

KEY CONTACTS:

Club Officers & Directors
2023-2024
President - Melanie Pederson
Vice Pres - Amanda Allen
Secretary - Carol Heckert
Treasurer - Diane Shaw
2nd Year Director - Patti Geiser
1st Year Director - Elaine Schroeder
Immed. Past President - Valerie Derryberry
Parliamentarian/BRR - Diane Bielanski

Contact:

Club email:

altrusahsv@gmail.com

Altrusa HSV Website

<https://districteight.altrusa.org/hot-springs-village/>

2023-2025 District Eight

Governor - Lorraine Brewer
Club Liaison - Laura Wijkowski

District Eight Website

<https://districteight.altrusa.org>

Altrusa International, Inc.

1400 E Touhy Ave,
Suite 410

Des Plaines, IL 60018

Phone: 312-427-4410

www.altrusa.org



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Dare to Leap

President's Message - Melanie Pederson

As the warmth of spring begins to awaken the world around us, it is time to embrace the opportunities and joys that April brings. I hope this newsletter finds you well and filled with enthusiasm for what we accomplished last month and what we have planned for next month.

Looking Back

4.0 GPA Program - A special thank you to Lynda Grasse and Valerie Derryberry for their work in planning another successful celebration; 131 deserving students were recognized and seniors who maintained a 4.0 for four years received scholarships.

Butter Braid Pastries and Cookies - Patti Geiser and Gail Dann led this fundraiser and helped generate funds for scholarship and services projects. Great job!

Random Acts of Kindness and Books - A big shout out to all of you for submitting your information and to Amanda for compiling and submitting to District.

New Service Project - Becky wowed us with another impactful service project! Thank you, Joanna, for printing the flyers. Several Altrusans placed flyers with a hotline number in bathrooms to help combat human trafficking in the surrounding area. Our goal was to reach children and women who are being trafficked and offer them hope.

Looking Forward

20th Anniversary Celebration - Yes, we are having a party! Several of our past presidents

and a couple of charter members will be on hand to share our club's history. We will reflect on the impact our club has made and continues to make in our community with our many services projects. We received a congratulatory card from Altrusa International District Eight Past Governors acknowledging our club's anniversary date and 20 years of service. I hope ALL our members will join us as we celebrate our 20th Anniversary as it will be a fantastic opportunity to connect with each other, enjoy a slice of birthday cake, remember where we have been and embrace how we "Dare to Leap" to the future.

District Eight Conference - Our club will be well represented at this year's conference: Melanie Pederson, Amanda Allen, Diane Shaw (delegates) and Laurie Herman, Patti Geiser and Dorothy Fager (alternates). Look for conference and award information when we return. Remember to bring items for the district conference service project to the April meeting (See Page 7 for items needed).

Literacy: Some of you have experienced the joy of watching a child pick their own
Please see President's Message, Page 5



"The smallest deed is better than the grandest intention."

Anonymous

Featured Picture

Welcome Joanna! Joanna Horton was initiated as the newest Altrusan on March 7, by (from left) Mary Kramer, sponsors Diane Shaw and Carol Heckert, and Vice President Amanda Allen. Watch for a Q&A with Joanna in next month's Dogwood Blossom.

Special U.N. Days: World Health Day April 7, World Immunization Week, April 24-30

By Laurie Herman

April brings two events that Altrusa International follows from the United Nations.

The first is World Health Day on April 7. The U.N. says that the right to health of millions is increasingly coming under threat. World conflicts are devastating lives, causing death, pain, and hunger. The burning of fossil fuels deprives our lives of breathing clean air, with indoor and outdoor pollution claiming a life every 5 seconds.

Approximately 140 countries recognize health as a human right in their constitutions, yet so many are not putting their laws into practice. In 2021, at least 4.5 billion people – more than half of the world's population – were not fully covered by essential health services.

To address these issues the theme for World Health Day 2024 is "My Health, My Right." This theme was chosen to champion the right of everyone, everywhere to have access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

Following the topic of health, the UN recognizes the World Health Organization's "World Immunization Week from April 24 to April 30."

