In 2017, the Moberly Altrusa club also chartered the Moberly Area Community College ASTRA Club, overseen by Sonda Stuart. The Moberly, MO Altrusa club has five Altrusans who are ASTRA Alumni: Paula Hayslip (a charter member), Becky Kendrick, Jessica Lawrence, Kay Snodgrass, and Parisa Stoddard. Heather Cleavinger and Parisa currently help with the high school ASTRA Club, carrying on their longstanding ASTRA tradition.

In 1969, Altrusa International of Moberly, Missouri (District Eight) sponsored an ASTRA Club that, at that time, was for girls in the local Moberly High School. Celestine Owens Hutchison was the ASTRA Chair for their first ASTRA club and she wanted to create service opportunities for girls to give back to their schools and community. In this small town, the club members held their meetings in people’s homes—and still do to this day.

In the 1980’s Altrusan Karen Berding took over and chaired their ASTRA Committee for 26 years (!!!) from about 1984 to 2011. Karen focused on growing a strong program that girls would want to be a part of. Over the years, Karen became a special friend and mentor to most of the ASTRA girls. They learned about their community and were extremely active performing service that would help its residents. They also learned to run meetings and plan projects.

The original ASTRA Club started with about 60 girls and increased in the 1980’s to 72 girls. A favorite project of Paula Hayslip and Jeanne Byland, both Charter Members, was conducting an Easter egg hunt and party for special needs children. Parisa Stoddard remembers the Traveling Bake Sale that would make about $1200 and the career professionals who would speak during meetings about careers, health, and personal safety. Other projects included delivering fruit plates to the elderly, hosting a turkey dinner for teachers, carving pumpkins that they delivered to nursing homes, and helping Altrusans with their Christmas in the Park event.

In 2017, the Moberly Altrusa club also chartered the Moberly Area Community College ASTRA Club, overseen by Sonda Stuart.

The Moberly, MO Altrusa club has five Altrusans who are ASTRA Alumni: Paula Hayslip (a charter member), Becky Kendrick, Jessica Lawrence, Kay Snodgrass, and Parisa Stoddard. Heather Cleavinger and Parisa currently help with the high school ASTRA Club, carrying on their longstanding ASTRA tradition.
HOORAY FOR ASTRA ALUMNI WHO'VE BECOME ALTRUSANS!

At least 33 ASTRA Alumni* are Altrusans in 11 of our districts!

*If you know of others, please email info to mmcbeed@aol.com

**DISTRICT TWO (1):**  
Melissa Kolesar (McKeesport, PA)

**DISTRICT FOUR (5):**  
Kelli Owens (Enterprise, AL)  
Krystal McNally (Enterprise, AL)  
Carson Nelson (Jack, AL)  
Tiffany Luckenbaugh (Jack, AL)  
Clair Jenkins (Greenwood, MS)

**DISTRICT FIVE (2):**  
Sandra Ehrlich (Troy, OH)- ASTRA 1968-70  
Roberta Jacobs (Troy, OH)- ASTRA 1970-1973

**DISTRICT SEVEN (1):**  
Shirley Urich (Council Bluffs, IA)

**DISTRICT EIGHT (8):**  
Paula Hayslip (Moberly, MO)- charter member 1969  
Parisa Stoddaard (Moberly, MO)  
Jessica Lawrence (Moberly, MO)  
Becky Kendrick (Moberly, MO)  
Kay Snodgrass (Moberly, MO)  
Jan Vater (Greater Kansas City, MO)  
Sharon Reeder (Greater Kansas City, MO)  
Erin Carmack (Sikeson, MO)

**DISTRICT NINE (3):**  
Tucker Saxton (Temple, TX)  
Ande Scott (Temple, TX)  
Ashley Ruiz (Temple, TX)

**DISTRICT TEN (1):**  
Matthews Gallegos (Delta Club, CO)

**DISTRICT ELEVEN (3):**  
Tyler Dickinson (Central Coast, CA)  
Bianca Quilantan (Chula Vista, CA)  
Deanna Jones-Gutierrez (Golden Valley, CA)

**DISTRICT TWELVE (1):**  
Megan Lauer (Pendleton, OR)

**DISTRICT FOURTEEN (8):**  
Elizabeth Troche Cordero (Cabo Rojo, PR)  
Dagmary Fornes Arcelay (Aguadilla, PR)  
Nixalys Gonzalez Martinez (Ponce, PR)  
Neysa Gonzalez Martinez (Ponce, PR)  
Wanda Toro Fabre (Yauco, PR)  
Jennifer Matos Torres (Yauco, PR)  
Lourdes V. Vargas Moringlane (Humacao, PR)  
Janice Irizarry (Isabela, PR)

**DISTRICT FIFTEEN (1):**  
Had one ASTRA alumnus in the past
Hello all!

We hope this newsletter finds you in good company and good health! Young adult professionals have collaborated and constructed a list of ideas that we believe will strengthen, unite and expand our young adult professionals (YP) presence in Altrusa.

