



**KEEPING UP WITH
DIVISION 8**

Division 8 Monthly Newsletter

January 2021 • Volume 1 • Issue 9

New Jersey District of Key Club International

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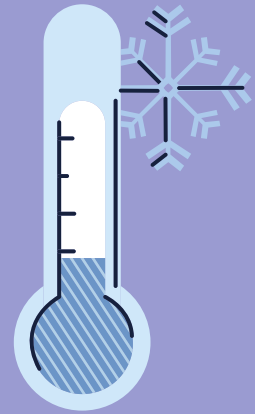
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A Message From Your LTG

The snowman I attempted to make when it snowed



Hello Division 8,

Happy everyone! I hope you! I hope you have all had an amazing winter break. 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



JANUARY CELEBRITY OF THE MONTH...

Jayashree Balaraman



Position: President

School: East Bruwnsick High School

Jayashree 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



HOW ARE CLUBS THROUGHOUT NEW JERSEY INCORPORATING THE DISTRICT PROJECT?

"We've been in contact with organizations in our community and planned a Great Global Clean-Up to take place on Earth Day at a nearby park in our area. Once the weather gets warmer, we are also planning to undergo a gardening project and find a place in our community to start a garden and make the world a little brighter. Until then, we are working on PSAs to send out to our school regarding our project, our service partners, how to make eco-friendly life choices, and encouraging them to join in on our activities."

- Hightstown High School Key Club

"We consistently promote river/town cleanups around Bergen County. We also educate ourselves and others on "Keeping the Garden State Green" and its effects on climate change. For example, we are planning an awareness day where we watch a relevant documentary while we make cards for children in hospitals. Many of our fundraisers go towards organizations that promote keeping the Earth clean."

- Bergen County Academies Key Club

"We have done both state-wide clean ocean action cleanups. We have also done a walkathon raising over 1,000 dollars for Clean Ocean Action. We continue to raise money for Clean Ocean Action with our club meeting bake sales we do at all of our general meetings. A representative from Clean Ocean Action also talked at one of our most recent general meetings. We have also joined other town cleanups and garden events."

- Brick Memorial High School Key Club

"We are working on making a mural out of bottle caps. So far, we have been collecting the caps and handing out service hours for this. In the future, we will start painting the caps and making a picture out of it relating to plastic waste or the environment."

- Middlesex High School Key Club

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. .

Listen to our new podcast episode!

We discuss anxiety, depression, & mental health during the holidays!

Symptoms:

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



NEW EPISODE

Anxiety & Depression

The Key to Mental Health Awareness

LISTEN ON  Spotify

Hotlines:

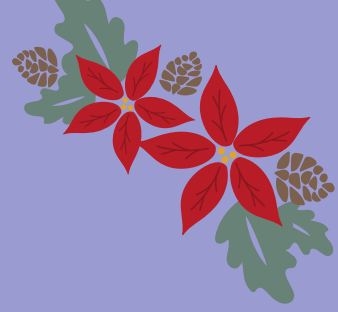
- NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) HELPLINE: 1-800-950-NAMI (6264)
- TEEN LINE: 1-310-855-HOPE (4673) OR 1-800-TLC-TEEN (852-8336)

Sources:

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>
<https://www.healthline.com/health/anxiety-symptoms#symptoms>
<https://www.youtube.com/playlist?list=PLiLAumV7icFHRDsZcA5063GMMTLMiHMSy>
<https://www.nimh.nih.gov/health/topics/anxiety-disorders>



ELECTIONS

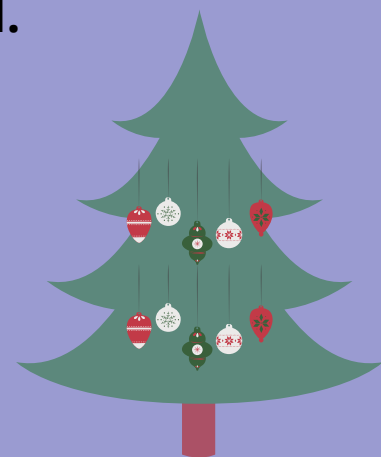
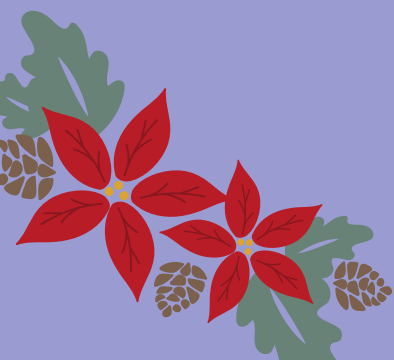


Lieutenant Governors serve as liaisons between the New Jersey District Board and the division that they are in charge of. This role is vital to the success of not only the schools in your division, but the district board as a whole.

This position is very time consuming, takes a lot of dedication, and requires many different skills like effective communication, public speaking, and so much more. You will also be serving as a leader and a mentor to high schoolers around New Jersey. If done correctly, the position can be very rewarding.

There is a lot of work involved, and this position is not for people who already have a lot of stress. You will be expected to attend ALL of the events listed in the 2022 - 2023 District Schedule and other travel commitments. You must be committed to your work and be willing to do what needs to be done to help your clubs and/or the New Jersey District. The success of your clubs is dependent on how well you will lead them, and there have been officers removed from the District Board for not fulfilling their duties.

IF YOU OR SOMEONE YOU KNOW ARE PLANNING TO RUN, PLEASE LET ME KNOW AS SOON AS POSSIBLE SO I CAN HELP YOU/THEM PREPARE FOR YOUR/THEIR ELECTION.



NOW SHOWING

76th ANNUAL

New Jersey Key Club

DECON

2022

April 8th - 10th

**DoubleTree Somerset Hotel
200 Atrium Dr, Somerset, NJ 08873**



Walking the Red Carpet of Service

CONTACT INFORMATION

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