

— THE KEY TO THE —  
SOUTHWEST

*Issue 3*  
*Volume 59*



SOUTHWEST DISTRICT BULLETIN EDITOR ↗

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Howdy, Southwest!

Happy March and count down to our District Convention! With less than a month to DCON means the closure of the 2021 - 2022 District Board's term. With all things, good things must sadly come to an end.

For those that don't know me, my name is Shadyn Russo and I am your 2021-2022 Southwest District Bulletin Editor. During my term, I met so many great people and had the opportunity to serve with such an amazing District Board in which I can call them my friends.

This year, I set out certain goals and I am happy to say that I accomplished them. The biggest goal I set out was to create the official Discord Server which I did in the first two months of my term. I am so proud of everything our board has achieved and can't wait for next term.

I can't wait to meet you all at DCON! Feel free to say hi if you see me!

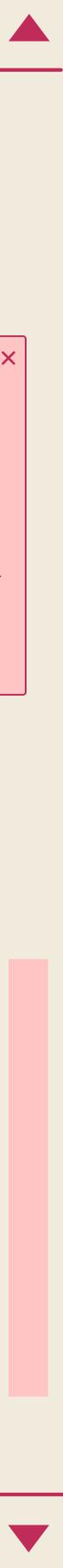
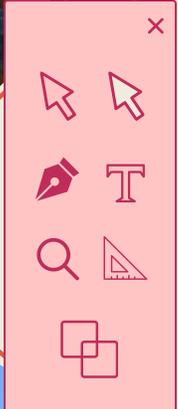


**As always, Stay Spicy, Southwest**



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# Layla Nguyen

## Governor's Statement

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## Hello Southwest District,



It is officially that time of the year, this will be the last time I have a statement in the Key to the Southwest, however, let's not let this be the last time I get to talk to you all! I hope to be able to see you all at our 2022 SWD District Convention from April 1-3! At our district convention we will be hosting a variety of workshops for you and other fellow Key Clubbers to attend, the Governor's Ball, elections for the 2022-2023 District Board, and retiring the current board. This is just a glimpse of what is in store for you guys, and on top of that, this will be the first DCON back in person since 2019! I hope you guys are excited like the district board is, and can't wait to see you S-KEY-DADDLE on over to the convention on April 1-3rd! Before I begin, I would like to extend my gratitude to the admin team that continuously worked with the board to attend their meetings and events, keep us safe, assist with board meetings, and much more! Now to recap the year in a few short sentences, I would like to start off with two words: persistent and successful. I had the great honor of working with this amazing board and the district would not be where it is today without their hard work and dedication to Key Club. I can not express how much I enjoyed meeting, working, and building friendships with each and every one of the board members. They are some of the most passionate, kind-hearted, entertaining, persistent, and driven people I know (the list could go on, but it would never end). To get a better idea of how impactful these board members have been, I would like to dive into membership growth and retention. One of my goals this year was to target membership and bring up the number of Key Clubbers we have in the Southwest. Before Covid we had around 4400 members and that number dropped to 2000. Throughout this year, the board members worked diligently to host meetings, visit the clubs, build bonds with their clubs, and be there for each and everyone of you.

With that being said, I am proud to say the number has gone to 3500 members and the district is continuing to grow as we add even more clubs to various divisions. I will be talking about goals, the district and more in future interactions, but in the meantime, I would like to say thank you again to the amazing district board, admin team, and a huge thank you to you all for making this service year unforgettable.

**Signing off,**  
**Layla Nguyen**



# Our 2021-2022 Trustee *Natasha Shrestha*

GRADE:  
*Senior*

HOME DISTRICT:  
*Illinois-Eastern Iowa*

I hope you all are doing well. I'm Natasha Shrestha, your 2021-22 International Trustee, and I'm excited to update you all on all things Key Club International!

As a recap, as a trustee, I come from the Illinois-Eastern Iowa District and work with two other districts beyond that of Southwest (Kansas and Minnesota-Dakotas... our trio of districts is affectionately dubbed "Swandak"). Beyond collaborating with our "sistrict" (sister districts), I help plan initiatives and new partnerships like CollegeWise, planning out International Convention, creating the Global Leadership Certificate, and more!

