



THE

VOLUME 12 ISSUE 2

AUGUST

# BUZZING

THE OFFICIAL CNH  
DISTRICT NEWSLETTER

POST



# MESSAGE FROM YOUR EDITOR.

august edition



Happy August, bees! Summer is coming to an end, and despite being in quarantine since March, it felt like one of the shortest summers I have ever experienced. Time buzzed by, and now we're coming back to school soon! For seniors, that means it is **college application season**. With many summer activities and internships being canceled due to the pandemic, we may feel nervous about college apps, but believe in yourself! **Confidence is key**.

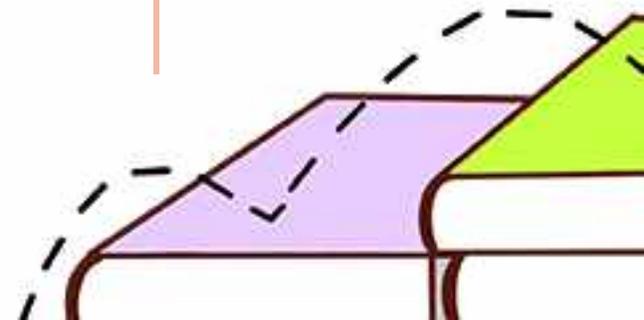
Now that the school year is beginning, it is important to come up with new ways of **member recruitment**, now that many schools have implemented distance learning. Show the freshmen that service never stops! There are still many service events available that can be done at home and that **we can still make a difference in our communities**.

Make sure to prepare yourself for the new school year. With new classes, tests such as the SAT/ACT, and leadership roles, your schedule is going to be hectic, so make sure to **take care of yourself!** I hope to see you around, bees!

**Nancy Duong**  
District News Editor  
cnhkc.dne@gmail.com

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# PREFERRED CHARITY *SPOTLIGHT*



**Children's  
Miracle Network  
Hospitals**

"More than **10 million kids** enter a children's hospital across North America every year. To provide the best care for kids, children's hospitals rely on **donations and community support**, as Medicaid and insurance programs do not fully cover the cost of care.

Since 1983, **Children's Miracle Network Hospitals** has helped fill those funding gaps by raising more than **\$7 billion**, most of it \$1 at a time through Miracle Balloon icon campaigns. Its various fundraising partners and programs support the **nonprofit's mission to save and improve the lives of as many children as possible.**"



**FOR MORE INFORMATION, VISIT**  
[childrensmiracletnetworkhospitals.org/about-us/](http://childrensmiracletnetworkhospitals.org/about-us/)



**DANIEL MIN**  
GOVERNOR

## HOWDY CNH!

Summer is slowly coming to an end and now we must slowly transition into the new school year. I am sure that everyone is entering a period of uncertainty as some schools open and while others continue through an online format. As we enter this uncertain period, I encourage you all to give yourself mental breaks and to put your well-being as a top priority. I have heard from multiple people that they are not feeling well during this quarantine and that they feel overwhelmed. During times like these, we all must make sure that we put our health as a priority.

Also, along with the new school year, comes new members and service opportunities. I highly encourage you all to invite your friends out to the online events that Key Club will be continuing to host throughout the school year. We have been on a constant trend of decline for the past 3 terms and this is not something we can let continue if we want our district to thrive.

Some advice that I have in recruiting new members is to personally reach out to them rather than just posting something online. Although posting can get the word out, the personal connection is what will really make a member feel connected and active.

Thank you all for the tremendous service that you have performed during this summer please remember that I am here for every one of you if you ever need to talk.

*Daniel* **Daniel Min**  
District Governor  
cnhkc.gov@gmail.com



**GRACE YIM**  
SECRETARY

## BUZZ BUZZ CNH!

As we say goodbye to our very long summer vacation and say hello to a new school year, I hope you stay motivated to continue serving your home, school, and communities. Most importantly, I hope you all stay happy and healthy, always!

Although there is still uncertainty in what will be in store for us in this term, we must adapt and adjust. Membership recruitment season is upon us, and its time to start recruiting the next generation of Key Clubbers. It's never too late to begin publicizing the amazing opportunities Key Club possesses! Social media is a powerful tool that we all should utilize to its full potential. Utilize the different social media platforms and create pretty new flyers to post. Create a member recruitment video that showcases the wonders of Key Club

International. It is also never a bad idea to message people individually that you think will fit in well with Key Club! Your words and actions will genuinely go a long way, and you could be the reason that person finds their newest passion.

Thank you all for your continuous hard work and dedication throughout these difficult times, and I am so incredibly honored to be serving such hard-working individuals. Even though the circumstances are unfavorable, I believe in us 1000% that we will make a positive impact this term. I wish you all the best of luck this new school year, stay strong bees and keep serving!

*Grace* **Grace Yim**  
District Secretary  
cnhkc.sec@gmail.com



**YENA SUH**  
TREASURER

### **WHAT'S POPPIN' BEES!**

I hope you are all staying safe and well! The second quarter of this term is now here! As the school year begins, remember to work actively in recruiting new members and make it YOUR priority to reverse the membership decline. Bring a few friends to the club meetings and DCMs or participate in the upcoming #JoinOurHive campaign! During this quarter, let's all focus on member recruitment and retention as a district and work together!

In addition to member recruitment and retention, don't forget to continue fundraising for our preferred charities so that we can make more progress towards the district fundraising goal of \$260,000 for the Pediatric Trauma Program (PTP). I hope you all grabbed some ice cream from Dairy Queen on Miracle Treat Day to support the Children's Miracle Network (CMN)! The second Treasurer's Update email has been sent out to club treasurers with an updated Fundraising Manual. This manual includes information on how to continue fundraising during these difficult times by conducting virtual and socially distanced fundraisers.

I hope you make the most out of the remaining summer vacation while also staying safe! Let me know if you have any questions, comments, or concerns and I will always be happy to help!

*Yena*

**Yena Suh**  
District Treasurer  
cnhkc.treas@gmail.com





AUG  
SPOTLIGHT

# FOUR CORE

character building.

# INCLUSIVENESS

*“An aura or environment of love and acceptance that allows everyone to feel welcome.”*

## WHAT IS SOCIAL ANXIETY?

It is a mental disorder where the person feels anxious and fear when involved in social situations. It may even impact their everyday activities, as their fear is branched from the thought of being watched or judged by others.

Key Club, a service club full of spirit, may be intimidating to those with social anxiety. Though they want to give back to their communities through service and care, they might find it difficult to do so.

## HOW CAN I HELP A MEMBER/OFFICER WITH SOCIAL ANXIETY?

1. **Accept their emotions!** Allow them to feel the way they do so that they feel welcome in Key Club.
2. **Be patient and kind with them.** Emphasize that they are allowed to grow at their own pace and that it is okay to ask for help.
3. **Try to get to know them!** Ask about their favorite hobby, why they joined Key Club, or what they're passionate about. If possible, crack some jokes! Laughter can help lessen the tension that they feel.

**GUST  
LIGHT:**

# RE VALUES

caring. leadership.

## VENESS

*etting people in, allowing them  
welcome."*



### HOW CAN I CALM MYSELF DOWN IN SOCIAL SITUATIONS?

There are many ways you can help yourself and others. Here are just a few:

1. Focus on what is going on around you rather than what is going on in your head. For example, try to listen attentively during a conversation and try to keep it going.
2. Use your senses: find a particular smell, look at an interesting object, listen to music. Control your breathing by breathing in slowly, holding it in, and letting it out slowly.

### IT IS OKAY TO GET HELP!

Allow yourself or encourage another to get help from a trusted adult or therapist. They can help find a solution or ease the tension from social anxiety.

**National Helpline:**

[www.samhsa.gov](http://www.samhsa.gov)

**Anxiety Hotline Number:**

[www.mentalhelp.net](http://www.mentalhelp.net)

**Coping During COVID-19:**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

# SUMMER LEADERSHIP CONFERENCE

“The first-ever virtual conference”

*July 1 - July 3, 2020*

**OFFICER TRAINING.**  
**CULTURE OF CARE.**  
**THIRST PROJECT.**  
**FOOD INSECURITY.**

**COLLEGE 101.**  
**DIVERSITY &  
INCLUSION.**  
**& MORE!**



**CNH | KEY CLUB**

**KEY CLUB INTERNATIONAL**

**SUMMER LEADERSHIP CONFERENCE**

workshops  
general sessions  
recognition session

**REGISTER BY JUNE 29** NOON EST

**RECOGNITION BENEFITS OF ATTENDING:**

- Meeting the requirement for gold & platinum levels in the member recognition program (MRP)
- Applying for Member of the Year, Sandy Nisinger, and Distinguished/Outstanding Officer Awards
- Boosting club Annual Achievement Report (AAR) score

CONTACT DISTRICT GOVERNOR DANIEL AT [CNHCC.GOV@GMAIL.COM](mailto:CNHCC.GOV@GMAIL.COM) FOR MORE INFORMATION

Find the webinars on the Key Club International Youtube!  
<https://www.youtube.com/user/keyclubtv/videos>



CNH | KEY CLUB

*Black Lives Matter Informational Guide*

# ***WE STAND UNITED AGAINST INJUSTICE***



**CNH District Service Projects Committee**  
Chair Tobi Yao | [cnhkc.sp@gmail.com](mailto:cnhkc.sp@gmail.com)



# CNH | KEY CLUB

## A MESSAGE FROM THE SERVICE PROJECTS COMMITTEE

### Aloha CNH Key Club!

In light of current events, we have created an informational guide to help you better understand and tackle the ongoing racial injustices inflicted on our brothers and sisters in the black community. And, we want members of the black community to know that we stand with and for them and all those who face the same sort of discrimination by the hands of systematic racism and ignorant ideologies.