We have identified some key obstacles that prevent us from fully participating in Altrusa in our new journey of life as young adults and have identified some potential solutions that we hope your clubs will consider discussing.

1. **Barrier: Altrusa Meeting times at noon only**
   Possible Solution: Offer options for alternative meetings on some evenings or weekends. We want to be there— but we are new in our careers and may not have leeway to meet at noon.

2. **Barrier: Events and service tend to be during the week**
   Possible Solution: Hold some events/service on weekends.

3. **Barrier: Events tend to be Altrusans-centered**
   Possible Solution: Hold periodic specific events where family & friends are also invited. It’s inclusive and may expand Altrusa membership!

4. **Barrier: Cost of membership**
   Possible Solution: Reducing cost for young professionals at District and club level too. Encourage local businesses to sponsor YP’s by paying their dues for a year.

5. **Barrier: Lack of advertisement— spread Altrusa’s message more!**
   Possible Solution: Billboards? Social media? Word of mouth? Ask a YP to be your Social Media Chair— use Instagram & videos in addition to your usual ways. We will help!

6. **Barrier: Age gap**
   Possible Solution: Increase relationship connections with us. Mentor us. Include us. Trust us. We want to "DO" with you!

7. **Barrier: Lack of involvement in Altrusa**
   Possible Solution: Utilize our skills. Connect Y.P.’s to volunteer with a local ASTRA club; create a District YP Future Leaders group; help us build a personal/professional network.

8. **Barrier: Adjusting to new life**
   Possible Solution: Connect us to an Altrusa Mentor. We want to learn from you and have you share your wisdom!

Written by Ande Scott and Tucker Saxton (District Nine)
Young Professionals Subcommittee also includes: Sarah Long (District Three), Tiffany Rees (District Three), Megan Lauer (District Twelve), Amber Rosewood (District Twelve) and Ashley Mason (District Ten)
ASTRA SCHOLARSHIP RECIPIENTS - 2020

College/University Scholarships of $1000 from Altrusa International Foundation awarded to:

KARIS CHEEK

Karis, a 3 year member and current Club President of the University of Arkansas ASTRA Club (District Eight), is working toward a Biology major and Psychology minor. She plans to attend medical school to become a physician.

NATALIA PEREZ CINTRON

Natalia has been an ASTRA member of the ASTRA Club of Yauco, Puerto Rico in high school as well as serving currently as Club President while at the University of Puerto Rico, Ponce. She is studying Accounting and plans to become a CPA. (District Fourteen)

LACIE SHARP

Lacie has been a member of the new Moberly Area Community College ASTRA Club in Moberly, MO (District Eight) for one year. She is studying AgriBusiness Management and plans to transfer to Northwest Missouri State University this fall.

Please Note: The International ASTRA Committee thanks the two judges panels, each of which consisted of three non-Altrusa judges and two Altrusans. Altrusans did not serve as judges if they had an association with an ASTRA Club. Debbie McBee, ASTRA Committee Chair, also did not serve as a judge.
ASTRA High School Scholarships of $2000 and $1000 from Altrusa International Foundation awarded to:

JENNA HARRISON

Jenna has been a member of the ASTRA Club of Pendleton, OR (District Twelve) for four years, and currently serves as Club President. She plans to study Civil Engineering at Brigham Young University in Utah. ($2000)

MEGHAN GARRY

Meghan has been a member of the ASTRA Club of Hamilton, OH in District Five for three years. She plans to study Mechanical Engineering at the Rose Hulman Institute in Indiana. ($1000)

Graham has been a member of the Southlake Carroll ASTRA Club in Dallas-Fort Worth, TX (District Nine) for four years and is the current Club President. He plans to attend Stanford University in California then work for the United Nations. ($1000)

SYDNEY DITSCHET

Sydney has been a member of the ASTRA Club of Notre Dame Academy in Green Bay, WI (District Seven) for four years and is currently Club President. She plans to study Digital Media and Communications at Ave Maria University in Florida. ($2000)
District Five currently has five ASTRA clubs spread throughout Ohio and Michigan, and also has Altrusa clubs considering the possibility of sponsoring an ASTRA club in Mansfield, Lima and Columbus.

At Hamilton High School in Hamilton, OH, eager ASTRA members have been involved in a variety of community events and can be counted on to always serve the city with a smile.

One annual event that ASTRA members enjoy helping with is the Hamilton Flea, which was inspired by the City Flea in Cincinnati. During warm weather months, vendors and entrepreneurs market their products as shoppers roam. ASTRA members help with setup, tear down and with other needs during this event packed with enthusiastic citizens.

