



Key To Caring

Official Newsletter of Wisconsin-Upper Michigan Key Club District

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Edited by: Ben Lin

WI-UM District Bulletin Editor

"Go the extra mile. It's never crowded." - Unknown

Governor's Note

Happy New Year WIUM!

Happy New Year! As I write this, we are not just entering a new year but we are entering a new decade. As 2009 ends, we are taking time to not only reflect on the ups and downs of the year but of the peaks and valleys of a decade. We are taking time to form resolutions for the coming year and envision our future for the next 10 years.

As you take time to form your new year's resolution, I hope that you allow yourself to move beyond the cliché and ordinary. I wish for you to be able to hold the idea of service and following your highest, craziest, and wildest dreams as your guiding resolution over the next decade and the remainder of your life. In reflecting over the past decade, I realized just how far I have come since the tender age of seven and realized even more profoundly how much my time in Key Club has shaped my values and my character in just three of those years. I pray that your experience in Key Club has shown you, if nothing else, that the most powerful and rewarding events in life involve others and it is my wish for the coming decade that your experience as such serves as your life-long guide.

The New Year doesn't just shepherd in a time for reflection though – it also means that District Convention is right around the corner! Be sure to talk to your LTG, ask your advisor about the information they were sent, look inside this issue, or contact me for more information. The District Board has put tons of time into coming up with new, creative activities and workshops for our awesome animal themed weekend of celebrating service, and I hope you are able to get a group of your Key Club friends together to experience it! I assure you that DCON is a life-changing, eye-opening, information packed, Key Club experience that you don't want to miss! As always, feel free to e-mail me at njcornell@gmail.com with questions, comments, or invitations to your club's service project!

With excitement for DCON,
Nick Cornell

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Editor's Note

Hey WIUM!

The new year is always a momentous event, and this year certainly is no exception. While you're busy making resolutions for yourself, think about your club too. Create some good short and long-term goals for your club that are SMART (specific, measurable, attainable, realistic, timely). Maybe you want to increase the amount of service hours your club does? Maybe you want to increase membership? Whatever it is, make sure to periodically check up on your progress throughout the next few months.

Like always, please contact me with any questions you may have at editor@wiumkeyclub.com.

Yours in Service,
Ben Lin

INTERNATIONAL NEWS

A Note from your International Trustee

Greetings WI-UM Key Clubbers!

Although it is the start of a new year, the Key Club service year is sadly winding down. As we are preparing for the fun-filled weekend of District Convention, there are still many service projects out there for us to do in our communities.

One such event is Kiwanis One Day, held this year on April 10, 2010. On this day of united service, members from K-Kids, Builder's Club, Circle-K, Aktion Club, Key Club, and Kiwanis join together to make a difference in each of our communities. With over 600,000 members of the Kiwanis family, we can truly make an impact. This year, plan early and contact your local Kiwanis club and Circle-K to plan an event. Invite members from Aktion Club, as well as K-Kids and Builder's Club. For more information about Kiwanis One Day, visit www.keyclub.org and watch our "President's Message" about this day of service.

After an interesting project, make sure to enter the Kiwanis One Day Video Contest! Capture your day of service with your fellow members of the K-family. Your club can win a feature in the Key Club International video or magazine. Entries are due on February 15. Winners will be filmed on the actual day of service.

After attending the Wisconsin-Upper Michigan District Convention, I hope each and every one of you attends the 67th Annual Key Club International Convention, held this year in the exciting Memphis, Tennessee from July 7-11, 2010. International Convention is a great way to not only attend interesting workshops, similar to those presented at the District Convention, but you also have the opportunity of meeting Key Clubbers from all around the world. Last year at the International Convention in Dallas, Texas, Key Clubbers from the US were proud to meet Key Club members from Germany. Along with meeting new friends, the Convention also features live entertainment with Relient K performing and an appearance by speaker and UNICEF ambassador Clay Aiken. There will also be various activities, as well as several dances. Visit the Key Club International website today for more information! Should you have any questions about anything, please feel free to contact me as well!

