



THE KEY TO THE SOUTHWEST

*Issue 1
Volume 59*

swdkeyclub.org



Bulletin Editor Statement

Howdy, Southwest!

Happy August! My name is Shadyn Russo and I am your 2021-2022 Southwest District Bulletin Editor! This year, I am a Junior at Skyline High School in Arizona. While I am not in Key Club, I am playing on my school's Varsity Soccer, Softball, and Badminton teams. A fun fact about myself is that I am a pescetarian! That is why every issue of the Key to the Southwest will include a fun recipe with no meat. Another fun fact is that I currently own 27 pairs of Crocs and my dream pair of Crocs are the Disney Lightning McQueen Crocs!

With my role as Bulletin Editor, one of my goals included making another way of communication by utilizing the tools and features of Discord which as of June 1st, the Official Southwest District Discord Server is up and running! My other goals include making the Key to the Southwest Publications informational and inclusive and make our District Instagram more interactive with everyone in the district.

Social Media

Instagram

@_shadyn_0921

Snapchat

@srrusso713

Table of Contents

1. Bulletin Editor Statement
2. Table of Contents
3. Governor's Statement
4. Meet the Board: Executives
5. Meet the Board:
Executives Chairs
- 6-7. Meet the Board :
Lieutenant Governor's
8. Governor's Project
- 9-10. Committee Board Updates
11. Kiwanis DCON
- 12-14. SWD DCON
- 15-18. Summer Leadership
Conference
- 19-20. Highlights
- 21-22. Key Club Int. - Partners,
Preferred Charities, & Co-Sponsors
23. Introducing our IT
24. I-Tea Time
25. Savory: Southwest Recipe
26. Youth Opportunities Fund



Governor's Statement



Howdy Spicy Southwest!

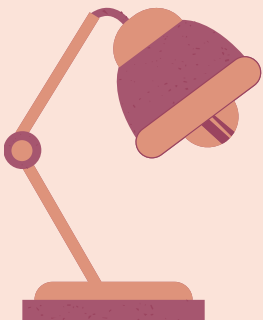
My name is Layla Nguyen, and this year I had the absolute honor of serving as the 2021-2022 Southwest District Governor. Taking on this position for the past few months has been a learning experience that I will never forget. I've gotten the chance to work with wonderful board members, meet Key Clubbers from all over the world, work with amazing adults, and most importantly aim to support the Southwest.

One of my goals is to support the Southwest District in recovering after Covid-19. During Covid, our membership drastically declined to about six hundred members, when in past years, our numbers were in the four thousand! With that being said, I want to talk about the goals I have for the year:

1. Increase membership growth and retention throughout the Southwest District
2. Create more district event opportunities for Key Clubbers
3. Strengthen communication within the District, as well as Key Club International
4. Identify the most efficient structure for the Southwest District Board
5. Create a line of communication to listen to/include Key Clubber's ideas, opinions, reviews, etc.

Aside from my goals, this year's Governor's Project is the Children's Miracle Network! They are an amazing organization that allows children to receive treatment by assisting with medical bills. Their mission is "to increase funds and awareness for phoenix children's hospital and other Children's Miracle Network Hospitals." Since 1983, they have raised upwards of 7 billion dollars to fund the children's medical treatment, and have a network of 170 hospitals. This year, I hope to raise \$11,000 for the children's miracle network this year, and will need your help to do so!

I would like to appreciate the hard work and dedication our District Bulletin Editor, Shadyn Russo has put into the Key to the Southwest, and I highly suggest you read through its entirety. Thank you for taking your time to read this, and I hope you enjoy the rest of the publications! If you have any questions, comments, or concerns, please feel free to reach out to me or any board members at any time!



