

# C MPASS



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Where has the time gone? It is hard to believe that we are already in the second year of this biennium. We are off to a great start for year two, We completed the first year with a positive membership growth over the previous year. We have already chartered a new Altrusa club – Altrusa International of Southwest Oklahoma in District Eight. They were chartered on June 25. Several other new clubs are also being formed.

Congratulations to all of the clubs who achieved Distinguished Club status for 2023-2024. Let's all begin our planning now so that we have even more Distinguished Clubs for 2024-2025. Now that your reports are complete, did you also enter your Kindness Acts, your book donations, and your Days for Girls donations on the Service page of the International website? If you haven't entered them yet, please do so as soon as possible.

I want to thank Districts Eight, Nine, Ten, Twelve and Fourteen for the wonderful hospitality I received as the International Visitor to their Conferences. The Conferences were outstanding and I know our other International Visitors also enjoyed visiting the other nine districts.

As you enjoy this year of the biennium, include submitting for an International award at your 2025 District Conference. The number of entries were down this year, and we would like to see those numbers increase. Your clubs are doing great things and deserve to be recognized for what you do in your communities.

The smallest category of entries is the Nina Fay Calhoun International Relations Award. Included in this newsletter is an article on international relations and some organizations you can work with. The International Service Committee is also working on a newsletter highlighting international projects. Reminder – to qualify for this award, the project must be outside your national borders, otherwise it is a community service project.

On a sad note, Past International President Linda J. Nichols passed away in June. I have included her obituary in this issue of the Compass as it was not available when we first notified everyone of her death. Memorials for Linda can be made to the Altrusa International Foundation.

Let's keep R.O.C.K.ing,



Linda K. Smith, President  
Altrusa International, Inc.

## Look Beyond Your Own Background – International Projects

Lisa Gregory

District Twelve International Relations Chair

We all know that Altrusans are energetic, service-minded people who work hard to make a positive difference in our communities. And this is important, in fact it's even in our motto = "Leading to a better community." As much as our own communities are benefiting from all the service projects that Altrusans do, it's important to also look beyond our own backyard and reach out to international communities.

It's not too hard to turn on the news and hear of some natural disaster, an ongoing war, or other people groups who don't have all the basic necessities that we often take for granted, like access to clean water, sanitation, reliable electricity, and a safe place to rest their head at night. Not to mention how many developing countries often have limited access to healthcare, or have shortages of basic essential medicines and medical supplies. And what about education? Education is essential for lifting people out of poverty and improving their lives. However, many children and even adults in developing countries do not have access to quality education or resources.

My challenge to you is to put on your global glasses and look beyond your own backyard and see that the world needs to know just how generous and giving Altrusans are. The brochure was created to give you an idea of different service projects that fall under International Relations. Some of them are done by Altrusans, some are not, but all are worthy.

### Recent Questions to the President

At a recent Governor's Council meeting, the topic of approving new members was asked. The Governors asked that I address this in a Compass article.

Did you know that on the membership form, there is a place for Membership Committee approved/not approved and Altrusa Board approved/not approved. Article V. of club bylaws states that *Membership shall be extended by invitation from the Club*. The bylaws do not address how that approval occurs. In the Altrusa Encyclopedia, there are suggestions for bringing in new members, but those are merely suggestions, not bylaws or policy.

Our clubs have a variety of ways of approving new members (I personally do not know of anyone who has been denied membership) and since the bylaws do not address this issue, I encourage each club to use whatever procedure works for them. I do caution you to not make it a long process because if someone has a servant heart and wants to be involved, they may lose interest if the process takes months.

We also recently had a question of whether Altrusa International had a diversity policy. Altrusa bylaws state: *Article IV: Members. Membership in Altrusa is extended to individuals who are of good character and who subscribe to the principles and purposes of Altrusa International*. The following statements are also in The Altrusa Encyclopedia:

*Membership is open to individuals of all ethnic and cultural groups who are of good character, who endorse and embrace the purposes and principles of Altrusa.*

*Altrusa uses inclusion and flexibility to ensure diversity.*

## Reminders

- 2025 Convention is in Quebec City, Quebec, Canada. It can take months to receive your passport in the mail, so please remember to give yourself time to receive your new or renewed passport, if needed.
- Don't forget to follow Altrusa International on [Facebook](#) and [Instagram](#) where we are expanding our outreach through social media.