Yours in caring, service, and friendship,
Nancy Zhang
Key Club International Trustee
nancyzhang.kci@gmail.com

International Convention

DCON has yet to arrive, but its never too late to start thinking about International Convention (ICON)! This year's will be held in Memphis, Tennessee. If you choose to attend, you will not only be experiencing the excitement of ICON, but you'll have the opportunity to tour the city as well. Are you an Elvis fan? Or maybe you prefer more recent music? Are you a shopaholic? Whatever it is, we've got you covered! Not only will we be visiting Graceland on our day of arrival, but there will be live performances from Clay Aiken and Relient K. As for shopping, there's plenty of it just minutes from the hotel. Whatever you're in to, we hope to see you there at ICON 2010. More information will be coming soon.

SPOTLIGHT ON SERVICE

CDC Gift Wrapping



On December 7, 2009, 34 Memorial High School Key Clubbers went down to the Career Development Center to wrap gifts. The Career Development Center (CDC) specializes in helping and preparing workers with disabilities or those who have difficulty keeping a job in their search. They ensure they have employment, whether that is by training or employing them in their warehouse. The CDC serves a wide spectrum of people, with ages varying from 16-72. Yearly, they employ 500 workers in their warehouse and help prepare 400 for competitive jobs. We took a tour through their warehouse where we witnessed a menagerie of jobs being done by their current 365 workers. First, we saw some making box springs and subflooring, and then we went to the graphics department. There, they make brochures, promotional buttons, and do personal and business reupholstering. They reupholster for local businesses such as the Regional Arts Center and Green Mill. CDC also has a screen printing department where we saw an employee making Wisconsin Badger sweatshirts. Lastly, we saw their packaging and gift wrapping department. The gifts we wrapped will be going to their 365 workers, 10 of which are members of Aktion Club.

Eryn Bresser
Memorial High School

Adopt-A-Family

Christmas season is by far the busiest time of year. It's filled with shopping for over-priced gifts, slaving over Christmas cookies, getting horribly bloated from Christmas candy, and spending time with relatives. In the midst this stressful time, though, some people still manage to enjoy the holiday season. Members of Little Chute High School Key Club have accomplished this through adopting not one, or two, or even three or four, but five local families through the Salvation Army.

Adopt-a-family is a program designed to help less fortunate families. Through a lot of fundraising, such as bell-ringing at sporting events, we raised approximately \$1000 to go towards gifts for these families. Everything was done anonymously, but that didn't take away from the warm, fuzzy feeling we all got when we dropped off the boxes overflowing with Christmas gifts.

The families gave a list of suggestions to help us clueless teenagers in our shopping adventures. We learned that all those numbers on the sides of microwave boxes really do mean something. We figured out how to distinguish between Handy Manny and Polly Pocket toys, along with countless other tidbits of information that only experience can bring.

Participation in this event was fun, even though it was planned around our own Christmas shopping, not to mention the homework crunch before break. Through those few, but intense and exhausting shopping trips, we rediscovered what Christmas and Key Club is all about: Caring... Our way of Life.

Ashley Coenen
Little Chute High School
Bulletin Editor / Webmaster

Riley Hietpas
Little Chute High School
Secretary

SPOTLIGHT ON SERVICE

Holiday Baskets

Holidays such as Thanksgiving and Christmas are often a time for families to gather and have a special meal together. However, especially in this economy, many families are not able to afford that meal. Fortunately, donations of food baskets can help to brighten a family's holiday. West Bend High Schools Key Club recently put together a Thanksgiving food basket for the family of a child at a local elementary school. Key Clubbers signed up to bring in one or more specific food items or donated money so the club could purchase items such as the turkey. The finished basket contained a complete dinner, right through dessert. A food basket might seem like a simple way to help out the community, but it can certainly make a family's day.

