



# CNH | KEY CLUB

*February*

VOLUME 10 ISSUE 9

# THE BEE

# LINE

THE OFFICIAL CNH DISTRICT  
NEWSLETTER



PLEASE BEE GREEN, CNH! DO NOT PRINT THIS NEWSLETTER, SHARE IT!

# MESSAGE FROM YOUR EDITOR

## WHAT'S POPPIN', CNH BEES!

Welcome to the 9th issue of the CNH District Newsletter, *The Bee Line*! With *love* and *gratitude* in the air, I hope you're just as excited as I am as we count down the days until District Convention 2019!

**SENIORS**— as we wrap up our last year of high school, remember to keep applying for scholarships and to take as many opportunities as you can to make everlasting memories. Although the Kiwanis International scholarship is due February 1st (today), the Kiwanis Cal-Nev-Ha Foundation is offering a 2019 scholarship opportunity specifically for you bees! Scholarships are offered dues paid members and is based on service hours and contributions in Key Club, school, and your community! ***This scholarship is due by FRIDAY, FEBRUARY 15, 2019.*** Find more information on the CNH CyberKey > Resources > Kiwanis Family and Foundation > Scholarships.

Speaking of the CyberKey, information regarding District Convention 2019 and Member Recognition has been released and updated. Here, you will find

important deadlines, submission guidelines, registration links and more.

**NewBEES and officer elects**— I'm sending you my warmest congratulations! Whether you were successful or not in your journey of running for Lieutenant Governor at your Conclave, don't ever lose the motivation that first inspired and captivated you to join our Key Club Ohana. Keep your goals in sight and continue to serve to best of your ability— this will be a year you surely won't forget.

**Current officers**— best of luck on hosting your club elections! But you're not done yet! Be an encouraging role model and mentor for your elect. YOU set the foundation for the next term; leave a legacy you will be proud of!

And last but certainly not least, I cannot thank YOU enough for joining our CNH family. Your service, dedication and selflessness is what sets Key Clubbers apart from the average high school student. Let's end the 2018-2019 term on a high note— until the next issue, CNH!

CNH KIWANIS  
FOUNDATION  
SCHOLARSHIPS  
02/15/2019

SERVING WITH LOVE,



**Jenny Chen**  
District News Editor  
cnhkc.dne@gmail.com



**DISTRICT CONVENTION 2019**  
*service in wonderland*  
**APRIL 12—14, 2019 @ONTARIO, CALIFORNIA**  
**ONTARIO CONVENTION CENTER**



**\$184**

**ON TIME  
REGISTRATION BY  
02/28/19**

**\$224**

**LATE  
REGISTRATION BY  
03/14/19**

**3 DAYS  
2 NIGHTS OF :**

OF VALUABLE LEARNING  
EXPERIENCES, AWARDS &  
RECOGNITION, TALENT SHOW,  
KEY NOTE SPEAKER,  
GOVERNOR'S BALL &  
SO MUCH MORE

**MORE INFORMATION: [HTTP://WWW.CNHKEYCLUB.ORG/EVENTS/DCON](http://www.cnhkeyclub.org/events/dcon)  
CNH CYBERKEY > EVENTS > DISTRICT CONVENTION**

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# MONTHLY UPDATES: INT'L TRUSTEE & EXECS

## INT'L TRUSTEE ME'SHALE SHERWOOD

### HEY, CNH BEES!

I hope you all had a wonderful holiday and school is treating you well. I hope you all are planning big things to close out the year with, because your year is coming to a close very quickly. If you don't have big things in store that's just as amazing, just ensure the Key Club spirit and love doesn't end with this year. A few Key Club related things are under way, such as **Thirsty Thirty**. Our partners the Thirst Project are hosting their annual Thirsty Thirty campaign that commenced on January 28 and will last for thirty days after. This is a challenge created by the **Thirst Project for Key Clubs to raise money to provide clean water to those who need it**. Don't be afraid to join the challenge and play your part in helping our partner's initiative touch the hearts of many! Also, Kiwanis Scholarships are available to all just check it out right here. <http://www2.kiwanis.org/>

DCON 2019:  
APRIL 12-14  
@ONTARIO,  
CA

[childrensfund/impact-and-programs/scholarship-opportunities#.XDJI02hKjIV](https://www.keyclub.org/service_ideas_main/) The Service Directory is still up and running so you can upload as many project ideas you have that you think can help others, and you will also be able to see projects you think can help you. So don't forget it's there and never stop checking it out!

[https://www.keyclub.org/service\\_ideas\\_main/](https://www.keyclub.org/service_ideas_main/)

Last but not least, **ICON** is not that far away so start saving ,and I hope to see most of you their one last time before I retire as your Trustee. Have an amazing February and a great Valentine's Day and if no one isn't your Valentine know that I LOVE you! <3

**Me'Shale Sherwood**

KCI International Trustee

[meshalesherwood.kci@gmail.com](mailto:meshalesherwood.kci@gmail.com)

## GOVERNOR JONATHAN

### HAPPY FEBRUARY, CNH!!

With about two more months left in the term, I hope your love for service is still bigger than ever! With two months left, there is still plenty of time to serve your community, make new friends, show off your spirit for Key Club, and register for District Convention 2019! Yes, that's right. You still have time to register for DCON! **On-time registration(\$184) is due by February 28th and late registration(\$224) is due by March 14th**. If you're interested in attending DCON, I highly recommend that you contact your Lt. Governor!

You can find some wonderful resources that will help you register for DCON: Service in Wonderland by heading to the CyberKey!

As the start of February begins, it is important that club elections are taking place. Club officers, please make sure



that you are overseeing the election of your successors. Along with these elections, it is imperative that you train them so that they are ready for what is in store for them in the 2019-2020 term!

If you have any questions or concerns regarding club elections, feel free to contact Policy, International Business, and Elections Chair, Rita Nguyen ([cnhkc.pie@gmail.com](mailto:cnhkc.pie@gmail.com))!

Like I said earlier, there is still plenty of time to make an impact during the 2018-2019 term. This is your time CNH to try new things, **serve to the best of your abilities, and finish the term strong**.

Thank you for everything that you do, CNH! If you have any questions or concerns, please contact me at anytime. I can't wait to see you at DCON 2019!

**Jonathan Lum**

District Governor

[cnhkc.dg1819@gmail.com](mailto:cnhkc.dg1819@gmail.com)

# MONTHLY UPDATES: INT'L TRUSTEE & EXECs

## SECRETARY ZOE YAO

### HEY, CNH BEES!

After a long holiday season, hopefully things have settled down. Spring has sprung and the weather's finally warming up! Take a walk for a change of scenery and a breath of fresh air. We always say this, but remember to take care of yourself! Taking a break from the computer or homework to appreciate nature is refreshing and good for the soul. Second semester is upon us, and that means we should refocus and begin the new year with a new purpose!

Remember to keep your New Year's Resolutions in mind! Write them down somewhere as a daily reminder to accomplish your goals. Now is as good a time as any to focus on personal growth and personal care. Best of luck on everything you wish to achieve!

Another thing to note -- District Convention registration has opened! **DCON 2019 will be taking place in Ontario, California from April 12-14.** Officers, start looking for chaperones, fill out the necessary forms, and fundraise as much as possible! Please communicate with your Lt. Governor about attending DCON. DCON is the best experience you can possibly have; I cannot emphasize enough how much DCON means to me. Come and celebrate a year of service and fundraising, say our last goodbyes, and welcome the new term. I hope to see you there, don't be a stranger and come say hi! If you have any questions, comments, or concerns, contact DCON Chair



Minah Yang at [cnhkc.dcon@gmail.com](mailto:cnhkc.dcon@gmail.com).

As the end of the term nears, please remember to stay motivated. I know how bittersweet the idea of retirement is, but above all, keep in mind that you're still serving for the 2018-2019 term. Avoid slacking off or forgetting our core values. Let's end this year on a high note so we can celebrate your success and accomplishments at DCON! We are about **60% of the way to our service hour goal of 1.1 million hours**, so let's keep up the good work in these next few months!

In this next month, be sure to apply for the Kiwanis Foundation scholarship and any possible awards! After a term of hard work and dedication, you deserve to be recognized for everything that you do. Find contest guidelines on the CNH CyberKey, and contact MR Chair

Annaleigh Nguyen if you have any questions ([cnhkc.mr@gmail.com](mailto:cnhkc.mr@gmail.com)).

It has been the greatest honor serving as your District Secretary. Watching CNH grow and prosper these past few months has brought joy into my life. It's been a wonderful term, and I can't wait to see what's in store for the future. Thank YOU for all of your hard work and service, I really mean it. See you in next month's issue of The Bee Line!

