

## Announcements

### PA FACEBOOK GROUP

At the August District Board Meeting, the Pennsylvania District Facebook Fan Page was officially ratified.

The Facebook Fan Page is an easy way to receive information about District activities and events. It also allows members to interact with one another by posting questions and responding to others.

To join this group, search for "Pennsylvania District of Key Club International" and select the button "Become a Fan" on Facebook.



### DUES PASSWORDS

Passwords for club dues will be addressed to club faculty advisors and sent to your school at the beginning of the year. Please make sure that you receive this important information, as it is crucial to the due paying process.



### YOUTH OPPORTUNITY FUND

The Youth Opportunities Fund (YOF) is an endowed fund for Key Club International held within the Kiwanis International Foundation. This fund, utilizing the interest earned, helps Key Clubs and Key Club members serve the world through grants for service opportunities. The Fund also enables members to improve themselves by providing academic scholarships for higher education.

YOF Funds are granted only to Key Clubs and/or club members. There is only one funding cycle for the Youth Opportunities Fund. **The application must be received by October 15 each year.** Clubs may request funding assistance from \$200 to \$2,000. The committee typically funds those clubs who are asking for a portion of the total cost of the project, and clubs who are working with other organizations to fund and complete the project. Notification of the Key Club International Board's decision will be mailed no later than **January 15**.

You can find the YOF application on the International website at <http://www.keyclub.org>.

### In This Issue:

Announcements.....	1
How to Run an Efficient Meeting.....	2
Icebreakers.....	2-3
YSY: Caitlin's Smiles.....	4
MEP: LIVE 2 Learn.....	5
International Convention Review.....	6-8
Executive Board Articles.....	9-10
International Trustee Introduction.....	9

### District Executive Board:

Governor Julia DeFabo  
[governor@pakeyclub.org](mailto:governor@pakeyclub.org)

Secretary/ Treas. Ashley Cozza  
[secretary@pakeyclub.org](mailto:secretary@pakeyclub.org)

Editor Katie Miller  
[editor@pakeyclub.org](mailto:editor@pakeyclub.org)

Webmaster Ellen Galperin  
[webmaster@pakeyclub.org](mailto:webmaster@pakeyclub.org)

## Running an Efficient Meeting for Club

An important part of each and every Key Club is running an efficient meeting. This process is a very important one because if done incorrectly, it can affect the way the club, as a whole, functions. When running a proper meeting, it is important that you plan the meeting in advance, giving members enough time to plan to attend. Also, it is important to schedule the meetings regularly - at the least holding a meeting biweekly. However, clubs should not hold a meeting if there is no new business to discuss. This causes the meetings to become mundane and boring.

Another aspect to a smooth meeting is having a proper agenda. The agenda should be organized and easy to follow, containing key points of discussion for the meeting. The agenda should also contain reminders of upcoming events and fundraisers. Agendas can be set up in any format, but should be kept as basic as possible. Remember to include a starting and stopping time for the meeting and stick to it. Prompt meetings are good ones because it provides a certain degree of comfort to the members.

Finally, when running an efficient meeting, remember to keep the attention of the members. Icebreakers are a great way to start a meeting because it creates a fun environment for the members and allows everyone a chance to be involved. Also, having mini-projects to work on during meetings (such as making hospital greeting cards) adds spice to a meeting. Try to “mix it up”; don’t do the same routine every meeting. Even try to hold the meetings in different locations if possible. Good luck in your meetings!

Written by Lt. Governor Division 1 Annmarie Esh



### Icebreakers

Icebreakers are to be used to “break the ice” and start events, activities, or projects on a positive note by making sure all the participants feel comfortable as well as are able to get to know each other as soon as possible.

There are a variety of types of icebreakers including:

- “Getting Acquainted” - are good for establishing non-threatening introductory contacts, increasing participant’s familiarity with one another, and increasing group member’s comfort level.
- “Openers and Warm-ups” - are good for stimulating, challenging, and motivating participants, heightening the creative resources of the group, and starting a session, priming a group after a break, readying learners for new content, or shifting the focus of study.
- “Energizers and Tension Breakers” - are good for reducing anxiety level of group members, and increasing group energy when the group seems flat.
- “Feedback and Disclosure” - are good for increasing competence and or developing awareness and allowing others to know us as we see ourselves.
- “Games and Brainteasers” - are good for warming up group members, raising energy level, introductory experience for problem solving, competition, team building, and consensus seeking, reducing learning overload, and nudging though processes onto a different track.

