

## Region 5 Eagle Newsletter

Newsletter 2009-2010 // Issue 12 // March 2010

### LTG INTRODUCTION

#### REGION FIVE, How you so FLY?!

This is your March Regional Newsletter editor, Division 28 North/28 West Lieutenant Governor Kameron VanWoerkom! I feel very privileged to be compiling the final issue of the Regional Newsletter for 2009-2010. I am excited for DCON, but still sad about ending my term :[ But you can make me happy if you say “hi” to me at DCON! I promise I am really nice!

I hope that this issue provides you with plenty of information that you need to get your club headed in the right direction as we approach DCON. For more information about your newsletter, be sure to check out the Divisional Newsletter distributed by your LTG. For more Cali-Nev-Ha District information, please visit [www.cnhkeyclub.org](http://www.cnhkeyclub.org) and click on “District News”. New issues are posted on the first day of each month. If anyone in Region 5 ever has a question, please feel free to ask me or any of our AMAZING LTGs!

Kameron VanWoerkom  
Division 28 North/28 West Lieutenant Governor 2009-2010

### INSIDE

- Lieutenant Governor Introduction ..... 1
- DCON Dress attire ..... 1
- Division 28 North Insert ..... 2
- Division 28 South Insert ..... 4
- Division 28 West Insert ..... 4
- Division 38 East Insert ..... 6
- Division 38 West Insert ..... 7

## REGION FIVE, HOW YOU SO FLY?

### 2010-2011 REGION 5 LTGs

#### division 28 north

Tristaniel Evangelista – East Tech

#### Division 28 South

Cathy Chao – Coronado HS

#### DIVISION 28 WEST

Yuna Kim – Ed. W. Clark HS

#### division 38 east

Mellanie Velasquez – Apple Valley HS

#### DIVISION 38 WEST

Phillip Nguyen – Highland HS



Congratulations to the new LTG Elects for Region 5! Be sure to meet them all at DCON!

# Division 28 North

## THE PHOENIX POST

BURNING UP THE SKIES, SERVICE NEVER DIES!

### LTG INTRODUCTION

THE END IS NEAR !!

Hey PHOENIXES!

This is the 12<sup>th</sup> edition of the 2009-2010 Phoenix Post, which means that it is the last edition of my term. This is also the last DCM of my term as your Lieutenant Governor. Yes, I am very sad :) However, I am also very excited, and you should be too! First of all, my term isn't quite over yet. DCON is coming up, and my term isn't done until DCON is over. I am so excited to see everyone there. The 2009-2010 District Board has worked very hard to make sure that it will be an amazing time. Also, you are about to begin working with LTG Elect Tristianiel Evangelista, who will be an excellent LTG that will carry on the legacy of strong leadership in Division 28 North. Plus, the end of one Key Club year brings a brand new one with it. You all have the opportunity to beat everything we did this year! Although I said I am excited, I am jealous of those of you who will have the chance to enjoy this next year. But remember - we aren't done yet, and let's make this last month count. Serve passionately, lead confidently, and have a blast with the time we have left together :) For the very last time as your LTG, this is Bossman K-Dawg signing out.

### THERES MORE!

Check out the full edition for more about...

- End-of-Year Club Tips
- Key Club Reflections
- Divisional Updates
- Upcoming DCMs
- Dates & Contacts

### KEY CLUB FACT

Division 28 North had a **49% increase** in membership, as well as significantly increased service hours in '09-'10. Great work, Phoenixes!

Kameron VanWoerkom

Division 28 North Lieutenant Governor

### LTG + ELECT = <3



### 2009-2010 PHOENIX POINTS

#### Current Rankings

★★ A-TECH	6341	Mojave	1416
Legacy	4136	Shadow Ridge	1270
Las Vegas	3270	Sunrise Mtn.	711
Rancho	1960	LVA	645
East Tech	1838	Cheyenne	531
Arbor View	1792	V-TECH	499
Canyon Springs	1544	Eldorado	379

Earn Service Hours, attend Division Events, and turn in those MRFs to earn Phoenix Points!

