



THE CNH KEY

LETTER FROM THE EDITOR

HEY CNH KEY CLUBBERS!

I hope everybody has been enjoying their summer to the fullest! Whether you are out in the sun, studying, or just chilling at home, I hope you're making the best out of your summer.

I am proud to present the second issue of the CNH Key with OVER THREE TIMES as many articles as before! For those of you who are wondering what this is, the CNH Key is a compilation of articles from members all over the California-Nevada-Hawaii District! Each month, members send in articles about one of the three topics that I post on the CNH CyberKey (www.cnhkeyclub.org). I read through them and put them all together to create the CNH Key!

If you want to contribute to the CNH Key, send in an article by the 15th to cnharticle@gmail.com! Every month I will post up three article topics under the District News tab on the CyberKey. There is also a template there that you can use to type up your article.

If you haven't noticed, the CNH Key is PURELY Graphic Standards from the layout to the font to the colors! If you want to create newsletters, articles, brochures, etc, I really recommend you to use Graphic Standards. You can find some templates on here:

<http://slp.kiwanis.org/KeyClub/fad/Templates.aspx>

Please refrain from printing this newsletter out to conserve paper. Keep a digital copy to use as reference



throughout the year or email your clubs to let them know about it! This is for R (Reduce Global Warming) of our DP, C.A.R.E!

While I do encourage you all to have fun during the summer, make sure you keep serving your communities like a true Key Clubber! And make sure you record these down in articles and send it in!

If you have any questions, don't hesitate to email me at cnh.dte0910@gmail.com.

Buzzin' with service,

Hillary Yuan

JULY TOPICS

1. Your plans for summer projects
2. Your Officer Training Conference
3. Your ICON experience
4. Great Membership drive ideas for Back to School.

AUTHORS

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OFFICER TRAINING CONFERENCE

INTRODUCTION

When every D19 Key Clubber finally arrived at the Nakaoka Center, we settled in and Diana (our lovely LTG) began to walk us through the schedule for the day. There was a lot planned, so we had to get started promptly if we wanted to fit all the fun in.

We got started with an entertaining ice breaker. Though this ice breaker doesn't have a name it's guaranteed to lighten the mood and cause a few confused faces. Each Key Clubber was instructed to find a new face and partner up. We were then told to pick one hand and put it flat against our partner's hand (sort of Tarzan and Jane style if you're familiar with the beloved Disney movie). Then by taking turns, each partner was to use the index finger and thumb of the unused hand to rub their own pointer and their partner's pointer which should still be against each other. The result should be a really strange, sort of numbing, indescribable feeling. Though it may seem sort of pointless this was a fun activity, and without a doubt broke the ice.

Next, Diana pulled out the "Love Box". The "Love Box" is a fun idea Diana had for our division. Basically, it's a decorated box with a slit at the top and whenever a Key Clubber feels the need

to, they can secretly slip in an anonymous note that can be funny or just say something thoughtful. The notes usually pertain to Key Club, but we never [failed] to find a couple random ones during each meeting. Diana proceeded to reading several notes, and after having a few good laughs, we played a quick game of Key Club Jeopardy and eventually began what we all came for, the Officer Training Conference.

TRAINING TIME

The tables were set up into groups; a table

"...but we never failed to find a couple random [notes] during each meeting."

for secretaries, treasurers, members, etc. and each clubber went to their designated table accordingly. I just happened to be the trainer for the treasurers, so I got settled at the treasurer table. I had a smaller, more intimate group, but it was fine because I could see every-

one and I didn't have to shout. I passed out little booklets, and we went over them as a group. Afterwards, I shared my past experiences as treasurer and I gave advice and answered questions. It was pretty successful. Our group finished a little early since there weren't too many of us, so we listened in on the advice being given at a nearby table. Apparently, they were discussing the tasks of being secretary but we kept on listening because the information was still very useful. Who knows? Maybe someone in our group of treasurers will run for secretary in the following year. After a little while longer, it seemed the other groups were wrapping up, and shortly later, everyone was cleaning up and getting ready to dine on a healthy food option (Encourage Healthy Living).

SALAD SOCIAL

It turned out to be a nice, sunny day, so we Key Clubbers moved outside to eat our Asian Chicken Salads in a breezier environment. Different clubs within our division were socializing as they ate their salads. I took a sip of my strawberry-kiwi fruit drink and decided that this had been a fun and productive day. Everyone finished up their salads, then we cleaned up, and finally, we said our goodbyes and went our separate ways.

Sarah Seko | DIVISION 19N | CAMS Key Club

OFFICER TRAINING CONFERENCE

Saturday, June 20 was a busy day in the life of Division 19 North's Pirate Penguins. We started the day bright and early with Gardena Willows Wetland, a divisional service project [where] we worked to help maintain a natural wetland. Not only did the service project leave us slightly sweaty, but it left us energized for the walk to Nakaoka Center and the busy day ahead. After going through our divisional business at [the] DCM, we moved on to the main event of the day: our Officer Training Conference.

Diana Nguyen, D19N's amazing Lieutenant Governor, began OTC with a short speech on what Key Club means to her. After leaving us inspired and ready to learn, Diana introduced our guests of honor: Mr. Nicholson, a Ki-

wanis Sponsor, Mr. Ross, our Regional Advisor, and Willy Hoang, Cali-Nev-Ha District Secretary and former D19 N LTG.

We then went on to a rousing game of Key Club Jeopardy! We numbered off to form five teams and answered questions from categories ranging from "Key Club 101" to "Spirit" and "Random." The game helped review information on [the] District Project C.A.R.E. as well as allowed Key Clubbers to show their spirit by performing the CNH Rap or divisional cheers. It was a great way to review some important Key Club facts while having fun and interacting with Key Clubbers from different schools in D19N.