This issue also identifies various 501(c)(3) organizations your club(s) can support and/or raise awareness for, as well as includes project and fundraising ideas. While every effort has been made to select organizations that were recommended by numerous outside groups and reflect Key Club ideals of inclusiveness and support of youth, we encourage you to check the financial background of any outside organization that you support. One way to do this is to look for charity rankings on [CharityNavigator.org](https://www.charitynavigator.org) or review the IRS Form 990s from the organizations from past years to see how they spend their funds.

The Service Projects Committee has also included resources that direct your attention to informational books, podcasts, movies, and television series. We hope this guide empowers you to take action and inspires others to take action as well. Thank you all so much for what you do!

**Always serving alongside you,  
The Service Projects Committee**



*"All that you touch you can change." ~ Octavia Butler*

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### 501(c)(3) Organizations

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A 501(c)(3) organization is a corporation, trust, unincorporated association, or other type of organization exempt from federal income tax. It is one of the 29 types of 501(c) **nonprofit organizations** in the US and its net **earnings may not benefit any private shareholder or individual.**

Here we have compiled a list of non-profit organizations that support **equality for women and minorities** within the U.S. and internationally.

### Spreading Awareness

..... page 13

The only way to make a **long-lasting** change is by **spreading awareness** and **educating** those around us!

If you are struggling to find ways to reach out to others or enlighten your community, we have compiled a variety of methods for you to utilize to make a difference in someone's life, or even your own.

### Fundraising Inspiration

..... page 16

One great way to **help support local or national humanitarian movements** is to **donate** to the cause! Use your **social media** presence, business connections, and **reach out to family and friends** to support your fundraisers.

We have compiled four proven and effective methods for you to fundraise that **still practice social distancing!**



# CNH | KEY CLUB

*"Hate is too great a burden to bear. It injures the hater more than it injured the hated."  
~ Coretta Scott King*

## GIRL UP



Girl Up is a United Nations Foundation organization that unites girls of color to change the world. A community of nearly half a million passionate advocates raising awareness and funds leads the organization. Girl up clubs and campuses are located all around the world and engage girls to take action on issues that matter.

The organization Champions and Global Advocates represent a diverse group of individuals — celebrities, athletes, business executives, philanthropists — who actively work to empower adolescent girls around the globe. Donations to Girl Up provide girls with resources to leadership development resources and programming.

**Find more information at:**

<https://girlup.org/>



# CNH | KEY CLUB

*"Life's most persistent and urgent question is 'What are you doing for others?'"  
~ Martin Luther King Jr.*

## THE YBM LEADERSHIP ALLIANCE

The Young Black Leadership Alliance is a college preparation and leadership development program for young black men and other leaders in the black community. The organization is focused on promoting positive images of black men and creating a new reality where young men are sought out as leaders.

The YBM Leadership Alliance gives back by mentoring younger students, and performing community service.



Any support received in donations, volunteers, and more go towards materials, leadership training, and education for the students in the organization's programs.

**For more information on how you can help, visit:**

<http://www.ybmleadership.com/>

**CNH District Service Projects Committee**  
Chair Tobi Yao | [cnhkc.sp@gmail.com](mailto:cnhkc.sp@gmail.com)



# CNH | KEY CLUB

*"Since we live in this world, we have to do our best for this world."  
~ Aung San Suu Kyi*

## EUSTRESS



Eustress, Inc. was created through the desire to bring awareness to the importance of acknowledging, improving, and preserving mental health, a topic often marked by stigma and denial, particularly in the black community. Eustress, Inc. starts conversations about mental health with members of the black community at large, paying special

attention to students, young adults, and athletes. It also provides mental health management and coping mechanisms to empower people to take control of their mental health and find sources of eustress.

**To find more information, visit:**

<https://www.eustressinc.org/>



# CNH | KEY CLUB

*"You must never be fearful about what you are doing when it is right."  
~ Rosa Parks*

## BLACK GIRLS CODE

The Black Girls Code is a non-profit organization that focuses on providing technology education for African-American girls. Its vision is to increase the number of women of color in the digital space by empowering girls of color ages 7 to 17 to become innovators in STEM fields, leaders in their communities, and builders of their own futures through exposure to computer science and technology. The organization introduces computer coding lessons to young girls from underrepresented communities by reaching out to communities through workshops and after school programs. The organization teaches girls self-confidence in their own work and tools at a young age. All support through donations and volunteering and more go towards materials and programs to these young girls.

**For more information on how you can help, visit:**  
<https://www.blackgirlscode.com/>



**CNH District Service Projects Committee**  
Chair Tobi Yao | [cnhkc.sp@gmail.com](mailto:cnhkc.sp@gmail.com)



# CNH | KEY CLUB

*"As small as it may seem, a good deed is always worth the doing."  
~ Spark Matsunaga*

## GYRL WONDER

Based on the pillars of self-care, self-image, empowerment, development, and service, Gyr! Wonder is a professional pipeline 501c3 initiative whose mission is to empower young women of color between the ages of 17-22. With its programming, community service, mentorship, and flagship



initiative, it empowers and teaches young ambitious women how to successfully enter a competitive workforce while pursuing their personal and professional goals.

**To find more information, please visit:**

**<https://www.gyrlwonder.org/>**

**CNH District Service Projects Committee**

Chair Tobi Yao | [cnhkc.sp@gmail.com](mailto:cnhkc.sp@gmail.com)



# CNH | KEY CLUB

*"Education is the most powerful weapon which you can use to change the world."  
~ Nelson Mandela*

## MY BROTHERS KEEPER

MY BROTHER'S KEEPER



In 2014, President Obama launched the "My Brother's Keeper Initiative" to build ladders of opportunity for boys and young men of color. The administration joined cities and towns, businesses, and foundations that are taking important steps to connect young people to mentoring,

support networks, and the skills they need to find a good job or go to college and work their way into the middle class. The organizations provide resources on how to make a change in your local community.

**For more information on how you can help, visit:**  
<https://obamawhitehouse.archives.gov/my-brothers-keeper>



# CNH | KEY CLUB

*"Since we live in this world, we have to do our best for this world."  
~ Aung San Suu Kyi*

## **PUBLIC WELFARE FOUNDATION**

The Public Welfare Foundation supports efforts to advance justice and opportunity for people in need. These efforts honor the Foundation's core values of racial equity, economic well-being and fundamental fairness for all. They seek to catalyze a transformative approach to justice in the United States that is community-led, restorative, and racially just by supporting the creation and implementation of an alternative vision of justice that is rooted in communities. The website provides information on the criminal justice system and reform that needs to occur in order to decrease incarceration and reduce racial disparities.

**For more information on how you can help, visit:**

**<https://www.publicwelfare.org/>**



## **Public Welfare Foundation**

*Racial equity. Economic well-being.  
Fundamental fairness for all.*

**CNH District Service Projects Committee**

Chair Tobi Yao | [cnhkc.sp@gmail.com](mailto:cnhkc.sp@gmail.com)



# CNH | KEY CLUB

*"Be a voice, not an echo." ~ Albert Einstein*

## THE AAKOMA PROJECT

The AAKOMA Project's mission is to help diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support. The Aakoma Project works with teenagers and their families to raise awareness, conduct patient-centered research, and encourage young people to begin conversations in their communities and bring a special focus on the unique experiences of people of color. Donations to Aakoma go towards their mission of providing mental health care to those who cannot afford it.



*To find more information, please visit:*

<https://aakomaproject.org/>

**CNH District Service Projects Committee**

Chair Tobi Yao | [cnhkc.sp@gmail.com](mailto:cnhkc.sp@gmail.com)



# CNH | KEY CLUB

*"Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly."  
~ Langston Hughes*

## UNIQUELY YOU SUMMIT, INC.



Uniquely You Summit is a Philadelphia non-profit that helps black girls uniquely define, discover and become who they are. Founded in 2009 by Shaleah Lache Sutton, the organization gives adolescent girls across the nation an opportunity to uncover their purpose, become leaders that

influence the world, and design an honorable and successful future. Donate to support the annual summit or the #ForTheLoveOfBlackGirls Scholarship.

***Find more information at:***

**<https://www.uniquelyyousummit.org/#forthe love ofblackgirls>**

***Sponsor a girl:***

**<https://www.uniquelyyousummit.org/donatetosc holarship>**

**CNH District Service Projects Committee**  
Chair Tobi Yao | [cnhkc.sp@gmail.com](mailto:cnhkc.sp@gmail.com)



# CNH | KEY CLUB

## HOW CAN YOU SPREAD AWARENESS?

### CREATE GRAPHICS AND VIDEOS

Using Adobe Publisher, Canva, Photoshop, Blender, or any other graphic design or video editing tool you can spread awareness by creating content. Each of the listed programs are simple and easy to use. Creating content is a big way of sharing news about a current situation and now is a great time to educate people!



