



*Gram.22/23*



Dear ASTRA Members and Altrusans,

Your Altrusa International ASTRA Committee hopes you had a truly joy-filled holiday season and that our ASTRA students enjoyed a renewing and fun break from your studies.

Please sit back with a hot drink, relax, and enjoy reading this ASTRAGram. It is packed with important information, reminders of spring deadlines, and great news of service provided by students thanks to engagement with their communities through ASTRA.

We encourage student leaders in ASTRA to consider applying for a scholarship sponsored by the Altrusa International Foundation. With a deadline of March 15th, you'll want to talk with those you'd like to serve as a reference for you as soon as you return to school, giving them time to craft a strong letter of recommendation for you. ASTRA leaders, you'll want to plan ahead for your service project entry into the service award competition in your Altrusa District. Please be aware of your district's requirements and the deadline for entry.

Altrusans, we encourage you to continue to engage with the students in any ASTRA Club you sponsor, inviting them to join with you in celebrations and service. They will enjoy getting to know you and would value joining you in your district conferences, too! If your club hasn't yet sponsored an ASTRA Club, we are here to serve you as you begin that process. There is much helpful information on the ASTRA website to get you started, including a terrific video to introduce ASTRA to school and/or community leaders. It is an amazing journey on which you'll embark with some compassionate and creative youth and young adults as you work with them in service to our communities and beyond.

Please be in touch with us if you have any needs as we serve together with these emerging leaders!

Lorraine Brewer

Altrusa International ASTRA Committee Chair





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

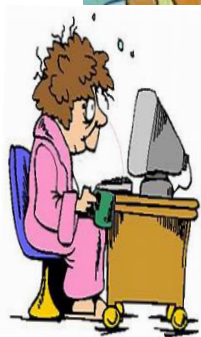
- **The Project Grant Applications must be emailed by the due date to [foundation@altrusa.org](mailto:foundation@altrusa.org).**
- Do **not** mail applications to the Chicago office. A confirmation email will be sent to you when the application is received. Questions about grant applications may be directed to Dr. Kantrice Rose, Foundation Executive Director. You will receive an email confirmation, to the member listed on your application, upon receipt at the International Foundation office.
- Help is available by Phone: (312) 427-4410 or at [www.foundation.altrusa.org](http://www.foundation.altrusa.org)
  - 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.



*Have you seen your ASTRA Club mentioned in a previous issue of the ASTRAgram?*

*We'd love to feature each and every one of our clubs and the wonderful things they are doing.*

*Just send us a picture and paragraph about what you are doing...and you too could be ASTRA ALL STARS!!!!*



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## ***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>

### **Upcoming Dates:**

**January 16 – Martin Luther King, Jr. Day**

**February 21 – Presidents' Day**

**July 19 – July 22 – Int'l Convention, San Antonio, Texas**





## SERVICE

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 prior to the 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.

Procedures for Submitting Entries • ASTRA Clubs submit entries for the District competition to their District ASTRA Chairperson, or the person appointed by the Governor, by the district's deadline or no later than MARCH 1st (for all districts). Entries must be submitted in PDF format unless specified otherwise by the District. Entries received late or that do not comply with guidelines will not be considered.

**REMINDER: Submit your ASTRA Service Award entry (not to exceed 5 pages) in PDF format to your District ASTRA Chair by mail or email so that it is received by March 1st.**



## ASTRA

### History of ASTRA:

In an effort to increase opportunities for young people to positively impact their communities, Altrusa International, Inc. appointed a special Youth Group Committee in July 1965 to identify and develop a suggested structure and name for youth groups sponsored by Altrusa Clubs.

Recognizing the community service potential in sponsoring these youth groups, they decided that these new "ASTRA Clubs" would be based on the following principles, as adopted by the Altrusa International Board of Directors:

- 1) Altrusa's participation in the area of youth groups should not duplicate what is already being done by other organizations.
- 1) Altrusa's participation should be unique in purpose. ASTRA has grown every decade and now has ASTRA Clubs located in communities all around the United States, Puerto Rico, New Zealand and India.