## Navigating the Web...

- Important websites to know!
  - [www.altrusa.org](http://www.altrusa.org) (click Member Login in the upper right)
  - [login.altrusa.org](http://login.altrusa.org) (go directly to the members area)
  - [www.altrusastore.com](http://www.altrusastore.com) (purchase Altrusa branded items including pins and banners)
  - [www.altrusaservice.org](http://www.altrusaservice.org) (browse and share your club's service projects)
- Give us some feedback and share your thoughts on improving Altrusa with the [Suggestion Box](#).
- If you have forgotten your password to the site please send an e-mail to [Altrusa@altrusa.org](mailto:Altrusa@altrusa.org) or call the International Office for assistance.

## Important Dates

- August 12** International Youth Day
- September 8** International Literacy Day
- September 21** International Day of Peace
- October 1** International Day of Older Persons
- October 16** World Food Day



Linda Jane Nichols, longtime resident of Austin, Texas, passed away on Wednesday, June 12, 2024. She was preceded in death by her parents, Frances Virginia Buchanan and Albert Clark Nichols, and her brother, David Clark Nichols. She is survived by her nephew, Jeffrey Clark Nichols, niece Kimberly Anne Lockner, and four great nephews Jeffrey Clark Nichols, Alexander Carl Nichols, Cameron Patrick Nichols, and Brandon Shea Nichols.

Linda was born in Indianapolis on December 27, 1946. She attended Lawrence Central High School in Indianapolis. She went on to receive degrees from Indiana University and the University of Texas Health Sciences Center in Houston. She joined the Texas Lung Association, serving in various positions in Houston, Temple, and Austin, ultimately becoming the Chief Executive Officer. She retired in 2004.

She was very active in the University United Methodist Church in Austin, serving in virtually every major lay role over her membership of 55 years. She was especially active in what was then called the United Methodist Women.

Linda played bridge four to five days most weeks and had a large collection of friends who shared her passion.

She was also very active in Altrusa International, a charitable organization, for 52 years, ultimately serving as International President for two years. In lieu of flowers, please make donations to the Altrusa International Foundation.

The memorial service will be held on Saturday, June 29, at 2:00 p.m. at University United Methodist Church, 2409 Guadalupe in Austin. Parking will be available in the Satellite Lot across Guadalupe from the church.

## Debit Card Coffee or Credit Card Tea?

By: Bettina Schempf, Treasurer, Altrusa International, Inc. & Angela Beck, Governor, Altrusa District Six

“Should my Club use a Debit Card or Credit Card”? It is similar to asking “Do you like Coffee or Tea?” It is a matter of financial taste. Debit Cards allows one to spend directly from a checking account, while a Credit Card charges a pre-set credit line to pay off later, potentially with interest. When one swipes or taps a card, a pin is needed for a Debit Card while a Credit Card may require a signature. Beyond the technical differences, Debit Cards and Credit Cards differ in one significant way: rewards. Credit Cards come in many varieties, but many Credit Card holders use them because they offer cash back. So, which should your Club choose? Both Debit and Credit Cards make payments easier. So, here is our advice:

Debit Cards are a great way to increase the flexibility of payments. They generally operate with the same authorizations as signatories to your accounts and are easy to set up. If a person is authorized to sign checks on the account, those same people can get a Debit Card as authorized signers for the Club’s checking account. They cannot be tied directly to a savings account.

Credit Cards use a different set-up process as they are secured by the Credit Card network. Because the Club is an entity, not a person, they generally need an individual(s) to be the guarantor(s) and uses the credit strength of the guarantor(s) for a preset credit limit. That makes them less flexible for Clubs and might mean that past leaders are acting as guarantor(s) for many years later, if they are no longer in a leadership position or even an Active Member, so this might not work well for your Club.