Beyond new partnerships and programs, the International Board has been hard at work on International Convention. Mark down the dates of July 6-10, 2022... we will be kicking off the next service year in Washington DC by electing the new international board, recognizing your outstanding work, attending fun and informational workshops, and hearing our AMAZING keynote speaker... Sal Khan, the creator of Khan Academy!

See you all at District Convention... I can't wait to meet you all!

Yours in Service and Always in Friendship,  
Natasha Shrestha  
2021-22 Key Club International Trustee

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Personal Instagram: [@natashashrestha](https://www.instagram.com/natashashrestha)  
Email: [natasha.shrestha@keyclub.org](mailto:natasha.shrestha@keyclub.org)

# Farewell Executives



*Secretary/Treasurer*

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*Governor*

**LAYLA NGUYEN**

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# Farewell

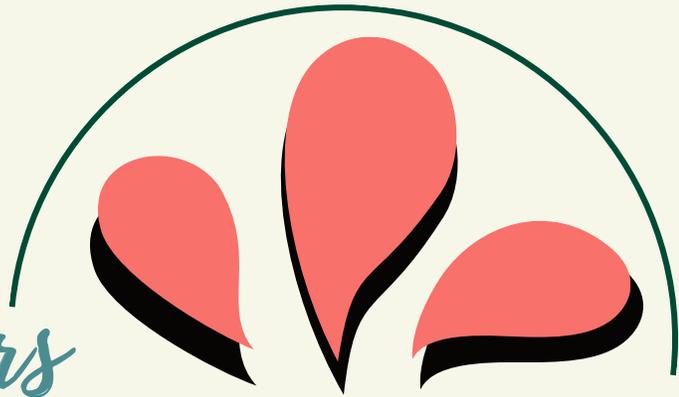
## Executives Chair



**CODY CRAGUN**

*- District Events Chair*

KeyClubDconChair@swdkiwanis.org



## Committee Chairs



**JACK MILLER**  
*Kiwanis Family  
Relations*

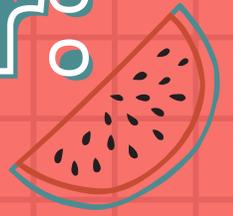


**TREY JONES**  
*Publicity &  
Service Engagement*



**BRIAN HAN**  
*Membership  
Growth & Retention*

# Farewell to Our:



*Lieutenant  
Governor's*



@swdkci



@swdkci



Steven Rourick  
*Black Canyon Lt. G*



Nathan Wooley  
*Catalina Lt. G*



Serena Helewicz  
*Caverns/Copper Lt. G*



Erica Lin  
*Estrella Lt. G*



Danny Robina  
*Lookout Mountain Lt. G*



Jack Miller  
*McDowell Mountain Lt. G*



Hanna Hartzell  
*Mogollon Rim Lt. G*



Karly Zamora  
*Mohave Lt. G*

# Farewell to Our:



## Lieutenant Governor's



@SouthWestDistrict  
KeyClub



Southwest District  
Key Club



Ronnie Mora  
Papago Lt. G



Trey Jones  
Petroglyph Lt. G



Carson Frear  
Rio Grande Lt. G



Hannah Rathburn  
San Pedro Lt.G



Emma D'Angelico  
Sandia Mountain Lt.G



Brian Han  
Sangre de Cristo Lt.G



Enrique Salazar  
South Mountain Lt. G



Alexa Fahrer  
Superstition Lt. G

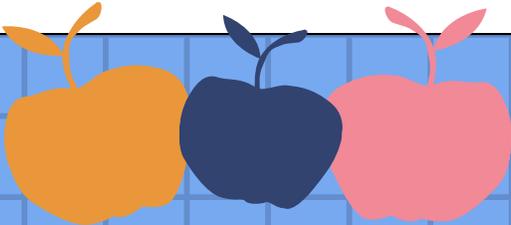


As of  
March. 18

# Committee

**Kiwanis Family Relations**

The Kiwanis Family Relations Committee is currently working on the re-divisioning of the district! We will be making a few changes to our current divisions in order to ensure that our Key Clubs are best served. These changes have been determined and we will be notifying the affected divisions within the next week or so. This project is our last committee project for this service year! I believe that we have had a very successful service year and have done a good job to strengthen the Kiwanis Family as a whole in our district. Thank you so much to my committee members-- Steven, Erica, Emma, Liel, and Brian! I really appreciate your hard work this year! - In service, Jack Miller Kiwanis Family Relations Committee Chair