Sherri Biendarra
West Bend High School

Helping the Homeless

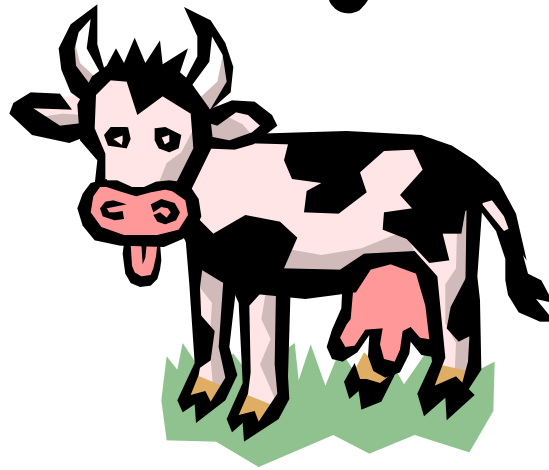
Middleton High School Key Club was doing their part even in the frigid month of December. For three Sundays in a row, students went down to the Salvation Army Homeless shelter in Madison. The other volunteers there truly appreciated the extra help at such a busy time during the year. Since so many students participated in this event, previously neglected jobs like mopping the floors, organizing and shelving food, and cleaning the food racks were able to be done. Of course, we also helped to make and serve food.

This was an eye opening experience for many who had never been around this type of place before. Any of the students who went would recommend it as a great service project for high school Key Club students! Try contacting your local homeless shelter and see if they could use some extra hands on one of these cold winter days.

Sincerely,
Nicole Brancel
Middleton High School

DISTRICT CONVENTION 2010

Service and caring have no cage!



District Convention (DCON) is our district's biggest annual event that is packed with service, fun, and opportunities to meet hundreds of other fellow Key Clubbers from around the district. This year, DCON is being held in the Hotel Sierra in Green Bay, Wisconsin from Friday, March 5th to Sunday, March 7th.

If you've been to DCON before, you already know how incredible the entire weekend is. If you haven't, you're in for quite a treat. You'll be making dozens of new friends, participating in a huge selection of fun and useful workshops, and electing your new District Board for the 2010-2011 Key Club year.

Whether you're new to Key Club, or you're a senior ready to join Circle K, DCON is the place to be!

STRESSED?

Time Management

Everyone is guilty of procrastinating at some point. Here are some useful time management techniques that you can use to get more work done and hopefully avoid the procrastination bug:

1) Break up the work: Divide the work into smaller chunks so large projects don't seem as intimidating.

2) Set deadlines: Set realistic deadlines and stick to them!

3) Remove distractions: Create a distraction-free workspace for yourself. Yes, Facebook is considered a distraction.

4) Start earlier: Get started on giant projects earlier! Don't wait until the night before.

5) Reward yourself: Promise yourself some sort of reward every time you get something done. And make sure not to cheat and give yourself the reward too early.

Stress Relief Tips

We all know them - those happy-go-lucky people that walk around every day a bright smile on their face as if nothing could faze them. Not only are they carefree, but somehow they manage to juggle a boggling to-do list. Stress is a word that isn't part of their vocabulary. You too can become stress free! Or at least minimize what stress you do have. Here are some useful stress-busting tips:

1) Exercise: A study done at the University of Missouri found that high intensity exercise done for just half an hour significantly lowers stress levels.

2) Forgive: Sure, your mom probably shouldn't have thrown away your favorite teddy bear when you were little. Maybe your best friend didn't display incredible common sense when she decided to trip you while ice skating. But grudges are just another stress-inducing source of stress. Learn to forgive!

3) Imagine you're in the running for a million dollars: Here's an interesting one. Next time that kid who sits behind you in class is doing a drum solo on his desk for the 50th time that week, ask yourself how long you could stand it if someone offered you a cool million. Not so bad anymore, huh?

Your Article Here

Email your article to blin99@gmail.com to be featured in the next KTC!

SERVICE PARTNERS

Children's Miracle Network

"Children's Miracle Network is a non-profit organization that raises funds for more than 170 children's hospitals. Countless individuals, organizations and media partners unite with Children's Miracle Network hospitals to help sick and injured kids in local communities. Donations to Children's Miracle Network create miracles by funding medical care, research and education that saves and improves the lives of 17 million children each year."