This week aims to highlight the collective action needed to protect people from vaccine-preventable diseases, which in turn allows them to live happier, healthier lives.

Celebrating 50 Years of Immunizations

Immunization week celebrates 50 years of the Expanded Programme on Immunization (EPI). In 1974, the WHO established the EPI to combat and prevent various communicable diseases through systematic immunization programs. At its inception they had 6 vaccines, to date they now have 13, including the Covid-19 vaccine.

The EPI's success is marked by several milestones. Two examples: Smallpox was eradicated in 1980 and polio has been reduced by 99 percent.

According to the WHO and EPI, "Immunization is one of the most efficient and cost-effective healthcare interventions, bringing the most marginalized communities into contact with Primary Health Care."

Summary of Altrusa of HSV Business Meeting March 4 and Board Actions on March 11

The business meeting of Altrusa International of Hot Springs Village was held Thursday, March 7, called to order by Vice President Amanda Allen, with 23 members in attendance of 31 active members and 3 Emeritus Members.

Prior to the start of the business meeting, Altrusans donated and stuffed hundreds of Easter eggs in support of the Village True Value Easter Egg Hunt.

Capt. Jeremy Simmons, from the Hot Springs Village Fire Department, was guest speaker and provided information on the upcoming Total Eclipse on April 8 – what to expect and plan for.

Initiation: Joanna Horton was formally initiated by Membership Chair Mary Kramer. Joanna's sponsors are Carol L. Heckert and Diane Shaw. She will serve on the Finance Committee.

Vice President's Report: Amanda, as Nominating Committee Chair, presided over the Election of Club officers: 2024-2025 slate President, Melanie Pederson (second year); Vice President, Laurie Herman; Secretary, Amanda Allen; Treasurer, Diane Shaw (second year); 2nd Year Director, Patti Geiser; 1st Year Director, Kathy Jervis. Membership voted to approve; their terms beginning June 1. Our Club can send three delegates and three alternates to the District Eight Conference, Salina, KS, April 25-27. One alternate position is available; let Amanda Allen know if interested.

Amanda, as Nominating Committee Chair,

presided over the Election of HSV Foundation officers: 2024-2025 slate President, Irene Keith (second year), Vice President, Carol L. Heckert (2-year term); Secretary, Gail Dann (1-year term completing Doris Michaelson's term); Treasurer, Dorothy Fager (second year). The membership voted to approve.

Literacy Hours and Acts of Kindness: Please send Amanda your random acts of kindness each month starting February 1, 2024. Amanda will guesstimate the number of instances retroactive to June 1, 2023.

Secretary's report: Carol L. Heckert. Minutes of the February 1, 2024, Business Meeting were approved (as amended).

Treasurer's Report: Diane Shaw will resend the February report with corrected numbers, to be reviewed and filed for audit at the April Business Meeting.

First Year Director: Elaine Schroeder again requested service hours. Please contact her if you have any questions.

Second Year Director: Patti Geiser reported progress on the new Project Board whose theme is Altrusans Take Flight. Deadline for Braided Bread and Cookies orders is March 20.

Committee Reports

*Membership Development: Mary Kramer encouraged all to attend the member recruitment social March 14. She reported numerous hard copy

records are in the Club storage area, and an inventory is needed. This will be discussed at a Board Meeting.

*Service: Becky Elliott reported May 1 will be the next (third) Birthday Book distribution by Altrusans at Mountain Pine Elementary, noon-2 p.m. The next Altrusans Read event is March 20 at Mountain Pine. Altrusans who volunteered to distribute "Human Trafficking" awareness flyers will gather March 23, at 9:30, by Woodlands Auditorium to get flyers and assignments. Businesses outside the Village with public restrooms will be asked for permission to post the flyers. Joanna Horton volunteered to print (100) flyers. Doris Harder reported 51 Comfort Kits have been distributed YTD. Information will be sent out regarding assembling more Comfort Kits at Community of Joy church.

Board Actions

The Board of Directors met March 11 via Zoom and took the following actions:

*Recommended \$210 be paid from the Club Operating Account to Altrusa International Foundation, Inc. designated for Club 21. Club membership will vote on this at the April Business Meeting.