After the game, we split into groups based on our offices. There were discussions for Presidents and Vice Presidents, Secretaries, Treasurers, Bulletin Editors, and members. These groups presented a more focused

talks on officer responsibilities. At the President's meeting, we discussed problems that presidents may encounter and brainstormed potential solutions to these problems. One of the main issues discussed was how to maintain club enthusiasm. Secretaries were able to ask questions about the MRF and Bulletin editors learned all about Graphic Standards. Members were able to learn more about their opportunities as members and potential future officers. We finished the event with a refreshing lunch of chicken salad.

All in all, OTC was a great opportunity to learn more about Key Club in general, gain a better understanding of our responsibilities as officers, and spend time with our fellow Division 19 North Pirate Penguins.

Jonathan Eng | DIVISION 12 E | Washington High School

JULY ARTICLE

Summer is approaching and I feel that it is time to kick into high gear regarding energy and focus. I understand that although we have lost touch with some our members, membership retention has been quite effective in Division 12 East as we have prepared summer contact-lists that we can use to keep in touch with members and inform them of upcoming events.

There seems to be an endless list of project ideas. For one, we are planning a huge divisional benefit concert in January and I would like to have more energy directed into that, coordinating it and making sure it is a success.

Also, we will be focusing on prepar-

ing our gear such as T-shirts, lanyards, tags (a new thing I'm designing), and sweaters so they will be ready to go/sell when school hits and that hefty sum of money can go to PTP! A minute of action takes 2 hours of planning.

OTC has not happened yet but it is approaching on July 25th. Planning that is one of my top priorities as of now and the region is getting together to ensure its success.

When it comes to ICON, there can be no explanation to the feelings I have felt. It stirred up not only the brain I have let idle over summer but also conjured up emotions I never knew I had. Although I knew that service was great, seeing it, feeling it, doing it

is a whole new world. And more importantly, I realized that Key Clubbers, all of us, are all in this together (that was not a High School Musical reference).

Regarding increasing membership, I plan to make FULL use of Key Club week and certain designated days. As my accessories (Lanyards, T-shirts, Luggage tags, Sweaters...etc.) near completion, we will wear them all together on certain days to promote Key Club, much more effective than telling someone to "join key club" as our actions speak louder sometimes than our words.

~Jonathan Eng

SUCCESSFUL MEMBERSHIP DRIVE

Filled with excitement and content, the 2008-2009 school year finally concluded a couple of months ago. We all happily shoved our backpacks, notebooks and lunchboxes (anything that reminds us of school) to the back of our bedroom closet. With these months of pure leisure and peace, we can all focus in our plan for Key Club 2009-2010!

One of the most important goals a leader must have it is to have followers that commit their time and dedication to realize the leader's vision and also transform themselves into becoming leaders themselves one day. Well, with the new school hastily approaching, a Key Club most first and foremost goal is to organize a flourishing plan to recruit members. A Key Club with a healthy number of members, who are enthusiastic about the organization and share the same passion as their leader, can definitely make. Let us focus on successful ways on how to recruit members for our wonderful organization.

An effective way of mustering members begins with an organized demonstration of what Key Club is, its objectives and purpose. The most opportune way to hold this exhibition is on the first day of school. This is because entering students are enthusiastic and energized and looking for an organization to get involved in. On the first day of school, Key Club members should dress

in their club attire (remember what Patrick Maurer said in DCON 20009?) and must express their cheer and spirit for their club around the school. As you walk by a fellow member, why not clamoring "HOW DO YOU FEEL!?" The Key Club cheer is a thing that many non-Key Clubbers take notice of. This is concluded by personal experience. One day during chemistry class, a fellow club member asked me, "How do you feel?" and I told her I felt. Following that, I asked the teacher for permission in explaining what Key Club is and why they should join. The

"...why not
[clamor] 'HOW
DO YOU FEEL?'"

FIERCE
FLAWLESS
FABULOUS

following day, many of my chemistry classmates were asking me questions about our awesome club and how they can join.

Another way in attracting members is by

informing the freshman about it. After all, they are our future. Paste posters (Graphic Standards!) or ask teacher's permission if you can take a moment and talk to the class about Key Club. You should focus in encouraging the freshman class and the sophomores as well. Who knows if your next Lieutenant Governor or District Executive is a student from the 2012 class?

Other ways in encouraging students to join is not just by involving club members, but informing teachers and ask them to spread the word. Hey, if you can get your school's ASB and your principal to fully support this wonderful organization, perfect!

Keep in mind however, that all publicity should be done in a positive, professional way and if it is visual publicity, in Graphic Standards. Remember that also a successful activity is a result of careful and meticulous planning. If the membership drive is unorganized, recall that it reflects badly on your club. First impressions are tricky, and you don't want fellow classmates to think that Key Club is unorganized because of how they have publicized themselves to the whole school.

Remember the three F's in planning: Fierce, Flawless and Fabulous!

Have fun and I wish you the best of luck!

KRYSTAL WONG | DIVISION 07S | LAGUNA CREEK

OFFICER TRAINING CONFERENCE

Hello! My name is Krystal Wong and I am Laguna Creek's bulletin editor. Since this was my first year as being an officer, I felt that OTC was a new experience to me.

Before OTC, I thought that the ice breaker game was a very productive way of meeting new people. We started off with a game called "Shipwreck", and what you would do was on the command the instructor tells you to, you would either grab two, three, or four people to not be disqualified. After that, we got into a circle, and the person who was in the middle had to say something that they liked about their neighbor, and if they had the personality or thing on, they would have to run to someone else's spot. Finally, the last game we played was an eye contact game. If you ever made contact with another person in the circle, you would have to switch spots with them. I thought that the game was very hard, because you had to get the other member to know too.

