



Issue 2

Back-2-School

September, 2001

STRESS RELIEF...

~Erin Lynch

Immediate Past Montana Key Club District Secretary

Hey everyone, with school coming up on us here shortly...or it may have already started for some it is likely that the stress in your life will increase, if it doesn't you simply aren't normal! So I came up with a few ideas you can use to relieve yourself of stress temporarily, or you can do them if you and your friends just get really bored.

1. Go to or rent a movie
2. Go into a random businesses and speak with an accent
3. Play some ultimate Frisbee--or any other pick up game
4. Take a time out
5. Make up a calendar of made up events in a friend's life and mail it to everyone they know...(i.e. "Bob's first shower-2011, Bob turns 16--2003")
6. Jam mini marshmallows up your nose, and try to sneeze them out.
7. Write a short story in alphabet soup

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8. Meet at a friend's house, write down random directions (left 3 blocks, turn right for 5 blocks, etc...) and go where they take you, take a picture when you get there
9. Grab some sidewalk chalk and trace outlines of your friends on the sidewalk outside of other friend's houses. 🍷
10. Take a bunch of old pictures of friends and send them to them like post cards--you can do that! Make sure they are embarrassing ones

Best of luck to each and every one of you this year!

INTERNATIONAL TRUSTEES MESSAGE

Dear Fellow Key Club Members,

My name is Alicia Fremling. I am a senior at Fargo North high in Fargo, North Dakota. The past July at the Key Club International Convention in Washington, D.C., I was elected to the position of International Trustee. This was a very honorable and exciting event for me.

At the end of July, after being elected, I attended the International Board training in Indianapolis, Indiana. At the board training we learned our responsibilities for the year and set our goals. During this training the Governors from most of the districts in Key Club International also came to Indianapolis for a leadership camp that we all attended. But before we left for camp the Trustees were informed of their district assignments. I am very pleased to be assigned to the Montana District. I will also be serving Montana's sister district, West Virginia.

Since board training, I have been keeping very busy with all types of Key Club work. I am a committee member for the Marketing and Communications committee. In this committee we work a lot on the KEYNOTER magazine and the international website, www.keyclub.org. I have also been keeping contact with the wonderful members of the district boards I serve.

Along with Key Club, I am active in other organizations, clubs, sports, etc. I am the Vice-President of the Student Council, a member of Student Congress, and a member of the Activities Leadership Council. I sing in choir, run cross country, and play softball. I also enjoy attending all sorts of school sporting events.

At home I live with both of my parents, Dan and Elaine, and my 10-year-old sister, Vanessa. I also have two cats and a few fish. Besides all of my other activities, I enjoy going to the lakes, water skiing, running, and of course shopping. So that's me summed up in a few sentences.

My job as Trustee is to serve as a liaison between my districts and the International Board. I am also a resource for other Key Clubbers to come to. Please don't hesitate to contact me if you ever need anything or have any questions regarding Key Club. I am always willing to help! I hope all of you have a wonderful school year and stay very involved in Key Club.

In service and friendship-

Alicia Fremling
International Trustee
aliciakc@hotmail.com



Letter from the International President

I look forward to the year ahead with great excitement and enthusiasm. Although there will be some changes in the Key Club International, ordeals will remain centered on one basic principle: service. Service to our homes, our schools, and our communities. Key Club International has a constitution that provides structure and form, but it is the individual members of Key Club that define its spirit. It is the largest, strongest, and most unique high school service organization because it is run by high school students. Kiwanis International has given us a tremendous opportunity by allowing us to take charge of our organization. By supporting this organization, Kiwanis has bestowed upon us the privilege



and responsibility of making it our own. With the Kiwanis Family, we make a positive difference in our world. But it is up to each member in every club to decide just how we're going to do it - because

Key Club is what you make of it. One club may volunteer at elementary schools. Another may visit an assisted living center. A third may collect food for those in need. There are also many different partnerships Key Club International has formed with which clubs can choose to aid in their endeavors such as Trick-Or-Treat for UNICEF and Service of Champions Day with Children's Miracle Network. Ultimately, it depends on how we decide to engage our communities. Through the projects each club participates in, and the level of enthusiasm each member brings to those

projects we shape the future of this organization, because Key Club is what you make of it. At your club's next meeting, have your club members construct their definition of Key Club. Begin with the phrase "Key Club is. . ." and find out where each member wants to take the club and this organization. There are many ways to serve your community through Key Club. Decide how you want to make a positive difference. Find your passions, support your convictions, and act on your principles. Because Key Club is what you make of it.