### DO THE RESEARCH

Educate yourself; listening to the news is not enough! Spend a little of your time to research organizations and what they are doing to spread and support the cause. Pick any one of these organizations listed here in this guide and find out more. You are not just limited to what you find here though. *"Knowing is not enough, we must apply.*

*Willing is not enough, we must do."* - Bruce Lee



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Chair Tobi Yao | [cnhkc.sp@gmail.com](mailto:cnhkc.sp@gmail.com)



# CNH | KEY CLUB

*"One must be one's own inspiration." ~Tegla Loroupe*

## ENCOURAGE PEOPLE TO VOTE

If you know someone who is 18 years old and isn't registered to vote, please ask them to register from online or in person if possible. Make sure to research who to vote for, what policies to vote for, and try not to rely on propaganda.

Check the rules of voting 101 and find your voting place, either online, through mail, or in person. Remember to know who and what you are voting for. Their opinions should always be set in stone; never vote with "Maybies".

Cast your ballot and don't forget to vote on time! Every vote counts!

## TRANSLATE BROCHURES AND/OR INFOGRAPHICS

If you happen to know more than two languages, take some of your time to translate information for people who may not know as much

english. This can be as simple as aiding your family in translating information or even posting an online translation for those who need

it on the web. If you don't know where to post these translations, reddit, facebook, and other forms of social media work as well. You

may also think about posting translations on your divisions website

our even your club's website!



**CNH District Service Projects Committee**

Chair Tobi Yao | [cnhkc.sp@gmail.com](mailto:cnhkc.sp@gmail.com)



# CNH | KEY CLUB

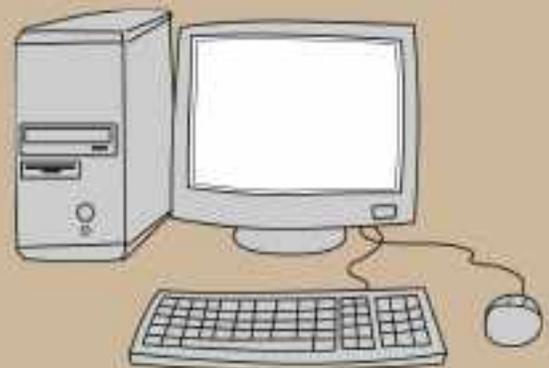
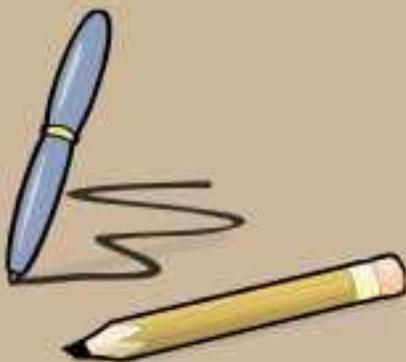
*"The most powerful weapon you can be is an instrument of peace." ~ Carlos Santana*

## UTILIZE SOCIAL MEDIA PLATFORMS

Using social media to spread the right message is hard nowadays. Those who just follow blindly without taking the time to research about the topic usually fail to understand the cause behind the topic. When using social media, be sure to state points that are set in stone and make sure to not make your ad too wordy. If you have more information than what can fit in your post, a hyperlink is a good way of guiding people to the right information.

## WRITE LETTERS AND SEND EMAILS

Write letters and emails to your officers giving them information for nonprofits and organizations that are directly impacting the communities. Make sure it is known that they should also spread the word about the information in the letters to others and spreading the news. Along with this you can write letters to local stores or family owned businesses to share the word about what to look for when researching information.





# CNH | KEY CLUB

## FUNDRAISING IDEAS TO SUPPORT ORGANIZATIONS

### BINGO CARDS

Instead of playing actual bingo, what about using bingo cards to fundraise? To do so, put the amount each spot is worth and list the venmo account to which people can send the donations. If people would like to have a spot on the bingo mat, they would donate the x-amount listed for that spot and send it to that person's venmo. Something to note is that the advisors should be handling large amounts of money, so please make sure to discuss the idea first with your advisor.



### CROWDFUNDING PLATFORMS

Crowdfunding platforms are another great way to raise money while practicing social distancing. Some examples of crowdfunding platforms are: GoFundMe, Classy, Kiwanis Gives Online, Fundly, and much more. When choosing which platform to use, make sure to pay attention to how much the processing fee is for each donation. For instance, GoFundMe has a fee of 2.9% plus a \$0.30 fee per donation. In advertising your fundraising page, you can call, email, or send letters to local companies, restaurants, or even your families and friends!



# CNH | KEY CLUB

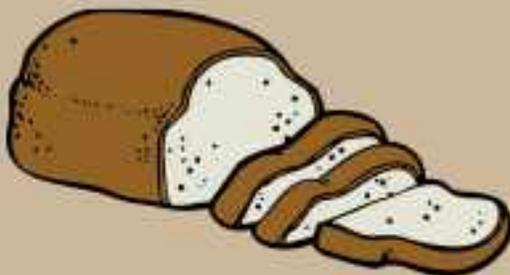
*"Be the change you want to see in the world." - Mahatma Gandhi*

## **PARTNER WITH SPONSORING KIWANIS**

This fundraising route can help in multiple ways. Not only are you strengthening your bonds with the Kiwanis branch, but you are also supporting the organizations you are fundraising for. Contact your Kiwanis advisors/sponsoring Kiwanis and work with them to fundraise, and be sure to include them on what you want to do and why you want to do it; they are more than happy to help!!

## **PARTNER WITH LOCAL RESTAURANTS**

Partnering with local restaurants is another great way to fundraise, and pretty fun! Contact your local restaurants and explain to them what you are fundraising for and why. This is where promotion is important!! Be sure to spread the word to all your members to buy foods when the fundraiser takes place to help raise more. Good restaurants to partner with are: **Applebees, California Pizza Kitchen, Cheesecake Factory, Chipotle, Panda Express, Panera, Red Robin, Subway, Wendy's, and so much more!** Just be sure to search for your local restaurants and contact them!





# CNH | KEY CLUB

## Additional Resources

### Books to Read

- *All Boys Aren't Blue: A Memoir Manifesto* by George M. Johnson
- *Augustown* by Kei Miller
- *Clap When You Land* by Elizabeth Acevedo
- *Conjure Women* by Afia Akatora
- *The Vanishing Half* by Brit Bennett
- *Their Eyes were Watching God* by Zora Neale Hurston
- *The Black and the Blue: A Cop Reveals the Crimes, Racism, and Injustice in America's Law Enforcement* by Matthew Horace and Ron Harris
- *The Health Gap* by Michael Marmot
- *Things Fall Apart* by Chinua Achebe
- *Wayward lives, Beauty Experiments* by Saidiya Hartman

### Informative Podcasts

- *1619* by New York Times
- *About Race* with Reni Eddo-Lodge
- *Caravan from the whisperforge*
- *AfroQueer Podcast*
- *All My Relations* by Matika Wilbur and Adrienne Keene
- *Black Wall Street 1921*
- *Code Switch* by NPR
- *Desert Island Discs* with Bryan Stevenson
- *Higher Learning* with Van Lathan and Rachel Lindsay
- *Intersectionality Matters* by Kimberlé Crenshaw
- *Lynching in America* by the Equal Justice Initiative
- *Slay in Your Lane: The Podcast* by Yomi Adegoke and Elizabeth Uviebinené
- "Witness Black History" by BBC World

### Movies and TV Series

- *13th* (2016), directed by Ava DuVernay
- *Dead Presidents* (1995), directed by Albert and Allen Hughes
- *Do The Right Thing* (1989), directed by Spike Lee
- *Fruitvale Station* (2013), directed by Ryan Coogler
- *In the Heat of the Night* (1967), directed by Norman Jewison
- *Moonlight* (2016), directed by Barry Jenkins
- *Rest in Power: The Trayvon Martin Story* (2018), directed by Jenner Furst
- *Seven Seconds* (2018), directed by Yeena Sud
- *When They See Us* (2019), directed by Ava DuVernay



# CNH | KEY CLUB

## *Black Lives Matter Informational Guide*

***Thank you for reading this edition!  
We hope that you found this guide  
useful.***

***Questions, comments, concerns?  
Contact Service Projects Chair Tobi Yao at  
[cnhkc.sp@gmail.com](mailto:cnhkc.sp@gmail.com).***

# MEET YOUR 2020 - 2021 District Technology Team



District Technology Editor  
Luis Herrera-Silva



Advisor  
Joshua Chang



Division 2 North  
Ryan Hoang



Division 2 South  
Natasha La



Division 2 South  
Van Trinh



Division 4 East  
Tyler Tran



Division 11  
Sophia Nguyen



Division 12 East  
Aditya Mangalampalli



Division 12 West  
Hunter Beasley



Division 12 West  
Shrayass Prom Sankar



Division 16 South  
Cody Lin



Division 19 North  
Akhil Atluri

# CNH DISTRICT VISUAL MEDIA TEAM

## What's Poppin' CNH?

My name is Austin Nguyen, your 2020-2021 District Visual Media Editor, and I am happy to announce that the District Visual Media Team Application is out! Don't miss this amazing opportunity to meet like-minded individuals and improve your graphic design and/or video editing skills, as well as help promote District and International Projects through the various forms of digital media. I wish you all the best of luck!

