

4 Our Communities

The Official Newsletter of Division 4

Midwinter Edition



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From the Desk of Lt. Governor Michael



Dear Division 4,

Winter is always a very busy time of the year for Key Clubbers. Many clubs will help feed the needy, shovel snow for the elderly and infirm, and clothe the homeless. However your club chooses to serve during these winter months, I know you are all doing great work and I am proud to be your Lieutenant Governor.

Thank you to all those clubs that have expressed interest in being a part of our annual Leadership Training Conference. At the New York District mid-winter board meeting I had the opportunity to visit our venue, the Desmond Hotel, in Albany. It is a beautiful facility, and the entire board is very much looking forward to providing you with a weekend you will never forget.

It is not too late to register. Register before March 13th to avoid a \$100 late fee. Registration is 100% refundable until March 21st. Visit conference.nydkc.org to learn more about the event or to register. The price is \$300 for an advisor and \$275 for a student. This price includes everything (including meals and lodging) but transportation to and from Albany. If your club would like to go but cannot find transportation, please let me know. There are clubs in our division that are looking to split the cost of a bus with other clubs. If you would like to go but the cost is too high, consider applying to be on the Conference Staff. As a member of the Conference Staff you will attend LTC for free, and will be driven to and from the conference. For more information, visit the conference website at the link above.

Congratulations to Lieutenant Governor Elect Fallon Blacharski. She was elected to be your next lieutenant governor at our January divisional. While I am sad that my term is coming to an end, I am glad to be leaving our division in Fallon's capable hands.

Please feel free to send me an e-mail if you have any questions. I am always at your service. Enjoy our midwinter newsletter and I hope to see you at one of our last divisionals of the 2013-2014 Key Club year.

Yours in Service,
Michael Rovner

Upcoming Events and Important Reminders

Leadership Training Conference

March 28th to March 30th 2014

Visit conference.nydkc.org to learn more or to register today!

Key Club International Convention

Read on for more information!
June 30th, 2014 to July 6th, 2014
Anaheim, CA

(Departing Anaheim on the evening of July 6th
arriving home the morning of July 7th.)

Apply to be on the Conference Staff

Would you like to attend LTC
but cannot afford the price?

Register to be on the
Conference Staff at

conference.nydkc.org. You will
get to attend LTC all expenses
paid.

February Divisional

Date, time and location to be
announced. Check your inbox or
nydkcdivision4.weebly.com for
updates.

Key Leader

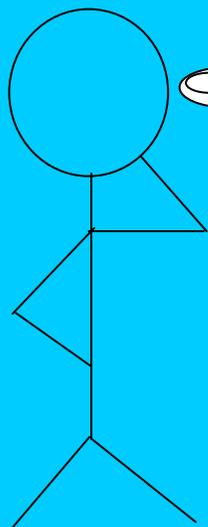
April 25-27, 2014

Camp Greenkill
Huguenot, NY

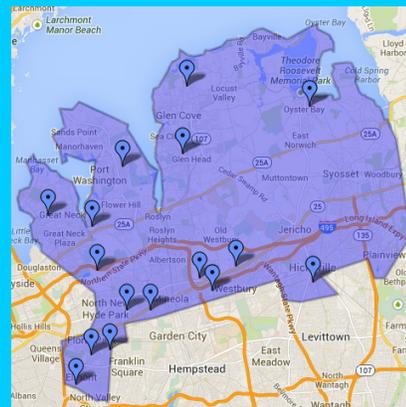
Improve your leadership skills.
Visit www.key-leader.org to learn
more or to register today!

Apply for Awards and Scholarships

Visit conference.nydkc.org, click on
“District Awards,” and download the
Awards Booklet for a complete listing
of awards and scholarships you can
apply for. Most awards and
scholarships are due on 2/25. On
*page 50 you will find the Annual
Achievement Report which all Key Clubs
are required to fill out by 2/25.*



What did I miss at
the January
Divisional?



