"Action is the foundational key to all success."

- Pablo Picasso

Growing up, I have always been told in order to be successful and accomplish my goals, I have to take action. I can’t just sit back and watch success happen in front of me. It doesn’t work that way. In order to accomplish your goals, you have to come up with strategies and a plan to get you there. Then, take action on completing those steps to get you where you want to be.

Think of a goal or a vision you had. What steps did you take to accomplish your goal? Did you take action right away? How long did it take you to accomplish your goal? Did you have help from others? How did you feel after you accomplished your goal? How have things changed in your life after you reached your goal? I like to focus on the feelings of fulfillment, happiness, and joy when I reach my goals.

Look out because ASTRA is taking action!

ASTRA is taking 2 big steps this year. The first is that we are reaching for a goal for our profession as a state. STATE LICENSURE! That’s right, I said state licensure. I want to thank ATRA for granting us funds to assist in our licensure efforts. ASTRA will need all TR professionals’ involvement in accomplishing this goal. ASTRA's upcoming Fall conference is offering a session discussing this critical need and the strategic steps to successfully establish state licensure.
The second step is this upcoming Fall conference: *The State of Therapeutic Recreation* which will be held on **November 15, 2013**. This conference will be hosted by the ASU TR students. This will, also be the first time ASTRA has held a variety of concurrent sessions that include sessions focusing on our future TR professionals and on a broad prospective of delivering TR services to various populations. Conference details are available in this newsletter and on the ASTRA website. You can also visit the ASTRA website to view the conference brochure and for registration.

As for the 2014 Spring Conference, our goal is to have a conference getaway. We are looking into various locations, preferably in Arizona's beautiful high country, to host an adventurous overnight conference. If anyone is willing to host this conference or has suggestions, please contact Amy Lefstad (ASTRA President-Elect).

I want to say thank you to Cory Sanders for his dedication to the ASTRA board of directors by serving his 3 year term as President-Elect, President, and Past-President. I, also, want to thank Jessica Voss for serving as our ASTRA Student Club President.

With departing board members, we must welcome others. I want to welcome Amy Lefstad as she will be serving her 3 year term and beginning as our new President-Elect. I, also, want to welcome Savannah Geare as she is our new ASTRA Student Club President. Below are the ASTRA board members that will be continuing to serve on the board of directors.

- **Beth Dietrich** is our Past-President
- **Leanne Murrillo** will be continuing as Secretary/Treasurer
- **Amber Blanchard** will be continuing as Member At-Large in charge of Marketing
- **Jonathan Tang** will be continuing as Member At-Large in charge of Membership
- **Alicia Gonzales** will be continuing as ASTRA's Legislative Chair
- **Kelly Ramella** will be continuing as ASTRA's Student Liaison

As for myself, I will be serving as your 2013-2014 ASTRA President. A year ago, I never thought that I would be in this position, but something gave me that push to take action in my life to be the best I can be as a TR professional. I am passionate about this unique profession and blessed to be able to demonstrate that through our organization. Thank you for giving me this opportunity to challenge myself.

In looking at this 2013-2014 year goals in taking the steps towards State licensure and offering the best continuing educational experiences for TR professionals, we need all hands on deck. ASTRA will keep you update on our steps and how you can help.

*Remember, in order for success to happen, action must take place!*
Board Reports

President-Elect
Amy Lefstad, CTRS
amiib88@gmail.com

I am excited to be your President Elect for 2013-2014. I have been a member of ASTRA for the past 4 or so years, and I am honored to be given the opportunity to become a more active part of the organization. I completed my internship at the Arizona State Hospital, Forensic Rehab Department and graduated from the University of Wisconsin-Milwaukee in 2005. I returned to the Midwest and began my career working at a residential treatment facility with at-risk youth.

However, I missed Phoenix, so in 2008 I returned to the Arizona State Hospital as an Adolescent Treatment Specialist. Three years later, the adolescent program closed, and I began working with adults on the Civil side of the hospital.

Experience gained, but challenges waned, in February 2013 I moved on to Valley Hospital. I am currently the Recreation Therapy Director and the populations I work with daily are persons with mental health and chemical dependency issues.

I am constantly researching and developing new program ideas, and strive to be a model to my fellow CTRS's to do the same. I find it important to also stay involved with TR students, and be a point of inspiration and how the "trends" of our field is continually changing and touching the lives of the people we serve.