Meet the Board

Executives



LAYLA NGUYEN - *Governor*

Howdy Southwest! My name is Layla Nguyen, and I am honored to say that I am the 2021-2022 Southwest District Governor. This year, some of my goals are to target the decrease in membership, and work on creating more opportunities for bonding and service in the Southwest District. What I mean by that is, I hope to create a stronger committee targeting member loss, membership growth, and creating resources for you guys. With Covid-19, it affected the bond between the Southwest District and Key Club members. So I hope to work with my board to hold more events for you guys, and partner more with CKI and Kiwanis. I have many upcoming goals for this year, and if you have any questions or comments make sure you reach out! Aside from Key Club, I enjoy watching movies, hanging out with friends, baking, and cooking! I love having multiple hobbies, because I can get distracted easily. Anyways, I hope to get to know you throughout the year, and I am ecstatic to work with and see what the 2021-2022 district board can accomplish! Stay spicy everyone.



MAYA CALUGARU - *Secretary-Treasurer*

Howdy Southwest! My name is Maya Calugaru, and I am so excited to have the privilege to serve you all as the 2021-2022 Southwest District Secretary-Treasurer. I am currently a Sophomore at Paradise Honors High School. Aside from Key Club, I am in the Student Council, Marching and Concert Band, and I am a Varsity Swimmer! This past year, I served as the Mogollon Rim Lieutenant Governor, and I fell in love with the work I got to do for everyone in my division, and I knew that I wanted to further that by being your District Secretary-Treasurer. This year, I plan to improve and refine our methods of handling and storing our district information and figure out a way to give financial support to our clubs! I look forward to getting to know you and your clubs a lot better, so if you need anything at all, please feel free to reach out to me. Stay spicy Southwest!



SHADYN RUSSO - *Bulletin Editor*

Howdy, Southwest! My name is Shadyn Russo and I have the privilege of serving as your 2021-2022 District Bulletin Editor. This year, I will be a Junior at Skyline High School in Arizona making this my fifth year as a part of the Kiwanis family. Last year, I had the honor of serving as the Superstition Lieutenant Governor. With that position, I learned many life skills that I will carry with me today. It was from that position that I decided I wanted to continue my journey with Key Club and become District Bulletin Editor. With my role as Bulletin Editor, my goals include making another way of communication by utilizing the tools and features of Discord, making my Key to the Southwest Publications informational and inclusive, and make our District Instagram more interactive with everyone in the district. Outside of Key Club, I am in Varsity Soccer, Softball, and Badminton. I am so excited to serve and see what this year it brings. As always, Stay Spicy, Southwest!

Meet the Board

Executive Chair

CODY CRAGUN - *District Events Chair*

Hey there, Southwest! My name is Cody Cragun and I'm excited to say that I'll be serving as the 2021-2022 DCON Chair. This year, I'll be a senior at Rio Rancho High School, but I originally moved here from Daegu, South Korea in 7th grade where I went to school on a military base. Aside from Key Club, I'm also part of our JROTC's Unarmed Drill Team and I'm president of our NHS. Other than that, I write, read pretentious Russian literature, watch bad TV shows, listen to Elliott Smith, and play the piano. I've played for almost 10 years now, so I love to compose and compete whenever I can. As DCON Chair, my goal is to get as many people as possible to attend and make sure that this year's events will be informative, interactive, and, most of all, fun for everyone! I'm looking forward to meeting and working with so many new people during this term. I can't wait to see what this year has to offer, and I know that it'll be a ton of fun, so, as always, stay spicy Southwest!



Committee Chairs



JACK MILLER
*Kiwanis Family
Relations*



TREY JONES
*Publicity &
Service Engagement*



BRIAN HAN
*Membership
Growth & Retention*

Meet the Board

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

Meet the Board

Lieutenant Governor's



@SouthWestDistrict
KeyClub



Southwest District
Key Club



Ronnie Mora
Papago Lt. G



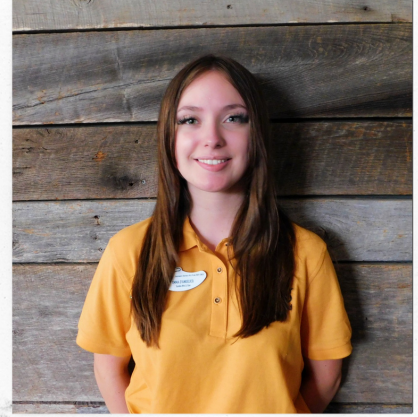
Trey Jones
Petroglyph Lt. G



Carson Frear
Rio Grande Lt. G



Devlin Lucas
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

Hello Southwest District,

It is safe to say July was the most eventful month of my summer. During this month, I got the opportunity to attend Summer Board, as well as Summer Leadership Conference. During SLC, we elected the 2021-2022 I-Board, and this years International President is Salma Eldeeb, and International Vice President is Melanie Kim! A huge congratulations to them, and I look forward to working with them this year.