On January 23rd Key Clubbers from Division 4 met at North Shore High School for the January Divisional. We began the evening by discussing the recent and upcoming events of the clubs in attendance. After hearing a representative from each of the clubs speak, we proceeded to discuss old business.

All clubs in attendance had paid dues, so we did not discuss this issue which originally appeared on the agenda. We began by discussing the upcoming Key Leader event at Camp Greenkill in Huguenot, New York. The event is taking place from Friday April 25th to Sunday April 27th, and attendees will learn about how to be an effective leader. As a Key Leader graduate, I must say that this is an experience that is not to be missed. The cost is \$200 per student (excluding transportation), and financial aid is available. To learn more about Key Leader, visit www.key-leader.org. After we finished our discussion about Key Leader, we proceeded to discuss the Leadership Training Conference. It is an amazing experience, and clubs are encouraged to contact me or visit conference.nydkc.org to learn more.

We then proceeded to discuss the new business on our agenda. The first item of new business was the election of the next lieutenant governor of division 4. Vice-President Fallon Blacharski of the North Shore High School Key Club won the election and will be your Lieutenant Governor for the 2014-2015 Key Club year. Lastly, we had two guest speakers. First, Circle K governor Kelly Chan spoke about the Kiwanis Pediatric Lyme Disease Foundation Week. Then, Vice-President of the Adelphi Circle K club Sophia Conti spoke about Adelphi Circle K's Murder Mystery fundraiser. After both guest speakers had finished their presentations the meeting was adjourned.



Service Spotlights

Glen Cove Key Club holds annual Holiday Feast



On Friday December 13th the Glen Cove High School Key Club held their annual Holiday Feast. Community members were invited to come and partake in a hearty meal. Attendees were asked to pay an admissions fee, and the proceeds were donated to the North Shore INN soup kitchen. As the winners of the Cablevision Charity Champions contest, Cablevision was on site to present the Glen Cove Key Club with a check for \$500 to help them do more in their community. They also presented the North Shore INN with a check for \$1000. Assemblyman Charles Lavine and Glen Cove Councilman Anthony Jimenez stopped by to show their support for their service-minded constituents. Congratulations on a successful event!

North Shore Key Club delivers toys to Cohen Children's Hospital

By: Jessica Hannon, North Shore Key Club Bulletin Staff Member

On December 20th, members of North Shore's Key Club and symphony orchestra teamed up to spread holiday cheer. This year's holiday toy drive was so successful that it required an entire school bus and multiple assembly lines to package and transport the donated gifts. When the key club arrived at Cohen Children's Medical Center along with its tower of gifts, even the hospital's employees gaped at the outpouring of generosity.

A crowd quickly formed as the orchestra filled the lobby with festive holiday tunes. Patients and their parents were able to temporarily escape the stress and disappointment of spending the holidays in a hospital as they listened to the performance. Despite the challenges they were facing, there was a collective moment of excitement and gratitude among the patients.

As a component of this year's major emphasis project, Key Club board members constructed vibrant paper flower bouquets for the patients in Cohen. Due to medical restrictions, fresh flowers are prohibited in patients' rooms. We created these flowers in order to provide patients with a means for adding holiday decorations to their rooms while following hospital protocol. These bouquets served as a reminder to patients that they have a dedicated support system far beyond their immediate family and medical team. In order to show support for the patients all year long, for this year's major emphasis project, the club will continue to send seasonally themed greeting cards to Cohen for the duration of the year.

Members of the Key Club agreed that this event was the first time they had truly felt the holiday spirit. Brightening the holidays for children hospitalized at Cohen was a highlight of the season for all involved. It was an uplifting experience for members, families, and patients alike and the event acted as a magical kickoff to the holiday season. North Shore's holiday visit to Cohen is not only an annual trip, but also a highly anticipated tradition.

