



**AT YOUR SERVICE**  
**INTERNATIONAL SERVICE DEVELOPMENT NEWSLETTER**  
**SPRING, 2008**  
**SPECIAL ASTRA ISSUE**



VOLUME 1, ISSUE 3

EDITORS, CINDY SCHAD & MARY HANZEL, SERVICE DEVELOPMENT  
 COMMITTEE 2007-2009

**AT YOUR SERVICE!**

Spring has arrived!! Everything is in bloom and freshness abounds everywhere. It is a time of new beginning and renewal. For many of you, it is a time to review once again your club's strategic plan and to make plans your club for the new year that begins June 1st.

Why not research a new service project that your club might plan? Many times doing something new brings a level of excitement and energy amongst your members. It can even be a member recruitment possibility for your club.

How about sponsoring an ASTRA Club in your community? This is a wonderful opportunity for your club to mentor a young adult by establishing a community service club at their school. We are dedicating this issue to ASTRA, its values, history, establishing a club and testimonials from students themselves.



Cindy Schad & Mary Hanzel

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**2007-2008 ASTRA Club Service Awards Guidelines**

Are now available on the ASTRA page at Altrusa.com. Deadline for submission is May 31, 2008.

**HAPPY BIRTHDAY ALTRUSA!**

Altrusa International will celebrate its 91<sup>st</sup> Birthday  
 on April 11, 2008



**United Nations Altrusa Request**

The United Nations Trust Fund for Women, UNIFEM for short, currently has a "Say No To Violence" campaign. Statistically, one in three women and girls may be beaten, coerced into sex or otherwise abused in her lifetime, especially during times of conflict as in Ruanda, the Sudan, Afghanistan, etc.

This is an easy and simple way for Altrusans to participate in UN activities. Due to the encouragement of District Two Governor, Silvia Silverman, almost all District Two members have signed on. The goal is to get 4,000,000 signatures.

Anyone with a computer or access to one can sign on in a matter of minutes. On the internet, go to [www.saynoviolence.org](http://www.saynoviolence.org). Just click and sign.

*Reported by Audrey Braver, Altrusa Representative at the United Nations*



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**A CALL FOR SERVICE!**

The Grand Rapids, MI Altrusans, in consideration of the hands-on project for the Akron OH conference on April 25-27, 2008 would like to invite all of the clubs to join them in making helmet liners to include in the boxes that will be sent to our servicemen in Iraq. Who do you know that knows how to knit or crochet? Volunteers do not have to be limited to Altrusans! What other groups do you belong to that might be interested in this worthwhile project? Please contact Jan Irwin (Immediate Past President) for the patterns: (616) 458-9400 or janwin@ameritech.net and provide an email address or fax number.

(What a wonderful way to sister with another club in doing a new service project!)

**DUES INCREASE**

We have been asked to remind you of the international dues increase that becomes effective June 1, 2008. At the 2007 International Convention, a dues increase of \$10.00 was approved effective with the 2008-2009 fiscal year. Dues will increase from \$45.00 to \$55.00. Clubs in District Fifteen and Canada will pay a \$2.50 increase per year until the total amount of \$10.00 is realized.

**ASTRA**



**History:**

Since the foundation of Altrusa, Altrusans have focused their attention on the future, directing their attention on the young generations on which the future rests.

As community service organizations, Altrusa Clubs throughout the International network have shown their concern for the problems and promise of youth by initiating and sponsoring a wide variety of youth-oriented service projects.

Early Altrusans recognized they could make significant contributions to their communities by providing vocational guidance for young women. This commitment secured the adoption in 1924 of vocational service as Altrusa's first organization-wide program focus. It was an insightful decision that later crystallized through the development of myriad programs and projects having to do with career vocations. By the sheer volume of award applications for one program alone, the Founders Fund Vocational Award, this decision was proved particularly perceptive.

Altrusa International, Inc. first discussed organizing and sponsoring youth groups in the 1960's after a few clubs reported already having sponsored girls' clubs under the Altrusa name. Although this use of the Altrusa name was contrary to established policy, the Board recognized the community service potential that existed in sponsoring youth groups and the desirability of promoting greater club participation in this activity. In July 1965, Altrusa appointed a special Youth Group Committee to identify and develop a suggested structure and name for youth groups sponsored by Altrusa clubs. The youth groups would be based on the following principles, as adopted by the International Board of Directors:

Altrusa's participation in the area of youth groups should not duplicate what is already being done by other organizations. Altrusa's participation should be unique in purpose.