For both Debit Cards and Credit Cards, your Club should use the same authorization procedures for payments as you use for check or cash reimbursements or payments. Also, help guard against unauthorized use of either a Debit or Credit Card in these few ways. When using your Debit Card, try to choose “Credit” to receive the benefit of MasterCard or Visa’s liability protection, not all merchants will allow this use. Monitor your account to know exactly what is happening with your Card by logging into online account services with your bank. Turn on alerts for Internet purchases, ATM transactions and set transaction limits, so all Card transactions above a certain amount will be declined.

We hope that this has given you a bit of insight on these two options for your Club. Whether it is Debit Card Coffee or Credit Card Tea, it will ease your Club’s payments in the future. Please feel free to reach out to either one of us for specific guidance or additional information.

Sources:

<https://www.bankrate.com/credit-cards/building-credit/credit-card-vs-debit-card/>

<https://www.oldnational.com/personal/services/debit-mastercard/#FAQ>





## Tips for a successful retention

*Pam Hayes, Membership Development Committee Member*

Encouraging and motivating members is essential for the success of any organization. Here are some strategies you can consider for successful retention.



1. **Recognition and Appreciation:**
  - Regularly acknowledge members' efforts.
  - Highlight their impact through various channels.
  - Consider Random Acts of Kindness to show appreciation.
2. **Clear Purpose and Impact:**
  - Explain how members' work contributes to the club's mission.
  - Share success stories to demonstrate their influence.
  - Preserve the club's history by sharing stories of its formation.
3. **Flexible Opportunities:**
  - Offer diverse roles and time commitments.
  - Allow members to choose what suits them best.
  - Understand that not everyone can attend every event.
4. **Create a Supportive Community:**
  - Foster connections among members.
  - Organize social events and team-building activities.
  - Mix up seating arrangements during club meetings.
5. **Celebrate Milestones:**
  - Recognize tenure and achievements.
  - Periodic reviews ensure the club's effectiveness.

Remember, genuine appreciation and a sense of purpose are powerful motivators. When new members experience these positive aspects, they'll know they've made the right decision by joining your international organization!

### MDC District Liaisons...we are here to help!

District	MDC - Member	Email
One	Antoinette Thorburn	<a href="mailto:a.thorburn@yahoo.com">a.thorburn@yahoo.com</a>
Two	Susie Quillen	<a href="mailto:squillen123@gmail.com">squillen123@gmail.com</a>
Three	Carlita Cotton	<a href="mailto:drclarlitarbcotton@gmail.com">drclarlitarbcotton@gmail.com</a>
Four	Penny Storms	<a href="mailto:pensto53@gmail.com">pensto53@gmail.com</a>
Five	Penny Storms	<a href="mailto:pensto53@gmail.com">pensto53@gmail.com</a>
Six	Kerry Cavin	<a href="mailto:kerrycavin44@gmail.com">kerrycavin44@gmail.com</a>
Seven	Kerry Cavin	<a href="mailto:kerrycavin44@gmail.com">kerrycavin44@gmail.com</a>
Eight	Antoinette Thorburn	<a href="mailto:a.thorburn@yahoo.com">a.thorburn@yahoo.com</a>
Nine	Susie Quillen	<a href="mailto:squillen123@gmail.com">squillen123@gmail.com</a>
Ten	Pam Hayes	<a href="mailto:pmariehayes67@gmail.com">pmariehayes67@gmail.com</a>
Eleven	Pam Hayes	<a href="mailto:pmariehayes67@gmail.com">pmariehayes67@gmail.com</a>
Twelve	Carlita Cotton	<a href="mailto:drclarlitarbcotton@gmail.com">drclarlitarbcotton@gmail.com</a>
Fourteen	Sylvia Juarbe	<a href="mailto:sylviajuarbe@yahoo.com">sylviajuarbe@yahoo.com</a>
Fifteen	Nancy Norris	<a href="mailto:nancylnorris@aol.com">nancylnorris@aol.com</a>

## Succession Planning

*Tammy Boyd, International Leadership Committee, Co-Chair*

### What is Succession planning?

- This is a process to ensure that you have future leaders in the positions to carry out the job duties. Through succession planning, you can identify potential members with specific skills to fill those positions.
- What is the correct order of Succession planning?
  1. Identify the positions that should have this.
  2. Identify the skills or qualifications of the people that would fit the position.
  3. Identify your members that would fit in these positions.
  4. Start preparing.
  5. Review your succession planning yearly.