**Membership Growth & Retention**

The Membership Growth and Retention Committee would like to thank all of you for this amazing past service year. Since our last update, we have mainly been working on a Kiwanis Family Toolkit to help you all promote Key Club to other branches of the Kiwanis Family. We encourage you all to use it however you want! The link to it can be found in the March Newsletters from your LTC's. Other than that, our committee has also been working on planning another virtual game night on March 22nd, at 7pm. It will be hosted on the SWD Discord, and we encourage you all to attend! This will be our last update for the service year, but we still hope you all strive to grow your membership and serve your communities!



# Updates

## District Events

Howdy, Southwest! Our committee has been hard at work planning and finalizing all aspects of DCON. In the last few months, all our workshops have been reviewed and our schedule has been finalized. We've decided upon which meals we're going to serve. We've also planned out activities that attendees can do during the downtime of the convention, including board games and service projects. The decorations for tables and the photo booth have been planned and ordered. Designs for bags, pins, and t-shirts have been ordered as well. We've also created slideshows and playlists for the convention. Additionally, we've planned the virtual aspects of DCON which will include several workshops, the Keynote address, a Jackbox social session, and contests and awards open to all clubs in the District regardless of registration. On top of this, we hit our goal of over 300 in person DCON attendees before registration closed! Before the convention, we will be working on promotions for DCON to get people excited and will finalize our list of exhibitors for our Service Fair. We've been working all year to bring you the best convention we could have, and I can't wait to see you all there after all this time!

## Publicity & Service Engagement

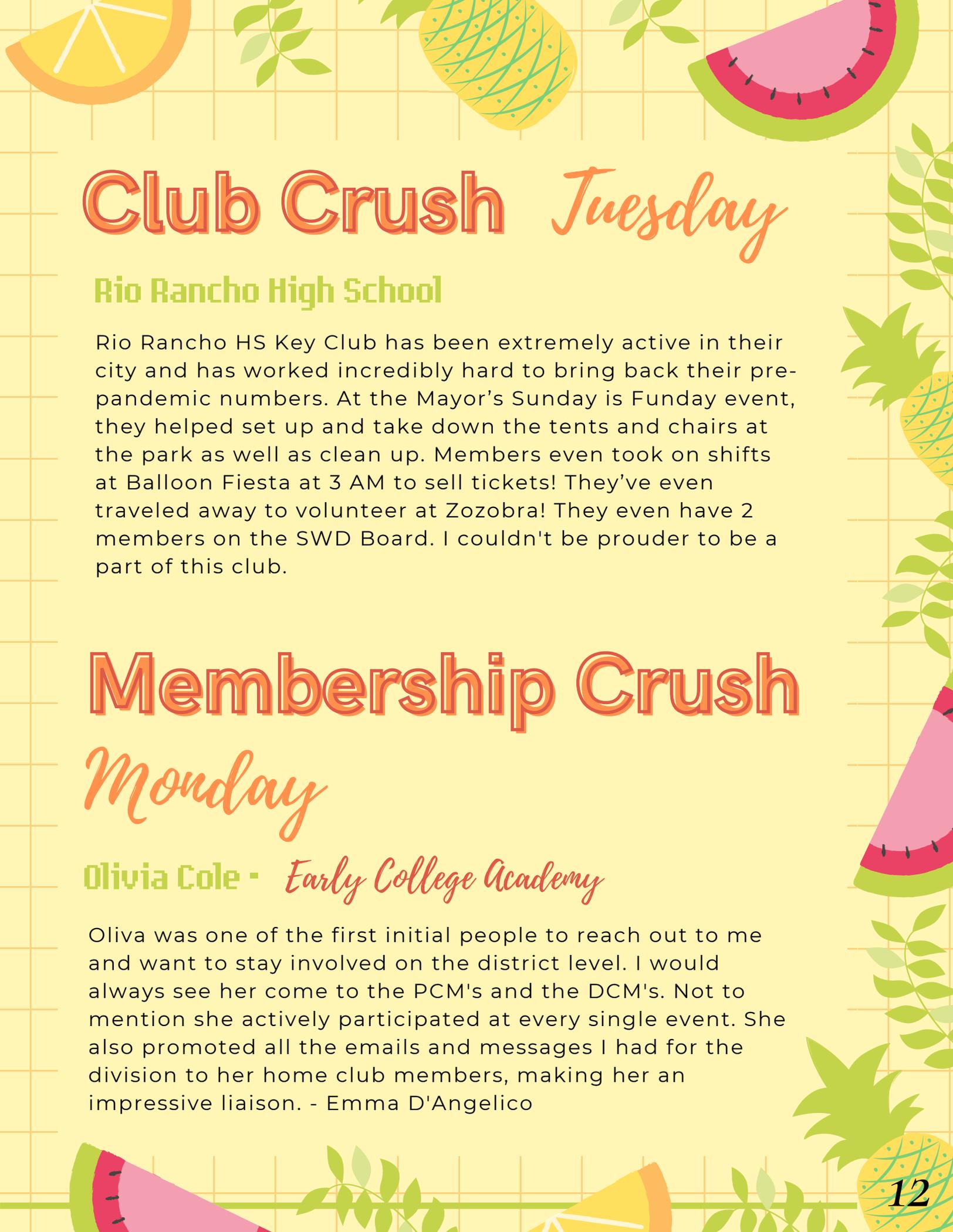
The Publicity and Service Engagement Committee has officially ended all of its functions and meetings as of March 10th, 2022. The committee had a total of 10 meetings this past service year. March has been a great opportunity for us to review our accomplishments this past year and be grateful for the time we had together. As committee chair I could not have asked for better committee members and am so grateful for their time and dedication to this committee. Farewell Southwest!