In between, I was introduced to many new Key Clubbers as well as new friends. Not only was I introduced to presidents of other schools, but other bulletin editors that would help me become a great officer. I met Julie, who was Monterey Trail's bulletin editor, and she was learning the same position I was.

Now, off to OTC! Training for me was a very excellent way of getting me ready for the new school year and preparing for the job that was instructed to do. I learned that Key Club newsletters had to have important information like important dates, officer information, president message, and etc. Bulletin editor has weekly duties that we have to do like update the website, post calendar of events, and take pictures in meeting. Monthly duties are to attend board meetings, provide updates to clubs, update website, and produce newsletters. The role of bulletin editor also includes participating in many events in Key Club, being an active member, and just put effort into everything. To me, OTC was just an overview of every-

thing that I have learned, and I just need to accomplish everything that is needed. Vice President Adrian Francisco said, "I thought OTC was pretty informative. Many of the things I already knew, but I also learned a lot of new things too that lead to more ideas to discuss with the board." OTC went very well overall.

After OTC, we had to announce the new cheers for monsters. I thought all the cheers were very new and represented monsters very well. The monsters have originality in the cheers and shows we can make something new that makes us different from everyone else. The cheers were very fun, and I think it was a really great way to start off the year. Overall, I think that the OTC and meeting went very well while I got to meet new Key Club officers, and the new cheers are great.

Laura Nguyen | DIVISION 4N | La Quinta

OFFICER TRAINING CONFERENCE

We had our day ahead of us. Today was going to be the day that we learned more about our appointed seats. It took place at John F. Kennedy High School with everyone who would like to be, or is a board member in Key Club. All the divisions gathered for introductions from our

Lt. Governors.

It was delightful to hear about all the events that were coming up this summer. That meant the whole region 3 was going to spend this summer together, which was delightful because we barely get to see each other often. We had then compiled to our choice of classes to attend.

When they had conversed to us about how we were supposed to run our position, it was astonishing. It made everyone understand how important every job is to Key Club. No matter any position or non position you could make a big difference in Key Club.

SUMMER PLANS

Many weeks before school had ended, it was decided by our school board that we should have a board meeting on June 13th. This meeting was decided to be as productive as possible, cutting out any chatter or nonsense diversions. To make matters more interesting, our historian Cristina Rose was able to book our meeting in the conference room of the local Holiday Inn! Surely enough, this designated meeting place pumped our spirits up to make this a true Key Club board meeting.

School ended with our last board meeting in our advisor's room as well as the appointing of our new bulletin editor, Krystal Wong. Already, our club was sending numerous emails to each other discussing what should be talked about on the chosen Saturday afternoon. I pitched in an idea or two, trying to not elaborate too much as we were going to talk about it there, but I ended up making our president, Hallie Wilson, reading what seemed to be like an essay.

June 13th finally came and all of our Laguna Creek board members attended the meeting in the conference room of the Holiday Inn. Inside the room were laid-out batches of cookies as well as fruit punch. "Wow!" I thought to myself. "This is seriously legit!" We began the board meeting with pros and cons of the previous year followed with solutions to such. Goals we established

during the meeting included: distinguish Laguna Creek in the division, focus more on community service as Key Club should maintain, increase of membership, etc. Our plans for the summer included the numerous races such as Run 4 Independence and Eppie's Great Race as well as many, many car washes. Due to the costs of District Convention being in Anaheim last year and problems with our bussing, our school bank account was left dry with a very low balance. Hoping that these car washes will restore our meager balance, our goal is to provide enough income by the end of the Key Club

"...We will be one of the greatest divisions in the Cali-Nev-Ha district!"

year for the thriving of years that proceed. Fairytale Town events was another choice brought up by the board members as it really got our members last year enthusiastic for helping children. The board meeting soon came to an end and my ride was already outside. Sadly because of this, I missed out on all the fun

pictures afterwards. Oh darn!

Hallie called another board meeting at Kim Nguyen's house, the senior Vice President. At this board meeting, we discussed what we learned at the DCM and OTC for June as well as more goals. Brought up at the Presidential Workshop, the idea of committees was talked about between the board. It was decided that a spirit committee and a historian committee would be created consisting of two to three members each. The thing that made things most exciting was the sneak peek of our school website created by our treasurer, Triana Nguyen. It was amazing! I never knew that we had someone from our school was so tech-savvy. Besides that, we were reminded of the shirt designs that are due to Ryan, our LTG, in mid-July. Kim and I decided to collaborate and we're sure it will be good! Our president also reminded us she will be gone for July. Nonetheless, she had no doubt that even with her absence that our club will prosper for the remaining months of summer.

This summer will definitely not only prepare us for the upcoming year we have in Key Club, but also bring us closer to other schools in our division. No doubt with our growing bonds, we will be one of the greatest divisions in the Cali-Nev-Ha district!

OFFICER TRAINING CONFERENCE

JULIE NGUYEN | DIVISION 07S | MONTEREY TRAIL

On June 20, 2009 many Key Clubbers from Division 07 South came together to have a training conference for the new and upcoming officers. Our district consists of eight schools: Florin High School, Franklin High School, Galt High School, Laguna High School, Monterey Trail High School, Pleasant Grove High School, Sheldon High School, and Valley High School. Many of the presidents, vice presidents, secretaries, treasurers, and bulletin editors were present. Unfortunately, [not] everyone could attend the OTC due to transportation problems and other personal matters.