### What steps does your Club or District take for succession planning?

- Have a President-Elect or Vice-President/Governor Elect give that leader time to grow and be prepared for the next position. It helps them to understand the job duties by either shadowing your leader or watching and learning.

### How important is succession planning to you as a board member, committee member or just a member?

- As a board member succession planning is critical because what happens if you are next in line and have declining health or just decide on a new path of life? What do you do? With succession planning, all of this is in place, so you have your next leader ready to go. They have been mentored and prepared.
- As a committee member succession planning helps that committee to grow in how to have a better fundraiser or service project. By having your committee chairs working with the chair and being involved to see how things are put together for events it makes the committees stronger. When the whole committee is included, it opens all types of opportunities to be explored and it creates great leaders to continue to serve.
- As a member you should want to see succession planning in your club to help you grow those leadership skills and step up to the next level of involvement with your club.

### What do Succession Planning and Sustainability have in common? How can Altrusans incorporate each within their clubs?

- Having a Conscious Leadership in our clubs by creating a culture to inspire others to embrace a collective spirit where everyone can bring out the best of themselves for the use of all.
- Having a Conscious Culture in our clubs where everyone takes accountability in helping our membership grow, using leadership skills, and educating each other while promoting the history of Altrusa.

The 3 C's of life:  
Choice, Chances, Changes.  
You must make the choice,  
to take a chance, if you want  
anything in life to change.  
Zig Ziglar

## Days for Girls

Vickie Kilgore, International Service Committee/DfG Liaison

Days for Girls International (DfG) is an award-winning non-profit that has reached more than 3 million women and girls in 145 countries on 6 continents with quality, sustainable menstrual care solutions, and health education. Ways to get involved: (1) Join or Support a Chapter, Team or Club Near You; (2) Start a Team or Club; (3) Become an Advocacy Volunteer; and (4) Donate.



District Fourteen has a certified DfG Team under the name of Humacao, PR. They sew all components, assemble kits, and distribute them locally to girls in their public schools along with presenting the Menstrual Education program. They have strong support from five Altrusan clubs and their Governor Carmen Agosto Serrano.

The key to successful programs offered by DfG is donations. Your gift can translate into real change for girls in need – here’s how:

- \$10: Gives 6 pairs of underwear for managing periods.
- \$25: Provides a washable menstrual Kit for one woman or girl.
- \$60: Delivers menstrual health education to 50 women and girls.

From January 2024 through June 1st, Altrusans have donated \$6,075 with \$650 during the month of May. With all the Intentional Acts of Kindness our International President, Linda Smith has suggested, one could be the donation of at least \$10 to DfG by every Altrusans before the end of the current calendar year. We could more than double the amount we have donated since 2018 of \$79,665.62. Just go to [daysforgirls.org](https://daysforgirls.org) and donate online. Remember to add in the comments “Altrusa International” for tracking purposes.

<https://donate.daysforgirls.org/give/136291/#!/donation/checkout>

I encourage you to help reach “Every girl, Everywhere, Period.”





## United Nations Update

*Megan Holleran, Altrusa Representative to the United Nation's Department of Global Communications, Civil Society Unit/NGO*

Greetings fellow Altrusans! I am thrilled to report that Altrusa International has successfully obtained UN Ground passes from the United Nations Civil Society Unit. Despite delays and bureaucratic hurdles, Altrusa has persevered. While I initially received my first pass in late February 2020, the UN and New York City shut down just two weeks later due to the Covid-19 pandemic. Four years on, Altrusa has finally regained access to the United Nations!



Since 1946, Altrusa International has maintained roster status with the United Nations, enabling our representatives to participate in briefings through the UN Civil Society. This keeps us informed about important UN agenda topics, which we then share with the broader Altrusa community. The Civil Society Unit of the UN Department of Global Communications builds partnerships and shares information with civil society, helping them understand and engage with UN initiatives. Regular briefings support civil society organizations (CSOs) and non-governmental organizations (NGOs) like Altrusa in advancing their advocacy efforts. These are non-profit, voluntary groups organized at local, national, and international levels.

