



**KEEPING UP WITH
DIVISION 8**

Division 8 Monthly Newsletter

December 2021 • Volume 1 • Issue 8

New Jersey District of Key Club International

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A Message From Your LTG



Hello Division 8,

Happy December everyone! Congratulations again to all of the newly elected officers for the 2021-2022 service year! I hope you are doing well and your school year has been going great. I have so many exciting updates in my newsletter this month. This includes some special updates and additional information on Division 8.

As you are all beginning to host more club meetings, please start to plan the logistics and fundraising for DECON. It's important to begin sending out community service opportunities, such as conducting a food drive, participating in a beach clean-up, etc. I will be available if you need any help. If you have any questions, comments, or concerns, please do not hesitate to reach out.

Yours in Caring and Service,
Steven Yuro
LTG of Division 8

CLUBS OF DIVISION 8

Monroe Township
High School



Piscataway
High School



North Brunswick
Township
High School



East Brunswick
High School



Highland Park
High School



New Brunswick
High School



Old Bridge
High School



Perth Amboy
High School



South Plainfield
High School



SEPTEMBER CELEBRITY OF THE MONTH...

Udana De Silva



Position: President

School: Monroe Township High School

Udana is a dedicated Key Club member. They are a very hardworking, determined, and caring individual who truly embodies the characteristics of Key Club International.

Congratulations and thank you for everything you do for Key Club!

DUES



ANNUAL DUES ARE \$13.50 CLUBS
CAN CHARGE AN ADDITIONAL
AMOUNT UP TO \$5

BREAKDOWN OF DUES IS AS FOLLOWS

- \$7.00 is given to Key Club International
- \$6.50 is given to the New Jersey District

DUES DEADLINE

EARLY BIRD: DECEMBER 1, 2021

REGULAR: JANUARY 1, 2022


Dues trickle down to the club level, funding amazing events like Fall Rally and DCON, scholarships, and club service projects.

If you have any questions, feel free to reach out to our District Treasurer Eric Wong, at ewong@njkeyclub.org

This Years District Project is...

The District Project of the 2021-2022 service year is "Keeping the Garden State Green"! This year we will be focusing on methods to help and better the environment. Throughout the world, there are numerous environmental crises impacting the lives of millions. It is important for us as humans to protect Earth's ecosystem as well as adopt more sustainable practices. Soon enough, we will all be able to take part in this project and volunteer our hours to keep our state green!





DECEMBER/JANUARY ADVOCACY FOCUS

ANXIETY

ANXIETY:

A FEELING OF WORRY, NERVOUSNESS, OR UNEASE, TYPICALLY ABOUT AN IMMINENT EVENT OR SOMETHING WITH AN UNCERTAIN OUTCOME

Anxiety affects not only our emotional state but also our daily life. You should never feel like you have to suffer in silence. Seek help if you are struggling with symptoms.

Symptoms:

- rapid heart rate
- nervousness, restlessness, or be tense
- increased or heavy sweating
- trembling or muscle twitching
- insomnia

Anxiety during the pandemic

- About 4 in 10 adults in the U.S. have reported symptoms
- 22.4 % of students have reported having anxiety during COVID

HOTLINES:

- NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) HELPLINE: 1-800-950-NAMI (6264)
- TEEN LINE: 1-310-855-HOPE (4673) OR 1-800-TLC-TEEN (852-8336)

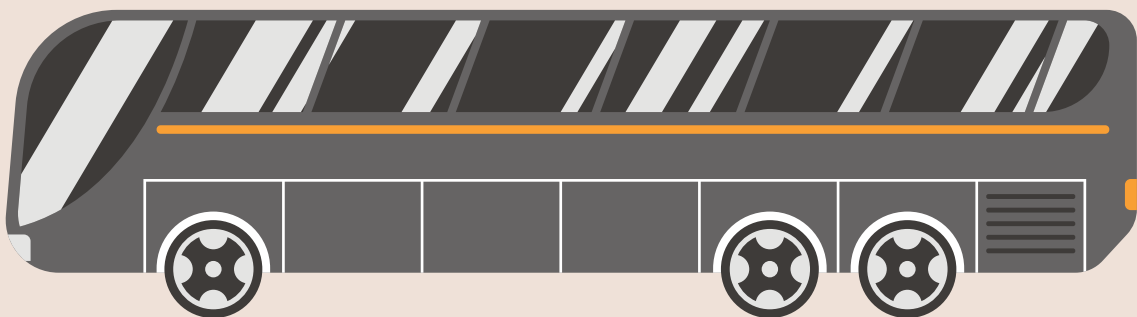
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[HTTPS://WWW.NIMH.NIH.GOV/HEALTH/TOPIC/ANXIETY-DISORDER](https://www.nimh.nih.gov/health/topic/anxiety-disorder)

DIVISIONAL UPDATES

I am excited to announce that Division 8 will hold its 3rd Divisional Council Meeting on December 18th at 6:00 PM. The zoom link and agenda will be sent out at a later date. Attendance will be mandatory for all officers, if you cannot make it to the event, please let me know as soon as possible.

Division 8 will be holding their second divisional event called Long Distance Letters. Celebrate the holidays and make a new connection with a pen pal! Divisions 1, 8, 11, and 20 are joining to pair Key Club members across NJ to meet and fundraise for Toys-for-Tots. Attached [**HERE**](#) is a flyer to send out to your clubs and attached [**HERE**](#) is a link to some Instagram post slides to post on your club's Instagram. The registration link for the event can be found [**HERE**](#). Please try to **get at least 3 members/officers from your club to register for the event by December 15th!** Thank You! If you have any questions, don't hesitate to ask!



DISTRICT UPDATES



CONTACT INFORMATION

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