On that note, it is exciting to be a part of the planning process for our upcoming ASTRA conference, and I strongly encourage you to spread the word to your co-workers, peer CTRS's, and other disciplines about our upcoming Fall conference! It will be held at the Student Access Center at the ASU Downtown Campus, and we have speakers from several parts of the US coming to share their knowledge, experience, and motivation with us!! See you there!!!
**Past-President**
Beth Dietrich, Ed.D., CTRS
[beth.dietrich@va.gov](mailto:beth.dietrich@va.gov)

“Challenges are what make life interesting and overcoming them is what makes life meaningful.” - **Joshua J. Marine**

I find myself in the past-president role once again. The last time I held this position, I was not as active as I should have been. My life seemed to get really busy and I became less engaged in the organization. Since my tenure as past-president, the individuals that followed me remained engaged and active. I am challenging myself to continue that tradition and to ensure that I remain connected with the organization and active in my role as past-president.

Over the past few months, ASTRA has been working to ensure our governance is up to date. Minor changes were made to the by-laws and approved by the board of directors. In addition, minor updates were made to the board of director position descriptions manual. Over the past year, I have been working on a traditions and procedures manual for the organization. I am happy to report that this “working” document is now available. All the updated items will be available for members to access on the website.

ASTRA was one of the five chapter affiliates of ATRA that submitted its annual report on time. As a reward for this, ASTRA has been awarded $500.00 from ATRA to help fund our licensure endeavors.

Please consider nominating recreation therapy professionals for one of the **2014 ASTRA Annual Awards**. The qualifications and nomination information is available in this newsletter and will be posted to the website. It is important that we take the time to recognize all the outstanding professionals in our field.

**Secretary/Treasurer**
Leanne Murrillo, CTRS
[leannem@abil.org](mailto:leannem@abil.org)

I was fortunate to attend the ATRA Conference Building Bridges of Possibilities in Pittsburgh, PA. The conference was full of information regarding licensure and our role as CTRS’s to take in each state to successfully establish state licensure. ASTRA conference coming up will further discuss Arizona’s steps to becoming a state with licensure for Recreational Therapist. We look forward to seeing more CTRS at **State of Therapeutic Recreation in Arizona: Goals, Dreams, and Aspirations** in November.

If you have any upcoming events or future events you would like to post in the ASTRA Newsletter please email me at [leannem@abil.org](mailto:leannem@abil.org)
**Member At Large – Membership**

Jonathan Tang  
Jonathan.tang@asu.edu

Hello ASTRA Members!

Just wanted to let everybody know membership renewals are due for most of you. If you are not sure about your membership status, please contact me at jonathan.tang@asu.edu I will be happy to take a look at your account and update any information as needed. In order to get the designated discount rate for the 2013 Fall ASTRA conference, you must renew your membership or become member on the website first. Please allow 24 hours for the payment to process before registering for the ASTRA Fall conference. Another benefit for becoming an active member is emails. I send out emails about any upcoming events or career opportunities to active memberships only. I hope to see more membership renewals or new members! Please do not hesitate to contact me with any questions or concerns you may have. Thank you!

Jonathan Tang  
ASTRA Member-At-Large: Members & Webmaster

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**Member At Large – Marketing**

Amber Blanchard, CTRS  
amberblanchard8@gmail.com

*Fall Time Fun!*

Fall is one of the best seasons to get out and recreate! There are so many amazing things to do in the community with your Therapeutic Recreation groups and great activities to suggest to your patients or clients. From pumpkin patches to sporting activities there is something for everyone!

A few of my personal favorites are listed below, but please feel free share your favorites on our Facebook group page: www.facebook.com/groups/astra.tr

The first annual Duel in the Desert presented by Bank of America! This event will highlight and showcase competitive sports and adaptive recreation. Included will be Power Soccer, Wheelchair Basketball, and Quad Rugby.