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*ASTRA as a club service project:*

Why should your club sponsor an ASTRA Club at a school in your community? ASTRANs today are Altrusa's future tomorrow! This is a wonderful opportunity for your club to receive name recognition in your community by working with youth, parents and the school. It is also a great way to ignite a "spark" in your club!

Also of significance is the opportunity to implant the importance of community service no matter what club they belong to as adults. Hopefully, ASTRA membership will instill the joy of service to others, inspire them to assume a larger responsibility as a member of their community and that they endeavor to promote fellowship and better understanding among all people.

Make an appointment for a few of your members to meet with your local school board or superintendent to educate and gain approval to establish an ASTRA Club.

Once approved, it is time to meet with the school principal to explain what ASTRA is all about and the role Altrusa will have with the club at the school. He/she can recommend a school sponsor to oversee club meetings and activities. It is very important to have a strong and supportive school sponsor liaison to keep the ASTRA club active and connected with your Altrusa Club.

After the ASTRA club is established, one member from you club or ASTRA Committee should attend monthly school meetings and act as the liaison between both clubs.

Establish scholarship criteria based on academic and service hours for the students. Reward the students by awarding them college scholarships.

Your club will benefit from the students involvement with your club, and you will be blessed in ways your club has not been before.

*Below are excerpts from essays written by senior ASTRA students applying for scholarships:*

*Testimony:*

In my lifetime, I have done many community service projects, but it has been in the past couple of years that I have truly found a love for it since I joined ASTRA. I volunteer not out of sense of duty, but out of desire. I enjoy going out into the community and showing the people of my city that teenagers are capable of more than indifference.

During this year, I have tried my best to be a strong leader in my club. I have tried to instill a sense of community pride in our members and get them to participate in our club projects. I truly believe in the good we do, and I think our projects help the community.

*Testimony:*

I do everything in my power to help those around me, and I am passionate about learning and hopefully teaching as many as I can along the way. I would empty my pockets and lose sleep so others may feel warm and full at night. The money you invest in me will hopefully be repaid in unspeakable amounts, my hopes are high, my dreams lofty, and I have enough courage and power to see them through. Thank you for your time, and everything you do for those who need a helping hand.



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*Testimony:*

Throughout the two years I have been involved in ASTRA, I have had the **Ability** to serve my community by bringing in food for families that may not be able to afford food. Also, I have been able to give my time and **Service** for great causes. ASTRA in return has **Trained** me to be a better citizen in my community, and it has also made me a more **Responsible** person. With ASTRA, I have been able to **Achieve** my greatest potential as a productive citizen and community member.

*Testimony:*

ASTRA has a positive outlook on young lives striving to help society today. When I think of ASTRA, I think of happiness and the feeling that you have made a difference in someone's life or in a community. Altrusa's organization guides students like me in a direction of self determination giving us the incentive to give back to our community continuously. Altrusa is definitely a steadfast leader throughout societies around the world.



*PROJECTS REPORTED TO US SINCE JANUARY  
2008*

*Altrusa Int'l. Inc. of Blair County, PA* is honored to be able to present to Child Advocates/Headstart of Blair County, in cooperation with a \$1000 grant from the Altrusa International Foundation, materials to augment their "Read, Play and Learn" trans-disciplinary play-based curriculum. Read, Play and Learn uses storybooks to provide a skills training for development, while allowing the children to select which materials are motivating to them. Altrusa of Blair County previously established the initial project in 2005, and has committed to providing on-going assistance in furthering development of this curriculum to Headstart by purchasing new theme books and materials that support the theme framework.



*Altrusa Int'l. Inc. of Sikeston, MO* members are furnishing household and pantry items for single mother of three moving into a Habitat for Humanity home in their community.

*Altrusa Int'l. Inc. of Fostoria, OH* purchased items and received donations to assemble welcome packs for children entering the First Steps Program.

*Altrusa Int'l. Inc. of Denton, TX* submitted the following club projects:



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**Collection: Food and toiletry donations** - the club regularly gathers donations of food and toiletries for donation to the Denton Area Food Bank.

**Toiletry baskets** - for holidays such as Valentines, Independence Day, and Halloween, members prepare and assemble baskets of toiletries for delivery to local Meals on Wheels clients.

**Education: Mid-year school supply donations** - the club donates school supplies to a local elementary school for the use by economically disadvantaged transfer students.

**Hands-on: Birthday parties** - the club holds a birthday celebration each month for clients at the Day Stay for adults, an adult day care facility. Members prepare and serve refreshments to the clients.

**Literacy: Pedi-packets** - members assemble and deliver colorful packets for children at a local hospital. The packets consist of literacy based activities, including a booklet written by club members entitled "What is a Hospital?"