While the UN grounds pass provides access to onsite briefings and events at the UN headquarters in New York City, the Civil Society also extends virtual access to international events. One such event I recently attended (virtually) was the 2024 Civil Society Conference in Nairobi, Kenya. The key issues discussed ranged from long standing concerns like the use of nuclear weapons and progress in gender equality, to emerging issues such as the governance of artificial intelligence.

Although the Civil Society events tend to slow down in the summer months, I eagerly anticipate using my grounds pass for in-person events in the fall. I look forward to sharing new and exciting UN initiatives and information with my fellow Altrusans and the wider community.

## District Four

is made up of 14 Altrusa clubs and 4 ASTRA clubs that encompass the states of Alabama, Louisiana, Mississippi and Tennessee. Each club stays busy year-round serving individuals in and around their respective communities. Here are a few highlights from District Four clubs as they strive to regularly “Do Something Good”.



### District Four Altrusans at their 2024 Conference

#### **Altrusa of Anniston, Alabama**

is a leader among the Days for Girls International Service Project. The club has devoted time and supplies to the project for the past several years.

#### **Altrusa of Baton Rouge, Louisiana**

is dedicated to the students of Dufrocq School. The club regularly holds events at the school promoting literacy, and awards students for their successes in the classroom.

#### **Altrusa of Clarksville, Tennessee**

donated books and Halloween candy to children in their community as well as provided Christmas trees, decorations, ornaments and Christmas gifts to kids in foster care. The club also participated in Wreaths Across America by laying wreaths on veteran’s graves at a cemetery in their community.

#### **Altrusa of Enterprise, Alabama**

celebrated 70 years of service in 2024! Among their many projects this year was their donation of school supplies to teachers in their huge school system! The project was made possible by an international grant that the club received. The club also sponsors ASTRA of Enterprise.

#### **Altrusa of Fort Payne/DeKalb, Alabama**

was named a Distinguished Club for this year as well as received an international grant for one of their local projects. The club hosted one of our fall workshops and collected Pete the Cat books for a local organization. Ironically, the Pete the Cat author is from their town!

**Altrusa of Gadsden, Alabama**

hosted the very successful 2024 District Four conference! Earlier in the Altrusa year, the club provided new reading areas at a local school library in memory of one of their long-time members who passed away.

**Altrusa of Greater Gadsden, Alabama**

stays busy with many projects in and around the Gadsden community. They also sponsor an ASTRA club who just graduated 39 seniors! WOW!

**Altrusa of Greenwood, Mississippi**

is the only Altrusa club in their state. However, they are very active and also sponsor an ASTRA club. Altrusa Greenwood recently received an international grant for a Boys and Girls Club project that they are involved in.

**Altrusa of Jack, Alabama**

purchased Christmas gifts for local families in need, awarded scholarships to local graduating seniors, and used monies from international and district foundation grants to purchase a book vending machine (to be installed within the next month) for their local elementary school. The club is also the sponsor of ASTRA of Jack.

**Altrusa of Kingsport,**

began a community outreach at a local billiard hall to attract new members. The club meets 2 times a month at the location in addition to their regular monthly meeting. They are being very creative in growing their membership! Additionally, the club is taking steps to organize an ASTRA club in their community!

**Altrusa of Marshall County, Alabama**

is growing and recently, once again, gained charter strength! The club made history at their July meeting as they initiated their first male Altrusan!

**Altrusa of Nashville, Tennessee**

grew by over 80% during the last Altrusa year! The home of Altrusa, this club is on fire – just check out their Facebook page and discover all the projects that they are involved with. The club was awarded the Greatest Club Achievement for 2023-2024, was recognized as a Distinguished Club and received a District Four Foundation grant.

**Altrusa of Oak Ridge, Tennessee**

District Four's largest club has served their community for the past 69 years. The club is over 90 members strong and is currently organizing an ASTRA club. They were recently recognized as a Distinguished Club and received an international grant for their project Boost for Books.

**Altrusa of Thibodaux, Louisiana**

District Four's newest club has achieved a great deal since their charter just a couple of years ago! They've received international and district grants as well as being named a Distinguished Club. Their club is extremely active, which was evident at the 2024 district conference as they received numerous awards and accolades.





