



Gram.21/22

January 2022



Important Dates and INFORMATION

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 will be announced at District Conferences.

April/May: ASTRA Alumni Information survey information needed.

April 15: All scholarship winners announced.

June 1: ASTRA Club Annual Reports are due to International (submitted online by each Altrusa ASTRA Club chair).

June 1: Deadline for each District to submit ASTRA Service Award winner information to International.

A
Ability
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Achievements



Be sure to let us
know what projects you
are doing and send
pictures!!!



*Email to Editor Jan Storrs,
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Branch County Mi @
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Lorraine Brewer
Fayetteville, AR
District Eight
astra@altrusa.org

From your Altrusa International ASTRA Chair:

As 2022 begins and we continue to feel the impact of the COVID pandemic, I'm truly thankful for each ASTRA member and their resilience, compassion, and determination to serve those most vulnerable to the intense and ongoing social, medical, and economic effects of living in these pandemic days. Your International ASTRA Committee joins me in thanking each ASTRA member, ASTRA advisor, Altrusa sponsor, and District ASTRA Chair for the extra effort, flexibility and persistence required as we continue to grow our service together and strengthen our ASTRA Clubs.

I've seen first-hand how our youth are determined to solve community problems through their service in spite of COVID restrictions. They feel such deep compassion for those in need and want to know they are serving others and addressing new and on-going problems in significant ways. Our youth are creative, not easily discouraged by challenges, and willing to risk new approaches as they work together. With the mentoring and encouragement of Altrusans, our young ASTRA members discover tremendous opportunities to design service projects that will impact their communities while growing the leadership skills of the ASTRA members in their clubs.

As you read this newsletter and explore the website, you will discover exciting information on our ASTRA scholarships. They are designed to recognize outstanding ASTRA members who are high school seniors or enrolled in a college and university. I'm confident that you know an ASTRA member who has been active in an ASTRA club while exemplifying compassion for those in their community and growing leadership in their community. We encourage you to explore this opportunity. Please check out and use all the resources found online at ASTRA's website, <https://astra.altrusa.org>. You will find advisor guides, start-up information, sample agendas, sample ceremonies, information on developing leadership, scholarships and service opportunities, applications, newsletters, and much more.

Your District ASTRA Chair and your International ASTRA Committee are here to support and assist you, and we welcome your questions and suggestions. Please keep us informed about the service your clubs are providing, about new clubs in formation and chartering, and ways in which we can help you.

With sincere appreciation,
Lorraine Brewer
479-466-7610



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 able to provide four scholarships for outstanding graduating High School seniors who are active ASTRA Club members!



You can find these scholarship applications and reference forms on the website,
<https://astra.altrusa.org>.

***Please keep in mind the deadline to
apply is
March 15th!***

COLLEGE/UNIVERSITY SCHOLARSHIPS

There is a relatively new ASTRA College/University Scholarship, funded by the Altrusa International Foundation, designed to recognize up to four 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 an active ASTRA member and 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.

Applications and reference forms are provided through the official Altrusa ASTRA website.
<https://astra.altrusa.org>

***“Education is the most powerful
weapon which you can use to change the world.”***

Nelson Mandela



ASTRA Graduation Cord Request

Congratulations to your graduates. Allow them to represent their participation in ASTRA with cords to wear over their gowns as they walk across the stage at graduation. Cords are provided free of charge.

Please request at least 2 weeks prior to date of graduation.

Please go to Altrusa@Altrusa.org to complete your order.

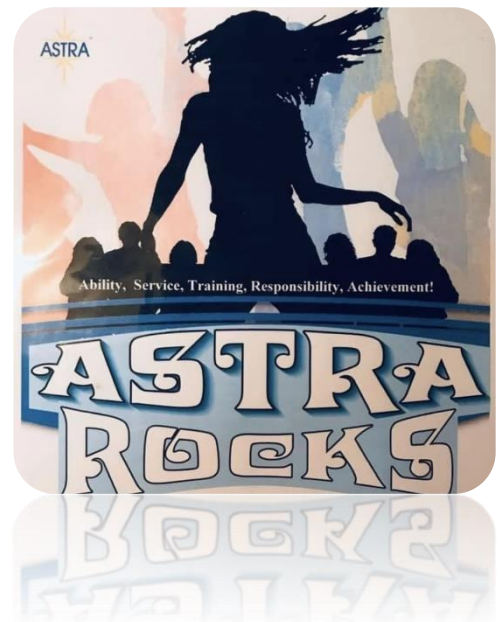
Altrusa International Foundation Grants

Altrusa and ASTRA Clubs chartered September 1, 2019 or later may receive a one-time grant up to \$2,000 to begin service in their communities.

The application must be received within one year of the charter date. The grant recipient is obligated to use the grant award for the intended purpose and must file a report within one year after the grant is awarded.



