ASTRA IS AMAZING!

International ASTRA Newsletter
ASTRA: Ability-Service-Training-Responsibility-Achievement

We build future leaders and service-minded citizens!

NEWLY CHARTERED ASTRA CLUBS:

Oct. 5th: ASTRA Club of Charlotte, NC
Oct. 10th: ASTRA Club of SW Dallas County, TX
Oct 29th: ASTRA Club de la Escuela Petra Mercado Bougart, Humacao, PR
Nov. 11th: ASTRA Club of S.U. Maximino A. Salos, San Sebastian, PR

LET’S KEEP GROWING!

There is Fun to be had mentoring Young Adults! Sponsor an ASTRA Club!

ASTRA members are the future of Altrusa membership...

ASTRA provides a uniquely supportive and structured setting for youth to become engaged in the life of their community, nurturing leadership, service and organizational skills and personal development in a safe and fun environment. Altrusans can help by sponsoring an ASTRA club in a middle school, high school, community college, college or university, or by starting a "community" ASTRA club not associated with a school.

ASTRA Clubs are run by the students, with an active presence and mentoring from Altrusans. The fun and laughter, supportive relationships, and knowledge shared between ASTRA members and Altrusans benefit all of us!

All the resources you need to get started, including the New Club Toolkit, are available on the ASTRA website (https://astra.altrusa.org) and your District ASTRA Chair is here to help you through the chartering process as well.

Choose the age group you want to mentor and lay the local groundwork, notify International of your intent to sponsor an ASTRA Club, get 15 ASTRA members, and you’re ready to charter. PLEASE GIVE INTERNATIONAL AT LEAST 3 WEEKS NOTICE PRIOR TO YOUR CHARTER CEREMONY.
Photos: ASTRA IN ACTION

ASTRA of Charlotte NC Charter ceremony-District Three

District Ten ASTRA

District Twelve ASTRA

District Eleven ASTRA

District Fourteen ASTRA
"The World Needs More Love"
Letters to Strangers

OUR "UNIVERSAL" ASTRA SERVICE PROJECT

Get any kind of paper, an envelope and a pen. Forget about feeling self-conscious.

Address your letter "Dear Stranger" or use a name if you know the person you are writing to. Write a few positive messages to a stranger or to someone who needs to smile and feel cared about. For example: I hope this note brightens your day!... I know you are special... You make a difference in this world... Take time to notice the beauty in the world around you... Sometimes in the busy-ness of life we forget to enjoy small moments... Be steady, be strong, be resilient. Share something that makes you happy or you are thankful for. Be creative. Write something that will help make someone smile :)

TO "DELIVER" YOUR LETTERS, LEAVE THEM IN A RANDOM PLACE--A BENCH, A CLASSROOM, A GROCERY CART OR ON A CAR WINDSHIELD. MAIL IT TO SOMEONE WHO NEEDS TO GET MAIL OR TO A SOLDIER ABROAD OR TO A STRANGER IN THE PHONEBOOK. DELIVER IT TO A CHILDREN'S CENTER OR RETIREMENT VILLAGE OR SOMEWHERE IN YOUR COMMUNITY...
ASTRA Service Projects and Service Award

Written by Debbie McBee, International ASTRA Chair, and Sylvia Juarbe

Young people are uniquely suited to solve community problems through service. They feel compassion for those in need and like to know they’ve helped others. They are creative, hard-working and not afraid to try new things.

ASTRA provides a unique opportunity for young adults to create impactful service projects with guidance and mentoring from Altrusans. ASTRA service project ideas can be found on the website https://astra.altrusa.org.

All ASTRA Clubs may submit an ASTRA Service Award entry to their local District ASTRA Chair no later than March 1st, 2020 to be considered for the International award (check with your local district). Have fun with service!

“Do your little bit of good where you are; its those little bits of good put together that overwhelm the world.”
Desmond Tutu, Nobel Peace Prize award winner
SCHOLARSHIPS
FOR ASTRA MEMBERS IN HIGH SCHOOL AND COLLEGE/UNIVERSITY/TECHNICAL SCHOOLS

IT’S NEW: COLLEGE/UNIVERSITY ASTRA SCHOLARSHIPS!

There is now a new ASTRA College/University Scholarship, funded by the Altrusa International Foundation, designed to recognize college and university ASTRA members who are actively participating in an ASTRA club, have exemplified a genuine concern for the welfare of others in their community, and have grown through service in ASTRA. Scholarships will be awarded to ASTRA members whose outstanding service to their community through their ASTRA and sponsoring Altrusa Clubs has helped them grow in Ability, Service, Training, Responsibility, and Achievement.

Applicants must be enrolled in and currently attending an institution of higher learning (college, university, technical school, etc.) as of the March 15th deadline for application and must be an active ASTRA member.