# District Fifteen - The Kiwi Altrusans

17 Clubs with 376 members

Conference '24 celebrated the 40th Birthday of our District with a Friday night Party Theme of

*Paint the Town Red*



And we're **ROCKing** in our communities



Being a Santa to Seniors



Days for Girls - of course!



Making gift cards to give to the elderly



Making & filling Pencil Cases for children in need through local Schools and Charities



No Sew Blankets to keep children warm

To name but a few of our clubs' projects

## Oamaru

### Santa for A Senior

This project is held each December, by Altrusa Oamaru. We put up a Tree in the Local Pharmacy with tags attached requesting items that our seniors would like for Christmas.

We approach each rest home and ask them to give us a list of names of people who will not be receiving any presents at Christmas. This year we had 36 names and the general public is so generous with the items that they buy. We gather all the presents and check them, wrap and write a personal card from Altrusa to each recipient then deliver them back to the rest homes for distribution on Christmas Day.



**Don't forget to follow our Altrusa International social media pages!**

We post club service projects, updates from the International Office, club updates, and more to help grow our membership.



[@altrusa](https://www.tiktok.com/@altrusa)



[@altrusainternational](https://www.instagram.com/altrusainternational)



[@altrusainternationalinc](https://www.facebook.com/altrusainternationalinc)





# ASTRA

## ARE YOU USING YOUR RESOURCES?

RENE'E EATON, DISTRICT TEN

ALTRUSA INTERNATIONAL ASTRA COMMITTEE

[astra.altrusa.org](http://astra.altrusa.org)



- ASK YOUR ASTRA ADVISOR OR A SENIOR MEMBER OF ASTRA. SPEAK WITH YOUR ASTRA SPONSOR.
- CONTACT ANY ALTRUSA MEMBER, SEEK THEIR KNOWLEDGE.
- READ ALTRUSA AND OTHER ASTRA CLUBS NEWSLETTERS, THERE IS A WEALTH OF INFORMATION WITHIN THOSE PAGES.
- TALK WITH ANY INTERNATIONAL ASTRA COMMITTEE MEMBER OR DISTRICT CHAIR. ATTACHED IS THE LIST OF ASTRA COMMITTEE CHAIRS.
- LEARN ABOUT SIGNING INTO ALTRUSA.ORG, GO TO DROP DOWN MENU TO ASTRA, SEARCH FOR THE ASTRA MEMBER MANUAL. THERE IS A WEALTH OF INFORMATION IN THE MANUAL.
- WHY DID YOU JOIN ASTRA? TO PROVIDE SERVICE TO YOUR COMMUNITIES, MAKE NEW LIKE-MINDED FRIENDS, DEVELOP YOUR LEADERSHIP SKILLS THERE ARE SO MANY OPPORTUNITIES THAT WILL OPEN TO YOU.
- ASK QUESTIONS AMONG YOUR PEERS.
- ATTEND ALTRUSA CLUB MEETINGS.
- MAKE A DIFFERENCE IN SOMEONE'S LIFE FOR THE BETTER, BE THAT MENTOR TO OTHERS.

## Altrusa International ASTRA Committee Liaisons and District Chairs:

### DISTRICT ONE

ASTRA Committee Liaison:

ASTRA Chair:

Traci Squarcette  
Patricia (Tish) Maxim

[tsquarcette@umhb.edu](mailto:tsquarcette@umhb.edu)  
[campnaoles@fairpoint.net](mailto:campnaoles@fairpoint.net)

### DISTRICT TWO

ASTRA Committee Liaison:

ASTRA Chair:

Maureen McGough  
Cindy Willis Jennings

[sgtmo78@gmail.com](mailto:sgtmo78@gmail.com)  
[cindy.jennings@trane.com](mailto:cindy.jennings@trane.com)

### DISTRICT THREE

ASTRA Committee Liaison:

ASTRA Chair:

Jeraldyn Rivest  
Kitty McElhaney

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[kittvaltrusa@gmail.com](mailto:kittvaltrusa@gmail.com)

### DISTRICT FOUR

ASTRA Committee Liaison:

ASTRA Chair:

Heather Cleavinger  
Cheryl O'Mary

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[omary32@yahoo.com](mailto:omary32@yahoo.com)