The training began after a delicious lunch provided by our very generous Lieutenant Governor, Ryan Chang. He, his Executive Assistant, Mimi Phan, and his Divisional Secretary, Jacky Ng, collaborated and produced manuals for all

the officers utilizing many resources such as the CNH Key Club website. Everyone worked in cooperation to move tables and chairs to create several groups, one for each type of officer. Key Clubbers split up and went to their designated tables to begin the training. Daniel Pham and Larmon Luo, IP Presidents of Monterey Trail and Franklin, gave a presentation listing the duties and daily jobs of the presidents and vice presidents. Also they gave amazing tips on how to survive and be successful throughout the rest of the key club year. Peter Troung was at the secretary table teaching officers how to complete Month Report Forms, Event Report Forms, and much more. In addition, he described the process of creating a binder to apply for the award of Distinguished Secretary at District Convention. With the treasurers was Jacky Ng, where he taught the officers how to manage club money and fund-raise for various events. At the bulletin edi-

tors table was Mimi Phan, [who] explained weekly and monthly responsibilities to the officers. Afterwards, she carefully clarified the requirements of the club newsletters and the how to finalize them. I, being Monterey Trail's bulletin editor, took several notes on Mimi's speech. It was very useful to hear her advice [about] how to flourish as a bulletin editor.

Near the end of the OTC, we conducted a cheer training with the Division's new cheers. Everyone ecstatically learned the new cheers that were created by various Key Clubbers. Also we practiced the CNH District cheers as well to allow new members to become skilled at them. As the training conference concluded, I felt that everyone gained much knowledge from the Key Clubbers with more experience.

BERNADETTE LINGAT | DIVISION 16 | PROVIDENCE HIGH SCHOOL

Hey CNH Bees!

I'm Bernadette Lingat, Bulletin Editor of Providence High School. Enough with the introductions, Key Clubbers from the San Fernando Valley to the Santa Clarita area assembled at Burbank High School on June 13th for the 2009 Officer Training Conference. Before the conference, I had the honor of meeting our previous Lieutenant Governor, Abby Lee.

Beginning at 10:30 on a Saturday morning, White Tigers placed a series of ice breakers. In one game, I ended up running from group to group, hoping not to lose. One by one, everyone had introduced themselves & their officer positions.

Promptly after the ice breakers, Christine Yang, our current Lieutenant Governor initiated the workshop ses-

sions. Each officer from presidents to secretaries went separate ways to meet at their different workshop sessions.

With my friend Michelle Garcia, our historian, we attended the Bulletin Editor Workshop lead by Gabby Lee, the Divisional Secretary. I learned about the official duties & the importance of graphic standards as a bulletin editor.

After 30 minutes, the next session began. Also lead by Gabby Lee, the Personality Workshop focused on different roles in the club. Key Club officers should instill pride & enthusiasm in their clubs.

The next workshop was lead by International Trustee, Yihwan Kim. He made a presentation about Managing Big Clubs. He shared his experiences about leading a huge club of 300 at Burbank High School. He revealed that teamwork & good communication are essential for success.

After our final workshops were adjourned, everyone was ready for some food. Lunch was a good time to socialize with other clubs. I made friends with Key Clubbers from Burbank & Burroughs. They gave fund-raiser tips, service project ideas & experiences from their Key Clubs.

Without hunger on the mind, we began our Rally Session. White Tigers are already preparing for Fall Rally. There is never an official Key Club gathering without the "How Do You Feel?!" Cheer. Every Key Clubber in the cafeteria, from our current LTG to our previous LTG, yelled the cheer proudly. We concluded the OTC with different cheers like "What? What?", "Roar", & "How We Do!"

PLANS FOR SUMMER PROJECTS

With our new officers in charge, Sheldon High School's Key Club has been vigorously planning new activities and projects for the upcoming year. We have been searching for upcoming events that need volunteers in the month of July and August. Our president, Sarah Phan, have been making a variety of phone calls and e-mails in order to contact organizations that need our help. However, because there are already many volunteers signed up for various events, we can only participate in the ones later in July. Including regular events for our club, we are also planning to have events with our buddy clubs, Florin High School & Monterey Trails High School, soon. Hopefully, we will all be volunteering at a nearby soup kitchen. Service will always be our main concept, even in the summer!

With Fall Rally North coming up quickly around the corner after summer ends, we are beginning to plan out our budget for the trip. Our club alone hopes to bring a full bus to Fall Rally North this year again. However, with today's economy, not many people can afford to attend such an expensive trip.

Therefore, our club is planning out many fundraiser events which can take place during the summer to raise money for our trip to Fall Rally North. We are planning to have a carwash for just our Key Club soon. We are also planning on making the popular, knotted friendship bracelets this summer and selling them when we get back into school. They will be our 7 South colors: orange and white. Including our carwashes and bracelets, our newly founded Public Relations Committee will be looking for new Food Faire sponsors. Our previous Food Faire sponsors had dropped out on us because their restaurants were closing; therefore, we have been experimenting with new sponsors. This summer, we are hoping to find our permanent Food Faire sponsors and fundraise some extra money for our club account.

Although, aside from fundraising and service, our Key Club decided to also put some focus onto spirit. For our upcoming Divisional Council Meeting, we will be having our usual meeting. However, afterwards, we will be building flags for our division in which we will be holding during Fall Rally North and District Convention. Our division is also planning on having a summer

cheer training event later on in the month. Hopefully, many members will attend and be highly spirited by the end of it! Our Key Club also wants to become very spirited; therefore, over the summer, our officers will be scouting for many orange items that can be useful in the upcoming year.

However, even though our club has much to worry about in the upcoming year, we still have to keep in mind of our members. To encourage and thank our members for the past and upcoming year, our officers will be planning many socials. During the summer, we are hoping to attract more members into our club. To do so, we are hoping to show them how fun Key Club can be. These upcoming socials can also bond other members in our club or even from other clubs in our division.

With the summer days still around, our club hopes to make use of it and service, fundraise, and build our club up. Hopefully, all our summer plans will follow through and we will end up having a successful beginning of the year. Please look forward to it!

