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## President's Message

### MEMBERSHIP IS ALTRUSA'S LIFELOOD

Recently I had the privilege of attending a luncheon, held in the home of **Mary Osentowski**, with thirteen past presidents of Altrusa. The purpose of the annual "Past President's Luncheon" is to give advice to the recently installed president, namely me. The lunch served was light and very delicious.. Of course we talked and laughed and enjoyed everyone's company. Finally, when we got to the purpose of the luncheon and each past president giving her advice, I could tell it was from her heart. Each past president's message came down to: "You are not alone; don't be afraid to ask for 'help'." "Everyone wants you to succeed and is there to help you." Those words were so meaningful and actually apply to every member in our club.

Our members are our lifeblood and help keep our club vital. Altrusans of five plus years have the knowledge and experience to help guide our members that were initiated this past year. It has been exciting to see how the new initiates have jumped in and become involved. New members bring new ideas and even new ways to do something that has been done for a number of years. Chairs from our Administration and Foundation Committees are reporting new and exciting ideas for projects this club year.

At Conference this past April, Governor Beth Blair stated that this year's focus will be on membership. Her challenge from Conference is to start the next biennium with 1,000 members in District Nine. She said that we had reached our 10 percent growth goal for the first year of the biennium due to our

phenomenal efforts to introduce people to the amazing gift that is Altrusa. With a District of **ONE THOUSAND STRONG**, who knows what new heights we will reach?

Governor **Beth Blair** has started a new initiative called New One - Bring One. This is a challenge to have all New Members bring in a new member to share their experience. More information about this initiative will be discussed at our August business meeting.

Meanwhile I will leave you with this quote I found on Pinterest. I liked it—don't ask why.

- ◇ Laugh Like You're 10
- ◇ Party Like You're 20
- ◇ Travel Like You're 30
- ◇ Think Like You're 40
- ◇ Advise Like You're 50
- ◇ Care Like You're 60
- ◇ Love Like You're 70



*Gloria Sandoval*

2014-2015 President  
gloria.altrusa@verizon.net

### WEBSITE NEWS!

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!)

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

**Project Preview**

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

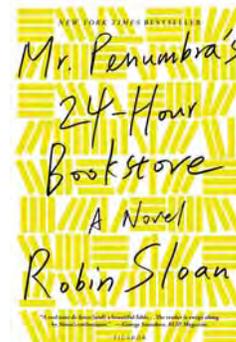
*By Christine Hart, Membership Retention Committee*

Richardson Altrusa’s book club, also known as the Altrusa Wine and Chocolate Literary Society or AWCLS, meet on the fourth Monday of every month at Friends Place, 1960 Nantucket Drive in Richardson. We begin at 6:00 PM and end by 7:30 PM.

The book for September will be the Richardson Reads One Book selection, **Mr. Penumbra’s 24-Hour Bookstore** by **Robin Sloan**. The discussion will be led by **Mary Beth McLemore**.

The Great Recession has shuffled Clay Jannon away from life as a San Francisco web-design drone and into the aisles of Mr. Penumbra’s 24-Hour Bookstore. But after a few days on the job, Clay discovers that the store is more curious than either its name or its gnomic owner might suggest. The customers are few, and they never seem to buy

anything—instead, they “check out” large, obscure volumes from strange corners of the store. Suspicious, Clay engineers an analysis of the clientele’s behavior, seeking help from his variously talented friends. But when they bring their findings to Mr. Penumbra, they discover the bookstore’s secrets extend far beyond its walls.



You do not need to have read the book to participate. We do ask that you register on the Altrusa web site so we know how many are coming. Please bring snacks, chocolate, and wine to share. We always have a great time!

**Committee Report**

**BIG PLANS FOR OUTREACH COMMITTEE**

*By Kay George, Community Outreach Committee Co-Chair*

The Community Outreach Committee was established several years ago as an “umbrella” committee that covers a variety of projects, some of which are one-day projects and others that are more extensive.