**Zoe Yao**

District Secretary

[cnhkc.ds1819@gmail.com](mailto:cnhkc.ds1819@gmail.com)

## TREASURER KARA YOSHIYAMA

### ALOHA, CNH BEES!

As of today, there is only two months remaining in the 2018-2019 term. Hasn't time flown by in the blink of an eye? Though the term is quickly coming to an end, it is important that you stay focused on the goals that both the District and yourself have set at the beginning of the year. Take these last two months to finish those last few service hours, fundraise those last few dollars and continue to encourage individuals to become dues paid members. Think back to our three district goals; **41,500 dues paid members, 1.1 million service hours** and **\$250,000 for the Pediatric Trauma Program**. Now is the time to do as much as you can to help us reach our goals!

Now onto dues! Please remember that dues can be submitted all year round, meaning that they can be paid anytime. I highly encourage you to recruit new members, welcome them to Key Club, and explain the benefits of



paying dues. Keep in mind that a member isn't really a member until International has received their dues. In addition, clubs who have not yet paid their dues are considered delinquent until dues are paid. Once February 1st comes around, unpaid clubs will earn the status of suspended. If this applies to you, feel free to contact me at any time to help get your club back into good standing.

**You** are the reason to everything we do. Members are the foundation of our wonderful organization and I am proud of everything that we have accomplished together. Make these last few months of the term count. Give your 110% because your work affects many, whether you know it or not. As always, thank you for all that you do for your clubs, divisions, our district and International. I can't wait to see you at District Convention!

**Kara Yoshiyama**

District Treasurer

[cnhkc.dt1819@gmail.com](mailto:cnhkc.dt1819@gmail.com)

# PREFERRED CHAI

## Did you know about...

### CHILDREN'S MIRACLE NETWORK



Members work together by sponsoring fundraising events and conducting service projects at their local children's hospitals. All funds are allocated towards new hospital equipment, hospital bills and medical training. Contact your local CMN hospital and invite a representative to a club meeting to share ideas and create a partnership.

### MARCH OF DIMES



Since the 1940s, Key Clubs have worked with March of Dimes to make a positive impact in the lives of babies everywhere. Today, Kiwanis members continue that culture of service by supporting the March of Dimes all year long by hosting service projects, raising funds and educating communities about the crisis of preterm birth.

### UNICEF



UNICEF is the only organization of the United Nations dedicated exclusively to children. Working with other United Nations bodies, governments and non-governmental organizations, UNICEF helps to provide for children's needs in more than 150 developing countries through community-based services in primary health care, basic education and safe water and sanitation.

### PEDIATRIC TRAUMA PROGRAM



The Pediatric Trauma Program was established by the Kiwanis Cal-NeV-Ha Foundation in 1994 after recognizing the serious need for education and training in pediatric trauma and injury prevention. The Pediatric Trauma Program funds the training of pediatric doctors, nurses and first responders, the purchase of specialized pediatric medical equipment, and the development of community outreach.

# PRIORITIES & KCI PARTNERS

## THIRST PROJECT



Thirst Project hopes to educate the next generation by arming students with information about how they can be a part of social change, make a difference and encourage others to join in the effort in providing accessible drinking water to 3rd world countries.

## LANDSCAPE STRUCTURES



Landscape Structures (LSI) has joined Kiwanis International as a vision partner to bring play to communities across the globe. LSI is proud to provide high-quality commercial playground equipment and planning consultation services that reflect the high degree of integrity that Kiwanis clubs expect.

## NICKELODEON



Nickelodeon currently presents two major campaigns each year that encourage action in kids globally. The Get Dirty campaign seeks to educate kids, families and teachers about what they can do to help protect the planet in fun, mindful ways.

## K CORPS



K Corps is Kiwanis International's youth exchange program for Key Clubbers. It's a great opportunity to experience a unique culture, provide service, make lifelong friends, and see spectacular sights half a world away!

## PROJECT HAPPINESS



Project Happiness inspires and empowers club members to create greater happiness within themselves and their communities addressing the bullying issue at its core. The Key Club Guide to Project Happiness shares exercises, discussions, games and tools based on Neuroscience, Positive Psychology and Mindfulness to re-wire the brain for happiness.

CNH



A challenge awaits you at  
District Convention 2019...

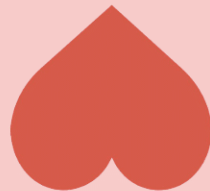
# Through the Looking Glass

DCON 2019 SCAVENGER HUNT

The first 150 members to  
participate will receive a  
special ribbon!



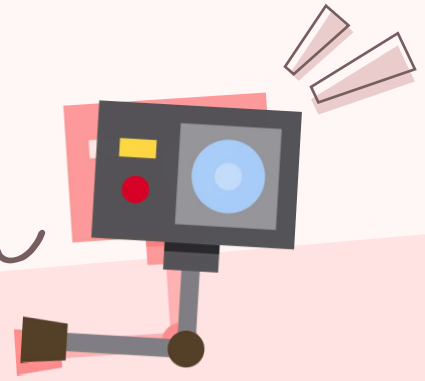
**BEE on the lookout for more details to come!**  
See you at **DCON 2019, CNH.**



HND



# #MOMENTSOFCNH marketing campaign



Want to see your division and home club represented within CNH? Have unseen footage, articles and visuals locked away?

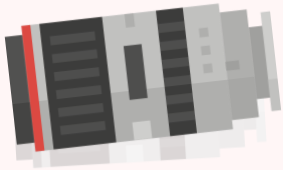
**Get involved with the #MOMENTSOFCNH District campaign to be featured in future newsletter issues, CNH Instagram, CyberKey, and more.**

What is the purpose of this campaign? **We want to hear YOUR story!** Share your perspective on FRN/FRS, DCON, service events, DCMs and events. by sending in a short article recapping your event and respective visuals. You do **NOT** have to be an officer to participate!

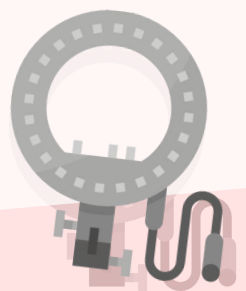


## SUBMISSION PROCESS

## “HOW DO I SUBMIT?”



- 1. File/folder name:** D##\_Club\_EventInitials\_1819  
Ex: D99N\_\_Hogwarts\_\_DCM\_1819
- 2. Email to:** [cnhkc.visuals@gmail.com](mailto:cnhkc.visuals@gmail.com)
- 3. Subject:** D##, Club | #MOMENTSOFCNH
- 4. Email body text:** Include Division, Club, date (of event), name of members involved & positions held (if applicable).



SUBMISSIONS WILL BE USED IN A

*super secret*

DISTRICT PROJECT ...

SUBMIT FROM

FEBRUARY 1ST— MARCH 15, 2019

**CNH District Communications and Marketing Committee**

Chair Nathaniel Banlusak | [cnhkc.cm@gmail.com](mailto:cnhkc.cm@gmail.com)

# WHAT'S NEXT?

## HEY CLASS OF 2019!

Congratulations on almost finishing high school!

Your Key Club journey may end when you graduate from high school, but that doesn't mean that's when the service stops!

## CIRCLE K INT'L

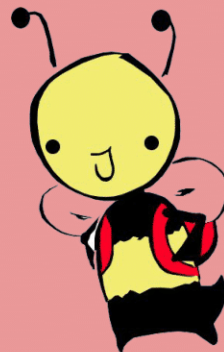
Did you know that there is a collegiate branch to Kiwanis? Circle K is a great club to join in college if you're interested in staying in a club like Key Club!

## INDEPENDENT COMMUNITY SERVICE

You don't need to be in a club to do community service! Reach out to your city to see if there are any service opportunities available.

## HIGHER EDUCATION

You can continue your education by attending a university, community college, or trade/vocational school!





## WORKFORCE

Entering the workforce is a great way to begin making money and gaining work experience.

## MILITARY

Going into the armed forces is also an option for people who want to serve their country!



## KIWANIS

If your college does not have a Circle K, you can always join Kiwanis! Any previous Key Club member will get 2 years of reduced membership fees!