### DISTRICT FIVE

ASTRA Committee Liaison:

ASTRA Chair:

Renee Eaton  
Roberta Z Jacobs

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[rziacobs416@gmail.com](mailto:rziacobs416@gmail.com)

### DISTRICT SIX

ASTRA Committee Liaison:

ASTRA Chair:

Mabel Acevedo  
Cathy McConnell

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[cathy.mcconnell52@gmail.com](mailto:cathy.mcconnell52@gmail.com)

### DISTRICT SEVEN

ASTRA Committee Liaison:

ASTRA Chair:

Maureen McGough  
Kristi Burnett

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[kbbdesign@aol.com](mailto:kbbdesign@aol.com)

### DISTRICT EIGHT

ASTRA Committee Liaison:

ASTRA Chair:

Heather Cleavinger  
Laura Marquardt

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### \*DISTRICT NINE

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Traci Squarcette  
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### DISTRICT TEN

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### DISTRICT ELEVEN

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Jeraldyn Rivest  
Melinda Aguirre

[geraldyn@hotmail.com](mailto:geraldyn@hotmail.com)  
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### DISTRICT TWELVE

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ASTRA Chair:

Beth Harrison  
Cynthia Mounts

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[cynthia.m22@charter.net](mailto:cynthia.m22@charter.net)

### DISTRICT FOURTEEN

ASTRA Committee Liaison:

ASTRA Chair:

Mabel Acevedo  
Belkis Santiago Valte

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### DISTRICT FIFTEEN

ASTRA Committee Liaison:

ASTRA Chair:

Beth Harrison  
Lynette Budge

[9happy.harrisons@gmail.com](mailto:9happy.harrisons@gmail.com)  
[lynettejohn@xtra.co.nz](mailto:lynettejohn@xtra.co.nz)

## Scholarship Issue

We are excited and honored to announce the 2024 ASTRA INTERNATIONAL SCHOLARSHIP recipients. These deserving students all have a bright future and have accomplished extraordinary academic records in their school years in addition to their willingness to serve. We are grateful that we could reward them for their hard work, leadership, and community involvement.

The scholarship funds are provided by the Altrusa International Foundation to recognize high school senior ASTRA members who have grown through service in ASTRA. Winners have demonstrated exemplary Altruism within his or her community and must have applied to an institution of higher learning (college, university, tech school, etc.). We thank you for providing these scholarships to such incredible student leaders.

We also take this opportunity to thank the Award Committee who had the difficult job of selecting recipients among so many worthy applicants. We greatly appreciate your time and dedication.

To all the ASTRA International Scholarship Winners (featured in this newsletter), we are very proud of you. Congratulations on your achievements! You have demonstrated extraordinary leadership skills and have made a positive impact on the community.

Best wishes as you move forward to the next exciting chapter of your life. You've accomplished so much already, and we do not doubt that you'll achieve even greater things in the future. We wish you the very best for all your future endeavors.

It is our pleasure to present ASTRA International Scholarship Winners 2024.

### **High School**

\$2,000 – Malia Reichel M. Narciso

ASTRA Club of Roseburg High School/ Altrusa International of Roseburg, OR/ District Twelve

\$2,000 – Madison Thompson

Randolph County ASTRA/ Altrusa International of Moberly, MO/ District Eight

\$1,000 – Aubrey Harrison

ASTRA Club of Pendleton/ Altrusa International of Pendleton, OR/ District Twelve

\$1,000 – Olivia Jackson

ASTRA Club of Charlotte, NC/ Altrusa International of Charlotte, NC/ District Three

### **University/College**

\$1,000 – Mikayla Bragg

ASTRA Club of University of Mary Hardin-Baylor/ Altrusa International of Temple, TX/ District Nine

\$1,000 – Sarah Flores-Garza

ASTRA Club of San Antonio/ Altrusa International of San Antonio, TX/ District Nine

Altrusa International ASTRA Committee

## Communicating Outside Your Comfort Zone

*Pam Grantham, Altrusa International Communication Committee Member*

Communicating seems to be a relatively easy ability for most people. We may have difficulties in certain areas, but in others, we seem to thrive. For instance, a person who dislikes standing before a crowd and speaking may have a way with emails and other written messages. Conversely, a person who shines on the stage may not be able to communicate their thoughts effectively in a text message. Social media gives a person a voice where they otherwise would not have one. We each have a way to communicate that best fits our individual preferences and abilities, a way that helps us communicate comfortably.



