



ASTRA Workshop



Presented By:

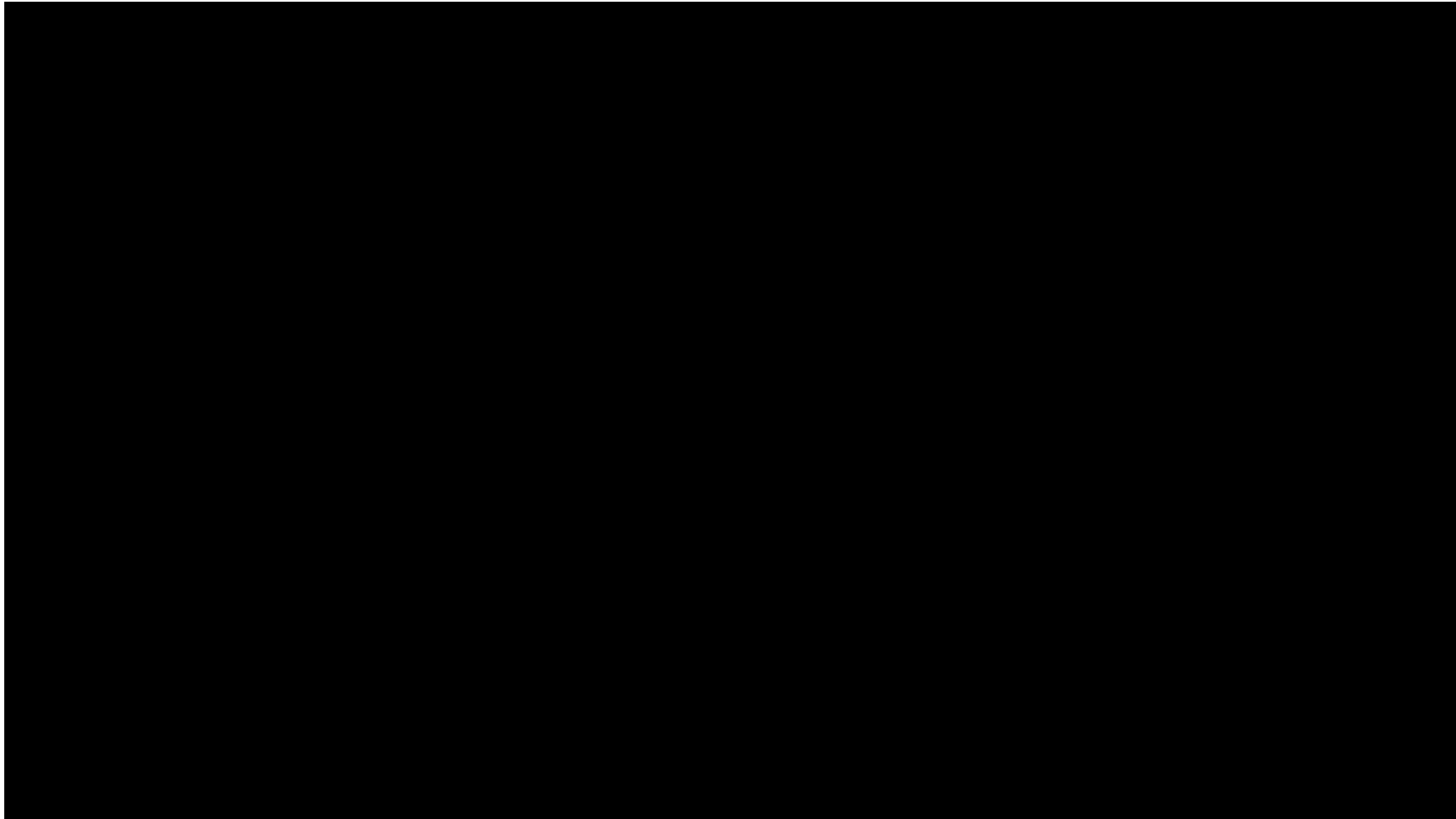
Scott Tice, District Three ASTRA Chair

with special guests:

Cody Frieser, member – ASTRA Club of Charlotte, NC
and

Sebastian Rivest, President – ASTRA Club of Charlotte, NC





What is ASTRA?