# Division 28 North

## March 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6

## events & reminders

5 - Secretaries: MRF Due!  
 9 - D28N March DCM - 5PM @ Las Vegas  
 15 - CNH News Articles Due - Anyone can submit!  
 20 - Kiwanis D28 DCM (Laughlin)  
 Apr. 5 - Final MRF & Newsletter Articles Due  
 Apr. 9-11 - CNH District Convention

## division 28 north presidents

A-TECH	Arbor View	Canyon Springs
Krystina Kamjorn ATApres.Krystina@gmail.com (702) 278-5789	Kristine Constantino k_constantino9@hotmail.com (702) 824-5717	Kyle Aberin cshskc.president@gmail.com (702) 208-0916
Cheyenne	Desert Pines	East Tech
Gatsby Darwin chskc.president@gmail.com (702) 862-0092	Betzabe Ramirez jessica.betzabe@gmail.com (702) 241-1125	Rey Pamuspusan easttech.president@gmail.com (702) 481-8235
Eldorado	Las Vegas	Las Vegas Academy
Vacant	Adrian Casino lvhskc.president@gmail.com (702) 332-1618	Paige Meriweather lva.president@gmail.com (702) 336-5629
Legacy	Mojave	Rancho
David Aba De_aba@hotmail.com (702) 575-8203	Leah Belcastro president.mojave@gmail.com (702) 285-8538	Juriza Mendoza rancho.president@gmail.com (702) 427-2072
Shadow Ridge	Sunrise Mountain	Veteran's Tribute CTA
Caitlin Norton caitlinn_srhskc@yahoo.com (702) 324-0022	Codi Myers codiwalksonair@aol.com (702) 427-0102	Vacant

## contacts

### Division 28 North

**Lieutenant Governor**  
 Kameron VanWoerkom  
 (702) 281-3142  
 d28n.cnhkc.ltg@gmail.com

**Executive Assistant**  
 Pylina Tangsuvanich  
 (702) 686-2482  
 d28n.cnhkc.ea@gmail.com

**Divisional Secretary**  
 Tristianel Evangelista  
 (702) 340-2485  
 d28n.cnhkc.dsec@gmail.com

### Region 5 Advisors

**Ms. Karyl Bruhn**  
 Divisions 38E/W

**Ms. Mei Mei Wong**  
 (702) 274-6505  
 wongm@interact.ccsd.net

**Mr. Sam Lybarger**  
 (702) 499-8819  
 Safetysam1@cox.net

**Ms. Alyson Palmer**  
 (702) 338-8239  
 apalmer@interact.ccsd.net

## Kiwanis sponsor information

**Kiwanis of Las Vegas**  
 President// Marcia Tinberg (702) 524-5014  
 Sponsor of// Arbor View, Eldorado, Las Vegas  
 Meeting Time// Wednesday 12:00 Noon  
 Meeting Place// Marie Calendars (Flamingo & Decatur)

**Kiwanis of Las Vegas Strip**  
 President// Dick Richards (702) 876-8583  
 Sponsor of// A-TECH, LVA, Rancho, Desert Pines, V-TECH  
 Meeting Time// Friday 7:30 AM  
 Meeting Place// Bootlegger Bistro (S LV Blvd)

**Kiwanis of LV, Young Professionals**  
 President// Rachel Ngo (702) 501-1383  
 Sponsor of// East Tech  
 Meeting Time// Third Tuesday 5:30 PM  
 Meeting Place// Three Square Food Bank

**Kiwanis of North Las Vegas**  
 President// Matt Satenstein (702) 461-6724  
 Sponsor of// Canyon Springs, Cheyenne, Legacy, Mojave, Shadow Ridge  
 Meeting Time// Wednesday 6:00 PM  
 Meeting Place// TGI Fridays @ Aliante

Get to know your Kiwanis sponsor by attending their meetings!

we be fallin up! never fallin down!



# Division 28 West

## THE SEAMONKEY TRIBUNE

OUR SNORKELS UP HIGH, OUR TAILS DOWN LOW...

### LTG INTRODUCTION

THE END IS NEAR !!

Hey PHOENIXES!