But what happens when you are put outside of your comfort zone? For many of us, we are in an area where we know how to communicate fluently with those around us. By communication, I mean how we speak to others, our body language, our manners, and so on. But what happens when we are not in that familiar environment?

Altrusa International is an international organization, meaning we are made up of individuals worldwide, with different languages and cultures. Though we may not interact with Altrusans worldwide daily, there are times that we do, such as the upcoming 2025 Altrusa International Convention to be held in Quebec City.

When traveling away from our home area, whether it be out of our local region or further, there are some important communication knowledge and considerations to keep in mind. These are things that we may take for granted as being the same from place to place but can vary significantly.

Some key considerations include:

- Learning common phrases in the local language, such as greetings, introductions, and polite expressions like “please” and “thank you.”
- Finding ways to establish common ground, such as asking if the person speaks English (or your native language)
- Being aware of any dietary restrictions or needs, like food allergies, that you may need to communicate.
- Ensuring you can use your money, whether through credit/debit cards or having the local currency on hand.
- Verifying that your electrical devices will work with the local voltage and outlets.
- Checking with your cell phone provider about coverage and any additional charges for using your device in the new location.

When visiting a different area, it’s important to take some time to research the language, customs, and cultural norms of the region. As a group that represents service, it would be very embarrassing and upsetting to unintentionally insult someone while representing our organization.

Effective communication outside our comfort zones requires awareness, adaptability, and respect for diverse languages and cultures. As Altrusans, we have the opportunity to broaden our communication skills as we engage with individuals from varied backgrounds, especially in international settings such as the upcoming 2025 Altrusa International Convention. By embracing the importance of language, customs, and practical considerations when traveling, we can enhance our ability to connect, collaborate, and represent our organization with cultural sensitivity and inclusivity. Let’s remember that thoughtful communication transcends borders and strengthens the global community of Altrusa International.





## Cycle Two Grants Program Deadline Coming Soon!

Cycle Two Project, Individual, ASTRA Club, and Club 21 (international healthcare organizations) grant applications **are due by September 15**. Applications must be submitted electronically via email to [foundation@altrusa.org](mailto:foundation@altrusa.org). Please visit the Foundation website ([foundation.altrusa.org](http://foundation.altrusa.org)) for grant guidelines and application materials.

## SUPPORT THE INTENTIONAL ACTS OF GIVING FUNDRAISING CAMPAIGN

### Five Giving Levels:

Level 1: <b>ALLY</b>	Gift Amount: <b>\$104</b>	represents about \$1/week
Level 2: <b>BUILDER</b>	Gift Amount: <b>\$520</b>	represents about \$5/week
Level 3: <b>SUSTAINER</b>	Gift Amount: <b>\$1,040</b>	represents about \$10/week
Level 4: <b>CHAMPION</b>	Gift Amount: <b>\$2,080</b>	represents about \$20/week
Level 5: <b>HERO</b>	Gift Amount: <b>\$2,600</b>	represents about \$25/week

The Altrusa International Foundation challenges all Altrusans to commit to **Intentional Acts of Giving** now through May 31, 2025.

The monetary support that you provide to the Foundation supports service projects in your local communities, funding for Association and Foundation award winners, Disaster Relief in response to hurricanes, tornadoes, floods, fires and other disasters, and Club 21 projects supporting organizations that aim to meet the 21st century health concerns of children through domestic camps and international projects.

Please visit the website <https://foundation.altrusa.org/donate/> to make your online credit card donation today.

### District Conferences Fundraising Highlights

The Foundation appreciates the generosity of all Altrusans during the District Conferences earlier this spring. We received **\$89,387** in donations and welcomed **24 new Lamplighters**.

### WELCOME NEW FOUNDATION TRUSTEE MELANIE HODGES



Melanie was nominated to fill a vacancy on the Foundation Board of Trustees. She is a member of Altrusa International of San Luis Obispo County, CA, District Eleven.