Up to four $1000 scholarships will be awarded annually. Applications will be provided through the official Altrusa ASTRA website https://astra.altrusa.org and ASTRA advisors in January of each year.

HIGH SCHOOL SCHOLARSHIPS

Attention, high school seniors! It’s not too early to begin the scholarship process! Thanks to the continued financial support of the Altrusa International Foundation, we are pleased to announce four scholarships are available to graduating High School Seniors who are active ASTRA Club members! You can find the scholarship and reference forms at the links below. Please keep in mind the deadline to apply is March 15th! Online documents are fillable this year.


AS IN PRIOR YEARS, YOU MUST LOG IN TO THE WEBSITE TO ACCESS THE APPLICATIONS.

DATES TO REMEMBER:

- Applications available December 15th on ASTRA website
- Applications must be received by March 15th
- Scholarship winners will be announced April 15th

Written by Lorraine Brewer and Scott Tice
"AS A FRESHMAN, IT WAS SO IMPORTANT FOR ME TO FIND MY GROUPS TO BELONG TO AND CREATE RELATIONSHIPS WITH THE UNIVERSITY. ASTRA PROVIDED ME WITH THIS." - KARIS CHEEK

ASTRA at the University of Arkansas strives to make a difference in the local community.

Coming into college can be really hard; it is a major change for everyone on academic, social and emotional levels. ASTRA creates a social environment in which everyone is able to come together and work with one another to better the place around them. It leaves students feeling involved and important. As a Freshman, it was so important for me to find my groups to belong to and create relationships with the University. ASTRA provided me with this. The projects we partake in are beneficial for our community and are fun to do!

In October, we made trick-or-treat bags for the children and families being served at the Fayetteville Ronald McDonald House. We played festive music while decorating the paper bags and filling them with Halloween themed toys and candy. We made two different types of bags: one for adults and another for the children. The parents received more candy in their bags and the children received the toys in their bags. The bags were all so creatively done! For our November project, we held a mini canned food drive and, to go with it, we made cards filled with individual crayons and coloring sheets for the children who go with their parents to pick out food.

All in all, this ASTRA Club has brought me so many things during my collegiate experience. Through our university ASTRA Club, I have been able to positively impact my community all while finding my people and my place on campus.

"I love seeing our ASTRA group grow each month! We don't require dues...people just bring their friends with them to join".

"During meetings, members suggest their ideas of what they'd like to do and how we can get involved. It makes things so much more special when the cause is really important to someone." - Karis
Important 2019-2020 dates to note:

- December 15: High School and College/University Scholarship applications and ASTRA Service Award applications available online
- March 1: ASTRA Service Award applications must be received by District ASTRA Chair (a couple districts may have an *earlier* deadline—confirm with your District ASTRA Chair)
- March 15: High School and College/University scholarship applications must be received by International
- April/May: ASTRA Service Awards announced at District Conferences
- April/May: ASTRA Alumni Information survey distributed
- April 15: All scholarship winners announced
- June 1: ASTRA Club Annual Reports due to International (submitted online by each Altrusa ASTRA Club Chair)
- June 1: Deadline for Districts to submit ASTRA Service Award winner info to International

NOTE: Newly chartering ASTRA clubs must give International at least 3 weeks notice of their charter ceremony date to allow time to process membership certificates and documents.

*Remember: the “public” www.altrusa.org website ASTRA tab does NOT show all the ASTRA information and links. Use https://astra.altrusa.org to access the full ASTRA resources.

Please actively use all the resources and documents for ASTRA found online at https://astra.altrusa.org

You will find advisor guides, sample forms, agendas, start-up information, sample ceremonies, scholarship info, service info and applications, newsletters, contact info... and lots more!!!
# Astra Contact List 2019-2020

Contact your district resources below,
or Debbie McBee, International ASTRA Chair, at mmcbeed@aol.com or cell- 541-969-8748

## District One:
- **District Astra Chair**: Trish Maxim  
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- **International Committee Rep**: Sylvia Juarbe  
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## District Two:
- **District Astra Chair**: Cindy Jennings  
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- **International Committee Rep**: Lorraine Brewer  
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## District Three:
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## District Four:
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## District Six:
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- **International Committee Rep**: Tucker Saxton  
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## District Seven:
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## District Eight:
- **District Astra Chair**: Terry Eakins  
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- **International Committee Rep**: Lorraine Brewer  
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## District Nine:
- **District Astra Chair**: Sylvia Zamora  
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## District Ten:
- **District Astra Chair**: Linda Dysart  
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- **International Committee Rep**: Debbie McBee  
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## District Twelve:
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## District Fourteen:
- **District Astra Chair**: Lorraine Torres-Acosta  
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- **International Committee Rep**: Sylvia Juarbe  
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## District Fifteen:
- **District Astra Chair**: Robyn Moore  
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- **International Committee Rep**: Germaine Vonderhaar  
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