This is the 12<sup>th</sup> edition of the 2009-2010 Seamonkey Tribune, which means that it is the last edition of my term. This is also the last DCM of my term as your Lieutenant Governor. Yes, I am very sad :( However, I am also very excited, and you should be too! First of all, my term isn't quite over yet. DCON is coming up, and my term isn't done until DCON is over. I am so excited to see everyone there. The 2009-2010 District Board has worked very hard to make sure that it will be an amazing time. Also, you are about to begin working with LTG Elect Yuna Kim, who will be an excellent LTG. Plus, the end of one Key Club year brings a brand new one with it. You all have the opportunity to beat everything we did this year! Although I said I am excited, I am jealous of those of you who will have the chance to enjoy this next year. But remember - we aren't done yet, and let's make this last month count. Serve passionately, lead confidently, and have a blast with the time we have left together :) For the very last time as your LTG, this is Bossman K-Dawg signing out.

Kameron VanWoerkom  
Division 28 North/28 West Lieutenant Governor

### WHATS INSIDE

- Lieutenant Governor Introduction.....1
- Club Building .....2
- Key Club Reflections.....3
- Divisional Updates.....4
- Upcoming DCMs.....4



**CALI-NEV-HA**  
DISTRICT CONVENTION

**SERVICE: ABUZZ AND BEEYOND**

MEET THOUSANDS OF KEY CLUBBERS  
ELECT THE 2010-2011 EXECUTIVE BOARD  
...AND MORE!

**APRIL 9-11, 2010**  
**BEE THERE**

More information found at [www.cnlkeyclub.org](http://www.cnlkeyclub.org)

### 2010 K-FAMILY DCM

Saturday, May 22<sup>nd</sup>, 2010 | 11:00 AM  
Canyon Springs High School  
No Registration Necessary

This Kiwanis-family DCM is a joint-DCM for Key Club Divisions 28 North, 28 South, and 28 West as well as Kiwanis Division 28 and Circle-K Desert Oasis Division. This will also act as the May D28W DCM!

Come meet your Kiwanis sponsors and partner up with them for a meaningful service project

# Division 28 West

## important information

### 1] LTG Elect

Hey Seamonkeys! Congratulations to your new LTG Elect, Yuna Kim from Clark High School! She will be serving as your LTG for 2010-2011, which starts at DCON 2010 and ends at DCON 2011. You will be receiving her letter of introduction very soon and I am very excited to hand the LTG position back over to its rightful owners – the members of Division 28 West :]

### 2] Kiwanis ONE Day

I am sure you have heard about Kiwanis and Circle-K, but have you seen them in action? Here is our chance to work hand-in-hand with our Kiwanis family members for a **great cause!** Check the DCM agenda for more information.

### 3] May Kiwanis-Family SUPER DCM

Do you remember the August Kiwanis-family Super DCM? This year, we have moved the event to May to reduce scheduling conflict. We will do the usual Kiwanis-family joint meeting, but this year's service project is going to be slightly different. The project will benefit Project HOPE, which assists local needy students. **Don't miss this once-a-year event!**

## DCM

### April 28W DCM:

Thursday, April 15<sup>th</sup>  
5:00-6:00 PM  
Cimarron-Memorial HS

### May K-Family Super DCM:

Saturday, May 22<sup>nd</sup>  
11:00 AM  
Canyon Springs

## MRF

### Final Deadline

Due April 5<sup>th</sup>

### Submit To:

RA Ms. Palmer  
(apalmer@interact.ccsd.net)  
LTG Elect Yuna  
(d28w.cnhkc.ltg@gmail.com)  
Div. Secretary Nathan  
(vhskc.secb@gmail.com)  
Club President  
Kiwanis & Faculty Advisor

This is your final MRF  
Submission for the 2009-2010  
School Year

## reflector

Have a big question? Want cool officer resources? Even if you don't, all officers should join their respective CNH District reflectors – it's a cool way to network with officers from all over California, Nevada, and Hawaii.