Written by Lt. Governor Division 3 Kayla Wilson

Continued on next page...

## Icebreakers *Continued*

**Name of activity:** Superstar

**Type of Icebreaker:** Energizer

**Number of Participants:** Any

**Equipment:** None

**Space Needed:** Enough to enable participants to move around.

**Time:** Until everyone becomes a superstar or until there is just one person as an egg left.

**Directions:**

- Everyone starts out by being an egg. Participants crouch down on the ground to look like an egg.
- Everyone needs to pick one person and play rock, paper, scissors. The winner then becomes a dinosaur, so you make yourself look like a dinosaur so people can tell. The loser stays an egg.
- Next, you have to find someone the same kind as you. For instance if you are an egg you can only rock, paper, scissors with an egg, etc.
- If a dinosaur and dinosaur play, the winner becomes a rock star and has to pretend that they are playing a guitar so they look like a rock star. The loser has to go back to an egg.
- Next if a rock star and a rock star rock, paper, scissors, the winner becomes a super star, you then put your arms up because you are awesome. The loser goes back to an egg.
- Once you become a super star you are done and can just stand out and watch all the other players play
- Keep playing until there is just one person in the middle that is stuck an egg!

**Variations:**

Instead of using dinosaur, rock star, and super star, you can make them any thing you want.



**Name of activity:** A What?

**Type of Icebreaker:** Brainteaser

**Number of Participants:** 15-30

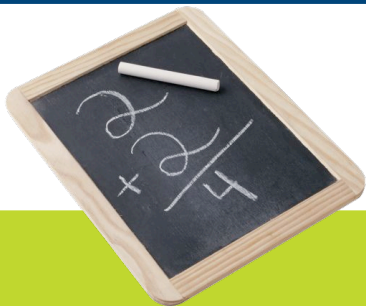
**Equipment needed:** 2 random objects

**Space needed:** A large area for players to sit in a circle.

**Time:** However long it takes to get both objects around the circle.

**Directions:**

- All players sit in a large circle. The Leader starts by passing the first object to the player on his/her left (Person A), and saying, "This is a tomato."
- Person A replies, "A what?" The leader then clarifies, "A tomato."
- Person A then turns to the person on his/her left (Person B), and says "This is a tomato."  
Person B asks back, "A what?"  
Person A turns to the leader and asks, "A what?"  
Leader reminds Person A, "A tomato."  
Person A tells Person B, "A tomato."
- Person B then turns to Person C, and then the game continues.
- After a few more turns, the Leader then passes a second object to the player on his/her right called a pineapple, and it travels in the opposite direction, going through the same pattern as the tomato.
- Eventually, people are receiving and passing two words at the same time.
- The game ends when both objects get back to the Leader.



## YSY: YOUTH SERVING YOUTH



Drawing pads, play-doh, crayons, and stickers all have two things in common, they can make any child happy and you will most likely find them in “Bags of Smiles”. Now you may be wondering, what are “Bags of Smiles”? They are kits put together for children with chronic and life threatening illnesses and are distributed to children in hospitals across Pennsylvania. “Bags of Smiles” encourage emotional healing through creative activity because there is no existing medical cure. These healing kits are created by one special organization, Caitlin’s Smiles.

Founded by Cheryl Hornung, Caitlin’s Smiles is named in memory of her daughter, Caitlin Mary Hornung, who suffered from a malignant brain tumor. Although she was very young when she passed away, Caitlin had a passion for arts and crafts that chased away the blues and kept her smiling. Caitlin’s Smiles is a non-profit organization dedicated to easing the pain and suffering of sick children and their families. The Pennsylvania District of Key Club International has chosen Caitlin’s Smiles to be the Youth Serving Youth Project (YSY) for this year. Supporting this organization through service and fundraising is the main focus of the YSY Project. The more people we have working to help the organization, the more of an impact there will be.

How can you share a smile with children who have untreatable diseases? Some service projects could include creating your own “Bags of Smiles” or sending homemade “Have a Nice Day” cards. Anything to let the children know you are thinking of them will put a smile on their face. If arts and crafts aren’t your thing, then maybe you could try a fundraising project. One local high school had a casual dance to raise money for Caitlin’s Smiles. The money benefited the children and their families. Sometimes families cannot afford the expensive trips to the hospital. This is where your fundraising comes in, to ease the burden for the family and the child.