*buzzing with service*  
**Austin Nguyen**

*grow*

Improve your skills in graphic design and video editing alongside a team of editors throughout the district

*connect*

Build relationships with the other editors and designers as well as meet new members across CNH

*serve*

Help the CNH District spread information with the help of digital media.



*inspire*

others through visual resources such as graphics, videos, and animation

## How to apply

- 1) Check the CNH Cyberkey ([cnhkeyclub.org](http://cnhkeyclub.org))
- 2) Go under Members > Special Applications & Contests
- 3) Review the Written and Media Prompts. Create a PDF file for your written prompts and make sure the media samples are in the correct format.
- 4) Submit Application to [cnhkc.dvme@gmail.com](mailto:cnhkc.dvme@gmail.com) (cc: [joshuamchang@gmail.com](mailto:joshuamchang@gmail.com)) by **August 14th 2020 6pm PST**

# BENEFITS OF BEE-ING A KEY CLUBBER



## SERVICE

Just as bees spread pollen, in Key Club we spread service. Being in Key Club will give you countless of opportunities to help those in need and give back to your community! No matter the scale of the event, your efforts will have a positive impact on those within your area or even across the world! By fundraising for the Pediatric Trauma Program, Eliminate Project, March of Dimes, and Children's Miracle Network, we can change the world together!



## LEADERSHIP BUILDING

Fly to new heights with the numerous leadership opportunities Key Club offers. Whether it be on a home-club, division, district, or even international level, you can walk away as an influential figure amongst your peers. These opportunities will allow you to grow and develop the time management, communication, and confidence you need to be a leader.



## FAMILY

Key Club represents an 'Ohana in one giant hive! Although the CNH district is spread out across 3 states, you will be able to make friends wherever you go. Like honey, Key Clubbers will always stick by you no matter what situation you're in. Our community is filled with love, so make sure to show your sweet side!



## UNIQUE EXPERIENCES

As a member, you will not only have the opportunity to attend a myriad of training conferences and workshops that better your knowledge, our organization heavily emphasizes the importance of spirit as well! With events such as: Fall Rally, Key Leader, Region Training Conference, and District Convention, we are certain that you will make unforgettable memories!



# KARA YOSHIYAMA

**How did you decide on what college to attend and what major?**

I chose to attend Pacific University because they have a great optometry program. I am majoring in biology in hopes of becoming an optometrist.

This past year I was involved in Circle K, Na Haumana O Hawaii (Hawaii Club), Pre-Optometry club and Alpha Kappa Delta Sorority.

**What organizations are you involved in?**



**What is the biggest difference between college life and high school life?**

The biggest difference between college life and high school life is the amount of independence you have. Especially if you go away to college, you have to learn how to be independent.

**One thing I wish that I knew before college was to utilize the resources available at my high school.**

**What is something you wish you knew before college?**





# Kevin Ru

**How did you decide on what college to attend and what major?**

When applying for colleges I actually didn't necessarily have a set dream school in mind and mostly applied to stay in CA and just get into college. So when decisions started rolling out I really had no idea where I wanted to attend initially. I ended up choosing UCLA after visiting for Bruin Day mainly because of the people and atmosphere at campus. Everyone was so warm and welcoming and had so many passions that were inspiring to hear about. In terms of major, I'm interested in the health field so I wanted to pick a major that had similar prerequisites but also cover topics that I was interested in.

**What organizations are you involved in?**

Besides Circle K, I'm part of a hospital volunteer organization called ARC where we survey patients on their quality of care from resident physicians and send that data back to their directors for feedback. I also work in our Undergraduate Admissions Office as a Bruin Ambassador where I visit assigned high schools/college fairs and talk about UCLA/the college admissions process and I volunteer as a Cub Tour guide as well to give campus tours to K-8 kids. I most recently joined one of our student government committees (USAC Facilities) where I'm on the Access on Board team to help raise awareness and address the need of disabled students on campus. Finally, I briefly did a dance team for a quarter which was really enjoyable (I had no prior dancing experience) and was planning on doing it again before COVID hit.

**What is the difference between high school life and college life?**

I'd say the primary difference between high school and college is going to be how much freedom and independence you have now. You get to pick and choose what classes you want to take and put together your own schedule. You'll probably have a lot more free time compared to high school and it's up to you how you use that whether be doing extracurriculars, working, hanging out with friends, studying etc.

I think something I wish I knew before college was better time management skills. There's a lot of opportunities in college to pursue and get involved with, but in order to properly balance everything you really need to have good time management skills and the ability to prioritize and that was something I struggled with at first coming to college. So I would highly recommend honing those time management skills in high school so that it'll be easier in college.

**What is something that you wish you knew before going to college?**



# KEY LEADER



## What

Key Leader is a weekend experiential leadership program for today's young leaders. This life-changing event focuses in service leadership as the first, most meaningful leadership-development experience. A Key Leader will learn the most important lessons of leadership-it comes from helping others succeed.

- Team Bonding
- Leadership Training
- Outdoor Activities

## Who

Any youth from ages 14-18 interested in learning about being a leader can attend Key Leader! You DON'T have to be in Key Club to attend, so invite your friends on this weekend event!



Learn More: [keyleader.org](http://keyleader.org)



# #MyKeyClubStory

Kiwanis Family Foundations Committee | August 2020

## What made you join Key Club?

"I joined Key Club because I was nominated by my teacher to join, and I decided to and here I am! :)"

Suyeon Hwang  
San Benito  
Division 43



## Out of the 4 core values, what is your most significant?

"For me character building stands out to me the most because key club allows you to become more than just yourself. It allows you to feel a sense of duty and purpose through making an impact on our community as well as the world"

## How has Key Club impacted you, your life, your school etc?

"Being a Key Club leader has taught me countless skills that will undoubtedly help me in the future. Besides learning the important general leadership skills like time management, organization, and planning, Key Club has also taught me valuable career skills such as using Microsoft Office programs, Google programs, graphic design software, and how to utilize social media. Key Club has impacted me and my peers' lives positively and I am so grateful to be a part of Key Club"

## What was your Key Club Moment?

"A specific event that defined what key club is to me first would probably be the Cards of Gratitude virtual service event because it shows that despite the circumstances we are under, key club can still find ways to serve, create bonds and also make fun memories among key clubbers in the region"

# Pediatric Trauma Program



## Mission Statement

"The mission of our Pediatric Trauma Program (PTP) is to develop local projects which will reduce the number of children in our three-state District who are killed or injured by trauma, ensuring all children live happy, healthy, and safe lives."

## WHAT IS PTP?

The Pediatric Trauma Program also known as PTP, is a charity initiative that focuses on helping children ages 0-14 from preventable injuries such as drowning and car crashes. Pediatric Trauma remains the leading cause of death and injury among children ages 14 and under in the United States. The Money raised for PTP goes towards training doctors, nurses, and first responders about pediatric treatment as well as necessary medical equipment.

**Origin:** Recognizing the serious need for education and training in the areas of pediatric trauma and injury prevention, the Kiwanis Cal-Nev-Ha Foundation established the Pediatric Trauma Program (PTP) in 1994.

**Stats:** 9,523 children die from traumatic injuries every year – that's one child every hour.

- 175,149 injured children were hospitalized in 2011.
- Nonfatal hospitalized injuries result in annual cost of over \$24 billion.
- Federal research dollars spent: \$17 on cancer. \$7 on diabetes.

## HOW TO DONATE:

### Step 1: Write a Check

- o Payable to: Cal-Nev-Ha(CNH) Key Club
  - **NOTE: If you need/want a receipt, include a slip requesting a receipt and make the check payable to "Kiwanis Cal-Nev-Ha Foundation" instead.**
- o MEMO Line: Division ##, High School Name
  - Ex: Division 90E, Busy Bee High School



### Step 2: Complete the PTP Donation Form

**SCAN THE QR CODE IN THE TOP RIGHT CORNER!**

### Step 3: Sending the Check

- o Put the check in an envelope

#### From:

High School Name  
Division ##, Region ##  
Street Address  
City, State Zip Code

#### To: ATTN:

Bruce Hennings, Key Club PTP Donation  
Cal-Nev-Ha (CNH) District Office  
8360 Red Oak Street #201  
Rancho Cucamonga, CA 91730

#### Example:

Busy Bee High School  
Division 90E, Region 76  
1925 Beehive St.  
Beeville, BE 12345



# CONTEST OVERVIEW

## ADVISOR

- Advisor of the Year
- Marvin J Christiansen

## CLUB

- Club Attire
- Club of the Year
- Club Poster
- Club Video
- Most Improved Club
- Year in Review (Digital)
- Year in Review (Traditional/Non-traditional)

## MEMBER

- Member of the Year
- Sandy Nininger
- Talent
- Member Recognition Program

## OFFICER

- President
- Vice President
- Secretary
- Treasurer

## SERVICE

- Single Service
- Major Emphasis

## WEBSITE

- Club Website Contest
- Division Website Contest

## NEWSLETTER

- Club Newsletter Contest
- Division Newsletter Contest

# NEW ADDITIONS

## GOOGLE SLIDES

- All contest forms are now being offered in Google Slides!
  - Make a copy of the contest form and fill it out.