We have supported NETWORK of Community Ministries for many years. NETWORK provides health and emergency services to children, low-income families, and senior citizens in need within RISD. The mission is “caring, coaching, and empowering our neighbors in need as they seek an improved quality of life.”

We will support NETWORK throughout the year, according to this schedule:

- ◇ Ongoing: toiletries and first aid supplies
- ◇ August: canned food
- ◇ September: personal care items
- ◇ October: books and Santa Program
- ◇ November: pet supplies
- ◇ January: winter socks, mittens, and gloves
- ◇ April: books and toilet paper

***All items are covered by our Foundation budget; however, members may voluntarily provide items for any of the NETWORK projects.***

*(Continued on page 3)*



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

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

**Project Preview**

**DANCING (IN THIS CASE, WALKING) TO THE ALTRUSA RHYTHM!**

*By Alma Benoit, Seniors Committee*

From the Alzheimer’s Association website: “The Alzheimer’s Association Walk to End Alzheimer’s® is the world’s largest event to raise awareness and funds for Alzheimer’s care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Together, we can end Alzheimer’s disease, the nation’s sixth-leading cause of death.”

Saturday, September 6, is the date for the Walk to End Alzheimer’s® in Frisco Square. We would like at least 10 Altrusans to sign up to help with registration. Last year, more than 15 of us volunteered to help! **Please go to our website for all the details and to sign up to help with registration.**

- ◇ Location: Frisco Square, 8874 Coleman Blvd., Frisco, TX 75034
- ◇ Carpool (if interested): 6:00 AM, DART Station at Arapaho & Greenville
- ◇ Arrive for Instructions: 6:30 AM
- ◇ Registration Begins: 7:00 AM
- ◇ Ceremony Begins: 8:30 AM
- ◇ Walk Begins: 9:00 AM



After our task of registering the participants has been completed, if you like, meet your fellow Altrusans for breakfast at Le Peep, 7151 Preston Road, about three miles from Frisco Square.

If you wish to ALSO sign up to WALK, go to [www.alz.org/greaterdallas](http://www.alz.org/greaterdallas) and click on “Walk to End Alzheimer’s”.



*Dancing (in this case, walking) to the Altrusa Rhythm... Let's Keep Moving!*

**OUTREACH COMMITTEE** *(Continued from page 2)*

There are several projects that we have supported in the past, and we plan to continue:

- ◇ September: Richardson Reads One Book. Altrusa volunteers are ushers at the RROB Author Lecture event in conjunction with the Richardson Public Library
- ◇ November: Richardson City-Wide Pet Day. Altrusa volunteers assist AnimalLuv in their annual fundraising event
- ◇ December: Santa’s Village.
- ◇ March: The New Beginning Center.

At our recent planning meeting, the Committee decided to add these projects for 2014-2015:

- ◇ August and September: Hope’s Door Kitchen and Dishes Collection
- ◇ August: Children’s Advocacy Center of Collin

County, “Tennies & Socks” collection

- ◇ October: Children’s Advocacy Center of Collin County Teddy Bear Ride
- ◇ February: Boys & Girls Club
- ◇ To be determined: Richardson Methodist Hospital

The Committee will host a Kitchen Shower at the September Dinner Meeting benefiting Hope’s Door. This shower is intended to provide items to create a more homelike atmosphere for those temporarily living at the shelter. Members are asked to bring their gently used kitchen items to any of the meetings in August and September or contact **Susan Fischer**.

The Community Outreach Committee has approximately 30 members, but any member of our club is welcome to volunteer for these projects. So if one catches your interest, don’t hesitate to help with the needs in our community by being a part of a Community Outreach Committee project.