*No matter what you do after high school, don't forget about the impact you have made and will continue to make in Key Club! Don't be afraid to serve as a mentor to Key Clubbers even after graduation! Prepare yourself for an adventure after high school!*

# GOOD LUCK, SENIORS!

# DCON 2019 Keynote Speaker



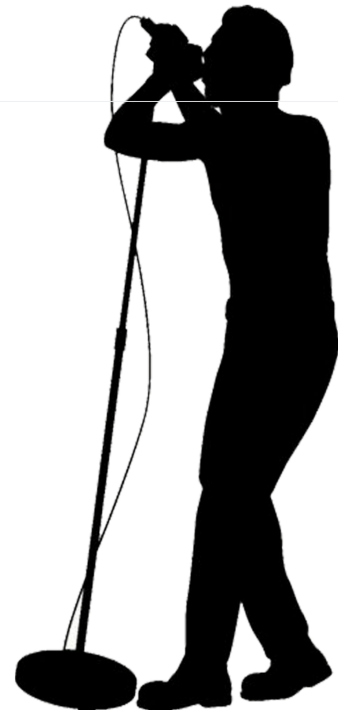
**Singer/Songwriter**

**Julien**

**Martinez**

**The Voice Season 12**

**Coming from Oxnard, CA, Julien Martinez is a former contestant on The Voice 2017. Giving a memorable performance of Pride and Joy by Stevie Ray Vaughan, he managed to secure himself on Team Adam and continued to compete further into the competition. He is currently studying fire science and technology in hopes of becoming an astronaut in the future. He is proof that you should follow your dreams!**



# share the love!

## PROMOTING SERVICE AND INCLUSIVENESS

### ARTICLES AND VISUALS

There are numerous benefits to submitting articles and visuals each month! Not only does it help showcase your club's and division's active service, hard work and progress, but it also lets the district know of the service you're doing. Make sure that you submit your articles and visuals **on-time!**

(Visuals courtesy of D19N-top, D44N-bottom)



### CLUB/DIVISION SOCIAL MEDIA

By utilizing club and division social media, you can reach out on a more personal level! This way, you can gain attraction and garner attention to local events or projects you've created. Social media & messaging apps such as **Facebook, Remind, Instagram and Twitter** are especially helpful for reminding members of events. Remember: maintain SafeKey!



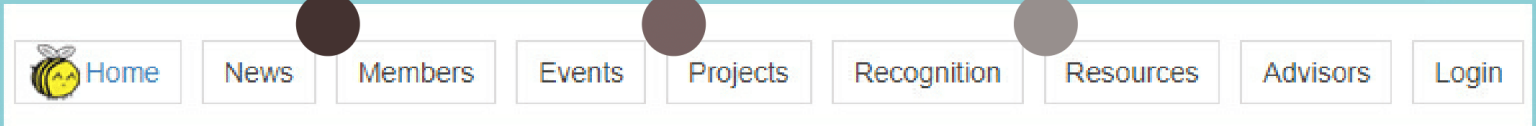
**CNH District Technology Editor**

DTE Archishma Kavalipati | [cnhkc.dte@gmail.com](mailto:cnhkc.dte@gmail.com)



# cyberkey resources FOR officer elections!

If you intend to run for a club officer position, the CNH Cyberkey has everything you need to know!



1.

## MEMBERS >> OFFICERS

Go to the Officer tab to find specific information and manuals about each officer position! You can also view guides on running for club elections and a list of sample caucus questions.



2.

## PROJECTS

Familiarize yourself with the District's goals and preferred charities, and find ideas for new service projects your club can embark on!

3.

## RESOURCES

Here, you can find service agreement forms, the CNH policy manual, a list of standard club bylaws, and many more guides! Links to each officer reflector group can also be found here.

Find these resources and more at  
**[cnhkeyclub.org!](http://cnhkeyclub.org)**

**CNH District Technology Editor**

DTE Archishma Kavalipati | [cnhkc.dte@gmail.com](mailto:cnhkc.dte@gmail.com)



# BACK TO SCHOOL: SHOPPING WITH KIWANIS



*"Members of the Kiwanis Club of Galt, saw an issue in their own community...and stepped in to help!"*

School supplies and clothing are two of the most basic and important necessities when beginning a new school year. Members of the **Kiwanis Club of Galt**, saw an issue in their own community, a small city with a large low-income population, and stepped in to help.

The Kiwanis Club partnered with counselors at local elementary schools, dental professionals and Walmart, and the Galt club identified 12 of the most disadvantaged children in their community. Kiwanis members treated them to breakfast, a back-to-school shopping spree, and a lesson on the importance of oral hygiene, which included free dental supplies.

Elizabeth Haglund, President of the Kiwanis Club of Galt noted, "The project was a very big success in helping families in need with new school clothes, socks, shoes, underwear, etc."

Thanks to these selfless Kiwanis, these disadvantaged children were provided with the supplies necessary to start the new school year on the right foot!

# KCorps

## Global Community Service Exchange

Kiwanis International's youth exchange program for Kiwanis-family teens to travel halfway across the world and volunteer their time to help others in foreign communities!

This year, we're going to **JAPAN!**

**DATES:** June 13 - June 27, 2019

**COST:** \$3,995

**DEADLINE TO APPLY:** March 1, 2019



**CULTURE**



**HOMESTAY**



**SERVICE**



For more information, go to:

[paxlaurasianexchange.org/  
kcorps-welcome](http://paxlaurasianexchange.org/kcorps-welcome)

**CNH District Kiwanis Family and Foundation Committee**

Chair Brandon Ma | [cnhkc.kff@gmail.com](mailto:cnhkc.kff@gmail.com)



# #MyKeyClubStory

featuring: division 19 south's

## Anne Tsai



### HOW DID YOU GET INVOLVED IN KEY CLUB?

During club rush at my school in my Freshman year, I signed up for pretty much every club that my small school offered, and it just so happened that Key Club was one of those clubs I signed up for.

### WHAT WAS YOUR MOST MEMORABLE SERVICE EVENT AND WHY?

The Lomita Magnet Halloween Fair was the most memorable service event for me because I used to go to that fair every single year when I was in elementary school. When I was there, it felt so surreal for me to serve pizza and cotton candy to the kids because it made me think about how I used to be in their shoes and it made me feel good to know that I was there helping them make fond memories.

### WHAT DO YOU LOVE MOST ABOUT KEY CLUB?

Even though the high schools in my community are in close proximity to each other, we often do not know of each other's existence, and other students from neighboring high schools almost never interact with each other. With Key Club, I have the chance to not only serve my community but I also get the chance to work with people from all the schools in my area.

### WHAT ADVICE DO YOU HAVE FOR INTERESTED MEMBERS THAT WANT TO BE MORE INVOLVED?

Go to a DCM. I think DCMs are the best way to get a taste of Key Club because they cover so many things; from playing icebreakers, meeting new people, all the way to learning about upcoming service events and how Key Club works, members have the chance to really get to know more about what Key Club is about.



# SCHOLARSHIP

This scholarship is offered exclusively to Key Club members and is based on service hours in Key Club, school, and your community! Only  $\frac{1}{3}$  of the scholarships are given to District Board members, so GO FOR IT!

To fill out the application, go to:  
[kiwaniscnhfoundation.formstack.com/  
forms/kckwscholarshipapp](http://kiwaniscnhfoundation.formstack.com/forms/kckwscholarshipapp)



**DUE:**  
**FRIDAY, FEBRUARY 15, 2019**

**CNH District Kiwanis Family and Foundation Committee**

Chair Brandon Ma | [cnhkc.kff@gmail.com](mailto:cnhkc.kff@gmail.com)

# District Pen-Pals 30 Day Challenge

Win a Special Gift & Recognition at DCON!

|   |   |  |   |   |
|---|---|--|---|---|
| <p><b>Day 1:</b><br/>Contact each other through email, SMS, or social media!</p>  | <p><b>Day 2:</b><br/>Begin a Snapchat streak with your PenPal.</p>                                  | <p><b>Day 3:</b><br/>Find how long of a drive it would take to visit your pen pal. If they are overseas, find the price of the plane ticket!</p> | <p><b>Day 4:</b><br/>Find out what your pen pal's favorite boba flavor is!</p>                            | <p><b>Day 5:</b><br/>Find two things that you and your pen pal has in common</p>  |
| <p><b>Day 6:</b><br/>If your Snapchat streak is in progress, this day's task is complete!</p>   | <p><b>Day 7:</b><br/>Do a video call with your PenPal!</p>  | <p><b>Day 8:</b><br/>Write a letter to your PenPal and send it through the mail (the old fashioned way)!</p>                                     | <p><b>Day 9:</b><br/>Introduce your pen pal to your friends!</p>  | <p><b>Day 10:</b><br/>Create a social media post highlighting everything great about your pen pal.</p>  |
| <p><b>Day 11:</b><br/>Find your PenPal's favorite musical artist!</p>   | <p><b>Day 12:</b><br/>Begin a collaborative playlist with your PenPal.</p>                          | <p><b>Day 13:</b><br/>Get your playlist to at least 50 songs.</p>  | <p><b>Day 14:</b><br/>Post your playlist on social media!</p>   | <p><b>Day 15:</b><br/>Create a buddy-meter quiz.</p>  |
| <p><b>Day 16:</b><br/>Make your penpal take your buddy-meter quiz and see what they get!</p>  | <p><b>Day 17:</b><br/>If your streak is still going until now, this day's task is complete!</p>     | <p><b>Day 18:</b><br/>Real talk time - talk to your Penpal about your goals for the future!</p>  | <p><b>Day 19:</b><br/>Watch a movie with your PenPal on Rabbit!</p>                                       | <p><b>Day 20:</b><br/>Share a secret with your pen pal.</p>   |
| <p><b>Day 21:</b><br/>Your task for the next ten days is to create a video about your PenPal! Each PenPal will be creating their own video. Today, as long as your streak still exists, check this day off.</p> | <p><b>Day 22:</b><br/>Create an introduction clip to your video. Say "Hi" to your audience!</p>     | <p><b>Day 23:</b><br/>Create a clip that shares some interesting information about your PenPal: favorite foods, movies, etc.</p>                 | <p><b>Day 24:</b><br/>Create a clip showcasing your favorite tracks from your collaborative playlist.</p> | <p><b>Day 25:</b><br/>Create a clip showcasing the letter your PenPal wrote you!</p>  |
| <p><b>Day 26:</b><br/>Create a clip about something an observer would NEVER know about your PenPal</p>  | <p><b>Day 27:</b><br/>Create a clip about the wonderful experience you've had with your PenPal.</p> | <p><b>Day 28:</b><br/>Create a clip about how different you and your PenPal's lives are.</p>   | <p><b>Day 29:</b><br/>Create a clip about what you'd like to do with your PenPal in the future!</p>       | <p><b>Day 30:</b><br/>Compile the clips into a video and submit them! Show your video to your PenPal. Your Snapchat streak also needs to continue for Day 30 to be completed.</p> |