### Presidents & Vice-Presidents//

<http://groups.google.com/group/cnh-presidents0910>

### Secretaries//

<http://groups.google.com/group/cnh-secretaries0910>

### Treasurers//

<http://groups.google.com/group/cnh-treasurers0910>

### Bulletin & Technology Editors//

<http://groups.google.com/group/cnh-bete0910>

Also, all members should join the Division 28 North/West Reflector for divisional and regional updates.

### Division 28 North/West Reflector//

<http://groups.google.com/group/d28north>

## newsletter

### Visuals

Take awesome Key Club pictures, send to LTG Kameron or Phill!

### Divisional Articles

Anyone can submit!  
Due April 5<sup>th</sup>

### CNH KEY Articles

® Visit  
[www.cnhkeyclub.org](http://www.cnhkeyclub.org)

# Division 38 East

## Division 38 East

I. Hey Division 38 East!

I am pleased to announce our 2010-2011 Lt Governor is Melanie Velasquez. I cant believe this is my last newsletter it still feels like yesterday was the day of my election! I am so thankful to many people this year including: my parents, Region 5! Kameron, Phillip, and Andrew! Region 5's amazing RA's.I can truly say that if I hadn't had taken on this role I wouldn't be the person standing before you today. You guys amaze me, everyday I am so thankful to have had the opportunity to represent all of you at District level and to get to know all of you on a personal level. I would lie if I said this past year was a breeze; if I said I didn't make my share of mistakes, if I denied that I had had my moments where I doubted myself and I would lie if I said that every mistake every self doubt didn't make me a strong person. We are all going to face challenges in life, but what defines us as a person is how we choose to either overcome the situation or let it overcome us. I have grown in so many ways and it is all thanks to you, Division 38 East, all of you will always have a special part in my heart. Always, we are Ohana which means family, and you will always be my Ohana. You have all shaped me and for that I am eternally grateful.

Thank you for one of the best years of my life.

I'm always here for all of you!

Love Always,

Eliana Castillo

2009-2010 Lt. Governor



Special Thanks to the Kiwanis Club of Hesperia for donating the Percy Baker Center

Kiwanis of Division 38

Ms. Karyl Bruhn  
The BEST Regional Advisor anyone could ask for

Ms. Jen Skidmore

Our Kiwanis Lt. Governor  
Russ Kiner

Bridgette Forbs

Jeanette Castro

Kameron, Phillip and Andrew (my boys : ) )



### Key Club Pledge

"I pledge on my honor to uphold the object of Key Club international; to build my home, school, and community to serve my nation and God and to combat all forces which tend to undermine these institutions"

# Division 38 East

## Pediatric Trauma Prevention

Recognizing the serious need for education and training in the areas of pediatric trauma and injury prevention, the Kiwanis Cal-Nev-Ha Foundation established the Pediatric Trauma Program in 1994. Our mission is to develop local projects, which will reduce the number of children in our district who are killed or injured by trauma. Utilizing the knowledge and expertise of our partner hospitals, the Foundation identifies projects the Kiwanis family can undertake to address the issue of Pediatric Trauma within their own communities. The Foundation's partnership with children's hospitals in Oakland, San Diego, Loma Linda, Madera, Honolulu and Reno connect the Kiwanis family to the issue of Pediatric Trauma.

The Kiwanis Cal-Nev-Ha Foundation works closely with our partner hospitals to provide funding to train pediatric doctors, nurses and first responders, to purchase much-needed pediatric medical equipment and to create or expand community outreach programs.

All of this is only possible due to the generous support of our clubs and members. Donations designated for PTP are spent in three major areas: grants to our partner hospitals; grants to Kiwanis and SLP clubs; and PTP safety items which are available for purchase by the Kiwanis family at a subsidized cost.



## District Project Update

### WALK FOR LIFE

District Convention in Sacramento is right around the corner which means that another great opportunity to fundraise for PTP is at your hands! The annual CNH Walk-for-Life, benefitting the CNH Kiwanis Foundation's Pediatric Trauma Program, will be held on Saturday afternoon of the DCON weekend and you are invited to participate!