**Committee Report**

**CHANCE DRAWING ITEMS INCLUDE CORRYDON LODGE!**

*Diane Davidson, OWT Committee Raffle Co-Chair*



Gathering of OWT Chance Drawing items is coming along nicely. **Linda Craft** and **Diane Davidson** have some items that are “in the bag”. Our biggest prize, the Corrydon Lodge in Scotland, has once again been generously donated. <http://www.corrydonlodge.com/>

For entertainment, we have the Eisemann Center tickets and the Richardson Symphony. We also have several exciting jewelry pieces. We will hopefully have a nice variety of baskets prepared for the luncheon. Once all the prizes are collected, we will be moving on to the ticketing process, determining ticket pricing, and getting them designed and printed. We are happy to report we are on schedule and excited about the prospects.



**International News**

**LATEST MEMBERSHIP REPORT SHOWS 8.631 MEMBERS**

As of June 2014, Altrusa International, Inc. has 340 clubs in 8 countries with a grand total of 8,631 members. Listed below is a summary categorizing each District's total membership.

District	Number of Clubs	Active Members	Life Members	Emeritus Members	Life Members with No Club Affiliation	Affiliate Members	Total
One	18	395	2	6	0	0	403
Two	17	336	1	18	0	1	356
Three	26	770	2	24	0	3	799
Four	22	463	1	11	0	0	475
Five	28	643	1	28	1	0	673
Six	37	852	1	57	3	0	913
Seven	27	706	0	31	0	3	740
Eight	25	605	0	40	0	2	647
<b>Nine</b>	<b>33</b>	<b>897</b>	<b>1</b>	<b>33</b>	<b>0</b>	<b>6</b>	<b>937</b>
Ten	15	363	1	18	0	1	383
Eleven	22	478	0	26	0	2	506
Twelve	21	607	0	18	0	16	641
Fourteen	23	567	1	33	0	0	601
Fifteen	21	457	0	18	0	0	475
Clubs-At-Large	5	74	0	5	1	2	82
<b>Totals</b>	<b>340</b>	<b>8,213</b>	<b>11</b>	<b>366</b>	<b>5</b>	<b>36</b>	<b>8,631</b>

**Altrusa Clubs are located in the following countries: Bermuda, Canada, India, Ireland, New Zealand, Puerto Rico, Russia and the United States.**

## Meeting Report

# ERICA STANLEY OF CACCC WAS SPEAKER AT JULY DINNER MEETING

*Kay George, Community Outreach Committee Co-Chair*

At our July 17, 2014, dinner meeting, **Erica Stanley**, Director of Community Resources at the Children's Advocacy Center of Collin County (CACCC), spoke about the purpose of the Center and ways in which it serves the community. The mission of CACCC is to provide safety, healing, and justice to children victimized by abuse or neglect. The Center provides a friendly environment where children can safely tell their story and receive the support they need.

**Kay George** and **Jan Skinner** met Erica when they delivered almost 100 stuffed animals—mostly Teddy Bears—to the Center on behalf of the 2013-2014 Community Outreach Committee.



## Committee Report

# SENIORS COMMITTEE HAS PLANNED A BUSY, FUN YEAR

*Sue McElveen, Seniors Committee Co-Chair*

The Seniors Committee had a very good turnout for our August 5 meeting. Ten of our 21 committee members attended.

We will do the Collin County Alzheimer's Walk on at Frisco Square on September 6. **Alma Benoit** offered to head this function. Details are elsewhere in this issue.

Atria Bingo is another function we decided to continue. The event is held the second Wednesday of each month. We typically need one volunteer for each month, but more can sign up if you wish. The volunteer is needed to call the bingo and any others can be spotters to check the cards. **Ann Payne** has volunteered for August along with **Lianne LeBlanc**. **Gloria Sandoval** has volunteered to call for September. For Atria Bingo—and all of our events—please register on the website!

One event we decided to add is the Atria Auction. Atria needs two volunteers every two months to help collect "bucks" from the residents and hand out prizes. The next auction at Atria will be held on September 29 at 2:15 PM with auction starting at 2:30. The auctions last about one hour. The next one will be held on November 10, with the same starting time as September. Additional auctions will be announced on our website when scheduled by Atria.