COMMUNITY SERVICE PROJECTS

Valley High participated in several community services during the month of June! The Albie Family Health Fair in Oak Park brought tremendous outpouring of people from the Sacra-

mento community showing great interest towards factual and fun information provided by health-related organizations. As the month of June soon came to an end, Valley and Galt Key clubbers had a blast

getting to know each other and creating ideas for the upcoming year with fellow Galt Kiwanis.

MEMBERSHIP DRIVE IDEAS

Members are truly the foundation of Key Club; from the international level to your home club, everything depends on the basic member. Members provide support to our leaders, help form our divisions and districts, and most importantly, perform service throughout the community. Without members, there is no service ... and unfortunately, no Key Club. My home club has long seen the importance of our member base – membership retainment and recruitment [are some] of our top priorities. Besides the obvious benefits of membership increases – improving our community by getting more youth involved with community service – we try to increase our club membership because we want to help spread the feeling of fulfillment that comes with helping others and the fun and excitement that comes with all of Key Club's social events.

The most important aspect of the successful recruitment of new Key Clubbers is to set ambitious, but reasonable goals. This year, my club has decided on attempting to reach a club membership of over 250, or an increase of about 70 members. Still, all goals need plans!

In September, our school holds an event called Club Rush, in which clubs can have tables advertising their clubs. This is a great way to get the word out about Key Club – everyone at school gets to

see our table! The important part is being prepared for this special day (make the table look attractive!): have pictures about the community service events we do and the socials; have literature on what Key Club is about; have friendly and well known club representatives; but most importantly, follow up with people that express interest in joining Key Club (we had 400 people sign up at the table last year at Club Rush, only about 50 paid their dues.)

“ ...We want to help spread the feeling of fulfillment that comes with helping others and the fun with social events.”

At Franklin, we're also introducing new ways to get people interested in Key Club. Word of mouth is the most impressive form of advertising, so, we want to recruit the most influential students on campus. Like any

movement, the more people that join, the more people that become interested (this sounds sneaky, but I'll redeem myself later). Our class (grade) representatives have also compiled a list of several hundred people that we think would benefit by being in Key Club, and would help accomplish our objectives. Each of these students will be contacted personally, in the effort to maintain professionalism and quality. By keeping Key Club's image in good standing, and getting members pumped up about Key Club events, we can only attract more members.

Everything so far has described ways to get people into Key Club, and I've made Key Club sound like a cult more than anything. However, the quality of our membership is extremely important to me – it is imperative that our members are actively serving the community and helping out with our district/divisional projects. I plan to hold open informational workshops, where prospective members can learn more about Key Club (and hopefully decide to join), where new members can get to meet our board and feel more involved in the club so that they participate more, and where returning members and learn about Key Club beyond the club level and even get some experience with leadership.

CNH KEY CLUB | ARTICLE

Ricky Sahota/Navneet Singh | DIVISION 46 | Livingston High School Key Club

B-STREET CLEAN UP

On June 24th, 2009 Livingston High School Key Club in cooperation with the City of Livingston and Atwater/Winton Kiwanis Club and community members held a street clean up. One of the main objectives of the California-Nevada-Hawaii District, is Project C.A.R.E. From June 21st through June 27th Key Clubbers are encouraged to perform service projects for the R in C.A.R.E, Reducing Global Warming. Key Clubbers walked down B Street and then turned on Winton Parkway to fill up trash bags, which were then piled next to a sign that read "Don't Trash Livingston". Over 15 garbage bags were collected in 97 Degree heat over a two hour period. Sure students were tired towards the end of it, however, looking



back at the clean street made it all worth while. The Livingston High School Key Club is planning to hold another street clean up in fall. When we were finished, all of us were extremely proud of our work, and glad that we made our community a more pleasant place to look at. Usually, the projects that require the most amount of effort are the projects worth doing as demonstrated through this event.

LINA NGUYEN | DIVISION 27 | BEAR CREEK KEY CLUB

SUMMER EVENTS

Hello CNH Key Clubbers! Have you been active this summer!? While summer vacation's coming to an end and the new school year is about to begin, there are still many Key Club events to attend! This summer has been filled with a lot of events and projects, such as the Reduce Global Warming Week (our district project!), Relay for Life, Taste of San Joaquin Festival, and 40th Annual Pancake Breakfast. I'm sure you all already know, but in Key Club, we're all about getting involved and helping out!

DIVISIONAL COUNCIL MEETINGS

Besides events and projects, another fun way to get active is to attend our **Divisional Council Meetings** (DCMs)! A DCM is held every month, and it's where you can meet other Key Club members from our division! This month it will be held on July 18, 2009.

Last month's DCM was held along with an officer training conference at the Impact Teen Center, where we had work shops set up for presidents, vice presidents, treasurers, secretaries, and spirit leaders. We also had three college students come in to do a 'College 101'. After our June DCM, we had a fun water balloon fight at a nearby park (We also had a water balloon fight during our May DCM!). DCMs are always informative, helpful, and fun, so be sure to attend our next one if you can! :)

NEIGHBORS IN HEALTH FAIR

The next big event will be the Neighbors in Health Fair. This is a day held annually by Kaiser Permanente where they provide free health care for the uninsured and underinsured, and they need a massive amount of volunteers to help out! This year it will be held on August 16, 2009. Different shifts are available and lunch is provided if you're

volunteering. You must be at least 16 years old and you also need to fill out an application form **by July 27, 2009**, so contact your Key Club President or Eva (d27.cnhkc.ltg@gmail.com) for a form as soon as possible! This is a great way to meet new people and make new friends, and it's also a fun way to get active and help out!

GET INVOLVED!