*Recommended the addition of Dorothy Fager as an Alternate to the Altrusa District Eight Conference. Membership will vote in April.

*By email vote in March, unanimously approved a Recommendation for Membership for Chris Hanses.

Committee Highlights

Finance

Diane Shaw, Chair

Two "Save the Date" announcements:

1. Game Day is scheduled for Oct. 24. I will be putting a planning document together in the next few weeks so we will have volunteer signup sheets available at the June business meeting. More information on Game Day will be discussed at the June meeting.

2. The Fall Butter Braid Pastries and Cookies campaign will be Oct. 16-30. We will place that order on Nov. 1 and deliveries will be made before Thanksgiving. We will have flyers available at Game Day in case the ladies are interested in buying any of the items. We will also be serving some Oatmeal Cranberry White Chunk cookies so they can taste the delicious cookies!

Finance Committee members also agreed that finance meetings will be held at 9:30 a.m. on the 4th Tuesday of every month.

Membership

Mary Kramer, Chair

If you missed the membership recruitment social, you missed a fun, and probably fruitful, event. Look for new faces at our future meetings to make our guests feel welcome.

The Membership Committee is now preparing for the installation of our new officers at the May regular meeting.

Cups, napkins and more: The Club has accumulated a large number of napkins, cups, forks, plates and nut cups. These are stored in a tote for the next meeting. At the end of each meeting, a member of the host committee for the following meeting should take the bin and return it the next month for the next host committee.

Loan Closet, April 24: Volunteers are Kathy Jervis and Becky Elliott.

There will be a sign-up sheet on the Opportunity Table to be a sub when an Altrusan cannot work the day they had selected.

Service

Becky Elliott, Chair

In an effort to help with the fight against human trafficking, 10 members of Altrusa of HSV participated in placing Arkansas Department of Labor posters in women's public restrooms.

Thirty-five sites such as filling stations, thrift shops, retail stores and restaurants were visited. Without exception store managers were welcoming and eagerly accommodating.

Nursing Scholarships:

Interviews for nursing scholarships are scheduled for Friday, April 5.

This year the club is awarding three \$1,000 scholarships. This year's third scholarship is in honor of the late Ouida Wolfe, who was a career nurse and an Emeritus Member of the Club. In the past we have funded two scholarships.

Communications

Amanda Allen, Chair

The Communications Committee met via Zoom on March 18. We made plans for the April Dogwood Blossom and discussed publicity for the 4.0 Scholarship Luncheons; the Easter Egg Hunt; the Altrusa recruitment party; and assigned members to take photos.

The next meeting is 8:30 a.m. April 15 via Zoom.

This Month's Accent Mary Kramer

Membership Recruitment in Altrusa: Try These Conversation Starters

April is "Add an Altrusan Month." If we add a new member during April, our club will be entered into a district drawing for a \$100 prize.

We are always looking for new members, in April and every other month, and the best way to find a new member is to talk about Altrusa International and our Club of every chance you get.

Create chances by asking questions or giving information:

Did you see our picture or article in last week's paper?

Did you hear our ad on KVRE for our upcoming fundraiser or event?

Did you realize Altrusa gave 17 scholarships to local high school seniors this year?

When we give every third-grader a dictionary, it may be the first book the child has ever had of their very own. We explain the variety of information that is in a dictionary. Teachers tell us the students are excited to get them, even in this digital age. Many of these children do not have access to a computer or the Internet at home.

We never meet the recipient of one of the Comfort Kits we provide to three area hospitals, but the hospital staff tells us the kits are important and meaningful to the victims of sexual assault who receive them.

Another way to talk about the Club would be the comment, "We had such a good meeting last night at Altrusa ..." You never know what might happen when you start talking to someone. A member of the Altrusa Club in Colorado was telling her doctor about Altrusa. He went home and told his wife. She became a member.

It is not hard to bring up Altrusa and its value and purpose in the community – if you're not afraid to bring it up. The other thing I want to mention about membership is that each of you is valuable to our Club. If there is something you don't like, would like to see changed, or added, please tell someone. If you don't speak up and tell someone you'd like to see a change, then nothing will happen.

You are important to our club's success.