I have an announcement to make on the Governor's Project. This years Governor's Project will be....Children's Miracle Network! Their mission is to raise money and awareness for Children's Miracle Network Hospitals. They aim to save and improve the lives of as many children as possible by aiding in medical bills, so the children can receive the treatment they need.

I am honored to have Children's Miracle Network be the 2021-2022 Governor's Project, because they continue to save countless lives everyday. The goal for the Southwest District is to raise \$11,000 to donate to this astounding organization. If you would like to learn more, please click [here](#).

Sincerely,

LAYLA NGUYEN



**Children's
Miracle Network**



As of
Aug. 9th

Committee Updates

Kiwanis Family Relations



Hey, Spicy Southwest! The Kiwanis Family Relations committee has met three times so far and plans to convene again later this month. Our primary focus for July and August has been our upcoming workshop series: Professionalism Fluent. During this series, our committee dives into professionalism and tips on maintaining and establishing it. Following this, we are partnering with our college counterparts at the Circle K Southwest District to host a workshop series on college readiness. This series will be released in late September. Our next big project will be to start pairing our SWD Key Clubs up with their local K-Family branches with the help of their Lieutenant Governors. We will begin working on this in September and will likely continue doing so through November. If you have any feedback on our upcoming events or suggestions for projects that we could undertake, we would love to hear from you! Please reach out to our committee chair Jack Miller at keyclubmcdowellmtnlgt@swdkiwanis.org. Thank you so much for your time and, as always, stay spicy!

District Events

Previously, our committee has decided the theme for DCON and determined possible activities, details, and decorations with the input of the board. Moving forward, we intend to bring more attention to the DCON Contests and Awards, namely the annual achievement report. For the moment, we are shifting our focus onto upcoming district events, namely the Spooktacular. In the next month or two, we intend to plan, organize, and advertise the event which will be held on October 30th. Following that will be the Camp Fall Rally from November 5th to 7th, so we will also work to promote that event to clubs in the district.



Committee Updates

Membership Growth & Retention

As we begin this new Key Club year, the Membership Growth and Retention Committee has begun working on our back-to-school goals for the year.

I. Current Plans

- The main focus this month is putting together a "Returning from COVID" guide where we will share tips for clubs currently struggling with membership or just don't know how certain aspects of Key Club function.
- Along with the guide, we plan on creating a survey for members to take. The questions would be about general Key Club things such as Kiwanis and district event. This is so we know what needs to be promoted so members can have a full Key Club experience.

II. Future Plans

- A general focus is to promote Membership Growth and Retention more. A lot of people tend to overlook us so important things, such as the booklet created last year, don't reach more people. Growing our Instagram (@swdmgr) and using things such as the Southwest website will be very important this year.



Publicity & Service Engagement

The Publicity and Service Engagement committee has had 4 meetings as of August 9th. So far this committee has accomplished a great bit with regard to SumBo recaps, articles, and revamping the district YouTube. The committee's current focuses are on partnering with the Kiwanis Family Relations Committee to publicize the "Professionalism Fluent" Instagram posts along with YouTube videos. The committee is also planning on hosting a Mental Health Awareness week via the District YouTube.