In Key Club there are always opportunities to get involved and to help out, so try to fit in some time this upcoming school year to dedicate to Key Club! It's a fun way to complete your community service hours and meet new people! :)

Hope to see you at some of the events!
Lina Nguyen

RAYMOND WONG | DIVISION 07S | FRANKLIN

GREAT MEMBERSHIP IDEAS

Hey Key Clubbers, it is mid-way of summer vacation and soon Key Club will be active again. Over the summer, our club wants to increase the membership of the club and to do that we need a plan. We came up with a few ideas that are fun and amusing. Overall I believe that these ideas will give our club a strong start that will make this year an awesome year to remember.

One of the ways that we can increase our membership in our club is to publicize our club on the morning announcements. This would help spread the word that there is Key Club in our campus. Advertising to incoming 9th graders would also help raise our membership and to show them how Key Club works and what it is. We would put up posters around their school cam-

pus and make a video as well to show how fun and exciting Key Club is. This would help spread the word all around their campus and would join the club. This may persuade them in joining the club and to see what we do as a club, to help develop leadership, to make new friends, and to help their community.

Another opportunity to spread the news of Key Club to the students is a club rush where all the clubs try to recruit people to their club. This is a great opportunity to pass out flyers and to communicate and draw students to our club. We would try to persuade them that our club can help the students to be more active and help around our area, build their skills and personality, and to have fun and make life long friends.

We could also do an event, like a social to promote our club for new incoming mem-

bers who are in or interested in joining during the beginning of the school year. This event would help people get to know each other and to see that being in the club is fun and rewarding at the same time. We may do an event where the new members can actually pie one of the current officers. This would be an alluding and fun event that the people would love to go to.

Overall, these are just some of the ideas that our officers made up and we are still thinking of some other ideas that will help get students to join the club. Hopefully some of these ideas may spark to you and may create new ideas of your own and we can increase our membership and meet new people next year.

Michelle Le | DIVISION 4 N | La Quinta

OFFICER TRAINING CONFERENCE

I was really pumped up to go to OTC this year, and ready with my teal divisional t-shirt. GO 4NORTH!! I couldn't wait to learn more about my position and how to make 09-10 a successful year.

First off, when I arrived at Kennedy High School, I joined my club for DCM. Our club hosted the DCM, so I said the Pledge of Allegiance, and Johnny said the Key Club pledge. After we discussed old and upcoming events, we were ready to have lunch before the opening session.

After lunch, we all proceeded to

the gymnasium. Each otter screamed loudly when the division was called. I'm pretty sure we were the loudest in the gym.

After opening session, we proceeded to the workshops. Johnny and I went to the presidents'/vice presidents' workshop so we can learn more about our positions. It was really informative, and I was even more pumped to do my best as vice president. Afterward, I went to Project Chair workshop to learn more about the job and how we could choose the best possible project for our members. I couldn't wait to get back and organize a project for the members.

When the 2nd workshop session was done, we all proceeded back to the gymnasium. During this closing session, we had a huge spirit battle. It was divisions 4 against the rest of the divisions. It was pretty rowdy, but really fun at the same time. Even though it hurt our throats, we still screamed as loud as we could to represent the otters.

All in all, OTC was a successful event because it not only informed us about the officers' jobs and Key Club, it also helped Region 3 grow closer together as a family.

Michelle Huang | DIVISION 15 | Rancho Cucamonga High School

ICON: LIVE LARGE IN DALLAS

It was 3 A.M. Wednesday morning when I woke up, drowsy but excited to get ready for a long trip, a trip that would be the highlight of my entire year. To tell you the truth, I was unsure whether or not I would have fun simply because I didn't know anyone aside from Brian, my LTG. But this entire experience has been just amazing, filled with lots of fun.

I gained valuable life experiences and met so many incredible people. I had the pleasure of meeting most of the district board including immediate past and present district governors, Jennifer Zhu and Jesse Truong, motivational speaker Scott Greenberg (many of you might remember him from DCON 2008 in Sacramento), [IP] Key Club International President Kia Albertson-Rogers, many [IP] and present international trustees, and of course awesome people from other districts.

There was never a dull moment at ICON; the activities were just great: the workshops were fun and educational, caucus was long but interesting, the

House of Delegates was INTENSE, the service fair was full of free stuff and amazing new ideas, the speakers were phenomenal, especially the hypnotist, and the dances were absolutely crazy!! The unforgettable 5 days at ICON were full of buzz and excitement, pun intended.

To top it off, I was part of the most awesome and spirited district! I was so proud to call myself a bee! Everywhere we go, key clubbers from across the globe knew who we were by our proud black and yellow colors. All of the other districts were intensely jealous of us, the CNH bees; everyone tried to copy our cheers and spirit but as they say, imitation is the highest form of flattery. That is why I am very proud to say that CNH is the first district to earn the spirit stick this year!

One thing that differed ICON from DCON is the amount of free time that we get. At ICON we had plenty of time to ourselves, allowing us to explore the city or hang out at the pool with other key clubbers. Being wise spenders, many of us took advantage of the cheap metro system in Dallas. It was so much fun to walk around the city and

get a taste of what Texas is all about. We saw the sights in the Southern humidity and had authentic Texan meals. For the first time, I had a Texan steak and a taste of alligator (which by the way tastes more like fish than chicken)!

After spending 5 days with 1500 of the coolest Key Clubbers in the world, I feel sadness and emptiness as I finally return back home. Even after a week since convention, I still suffer post-ICON syndrome with symptoms such as missing and Facebook-stalking everyone that I met, feeling nostalgia whenever I see the pictures taken at convention, and suffering an actual virus epidemic spread by ICON.