Upcoming Events

- Apr 2:** Board Meeting, Trademark HSV Real Estate, 1 p.m.
- Apr 4:** Business Meeting, Trademark HSV Real Estate, hosted by Past Presidents, marking 20th anniversary year of Altrusa of HSV. Social at 4 p.m.; meeting at 4:45 p.m.
- Apr 7** World Health Day
- Apr 8:** Total Eclipse in Hot Springs Village; be prepared with food and gas to last a week.
- Apr 11:** Zoom meeting for delegates to the District Eight Conference, 7:30 p.m.
- Apr 24:** [Village Loan Closet](#) Service Project 1-4 p.m. Volunteers: Becky Elliott and Kathy Jervis.
- Apr 24-30:** World Immunization Week
- Apr 25-27:** District Eight Conference, Hilton Garden Inn, 3320 S. 9th St., Salina, KS. Delegates Melanie Pederson, Amanda Allen, and Diane Shaw; alternates Patti Geiser, Dorothy Fager and Laurie Herman.
- May 1:** Third distribution of Birthday Books to Mountain Pine Elementary students.
- May 2:** Business Meeting, Trademark HSV Real Estate, hosted by Foundation. Social at 4 p.m.; meeting at 4:45 p.m. New officers will be installed.
- May 10:** Chamber of Commerce Business Expo, Altrusa of HSV tentatively will have an information/recruiting table, 9 a.m.-3 p.m.
- May 13:** Board Meeting, Trademark HSV Real Estate, 9:30 a.m.
- May 17:** Altrusans Read to students at Mountain Pine Elementary School; meet to carpool from the Chamber of Commerce, 2:30 p.m.
- May 27:** Memorial Day

In Our Prayers

Family of Linda Logan
 Velma Coolidge
 Valerie Derryberry
 and her family
 Joan Schoonover
 Linda Shearer
 Carole Thompson
 Family of Ouida Wolfe
 Brenda Walls
 Eyvonne Whipple

April Birthdays

Linda Shearer	Apr 13
Amanda Allen	Apr 14
Becky Elliott	Apr 16



When Reality Sets In, Jessieville Students May Be Prepared

Five Altrusans helped Jessieville students learn more about what it takes to be on your own “adulting,” at the school’s Reality Fair on March 1. Students got information on how to budget for housing, food, insurance, vehicles, clothing, childcare and more – plus the sad realization that even a good monthly income doesn’t go that far. Elaine Schroeder (above), Becky Elliott, Valerie Derryberry, Patti Geiser and Amanda Allen took part.

Service, Literacy Leaders Making Lives Better



The theme of this year’s District Eight Conference is “Altrusans Take Flight,” and the two luncheon speakers are women who’ve done just that. The service luncheon speaker is Debbie Rivers, the founder and executive director of Salina Shares. The nonprofit organization brings together businesses, churches, schools, civic organizations, individuals, and families to create a community of neighbors helping neighbors in need. It is also the organizer of Laundry of Love Salina, which paid for 4,367 loads of laundry for more than 1,000 people in 2023. Salina Shares provided 53 move-ins for people starting over for a variety of reasons (domestic violence, out of prison, divorces, etc.) The organization also provided lunch bags and toiletries for people in need. (See items you can donate on Page 7.) The literacy luncheon speaker is Kelly Mobray, Director of Adult Education with Salina Public Schools. She has held this position for 21 years. Her topic will be Adult Education & Literacy: Supporting Students’ Ability to Fly High & Succeed. Kelly has served in leadership roles for the Kansas Adult Education Association and the Emporia State University Alumni Association and as a mentor for new program leaders under the Kansas Board of Regents.

Following in the Footsteps of Altrusan Eleanor Roosevelt

Eleanor Roosevelt is perhaps the most well-known member of Altrusa International. The former First Lady was a member of the Altrusa Club of New York City. Her classification was under furniture because she was a factory owner. During her husband's governorship of New York, she helped organize the Altrusa Club of Albany, NY. Altrusa International has an Eleanor Roosevelt Humanitarian Award to honor her service-oriented life. It is Altrusa International's only award given to an Altrusan who makes a lasting contribution to community service as a result of involvement with Altrusa. Recipients must have a distinguished service record at the Local, District and International levels. Award nominations are due May 15.