Hamilton ASTRA members also help at the non-profit Fitton Center for the Creative Arts in many ways including being ushers for plays and helping young children develop their imagination through creative arts and crafts activities.

ASTRA Club of Hamilton High School, OH
The ASTRA Club of Coldwater High School in Branch County, MI volunteered at the Foster Closet of Branch County in February. ASTRA members felt this was a good fit for their motto of "Growing in Service".

The Foster Closet provides clothing, shoes, toys, baby equipment, gear and occasionally furniture to children placed into foster care in the State of Michigan. These personal items help them to begin the process of rebuilding their self-esteem and providing them with belongings they can call their own.

ASTRA members spent time organizing and sorting items to enhance the experience for the children, with a special focus on the section for teenagers like themselves.

After the event, the club received a thank you message from the Director who shared: "The family ...was able to find so many treasures thanks to the ASTRA team! It was sweet how they helped each other pick out outfits. I was super thankful that it was so organized. Thanks again."

ASTRA members also helped read to children as part of the Branch County United We Read literacy program in March.
District Eight: ASTRA Club of Moberly, MO

District Two: ASTRA Club of Atlee HS, Richmond, VA

District Nine: ASTRA Club of Notre Dame Academy, WI

District Fourteen: ASTRA Club of Humacao, PR

Photos: ASTRA in action
Sponsor a new ASTRA Club this fall!

Use Resources on the ASTRA website to create your plan:
- Get buy-in from your Altrusa Club
- Identify your school or community age group you want to work with
- Hold an interest meeting or service event to recruit members
- Submit paperwork to International
- Will you sponsor the 100th ASTRA Club?

Graduation Cords:
are still available to order. Go to the ASTRA website
Complete and submit the Graduation Cords Request form.

JUNE 15: ASTRA ALUMNI SURVEY
New this year! We are creating an ASTRA Alumni Database of current and former ASTRA members who are ages 18 and older. We ask your help in distributing the brief online survey to any ASTRA members graduating from high school --or currently in college or any ASTRA Alumni already working-- so that we can stay connected with them periodically!

JUNE 15: ASTRA CLUB ANNUAL REPORT
WILL BE SENT OUT BY EMAIL IN MAY AND NEEDS TO BE COMPLETED ONLINE BY THE ALTRUSAN ASTRA CHAIR OF EACH ASTRA CLUB

SPRING DATES!

JUNE 15: ASTRA CLUB ANNUAL REPORT
WILL BE SENT OUT BY EMAIL IN MAY AND NEEDS TO BE COMPLETED ONLINE BY THE ALTRUSAN ASTRA CHAIR OF EACH ASTRA CLUB

SPRING DATES!
ASTRA members can speak at ASTRA workshops and at a themed ASTRA meal, help Altrusans during meals, participate in the flag ceremonies, help decorate, do their own service project, carry Altrusan’s luggage at check in and check out, and network and share ideas with Altrusans and fellow ASTRA members from different clubs in your district!

ASTRA is OUR ALTRUSA FUTURE and a great asset at Conference!
"The World Needs More Love"
Letters to Strangers

OUR "UNIVERSAL" ASTRA SERVICE PROJECT

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

TO "DELIVER" YOUR LETTERS, LEAVE THEM IN A RANDOM PLACE—A BENCH, A CLASSROOM, A GROCERY CART OR ON A CAR WINDSHIELD. MAIL IT TO SOMEONE WHO NEEDS TO GET MAIL OR TO A SOLDIER ABROAD OR TO A STRANGER IN THE PHONE BOOK. DELIVER IT TO A CHILDREN'S CENTER OR RETIREMENT VILLAGE OR SOMewhere IN YOUR COMMUNITY...
SERVICE is at the heart of what ASTRA is about. ASTRA members participating in community service not only offer vital help to people in need, but also create connections with others while having fun and learning organizational and project management skills.

PROJECTS TO BENEFIT COMMUNITY: tie fleece blankets for homeless youth; food drives for food banks; Valentines for retirement home residents; repaint rooms for Domestic Violence shelter; duffle bags for foster kids; neighborhood cleanups

PROJECTS TO BENEFIT SCHOOLS: backpacks filled with food; supplies for music or science department; picnic tables for students to relax on; prom gowns for girls; tutoring elementary students; campus clean up; collect school supplies for students

PROJECTS TO BENEFIT VETERANS: send care packages to deployed military; place flags in cemetery for Memorial Day and Veterans Day; distribute journals to vets; visit veterans at a VA facility; distribute school supplies to military children

PROJECTS TO DO WITH ALTRUSANS: collect books for literacy projects; prepare dinners for the hungry; refurbish rooms in a shelter; help at fundraisers; holiday gift shopping for needy families ... or whatever you jointly come up with!