Everyone is welcome to attend this FREE event. Food and drinks will be available, along with raffle prizes, fun, and excitement! It is a GREAT way to expose your patients and yourself to a variety of sports. The first game will start at 9:00am at the Virginia G. Piper Sports & Fitness Center for Persons with Disabilities on Saturday, October 26, 2013. For any questions, please feel free to contact Kayla Uptain at 602-386-4284 or check out www.spofit.org for more details.
Phoenix Summit Challenge, November, 23

The Phoenix Summit Challenge is in its 9th year and is the premier event highlighting the vastness, beauty and physical challenge of the 31,000 acres of the Phoenix desert preserves. You can choose from Seven, Five, or Four Summit. There is also an ALL Access portion of the event that is sure to challenge your mind and spirit. The All Access Challenge will take place on 3 trails in the Phoenix Mountains Preserve that meet ADA standards with the option to choose a more challenging trail at some trailheads and a 4th trail that is not accessible but “do-able“ with the help of our volunteers and our trail wheelchairs. You will be hiking or rolling between 4.75 to 10 miles. Fee: $36. The event also includes a post hike U ROCK Festival and dinner at the North Mountain Visitors Center.

I participated in last year’s challenge and take it from me; this is one event you do not want to miss!!

Volunteers are still needed to assist with the ALL access portion. If you are interested in assisting, please contact Linda Tuck at linda.tuck@river-of-dreams.org

For full event details and to register online go to azpra.org/PSC

Take a Fall time stroll or roll in Flagstaff

One of my favorite things to do in the Fall is head north to Flagstaff to check out the beautiful colors and take in the fresh mountain air. If you can make it up on Halloween, you can enjoy Flagstaff's Halloween Harvest. The event includes the downtown trick or treat trail, pumpkin patch, pumpkin decorating, arts & crafts, creepy carnival games, freaky fashion show, spooky music, and fun library activities.

On November 1, 6:00 PM to 9:00 PM is downtown Flagstaff's First Friday Art Walk features new art exhibitions in galleries, transformed spaces, restaurants and other businesses. Downtown Flagstaff is transformed into an art Mecca and street party, as musicians play live music on the streets, performers overtake Heritage Square.

Enjoy the Fall Season
Legislative Chair - News update from the Joint Task Force on Licensure.
Alicia Gonzales, CTRS
mslisagonzales@aol.com

As we gear up for the upcoming fall conference I encourage ASTRA members to stay for the closing session. Our guest speaker Bob Riley, Ph.D., CTRS Executive Director of NCTRC will be speaking to us on the need and importance of state licensure. The conference AZ Steering Committee will be present and available to help with any questions you may have on the Arizona’s efforts to attain licensure. It’s with pleasure that I introduce you to our steering committee Barb Tennis CTRS, Patricia Jones, Heather Westrom CTRS and Shari Phillips CTRS. We will have sign-up sheets and task available to anyone who would like to help in our efforts to attain licensure. Should you have any questions please do not hesitate to call or email Alicia Gonzales @ 602-297-1840 agonzales@fsl.org Thank You.

ASTRA Student Club President
Savannah Geare
scgeare@gmail.com

College Life: Looking Back!

If you asked college students to describe their experience with one word, you would get a vast array of responses. Some of us would choose positive words, while others would be more negative. The majority of responses would entail words pertaining to growth and challenge. In this quarter’s student article, I want to take everyone back, back to the daily struggle of college. Think back, what words come to mind?

To start, since I am currently a senior in ASU’s therapeutic recreation program and president of the ASTRA Student Club, my brain overloads with words describing my college experience. Some of them show my enthusiasm for learning, and others my frustrations of adapting to college life. College is a very complicated time in all of our lives, and a very important time in our development. College demands us to grow; it challenges us to learn, think critically, and understand the big picture. Trying to put one word on such a large complicated point of development in life is a challenge in itself.

The first word I thought of was grown-up. Freshman year I strutted my way into the Glendale Community College registration office like I was the next best thing. I was confident in my ability to perform well as a student. I believed I was disciplined and mature. This college stuff was going to be a piece of cake. Boy was I wrong. After a crippling freshman year, I felt beaten and battered and wanted to just give up.
This leads me to the second word, uncertain. After switching my major 3 times, I began to feel so uncertain, uncertain of myself, life, everything. Even when I finally decided to major in recreation therapy I was so unsure. I can remember taking the online career path test when contemplating my next move in college.

When I saw recreation therapy on the list of 100 potential things I might be good at, ranging from librarian to marine biologist, something just clicked. The idea that I could help people, and improve their quality of life through recreation seemed so natural. I was still unsure because I had never heard of a recreational therapist before, but it was the first time I was interested in school since I had started and I was excited to learn again.

This lead me to my last word, overload. After reflecting on my college experience, my word is overload. I chose this word because it is neither positive nor negative in my eyes.

