



Gram.23/24

May 2023

SCHOLARSHIP ISSUE

Thanks to all of you for submitting your applications. We are thankful to the Altrusa International Foundation for providing these scholarships for such amazing students!

Dear ASTRA Members and Altrusans,

CONGRATULATIONS!

Congratulations to the scholars featured in this newsletter for earning one of the ASTRA International Scholarships! These scholars reflect a true sense of leadership, compassion, effective service, and commitment to ASTRA and their communities. It is our privilege to present them with this scholarship award funded by our Altrusa International Foundation and designed to recognize these students and to encourage them as they continue their educational journey.

Our International ASTRA Committee is pleased to focus on their success in this International ASTRA publication. We are thankful to the Altrusa International Foundation for providing these scholarships for such incredible student leaders. We also thank those who served on the judging panels for these scholarships. Their commitment to encouraging our ASTRA members in their education and their leadership in service is greatly appreciated.

Again, I offer to each scholarship recipient my sincere CONGRATULATIONS! We are confident that you will continue to make a positive impact in your community and on your campus through your leadership and your commitment to service.

Wishing you the very best as you continue your educational endeavors,

Lorraine Brewer

Altrusa International ASTRA Committee Chair

Please submit news about your club. We'd love to hear from you!



Email to Editor Jan Storrs,
Altrusa Int'l Club of
Branch County, MI @
jlstorrs47@hotmail.com



ASTRA Scholarships

*2023 International ASTRA Scholarships
Funded by Altrusa International Foundation*

*Scholarships of \$2,000 and \$1,000
have been awarded to:*

High School Scholarship Recipients:

Chloe Christen

Hamilton High School, Ohio

Charlize Garcia Dela Cruz

Roseberg High School, Oregon

Abigail Smothers

Moberly High School Missouri

Vaishnavi Venagala

Hamilton High School, Ohio

College/University Scholarship Recipients:

Noah Boggs Riley

University of Arkansas

ASTRA High School Scholarships are given by the Altrusa International Foundation as a way to recognize high school senior ASTRA members who have grown through service in ASTRA. A winning applicant will have demonstrated exemplary Altruism within his or her community and must have applied to an institution of higher learning (college, university, tech school, etc.)

The relatively new ASTRA College/University Scholarship recognizes 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. Applicants must be an active ASTRA member and must be enrolled in and currently attending an institution of higher learning.

When applying, each ASTRA member exhibits their growth in Ability, Service, Training, Responsibility and Achievement through service to their community and sponsoring Altrusa Club.



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Noah Boggs Riley



As a junior in the Bumpers College of Human Development and Family Sciences, I have had the opportunity to explore many different avenues of academic and extracurricular activities. My education has been very important to me and I have worked hard to ensure that I am receiving the best education possible.

My music has been a major part of my life for the past ten years and I am so proud to be a part of the Marching Razorback Band where I lead the trombone section. This has allowed me to further pursue my passion for music and to share this passion with my peers.

In addition to my studies, I am an active member of Alpha Epsilon Kappa, a service organization for families in the community. Through this organization, I have been able to make a tangible difference in the lives of many families. I have had the privilege to volunteer my time and money, such as providing services and food to the 7 Hills Homeless Center. Experiences like this have been incredibly rewarding and have reinforced my belief that service is a powerful tool. I am so grateful for the opportunity to serve and to make a positive impact on my community.

Receiving this scholarship will help me to pursue my degree in Human Development and Family Sciences, a field I am passionate about. With this degree, I will be able to pursue my future goals of advocating for families and children who are facing challenging circumstances. ASTRA and Altrusa have been instrumental in helping me to develop my skills as a leader and have given me the opportunity to serve my community in a meaningful way. Through the service projects and leadership roles I have taken on during my time with these organizations, I have gained invaluable experience that will help me to positively impact the lives of families and children in the future. ASTRA and Altrusa have taught me the importance of pursuing a purpose-driven life, and I am committed to using the knowledge and skills I have gained through my experience with them to make a difference in my community.

Leadership and Community Volunteer Activities

Founder and President of Alpha Epsilon Kappa (service organization), Corresponding Secretary of Kappa Kappa Psi (National Honorary Band Fraternity), Trombone Section Leader in the Razorback Marching Band , Hogwild Band, Concert Band, Mentor EMPOWER (Post Secondary Program for Special Needs), Volunteer at the Children Safety Center.

Favorite ASTRA project – Blanket making for pets at an animal shelter
Vice-President and Treasurer of University ASTRA club
President of AEK / Human Development & Family Studies
Passionate about diversity, equity, and inclusion.
First Generation College Student..