ASTRA is an international community service organization for young women and men **ages 11-25**, and exists in middle schools, high schools, community colleges, colleges/universities and as community clubs around the U.S. and abroad. ASTRA is always actively sponsored and supported by a local Altrusa Club.

ASTRA is run completely by its members. Many school clubs have an advisor who is responsible for overseeing how a club operates and actively planning what members will be doing. While ASTRA has Altrusan advisors, ASTRA operations are run by its members. Projects are planned and decisions made by the ASTRA members, who have fun being in charge of ideas and events.



What does ASTRA mean:

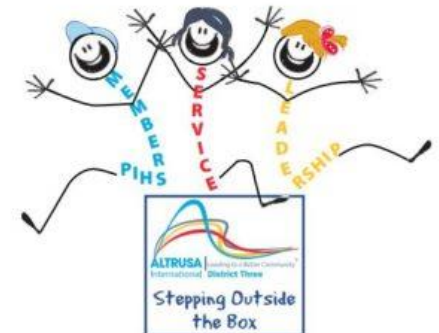
A – Ability to know that all of us have special talents to share with others

S – Service to improve the lives of those less fortunate in the community

T – Training to develop leadership ability and potential

R – Responsibility to learn to accept obligations and know the satisfaction of carrying projects through to a successful conclusion

A – Achievement to experience success; to know that a group can accomplish so much more than any one individual



What are the advantages to sponsoring an ASTRA Club:

ASTRA Clubs and their members bring youthful energy to an Altrusa Club.

The fun and laughter, supportive relationships, fresh perspectives, creative energy and knowledge shared between ASTRA members and Altrusans benefit all of us. ASTRA members have the energy and drive to plan their own events and to lend their services for the success of Altrusa events.

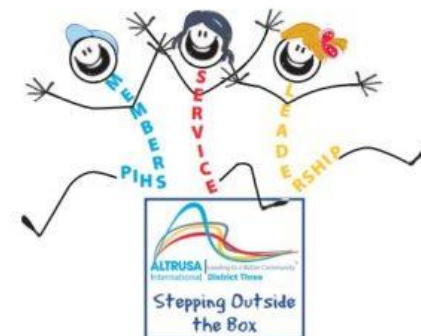


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ASTRA fosters the concept of service through practical application in school and community.

Participating in an ASTRA service club helps members recognize their ability to make a difference and helps them develop empathy for those in need. When working side-by-side with Altrusans, ASTRA members benefit from the personal experience and connections offered by the sponsoring Altrusa Club members. In working together on projects, Altrusa members have the opportunity to shape the future of ASTRA members by helping them develop personally and making them a part of the Altrusa family.

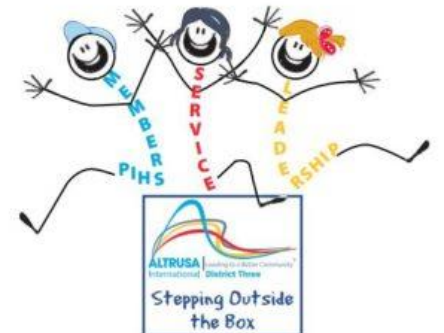


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ASTRA fosters the concept of service through practical application in school and community.

ASTRA members are given various opportunities in a structured and safe setting for personal development, problem-solving, career planning and preparation, leadership training and citizenship development. They make a tangible impact with service and create life-long memories.



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The future of Altrusa and ASTRA are intertwined. The two groups cannot work together without positively affecting each other. ASTRA members with their limitless energy, their approach to life and their creative thought processes bring new ideas and a sense of “youth” to Altrusa members. In turn, Altrusa members bring life and career experiences to ASTRA members, including the positive effects that are gained through serving one’s community through Altrusa. Because ASTRA members often develop friendships with Altrusan mentors and become passionate about service, many ASTRA Alumni eventually become Altrusans. Parents of ASTRA members may also make great Altrusans. ASTRA can be a transformative experience.



Steps to start an ASTRA Club:

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2. Discuss with your Altrusa Club if members are willing to support this endeavour long-term and if at least 2-4 Altrusans will be on the Altrusa ASTRA Committee and act as mentors/advisors throughout the school year. Get your local Altrusa Club Board of Directors approval to start with sponsorship.



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4. Inform your District ASTRA Chair along with the International ASTRA Committee Chair of your intent to form an ASTRA Club. Both contacts will be happy to assist you in any way possible.