*ASTRA Motto*  
*"Growing In Service"*



# Club News

## ASTRA Club of Notre Dame Academy

The first organizational meeting of the ASTRA Club occurred on Friday, September 9, 2022. With over 60 members in attendance (out of 300), there was a renewed sense of purpose and focus on community service. Between now and the end of October, this group has 20 service projects in action including the Altrusa House fall clean-up on Make a Difference Day and Meal Heroes.

There were three speakers at the meeting. I covered the ASTRA - Altrusa connection and asked for help with the Altrusa House fall clean-up project. There was also a member from the QUAD parishes in Green Bay looking for help with students learning English and another person looking to partner with the group to help with one-on-one tutoring with at-risk students. This is a very popular group at NDA and a sought-after group of leaders!

The next ASTRA meeting is Friday, October 7, 2022, at 7:30 - 8:00 am at NDA, Commons South room. Future meetings are on the first Friday of the month, at the same time and in the same place. On the second Friday of each month, there is a mass held at NDA for ASTRA in the NDA chapel starting at 7:20 am and ending at 8:00 am.

### About the co-presidents, in their own words:

**Delaney Gallagher:** My name is Delaney Gallagher and I am excited and honored to be one of Notre Dame Academy's ASTRA Club presidents this year. Our ASTRA Club provides students with numerous volunteer opportunities while also offering a welcoming community of changemakers. I have always been in awe of the inclusive and passionate people throughout our club. My goal this year is to have each of our members feel true enthusiasm and a desire for helping others in our community. My love for volunteering developed from my fundraiser, "Long Johns for St. John's," which collects winter gear for the residents of St. John's Homeless Shelter. ASTRA continues to give me the confidence and support I need to step out of my comfort zone and I want to ensure that encouragement is given to every club member for years to come.

I will undoubtedly continue to share my passion for community service well beyond high school. I plan to study business, environmental sustainability, and/or humanitarian studies in college.

**Mia Lemkuil:** My name is Mia Lemkuil, and I am one of the presidents of ASTRA at Notre Dame Academy. ASTRA is a club that allows students to come together and give back to the community. I have been involved in the club since my freshman year, and it has been a highlight of my time in high school.

ASTRA stands for Ability-Service-Training-Responsibility- Achievement, and I strongly adhere to the fact that it involves each one of those components.

As a leader of the club, my main goal is to continue its long-lasting success and student engagement by coordinating service opportunities for students to get involved in. I believe that doing acts of service provides benefits for both sides of individuals involved, and it is incredible to know that I am helping ASTRA's 300 members have the ability to experience this.

Community service is something I truly value and plan to continue doing throughout college and there after. I am interested in studying biological sciences next year in hopes to pursue a future health care profession in dentistry



**But Wait...  
THERE'S  
MORE!**

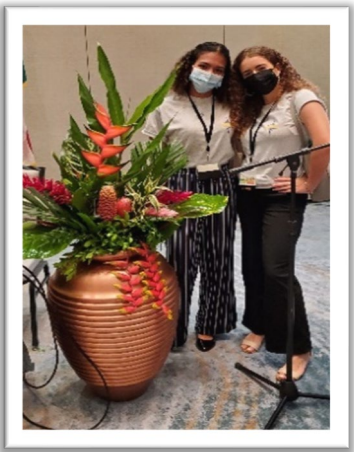
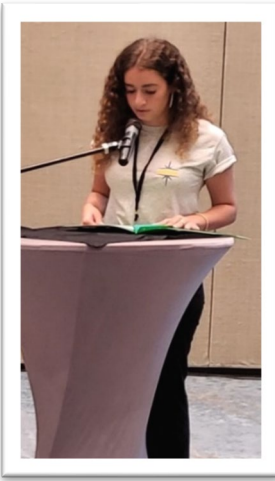
## ***The ASTRA Club of Escuela Especializada de Matemática, Ciencia y Tecnología***

The ASTRA Club of Escuela Especializada de Matemática, Ciencia y Tecnología is actually, the only active ASTRA Club in San Juan, P.R.