Chloe Christen



My hopes, dreams and aspirations for my life are closely related to my career and where I want to end up in life.

I am planning to attend Ohio University in the fall to study economics and continue onto law school.

Going to a top university is a dream of mine that I have worked towards for most of my life and I am hoping those efforts will come to fruition. I hope to be able to travel and experience new places and cultures. This is another reason why I would love to go to my top choice schools seeing as they have extensive and amazing study abroad programs that would allow me to garner a more expansive understanding of the world outside of my own view.

I also have always had a faint dream of becoming a politician. Ever since I was a little kid I have had an idea what I wanted to do with my life. And while this dream has been clouded by other ideas and dreams, it always came back around. I aspire to enact change. Which is what most politicians, with pure intentions, enter the realm of politics for.

I have dedicated a lot of my time to community service and changing things in our community for the better. I dream of being able to catalyze this change on a much larger scale, and I feel that going into law and politics is the best way to achieve my dream. This scholarship will allow me to further my education at a top university

I have always dreamed big, and I am excited to enter the time of my life to make those big dreams come true. I am not sure exactly where I am going to end up, but I believe that as long as I am able to make a difference, even if that difference is small, I will have achieved my childhood dream. Though, I will say, President of the United States doesn't look so bad!

- Favorite ASTRA project - Purchasing (with the help of a grant) and providing books to local, underprivileged, elementary kids.
- Member of the Hamilton Community Foundation Youth Philanthropy Committee where she has served as the communications chair, vice president and is currently the president.
- Volunteer for Hamilton Urban Gardens, YWCA Butler County MetroParks, and the Butler County Democratic Society.
- Responsible for bringing back the ASTRA Club after Covid. Served as Membership Chair, Communications Chair, Vice President and President
- Belongs to a variety of honor clubs, social clubs, and community groups.
- Active in athletics.

Charlize Angelene Garcia Dela Cruz



My name is Charlize Angelene Garcia Dela Cruz, and I have been in ASTRA for my entire high school experience. Aside from volunteering, I love crocheting, reading, watching movies, baking, and hanging out with my friends. However, I also have a profound love for science that has quickly become the catalyst for my career goals. My post-secondary education plans are to attend the University of Portland majoring in biology and eventually working my way towards a career in genetic engineering. I hope to apply my future education to long-lasting, scientific improvements for humanity such as helping create life-saving vaccines or genetically modifying crops to battle famine. Even when I felt completely lost career-wise, I always knew that I wanted to be extremely passionate about whatever I chose to do.

I have found a love for molecular biology and genetics, and being able to use that love to assist other people only further instills my passion. This scholarship would help propel me towards this my dream career and take some pressure off of my parents and myself while I attend college.

My parents immigrated from the Philippines to America in order to provide their kids with a better life and education, and they have worked extremely hard to provide us with the best lives possible. From working three jobs at once to investing immeasurable amounts of time and energy into a small business that will help support us through college, my parents have put everything into ensuring that my sisters and I receive an education. I am extremely grateful for everything that they have done for me, and this scholarship would help relieve the financial burden that receiving an education tends to create. With less money to pay off, I will be able to focus on my studies and pursue extracurricular activities and clubs that will help me gain perspective and knowledge that will contribute to my future career rather than picking up a part-time job during college.

Time is extremely valuable and cannot be paid back. Therefore, having the time to pursue every new opportunity that comes my way—such as internships, research positions, extra labs, and even individual study—will create a deeper understanding and instilled passion for my career.

My favorite ASTRA project has been the ASTRA Read and Craft. This project has made a long-term investment in the future minds and values of our current children. We know that even though they may be small today, they will one day be adults that will be leaders, doctors, and astronauts, so instilling these values at a young age will benefit our future communities and generation.

Leadership and Community Volunteer Activities

Vice President of National Honor Society (Previously Recording Secretary), Secretary of GreenTeam/Environmental Club (also Founder of Second Club Garden), Secretary of Future Business Leaders of America (also Co-Leader of Service Committee), FBLA Competitive Events Competitor, Clay Club Member, Track and Field Athlete, Bagel Tree Cafe and Bakeshop Employee, Cat and Plant Sitter, Crochet Side Business Crocheter, ASTRA Read and Craft (Passion Project/Service Project), Valentines for Rose Haven Hospice (Service Project), annual Celebration of Literacy Volunteer, Religious Education Teacher, Vacation Bible School Counselor, and Partner Sports Camp Partner.