Kiwanis

DCON

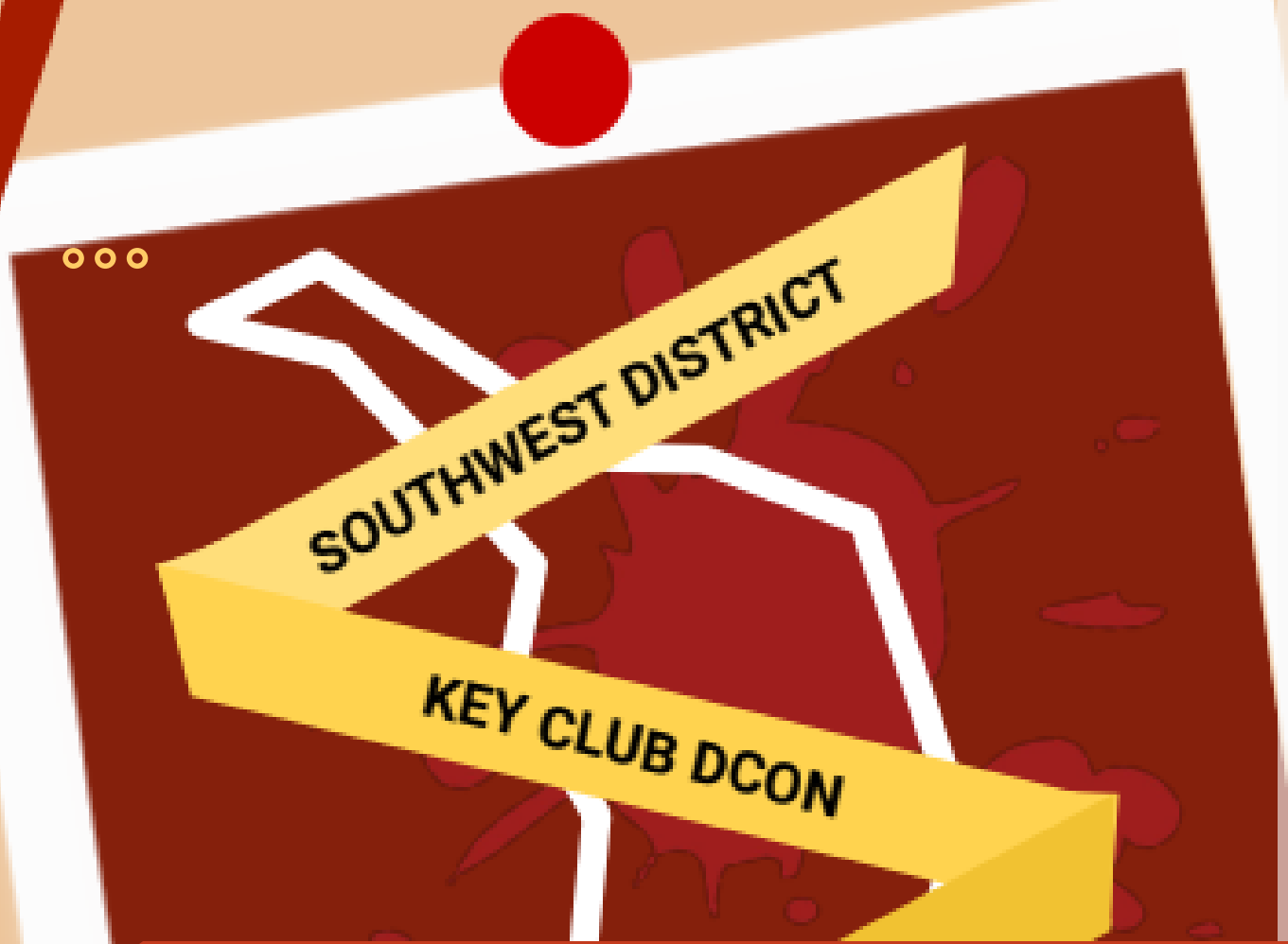


Recap of the Southwest District Virtual Convention

First, I would have much rather met in person for a District Convention. We looked into a hybrid type event, but this proved too costly for the District. I clearly understand you cannot please everyone; I am sure some wanted an in-person event; however, I did want to give all Kiwanians the opportunity to attend and virtually proved to be the safest for all concerned. I thought the virtual convention went very well; Zoom afforded the district the opportunity to bring in guest speakers we would not been able to get otherwise. We planned to keep each evening during the week to two hours only, except for Friday evening, when we played Bingo. All the guest speakers were outstanding: Randy Spencer from Alice Cooper's Solid Rock Foundation; Lora Hoover from the Kiwanis International Children's Fund; Paul Palazzolo, 2009-2010 Kiwanis International President; Kathleen Moylan, Region 4 Membership Chair; Sylvester Neal, 2010-2011 Kiwanis International President; Past SWD Governor BK Knappenberger; and Kris Beecher, a Native American from the Navajo Tribe. I encourage all to google Sylvester Neal and read the interview he did with A Congruent Life. His story is very inspirational, and I think you will enjoy it. If you cannot find the article, please let me know and I will send to you.