# Service Project Highlight

**Betty H Fairfax Key Club** - *70+ Hours Served in Laveen Community*

Our club was chartered this school year on July 26, 2021. We have served over 70 hours in the Laveen Village. Here is a list of our completed service projects: 2 roadside cleanups with City of Phoenix; food box distribution with Laveen Community Council; kickball tournament for youth with local law enforcement; children's books distributions at Laveen parade and BBQ; Arizona Kids' Day at the AZ State Fair; Ranch Day supporting foster youth.



A decorative border surrounds the page, featuring stylized illustrations of a watermelon slice, a pineapple, and a lemon slice, along with green leafy branches. The background is a light yellow grid pattern.

# Club Crush *Tuesday*

## Rio Rancho High School

Rio Rancho HS Key Club has been extremely active in their city and has worked incredibly hard to bring back their pre-pandemic numbers. At the Mayor's Sunday is Funday event, they helped set up and take down the tents and chairs at the park as well as clean up. Members even took on shifts at Balloon Fiesta at 3 AM to sell tickets! They've even traveled away to volunteer at Zozobra! They even have 2 members on the SWD Board. I couldn't be prouder to be a part of this club.

# Membership Crush

## *Monday*

## Olivia Cole - *Early College Academy*

Oliva was one of the first initial people to reach out to me and want to stay involved on the district level. I would always see her come to the PCM's and the DCM's. Not to mention she actively participated at every single event. She also promoted all the emails and messages I had for the division to her home club members, making her an impressive liaison. - Emma D'Angelico

# Key Club Int.



## Partners

### Schoolhouse

- *Schoolhouse is a free peer-tutoring platform. Key Club + Schoolhouse: Providing free math tutoring to the world*

### Collegewise

- *America's largest and most highly regarded private college admissions company.*

### Erika's Lighthouse

- *They give educators the tools to create meaningful discussions about mental health and depression.*

### Landscape Structures

- *"Hosting service projects, raising funds and educating communities about the crisis of preterm birth."*

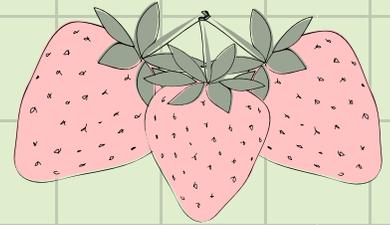
# Preferred Charities

## Thirst Project

- *Thirsty 30 is a campaign between Key Club and Thirst Project to help raise money to build water projects.*