Teo's Bio-sketch

Teo Nicolais is a senior at Green Mountain High School in Lakewood, Colorado. Since joining Key Club in 1999, he has held numerous offices and received prestigious recognition for his contributions to the organization. He is a George F. Hixson, G. Harold Martin, and Lusche Fellow. He was elected Lieutenant Governor in 1999 and served as Governor of the Rocky Mountain District in 2000. Teo was elected as Key Club International President in July, 2001 at the International Convention in Washington, DC. Teo is committed to Key Club International's mission statement - An international, student-led organization providing its members with opportunities to perform service, build character, and develop leadership.

I n t e r n a t i o n a l

This year's International Conventional was held in Washington D.C., where our government's home is. We left Billings early in the morning with 45 teenagers on the bus and arrived back home 17 days later. We had been to the City of New York, Gettysburg, the yummy town of Hershey, Pennsylvania, and many, many more. We saw grand sights such as the Empire State building and the Pentagon. But, I think we found when we got home and had rested a little bit, that the best part of the trip were the friendships we made in between those spectacular places. One thing that was a little strange was looking at my pictures of the New York skyline and remembering the Pentagon after hearing about the plane crashes. It is a weird feeling to know you have seen and been to those places.

The convention itself was also wonderful. We met people from all over the country and from places outside of the country. We elected the new international board and went to workshops that included UNICEF, as well as Salsa dancing and Origami. There were some very important people there including Miss USA who did a hula dance for us. One of the most important things that it did for me was make the international board not just some important people, but real people that I could talk to and see. It also made me realize how many people there are in Key Club and that it truly is an International Organization.

I would recommend that any one go, from a new member to an old member who knows everything. It's a wonderful experience I would love to do over again.

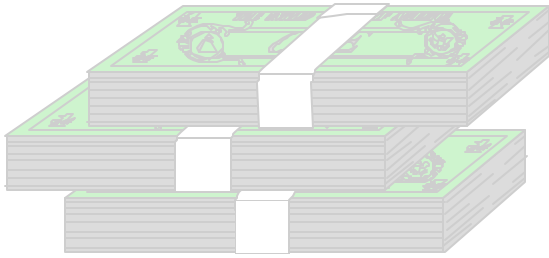


~Alicia Fremling, International Trustee

Has your club every wanted to do a project, but didn't have the money to fund it? If so, you have come to the right place. The Youth Opportunities Fund (YOF) is a grant for Key Clubs and members to do service-projects that require money to accomplish them. Grants can range from \$200 to \$2000. All one needs to do is fill out an application. It is easy

to do. Applications can be found in the Key Club Guide Book, and they are available online at <http://www.keyclub.org/BeInformed/ClubResources/YOF-ap.htm>. After an application has been filled out, it should be submitted to Key Club International where selected members of the Key Club International Board will review the applications. The Board will be looking at projects that are planned, developed, and implemented by a Key Club or member(s) of a Key Club with adults serving as advisors and/or facilitators. Deadline for submission for the Spring/Summer funding cycle is December 10, and the deadline for the Fall/Winter Cycle is May 15. Fill those applications and send them in!

Dues! Yippie! ✍️



Hello everyone. Another school year has begun and I hope it is going well for all. With the new school year come annual obligations. One of these obligations is collecting Dues from club participants. Dues are one of the most important things to focus on besides club projects right now. The club treasurers should be telling their clubs why they are collecting money from everyone. If not, here are the reasons: Of the money collected from each person, \$5 goes to help International; \$5 goes to help the District; \$1 (a voluntary donation from each person) goes to help Project Life, the Governor's Project; and if the club collects more than \$11 per member, the extra money goes into the Key Club account. Pretty simple, huh? When paying, people should fill out information about themselves for club and district purposes. One important item to write down is email addresses. Please pick one that might be kept for the year, it just makes it easier on everyone else. Simple items such as notices that the Mon-Key is online or other Key Club related issues will be sent out.