I personally liked the Memorial Service; it was important to me to recognize all the Kiwanians who had passed during the current Kiwanis year. I wanted to do more than just mention their names. So, I asked each Lt. Governor or Club officer to talk about those persons who had passed and mention their contributions to Kiwanis. The Memorial Service culminated with Kaylee Carson (granddaughter of Bob and Alma Carson) playing TAPS, Kaylee was fantastic and only a freshman in high school.

-Don Townsend



KEY CLUB SOUTHWEST DISTRICT

Murder Mystery

2021 DCON

Virtual District Converntion
took place April 11th - 17th

Award Winners

●●● Annual Achievement Report

Gold Division:

- 1st Place - Distinguished Diamond - Horizon Honors High School

Silver Division:

- 1st Place - Distinguished Diamond - Cibola High School
- 2nd Place - Distinguished Diamond - Rio Rancho High School
- 3rd Place - Distinguished Diamond - Apollo High School
- Distinguished - McClintock High School

Bronze Division

- 1st Place - Distinguished Diamond - West Las Vegas High School
- 2nd Place - La Cueva High School
- 3rd Place - Farmington High School



100 Service Hour Award

- Marisa Blasko - Horizon Honors High School
- Erica Lin - Liberty High School
- Jack Miller - North Phoenix Prep
- Cade Miller - North Phoenix Prep Key Club
- Sumi Shrestha - Rio Rancho High School Key Club
- Yuttichai Sommala - Rio Rancho High School

150 Service Hour Award

- Alexis Blasko - Horizon Honors High School
- Alexandra Chamoun - Horizon Honors Key Club
- Daniel Grosjean - Horizon Honors Key Club
- Award Amber Sparks - Cibola Key Club

◦◦◦ Governor's Project

- Cibola High School
- Cienega High School
- Franklin High School
- Lake Havasu High School
- Liberty High School
- Los Alamos High School
- North Phoenix Prep
- Paradise Honors High School
- Valley Union High School
- Willow Canyon High School



Kiwanis Family Project

1st Place - Lake
Havasu High School



◦◦◦ Talent Contest

- 1st Place - Rio Rancho High School
- Serena Helewica
- 2nd Place - Gallup High School -
Zander Layugan

◦◦◦ Poster Contest

- Digital - 1st Place - Rio Rancho High
School: Cody Cragen - Artist
- Non-Digital - 1st Place - Paradise
Honors High School: Liv Shults -
Artist

◦◦◦ Traditional Scrapbook

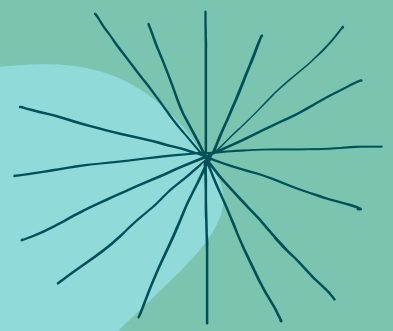
- 1st Place - Apollo High School

◦◦◦ Digital Scrapbook

- 1st Place - Rio Racho High School
- 2nd Place - Paradise Honors High
School

Summer Leadership Conference

July 8 - 10 | Virtual & Orlando, Florida



Distinguished Governor *Eric Sommala*



As a former District Bulletin Editor, it brings back a lot of memories to be writing a piece for the District Publication. Just recently, I had the privilege of attending the in-person Summer Leadership Conference 2021 with our District Governor Layla Nguyen, District Administrator Karin Church, Assistant District Administrator Stephanie Whittecar, and an assembled group consisting of International Trustees, current and past District governors, and candidates for various international offices. After a year full of virtual meetings and events, it was a refreshing experience to end off my Key Club career with this final hurrah with the folks I called dear friends.