Abigail Smothers



What do you want to be when you grow up? A vet? A doctor? A nurse? For as long as I can remember, my answer to the above question has always been related to the medical field. After having some personal experiences and researching different options in medicine, choosing biology/biological sciences as a major was an extremely easy decision. I cherish life, health and happiness and by deciding on biological sciences, I feel like the possibilities are endless.

I have been accepted to the University of Missouri-Columbia Honors College and will be majoring in Biological Sciences as well as working toward the pre-physician's assistant program. I have taken many rigorous courses to prepare me. I have been loaded down with dual credit science classes and some advanced math as well. I am currently enrolled in a dual credit Medical Terminology course and have taken multiple medical classes at our school's technical center. In each of these classes (and all my classes) I have always been one of the top performers and currently hold the class rank of number three out of approximately 130 students. It is my hope that after obtaining my bachelor's degree, I am accepted into the Physician's Assistant Program at Stephens College in Columbia, MO.

Receiving this scholarship would be extremely beneficial because it would help relieve a little bit of the financial burden that college is already placing on me. I will be focusing on learning and preparing for my future, just like I have been all these years. I have spent my summers working three jobs, keeping up in my sports, and staying actively involved in all my clubs. Receiving this scholarship is a huge honor!

Leadership and Community Volunteer Activities

School and Leadership Activities: ASTRA President, Student Senate-Senior Class President, National Honor society-President, National Technical Honor Society-Vice President, Spanish Club-President, Fellowship of Christian Athletes, DECA, Phi Theta Kappa /Alpha Tau Chapter-MACCHonor Society, Be the Good Ambassador, Prom Committee, Graduation Committee, Softball-Varsity Letterman, Top Defensive Player, Captain Leadership Award, Leadership Award, Basketball Cheerleading, Varsity Letterman-Track and Field, Baseball manager.

Community and Volunteer Activities: Serve Like Sam, Community Kitchen, Nursing Home Volunteer, Toys for Tots, Salvation Army-Kettle Campaign, Safe Passage, Animal Shelter, Winter Coat Drive, Canned Food Drive, Teacher Supplies Drive, Trash Pick Up, Altrusa in the Park, United Way, Wreaths of Honor, Run for Her life

Vaishnavi Venagala



When Ijeoma Umebinyo said, “So, here you are too foreign for home, too foreign for here. Never enough for both,” I felt it. It is almost as if my high school years were summed up into one sentence.

My family moved to America in 2016. A huge part of who I am as a person is my culture and my identity. My identity has been molded one too many times, depending on the people I'm in the room with. I spent all three years of high school learning to accept and come to terms with my identity. I started showcasing my culture and being comfortable and proud of who I was. Although the road wasn't very smooth, I learned that I do not have to change my personality to fit in, there will be people who will accept me just the way I am.

Toward the end of Junior year was when I completely accepted myself and learned that I do not have to pick whether to be Indian or American, I am lucky to be able to experience both cultures. With the intention of learning about different cultures and personal experiences, I took the initiative and started the Cultural Club at Hamilton High. Along with Cultural Club, I also started Environment Club, co-founded Girls For Social Justice, and restarted the Junior State of America.

Along with clubs, I have also learned the importance of community service. I restarted ASTRA (a service club) at my high school. I served as a Vice President, President, and Past President of this club, while being in these positions all three years of my high school years I have learned the importance of volunteering. Every time I serve in my community, I improve as a person. Community service promotes skills by allowing me to appreciate and recognize not only the conditions of others but also the ability to relate and appreciate them. Leadership was one of the takeaways ASTRA taught me. It taught me that I need to set a good example for people to follow and to demonstrate great leadership traits like honesty, resilience, and flexibility.

My family's mental health awakened my interest in psychology. I took a psychology course through a University, which helped me further my interest in psychology, giving me a scientific view. Toward the end of this course, I learned that I wanted to be a psychiatrist. OSU offers the best public health program in the state of Ohio, helping students to comprehend and work on a variety of problems in a variety of medical fields by providing them with the professional foundation and abilities they need.

Due to my family's financial situation, they will not be able to contribute much to my educational future. I am currently applying for scholarships through Ohio State and outside scholarships to fund my college education. A scholarship from ASTRA would help me in my journey to achieve success and would allow me to follow my dream of becoming a psychiatrist.