Please continue to send in Service Spotlights. They are only a picture and a few sentences about an event. Remember there is no deadline. All submissions will be considered for the upcoming edition. Please send all service spotlights to michaelrovner.ltg@nydkc.org.



What is the Kiwanis Pediatric Lyme Disease Foundation?

Since its founding in 2001, the Kiwanis Pediatric Lyme Disease Foundation has been raising awareness about Lyme Disease and raising money to help children with the disease pay for treatment. Led by Distinguished Past Kiwanis Governor Mr. John Gridley of New Hyde Park, the work done by this foundation is nothing short of amazing, and does not receive as much recognition as it deserves. Since its inception it has spent over \$140,000 paying for the treatment of young children with Lyme Disease. Your help is crucial to the continued success of this great organization. Lyme Disease is very costly to treat and is not covered by most insurance policies.

Lyme Disease is a chronic illness that is transmitted to humans and animals through the Deer Tick. Early treatment is important to prevent the most debilitating symptoms of the disease. Unfortunately, the disease often goes undetected because the early symptoms such as fatigue and mood swings are very subtle.

To raise awareness about this cause and to raise awareness about the disease, this year the Foundation is introducing Pediatric Lyme Disease Awareness Week. While the week is officially being held from February 3rd through February 8th,

clubs are encouraged to celebrate this week whenever they can.

On Monday clubs are encouraged to wear “Lyme” green. To order lime green bracelets or t-shirts, you can contact District Governor Paul DeSantis at pauldesantis.gov@nydkc.org. The t-shirts cost \$10 and the bracelets cost about \$3. Checks should be made out to “New York Pediatric Lyme Disease Foundation” and can be mailed to 1502 Luddington Road, East Meadow, NY 11554. On Tuesday clubs that are participating are asked to educate everyone and anyone they can about the disease. Wednesday is your day to fundraise for the cause. Thursday you are encouraged to distribute tick kits (which can be purchased for about \$5 from Mr. John Gridley at hmteam2316@verizon.net). Friday you are asked to educate children about the disease, and the weekend is yours to celebrate how you wish. Any club that raises more than \$100 will receive a special banner patch.

The Kiwanis Pediatric Lyme Disease Foundation is truly an amazing cause. Mr. Gridley and the rest of the Foundation do so much to ensure that children receive treatment regardless of their ability to pay. For more information you can contact me, Governor Paul, or Mr. Gridley.



How to Protect Yourself from Lyme Disease

- Wear a hat when working in tick infested areas to keep ticks out of your hair.
- Wear light colored clothing to help you easily spot ticks.
- Keep your shirt tucked into your pants and your pants tucked into your socks.
- Use tick repellent or a bug spray that is effective on ticks.
- Conduct frequent tick checks when you are in tick infested areas.
- Carry a tick removal kit with you. They are compact enough to fit in an existing first aid kit.
- Check your pets as well and consider vaccinating them against Lyme Disease.

Save the Date! International Convention is right around the corner!



Hey Key Clubbers! Looking for something exciting to do this summer? Consider attending the 2014 Key Club International Convention in Anaheim California! Key Clubbers from New York will leave on Monday June 30th and return early on Sunday July 7th. The cost is yet to be determined, however, the officials planning the trip are hoping to keep the cost under \$1400.

The convention itself will begin on Wednesday, July 2nd and run through Sunday, July 6th. During the convention attendees will meet Key Clubbers from all over the world, participate in informative workshops, and elect the future leaders of Key Club International. From June 30th to July 2nd, Key Clubbers from New York will be touring the state of California. Starting in San Francisco, attendees will see some of the well known attractions in California as they make their way to the convention in Anaheim.

Please stay tuned for more details and a finalized itinerary. This is one experience you will not want to miss! For those that would like to attend but cannot afford the price, financial aid is available.

You will be staying in the beautiful Anaheim Marriott!