With the help of Children's Miracle Network, children from all walks of life can receive treatment for anything from asthma to broken bones and cancer. You can help out Children's Miracle Network by purchasing new toys or stuffed animals for hospitalized children, sending them cards, or by fundraising.

March of Dimes

March of Dimes was founded as a program to help improve the health of infants by preventing birth defects, premature births, and lowering infant mortality rates. Like the name suggests, one way to donate to March of Dimes is by collecting spare change and sending it their way.

Unicef

Unicef (United Nations International Children's Emergency Fund) is also a major service partner of Key Club International. One of the most widely known service projects with Unicef is the annual Halloween coin collection boxes (the little orange ones). Unicef always appreciates monetary donations that they can put towards their international projects.

LIVE 2 LEARN

Live 2 Learn Overview

Live 2 Learn is Key Club International's current Major Emphasis Project (MEP). It can be broken into three major areas.

- 1) Improving grades
- 2) Giving back
- 3) Growing together

Here are some suggested service projects that fall under each of these categories:

1) Improving grades

Start a tutoring program at a local elementary school to help kids who may be struggling with their classes. Your Key Club can visit the school once or twice a week. Just make sure that they're learning and you're not just doing their homework for them!

2) Giving back

Philanthropy isn't just about giving away lots of money. Philanthropy includes giving time as well. Work with children on service projects such as Trick-or-Treat for UNICEF or canned food drives just to name two.

3) Growing together

Work with children with fun craft projects. A recent study done in Boston showed that arts programs stimulated specific sets of thinking skills that remain otherwise unused.

Read and Lead

By Mallory Bonstrom and McKenna Guettinger

Eau Claire Memorial High School Key Club Secretary of Meetings
and Bulletin Editor

One of Memorial High School Key Club's major events for the past 5 years has been a tutoring program called Read and Lead. This program is based out of a nearby elementary school, Flynn Elementary. Key Clubbers pair-up with Flynn students, assisting them with reading skills and providing them with a positive, older role model. Each year, we have had much success with this program due to the hard work of our tutors, event chairs and the staff at Flynn. Two years ago, we started a new program in conjunction with Read and Lead, called High Five for Health. This program provides the tutors and elementary students with healthy snacks during their after school reading sessions.

Each year, we have about 40-50 Key Clubbers sign up to help with Read and Lead. Most of these volunteers are paired-up with a Flynn student that is struggling with reading. Others are assigned to help organize bus kids, are in charge of book check-out, help with setting up, and substitute for other tutors. The Memorial Key Clubbers and elementary students are split up into a Wednesday group and a Thursday group, each meeting for an hour after school. The tutors work one-on-one with their "reading buddies" and help them with sounding out words, comprehension, reading fluently, and other reading skills. In addition, the tutors also take time to get to know their "buddies" and talk with them. During the 8 weeks of this program, there is noticeable improvement in almost every student's reading. At the end of the Read and Lead program, each child gets to pick out a book to keep as well as a book bag that they make with their "reading buddies" on the first day.

Each year, Read and Lead has grown as a program. Last year, with more than 40 tutors signed up, we decided to expand the program from working with only 2nd and 3rd graders to working with kids in grades 1-5. Each year, we've also been able to expand our Read and Lead library with the help of grants and reduced price books from Memorial's annual book sale.

KEY CONNECTIONS

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Important Dates

Here are some important dates to keep in mind for the rest of the Key Club year.

February 1: WI-UM Grant Deadline
February 1: Award Applications Due
March 5-7: District Convention

Winter Project Ideas

Shovel: We've all at some point fallen victim to the unshoveled sidewalk. Next time there's a big snowfall, get your Key Club together and get shoveling. For added fun, split into teams and make it into a competition—whatever team shovels the most amount of snow gets a prize. Grab a camera to document the service project.

Coat Drive: Organize a coat drive in your school or community. You can work with your local red cross or food pantry to distribute coats to those in need. You can also collect things like gloves, hats, etc.