Now, one of my favorite aspects of Key Club — besides the service we partake in — is the friendships and connections that are forged. To finally have met folks I called on a daily basis and worked on projects with here and there meant a lot to me. This whole year has shown us how service prevails over all obstacles and troubles that arise; meeting the incredible District Governors of California-Nevada-Hawaii, Florida, Illinois-Eastern Iowa, and so many other Districts who fought hard to buck the complications of the pandemic on their Districts' clubs was inspiring. We had all worked together to maintain membership, collect dues, and keep clubs open all in the name of upholding our commitment to service.

I've attended hundreds of workshops throughout my Key Club career, but the line-up at the Summer Leadership Conference was superb. Classic Key Club workshops were revamped and new and impactful workshops were added. I was particularly impressed with Ronald Angsiy's workshop and his story; I truly resonated with the ups and downs that he faced in his career and the resilience that kept him pushing through.

Lastly, the conference provided much-needed travel after a long and straining year. The host cities have a wide assortment of activities that will ensure its attendees are never bored during the breaks. At the conference, I had the opportunity to tour Universal Studios, travel around the Magic Kingdom, and see downtown Orlando! I envy all the Key Clubbers who have the chance to tour Washington D.C at the 2022 convention; you will most definitely have the experiences of a lifetime in our nation's capital.

If there are any Key Clubbers who are on the fence with the decision of attending the Summer Leadership Conference in Washington D.C this upcoming year, let me just say, it is an experience that is life-changing. Not only do you meet students across the globe, but you also make life-long friends, you participate in the most influential election for the largest student organization, and you strengthen your leadership skills throughout the convention while having tons of fun. *-Eric Sommala*



2020-2021

Southwest District
Distinguished Lt. Governors

Hanna Hartzell - Catalina Division

Layla Nguyen - Estrella Division

Kameron Cochrane - Lookout Mountain Division

Jack Miller - Mohave Division

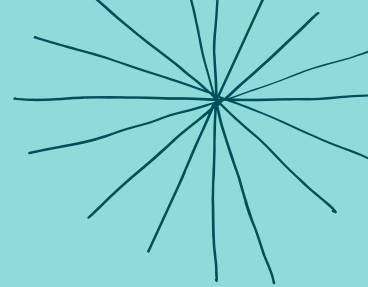
Zander Layugan - Petroglyph Division

Jenny Ou - San Pedro Division

Sumi Shrestha - Sandia Mountain Division

Shadyn Russo - Superstition Division

SLC Recaps



It was not a typical Summer Leadership Conference. Attendance was limited, so the Southwest delegation would consist of only myself, Immediate Past Governor Eric, current Governor Layla, and Assistant DA Stephanie, and Covid wasn't the only complication. Hurricane Elsa was headed straight towards Florida.

Hurricane notwithstanding, I was excited to get to Orlando early for my first in-person Kiwanis Youth Programs Board Meeting. Kiwanis Youth Programs ("KYP") is the organization that oversees all of the Kiwanis brand clubs and services for youth. The visit got off to a bit of a rough start when at 5am, a lightning strike set off the fire alarm at the hotel. The good news is you wake up very quickly when you walk down eight flights of stairs and stand outside during a hurricane. Not even a early-morning soak would dampen my enthusiasm, because first on my agenda was a joint board meeting between KYP and the Key Club International Board. Not only was it a great meeting, but it was reassuring to know we adults and our student leaders are on the same page about how we move Key Club forward.

Day #2 in Orlando was equally exciting because the rest of the Southwest District delegation arrived! It was wonderful to see Ms. Stephanie, IG Eric, and Governor Layla. They had a great, albeit wet, day at Universal Studios while I attended another KYP meeting focused on bringing Key Club back from Covid and making sure Key Club continues to be a program that inspires and engages our young leaders.

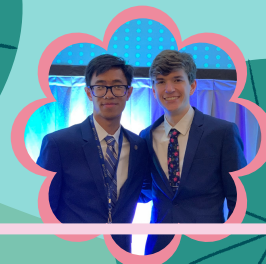
Once the Summer Leadership Conference kicked off, we had fabulous speakers, tasty food, and excellent workshops! I hope many of you were able to participate from home.