-Kathy Jervis

**"Well behaved women rarely make history."
 -Eleanor Roosevelt**



Investing in the Future: 15 Scholarships for Seniors with a 4.0 All Four Years of High School

Sometimes You Want Your Kid to Be a Smart Aleck (Or a Smart Bethany, Macy, Robert, or Matthew)

Savvy investors in the stock market choose stocks based on past performance and future potential. Altrusa of HSV is following that lead, and betting these students will be among the future leaders of our community.

The Club awarded \$750 scholarships to these 15 students from Fountain Lake, Cutter Morning Star and Jessieville High Schools, all seniors who have maintained a 4.0 GPA during their four years of high school.

We also recognized the future leaders following in the footsteps of these seniors – the freshmen, sophomores and juniors at Fountain Lake, Cutter Morning Star, Jessieville and Mountain Pine High Schools who have achieved a 4.0 in the first semester this year.

The scholarships and certificates were presented at special luncheons March 27 and 28 at the William J. Clinton Library and Museum. Keynote speaker for the March 27 luncheon for Jessieville and Mountain Pine students was former Arkansas Gov. Asa Hutchinson; Miss Arkansas Corie Keller was the featured speaker for Fountain Lake and Cutter Morning Star students.

Former Gov. Hutchinson told students there would be times they would stumble in their lives, and recounted some of his own, but he said, stumbling does not mean you've failed, only that your life doesn't always go as planned. It's important, he said, to always keep learning, particularly from others with a different perspective or point of view.

Miss Keller gave an inspirational talk about pursuing your goals – and changing them when you realize that maybe what you thought you wanted to do with your life and career really isn't what you want to do. Sometimes when someone tells you “no,” that job's really not for you, it might be the best “yes” you've ever received, a chance to examine your goals and look at new opportunities.

The students and their parents enjoyed a complimentary tour of the Clinton center after the luncheon.



Eleven graduating seniors at Fountain Lake and Cutter Morning Star (at top) received scholarships on March 28. They are (from left) Bethany Breshears, Elyse Curtis, Paige Davis, Caleb Herring, Faith Lavender, with Miss Arkansas Cori Keller, Macy Morgan, Lainey Mungle, Eryn Norris, and Celeste Rea-Garibay, all of Fountain Lake; and Robert Ball and Jacob Harbin, of Cutter Morning Star. Above, four seniors from Jessieville who received scholarships March 27 pose with former Arkansas Gov. Asa Hutchinson – Matthew Goodwin, Hunter Pye, Connor Riley, and Cooper

President's Message *(Continued from Page 1)*

“Birthday Book” to take home or watching students listen attentively to you as you read a story to their class. Reading to a child makes a difference. There is still time to help enrich the lives of students. Contact Mary Jane or Becky for more information.

New Member Initiation – I am pleased to announce we are initiating a new member, Chris Hanses, at our April meeting. Please welcome her!

Thank you for your membership and service. I am looking forward to another month of camaraderie, learning, and service. Together we make a GREAT team!

Recruitment Social Lets Seven Hear More About Altrusa of HSV

The Membership Recruitment Social with a St. Patrick's Day theme was a successful event with seven guests attending. It's already resulted in one new member joining our Club.

Chris Hanses (third from left) will be initiated at the April 4 Business meeting. Other guests seemed very interested in joining and we hope to gain more new members. At least one guest has committed to attend our next meeting.

Members had time to talk about why Altrusa is of value for them, and for the guests to tell us a little about themselves.

It was a fun event organized by the Membership Committee with lots of smiles and laughter in a relaxed atmosphere at the home of Doris Harder. (Thank you, Doris, for hosting the party at your home!).



Learning More About Altrusa: Guests at the social were (from left) Jason Hunt, Janet Hammond, Chris Hanses, Jan Folstad, Mary Knight, and Joan Plautz. Not pictured, Linda Prust.



Altrusans + Community of Joy Women's Church Group: 25 Comfort Kits in Only an Hour

Five Altrusans and seven members of the Community of Joy gathered on March 19 to assemble 25 Comfort Kits for victims of sexual assault in our community.

