

AUGUST 2021 ISSUE

Southwest Sun

Bulletin

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Howdy Southwest!

As most of you are heading back to classes, WELCOME BACK! We are so excited to kick off this year of service, fellowship and leadership. We know that clubs are off to do amazing things this fall semester. If you need anything at all please feel free to reach out to any of the district officers. We would love to help! Have a fantastic semester and we can't wait to see you soon!

Yours in Service,
The Southwest District of
CKJ



Time to Recruit!



Howdy Southwest!

My name is Nicole Inocentes and I serve as the 2021-2022 Southwest District Recruitment Lieutenant Governor. My job is to serve as a Liaison between the Presidents and Governor, but most importantly a resource to assist clubs in their recruitment efforts. A goal for this service year is to support Club Presidents in their recruitment and retention strategies so that we can grow the Southwest District. I also plan to hold numerous workshops throughout the year that vary from New Member Orientation to a Tomorrow Fund Webinar. These workshops serve to support members regarding information at a district level, as well as connect with people across the district. Additionally, I hope to charter potential new clubs to our district to expand our network of service to more communities. While recruitment is important to gain members, retention is just as important because it is instrumental in producing future leaders and supports the continuation of a club's legacy.



And Retain!

Alongside my Lieutenant Governor counterpart of Retention, we also focus on how to sustain the club's numbers and provide support to their retainment efforts. We work together to provide officer boards resources for strategies and methods to ensure that they keep consistency with their number of members. Our goals for the district regarding retention is to provide the assistance to maintain stability of membership and proactively support the district's clubs in every aspect. My job is to support our existing clubs and to hopefully establish new additions to our Southwest Southbest District. Please do not hesitate to contact me if you have any questions or just want to chat, I would be more than happy to keep in touch!

Yours in Service,

Nicole Inocentes

SWD Recruitment Lieutenant Governor





Club Highlight



This semester, we plan to really try to work with our Key Clubs here in Flagstaff. This has not happened very much in the past so we want to work with them as much as possible. We also want to build relationships with our Kiwanis club. We plan to attend their meetings and participate in their events. They have also been invited to our meetings and service events. We are all super excited for in person service and district events. Some of us have never been to an in person meeting or event, or just really miss what it was like pre Covid. We are all hoping to connect more as a club now that we will be able to see each other and talk face to face.

-Melissa La Spisa
NAU CKI President

Meet your District Events Chairs!



Gurleen Kaur

She/Her/Her

Major: Population Health with a Minor in
Biochemistry at UNM

I wanted to serve on the district board
because I love being part of CKI and have a
great passion for community service :)

Email: gurleen_sembhi@yahoo.com

Summer Ahmed

She/Her/Her

Major: Biomedical Sciences and
Anthropology at ASU

I chose to be part of the District Events
Committee in order to gain a larger role
when it comes to CKI and bring new ideas
to the District. I want to connect with more
CKI members and create long lasting
friendships through the amazing events
that will be held throughout the year.

Email: sgahmed1@asu.edu



Save the Date!

District Large Scale Service Project

Our in person and virtual DLSSP
will be on: September 11, 2021

Keep an eye out for updates
from our District Events Chairs
on our social media!

Click the Earth to register!



Fall Rally 2021

Our in person Fall Rally will
be: October 15-17, 2021

Keep an eye out for theme
and registration updates
from our District Events
Chairs on our social media!

Meet your International Trustee!



Hello, it's so nice to meet you! My name is Liz Seigny—they/them and she/her—and I'm ecstatic to be your International Trustee for the service year!

I'm a junior enrolled at Mount Holyoke College, studying computer science and East Asian Studies; however, I'm spending this fall semester in Seoul, South Korea at Yonsei University. I'm super passionate about ending the global water crisis and other climate and racial issues. Additionally, I enjoy playing with my bulldog Finn, cooking, and learning new languages.

This year as your trustee, I will be working alongside the Southwest District, the Carolinas District, the Columbia District, and the Kentucky-Tennessee District as a source of support. If you have any concerns, I can bring them in front of the right people in CKI and find some answers. Please join us for various Sister District ("Sistrict") events, follow us on instagram @together.sistrict, and join our Slack chatroom (https://join.slack.com/t/togethersistrict/shared_invite/zt-uj2feqjn-clrzviWnCCRpGy6Q8kbgGw)~ If you have any questions, you can email me at trusteeliz@circlek.org. I hope to be able to meet you in person soon!