CNH is trying something totally new this year! Many of us are tired and a little groggy on Sunday morning after dancing the night away at Governor's Ball or strumming like maniacs to Guitar Hero in the alternative activities room. Admit it. It takes a little while to recuperate from the long day before. Now, Walk-for-Life is moved earlier in the weekend! This means more of your friends can participate with you and raise more money for PTP. Imagine what an impact CNH could make adding to the \$120,000+ already raised for PTP? This year's Walk-for-Life could be monumental, and you could be a part of it!

Did you notice that DCON falls on the weekend of Kiwanis One Day? Don't be alarmed if you didn't know. The Walk-for-Life can be your Kiwanis One Day project! On April 10, 2010, members of the K-Family from all over the globe will be serving their homes, schools, and communities together. Be a part of this amazing, huge service project by participating in the Walk-for-Life!

Okay! So I'm interested and I want to participate in the Walk-for-Life. What do I do next?

First: Log onto [cnhkeyclub.org](http://cnhkeyclub.org) and download the fundraising form for Walk-for-Life. Use this form to collect donations from your home, school, and community to benefit PTP.

Second: When you get to DCON (all excited and pumped up!), find the District Projects and Walk-for-Life booths. Here you can register for the Walk-for-Life and turn in your donations. Remember that to participate, we ask that you make a donation to PTP.

Don't forget to pack some comfortable shoes and maybe some work-out clothes for the walk. And never forget that Key Club Spirit. Expect to be asked "how you feel" when you're out there!

### MARCH OF DIMES: MARCH FOR BABIES

Attention all March of Dimes fans! The March for Babies Webinar (Web Seminar) is here! Every year, March of Dimes and Team Youth organize a nation-wide "March for Babies" benefitting March of Dimes, a Key Club service partner. The money raised would be used for research, equipment, and training to prevent premature birth and to assist mother's in the raising of physically ill babies.

The March for Babies is held annually in April and CNH does represent with 18 registered teams. Some teams include Division 4 East and Piedmont Hills High School Key Club in San Jose, CA. Are you interested in participating? The register for the Webinar today!

Log onto <https://www1.gotomeeting.com/register/821179457> or go to [keyclub.org](http://keyclub.org) and find the article "Attend a March for Babies Webinar." For more information and to register or donate to a team, go to [marchforbabies.org/Kiwanis](http://marchforbabies.org/Kiwanis).

### DANCING FOR CHILDREN' MIRACLE NETWORK

Are you a dancer? Or do you like making videos? Maybe you like to do both. Combine your "awesomeness" as a Key Clubber with those traits and you'll be set for the Family Dance-Off benefitting the Children's Miracle Network, a Key Club service partner.

"Primrose Schools has partnered with Children's Miracle Network to bring you the **FAMILY DANCE-OFF** video contest. Dancing is a fun and easy way for your family to increase physical activity while spending quality time together at home!

Now, it's time to **DANCE!** Film a 30-second clip of your family dancing to your favorite songs. The sillier, the better! Then, get your friends and family to VOTE for your family's video. If your video makes the cut, your family can have a chance to **WIN** these great prizes:

- \$5,000 grand prize
- Wii Fit Bundle
- FLIP Video Camera
- \$30,000 donation to your local Children's Miracle Network Hospital

Get ready to get down and boogie – register for the **FAMILY DANCE-OFF** contest now to upload your video or vote. Don't forget to check out all the videos and VOTE on your favorite in the Gallery!" – [FamilyDanceOff.com](http://FamilyDanceOff.com)

You must submit your awesome video by 11:59 PM EST on March 19, 2010. We have some awesome dancers here in CNH! You can do it! Register at [familydanceoff.com](http://familydanceoff.com)!

# Division 28 South

## FOR MORE INFORMATION

Contact your Lieutenant Governor, **Phillip Tanim**

Email: [d28s.cnhkc.ltg@gmail.com](mailto:d28s.cnhkc.ltg@gmail.com)

Cell: 702.545.8803

# Division 38 West

## FOR MORE INFORMATION

Contact your Lieutenant Governor, **Andrew Arquisola**

Email: [d38w.cnhkc.ltg@gmail.com](mailto:d38w.cnhkc.ltg@gmail.com)

Cell: 661.618.9140