Overload can be positive, it is healthy to push one’s self and find out one’s potential. Last semester, I thought I had everything under wraps. I had nearly completed my first written plan of operation required by my program design class, and there were still two weeks to go until it was due. Most of my other class’s assignments were completed and submitted. I was looking forward to starting my last semester before my internship, and things seemed great. Then, six days before my written plan of operation is due, my hard drive crashed. I lost everything, 70 pages of work. After nearly losing it, I scrapped myself together, gave it my best, and rewrote the entire thing bigger and better. I wrote all day and night for six days. I got a perfect score.

This experience showed me that when we feel overwhelmed and overloaded, it just might be an opportunity to prove oneself. On the contrary, overload can also be negative because it is the quickest road to burn out, but if you can recognize and distinguish the two, great things can be accomplished.

All in all, this word was not chosen lightly. Nearing the end of my academic career, it was fun to look back and think of all the words I would use to describe various my college experiences.

Truly think back on all the good experiences as well as the bad that you faced in college. What was/is your word or words? Find the humor in them all. Enjoy the fact that you survived, and feel privileged to have had the opportunity to have participated in the unique love hate relationship that is, COLLEGE!
ASTRA Fall Conference Information

All conference registration information is available on the ASTRA website – www.astra-tr.com

ASTRA Fall Conference Sessions

Seamless Rehabilitation Services for the patient in a Physical Medicine and Rehabilitation Program

Presented By: Jo Crawford CTRS, MSL and Gus LaZear CTRS, MBA

This session is designed to orient/educate professionals about the role of Recreational Therapy in transitioning patients from the rehab setting into the community. The focus will also include the successful programs that provide community inclusion services for rehab patients in their community.

NCTRC Certification 101 (Non-CEU)

Presented By: Bob Riley, Ph.D., CTRS

This session provides an in depth overview of the NCTRC certification process for new applicants. It will include the requirements for application, application process, exam information, and requirements to maintain certification.

Connecting Recreation Therapy Expertise with Pediatric Environments

Presented By: Jennifer Rogers MS, CCLS, CTRS

Conference attendees will gain an in-depth understanding of strategies needed to connect Recreation Therapy knowledge, skills, and abilities with pediatric environments.

Maximize Your College Experience- A Key to a Successful Therapeutic Recreation Career. (Non-CEU)

Presented By: Eric Jones, CTRS

This program will provide students with valued experiences from a successful prior student. This program will give them information on how to utilize internships, CFE’s, and volunteer experiences to truly prepare them for life after graduation. Additionally, we will explore the importance of the right internship and how it can make getting hired easier. Lastly, will explore several online hiring websites that students may be unaware of as resources for careers in TR.
Presented By: Patricia Thomas, MPA, CTRS
and Duane “Red” Jensen, NCTRC Consumer Representative

The portrayal of persons with disability in our popular culture may influence the values, beliefs and stereotypes of Recreational Therapists and the individuals s/he serves. Conscious or unconscious stereotypes may also impact the delivery of RT services. This session will allow participants to reflect on the messages and the impact on RT services. Time will also be devoted to identifying ways to become a change agent.

Building Your Personal and Professional Wellness Resiliency for the Prevention of Burnout.

Presented By: Lisa A. Perez, MA, CTRS

Burnout is one of the single most threats to a professional’s career and has a huge negative impact on the quality of service and care that is offered. Within this presentation, participants will gain awareness on how to build one’s whole-person wellness resiliency for burnout prevention and greater well-being...body, mind, and spirit!

NCTRC Specialty Certification

Presented By: Nancy McFarlane, CTRS

Exploration and discussion on pursuing specialty certification including a personal perspective by the presenter. Discussion on how specialty certification impacts the consumer, employment, the value of specialty certification, and the process of maintaining additional CEU’s for re-certification. An overview of the NCTRC process of specialty certification will be presented.

Recreation Therapy ePortfolios Effectively Sharing Your Skills and Competencies.

Presented By: Jonathan Pratt

Attendees will learn how to use electronic portfolios (ePortfolios) to display the evolution of their educational and career experiences in a systematically designed environment to advance the recreation therapist’s professional growth.
This session will address the critical need for the establishment of state licensure for the practice of recreation therapy. This session will provide an overview of the relationship between state licensure and national certification (NCTRC) and how these two credentialing processes can work effectively in unison. An overview of the strategic steps necessary for the successful establishment of state licensure will be presented.