Leadership and Community Volunteer Activities

Co-Founded Cultural Club and Environmental Club, Treasurer of National Honor Society, Vice president for Civics Day, Tennis Co-Captain, Girls for Social Justice, Chess Club, Drama Club, Quiz Team, Tennis, GSA and Student Council Work with AID (organization for India's development)

Vice President, President, and Past President of ASTRA. Planning on attending the University of Cincinnati Pre-Med with the hopes of going into Med School. Also received an International Scholarship

Cording Ceremony



Thanks to Kennedi Fettig for the above pictures and a short article about the **Lake Belton and Belton High School ASTRA Cording Ceremonies.**

The beautiful centerpieces were put together using photos from this past school year. There was also a big presentation board that the parents could look at to learn more about ASTRA and to see some of the projects that the students completed during the school year.

Each student was asked to share their favorite ASTRA project they had done, how ASTRA has impacted them and what their plans for the future were. It was amazing to hear all of the students sharing their memories and their plans for this upcoming year.

An amazing Italian dinner was catered and served by Altrusans for the students and their families to enjoy. The weather was perfect and the home where the ceremony was hosted was absolutely beautiful. The ceremony couldn't have turned out better!

Joint service project with Altrusa DFW and the ASTRA Club of Carrol High School.

It's that time of year again! Bigs (ASTRA) & littles (PK) helping roll & we are looking forward to 7,500 Red Bags being delivered. Look on your doorstep & donate food for families in need. Altrusa DFW





ASTRA President and Alumni provided insights as part of a panel on membership recruitment, engagement, and retention.

They also participated in the All Conference Literacy Fair at the Annual District Eight Conference.

From left to right:

- ❖ Lorraine Brewer, Altrusa Int'l ASTRA Committee Chair and District Eight Governor-Elect
- ❖ Karis Cheek, Optometry student, University of Arkansas graduate, ASTRA at the U. of A. past president, and former ASTRA Scholarship recipient
- ❖ Chloe Connelly, University of Arkansas senior, ASTRA at the U. of A. Immediate past president, and former ASTRA Scholarship recipient
- ❖ Alecia England, ASTRA at the U. of A. current president
- ❖ Cassie Poole, President Chickasha OK Altrusa Club, Young Professional
- ❖ Michele Nightingale, Membership Development Committee, Salina KS Altrusa Club
- ❖ Sue Whitaker, International Director and panel moderator



Thank You
FOR YOUR HELP

2023 ASTRA INTERNATIONAL SCHOLARSHIP JUDGING TEAMS

The International ASTRA Committee thanks the two judging panels, for high school and for college/university scholarships. Each panel consisted of three non-Altrusa and two Altrusa judges.

Altrusans did not serve as judges if they had an association with an ASTRA Club with a potential applicant.

Thank you to our judging panels for their commitment to ASTRA members and their time evaluating the applications.

Dear readers,

I expect that this will be my last issue of the ASTRAgram.

I want to thank all of you for your support and your help by sending me lots of great articles about great students in great clubs doing great things!!!

It's been a pleasure!!! Good luck to all going forward. It's a big world out there with lots of opportunities for you all to do good things and make this world a better place to live, work and play.

With love,



Jan Storrs
Altrusa Club of Branch County, MI:
District Five



End of the Year Reminders

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.

Things To Do

JUNE:

Newly elected ASTRA Officers and Committee Co-Chairs schedule a time to start planning a successful new ASTRA year.

JULY:

Schedule a joint planning meeting of the new ASTRA Officers and Committee Chairs and the Altrusa Advisors for August. Make sure ASTRA Officers and the Service Committee Co-Chairs know about the Altrusa International Foundation Grant deadlines for service projects: September 15th and March 15th.

AUGUST:

Attend the ASTRA-Altrusa joint planning meeting with ASTRA officers and Committee Chairs and Altrusa Advisors; review roles and responsibilities for the year, review the ASTRA club bylaws, discuss upcoming service opportunities and membership recruitment activities to kick off the year. Have ASTRA Officers participate in leadership training to maximize success for their year. Check out the helpful training info on the ASTRA website.

Encourage the planning of the initial service projects to have fun and help recruit new members. Schedule a date for the ASTRA Officer Installation and new member Initiation ceremonies.

See astra.altrusa.org
for full year schedule.



Be sure to go to:

astra.altrusa.org to learn "WHY YOU SHOULD START A NEW ASTRA CLUB WHEN THERE ARE PLENTY OF CLUBS AT YOUR SCHOOL".



Be sure to fill out the ASTRA Alumni Information Sheet on the astra.altrusainternational.org website before you head off for new and exciting adventures. We want to stay in touch with you and know how you are doing. Please take the time to do this now.

Thank You!
THANK YOU!

for all your hard work!!!

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

DISTRICT **ONE** ASTRA Committee Liaison: Linda Dysart lindadysart2010@gmail.com
ASTRA Chair: Trish 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: Terri J. Taber 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