Gratefully,
Liz Seigny

Stress and Time Management

We know that heading into the busyness of school, work and other commitments, it can be hard to reflect on our own individual personal and mental health. Here are some ways to to help!

Read



This article has a TON of tips for ways to relieve stress! Click on the Cloud.

Eat



Our bodies feel better when we eat healthy and nutritious food! Click on the sun for some easy recipes for college students!

Headspace



Headspace is a app filled with meditation tips, relaxing music and other ways to reduce stress! Some univeristies have free subscriptions when you log in with your student email! Click on the moon!

Introducing the Governor's Project: WASH!

Our work is not done yet! Water, Sanitation, and Hygiene (WASH) is the signature project at the international level in partnership with UNICEF. The main objective of WASH is clear, they aim to “provide education, awareness, and funding to supply clean drinking water and sanitation education to schools and children in underdeveloped regions.”

The Southwest District plans to continue playing a role in this very important effort, declaring WASH as both its District Initiative and Governor’s Project. Governor Jordan, along with the district board find the absolute need to protect the fundamental rights of children all around the world, specifically in this case for Haitian children, and we hope you do too. With your assistance and support, WASH hopes to supply more individuals with access to clean, drinking water.

We openly invite you all to help support this amazing project through means of fundraising, especially with the WASH anchor programs, such as “Trick or Treat for UNICEF” and “March Water Madness.”

The 2021-2022 Southwest District board has a goal of raising \$3,000 by the end of the service year and we really need your help.

To learn more about WASH, to get access to resources, and to find some fundraising opportunities for WASH, scan this qr code!



Southwest CKI Word Search!

K O B D O W A G F U F J N A Q N K H H B
X U P X J T E O V E F A D P R D Y R A I
A C C I K C P Z C V E D X S T I H W R F
A V F V K V T I F B V L U S Y N Z E R X
P R G U Q K N N I D R K X L A S M O Y I
D V O F Q U T O I S E K E D Y B N Q N O
O A E R M E G T H S S T Y L P Q D A K A
P K P V I H Z X K N O R W C U Q E C K K
P I H S R E D A E L T O G E T H E R I O
S O H E P E Q S P X E H I G P P S W C R
U I C S Y I S V H T V Z C Q M E A I B E
F U S O W B S O K J O D V M R N X J R C
H T E T I O S B T N L P U V I E F E S R
E L B X R C L W J E D X I S M A T P V U
O G D P G I B L P O V C U W B E X N E I
O W R M M I C R E O E I E C N Q P P O T
Y W S U T G C T M F S N L T F V K S T M
L A N O I T A N R E T N I F G W M A T E
R N J J M T E X A S C O S Q L X A D T N
D X P C T W X J G E N B B J G Y E Y H T

arizona	cki	DLSSP
fellowship	harry	international
kiwanis	leadership	livetoserve
lovetoserve	newmexico	recruitment
retention	service	sistrict
texas	together	UNICEF

First one to send completed word search to:
ckibulletineditor@swdkiwanis.org gets a fun prize :)



WILD WILD SOUTHWEST

**New Member
Orientation**

September 10, 2021 @7pm

Southwest Connect

A new way to stay connected with the Southwest District of Circle International!

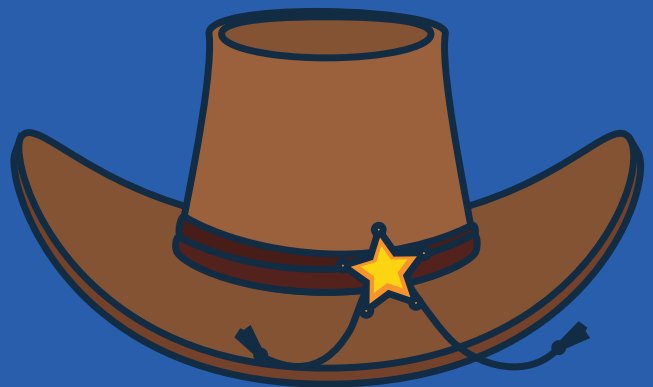
Join our Photo Circle for a chance for your CKI related pictures to be featured on our Instagram!



Have a CKI member you would love to recognize? Click the horse to nominate them to be highlighted in the next newsletter!

Governor Office Hours!

Governor Jordan will be hosting WEEKLY office hours from 8pm-9pm(AZ time) EVERY TUESDAY! Feel free to stop by say hi, or ask any questions! Click on the hat to join the Zoom Link!



Follow Us on Social Media

Instagram: @swdcki

**Facebook Group:
Southwest District CKI**

TikTok: @swdcki

Contact.

Us

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