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**7:00 a.m. – 8:00 a.m. Registration**

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**8:00 a.m. – 9:15 a.m. Concurrent Sessions**

**Room L1-20 Patagonia:**
Seamless Rehabilitation Services for the patient in a Physical Medicine and Rehabilitation Program  
*Presented By: Jo Crawford CTRS, MSL and Gus LaZear CTRS, MBA*

**Room L1-12 Black Canyon:**
NCTRC Certification 101 (Non-CEU)  
*Presented By: Bob Riley, Ph.D., CTRS*

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**9:30 a.m. – 10:45 a.m. Concurrent Sessions**

**Room L1-20 Patagonia:**
Connecting Recreation Therapy Expertise with Pediatric Environments  
*Presented By: Jennifer Rogers MS, CCLS, CTRS*

**Room L1-12 Black Canyon:**
Maximize Your College Experience-A Key to a Successful Therapeutic Recreation Career. (Non-CEU)  
*Presented By: Eric Jones, CTRS*

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**11:00 a.m. – 12:15 p.m. Concurrent Sessions**

**Room L1-20 Patagonia:**
Social Stigma on Disability and the Impact on Recreation Therapy (RT) Practice  
*Presented By: Patricia Thomas, MPA, CTRS and Duane “Red” Jensen, NCTRC Consumer Representative*

**Room L1-12 Black Canyon:**
Building your personal & professional wellness resiliency for the prevention of burnout.  
*Presented By: Lisa A. Perez, MA, CTRS*

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**12:15 p.m. – 2:00 p.m. Lunch/Student Activity**

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**2:00 p.m. – 3:15 p.m. Concurrent Sessions**

**Room L1-20 Patagonia:**
NCTRC Specialty Certification  
*Presented By: Nancy McFarlane, CTRS*

**Room L1-12 Black Canyon:**
Recreation Therapy ePortfolios – effectively sharing your skills and competencies.  
*Presented By: Jonathan Pratt*

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**3:30 p.m. – 4:45 p.m. Closing Session**

**Room 135:**
State Licensure: Towards a Sustainable Future for Therapeutic Recreation  
*Presented By: Bob Riley, Ph.D., CTRS*

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**4:45 p.m. – 5:00 p.m. Evaluation**

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**5:30 p.m. Social**
Member Announcements

**Little Packages of Joy…**

**Congratulations to**

Cory and Michelle Sanders on the birth of their twin boys.

Pictured here is big sister Michaela with Canon Michael and Cason Michael.

The boys were born on July 14th, 2013.

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**Achievements**

ASTRA would love to include your personal and professional achievements in the ASTRA newsletter.

We apologize if your information was not included, as we can only share the information of which we are aware.

Please feel free to submit your congratulations, acknowledgements, and any other positive personal and/or professional information you would like to share with our recreational therapy family.

Submit information along with pictures if you desire to our Secretary/Treasurer Leanne Murrillo at leannem@abil.org
Nominations now being accepted for the following awards.

2014 ASTRA Recreation Therapist of the Year Award

The 2013-2014 ASTRA Board of Directors would like to encourage our members to acknowledge and reward our professionals and nominate individuals for the 2014 ASTRA Recreation Therapist of the Year Award.

This award will recognize the recipient’s outstanding contribution to Recreational Therapy through creative and innovative programming in the clinical setting, promotion of the profession and service to upcoming professionals.

Qualifications:
- Active member of ASTRA
- At least 2 of the following criteria:
  - Minimum of 3 years full-time employment in the field
  - Evidence of creative and/or innovative programming in a clinical setting
  - Promotion of RT through supervision of student interns and/or mentoring interns or new graduates
  - Evidence of promotion of the profession

2014 ASTRA Outstanding Professional Award

The 2013-2014 ASTRA Board of Directors would like to encourage our members to acknowledge and reward our professionals and nominate individuals for the 2014 ASTRA Outstanding Professional Award.

Qualifications:
- Active member of ASTRA
- At least 3 of the following criteria:
  - A minimum of 5 years full-time employment in the field
  - Distinctive leadership in the promotion, organization, and development of new and/or unique RT programming.
  - Contributions to the RT profession on national, state, and local levels
  - Evidence of Leadership within the profession either as an elected official of a position within an RT association or as a RT association committee member
  - Participation in RT professional research, publications, and/or presentations
2014 ASTRA Institution or Organization Award

The 2013-2014 ASTRA Board of Directors would like to encourage our members to acknowledge and reward our professionals and nominate individuals for the 2014 ASTRA Institution or Organization Award.