Following are photos from the initiation and the board installation that was carried out at the school on March 15, 2022.

Some of the members participated at the 46<sup>th</sup> Annual Conference. The ASTRA president, Joy Velazquez did the reflection at the opening ceremony.

Joy Velázquez, at the District Fourteen 46<sup>th</sup> Annual Conference during the reflection in the Open ceremony.



ASTRA members from ASTRA Club of EEMCT in San Juan, P.R.

ASTRA Club of EEMCT School's new members



Some of the ASTRA members who participated at the ASTRA District Fourteen get together activity.



Board Installation ceremony by Altrusa Advisors

President Joy Velazquez, Axel Mesa, vice-president, Britany Rosario, secretary and Natalia Dutton, treasurer.



ASTRA advisors, District Chair and Governor with ASTRA members at District Fourteen Conference





But Wait...  
**THERE'S  
MORE!**



The ASTRA Club of Atlee HS, Mechanicsville, VA went to the Hanover Adult Center with members of the Altrusa Club of Richmond VA. We helped the staff clean and sanitize the facility. We organize drawers, clean the refrigerators and cabinets to discard items that are “out of date”. We also help with decorating and cleaning wheelchairs, tables and chairs.

The Center has been providing services to meet a wide variety of needs for differently abled individuals and their care partners in the Greater Richmond, VA Metro area for over 43 years. One of our former ASTRA students actually works at the facility with her mom leading the facility. It is always nice to visit with them and help out these individuals and their families.

***Be sure to refer to the  
ASTRA Monthly Checklist on the ALTRUSA website.***

This list will help guide you on the tasks that need to be planned for and completed throughout the ASTRA year by ASTRA members and by Altrusa ASTRA Advisors. ***The Altrusa year is June 1 – May 31.***

Adapt this checklist to meet the needs of your ASTRA Club, taking into account the local school year calendar, local culture and needs of your Altrusa and ASTRA clubs.



The ASTRA Club of Atlee HS, Mechanicsville, VA prepares Valentine Goodie Bags for the children of families applying to Housing Families First. This helps with keeping the children busy while the adults applying at the home fill out applications and talk with the staff. We put juice boxes, snacks, crayons, coloring books and a small toy in each bag – along with some stickers and an activity book. The bags are always done at Valentines Day so the ASTRA students can decorate the bags.

This facility gives families facing homelessness the opportunity to build a legacy for their families by providing a path to a permanent home. Their vision is a Richmond region where all children and their families have a safe place to call home.

Altrusa International  
Richmond, VA  
District Two

But Wait...  
**THERE'S  
MORE!**

## ASTRA at the University of Arkansas

Since September, the ASTRA Club at the University of Arkansas has hosted four events: a food drive for the SnackPacks at the Samaritan Community Center, writing letters to first responders, writing encouraging messages on campus, and creating tie blankets for the Lester C Howick Animal Shelter.

During ASTRA's contribution to Make A Difference Day 2022, where we wrote encouraging messages, we had 46 attendants at the event. At the most recent meeting, there were 16 people in attendance and we created 6 tie blankets to donate to the animal shelter.

Starting next year, there are plans to do the following service projects: a book drive, picking up and cleaning trash around campus, and making final encouragement signs to place around the University of Arkansas.

This academic year has been an exciting time for the ASTRA club at the University of Arkansas and there are more fun memories to create in the future.

Alecia England, ASTRA President  
Fayetteville, AR / District Eight



*Wishing you all good food, good friends, good health and world peace in the coming year.*





## IMPORTANT DATES TO REMEMBER

**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.

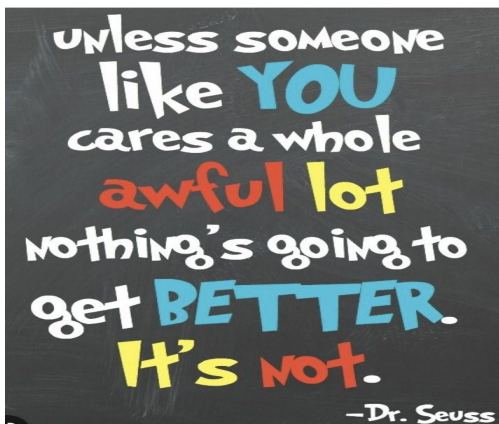
**April/May:** ASTRA Service Awards will be announced at District Conferences.