International has a contest called the "Dues Derby." This is when each District competes to see how many members they can get to pay dues by the end of the Key Club year. Last year, we ended with 93% collected. I know that this year we can beat that total, but it takes everyone's participation. One of the easiest ways is to collect everyone's dues before November 1st. This is the Early Bird deadline. The next deadline is December 1st. People that join later in the year and still get their hours need to still pay. Paying dues also allows people to participate in District events and other fun activities. Please encourage people of the clubs to pay, because the money is used to better serve others. Dues are very important in helping this organization keep the members informed and help make "Service" the number one priority. Also, if people pay their dues and acquire their hours, then they are considered a member. Remember, there is no such thing as an "un-paid member." All members have paid dues.

Happy collecting and have fun serving!

**Yours in Service
and Caring,**

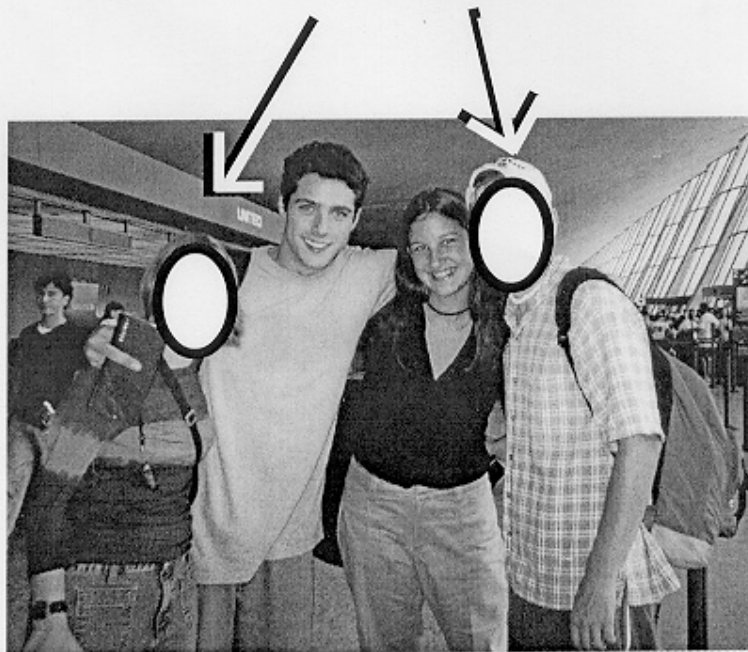
Jessica Sampson
Montana District
Treasurer



AYUSA Youth Exchange
in alliance with KEY CLUB International

FULL SCHOLARSHIPS AVAILABLE!

**THIS COULD
BE YOU...**



Applications deadlines:

- * Full Scholarships (12/31/01)
- * Others (3/1/02)

Requirements:

- * 15-18 years of age
- * 2.75 GPA or higher
- * Flexible, adaptable, and mature

Destinations include:

- Argentina
- Australia
- England
- Germany
- Greece
- France
- Ireland
- Italy
- Japan
- and many more!

(AYUSA Students currently studying abroad Germany)

**STUDYING IN 1 OF OVER 15
DESTINATIONS AROUND THE WORLD!**

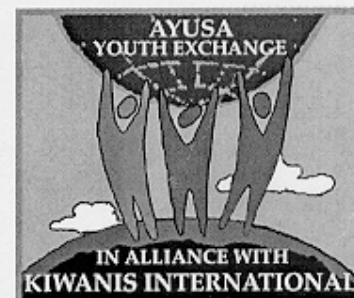
To Apply:

Contact the AYUSA Study Abroad Department at 1-800-727-4540 x.545
OR visit the website at www.ayusa.org to download an applicaiton



Thanks to AYUSA and Key Clubs around the country, thousands of students have embarked on study abroad adventures around the world. Join us on one of life's greatest and most rewarding adventures!

Sign up today!
Call 1-800-727-4540 x.545



Experience the World

Every year, Key Clubbers like you, embark on a variety of study abroad adventures around the world. They live with host families, attend local high schools, and create lifelong international friendships in the country of their choice.