## UNICEF

- *"They help to provide for children's needs in more than 150 developing countries through community-based services in primary health care, basic education and safe water and sanitation"*

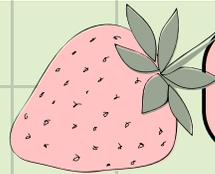


## Children's Miracle Network

- *"Members work together by sponsoring fundraising events and conducting service projects at their local children's hospitals"*

## March of Dimes

- *"Hosting service projects, raising funds and educating communities about the crisis of preterm birth."*



# Major Emphasis

- *"Major Emphasis is a Key Club International focus that is based on the idea of helping children. Its slogan is "Children: Their Future, Our Focus." Found in 1946 at Key Club's first International Convention, Major Emphasis was established in order to help children all around the world and have created a global impact. Major Emphasis focuses on serving preferred charities that also have focuses that are based on serving children and their futures."*

**SOUTHWEST DISTRICT TOUR  
JULY 2 - 10TH, 2022**

**\$1500 PER PARTICIPANT \*BASED ON 4 PEOPLE PER ROOM\***

**ICON**

*Save the Date*

**Convention tour:**

**July 2-6, 2022**

**Activities Including:**

**Kings Dominion Water Park, National Monuments, Smithsonian Museums, Holocaust Museum, & Fireworks, Night tour of D.C., and exploring our Nation's Capital!**

**Convention:**

**July 6-10, 2022**

**Questions? Contact:**

**Stephanie Whittecar - 928.706.8255**

**swhittecar186@gmail.com**

**Melvin Otten - 623.866.9629**

**melvinotten@yahoo.com**



**Scan for more information -**



Key Leader by Kiwanis is a weekend leadership program for high school and graduating 8th Grade students. Our mission is to inspire young people to achieve their personal best through service leadership.

The Key Leader program includes large and small group discussions, personal reflection time, a "challenge course," and video-based activities. Participants reflect on their values, learn to set goals, and walk through the 6 Key Leader Principles of:



**LABOR DAY WEEKEND, 9/3-5/2022**  
[HTTPS://SWDKFOUNDATION.ORG/KEY-LEADER](https://swdkfoundation.org/key-leader)

# Spicy Southwest Recipes



Vegan  
Cauliflower  
Sweet Chili  
Wings

## Ingredients:

- 1 head cauliflower
- 3/4 cup unsweetened almond milk
- 1 cup chickpea flour
- 1/4 cup water
- 1 1/2 cup panko bread crumbs or brown rice bread crumbs
- salt + pepper
- 1/4 cup avocado oil
- 3-4 cloves garlic
- 1 cup Thai sweet chili sauce
- 2 tsp ginger powder or fresh ginger
- 2 tsp cornstarch
- 1/4 cup water
- Few drops of lemon juice

## Cauliflower Wings:

1. Preheat oven to 350F.
2. Make the cauliflower wings: Chop up cauliflower into bite-size florets.
3. In a medium-size bowl, combine chickpea flour, almond milk, water, salt, and pepper.
4. Dip the florets into the batter then into the panko breadcrumbs.
5. Line baking sheet with parchment paper and place florets about 1 inch apart. Bake for 45-50 minutes, rotating the florets halfway through.

## Thai Sweet Chili Sauce:

1. Heat the avocado oil over medium heat. Add the garlic and cook for 1-2 minutes. Then add in sweet chili sauce, ginger, lemon juice. In a separate small bowl combine the cornstarch and water, then pour into sweet chili mixture to thicken! Cook over low heat for 1-2 more minutes.
2. Remove florets from the oven.
3. Once the cauliflower is cooked, pour the sweet chili sauce over the cauliflower and toss to coat using tongs. Using all the sauce will make the wings very SAUCY, but I like my wings covered in sauce! Sprinkle with sesame seeds, green onion, and serve immediately!

## Optional:

After cauliflower wings are baked, heat 1/3 cup avocado oil in a medium frying pan over medium heat. Work in bunches, making sure not to overcrowd the cauliflower, fry until golden brown on all sides, approximately 2 to 3 minutes. This step is optional, but will really crisp the cauliflower wings up!