spotlight on education program

# SELF CARE

## WHY IS SELF CARE IMPORTANT?

Self-care is important for your **physical health** as well as your mind, soul and your **overall health**. When you avoid things that make you feel physically and mentally well, you deplete your confidence and self-esteem. Self-care is important to maintain a **healthy** relationship with yourself. It produces positive feelings, which improves **confidence** and **self-esteem**.



## POOR SELF CARE

- Being **overly hard** on yourself.
- Trying to **impress people** by overextending yourself
- Engaging in "retail therapy" without any regard to your budget

**“SELF CARE IS A  
PRIORITY AND  
NECESSITY”**

## 30 EXAMPLES OF SELF CARE

1. Take a bath
2. Light a candle
3. Meditate
4. Take a bike ride
5. Eat your favorite meal
6. Go on a road trip
7. Unplug
8. Find a relaxing scent
9. Go to a Farmer's market
10. Engage in small acts of kindness
11. Write a Letter
12. Color
13. Bullet journal
14. Put some music on
15. Get your favorite drink
16. Pet an animal
17. Binge watch your favorite show
18. Do some gentle stretches
19. Breathing exercises
20. Call a friend
21. Send an encouragement
22. Read a book
23. Write down your thoughts
24. Go to the beach
25. Watch a sunset
26. Get a massage
27. Watch the stars
28. Get your favorite dessert
29. Exercise
30. Stay positive

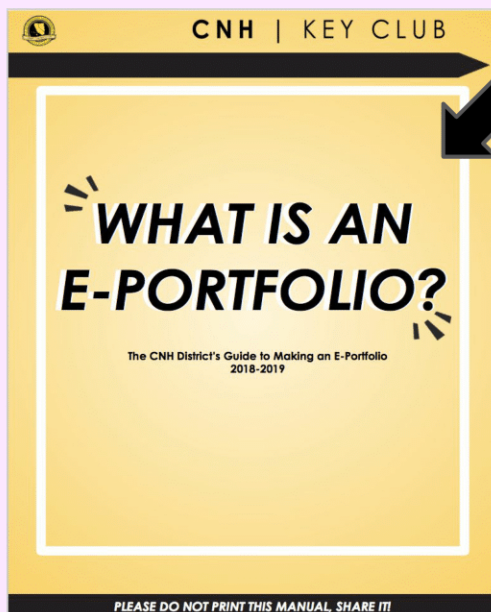


# apply for contests!

## get recognized for your hard work

- Club/Division Newsletter
- Digital/Non-Digital Newsletter
- Club Video
- Digital/Non-Traditional/Traditional Year-in-Review
- Sandy Nininger
- Major Emphasis
- Single Service
- Distinguished President
- Distinguished Vice President
- Distinguished Treasurer
- Distinguished Secretary

**DEADLINES ARE  
POPPING UP!**



**NEED HELP BEGINNING  
YOUR PORTFOLIO?  
CHECK OUT THE NEW  
"WHAT IS AN  
E-PORTFOLIO?"  
MANUAL!**



**MANUAL AND CONTESTS  
GUIDELINES CAN BE FOUND  
ON [CNHKEYCLUB.ORG](http://CNHKEYCLUB.ORG)!**

# District Convention (DCON) Delegate Registration!

## What is a Delegate?

Delegates are **dues paid** members that vote to approve **bylaw changes**, approve **resolutions** presented to the House of Delegates, and to **select the leaders of the District** for the next term. **Each** dues paid club is allowed **two (2) delegates** that will represent the club during House of Delegates.

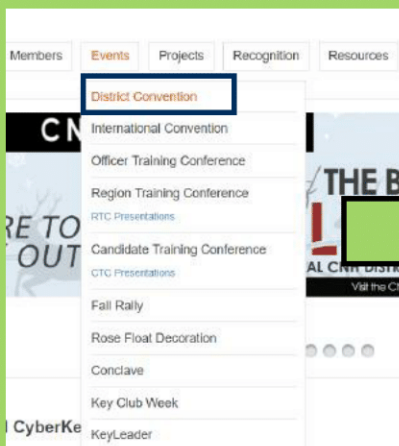
## How do I sign up?

**Members:** Communicate with your club officers to express your interest as a Delegate!

**Officers/Advisors:** Please fill out the CNH DCON Delegate Registration form on the CyberKey! The link can be found through CyberKey > Events > District Convention > DCON Delegate Registration

## Additional Questions?

Most of the information is detailed in the Google Form! If you have any questions not answered there, please send your questions to PIE Chair Rita Nguyen, or any members of the PIE Committee!



# District Officer Candidate Training Conference



## Who should attend?

Key Club member interested in running for District Officer Position (Governor, Secretary, or Treasurer) **must** attend the Candidate Training Conference (CTC).

## When and Where?

**Date:** Saturday, February 2,  
2019

**Times:** 10:30am - 4:30pm

**Location South:** Kiwanis  
Professional Center, 8360 Red  
Oak Street, Rancho  
Cucamonga, CA 91730

**Location North:** Kiwanis  
Family House, 2875 50th  
Street, Sacramento CA 95817

## Reminder

**Travel:** Participants who will be flying to District CTC can be reimbursed. If so, contact Mr. Roberson and Mr. Bruce Hennings immediately with flight plans. Must be scheduled at least two weeks in advance.

**Dress Code:** Key Club Casual

## District CTC Registration.

This is **mandatory** if you want to be a candidate for one of the District Officer Positions. Registration can be found on the CNH Cyberkey. The deadline to register is **January 25, 2019.**

# Running for International Office: ENDORSEMENT



1. **MUST attend International Office Candidate Training Conference (this is mandatory if you want to run for District Endorsement at DCON which is required in order to run for one of the International Officer positions.)**

> Register on the CNH Cyber Key

2. **Register on-line your intent to file to run for District endorsement for an International Officer Position**

> Register on the CNH Cyber Key by February 25, 2019  
using the link: [TINYURL.COM/CNH\\_DISTRICT\\_CANDIDATE](http://TINYURL.COM/CNH_DISTRICT_CANDIDATE)

3. **COMPLETE 2019-2020 International Officer Service Agreement Packet (with VALID signatures)**

>Must be received by the due date stated on the form.  
(February 25, 2019)

4. **Campaign Material must be received by March 2, 2019**



# *International Endorsement Teleconference*

*The International Candidate Training Conference is open to anyone that is interested in running for a position on the Key Club International Board for the 2019-2020 Key Club year! Register to speak with our Key Club International President, Vice President, & International Trustee!*

**Tuesday, February 12<sup>th</sup>, 6:00 PM PST**

Register on the CyberKey:

**<https://tinyurl.com/CTC-KCI-Registration>**

The deadline to register is **Tuesday, February 5<sup>th</sup>, 2019.**

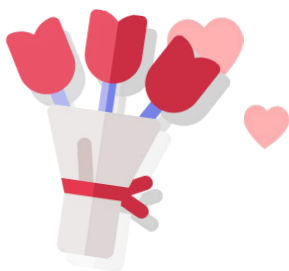
*Good Luck!*



**CNH District Policy, Int'l Business, and Elections Committee**

Chair Rita Nguyen | [cnhkc.pie@gmail.com](mailto:cnhkc.pie@gmail.com)