As the school year is getting underway, now is a great time to look into a study abroad adventure that's just right for you. With over 15 countries to choose from

(including England, France, and Italy), Key Clubbers can experience the world firsthand by studying abroad! For a free brochure and to learn more, contact AYUSA International, Key Club's official partner in youth exchange, at (800) 727-4540 x.545 or visit www.ayusa.org today. And remember, if you haven't already invited exchange students from your school to join your Key Club - invite them today!

Letter From the Editor

Hey, Hello, Hi! I hope you all are getting through the September 11th tragedy with lots of prayers and lending a helping hand. This publication is dedicated to the victims and families of those affected by this tragedy. The Kiwanis and Key Club International Boards created the "911 Fund", to raise money for the children of the victims.

Red is for the color of our hearts which is filled with love for the victims and families.

White is for the color of a dove which is the symbol of peace and hope.

Blue is for the honors we have won in past wars against our enemies.

Yours in Service and Friendship,

Amanda "AL" Laeupple

Calendar of Events

K-Family Month	November 1-November 30
Key Club Week	November 4- November 10
Fall Board Meeting	November 15-November 16
Youth Conference	November 16-November 18
Winter Board Meeting	December 27-December 29
Awards Deadline	February 13
Candidates Deadline	February 13
Circle K Convention	February 22-February 24
District Convention	March 17-March 19

Project Life

I am the one you took for granted
I am the Princess who became disenchanted
I am the one who was strong for you
I am the one nobody listened to
I am Sleeping Beauty with a "fairy tale" life
I am the one holding the knife
I am the one you'll wish you could ask "Why?"
I am the one who said a silent "Goodbye"
I am the one who covered so well
I am the one who hid behind this shell
I am the one who was so good at "Pretend"
I am the one who wanted the game to end
I am the one who has a bottle of pills on the floor
I am the shadow you won't have to ignore anymore
I am the one who never shed a tear
I am the one who's no longer here.
~Anonymous

One human life lost to the tragedy of suicide is one life too many. We teenagers are exposed to so many pressures and changes in our young lives that

sometimes people think that there is no option but taking their own life. Nothing could be farther from the truth. As long as there is life, there is always hope.

The Governor's Project this year, Project Life, encourages clubs to do suicide prevention and awareness projects. From having ghostouts to handing out Project Life cards to holding a (Fill in the blank)-athon for Life, any projects that we can do to even save one life are far worth the effort. Awards will be given at Convention to participating clubs.

If you have any questions, please feel free to contact me or the Project Life Committee:

[\(mtprojectlife@yahoo.com\)](mailto:mtprojectlife@yahoo.com).

In Hope and Caring,
Shannon Brady
Governor

GOVERNOR'S NOTE

Dear Montana Key Clubbers,

Welcome back! School is now in full swing and so is Key Club. Fall provides endless opportunities for service and fun: drive-by rakings, Trick-or-Treat for UNICEF, Key Club Week activities, Youth Conference, and so much more.

Youth Conference is our next district event. If you are a new member or just don't know much about Key Club, this event is perfect for you. On November 16-18, over 100 Montana Key Clubbers (plus one from North Dakota—our International Trustee, Alicia Fremling) will gather in Great Falls for a weekend of service, friendship, learning, and fun. Hope to see you there!

Key Clubbers, thank you for the service that you provide to your homes, your schools, your communities, and to this world. In honor of Key Club Week and every act of service, caring, and unselfishness that you do, I thank you. You are the reason that Key Club is not only the largest high school service organization, but also the best. Never forget that—you make these dreams come true. Key Club is so amazing that it must be shared—not only through our service, but also by inviting our friends and classmates to join. Why not help our organization become bigger and better?

Have a wonderful school year and autumn. I hope to see you at Youth Conference and Convention. Remember that we district board members are here to serve you and your club. If there is anything we can do, please don't hesitate to ask!

I leave you with these words from Edward Everett Hall, *"I am only one. But still, I am one. I cannot do everything, but I can still do something. And because I cannot do everything, I will not refuse to do the something that I can do."* Thank you for being who you are and doing what you do!

In Service and Caring,
Shannon Brady
Governor