**2023 International Convention
San Antonio, TX
Wednesday, July 19 - Saturday, July 22**



SERVICE

**“Only a life lived in the service of others is worth living.”
Albert Einstein**

The ASTRA Club Service Award has been established by Altrusa International and sponsored by Altrusa International Foundation to encourage ASTRA Clubs to actively participate in service projects designed to meet specific needs in the local community or within their own school community.

This award is an opportunity for Altrusa International to recognize outstanding ASTRA Clubs for their achievements in service through District and International Competition.

Service projects nominated for the ASTRA Service Award are judged each year at District Conferences. First-place winners from each District are entered in the competition at the International Level.

Established judging criteria are used by Districts and by International. Projects will be assessed by impartial judges based on their merits and results. One (1) service project from Clubs-At-Large may be included in the competition at the International level. This service project selection will be organized and overseen by the International ASTRA Committee.

Procedure for Submitting Entries:

ASTRA Clubs submit entries for the District competition to their District ASTRA Chairman, or person appointed by the Governor, by the District's deadline or no later than a MARCH 1st DEADLINE (for all districts).

Entries must be submitted in PDF format unless specified otherwise by the District and must be received by March 1st. Entries received late or that do not comply with guidelines will not be considered.



ASTRA Clubs are eligible for Altrusa International Foundation Grants for their community service projects!

The Project Grant Applications must be emailed by the due date to foundation @altrusa.org.

Do **not mail** applications to the Chicago office. A confirmation email will be sent to you when the application is received.

Questions about grant applications may be directed to Shawna Kaiser, Foundation Director. You will receive an email confirmation, to the member listed on your application, upon receipt at the International Foundation office. Phone: (312) 427-4410 Fax: (312) 789-4416 shawna@altrusa.org or www.foundation.altrusa.org

There are two funding cycles each fiscal year:

Cycle 1: Applications due **September 15**

Cycle 2: Applications due **March 15**

In addition, Altrusa and ASTRA Clubs chartering now may receive a one-time grant up to \$2,000 to begin service in their communities. The application must be received within one year of the charter date.

The Altrusa International Foundation, Inc. reserves the right to make the final decision on all applications. The grant recipient is obligated to use the grant award for the intended purpose and must file a report within one year after the grant is awarded.

Altrusa Clubs, **ASTRA Clubs**, and Districts may apply for one service grant per cycle in the fiscal year, and all applicants must agree to the terms of the grant. If an application is not awarded Foundation funds, the Club or District may reapply in the next cycle.

A Labor of love: Santa Maria High Schoolers Raise Guide Dogs for the Blind



Righetti High School has a new student this year who is set apart from the other pupils, and not just because of her trademark green vest — Calista is an 11-month-old guide dog puppy in training, and her teacher is Righetti freshman Sam McDonald.

Sam, 14, is socializing a future guide dog through the Guide Dogs for the Blind program's Santa Maria Puppy Raisers chapter, which formed in 1990 and trains canines to be service companions for visually impaired and blind individuals.

As Calista's "raiser," Sam has cared for the puppy since she was 6 weeks old, and since late summer has brought her nearly everywhere she goes. Whether it be school, the store, the doctor's office or the barn where she rides horses, Sam brings Calista with the goal of training her to remain calm and focused in different social situations.

By coming to school with Sam, Calista has learned how to calmly navigate crowded hallways, quiet classrooms, and even earthquake and evacuation drills, staying close to Sam's side despite distractions.

"I knew it was gonna be a lot of work, but I didn't know it was gonna be that much work. It was like having a baby, and I was with her all the time," Sam said, remembering when she first received Calista in January. "I didn't know how'd she act going in public with us, but she honestly did amazing on the first day, and she was getting lots of compliments."

Mandy, Sam's mom and Righetti's Career Center specialist, said the Santa Maria Joint Union High School District has been very gracious in allowing us to have her with us," Mandy said, adding that one of Sam's teachers even made a progress report for Calista.

After the dogs reach around 20 months, they are brought back to the main Guide Dogs for the Blind campus in San Rafael for intensive training. If they pass the required certifications, they will be paired with a visually impaired or blind individual, or otherwise become a breeder or be adopted.

MacDonald said she is grateful for families like Sam and Mandy who commit their time to raising these dogs.

"It's really all about love and time," she said.





ASTRA Community Club of Yauco in Puerto Rico

The ASTRA Club prepares and delivers boxes of gifts in the
“Christmas Child Operation Project.”

Other photos illustrate a Bazar in Bo.,
Rubias of Yauco bringing personal items,
and gifts to orphans at the Bo. Rio Prieto in Yauco



**Teamwork Makes
the
Dream Work**



**Tell me
more!**



ASTRA clubs from Altrusa International of San Sebastián, P.R., Inc. are alive and well. They have five clubs, three old and two new.

The photos are of the clubs already started from the following schools.

1-Manuel Méndez Liciaga Vocational School

2- Patria la Torre Ramírez High School

3-Ernestina Méndez Middle School and in the Academia San Sebastián Martil