# FEB: DISTRICT CALENDAR

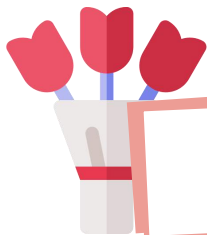


**With every new month, comes new division updates!** Attend your Division Council Meetings (DCM) to hear about club updates, division updates, district initiatives such as the SOSF, DCON information, member recognition due dates, and etc. You can also meet members outside of your home club and participate in joint service projects or fundraisers! **Save the date & find your respective DCM logistics below!** Contact your Lieutenant Governor for more information!

| Division  | Date | Time     | Location                        | Address   |
|-----------|------|----------|---------------------------------|---|
| 2 North   | 16   | 11:00 AM | El Cerrito Vista Park           | 7007 Moeser Ln, El Cerrito, CA 94530                    |
| 2 South   | 16   | 5:00 PM  | Dublin Iceland Ice Skating Rink | 7212 San Ramon Rd, Dublin, CA 94568                     |
| 3 North   |      |          |                                 |   |
| 3 South   |      |          |                                 |   |
| 4 Central |      |          |                                 |   |
| 4 East    |      |          |                                 |   |
| 4 North   | 16   | 12:00 PM | Modjeska park                   | 1331 S Nutwood St, Anaheim, CA 92804                    |
| 4 South   | 23   | 4:00 PM  | San Clemente High School        | 700 Avenida Pico, San Clemente, CA 92673                |
| 4 West    | 23   | 4:00 PM  | Fountain Valley Rec Center      | 16400 Brookhurst St. Fountain Valley, CA 92708          |
| 5 North   |      |          |                                 |   |
| 5 South   |      |          |                                 |   |
| 7 North   | 17   | 2:00 PM  | Kiwanis Family House            | 2875 50th St, Sacramento, CA 95817                      |
| 7 South   | 22   | 5:30 PM  | Franklin High School            | 6400 Whitelock Pkwy, Elk Grove, CA 95757                |
| 8         | 23   | 4:00 PM  | Vanden High School              | 2951 Markeley Lane                                      |
| 10 North  | 15   | 8:00 PM  | Boba Express                    | 9653 E Las Tunas Dr, Temple City, CA 91780              |
| 10 South  | 23   | 1:00 PM  | Almanson Park                   | 800 S Almanson St, Alhambra, CA 91801                   |
| 11        |      |          |                                 |   |
| 12 East   | 17   | 2:00 PM  | Cataldi Park                    | 2900 Cataldi Dr, San Jose, CA 95132                     |
| 12 South  | 23   | 2:00 PM  | Fowler Creek Park               | Alfia Ave & Cortona Dr San Jose, CA 95135 United States |
| 12 West   |      |          |                                 |   |
| 13 North  | 16   | 12:00 PM | South Gate Park                 | 4900 Southern Ave, South Gate, CA 90280                 |
| 13 South  | 9    | 5:00 PM  | Dolphin Park                    | 21205 Water St., Carson, CA 90745                       |
| 13 West   |      |          |                                 |   |

| <i>Division</i> | <i>Date</i> | <i>Time</i> | <i>Location</i>                        | <i>Address</i>                                  |
|-----------------|-------------|-------------|--|---|
| 13 West         |             |             |  |   |
| 14/39           | 13          | 5:00 PM     | Sutter Union High School               | 2665 Acacia Avenue, Sutter, CA 95982            |
| 15 North        | 8           | 6:00 PM     | Center Ice Arena                       | 201 S Plum Ave, Ontario, CA 91761               |
| 15 East         | 16          | 6:30 PM     | La Sierra High School                  | 4145 La Sierra Ave, Riverside, CA 92505         |
| 15 South        | 23          | 6:00 PM     | Ontario Ice Rink                       | 1225 W Holt Blvd, Ontario, CA 91762             |
| 16 North        |             |             |  |   |
| 16 East         | 9           | 2:00 PM     | Dearborn Park                          | 17141 Nordhoff St, Northridge, CA 91325         |
| 16 South        |             |             |  |   |
| 16 West         |             |             |  |   |
| 18 East         | 18          | 5:30 PM     | Valley Oaks Golf Course                | 1800 South Plaza Street, Visalia, CA 93277      |
| 18 West         |             |             |  |   |
| 19 North        | 16          | 12:00 PM    | South Gate Park                        | 4900 Southern Ave, South Gate, CA 90280         |
| 19 South        | 9           | 5:00 PM     | Dolphin Park                           | 21205 Water St., Carson, CA 90745               |
| 20/32           | 2           | 10:00 AM    | Cardinal Newman High School            | 50 Ursuline Rd, Santa Rosa, CA 95403 (Room 102) |
| 21              | 16          | 6:00 PM     | Doyle Community Park                   | 8175 Regents Rd, San Diego, CA 92122            |
| 22 Hikina       | 9           | 3:00 PM     | Makiki District Park                   | 1527 Keeaumoku St, Honolulu, HI 96822           |
| 22 Komohana     | 16          | 3:00 PM     | Kapolei High School                    | 91-5007 Kapolei Pkwy, Kapolei, HI,96707         |
| 22 Makai        | 10          | 11:00 AM    | Kauai High School                      | 3577 Lala Rd, Lihu'e, HI 96766                  |
| 23              | 16          | 10:00 AM    | Wooster High School                    | 1331 E. Plum Lane, Reno                         |
| 24              | 9           | 12:30 PM    | Atascadero Kiwanis Hall                | 7848 Pismo Ave, Atascadero, CA 93422            |
| 26 North        |             |             |  |   |
| 26 South        | 16          | 5:00 PM     | Dublin Iceland                         | 7212 San Ramon Rd. Dublin, CA 94568             |
| 27 North        | 23          | 5:00 PM     | Oak Park Ice Arena                     | 3545 Alvarado Ave. Stockton, CA 95204           |
| 27 South        | 8           | 5:00 PM     | Weston Ranch High School               | 4606 McCuen Ave, Stockton, CA 95206             |
| 28 North        | 26          | 8:00 AM     | Southwest Career and Technical Academy | 7050 W Shelbourne Ave, Las Vegas, NV 89113      |
| 28 South        | 26          | 8:00 AM     | Southwest CTA                          | 7050 W Shelbourne Ave, Las Vegas, NV 89113      |
| 28 East         | NO DCM      | NO DCM      | NO DCM                                 | NO DCM  |
| 28 West         | 26          | 10:00 AM    | South West Technical and               | 7050 W. Shelbourne Ave, Las Vegas NV 89113      |
| 29              | 2           | 12:30 PM    | Atascadero Kiwanis Hall                | 7848 Pismo Ave, Atascadero, CA 93422            |
| 30 North        | 23          | 1:00 PM     | Smith Murphy Park                      | 5290 Cameron Dr., Buena Park, CA 90621          |
| 30 South        | 16          | 12:00 PM    | Modjeska Park                          | 1331 S Nutwood St, Anaheim, CA 92804            |

| <i>Division</i> | <i>Date</i> | <i>Time</i> | <i>Location</i>           | <i>Address</i>                                  |
|-----------------|-------------|-------------|---------------------------|---|
| 31              | 16          | 11:00 AM    | Harry Griffen Park        | 9550 Milden St, La Mesa, CA 91942               |
| 33              |             |             |                           |   |
| 34 North        | 16          | 10:00 AM    | Lowell High School        | 1101 Eucalyptus Drive, San Francisco, CA 94132  |
| 34 South        |             |             |                           |   |
| 35 East         | 23          | 12:00 PM    | Shadow Oak Park           | 2121 Shadow Oak Dr West Covina, CA 91792        |
| 35 West         | 16          | 10:00 AM    | Morgan Park               | 4100 Baldwin Park Blvd, Baldwin Park, CA 91706  |
| 36 East         | 16          | 5:00 PM     | Grand Terrace High School | 21810 Main St, Grand Terrace, CA 92313          |
| 36 West         | 16          | 6:00 AM     | Grand Terrace High School | 21810 Main St, Grand Terrace, CA 92313          |
| 37 North        | 23          | 11:00 AM    | Ronald Reagan Sports Park | 30875 Rancho Vista Rd Temecula, CA 92592        |
| 37 South        | 16          | 5:30 PM     | Doyle Community Park      | 8175 Regents Rd, San Diego, CA 92122            |
| 37 East         |             |             |                           |   |
| 37 West         | 23          | 12:30 PM    | Ice-Plex Escondido        | 555 N Tulip St, Escondido, CA 92025             |
| 38 East         |             |             |                           |   |
| 38 West         | 16          | 12:00 PM    | Marie Kerr Park           | 39700 30th St W, Palmdale, CA 93551             |
| 41 North        |             |             |                           |   |
| 41 South        |             |             |                           |   |
| 42 East         | 23          | 3:00 PM     | Rancho Madera Community   | 556 Lake Park Dr, Simi Valley, CA 93065         |
| 42 West         |             |             |                           |   |
| 43              | 16          | 9:00 AM     | UC Santa Cruz             | 1156 High St, Santa Cruz, CA 95064              |
| 44 North        |             |             |                           |   |
| 44 South        | 17          | 1:00 PM     | Kiwanis Family House      | 2875 50th St Sacramento, CA 95817 United States |
| 45              |             |             |                           |   |
| 46 North        |             |             |                           |   |
| 46 South        |             |             |                           |   |
| 47              |             |             |                           |   |



**BEE THERE, OR BE SQUARE!**



# DIVISION RECOGNITION



*Happy February, CNH Bees!*

Congratulations on being noticed for all of the amazing things you have done for your home, school, and community. *You are a great contribution to the CNH District and I commend you for upholding the four Key Club core values so well.* Continue working hard to end this term strong! I hope to recognize you again soon!

