

A Splash! of Ideas

Key Club Projects Newsletter

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Hello everyone!

Summer is finally here! For some of us, the past school year drudged on and on, while for others, it flew by—and I know this is cliché—with the blink of an eye. But amidst whatever happened to us the past year, we all had at least one thing in common: Key Club. We have all had the heart to join, the willingness to donate our time, and the compassion to help others. Now that it's summer, let's not lose that dedication: continue to volunteer, even if your school Key Club is not in session. In this issue, I have outlined a few ideas that will hopefully be useful in some shape or form. Have a wonderful summer, and see you in the fall!

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Key Club—Its History, Its Origins



As I began to write this newsletter, I suddenly became curious on how Key Club started, and how it's come to be the club we know today. The following is a brief but interesting synopsis on Key Club history (from www.keyclub.org):

- Key Club started in May 1925 in Sacramento, California, and though at first a boys club, eventually spread to the entire school. (Thank goodness!)
- Soon, other communities became interested in Key Club. As the number of clubs grew, there came to be a plan for combining clubs into districts. This idea first developed in Florida in 1939.
- In New Orleans, 1946, delegates from around the country decided on the Constitution and Bylaws, thus forming Key Club International.
- The first Canadian Key was established in 1946, and Key Club has been expanding to other countries since, making it a truly international organization.

Quote

"It seems to me we can never give up longing and wishing while we are thoroughly alive. There are certain things we feel to be beautiful and good, and we must hunger after them."

--George Elliot

Interesting fact I learned in English: George Elliot, a writer in the mid-1800s, was actually a woman. She used the male surname George to ensure that the population at large would take her publications seriously.



Splashing Into Creative Projects

Trauma Dolls



I first learned about trauma dolls at District Convention 2007. The dolls are given to hospitalized children and serve not only as a comfort to the kids, but also as a communication tool for the doctor—to show the patients where surgery will take place and why it will help make them better. It helps relieve any anxiety the child may have—he or she can show, through the doll, any pain that is felt. The following is a simplified version of instructions from <http://www.kiwanis.org/magazine/0905sok3dolls.asp> and <http://www.kiwanis.org/lit/ycpohospdoll.pdf>

- 1) Create gingerbread-shaped cutouts from pieces of fabric and sew two cutouts together with each piece of fabric inside out.
- 2) Make sure you leave an opening of about 2.5 inches on one of its legs for later stuffing.
- 3) Trim the edges and turn inside-out; it is now ready to stuff.
- 4) Stuff through the gap in the doll's leg. It is usually best to stuff head-first, then proceeding on to the arms, legs, and chest.
- 5) After stuffing (the doll should be firm; the arms and legs should not flop), hand-sew on the final gap in its leg.
- 6) Call the children's hospital and deliver. If possible, write a news release and publish photos about the donation in order to increase awareness.

It takes minimal sewing skills to make the dolls, so anyone can participate. Also, club meetings are excellent times to stuff them!



Children's Miracle Network



Summer Season of Service

Every year, millions of children become hospitalized from injuries, birth defect defects, and disease. These children need special pharmaceuticals and equipment that suit their small frame in order to help them get well. It is no surprise, then that the skilled pediatricians and specific equipment are highly expensive. Children's Miracle Network directly raises funds to help diffuse those costs, train hospital staff, perform disease research, and purchase specialized equipment for children. In addition to donating, Key Clubbers can help out by:

*As adapted from the www.keyclub.org

- Provide toys and dolls for kids going through trauma.
- Contribute to or create video, toy, or book lending libraries or playrooms.
- Help staff information booths or surgery waiting rooms.
- Assist families with children who require long-term care or who live great distances from hospitals.
- Support safety campaigns or parent education programs.
- Purchase specific pieces of equipment.
- Volunteer at your local community broadcast. The annual broadcast will air nation-wide inspiring millions of people with the heartwarming stories of children who have triumphed over diseases and injuries of all kinds.
- Got talent? Get a group of friends together and put on a show for the kids right in the hospital. Singing, dancing, and instrument playing all work well.



More Project Waves



High Five For Health



High Five For Health, the service initiative for 2006-2008, is designed to promote lifelong health for children through the three components of nutrition, wellness, and play.

Nutrition covers the basics of a healthy diet; ideally, a child should have 5 servings of grain, 4 servings of veggies, 3 servings of both fruit and milk, and 2 servings of meat.

--Promote nutrition by handing out flyers and brochures on the food pyramid, cooking healthy meals, and collecting healthy food at food drives.

Wellness covers healthy habits such as drinking plenty of water, washing hands, getting adequate sleep, and having doctor check-ups yearly.

--Promote wellness by

- 1) Handing out flyers about wellness habits
- 2) Hanging "wash your hands" posters in local elementary schools.
- 3) Setting up a table in the lunchroom so that kids can trade pop for water.
- 4) Working with your local clinic to get discounts on shots and sports physicals for your district's schools
- 5) Talking to elementary teachers to see if there is a possible time for you to visit the classroom and teach the kids about wellness.

Play shows that simple games such as tag and riding one's bike around the neighborhood are the key stop increasing obesity.

Promote play by:

- 1) Advocating for physical education in schools.
- 2) Working to promote recess
- 3) Encouraging kids to walk or ride their bikes to school if possible.
- 4) Working to establish a yearly field day in school; instead of staying inside the classroom that day, all activities will be outdoors. There can be tug-of-war, Frisbee throwing, relay races, jumping contests...etc. Be sure to award everyone with prizes.



Source: HFFH PowerPoint by Key Club International Trustee Avanti Kollaram

Alex's Lemonade Stand



Alex's Lemonade Stand is the 2007-2008 Michigan District Project. It was created by Alexandra Scott, who, as a four-year-old, had the dream to raise money and find a cure for childhood cancer. A victim of the disease herself, Alex set up a lemonade stand in her backyard, which eventually evolved into a nationwide charity organization. Although Alex passed away in 2004, her spirit lives on. Help make her dream reality by participating in *Alex's Lemonade Stand*:

--Run a lemonade stand. This can be done virtually anywhere—in the backyard, at sports tournaments, during lunch...etc. Be sure to tell your customers about Alex's cause.

--Print out paper lemons and team up with local stores to sell them.

--Have an Alex's Lemonade Stand birthday party. Instead of the usual lieu of gifts, ask your guests to donate any amount to Alex's Lemonade Stand.

--Have a lemon-themed sale by selling all yellow things.

--Organize a 5K run or Walk-A-Thon.

--Host an Alex's Coffee House. Organize entertainment from the music and theater department, and ask students to promote all around. Be sure to set an appropriate admission fee, and set up containers for donation. It may also be a good idea to see baked goods at the Coffee House as well.

--Visit your local elementary and middle schools to teach about cancer, its cause, and its consequences.



Source:
<http://www.alexlemonade.org/>

For more information on Alex's LS, contact me or division 5 Lieutenant Governor Amy Rogan at (989) 770-5127 or mikcltdiv5@yahoo.com

That wraps up the June newsletter. Hope everyone has an amazing and productive summer!