If you are interested in assisting Caitlin’s Smiles you must get in contact with Cheryl Hornung (contact information below) and discuss your project ideas. You should not take anything to any hospital or work with hospitals directly. Caitlin’s Smiles will coordinate your efforts. You can visit their website at [www.caitlins-smiles.org](http://www.caitlins-smiles.org) to find more information. Remember: It takes more muscles to frown that it does to smile, so help a child and share a smile!

Written by Lt. Governor Division 3  
Lacy Smiesko



**CONTACT:**  
**Cheryl Hornung**  
[caitlinssmiles@comcast.net](mailto:caitlinssmiles@comcast.net)  
Caitlin's Smiles Founder  
3303 N. 6th St  
Harrisburg, PA 17110  
[www.caitlins-smiles.org](http://www.caitlins-smiles.org)  
(717) 412-4759

## OPERATION Uruguay

This year, the Major Emphasis program has been revised. Just like in past, the Children's Miracle Network, UNICEF, and March of Dimes are still our main focus. However, the UNICEF project has a prominent change. They have moved their spotlight from Kenya and Swaziland to Uruguay.

Even though the population of Uruguay is small compared to other countries in the region, nearly half a million of the country's children and adolescents live in poverty. The situation is especially serious in the case of adolescents living outside the capital, Montevideo, where the lack of opportunities and spaces for participation, learning and recreation, contribute to poverty, social exclusion, high rates of school drop-out and failure and teen pregnancy.

Specifically funds raised will be used to support the Mandalavos Center, a pilot project started in 2008 that works on a local level to ensure the rights of youth to education, health and basic services and family support; and to create new centers to ensure the rights of all youth to education, health, protection, access to public services and family support. All centers focus on specific strategies to help Uruguayan 'street children' reintegrate into the community: school support; intervention to reduce social vulnerability factors; empowerment of families; healthy skills attitudes and behavior; participation and communication skills and socio-cultural activities; and building a positive image

Inform your Club Advisor and your club leaders of the change in the UNICEF focus. Work together with your club to do projects to help Uruguay.

Written by Lt. Governor Division 8/10 Helen Snow and Key Club International Website

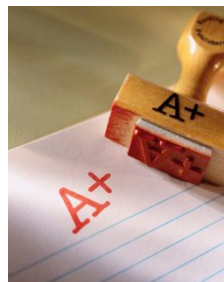
## LIVE 2 LEARN

The other half of the Major Emphasis Program is the service initiative, which again will be Live 2 Learn. Live 2 Learn focuses on helping children, ages 5-9, overcome learning obstacles so they can be successful and give back to their home, school, and community. This new emphasis allows Key Club members to direct their efforts to a single area of need to make a substantial impact. The emphasis area will rotate every two years.

Key Clubbers will be helping students in 3 areas:

- **Improving Grades**
- **Giving Back**
- **Growing together**

For more information visit: [http:// www.keyclub.org](http://www.keyclub.org)



# M

# E

# P



# I-Con 2009



## Wednesday, July 1

The Pennsylvania District began their journey in Dallas by flying from Allentown, Harrisburg, and Pittsburgh to the Dallas-Ft. Worth Airport. After settling in at the hotel, the PA Key Club members registered for convention. After registering, the PA Key Clubbers started their exploration in Dallas in search of dinner. Finally, members attended the "Meet and Greet" where they danced, played games, and began bonding with each other and other Key Clubbers.

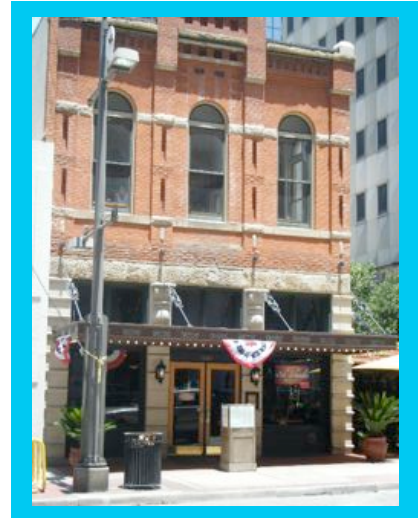
## Thursday, July 2

The morning started by members attending workshop sessions that improved their leadership skills, allowed them to learn more about the Kiwanis Family, as well as fun workshops such as one on photography.