Charity of the Month



alzheimer's 
association™

Since its inception in 1980, the vision of the Alzheimer's Association has been "A world without Alzheimer's." The organization has three focuses: enhancing care and support, advancing research, and advocating for those affected by the disease. This year, the New York District is proud to feature the Alzheimer's Association as one of our District Projects.

Alzheimer's disease is the most common form of dementia, a general term for a decline in mental ability. The decline in mental capacity associated with dementia is so severe, it becomes difficult for those with the disease to go about their normal life. While dementia is a general term for any of several conditions that can be responsible for a decline in the functions of the brain, Alzheimer's disease is the most common form of dementia accounting for 50 to 80 percent of all dementia cases. The illness is not a normal part of the aging process, and some people can experience the symptoms as early as 40 or 50 (known as younger-onset Alzheimer's). There is currently no cure, but there are some treatments that can help patients cope with the symptoms. None of our current treatments can stop or reverse the progression of Alzheimer's.

There are many ways in which the Alzheimer's Association is leading the charge against this tragic disease. For those currently living with the disease, the Alzheimer's Association organizes support groups, connect patients to promising clinical trials, manages the nations largest Alzheimer's resource center, and staffs a 24/7 hotline that provides advice and information to caretakers and patients. For scientists and researchers looking for a cure the organization has awarded over \$315 million to research programs since 1982. They also publish a scientific journal to provide the scientific community with the latest progress in the fight against the disease. Lastly, through its regional chapters the charity petitions local, state, and national politicians to pass legislation to help those living with the disease and advance research.

Fortunately, there are many ways that we as Key Clubbers can help this wonderful organization. This year there is a walk on September 28th in Flushing Meadows Corona Park. You can also hold a fundraiser in your school and donate the money to the organization. Lastly, you can become an advocate and make sure that our politicians do not forget about the most vulnerable of our elderly population. For more information please visit www.alz.org

Important Links and Information



Visit our division website,
nydkcdivision4.weebly.com

Fill out paperwork, read back issues of *4 Our Communities*, see when our next divisional is, see what upcoming events there are, and learn more about Key Club! There is so much information up there and I am constantly updating it!

Connect with Key Club
on Facebook

On Facebook search

1. New York District Key Club
2. New York District Key Club Division 4



More Links!

1. Key Club International:
www.keyclub.org
2. New York District Key Club:
www.nydkc.org
3. Key Club App (iOS):
<http://bit.ly/z7iPd9>
4. Key Club App (Android):
<http://bit.ly/14GXRKC>

Charities endorsed by
the New York District

1. Alzheimer's Association
2. JDRF
3. American Cancer Society
4. Wounded Warrior Project
5. Kiwanis Pediatric Trauma Center
6. Pediatric Lyme Disease Foundation
7. Kamp Kiwanis
8. EliMiNaTe



Governor's Project

Nurturing our K-Family

Any project done in conjunction with another K-Family Club (i.e. Kiwanis, K-Kids, Builders Club, etc.) contributes to the Governor's Project.



Lieutenant Governor
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Extras!

Word Jumble!

Can you unscramble these Key Club related words and phrases?

Answers will be printed in Issue 7 of 4 Our Communities.

- | | |
|----------------------------|--------------------|
| 1.) ihmneaa | 6.) waadrs tolbeke |
| 2.) naniulttee orovgrne | 7.) seirdpnte |
| 3.) otconvinen | 8.) bucl |
| 4.) hte sedomnd | 9.) mneiltea |
| 5.) isnleg ersecvi procejt | 10.) resvcie |

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Answer Corner— Answers from Issue 5

1. Raeford Penny; Rachel Benoit
2. November
3. Michelle Petersen
4. Sixteen (16)
5. Anaheim, CA
6. The Beaver
7. Blue; Gold; White

Thank you for reading. Stay
tuned for Issue 7 of *4 Our
Communities*. Stay warm
Division 4!



KEY CLUB®

www.keyclub.org

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