We will continue with the Appletree Court Auctions. The auctions are once in the Fall and once in the Spring. The Fall auction is scheduled for October 14, at 6:30 PM. **Gloria Sandoval** has volunteered to call for this event. We could use about 10 more volunteers to help spot and deliver prizes. The Spring auction date will be put on the website nearer its date, so if you can't sign up for Fall, maybe you will be available for the Spring auction.

We always need auction items, so please check your closets for re-giftable things that would be good for the seniors to bid on. Free up some of that valuable closet

space by bringing the items to any club meeting and we will take them off your hands. Popular items are shown in the event listing on the website. Just remember, candles that need to be lit are not allowed. However, we think battery-operated candles would be nice. Make sure you include batteries.

Two parties we always love to host are the Mother's Day Tea and the Father's Day "Tie One On" events held at Friends Place in the Spring. We will post these on the website nearer their dates. Both are generally held on the Friday preceding the celebrated day.

We elected not to continue the book rotation. The Exchange Club of Richardson will no longer help. After much discussion, we decided that the Library should find younger, more fit groups to take up this event. I will speak to **Janet Vance** about this when she returns from vacation.

Our committee has \$300 in our budget. We will review needs for each event to see where to spend the money. One idea was to buy gifts for the Apple Tree Auctions, such as large print books, and other items as the need arises. This way we will have plenty of gifts, and we will not have to rely on asking the members for donations.

Co-chairs **Pat Hansen** and **Sue McElveen** will be unable to volunteer during September, but Sue will be available to talk to anyone or solve any dilemmas from home.

The co-chairs look forward to working with all of you as the year progresses. Please contact Sue if you have any questions or concerns about what the committee has decided so far. Also, if you have any ideas of other activities we could do for the seniors in our community, be sure to let us know. We may meet again before Thanksgiving.

**Project Report**

**WE LOVE TO CELEBRATE BIRTHDAYS AT ABILITY HOUSE!**

*By Jan Skinner, Ability House Committee Co-Chair*

We have visited Ability House two weeks in a row: July 26, for for **Roberto's** birthday and August 2 for **Robert's** birthday! That's right; we celebrated two Saturdays in a row! They really appreciate Altrusa!



*Roberto, on his birthday*

Ability Connection Greetings!

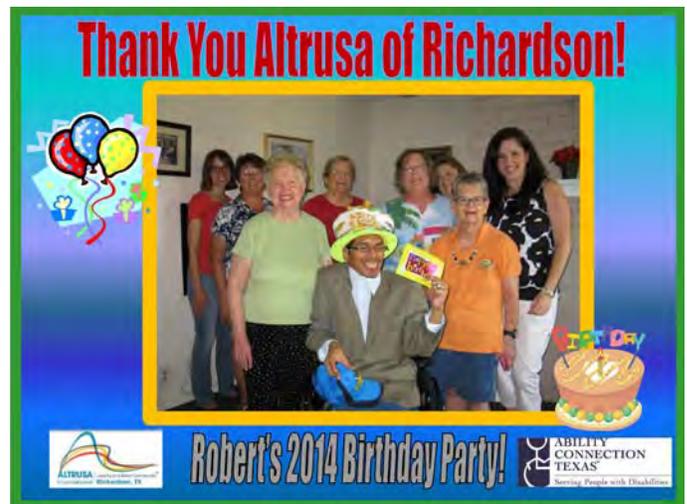
Ability House was filled with Robert's radiant smile on Saturday, August 2<sup>nd</sup> as his Altrusa friends arrived for his birthday party.

Most of us know that from the day after his birthday, for the next year, whoever sees Robert on a daily basis is greeted with Robert holding up the number of fingers indicating the number of months until his next birthday.