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6. Plan and hold a Charter Ceremony once your club reaches 15 members. Be sure to keep the District ASTRA Chair along with the International ASTRA Committee Chair and International Office updated with the progress of your club's formation.



Resources Available:

Your District ASTRA Chair



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The International ASTRA Committee

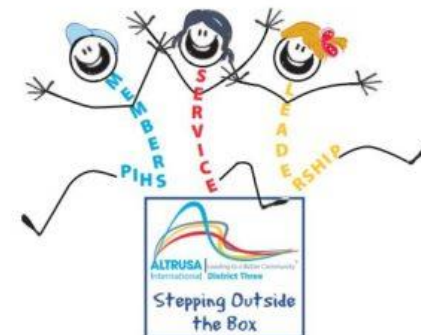


Resources Available:

Your District ASTRA Chair

The International ASTRA Committee

The Altrusa International Office Staff



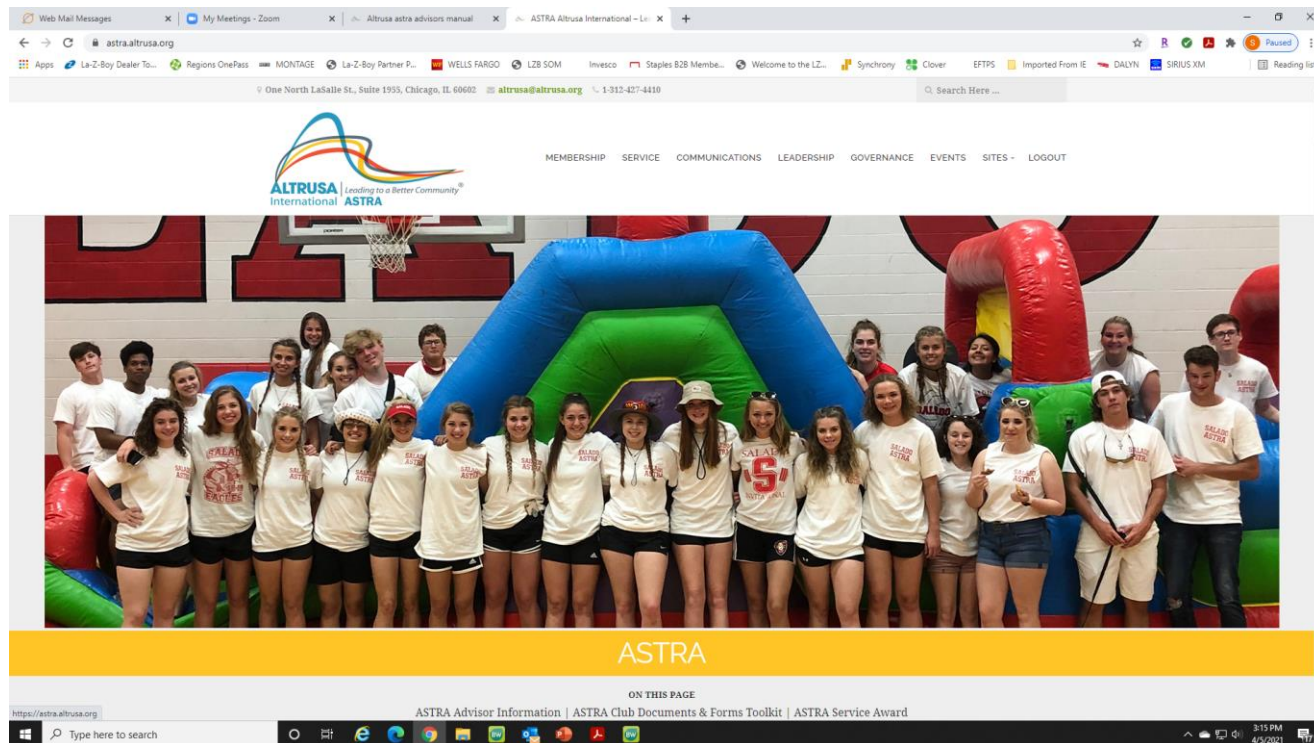
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The Altrusa International Office Staff

The ASTRA Website: <https://astra.altrusa.org/>



Now to hear from the experts!

Cody Frieser
and
Sebastian Rivest

ASTRA Club of Charlotte, NC



Thank you for coming!