This award will recognize any agency, institution, and/or organization whose major purpose is to advocate, promote, and/or provide RT services to persons with disabilities, including any public, private, or voluntary agency.

Qualifications:

- Promotion of RT services at any level
- Development of new and/or innovated RT services/techniques
- Sponsorship or support of RT related educational opportunities
- Preparing or sponsorship of RT related legislation
- Supportive of RT related research

Directions for Submitting Professional Nominations:

- E-mail your nominations by February 21st, 2014 to Beth Dietrich at beth.dietrich@va.gov.
- Include the following information:
  - The recipient’s name and contact information (email)
  - Title of the deserved award
  - A brief (50 words or less) description of why you feel the individual should receive the award

2014 ASTRA ASU Student Recognition Award

The 2013-2014 ASTRA Board of Directors would like to encourage the ASTRA ASU Student members to acknowledge his/her contributions and academic achievements by applying for the 2014 ASTRA ASU Student Recognition Award.

Qualifications:

- An Active member of the ASU ASTRA Student Club
- Must be a Junior or Senior enrolled in the Therapeutic Recreation Program with a 2.5 grade point average or higher
- Must have ASU TR Instructor support
- Must submit a maximum of 500 word essay describing your academic/professional goals and achievements that demonstrate professional promise and commitment to the Therapeutic Recreation Profession
Directions for Submitting Student Nominations:

- Interested Students should email the below items to Beth Dietrich at beth.dietrich@va.gov by **February 21st, 2014**:
  - Name and contact information (email)
  - The name of the ASU TR Instructor supporting the nomination
  - Current resume
  - 500 word essay

Thank you,
The ASTRA Board of Directors
Are you looking for ways to get involved?
Beth A. Dietrich EdD, CTRS

ASTRA can help.

ASTRA is always looking for motivated, talented, caring, committed, and willing professionals to help advance our profession.

Don't think you have enough time?
Are you afraid of the commitment?

Don't be. There are plenty of ways you can help without the full responsibility of being a board member. Remember advocacy and advancing the profession is our professional obligation. Serving, volunteering, and being professionally involved are professional expectations.

Just contact any of the board members and we will be happy to get you involved.

Plan Ahead

ATRA Continuing Education (CEU)

ATRA Mid-Year Professional Issues Forum
March 9-14, 2014 | Rockville, MD

This conference will feature both a "Hill track" (geared toward legislative information) and a regular CEU track. Presentation proposals are due November 30, 2013. We hope you'll submit a presentation proposal soon! Presenters will be notified of their proposal status by January 2014.

ATRA Annual Conference
September 13-16, 2014 | Oklahoma City, OK

Next year's conference will be held at the Renaissance. A limited number of rooms have been secured at the reduced rate of $124 single/double and $134 triple/quadruple. Make your reservations by calling 1 (800) 468-3571. The rate is no longer available after August 10, 2014.
**ASTRA Board Members**

**President**
Shannon Matson, CTRS  
shangirl7@gmail.com

**President-Elect**
Amy Lefstad, CTRS  
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**Past President**
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**Secretary/Treasurer**
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**Membership/Member-at-Large**
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**Marketing/Member-at-Large**
Amber Blanchard, CTRS  
Amberblanchard8@gmail.com

**Student Liaison**
Kelly Ramella, M.A., CTRS  
Kelly.Ramella@asu.edu

Visit our website at [www.astra-tr.com](http://www.astra-tr.com) and Like us on Facebook

Please take a minute to log on to the website and review your contact information.

As ASTRA continues to go **green**, we will be relying more and more on the website and social media for providing our members with information on upcoming events, job openings, conferences, etc.

If you would like anything posted on the website, or anything sent out membership wide in an e-mail blast, please forward it to Jon at Jonathan.tang@asu.edu

Please specify if you would like your e-mail blast to go to “Members” only or “Members” and “Contacts”.

For those who prefer, you can still renew your membership via regular mail. There is a Membership Application available on the website, or it you would prefer, one can be e-mailed to you.

For all others, PayPal is up and running and you can easily renew your membership, register for conferences, and pay for your CEUs on the website.

Thank you,
2013-2014 ASTRA Board of Directors