## INDIVIDUAL PDFs

- All contest forms are available for PDF (no guidelines attached)
  - Links for these can be found at the bottom of all contest guidelines

## NOTES

- Some checklist requirements been modified due to current circumstances
  - Please check your contest checklists to see modifications

**NEW 2020-2021 CONTEST GUIDELINES HAVE BEEN RELEASED ON THE CNH CYBERKEY!**

Go to [cnhkeyclub.org](http://cnhkeyclub.org) -> Recognition -> Contests

# THE CLUB/DIVISION WEBSITE CONTEST

Register by September 15th, 2020 by 6:00 pm

## HOW TO APPLY:

1. Create a website (ie. wix, weebly, etc)
2. Include pages
  - a. About Page (Information on Key Club's mission statement and values)
  - b. Division and District Updates
  - c. Upcoming Service & Fundraising Events
  - d. Photo/Galleries of Previous Events
  - e. Contact Information
  - f. Archive
  - g. Resources
3. Update your website
4. Fill out the website entry form located in the guidelines
5. Register your club/division website at [tinyurl.com/2021CNHWebsite](https://tinyurl.com/2021CNHWebsite)
6. Fill out the various questions
7. For more information  
Go to [cnhkeyclub.org](https://cnhkeyclub.org) -> Recognition -> Contests

## TIPS & TRICKS

- Update your website before each check, including files, links, tabs, visuals, and appearance of website.
- Keep track of the four judging dates in a calendar.
- Use the rubric to know which resources and tabs you need to include for the most amount of points
- Use websites like wix that offer a free way of managing a website
- make sure to include division/district/international updates

# spotlight on service program august CHILDREN'S EDUCATION

## background

Since 1946, Key Club International has encouraged members to focus on Major Emphasis— "Children: Their Future, Our Focus." **We must provide children with the education they need to ensure that kids all around the world have a great future awaiting them.** During the month of August, we should remember to focus on increasing access to quality education for all children. By working together as a district, there is no limit to what we accomplish!

## service project ideas

**Big Brothers Big Sisters:** pair up with transfer students and new freshman to help them adjust to their new school

**Charity Miles:** select "UNICEF" as the organization to donate to when you run/walk, all donations come from pledges or from Charity Miles' corporate sponsorship pool

**Leadership Works for Kids:** set up a training conference day with a local middle or elementary school to teach children leadership skills and instill positive values in our youth

**Tutoring:** offer tutoring services to fellow students in your school or partner with a local elementary or middle school to set up a tutoring program

**Do not forget to submit your club's SOSP project by the fifth of every month by 6:00PM Pacific Daylight Time for a chance to be featured in the district newsletter and on the CNH Instagram!**

**Find SOSP Guides on the CNH Cyberkey > Projects > Spotlight on Service Program**



# spotlight on service program june HEALTH AND SAFETY



## mask making project

Carlmont | D34N | R17

"We started planning this project mid April, and to this day is still operating. When schools closed and the impact of the pandemic hit many of our communities, we wanted to find a way to be able to help our essential workers while respecting the social distancing rules put in place. Our core team,

made up of Ashley Zheng, Martin Zhong, Claire Tseng, Alyssa Higdon, Milad Shafaie, Iain Weissburg, Lisa Nguyen, Sanjna Sood, and Rosie Jimenez, quickly drafted up a goal: To create machine washable homemade masks for our brave, selfless frontline workers to wear over their N95 to extend the lifetime of the mask, or simply wear on their own. After a few long zoom meetings we finally drafted a plan for deliveries of materials, solicitation of donations, tracking of hours, sewing patterns to use, finding recipients, and much more. We were able to donate masks to Kaiser's Physical Therapy Department, Carlmont staff and students, and we are currently working to donate more masks to The Caring Cupboard. This project has impacted our club in numerous ways both for our individual volunteers, as well as the club as a whole. Individuals were able to give back to their communities from the comfort of their homes, while the club was able to get its name out to local businesses and support our fellow charities as well. We have also started posting donation requests to NextDoor which now allows for the rest of our community to help pitch in and support Carlmont Key Club. We are so fortunate to have the support of not only our school, but also our community and beyond. The various zoom meetings has also brought our club together and highlighted the importance of community during the pandemic. We have donated 35 of the masks so far and are continuing to look for recipients. As of now, we are working to improve our drive through system, and trying to recruit more volunteers to help sew masks."

## guide to covid-19: video and presentation

Santiago | D15E | R13

"We wanted to do an informational seminar or workshop since Coronavirus is the most urgent matter at the moment and we have seen many people in our community not being as cautious as they should and unaware of how to handle the situation. We decided on creating a video and presentation that would explain all aspects of the pandemic and provide proper information from high schoolers in our community that could possibly connect to our peers and give them some reassurance and reminders during these trying times. I contacted one of my friends who is part of Partners in Health, a club at our school, to see if they wanted to join in on the project. We put out a form for people to aid in creating the video and presentation and got some volunteers to contribute to collecting the information, being part of the video, and creating the presentation. We all agree that it was eye-opening to research and read about all the effects that Coronavirus has on people's lives and how much more seriously it should be taken overall. So far, even after less than a day we have almost 200 views, which is exciting to see. With the work that we put into making it come together, I hope that people can take some valuable information out of it. The project was successful, we were able to create a concise, informative and thorough video that touched on the key aspects of the pandemic."

## the hunger challenge

Enochs | D46N | R12

"One of my vice presidents found The Hunger Challenge through Instagram. The Hunger Challenge allows students to create recipes and artwork, with each recipe representing \$6.00 donated to organizations that fight hunger via the Bezos Family Foundation. After discussing the idea at a board meeting, we decided to collaborate with Gregori Key Club, another club in our division. In order to account for hours, we held Zoom Sessions spanning over two days, two 1.5 hour sessions each day. For each Zoom session, two hosts were present; one keeping track of attendance on a shared Google Sheet and one keeping track of the Zoom Conference. The hosts were decided at an officer planning meeting prior to the event. At each meeting, we emphasized that each recipe created must promote either a healthy lifestyle or healthy eating."

*thank you to the following clubs for  
submitting to the june sosp*

John F. Kennedy | D30S

Carlmont | D34N

Golden Valley | D16N

La Quinta | D04N

Kalani | D22

El Dorado | D30N

Rancho Alamitos | D04N

Vanguard College Preparatory | D46N

Damien Memorial | D22

Maui | D22M

Mills | D34N

Arcadia | D35W

Independence | D12E

Roosevelt | D22H

Waiakea | D22M

La Habra | D30N

Santiago | D15E

Pleasant Grove | D07S

Alameda | D02S

Enochs | D46N

# SERVE-tember



## The Initiative

**SERVEtember is an ongoing, month-long initiative during the month of September to promote and encourage service and the recognition of members in the Cali-Nev-Ha District. The initiative emphasizes Key Club as a service organization, and it allows members to focus on the organization's purpose throughout the month of September.**

## How to Submit

**Clubs who complete the SERVEtember Bucket List will receive recognition at District Convention! Fill out the form and follow all instructions after completing the SERVEtember Bucket List as proof of completion for your club's name to be projected at DCON 2021. Make sure to take pictures of each task and have descriptions ready in order to completely fill out the form!**

**Submission Form: <https://tinyurl.com/servetember2020>**

**Those who complete the SERVEtember Bucket List will also be featured in the District Newsletter! This is your chance to be recognized for all the service you do by participating in our SERVEtember initiative.**

# Bucket List

- **Attend or host a service event with another branch of the Kiwanis Family:**  
Attend or host any service project or event; as long as you are interacting with another Kiwanis Family branch!
- **Host a service project/event with another school in the division:**  
From making dog toys to creating resources out of recyclables, there are many service projects you and another club can do together! Check out our Spotlight on Service Program Focus Guides or At-Home Service Ideas List for more ideas! (find these at <https://linktr.ee/cnhkcsp>)
- **Host a "Kiwanis Family House" service or educational event:**  
Volunteer at the Kiwanis Family House, donate items, or host a fundraiser! For clubs that don't have easy access to the Kiwanis Family House, hold an informational workshop at a club meeting to educate your members!
- **Host a Pediatric Trauma Program service project:**  
Create items to donate to our partner hospitals and emphasize topics such as Bicycle Safety, Helmet Safety, and Car Safety. Remember to educate the members you serve about Pediatric Trauma Prevention.
- **Raise \$1 for PTP for every member in your club:**  
Increase funds raised for PTP by setting a goal: the amount of members in your club. While this is a fun way to set goals, the ultimate goal is to raise money for the Pediatric Trauma Program!
- **Submit to the Spotlight on Service Program for September:**  
Host a service project/event that matches the theme for the month of September, "Pediatric Trauma Program" Then submit your project to the SOSP for September.
- **Ask a member, officer, or advisor what "service" means to them:**  
Submit a 15-30-second video clip with their response

**Remember to record videos of members, officers, and advisors sharing what service means to them and submit to the September Spotlight on Service Program!**

**If you have any questions or would like more information about any ideas, please reach out to SP Chair Tobi Yao at [cnhkc.sp@gmail.com](mailto:cnhkc.sp@gmail.com)!**

spotlight on education

# — membership recruitment —

As the school year is starting back up in August for most schools in CNH, it is time almost time for all clubs to recruit new members to our Key Club family. Here's a guide to how **YOU** can play a role to teaching others of our mission.

1

## ONLINE PROMOTION

Post videos and other graphics promoting Key Club with educational material. Highlight how Key Club is different from other organizations, such as our connections to the **Kiwanis Family, scholarship opportunities, and an inclusive service family**. Since we are in quarantine, try to ask your Student Council/ASB to promote Key Club on your school's social media page!