With his year-long building of excitement it is understandable that he is just about ready to explode when his day "finally" arrives! And his day was very special thanks to Altrusa. He loved his birthday cake, Blue Bell ice cream and soft drink. He helped lead the singing of Happy Birthday by moving his arms and he consumed his second piece of cake before Shelly, Vera, Nina and Roberto had finished their first piece. He enjoyed his card (which he is happily holding in the photo) and was delighted with the Altrusa earphones gift for his listening to music delight.



*Above: no one enjoys a birthday more than Robert!*



Joining in the celebrations was our ACT Chief Program Officer, **April Allen**...along with two other ACT team members and their husbands (not in the photo).

I always share how much the Ability house residents like their Altrusa friends and enjoy being with them – and I think more than my words Robert's smile reinforces how important each of you are to Robert, **Shelly, Vera, Nina, Roberto and Kathleen.**

Thank you very much & best wishes always from all of us at Ability Connection!

*Bill*

Bill Knudsen  
President/CEO  
Ability Connection Texas



*Above: Roberto, center, is surrounded by Altrusans helping him celebrate his special day. (L-R) Ann Eisemann, Janie Jaquier, Jan Skinner, Barbara O'Dell, Barbara Berthold, Ann Payne, and*

District Nine News

**GOVERNOR BETH BLAIR ASKS NEW MEMBERS: NEW ONE? BRING ONE!**

In a recent email to Club Presidents in District Nine, **Governor Beth Blair** said:

“ONE THOUSAND STRONG. Our new manta, ONE THOUSAND STRONG, will be around a lot for the rest of the biennium. I’m expecting every club to join in the effort. If each club can gain 20 percent, we will exceed our goal and be ready to hand over a huge and vibrant district to Governor-Elect Sylvia Zamora! I believe in you! Just get out there and show your true colors to folks who need the gift of Altrusa. And let me know how the District can help your Club get there.

Governor Beth has created a new program especially for new members, asking them to share the gift of Altrusa. It is called **New One? Bring One!** If you are one of the new Richardson Altrusans, you should have received an email from the Governor, inviting you to participate in New One? Bring One!

Learning the ropes in your new Altrusa Club is going to be a great experience. You’ll laugh, you’ll love what you’re doing for your community, and you’ll grow in ways you never would have imagined. What better opportunity is there to share with a friend?

District Nine wants to encourage you to share Altrusa from the beginning by bringing along one of your closest friends as you experience the magic of this organization from the beginning. Altrusans who became members since June 1, 2013, who also become primary sponsors of at least one new member before 2015 Conference in San Antonio will receive special recognition at that event—in addition to having a good friend to share this glorious time. You’re only a new member once!

Be sure to fill out the reporting form (ask your club president or Governor Beth) and send it to [bethelene@tx.rr.com](mailto:bethelene@tx.rr.com) so we can accurately track and award our newest members and sponsors. You can be a part of District Nine’s successful campaign to be

**1,000 STRONG!**



Altrusa Accent

**ALTRUSA BENEDICTION**

May we go forth with high ideals  
To greet our fellow man,  
Be true to all Altrusa aims  
Until we meet again.



## Special Report

# INTERNATIONAL YOUTH DAY SLOGAN IS “MENTAL HEALTH MATTERS”

By Jane Tucker, International Relations Committee Co-Chair

Since 1998, the United Nations has celebrated International Youth Day on August 12, with activities designed to focus awareness on youth—the time of life between childhood and adulthood. The 2014 theme for International Youth Day is “Youth and Mental Health” under the slogan ‘Mental Health Matters’.

It is no secret that mental health issues can often create discrimination, which can in turn lead to exclusion and/or discourage people from seeking help for fear of being negatively labeled. The United Nations is seeking ways of overcoming the stigma of having mental health problems, so youth can receive the help they need to go on and live productive lives free from the feeling of isolation and the stigma of having mental health issues.