The Kits, a service project of Altrusa International of HSV, since 2006, contain a blanket, T-shirt, sweatpants and top, socks, underwear, toiletries, and a message of comfort. The Kits are donated to three area hospitals - CHI St. Vincent, National Park, and Saline Memorial - to distribute to those who have been assaulted.

When a sexual assault is reported, police must take the victim's clothing as evidence, and many have no one to call to bring clean clothing to the hospital. When Altrusans learned that some victims were being released to go home in a hospital gown, the Comfort Kits project was born. Doris Harder, the Chair of the Comfort Kits project this year, was contacted by Karen Sterzik of the Community of Joy women's group recently and asked if church members could help assemble the bags.

The church opened its gathering area for the project and volunteers joined together to assemble complete Kits, labeling the bags by size, and writing a note of comfort for the unfortunate person who would receive the bag.

Working the "assembly line" for the Kits are (from left): Anne King, Laurie Herman, Karen Sterzik, Sue Fisher, Chris Hanses, Doris Harder, Jackie Wilson, Joan Plautz, Dianne Degner, Dorothy Fager, Diane Shaw, and Amanda Allen. At right, Altrusan-soon-to-be Chris Hanses and Altrusa Treasurer Diane Shaw fill bags with toiletries that are placed in the kits.

Butter Braid Pastries and Cookies

No final numbers yet, but the sale was a success! Villagers wanted to try those cookies, and many love the braided bread loaves. We should have sales totals by the Business Meeting April 4.

Recognize These Eggs? Altrusa of HSV Donated And Stuffed Hundreds For the Easter Egg Hunt



Altrusans donated and stuffed hundreds of Easter eggs at the March 7 Business Meeting in support of the Village True Value Easter Egg Hunt at the Cedar Mountain Boys & Girls Club on March 23. The kids had a really good time. We think Travis Smith (the Easter Bunny) had as much fun as the kids. Some very excited kids having a great time – fun to watch! At the end, the Easter Bunny needed a rest. Below, Karen Brines, Beth Annen and Mary Jane Weiss work on those hard-to-close eggs; Travis Smith, marketing, and garden center manager of True Value, with Altrusa’s donated eggs.

Photos by Gail Dann



Bring Your Donations To Salina Shares on April 4

The District Eight Conference is collecting items for people in need in Salina, KS. During the conference, attendees will assemble hygiene kits and food bags for Salina Shares. Altrusa of HSV will be collecting items to take to the Conference at the April 4 meeting. Please consider bringing any of these items:

Supplies for Hygiene Wraps

- Hand towel
- Washcloth
- Small comb
- Bar of soap
- Small deodorant
- Toothbrush/toothpaste
- Nail clipper

Supplies for Food Bags

- Tuna Salad or chicken salad kit with crackers
- Canned pasta with tab opening or a microwave can
- Mac-n-cheese with a can of beanie weenies
- Pudding Cups
- Fruit Cups
- Granola or Cereal Bars
- Small packets of peanuts (the best deal is Sam’s)

New Club Officers Will Be Installed at May 2 Meeting

Altrusa of HSV will install new officers during the May 2 Business Meeting. Their terms begin on June 1.

President: Melanie Pederson, second term

Vice President: Laurie Herman

Secretary: Amanda Allen

Treasurer: Diane Shaw, second term

Second Year Director: Patti Geiser

First Year Director: Kathy Jervis

Immediate Past President: Valerie Derryberry

Altrusa’s of HSV’s New Signage at the West Gate

The Property Owners Association recently replaced faded signage at the West Gate entrance to the Village, including Altrusa of HSV’s emblem.

Photo by
Laurie Herman



Altrusa Volunteer Hours!

Please, please, get your volunteer hours for March to Elaine Schroeder. And get those “acts of kindness” you’ve performed and your hours for literacy volunteering to Amanda Allen. Keep your New Year’s Resolution to stay current. Send your Altrusa volunteer hours to ralelain@gmail.com and your literacy hours and “acts of kindness” to amandamillerallen@gmail.com.