2

## CLUB RUSH

If your club is still having an in-person club rush, hand out anything like flyers to advertise Key Club! Be sure to talk about important information such as paying dues, fun events like Fall Rally, and more! Prepare a poster board or trifold, and play icebreakers with the new incoming freshmen! Even if you're having a virtual club rush to promote school clubs, be sure to be **engaging** and fun so that new members can get a sense of an **inclusive environment!**

3

## MEETINGS

Your club meetings are **essential** to maintaining members! Be engaging! Plan out different icebreakers, whether it be virtual or in-person, and be sure to talk to each member so that they feel included! Emphasize the sense of **ohana**, plan out different **socials** and **bonding events** for your members. Use different incentives to make members stay!



# International Convention

California-Nevada-Hawaii | Key Club International

## What is International Convention?

International Convention is an event where Key Clubbers from around the world come together to celebrate service and the achievements of Key Club International (KCI). This year's ICON marked the closing of the 2019-2020 term and serves as the opening to the international 2020-2021 term. This year's International Convention took place from July 1-3. Congratulations to all of the CNH clubs and Key Clubbers who were acknowledged at ICON 2020. Continue your efforts to bring change in our communities!

## Why ICON?



1. Meet new people!
2. Learn more about KCI
3. Have a once in a lifetime experience



# LIEUTENANT GOVERNOR RECAP



From July 1st to 3rd, Key Club International hosted their first-ever virtual conference. This was definitely new to me as I attended International Convention in Baltimore last year as an upcoming Lt. Governor. The online experience was new, but I enjoyed learning about new topics that had passionate presenters. Some of the workshops I attended were the Thirst Project, College 101, and more! One of the workshops I enjoyed was the Thirst Project presentation. The Thirst Project Representative didn't just present about the Thirst Project, but about more supporting our communities during this time. His public speaking and stories really moved me to start aspiring to do more during these difficult times. I am glad I had the chance to learn more about an organization I am not too connected and improve myself as a servant leader. I was surprised that an online training had that much of an effect on me. I hope more members, officers, and Lt. Governors attend this event in the future to learn more about the often forgotten side of Key Club as an International Organization. I am now able to bring back a lot of important information and inspiration back to my division and region. The amount of recognition for CNH this year was amazing! I am extremely proud of our Lt. Governors, execs, and clubs from last term. I can't wait for next year to see even more awards from the amazing district of California-Nevada-Hawaii.

- Antonio Quesada MR Chair

Summer Leadership Conference (SLC) was an amazing experience! Of course, if it wasn't for the coronavirus, I would've preferred an in-person International Convention (ICON). However, having said that, SLC was definitely not a disappointment. SLC was very informative, and I was able to learn a lot through the online ZOOM workshops. If I had the chance, I would definitely attend again to go to the workshops that I missed.

- Isaiah Ou D07S Lieutenant Governor





I was really excited to feel more a part of Key Club International and know more beyond CNH Key Club. I was looking forward to seeing all the faces of everyone for each session because I wanted to see how diverse Key Club was internationally. Unfortunately we couldn't see anyone, but the presenters did amazing. The presenters made me feel inclined to listen and it felt more like friends talking to me rather than listening to a lecture. Let it be a reminder that this was my first International Convention, and I am so honored to be working with such servant leaders across the globe.

- Chrystal Masaoay D03S Lieutenant Governor

Though International Convention 2020 would have been a short trip away from the Golden Gate Bridge, the Summer Leadership Conference which took its place was an informative and fun experience nonetheless. The opening session was a great way to kick off the weekend! We got to hear from past Key Club members about the skills and experiences (that they had learned through Key Club!) that they now have in their present careers. This showed members the long lasting positive effects our organization has and why they should be involved. The Lt. Governor session was very informative as they went over the requirements for the Robert F. Lucas Outstanding Lt. Governor Award. We were able to ask International Trustees who were former Lt. Governors for tips and tricks to create our portfolio for the award. Being a rising senior, I found the college 101 session extremely helpful in forming a college list, writing essays, and preparing a timeline. My favorite session was probably the Recognition session as I got to watch our Immediate Past Lt. Governors and CNH clubs get recognized! I really enjoyed seeing how much CNH has accomplished during the 2019-2020 term first hand. Finally, at the closing session, the International Board for the 2020-2021 term was announced. Overall, the experience was worthwhile for all members even if it was virtual. The event being FREE allowed all members the opportunity to learn more about leadership and Key Club.

- Mahima Kodavafi D16S Lieutenant Governor



# CNH RECOGNITION

## DIAMOND DISTINGUISHED CLUBS

Mountain View Key Club

Homestead Key Club

Hawaii Technology Academy Key Club

Hilo Key Club

Kauai Key Club

King Kekaulike Key Club

Waiakea Key Club

## DISTINGUISHED CLUBS

Lincoln Key Club

Bolsa Grande Key Club

Oxford Key Club

Oakland Key Club

Florin Key Club

Monterey Trail Key Club

Pleasant Grove Key Club

Sheldon Key Club

Valley Key Club

Independence Key Club

Carlmont Key Club

South San Francisco Key Club

Maui Key Club

Kealakehe Key Club

Kapa'a Key Club

Baldwin Key Club



## INTERNATIONAL ELECTION RESULTS

International vice president | Caroline Bushnell,  
Rocky Mountain

International President | Alex Drahos,  
Nebraska-Iowa

### International Trustees:

Emma Brainard | Indiana

Emma Chang | California-Nevada-Hawaii  
KIWIN'S

Marissa Ding | Minnesota-Dakotas

Salma Eldeeb | Florida

Glory Kalu | New Jersey

Melanie Kim | Georgia

Lena Oswald | Illinois-Eastern Iowa

River Pease | Michigan

Jordan Reichhardt | Rocky Mountain

Andrew Watson | Southwest

Eddie Wei | Nebraska-Iowa

## DISTINGUISHED EXECUTIVES

Distinguished Governor | Chuofan  
Yu

Distinguished Treasurer | Kristie  
Poon

Distinguished News Editor | Hanah  
Shih

# **ROBERT F. LUCAS LIEUTENANT GOVERNORS**

**Kathleen Su**

**William Hin**

**Emily Chau**

**Tony Hong**

**Kaylee Wong**

**Brittany Pangaliman**

**Ilene Thaopraseuth**

**Krezza Basilio**

**Sam Duong-Brett**

**Nathan Nguyen**

**Andrew Yang**

**Kainalu Yoshida**

**Grace Yim**

**Ivan Yau**

**Antonio Quesada**

**Nicole Nguyen**

**Megen Lopez**

**Jenna Wang**

**Yena Suh**

**Ali Al-Saleem**

**Emmanuel Flores**

**Rebecca Pan**

**Daniel Min**

**Elaine Wijaya**

**Jane Pham**

**Antony Lin**

**Sasha Avakyan**

**Alizandria Mompar**

**May Lin**

**Ellain Abatayo**

**Rachel Kim**

**Shaindel (Shay) Crookall**



**CONGRATS TO ALL THE RECOGNIZED  
2019-2020 CNH LIEUTENANT GOVERNORS**

# Goodbye Letter from Indigo Parlin



## CNH Key Club,



It has been a pleasure and an honor to serve your district this year. Getting to know the leaders and members of your district inspired me as I saw the relentless efforts and passion all of you have to make change in your communities. I saw how much you fundraised, how many hours you served, how much spirit you had at rallies, and how much effort you put into making your district and our organization a caring, inclusive, and positive community for all members.

Leaders from all levels of our organization rose to many challenges this year as we combat the COVID-19 health crisis and racial injustice. Many of us made a valuable connection between our work in Key Club and our ability to create awareness and change with current issues. I've never seen so many Key Club members banding together with so much passion for a cause than I did this year as we fought to keep our service going and our voices heard. Your efforts moved me and inspired me. Thank you for always fighting for what is right.



My last term in Key Club has had many ups and downs, but I'm grateful for the journey. I loved serving as liaison to Thirst Project and providing opportunities for our members to serve with them, facilitating the inter-district service project between CNH and Minndak for the "Dear Key Club" video, and creating content for our Sister-District Instagram (whose engagement rates broke records for Sistrict Instagrams). I'm grateful for the amazing friendships and relationships I created.

Serving your district was one of the best things that happened to me in Key Club, and I'm so grateful for the opportunity. Keep serving and shining your light bright for our world!



Yours in Service,  
Indigo Parlin

# FIVE FUN FACTS!



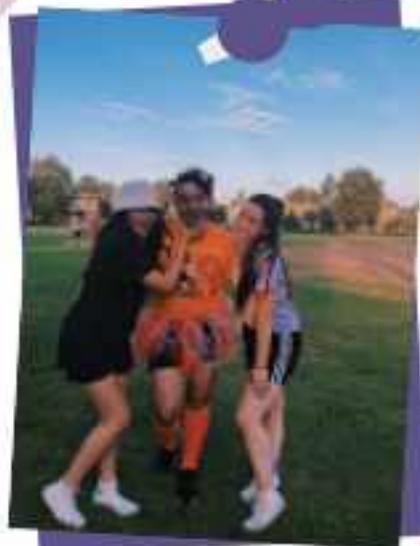
*I have four siblings!*

*I love programming my calculator.*

*I play the piano and bassoon.*

*One of my goals is to visit as many countries as possible!*

*I love reading!  
(If you have any book recommendations, send them my way.)*



# GRANTS *that you can apply for!*

## *youth opportunities fund*

- ★ Grant created by **Key Club International**
- ★ Aids clubs or members in financing large-scale service projects
- ★ Clubs can apply for a grant from **\$100 to \$2,000**
- ★ All applications for the grant must be submitted by **October 15, 2020 @ 11:59 PM, EST**
- ★ Applicants will be notified of results on the first week of January
- ★ If accepted, the club or member must submit a final report of the project by January 2022.