To help orchestrate this theme, the Department of Economic and Social Affairs Focal Point of Youth and the Office of the Secretary-General’s Envoy on Youth have been seeking ways to improve the mental health conditions of youth. Events have been planned to allow youth the opportunity to speak out to raise awareness of this important topic. The United Nations has also encouraged communities around the world to organize ways to spread the word about this issue through activities such as exhibits, being an advocate for youth,

organizing a literary library relevant to mental health issues, and/or helping to strengthen programs tailored for youth with mental health conditions.

Why has the United Nations asked us to get involved? The statistics are staggering: 20% of the world’s youth experience mental health conditions, 70% of youth in the juvenile justice system have at least one mental health condition, and 55% have two or more conditions. And, lastly, only 20% of youth having mental health conditions receive the treatment they need. One way our club has reached out to help in this endeavor is by donating funds to The Counseling Place. This spring our club presented a grant of \$900 to Executive Director, Debbie Walsh, which is being used to develop a “Project Positive” program to enhance the current professional counseling services for their clients. Hopefully, through efforts such as this, more youth can receive the positive help they need and can enter adulthood ready to be a productive member of society.



## International Foundation News

# ALTRUSA INTERNATIONAL FOUNDATION COMMUNITY LEADERSHIP AWARD

The International Foundation’s Community Leadership Award recognizes individuals who have made significant contributions to their communities as volunteer leaders. Through the Community Leadership Award, every Altrusa Club has an opportunity to recognize the individuals in their communities who are contributing to the welfare of others.

The Community Leadership Award was initially presented annually; effective 2009, this Award is presented once a biennium at the Foundation event during the Altrusa International Convention.

If your Club would like to nominate someone for this award, please note that the nominee should be someone who:

- ◇ Has chaired a specific community service program which provided, or continues to provide, a benefit to the community

- ◇ Chaired an Altrusan project or program (not a fundraiser); the project may have been sponsored in cooperation with another civic or charitable organization
- ◇ Lives or works in the community of the nominating Altrusa Club
- ◇ Is a true volunteer, not a paid staff member
- ◇ Does not have to be a Altrusa member

The monetary prize is \$2,000 to be given to the winner’s project, or a service project of the winner’s choice. The award will be presented at the Kansas City, MO Convention in July 2015. The deadline for nominations is May 15, 2015.

For any questions, contact the International Foundation office at [foundation@altrusa.org](mailto:foundation@altrusa.org) or (312) 427-4410.

# Club Calendar August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Kimberly Kierce bday	2 Ability House bday
3	4	5 Seniors Cmte meeting	6	7 Educ. Cmte, Int'l Cmte meetings Business Mtg	8	9
10 Dena Davis bday	11 Brenda Boston bday	12 Linda Olivera bday	13 Ginna Coffe bday Lunch Bunch Choose Kind	14	15	16
17 Yearbook deadline	18 Jean Stuart bday	19 Linda Korn bday OWT Cmte meeting	20 Samanthia Slight, Courtenay Tanner bday	21 Dinner Meeting	22	23
24	25 <b>TIDINGS deadline</b> Retention: AWCLS	26 Brenda Duckett bday	27	28 Board Meeting	29 Cindy Murray bday	30 Freda Hanley bday
31						

Business Meetings, 7 PM, 1st Thursday, Clubhouse at the Richardson Woman's Club  
 Dinner/Program meetings, 7PM, 3rd Thursday, Founders Hall at the Richardson Woman's Club  
 Board meetings, 7 PM, 4th Thursday, Friends Place Adult Day Services

Events on this page are copied from our website. See event listings at [www.altrusarichardson.com](http://www.altrusarichardson.com) for details of time and place.

If you choose, you may bring a gift (worth about \$5) to the dinner meeting in the month of your birthday. There will be an opportunity to put our names in a drawing (only \$1 per chance!) to win a birthday gift. Proceeds are used for our administration budget.

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