Certainly, a highlight for me was the awards ceremony. With six Distinguished Diamond Key Clubs, eight Robert F. Lucas Award-winning Lt. Governors, and Eric's Distinguished Governor award, the Southwest District certainly took home some hardware! It was such a challenging year, it made me incredibly proud to see so much success coming from our District.

Whether it's a District Administrator meeting, SWD Board Meeting, or a convention, I truly value the times when I can be together with others who share my passion for Key Club. I returned to Phoenix both exhausted and exhilarated!

International Convention 2022 will be in the city of my birth, Washington DC, over 4th of July week. I'm already counting down the days, I am looking forward to being joined by MANY Southwest District Key Clubbers and Advisors.

-Karin Chruch



Membership Crush Monday



Payton Frost - *Freshman, Farmington High School*

I am nominating Payton Frost for a member highlight because throughout her Key Club career she has excelled and stood up to the plate and various opportunities! Payton is the Vice-President - now president - of Farmington High School Key Club. Unfortunately, the previous president abruptly left the club leaving it in structural shambles. Payton stepped up to the plate and rebuilt the Key Club with great motivation and strategy.

Caroline Ward - *Junior, North Phoenix Prep*

Over the past two years, I have seen Caroline grow into an absolutely incredible person with a real passion for service. Caroline has incredible participation, and her leadership skills have grown exponentially during her time in Key Club. Even when she was not a member of our officer team, Caroline has been absolutely on fire for Key Club, and with her as our president, I am so excited to do the absolutely incredible things that she does with that energy. What's, in my opinion, most important, though, is that she is an empathetic and supportive person. Caroline is always there for her fellow members and peers. It has been an absolute honor and inspiration seeing Caroline's growth through Key Club, and I am so incredibly proud of her.



Club Crush Tuesday

Paradise Honors High School

Paradise Honors High School Key Club is an extremely active and involved club in the Estrella division. They consistently meet year round to make sure their Key Club is performing well, which means summer meeting as well. They went from about 40 members last year, and skyrocketed to about 120 members for their first Key Club meeting! I think PHHS has a passionate Key Club, with amazing members and officers. Their officer team as well as advisor are focused on making this Key Club year great, and I think they are doing just that.

Service Project Highlight



Farmington High School

-The Urtola Epitome of a Leader Conference

The Urtola Epitome of A Leader Conference involved workshops and activities to help cultivate leadership skills as well as creativity and inspiration within the members of community service clubs across the country. In spite of the many challenges that came in 2020, we hoped that this conference could give us a chance to bond with other officers and share our ideas to improve our club in regards to community service projects as well as being a diligent officer/member.

Key Club Int.

Partners:

Up with People

- *Their vision is an inclusive and sustainable world where people are equal in dignity and rights.*

Thirst Project

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

Landscape Structures

- *Their mission of enhancing the lives of children through play while honoring the environment while addressing issues of environmental protection and childhood obesity that affect nearly every single community.*

Nickelodeon

- *An online resource that helps kids and caregivers stay Informed, Curious, and Healthy in order to become their best selves, improve the communities and create an inclusive world.*

Preferred Charities:

Children's Miracle Network

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

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"*

Erika's Lighthouse

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

March of Dimes

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

Collaborative Partners

Project Happiness

- *Empowering people with the resources to create greater happiness within themselves and the world.*

K Corps

- *Allows families and youth to develop strong global relationships and intercultural communication skills by doing what Kiwanis members do.*



Meet our 2021-2022

Trustee *Natasha Shrestha*

GRADE:
Senior

HOME DISTRICT:
Illinois-Eastern Iowa

Hey, Swandak!

My name is Natasha Shrestha and I'm beyond excited to announce that I'll be serving as your International Trustee for the 2021-22 service year. In this introduction, you'll learn more about my role as well as my goals for the coming year. If you have any questions or comments, don't hesitate to reach out. I'm excited to meet and hear from you all.