## *cnh foundation ptp grant*

- ★ Grant created by the **Cal-Nev-Ha Children's Fund**
- ★ Aids clubs in financing service projects for the Pediatric Trauma Program by addressing the issue of sudden, unintentional physical injury of children
- ★ Clubs can apply for a grant up to **\$500**

For more information on both of these grants, along with the application, visit our **CyberKey ([cnhkeyclub.org](http://cnhkeyclub.org)) > Resources > Club > Treasurers**. The last section called "Grants" will have links to these two grants!

# 54 | DIVISION RECOGNITION

## Congratulations!

The school year is on the verge of beginning. Many of our clubs may not be going back to school, but there is still plenty to be recognized for. I commend you on all of your wonderful contributions and I hope to recognize you again! Continue being an excellent example of others!



**ANTONIO QUESADA**  
**MEMBER RECOGNITION CHAIR**

Division	Club	Member	Officer	Faculty Advisor	Kiwanis Advisor
02 North	American Indian	Deric Chau	Dallia Le	David Lopez	Bill K'Burg
02 South	Alameda	Natasha La	Melanie Siu	Tomas Wong	Al Wright
03 North	Village Christian		Joanne Lee		
03 South	Holy Family	Cherrish Umalos	Harley Diaz		Dr. Al Nuñez
04 Central	Irvine	Sophia Yurada	Nicole Lee	Ann Doan	Charles Markel
04 East	Villa Park	Olivia Jin	Jolyn Le	Trevor Hershberger	Patti VanVoorst
04 North	Santiago	Teresa Nguyen	Jamie Nguyen	Mr. Harvard	Jerry DeBar
04 South	San Clemente	Imaad Rana	Joanne Sarsam	Sarah Kang	Paul Littlepage
04 West	Huntington Beach	Tammy Nguyen	Karina Lopez	Mr. Daniel Cash	Mrs. Debbie Briscoe
05 North	Clovis West	Taryn Greenlee	Simone Sandhey	Sherri Lummis	Dave Hillman
05 South	Bullard	Celest Mariscal	Madeleine Klein	Terri Brown	Claudia Soria Delgado
07 North	C.K. McClatchy	Cali Kuang	Kaitlyn Whang	Anne Bestgen	Lawrence I
07 South	Valley	Javiar Olivares	Stephanie Ho	Dianna Shoop	Liz Schmal
07 West	Inderkum	Eastman Chan	Li Teh	Tajinder Ghag	
8	Rodriguez	Victoria Rose Leon	Kaitlin Madiaga	Chan Saetern	Lisa Devoe
10 North	Temple City	Anika Wong	Gyda Nawarunguang	Florence Lee	Cindy Vance
10 South	Mark Keppel	Cindy Chie	Lam Chung	Raymond Gin	Art Landing

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10 South	Mark Keppel	Cindy Chie	Lam Chung	Raymond Gin	Art Landing
11	Morse	Allie Martinez	Vivianna Valdez	Jessica Au	Alynnne Celis
12 East	Irvington	Uyen Nguyen	Jennie Wang		
12 South	Andrew Hill	Douglas Bangura	Anvi Damani	Annie Larks	Robin Hagan
12 West	BASIS	Devyn Chubon	Sean Sakae		JR McKee
13 North	Cerritos	Jacqueline Herrera	Mikayla Guerrero	Mike Do	Douglas Hall
13 South	Richard Gahr	Allyana Macedo	Kai Noah Jugo	Brady Garrett	Victor Sanchez
13 West	Girls Academic Leadership Academy (GALA)	Earl Lawrence Bumagat	Simon Zhong		Robert Santo
14/39	Live Oak	Joseph Contreras	Chuck Goodman	Heather Forrester	Marie Teria
15 East	Eleanor Roosevelt	Ruben Servin	Nathan Nguyen	Diane Germain	Melanie Murphy-Corwin
15 North	Chaffey	Monique Le	Ashley Tan	Mireya Lanaro	Barbara Rugeley
15 South	Chino Hills	Alexis Villamil	Long Ma	Keane Misawa	Ken Morse
16 East	Grover Cleveland	Ronmark Perez	Jennifer Leyva	Lorig Topalian	Jim Lofdhal
16 North	Aleman	Louise Apan	Rebecca Lee	Alma Nunez	Doug Ridnor
16 South	North Hollywood	Melody Martinez	Joanna Camacho	Gajan Fernando	Bruce Lilly
16 West	Taft High School	Brian Huynh	Laney Seligson		
18 East	Redwood	Henry Lam	Abigail Leonard	Lizel Bettencourt	Amanda Olguin
18 West					
19 North	Gardena	Ivan A.	Christian Virata		Rick Bender

19 South	North		Elizabeth Libertor		Martin Chao
20					
21	High Tech International	Minh Lam	Melanie Ly	Theresa Garnier	PJ and Debbie Byrne
22 Hikina	Kaiser	Jacie Shimabuku	Nikki Lum	Violeta Romero	Grant Ito
22 Komohana	Damien	Michelle Tran	Jamie Hirano	Ms. Gail Kumakura	Ms. Kay Tokunaga
22 Makai	Hilo	Jaelen Matsuda-Williams	Angel Sanchez	Ms. Cindy Asato-Kochi	Mr. Bryce Thayer
23		Isaiah Rodgers	Danielle Arrivillaga		
24/29	Pioneer Valley		Benjamin Choi		Santoyo Barnuelos
26 North	College Park	Sarah Butterfield	Kaitlin Bituen	Kristen Carmichael	Alan Iannacone
26 South	Monte Vista	Helena Young	Joyce Tong	Ms. Shannon Neach	
27 North	Middle College	Shannon Bjork	Harleen Sandhu	Ivan Tunnell	Chuck Fromm
27 South	Edison	Jenika Tarjuakio	Angelika Irada	Emila Mendoza	Ben Reddish
28 East					
28 North					
28 South	Southwest CTA	Athena Abad	Kirsten Cea	Mrs. Isabelle Martin	Camille Alquilos
28 West	Centennial	Amelia Heimerman	Samuel Ma	Melissa Lustig	Len Yelinek
30 North	Sonora	Tracy Tran	Natalie Constantine	David Kim	Leda Kim
30 South	Whitney	Jordan Vu	Tina Tran	Amy Torres	Kathy Kendrick
31	West Hills	Trinity Greer	Cassie Bostian	Stephanie Palechek	Lisa Stewart
32	Montgomery	Emily Mondragon	David Li	Amy Hendricks	Allan Kuba
33	Wonderful		Jennifer Serrano	Rigoberto Vallejo	

34 North	Lowell	Melissa Hernandez	Luis Solidum		Rosie Jimenez
34 South	Mountain View Key Club	Amrita Kohili	Madeline Siu		Huey Lee
35 East	John A. Rowland	Emily Bongiorno	Daniella Laher	Jennie Hall	Roseangeli Ayson
35 West	Baldwin Park	Phoung Ho	Gabby Gonzalez	Cheri Lee	Robert Powers
36 East	Citrus Valley	Ruth Barrios	Caitlin Bober	Bradley Horton	Gwendolen Nelson
36 West	Fontana	Anahi Contreras	Juliana Duarte	Summer Pearson	Steven Boone
37 East	Orange Glen	Diego Rocio	Mary Ngo		Dave Geary
37 North	Paloma Valley	Cindy Ngo	Joyce Kim	Ms. McKiddy	Mr. Stead
37 South	Canyon Crest Academy	Riga Iireddy	Janice Hu		Majid Azimi
37 West	Sage Creek	Kristine Tonnu	Emily Truong	Kristin Carlson	Kathy Hamamoto
38 East					
38 West	Soar	Valeria Morales	Samuel Han		
42 East	Newbury Park	Ryan Hu	Sydney Pham	Scott Davis	Sonia Agresti
42 West	Ventura	Carlos Oregel	Daniella Viorato	Norma Salcido	Ken Trainor
43	Marina	Sarah Stopper	Jovanna Huerta		George Lange
44 North	Whitney	Isabelle Moll	Kyra Schimpf	Misty Alarcon	Malinda Meeks
44 South	Oak Ridge	Jane Nguyen	Raelynn Es- guerra	Lawrence Sa- hagun	Donna Gordon
44 West	Woodcreek	Kathleen O'Brien	Kylee So	Kristen Gallo- way	Ted Smith
45					
46 North	Enochs		Noah Yaco	Renuka Prakash	Ken Nolte
46 South					
47					

## WRITING CARDS TO ESSENTIAL WORKERS IN HOSPITALS

Jacky Kim, Sunny Hills | D30N



With Covid-19 heavily affecting our everyday lives, there has been quite a few changes. However, it can be said that hospital workers have been working the hardest out of everyone. Due to this, the Sunny Hills Key Club had decided to dedicate a service project in giving back to these workers. The service project was called "Writing Cards to Essential Workers in Hospitals".