**Annaleigh Nguyen**  
CNH Member Recognition Chair  
cnhkc.mr@gmail.com

| <i>Division</i> | <i>Club</i>      | <i>Member</i>     | <i>Officer</i> | <i>Faculty Advisor</i> | <i>Kiwanis Advisor</i> |
|-----------------|------------------|-------------------|----------------|------------------------|------------------------|
| 2 North         | American Indian  | Dayven Lenh       | Vina Mai       | none                   | Thomas Woo             |
| 2 South         | Alameda          | Hao Tran          | Jessica Woo    | Annie Thatcher-        | Pat Rosano             |
| 3 North         |                  |                   |                |                        |                        |
| 3 South         |                  |                   |                |                        |                        |
| 4 Central       |                  |                   |                |                        |                        |
| 4 East          |                  |                   |                |                        |                        |
| 4 North         | Garden Grove     | Samantha Chip     | Ryan Vu        | Brianna Fidel          | n/a                    |
| 4 South         | Trabuco Hills    | Scott Phan        | Ali Orouji     | Allen Ho               | Cindy Frerking         |
| 4 West          | Seegerstrom      | Kira Cordray      | Mai Vu         | Mark Baskin            | John Briscoe           |
| 5 North         |                  |                   |                |                        |                        |
| 5 South         |                  |                   |                |                        |                        |
| 7 North         | Hiram Johnson    | Matthew Nguyen    | Hollie Truong  | Andrea Horgan          | John Brummer           |
| 7 South         | Florin           | Ivan Nguyen       | Sammy Quan     | Daniel Rau             | Kirsten Ireton         |
| 8               | Napa             | Vince Dionisio    | Nathan Yee Ong | Joseph Buckley         | Caroline Villareal     |
| 10 North        | Temple City High | Tyler Lee         | Aaron Sou      | Robert West            | Ms. Foltyn             |
| 10 South        | Alhambra         | Jade Trang        | Zhen Huang     | Antonio Kim            | Dan Quick              |
| 11              |                  |                   |                |                        |                        |
| 12 East         | Piedmont Hills   | Nghi Cao          | Hanna Fei      | Caitlin Conlon-Guzzo   | John Fukasawa          |
| 12 South        | Ann Sobrato      | Kristen Sarmiento | Crystallyn Lee | Ms. Downey             | Steve Yum              |
| 12 West         |                  |                   |                |                        |                        |
| 13 North        | Huntington Park  | Natalie Alcala    | Sena Kott      | Samantha Lurie         | Chien Wang             |
| 13 South        | Mayfair          | Jada Knight       | Vyanh Tran     | Isel Taylor            | David Armes            |
| 13 West         |                  |                   |                |                        |                        |

| <i>Division</i> | <i>Club</i>       | <i>Member</i>      | <i>Officer</i>    | <i>Faculty Advisor</i> | <i>Kiwanis Advisor</i> |
|-----------------|-------------------|--------------------|-------------------|------------------------|------------------------|
| 14/39           | Live Oak          | Brooke Ausselet    | Tyler McCool      | Katie Lindgren         | Piara Johl             |
| 15 North        | Alta Loma         | Aiza Ortega        | Christina Tambu-  | Michael Linden-        | Barbara Rugeley        |
| 15 East         | La Sierra         | Lia Busby          | Mikayla Pok       | Sara Rodriguez         | George Corwin          |
| 15 South        | Ayala             | Lily Prapusakpitak | Joseph Hsing      | Mr. Misawa             | Bill Taylor            |
| 16 North        |                   |                    |                   |                        |                        |
| 16 East         | Northridge Acade- | Charline Bercasio  | Meagan Wattana-   | Jim Lofdahl            | Michael Gross          |
| 16 South        |                   |                    |                   |                        |                        |
| 16 West         |                   |                    |                   |                        |                        |
| 18 East         | Redwood           | Taylor Bennett     | Savannah Travis   | Erik Santos            | Zachary Blythe         |
| 18 West         |                   |                    |                   |                        |                        |
| 19 North        | Lawndale          | Cory Suzuki        | Nikki Catangay    | Mr. Whalen             | Ms. Walcott            |
| 19 South        | North Torrance    | Angelina Harvey    | Jesse Saldivar    | Rachel Burris          | Lora Ackermann         |
| 20/32           | NONE              | Lilly Duran        | Jake Molettieri   | Beverly Fuller         | Lydia Franklin         |
| 21              | SET               | Ian Malveda        | Kaitlyn Bui       | Ulibarri Cherill       | James Tu               |
| 22 Hikina       | Punahou           | Lena Li            | Duke Parks        | Meliame Uyema          | Grant Ito              |
| 22 Komo-hana    | Castle            | Mataio Malana      | Nathan Pham       | Mr. Michael Bay        | Mrs. Kay Tokunaga      |
| 22 Makai        | Waiākea           | Thane Todd         | Charshell Lipai   | John Guthrie           | Nick Yamamoto          |
| 23              | Galena            | Michaela Bruns     | Tahlia Wise       | Carly Lott             | Neil Attcus            |
| 24              | P.A.L Key Club    | Belen Zacaris      | Marilexis Colores | Ana Jacobo-Anaya       | Anna Rubeic            |
| 26 North        |                   |                    |                   |                        |                        |
| 26 South        | Miramonte         | Stanley Lu         | Eesha Pamula      |                        |                        |
| 27 North        | Middle College    | Hieu Ho            | Jovaughn          | Michele Dueltgen       | Elaine Thompson        |
| 27 South        | Mountain House    | Abigail Buena      | Zoie Welch        | Roxanne Platt          |                        |
| 28 North        | Legacy            | Dylan Carson       | Sami Villanueva   | Ellen Brownridge       |                        |
| 28 South        | Spring Valley     | Kristy Chau        | HannaMae Imperial |                        |                        |
| 28 East         | Silverado         | Devina Gibson      | Nicholas Fuentes  |                        | Sharon Klaschka        |
| 28 West         | Arbor View        | Robin Leuterio     | Valarie Higgins   | Laura Shui             | Larry Glass            |
| 29              | P. A.L            | Belen Zacarias     | Marileisi Colores | Ana Jacobo-Anaya       | Ana Rubeic             |
| 30 North        | Sunny Hills       | Glory Vo           | Jenny Lee         | David Kim              | Amy Scheibel           |
| 30 South        | Oxford Academy    | Angel Estrella     | Ethan Hong        | Kellie Vosskhuler      | Joe Dale               |