This entire experience was way too incredible to sum up in a couple pages much less in a few paragraphs. In order to experience every moment, I highly encourage you all to attend next year's international convention in Memphis, Tennessee. Despite the high costs, it was definitely worth every penny.

Teresa Nguyen | DIVISION 4 N | La Quinta

OFFICER TRAINING CONFERENCE

Conferences?! Aren't they ones where you must meet up with an administrator to talk about your wrong actions? Well, in KEY Club terms, conferences help improve your current leadership skills to help the further improvements of each and every club. Not just one person to represent, not just a division, but a region gathered John F. Kennedy High School to finish one mission, learn

more about KEY Club.

The seven divisions started off their day by arriving early for their Divisional Council Meeting. Afterwards, we all were treated to lunch before the Officer Training Conference began. Afterwards, Region 3 entered the gym and began general session. It was a pleasure to meet the Lieutenant Governors, District Governor Jesse Truong, and International Vice-President Jonathan Yang. After the general session,

every person who attended went to two workshops to learn more about their position as well as life skills.

At the end of the workshops, it was time to gather once more as a region to end the session. From small spirit battles to region photos, the conference was very useful to my advantage to help become a better secretary as well as the improvements of my home club.

OFFICER TRAINING CONFERENCE

Tina Ho | DIVISION 4 N | Bolsa Grande

Leadership can be defined into two words, positive influence. We learned this from the international Kiwanis president, Steve Siemens at the Region Three Conference.

On June 6th, 2009, Bolsa Grande Key Clubbers set off to become even better leaders at the conference taken place at Orange Coast College. We were given a delicious lunch which included unlimited sandwiches, chips, cakes, and lemonade. Socializing occurred among each table as everyone chatted about Key Club and how excited they were to be learning from the international Kiwanis President.

After everyone was finished eating, Kiwanians introduced themselves and gave recognition to award recipients. Then, Steve Siemens began his conference on how to become a Leaderfit Kiwanian. We learned what leaders and leadership really were. He

motivated us to improve our clubs in any way possible, because nothing is impossible. He taught us ways to improve our membership experiences and how our club can be more effective. Communication is the glue that holds any club together. We learned how our club can improve its communication.

Then, we watched Kiwanis Videos which definitely made us realize all the reasons why we should keep pushing ourselves to be better leaders.

Once we finished watching the videos, Steve Siemens suggested us to change up the people at our table and meet other Kiwanians. At the table, we gathered up growth strategies to how we can improve ourselves. Some of the flaws that we had were: lack of explanation of community services, transportation, and communication. To improve these flaws, we came up with the ideas of making brochures of what Key Club was all about for people to

join the club, provide good reasons to why everyone should contribute to transportation, and how we needed to communicate among each other more often. A representative from each table came to the front of the stage and talked about what his or her table had discussed. Everyone had amazing ideas to share to give improvement into their clubs.

After the sharing session, we jotted down things we were going to do in order to be a Leaderfit Leader.

Once the conference was over, we said our goodbyes to the Kiwanians that we had met that day and walked out of the student center as inspired, motivated, and more passionate Key Clubbers. With all the new leadership skills we had learned that day, we were all going to be new and improved Leaderfit Kiwanians.

Rosa Nguyen | DIVISION 4 N | Rancho Alamitos

One of the many events that our Key Club participated in this month was the Officers Training Conference on June 27th, 2009. Key Clubs in our region joined together at John F. Kennedy High School to learn more about their officer position or one that they might be interested in. Though our group attending that even was very small compared to many other, I did not let it stop me from making the most out of the conference.

Though I already knew most of the information mentioned at the first general session, I was still eager for the next

two workshops coming up. The first workshop was to inform us of our duties as an officer. We were to attend the workshop of our position and because mine was not available, I attended the one for treasurers because our club treasurer could not make it but also because I was interested in it for the upcoming year. I learned a lot of the workshop and could not wait to bring back what I learned to our club treasurer and the other officers.

After that was our second workshop. It was our choice to decide which workshop was most beneficial to our club. Because we felt that our club could use a bit of improve-

ment, we decided to attend the "Key Club First AID" workshop. This workshop was very beneficial for us because we had a lot of questions and the leaders of this workshop were never hesitant in answering any of them.

All in all, attending OTC was an incredible experience. I learned a lot about Key Club and the responsibilities of the officers in charge. I feel like I know much more information than before attending the conference and I am confident in tackling all of the problems that my club may come across this next school year.

Tina Nguyen | DIVISION 4N | Garden Grove

OFFICER TRAINING CONFERENCE

“Wake up, wake up! It’s time to meet at the Garden Grove library for OTC, Garden Grove High School Key Clubbers!” As 9:30 AM hit, our Key Club met up at the library to head to the annual 2009-2010 Officer’s Training Conference. Driving to John F. Kennedy High School, Home of the Irish, and hoping not to get lost, we finally arrived at the school at approximately 10:00 AM. For Division 4 North as well as Division 4 West and 4 East, our June

DCM occurred before the start of the sessions and workshops.

After DCM, everybody raced to register and check-in as well as fill their stomachs up with hot dogs, chips, and drinks! Eating, drinking, taking pictures, meeting new people, playing Ninja, relaxing and showing one’s spirit all occurred before the actual event started. At 12:45 PM, the opening session started with a skit by Region 03’s Lieutenant Governors followed by some information on upcoming events as well as

an overview of the day’s workshops.

Workshops began at 2:00 PM. There were two workshops for the day, and both lasted for an hour. Each workshop I attended was very informative and helpful. At 4:00 PM, closing session began. Closing session was the fun part of the day since it allowed our Key Clubbers to show their spirit and pride.