**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.



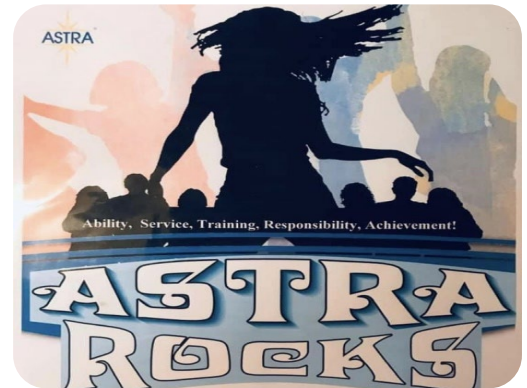
## International Book Challenge from President Kathy

*One Book at a Time*  
International Book Challenge from President Kathy  
*Changing one million lives, one book at a time.*



Go to:

[astra.altrusainternational.org](http://astra.altrusainternational.org)  
for more information





## District Liaisons

DISTRICT **ONE** ASTRA Committee Liaison: Linda Dysart lindadysart2010@gmail.com  
ASTRA Chair: Patricia(Tish)Maxim campnaples@fairpoint.net

DISTRICT **TWO** ASTRA Committee Liaison: Lorraine Brewer lobrewer@uark.edu ASTRA  
Chair: Dawn Aubrey daubrey@illinois.edu

DISTRICT **THREE** ASTRA Committee Liaison: Scott Tice scottaltrusa@gmail.com ASTRA  
Chair: Jeraldyn J. Rivest jeraldyn@hotmail.com

DISTRICT **FOUR** ASTRA Committee Liaison: Ileana Pacheco  
ipacheco2019.2021@gmail.com  
ASTRA Chair: Britley Parker 1-334-897-5143

DISTRICT **FIVE** ASTRA Committee Liaison: Janice Storrs jlstorrs47@hotmail.com ASTRA  
Chair: Kathy Carmack kathycarmack52@gmail.com

DISTRICT **SIX** ASTRA Committee Liaison: Vici Giltner jgiltner@netins.net ASTRA Chair:  
Kathy Benz benzkb@comcast.net

DISTRICT **SEVEN** ASTRA Committee Liaison and Chair: Vici Giltner jgiltner@netins.net

DISTRICT **EIGHT** ASTRA Committee Liaison: Lorraine Brewer lobrewer@uark.edu ASTRA  
Chair: Heather Cleavinger h\_cleavinger@yahoo.com

DISTRICT **NINE** ASTRA Committee Liaison: Traci Squarcette tsquarcette@umhb.edu  
ASTRA Chair: Sylvia Zamora szamora.altrusa@gmail.com

DISTRICT **TEN** ASTRA Committee Liaison and Chair: Linda Dysart  
lindadysart2010@gmail.com

DISTRICT **ELEVEN** ASTRA Committee Liaison: Scott Tice scottaltrusa@gmail.com ASTRA  
Chair: April Smith aprilboat@gmail.com

DISTRICT **TWELVE** ASTRA Committee Liaison: Janice Storrs jlstorrs47@hotmail.com  
ASTRA Chair: Teresa J. Taber [tjtaber50@gmail.com](mailto:tjtaber50@gmail.com)

DISTRICT **FOURTEEN** ASTRA Committee Liaison: Ileana Pacheco  
ipacheco2019.2021@gmail.com ASTRA Chair: Britley Parker mikebritkin@hotmail.com

DISTRICT **FIFTEEN** ASTRA Committee Liaison: Traci Squarcette tsquarcette@umhb.edu  
ASTRA Chair: Pam Hayes president.tauranga@altrusa.org.nz

**Altrusa Int'l ASTRA Committee Liaisons and District Chairs.**