Many members of the Pennsylvania District were especially excited to attend the "Mad Club Skills with Andy" workshop given by the Pennsylvania Immediate Past Governor Andy Fishell. Like the title suggests, this workshop provided information in a fun way to help members learn how to build their home club.

In the afternoon, members attended the service fair. Key Clubbers mixed and mingled as they toured their way through the maze of displays of service projects. Pennsylvania displayed our Youth Serving Youth project: Caitlin's Smiles. Members were also able to participate in several service projects including donating shoes to the Texas-Oklahoma District Service Project: Shoes for Orphan Souls.

After the service fair, the General Opening Session was held and featured motivational keynote speaker Scott Greenberg. Upon the session's conclusion, members changed out of their professional clothes and into "masks" for the masquerade dance. Finally, the night ended with "Key TV" in our hotel rooms recapping the day's events.





## Friday, July 3

Pennsylvania Key Clubbers were up early for caucusing at 7:30 AM. Members listened to speeches presented by candidates for International Trustee, International Vice President, and International President. After several hours of caucusing, members then attended two more rounds of workshops.

At the second general session, award and contest winners were recognized. Several Pennsylvania clubs were recognized at this session including:

- Indiana and Wyoming as Distinguished Diamond Level Clubs
- Abington for 2nd Place in the Poster Contest and 2nd Place in the Platinum Division Single Service Award
- Immediate Past Lt. Governors Kayla Costello and Taylor Kennedy were awarded the Robert F. Lucas Outstanding Lt. Governor Award
- Immediate Past Governor Andy Fishell was awarded the honor of Distinguished Governor

After the general session, Hypnotist Steve Meade entertained members. Finally, Key Clubbers returned to their rooms for the second night of "Key TV".



## Saturday, July 4

Saturday started as another early morning as Pennsylvania Key Clubbers as they participated in the Children's Miracle Network Charity Walk. After the walk, members enjoyed a celebration breakfast at the hotel.

House of Delegates soon followed where Delegates had the opportunity to listen to the candidates' speeches one last time before casting their final votes. The session also consisted of the voting on several amendments to the International bylaws.

After the House of Delegates, the Pennsylvania District traveled by train for dinner. The final general session occurred after dinner where the retirement and installation of the international board occurred. This included new International Vice President, Adam Joslyn and new International President Abigail McKamey.

The final event of the convention was the 1960s dance. After the dance, the final episode of "Key TV" was broadcasted.



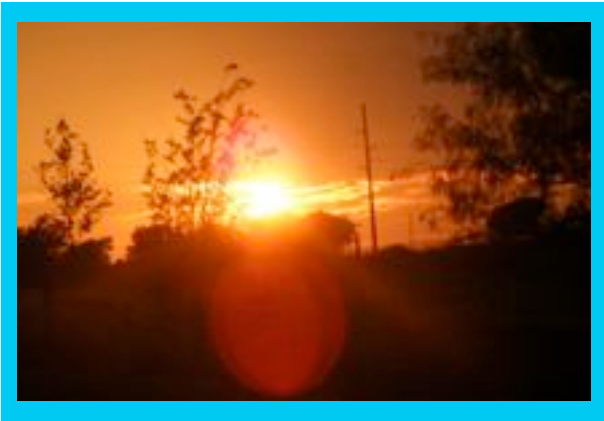
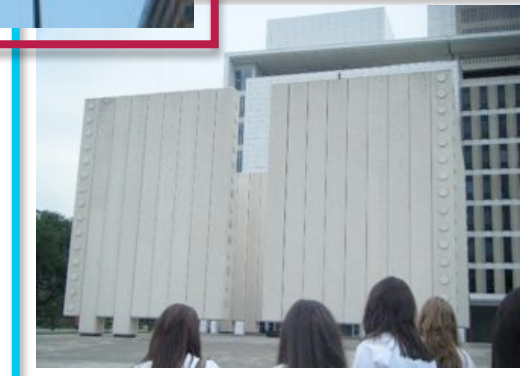


# Sunday, July 5

On Sunday, the Pennsylvania District spent the day touring Dallas. The tour started by driving through the city to hear about its history. The first stop of the day was the John F. Kennedy Memorial and then on to the spot where President Kennedy was assassinated.

Members also had the opportunity to tour the Dallas School Book Depository Building, a museum about President Kennedy's life, presidency, and death. After the museum, members got back on the bus to drive about an hour outside of Dallas to a ranch where they had the chance to ride horse and get up close and personal with a herd of buffalo.