For more service ideas, log in to the https://astra.altrusa.org website
**EMAIL OR TALK WITH US!**

**ASTRA CONTACT LIST (UPDATED) 2019-2020**

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

<table>
<thead>
<tr>
<th>DISTRICT ONE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Trish Maxim</td>
<td><a href="mailto:campnaples@fairpoint.net">campnaples@fairpoint.net</a></td>
</tr>
<tr>
<td>International Committee Rep: Sylvia Juarbe</td>
<td><a href="mailto:sylviajuarbe@yahoo.com">sylviajuarbe@yahoo.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT TWO</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Cindy Jennings</td>
<td><a href="mailto:cindy.jennings@ane.com">cindy.jennings@ane.com</a></td>
</tr>
<tr>
<td>International Committee Rep: Lorraine Brewer</td>
<td><a href="mailto:lobrewer@uark.edu">lobrewer@uark.edu</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT THREE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Scott Tice</td>
<td><a href="mailto:scottaltrusa@mail.com">scottaltrusa@mail.com</a></td>
</tr>
<tr>
<td>International Committee Rep: Scott Tice</td>
<td><a href="mailto:scottaltrusa@mail.com">scottaltrusa@mail.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT FOUR</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Connie Hunley</td>
<td><a href="mailto:fishcanada.menes@mail.com">fishcanada.menes@mail.com</a></td>
</tr>
<tr>
<td>International Committee Rep: Scott Tice</td>
<td><a href="mailto:scottaltrusa@mail.com">scottaltrusa@mail.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT FIVE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Germaine Vonderhaar</td>
<td><a href="mailto:gvonderhaar45@mail.com">gvonderhaar45@mail.com</a></td>
</tr>
<tr>
<td>International Committee Rep: Germaine Vonderhaar</td>
<td><a href="mailto:gvonderhaar45@mail.com">gvonderhaar45@mail.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT SIX</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: June Kramer</td>
<td><a href="mailto:junevkramer@hotmail.com">junevkramer@hotmail.com</a></td>
</tr>
<tr>
<td>International Committee Rep: Tucker Saxton</td>
<td><a href="mailto:stsxaton77@ail.com">stsxaton77@ail.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT SEVEN</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Vici Giltner</td>
<td><a href="mailto:giltnet@etins.net">giltnet@etins.net</a></td>
</tr>
<tr>
<td>International Committee Rep: Tucker Saxton</td>
<td><a href="mailto:stsxaton77@ail.com">stsxaton77@ail.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT EIGHT</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Terry Eakins</td>
<td><a href="mailto:tpiipkin2@nh.org">tpiipkin2@nh.org</a></td>
</tr>
<tr>
<td>International Committee Rep: Lorraine Brewer</td>
<td><a href="mailto:lobrewer@uark.edu">lobrewer@uark.edu</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT NINE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Sylvia Amora</td>
<td><a href="mailto:samora.altrusa@mail.com">samora.altrusa@mail.com</a></td>
</tr>
<tr>
<td>International Committee Rep: Ande Scott</td>
<td><a href="mailto:andescott100@mail.com">andescott100@mail.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT TEN</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Linda Dysart</td>
<td><a href="mailto:lindadysart2010@mail.com">lindadysart2010@mail.com</a></td>
</tr>
<tr>
<td>International Committee Rep: Debbie McBee</td>
<td><a href="mailto:mmcbeed@ol.com">mmcbeed@ol.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT ELEVEN</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Kathy Telleria</td>
<td><a href="mailto:ktaltrusa@mail.com">ktaltrusa@mail.com</a></td>
</tr>
<tr>
<td>International Committee Rep: Debbie McBee</td>
<td><a href="mailto:mmcbeed@ol.com">mmcbeed@ol.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT TWELVE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Debbie McBee</td>
<td><a href="mailto:mmcbeed@ol.com">mmcbeed@ol.com</a></td>
</tr>
<tr>
<td>International Committee Rep: Debbie McBee</td>
<td><a href="mailto:mmcbeed@ol.com">mmcbeed@ol.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT FOURTEEN</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Mira Acosta</td>
<td><a href="mailto:miraacostawisco@mail.com">miraacostawisco@mail.com</a></td>
</tr>
<tr>
<td>International Committee Rep: Sylvia Juarbe</td>
<td><a href="mailto:sylviajuarbe@yahoo.com">sylviajuarbe@yahoo.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DISTRICT FIFTEEN</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>District ASTRA Chair: Robyn Moore</td>
<td><a href="mailto:robyn@bik.co.nz">robyn@bik.co.nz</a></td>
</tr>
<tr>
<td>International Committee Rep: Germaine Vonderhaar</td>
<td><a href="mailto:gvonderhaar45@mail.com">gvonderhaar45@mail.com</a></td>
</tr>
</tbody>
</table>