Key Clubber Aimee Kwon of the Sunny Hills Key Club had decided to take part in this service project, successfully writing nine cards in total. She had wanted to make sincere cards for the workers in hospitals to show her everlasting appreciation. With this pandemic at hand, workers in hospitals have been giving their utmost dedication and effort to help everyone. Through these meaningful cards, the Key Clubbers of the Sunny Hills Key Club both gave back to the community and showed their gratitude to these hard-working workers.

Susana Sun, Oakland Technical | D02N

## LITTLE SAIGON CLEAN UP

During the month of June, Key Clubbers volunteered at the Little Saigon Clean Up in Oakland, CA on June 5, 2020, at 11:00 AM – 2:00 PM. The Little Saigon Clean Up was to help remove Graffiti and to clean up trash around the area. During the protests for George Floyd, many small businesses and shops were damaged. Key Clubbers were able to help out the community and help out small business owners. This difficult time led people to feel better about themselves because we are actually helping out those who are affected. These small businesses stores did not deserve to be damaged because all of their hard work and time was spent working on growing that business. Key Clubbers painted over graffiti and helped repair damaged property. We also picked up trash that was littered on the floor. We should care about cleaning up our community because we live here and don't want to live in an area that is trashed. If we keep on trashing our community, everything would be a mess. We need to keep our communities safe for everyone and preserve our environment. We have to keep our environment clean so that everyone can enjoy the beauty of the earth.





This month, Damien Memorial Key Club came together and downloaded the app, "Charity Miles". Through Charity Miles, our club members are able to easily help earn money for Key Club's preferred charities by simply walking! With every mile tracked, 25 cents are donated towards a charity of your choice, meaning 4 miles tracked would be equivalent to that of a dollar. For this service project, our club decided to focus on earning money for one of Key Club's preferred charities: UNICEF, a charity that is recognized by most for their Halloween Trick-or-Treat fundraising boxes. This project is being done somewhat in collaboration with the Alakai's young Professionals, our sponsoring Kiwanis Club. As a way to keep it interesting, our club is in a friendly competition with AYP to see who is able to track the most miles.

In order to earn more miles for our club, our board members came together on the 20th of June to go on a hike up the Makapu'u Lighthouse Trail. While this hike only earned each member around 3 miles, it was a great experience. Through hiking, running in our neighborhoods, or even walking within our houses, our club is able to earn miles that go towards a good cause while staying fit through these trying times. While we did start this project later than AYP, with our club beginning this project halfway through June on the 17th, that did not phase us. As a club, we were able to earn a cumulative amount of over 230 miles, and we are still going strong.

**- Erika Macaraeg, Damien | D22K**



## CLUB SERVICE PROJECT

● Eunice Oh

Although school is out for the year, California High School Key Club members are still working hard for their service events! The club held two events, one titled "Helping Around the House" and another called "Sidewalk Chalk Art".

The aim for the former was to help out parents around the house and the latter was to brighten up the day of someone who passes by and sees a fun drawing. Although many students feel helpless at home, California Key Club members are making their impact on the community around them.

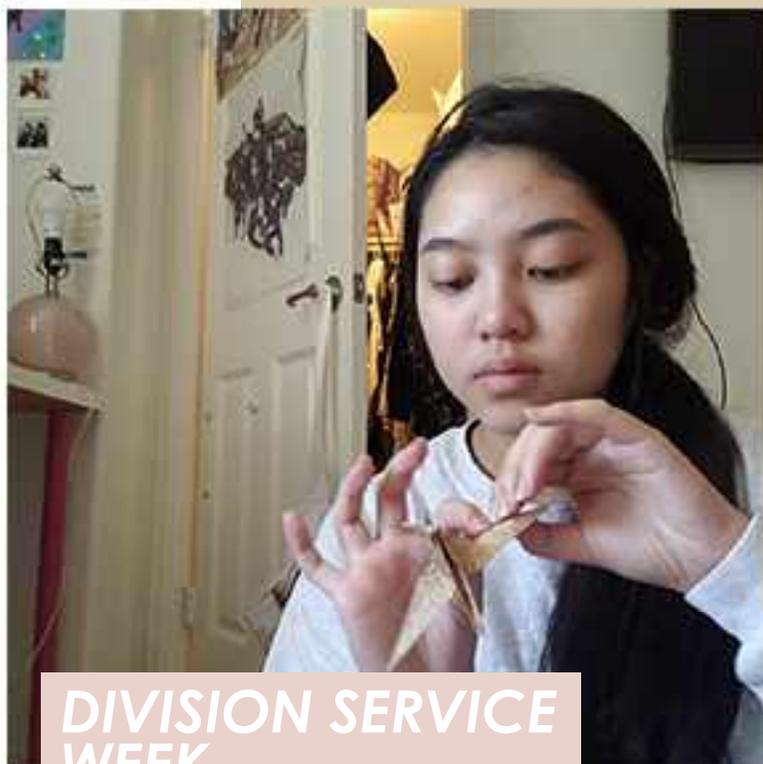
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D37N's second service week of this year was held on the fourth week of June from the 22nd-26th. Throughout the week, Spirits were given five tasks that corresponded to a day in the week, and these tasks would have to be completed by the end of the day in order to obtain community service hours. Hours for the five projects varied from a one hour minimum all the way up to a five hour maximum, and all this information was explained in detail on the D37N Instagram page. This made it simple for members to get involved (students had the opportunity to earn up to sixteen hours in total!). One example was on Monday, Spirits were instructed to make paper cranes, and some went above & beyond to express their creativity by using various patterns of paper, which adorned their creations. Once a task was completed, members recorded their hours in their home club's linktr.ee in order to confirm their participation. The outcome was amazing as several members across the division came together to give back to their community, while completing these fun activities. Although many felt disconnected during this time, members were able to regroup as they were motivated to be productive and work diligently to collectively contribute back to the city.



## DIVISION SERVICE WEEK

● **Joyce Kim, Chaparral | D37N**

## FOOD DISTRIBUTION

● **JD Ramos, Marina | D43**



Despite what's happening right now, our club is coming up with plans to continue our service. In regards to food pantries, I like how bags/boxes are distributed to families that are in need. It makes me happy to see how that our service is influential to the community. For me, helping people is doing those little deeds such as food distributions. Therefore, a bag of groceries brings happiness and love to the community. Additionally, it affects me because I have friends and relatives who rely on food pantries and it's always nice to reach out to them and be there for them, especially right now.

# CONTACTS

## DISTRICT EXECUTIVES

**GOVERNOR | DANIEL MIN**

*cnhkc.gov@gmail.com*

**SECRETARY | GRACE YIM**

*cnhkc.sec@gmail.com*

**TREASURER | YENA SUH**

*cnhkc.treas@gmail.com*

## ADMINISTRATORS

**DISTRICT ADMINISTRATOR | DOUG GIN**

*dgin.kiwanis@gmail.com*

**ASSISTANT ADMINISTRATOR | MARSHALL  
ROBERSON**

*cnhadan@gmail.com*

**ASSISTANT ADMINISTRATOR | ALAN QUON**

*alan@alanquon.com*

**SPECIAL ASSISTANT | PETE BALLEW**

*pjb184@yahoo.com*

**SPECIAL ASSISTANT | MAREK LEBLANC**

*cnhkc.sa@gmail.com*

**SERVICE LEADERSHIP PROGRAMS | BRUCE  
HENNINGS**

*bruce@cnhkiwanis.org*

## LEADERSHIP TEAM

**NEWS EDITOR | NANCY DUONG**

*cnhkc.dne@gmail.com*

**TECH EDITOR | LUIS SILVA**

*cnhkc.dte@gmail.com*

**DISTRICT VISUAL MEDIA EDITOR |  
AUSTIN NGUYEN**

*cnhkc.dvme@gmail.com*

**COMMUNICATIONS & MARKET-  
ING CHAIR | BRITNEY SUN**

*cnhkc.cm@gmail.com*

**DCON CHAIR | HARIN LEE**

*cnhkc.dcon@gmail.com*

**KIWANIS FAMILY AND FOUNDA-  
TION CHAIR | APRIL NGUYEN**

*cnhkc.kff@gmail.com*

**MEMBERSHIP DEVELOPMENT &  
EDUCATION CHAIR | MELANIE  
GARCIA**

*cnhkc.mde@gmail.com*

**MEMBERSHIP RECOGNITION  
CHAIR | ANTONIO QUESADA**

*cnhkc.mr@gmail.com*

**POLICY, INT, & ELECTIONS  
CHAIR | ILENE THAOPRASEUTH**

*cnhkc.pie@gmail.com*

**SERVICE PROJECTS CHAIR |  
TOBI YAO**

*cnhkc.sp@gmail.com*

**QUESTIONS, COMMENTS, CONCERNS?  
ALL CONTACT INFO CAN BE FOUND  
ON THE CNH CYBERKEY!**

**Visit: [cnhkeyclub.org](http://www.cnhkeyclub.org) > contact  
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CNHKEYCLUB.ORG | KEYCLUB.ORG  
8360 RED OAK ST #21 RANCHO CUCAMONGA, CA 91730  
909-989-1500