For dinner, members had a traditional Texas BBQ with live entertainment followed by a bonfire with an amazing view of the Texas sunset.



Back at the hotel, members said final goodbyes and reflected on memories made at convention. Everyone then



# Executive Board

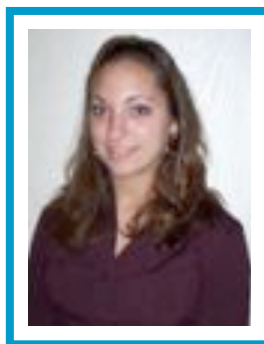
## GOVERNOR JULIA DEFABO

Hello PA Key Clubbers! Have you noticed that the trees of Pennsylvania are beginning to change color? Have your classes started? Everything is progressing away from the laidback attitude of summer. Has your Key Club started to get into full swing again?

September is a busy month for Key Clubs with new members and new service projects. Officers, remember to check in with your Lieutenant Governor to know when club officer training and officer council meetings will be held. Also, look forward to fall rallies hosted by your Lieutenant Governors that all members can enjoy.

The District Board is working hard to give you all of the resources you need to help your club. The District website, [pakeyclub.org](http://pakeyclub.org), is full of useful information as well as the addition of the Pennsylvania District Key Club Facebook Fan Page. Please feel free to write your comments on the fan page wall or have Key Club conversations on the discussion board.

Have a great school year!  
Julia DeFabo



## TRUSTEE WILL ROBERTSON

My name is Will Robertson, and I am excited to announce that I will be your 2009-2010 Key Club International Trustee! I live in Charlotte, North Carolina with two brothers, my parents, and my dog - Divot. A few facts about me: my favorite sport is tennis, my favorite food is pizza, and my favorite song is "Change" by T-Pain.

I realized while getting my school supplies together that this Key Club year ends the first decade of a new millennium. This means that we all have the opportunity to set the pace of our organization for years to come. There are so many ways to help children start their own school year off right, from supply drives to library card sign ups to buddy groups. Whatever you do, enjoy helping other people's lives and don't forget that Key Club International is always available as your resource.

In Passion for Service,  
Will Robertson

## International Board

President Abigail McKamey



Vice President Adam Joslyn



Trustee Will Robertson



## EDITOR KATIE MILLER

Hi PA Key Club! I'm Katie Miller the Pennsylvania District Editor. I'm very excited to have just finished my first edition of The Keystonain. I hope that you have enjoyed reading it as much as I have enjoyed editing it. However, I didn't write this edition alone. Several of the Lt. Governors wrote articles for the September edition. I would like to say thank you to them because they all went above and beyond to share amazing article with you.

In addition, if you know of a club, project, or a member that is outstanding - please send me an e-mail at [editor@pakeyclub.org](mailto:editor@pakeyclub.org) with a brief article and it could be featured in the next edition of The Keystonian to be released in November 2009. Also, if you have ideas for future articles, please send in the idea or better yet, think about being a contributing writer!

Thanks,  
Katie Miller

## WEBMASTER ELLEN GALPERIN

Hello Key Clubbers, this is your District Webmaster Ellen. For those who haven't noticed, the website has had a complete "information make over". All information has been reorganized as well as new information has been added. New sections to the website include "Fundraising Ideas" and how to "Build a Club". Keep a look out for new features to come!

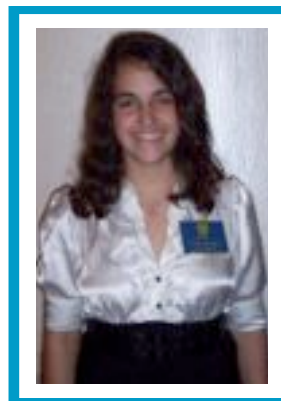
Also for all those Facebook junkies, there is now a PA District Facebook group. Check it out and see updates from Governor Julia as well as talk to other Key Club members of the Pennsylvania District.

Lastly, the front page of the website is looking for new pictures. If anyone would like to send in pictures of their club, please send them to me at [webmaster@pakeyclub.org](mailto:webmaster@pakeyclub.org).

-Webmaster Ellen Galperin

VISIT

[www.pakeyclub.org](http://www.pakeyclub.org)



T  
H  
A  
N  
K

Y  
O  
U