Khanh Duong | DIVISION 4 N | Bolsa Grande

OFFICER TRAINING CONFERENCE

Double O’ Three: Mission to Success! That was the creative spy-inspired theme for Region 3’s Officer Training Conference. It was held at John F. Kennedy High School with Division 30 South Lieutenant Governor Brandon Antony Baello as the host. Over 300 Key Clubbers from all over Orange County arrive on campus prior to the registration time.

By 11:30, the Key Clubbers lined up and sign-in at their designated table (according to division). The Kiwanians provided food, soda, chips and water for the attendees. Ms. Lotito-Bryers, the assistant District Administrator South, and Jonathan Yang, Key Club International Vice President helped cook the hotdogs for lunch.

By noon, the Key Clubbers entered

the main campus’s gym while having to take off their shoes and throw away all food and drinks. Each division sat together and cheered as the 7 Lieutenant Governors from Region 3 prepared for the opening session. In the hour long session, the Lt. Governors performed a six-minute skit that emphasized on the importance of knowledge, time management, spirit, and Key Club as a whole. Present was Mr. Golden, the Region 3 Advisor and Jesse Truong, the Cali-Nev-Ha District Governor. Each Lt. Governor gave an overview of each workshop that was available. In addition, Jesse Truong was also able to present his Governor’s Remarks while Jonathan Yang informed the members about the importance of the workshops.

After the session, the Key Clubbers went to their designated workshops- each being 55 minutes long. The first seminar

included President/Vice Presidents workshop, Secretaries, Treasurers, Bulletin/Technology Editors, Future Leaders and Advisors Workshop. The second seminar consisted of Public Speaking, Time Management, Project Chairs, Club First Aid and Kiwanis Family Relations Workshop. Concluding the 2009 OTC, the closing session allowed the divisions to show off their pride with a massive spirit battle. Each Lt. Governor said their last remarks and the Conference ended roughly around 5 in the afternoon.

Overall, the day was incredibly productive; it was amazing to see the whole region come together and experience a day full of Key Club knowledge. Yes, Mission Double O’ Three was definitely a complete success!

MY ICON EXPERIENCE

HEY KEY CLUB!!!

How was your 4th of July weekend? I know mine was fantastic because I was at the Key Club International Convention in Dallas, Texas! I know I could not possibly do this whole experience any justice by trying to write an article about it, but I will definitely share some of the highlights.

SPIRIT

Even before we arrived at ICON, IP District Governor Jennifer Zhu told me that she wanted to win the spirit stick this year at ICON. At ICON, clubs unite with their districts and show off their district spirit, so CNH was up against all of the other attending districts. We were very well prepared, however. Each attendee purchased a pre-made spirit pack with spirit goodies inside. We decked ourselves out with our spirit gear (bandanas, clappers, buzzers, leis, wristbands, and more) and learned many CNH cheers - some old cheers and some new cheers. By the end of the convention, we must have learned 10 cheers. At the meet & greet and all the way until the first general session the next day, the Bees were buzzing with spirit and enthusiasm! When it came time to announce the spirit stick winner during the first general session, I was fairly confident that CNH had been the most spirited so far and deserved that

spirit stick. I am sure that all of the other CNH members in attendance agreed. Guess what - WE WON!!! CNH was the first district to be awarded the spirit stick, making CNH the contest judge's first choice for spirit. I couldn't have been prouder of our amazing district!

“...as members, we have this organization in our hands... [we] care about its future.”

BONDING

One of the best experiences at ICON was hanging out and bonding with my fellow District Board members. Through our fun times at ICON, we grew closer as a group and got to know each other very well. However, we also got to know some of the other members who joined us. It was really cool to meet the non-district board members and let them in to our tight group of friends from all over CNH.

ELECTIONS

Although there are many amazing reasons to attend ICON, the main purpose of the event is to hold the annual elections for International office. 700 delegates at the convention voted for a president, a vice-president, and 11 trustees to serve as our international leadership. The candidate pool was very strong this year, so there were some difficult choices to make between candidates. Both of the candidates from CNH won trustee positions - Congratulations to Larmon and Jenelle!

The House of Delegates (the event where elections take place) also includes voting on proposed amendments to the Key Club bylaws. There were three proposed amendments this year regarding the position of International Trustee. These resulted in heated and passionate debates, dramatic applause, and even some harsh accusations. However, after much intense debating, the amendments did not pass as proposed. The overall process gives a very rewarding feeling: as members, we have this organization in our hands. We decide where it goes, and all of us care very much about its future. Aside from all of the drama involved, the House of Delegates may have been the most exciting part of my ICON experience.

OFFICER TRAINING CONFERENCE

Hosted by the Region 3 Lieutenant Governors, the Officer Training Conference was an inspirational, educational, and welcoming experience. Unlike all the other years, this year's Officer Training Conference was hosted at Kennedy High School rather than Orange Coast College.

Although the location was altered, the traditional affair was still as amazing as all the other years as new Lieutenant Governors bond with their executive boards and members from high schools all over Region 3, passing on the core values and knowledge of Key Club and officers' responsibilities.

Being that it is at the end of the school year in June, members and I, myself, were lacking the motivation and Key Club pride that used to drive us to do the impossible for Key Club at the beginning of the year. Everyone grew tired and projects became redundant. However, through the energetic and ground-breaking workshops of noted Lieutenant Governors, spirits were brought back and the pride of Key Club flourished once again through spirit competitions and personal Key Club experience. I, myself, didn't feel the same about Key Club as I have felt at the beginning of the school year for a very long time now, and through this O.T.C., I feel more

passionate and alive once again for Key Club. Workshops materials were very similar to all the previous years, but something unique and different happened in these workshops this year. Maybe it is because of the passionate, charismatic, and understanding LTGSs, the location, or just a different year, but things were changed for the better.

After a long day of workshop hopping, screaming rallies, and bonding, I could not help but to be glad that I have attended this particular project.