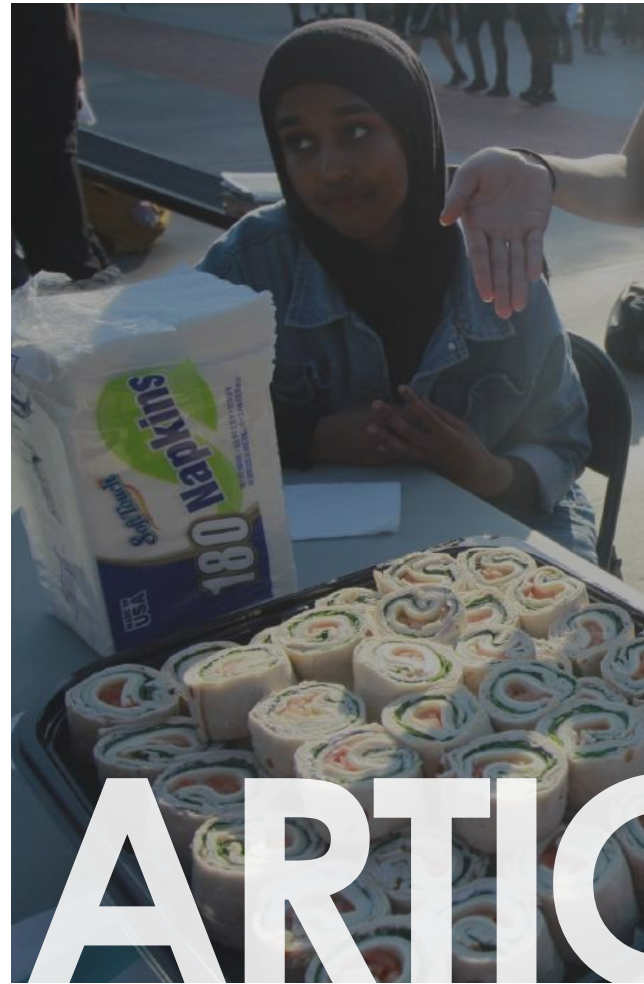
# 32 DIVISION RECOGNITION

| <i>Division</i> | <i>Club</i>                 | <i>Member</i>          | <i>Officer</i>     | <i>Faculty Advisor</i> | <i>Kiwanis Advisor</i> |
|-----------------|-----------------------------|------------------------|--------------------|------------------------|------------------------|
| 31              | Steele Canyon               | Hannah Wilson          | Angeleah Manosalva | Rebecca Skullerud      | Geoff Tobias           |
| 33              |                             |                        |                    |                        |                        |
| 34 North        | Saint Ignatius              | Justin Guan            | Katrina Hui        | Carney Skold           | Jack Helfrich          |
| 34 South        |                             |                        |                    |                        |                        |
| 35 East         | John A. Rowland             | Bella Manzano          | Miguel Valadez     | Justin Panlilio        | Ray McMullen           |
| 35 West         | El Monte                    | Jaclyn Ho              | Jasmine Ferrarer   | Cheri Lee              | Mary Price             |
| 36 East         | Indian Springs              | Kimberly Cazares       | Akul Gupta         | Mrs. Johnston          | Paul Zander            |
| 36 West         | Summit                      | Marichui Ramirez       | Andres Mendoza     | Julie Thounskane       | Debbie Budde           |
| 37 North        | Temecula Valley High School | Jessica Le             | Jessica Lee        | Brianna McKiddy        | Gregory Kind           |
| 37 South        | Mt. Carmel                  | Fiona Choo             | Trinh Phung        |                        |                        |
| 37 East         |                             |                        |                    |                        |                        |
| 37 West         | Sage Creek                  | Maddie Rausa           | Pablo Pascual      | Claire Orosco          | Allison Lesperance     |
| 38 East         |                             |                        |                    |                        |                        |
| 38 West         | Highland                    | Nikil Sunku            | Isaac Manzano      | Mrs. Joanie Haynes     | Ms. Cecilia Lum        |
| 41 North        |                             |                        |                    |                        |                        |
| 41 South        |                             |                        |                    |                        |                        |
| 42 East         | Royal                       | Mindy Nguyen           | Rachel Braswell    | Emily Dale             | Sonia Agresti          |
| 42 West         |                             |                        |                    |                        |                        |
| 43              |                             | Viridiana Perez        | Candus Shi         |                        |                        |
| 44 North        |                             |                        |                    |                        |                        |
| 44 South        | Mesa Verde                  | Litzy Dominguez-Santos | Jacquelyn Wong     | Leslie Peoples         | Vera Vaccaro           |
| 45              |                             |                        |                    |                        |                        |
| 46 North        |                             |                        |                    |                        |                        |
| 46 South        |                             |                        |                    |                        |                        |
| 47              |                             |                        |                    |                        |                        |



**BEARY GOOD JOB TO YOU ALL!**

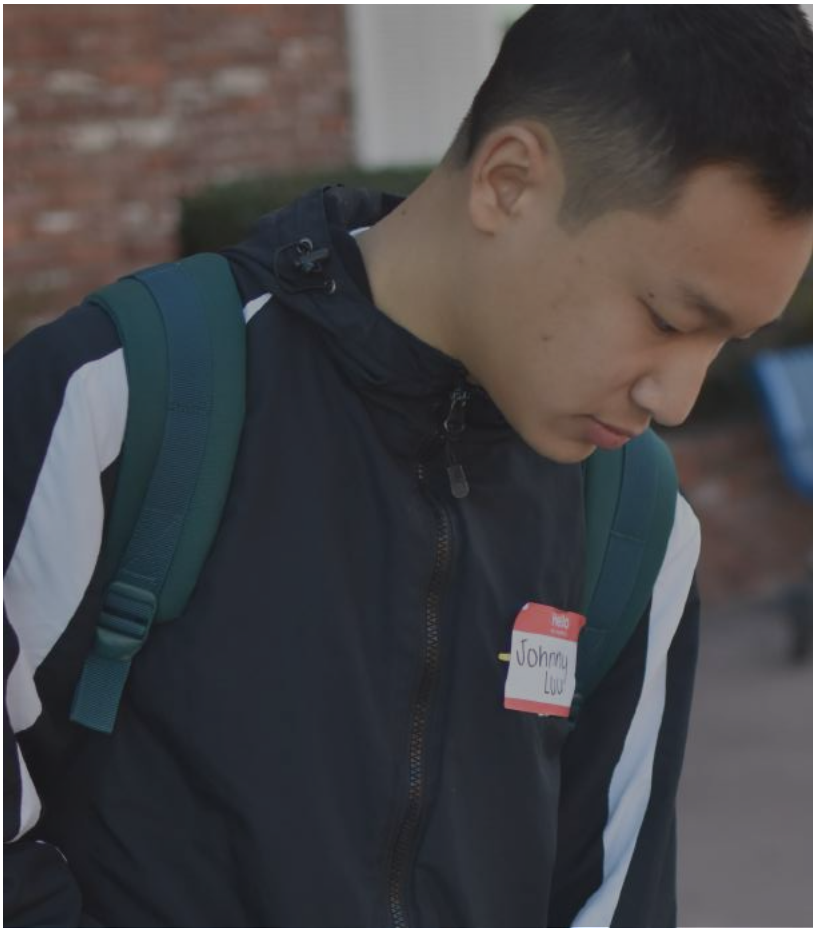








# CLES & SUALS





## ROSE FLOAT DECORATION

DIVISION 30 SOUTH | OXFORD  
TRACY VU

This year was my last time volunteering for the Rose Float Decorating, and I was pleasantly surprised at how many underclassmen showed up to this event. It's refreshing to see new faces at our events, especially the annual division volunteers.

It was really cold in the morning, so there were several people wearing 2 to 3 layers of sweaters or jackets; however, it did warm up throughout the event. At the volunteer, members are either working with the vials and

My friends and I went to stick flowers on the float. The float had limited spacing for people to be on the scaffolding so my friends and I split into 2 groups. We all had a blast in the end because it was like a chain system that made our work faster and smoother.

I highly recommend members to come out to this event with their friends because working together on something so grand is exciting and lots of funny moments can happen

**It is super rewarding when we see the rose floats appear on television because it's like, "Hey I worked on that float!"**

flowers or working on the actual rose float themselves.

You know that your efforts didn't go to waste!



CA'S NEW YEAR CELEBRATION!  
Flowers and Football Meet!  
2019



2019  
ROSE FLOAT

# INTERKEYLEO CANNED FOOD DRIVE



## IRVINGTON INTERKEYLEO CANNED FOOD DRIVE

*DIVISION 12 EAST | IRVINGTON  
ANITA NGUYEN*

On Dec. 8, members of Irvington's Interact, Key, and Leo clubs held the second part of their annual canned food drive. Earlier, in November, members distributed flyers asking for donations. In this second part, members circled the Warm Springs district collecting a lot of canned goods. Key Club was proud to have the most attendees!

## MEDSHARE

*DIVISION 2 NORTH | OAKLAND  
CHARTER, ZICONG YU*

Our club has partnered up with MedShare to help out third world countries in need of medical supplies. As a group, we arrived at the warehouse at 8:00 and we unpackaged unused medical supplies from local hospitals and package them into boxes which will eventually be shipped. MedShare is a national non-profit organization that recovers surplus medical supplies and equipment from U.S. hospitals and manufacturers, and redistribute them to needy hospitals in developing countries.

## JAMES MONROE: GIFT WRAPPING

DIVISION 15 SOUTH | JAMES MONROE  
BRENDA BOONYODOM

In the spirit of Christmas, we had a gift wrapping event at Northridge Mall, where we took customers gifts, and wrapped it for them. This is a helpful event because some people just do not have the time to wrap gifts for their friends or family members. Gift wrapping is not as easy as it sounds so it's fun to learn how to do certain tasks on your

own by helping others at the same time. The event was the whole day which created a flexible schedule for the volunteers to go at any time they wanted. It also allowed volunteers to stay the entire time if wanted.

