conference. It has been confirmed that the Collin County club will co-host with us if we win the bid. The Frisco club has also been approached but their participation has not been confirmed yet. The last time Altrusa Richardson hosted conference was in 2008.

District Governor Linda Moore has been contacted confirming that our club would like to bid. The District Board will need to approve our bid, but we will begin scouting possible locations in the meantime. Since the 2018 Conference was held here in Richardson we will extend our search area to Plano, north Dallas and possibly Frisco. If our bid is accepted a Conference Committee will need to be formed as soon as possible after that. More to come soon.