Trustee & District Goals

Heading into the coming service year, many of the goals from my campaign remain the same. In the image to the left, you can view a concise version of my platform! As I curated my trustee campaign, I knew I wanted to emphasize the importance of a personalized membership experience, whether that be for the district governors that I would closely work with or for the first-year Key Clubber. A personalized membership experience is essential to what Key Club is all about: our organization continues to evolve as its members and clubs do. With that in mind, my main goal is to support each district I'm paired within the way they best need it. Particularly through close collaboration with your governor and what they'd like me to get involved in, I'm here for you and the district! Please do not hesitate to reach out at any point during the service year.

Trustee & Committee Goals

This year, I have the honor of serving on two international committees: Programs and Partners as well as the Executive Committee. I have included a few committee goals to show you the "other half" of my work as a trustee! Later into the service year, international committee applications come out, which allows any Key Clubber to submit an application to serve on either the Programs and Partners or Global Relations Committees. If any of these initiatives interest you, be sure to watch out for that!

Programs & Partners

- Research new partner opportunities.
- Implement and advertise Erika's Lighthouse (Key Club's newest service partner).
- Coordinate with Kiwanis Staff to hold more interactive virtual events.
- Grade Youth Opportunities Fund submissions (a grant that aids Key Clubs with their service projects; the application opens in October!).



Natasha's Notes

District Board Members,

I'm already counting down the days till I get to see you all! Until then, this introduction note will have to do. Whether you're a lieutenant governor or district secretary or anything in between, the start of the school year is quickly approaching. This is a pivotal time for Key Clubs everywhere as they set up the foundations for the new year! As district board members, you have the power to support and encourage clubs as they start back up. Remember to fuel the passion and energy you have now into turning those ideas into action! I have no doubt that you will do amazing work this year.

Sistrict Instagram: @sw.an.dak

Personal Instagram: @natashashresthaa

Email: natasha.shrestha@keyclub.org



Opportunities Fund

"The Youth Opportunities Fund (YOF) is an endowed fund for Key Club International held within the Kiwanis Children's Fund. YOF grants can help you take action. Look around and identify service that needs to be done in your school, community or the world. Then apply for a grant"

- Key Club International



Grant Basics

- YOF grants are only given to Key Clubs. Grants are not given to divisions or districts.*
- Grant amounts between US\$250 to US\$2,000 may be requested.*
- Applications must be submitted online by October 15 at 11:59 PM, EST.*
- Applications are reviewed by the Key Club board at the November meeting.*
- Grant applicants are emailed of outcomes the first week of January.*
- A list of grant recipients is posted online the third week of January.*
- The previous year's dues must be paid before YOF grant checks can be issued.*
- A YOF Final Grant Report is due at the end of the grant cycle (January 1).*

Vegetarian Fajitas

Savory Southwest Recipes

Ingredients:

1 white onion
2 bell peppers
1 head cauliflower
1 portobello mushroom
2 tablespoon olive oil
1 tablespoon chili powder
1 teaspoon cumin
1 teaspoon smoked paprika (or regular)
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon kosher salt

For Serving:

2 ripe avocados
1 lime
1/2 teaspoon kosher salt
Fresh cilantro
8 tortillas (flour or corn)
1 15-ounce can vegetarian refried beans or homemade refried beans

Instructions:

1. Preheat the oven to 425 degrees Fahrenheit.
2. Thinly slice the onion. Slice the bell peppers.
3. Chop the cauliflower into small florets.
4. Chop the mushroom into bite-sized pieces.
5. Add the veggies to a big bowl and toss them with the olive oil, chili powder, cumin, paprika, garlic powder, onion powder, and kosher salt.
6. Line 2 baking sheets with parchment paper.
7. Add the vegetables in a single layer.
8. Roast 15 minutes, then remove the sheets, stir the veggies, and sprinkle on another 1/2 teaspoon salt spread between the trays (1/4 teaspoon on each).
9. Stir again, then return to the oven and roast another 10 minutes until tender.
10. Meanwhile, pit the avocados. Scoop out the flesh into a bowl and mash with a fork.
11. Add the lime juice, salt, and cilantro.
12. Heat the refried beans in a small sauce pan.

If desired, char the tortillas by placing them on an open gas flame on medium for a few seconds per side, flipping with tongs, until they are slightly blackened and warm. To serve, place the refried beans and roasted veggies in tortillas, and top with guac-ish.



swdkeyclub.org