Not only is this event beneficial towards the customers but also the volunteers since interactions are required. Speaking to strangers

and holding a conversation is a

*great way to practice leadership skills*

used in Key Club. The event overall is fun because everyone is full of Christmas spirit.



JAMES  
MONROE: GIFT  
WRAPPING



**OXFORD  
HOPE FOOD  
DISTRIBUTION**

**DIVISION 30 SOUTH | OXFORD  
ACADEMY, TOBI YAO**

For every key clubber at Oxford, Whitney, Kennedy, or Cypress, Hope Food Distribution is a staple volunteering event that occurs every other Saturday. It takes place at St. Irenaeus, and volunteers pass out food to people who are in need. We normally get large numbers of volunteers for this event; there are regulars who attend every week, and others who are

starting attend Key Club events. For the Christmas season, there was a two-week process that I got to be a part of. On the first Saturday of December, volunteers packed large boxes full of canned and dry food such as soups, boxed macaroni, cake mix, and canned fruit. Everyone worked together quickly in a line, and we were able to quickly make food boxes for 175 families. The organizers even tried

**Nearly 795 million people in the world do not have enough food to lead a healthy active life. That's about one in nine people on earth. The majority of the world's hungry people live in developing countries, where 12.9% of the population is undernourished.**

to show their thankfulness to the volunteers by preparing breakfast for them. It was very uplifting to see everyone working together in the holiday spirit.



The following week, everyone was encouraged to dress up in their Christmas gear: ugly sweaters, Santa hats, reindeer antlers, and scarves. We passed out those boxes along with a variety of food that would normally not be there such as frozen meat, toys for the kids, and even a pancake breakfast set up by the Kiwanis across the parking lot. The turn up was more than I had ever seen at a Hope Food Distribution before. Regulars lit up when they saw the new items and were eager to say thanks and wish the volunteers happy holidays. We normally finish around nine, but we had people coming through the line till ten this time. Everyone working at the pizza section planned to say "Happy Holidays!" in unison whenever they

handed out a pizza, and I could tell that the people who received it were amused by the silly greeting.

One of my freshman friends from school came out to her first Key Club volunteering event, and I was glad to see that she was having fun seeing smiles on the people she gave to. When I asked if she would ever come back to volunteer again, she answered: "Yeah, of course!" The Hope Food Distribution has a spirit of giving all year long; however, the Christmas season emphasizes that and brings out new volunteers who want to give back to their community.

## PLACER FOOD BANK

DIVISION 44 NORTH | ROSEVILLE  
NATALIE ANG

On Friday, December 21, Roseville Key Club were ecstatic to help out with the annual Placer Food Bank event. At this event, over 10 members came to bag potatoes, construct boxes, fill boxes with canned and boxed foods, and organize those boxes.

The Key Clubbers had a lot of fun getting to know people from other schools and Key Clubs. They were definitely kept busy and were never idle for even a second. Each Key Clubber was happy to do their part in helping their community and really enjoyed organizing and sorting food into bags and boxes. They all left the Food Bank with a sense of satisfaction in their service and sore arms from lifting heavy bags and boxes! Overall, Roseville Key Club truly had an amazing time and are excited to continue the tradition of participating in this event in years to come.



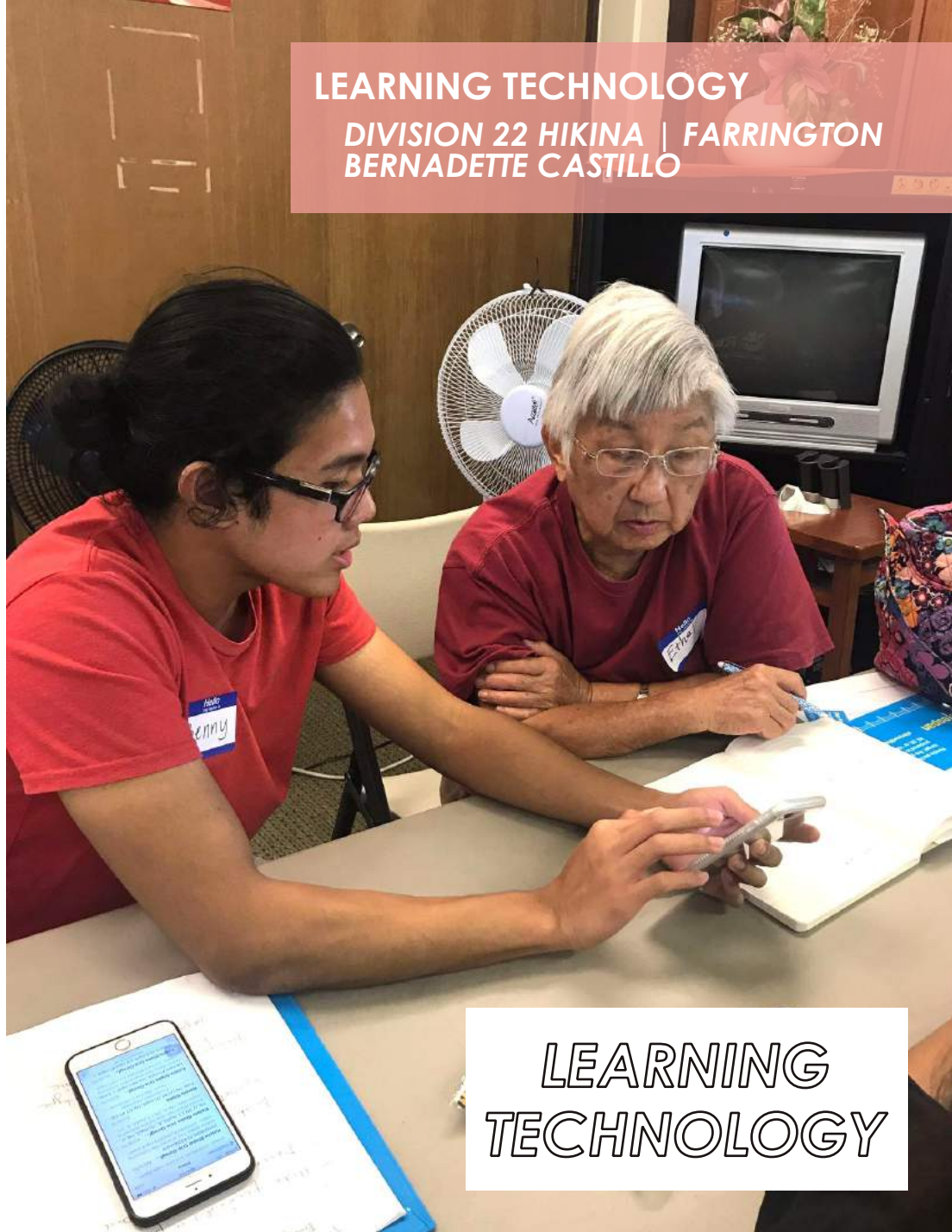


## LEARNING TECHNOLOGY

DIVISION 22 HIKINA | FARRINGTON  
BERNADETTE CASTILLO

On Saturday, December 15, 2018, Farrington Key Club went to Lanakila Multi-Purpose Senior Center to help and taught around 30 elders about their electronic devices, such as their phones, tablets, and computers. We thought that less elders would attend, since last time, there were more volunteers than elders. However, there were many more who attended this session than the last. This experience was fun and exciting for both our members and the elders because they got to interact with each other and share stories about their families. Also, the elders kept thanking us for helping them and some wrote down notes for them so that they'll remember what to do.

Before teaching and helping the elders, volunteers taught a lesson on how to use Facebook, since most of them wanted to start one to communicate with their friends and families. While that was going on, I was planning out which members would be assigned to which tables, since there were more elders than members this time around. Each table acquired about 4 to 5 elders and 1 to 2 members. We decided to split them up like this because many elders may have the same questions about how to use the same devices.



## LEARNING TECHNOLOGY

However, there were a few remaining elders who had different devices, like a Kindle Fire tablet. The members who knew how to use these items were assigned to help them. After the project was over, we thanked the elders for coming, and they thanked us for having patience with them, which we found sweet. Some elders stayed longer since they were part of the team that planned the service and they asked us how we wanted improve the project for the next time. We responded that it would have been better if the ratio to elders and volunteers was 2 to 1, that way

elders could have more chances to ask their own questions. After we left, members continued to talk about how the elders were so nice, offered them some food and water, and how they were looking forward to the next Learning Technology service.

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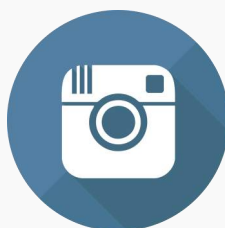
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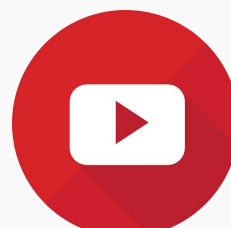
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