



CNH | KEY CLUB

DAMIEN MEMORIAL SCHOOL

THE MONARCH-KEY

OCTOBER 2020 | VOL. 1 | ISSUE 6

REGION 18 D22 KOMOH

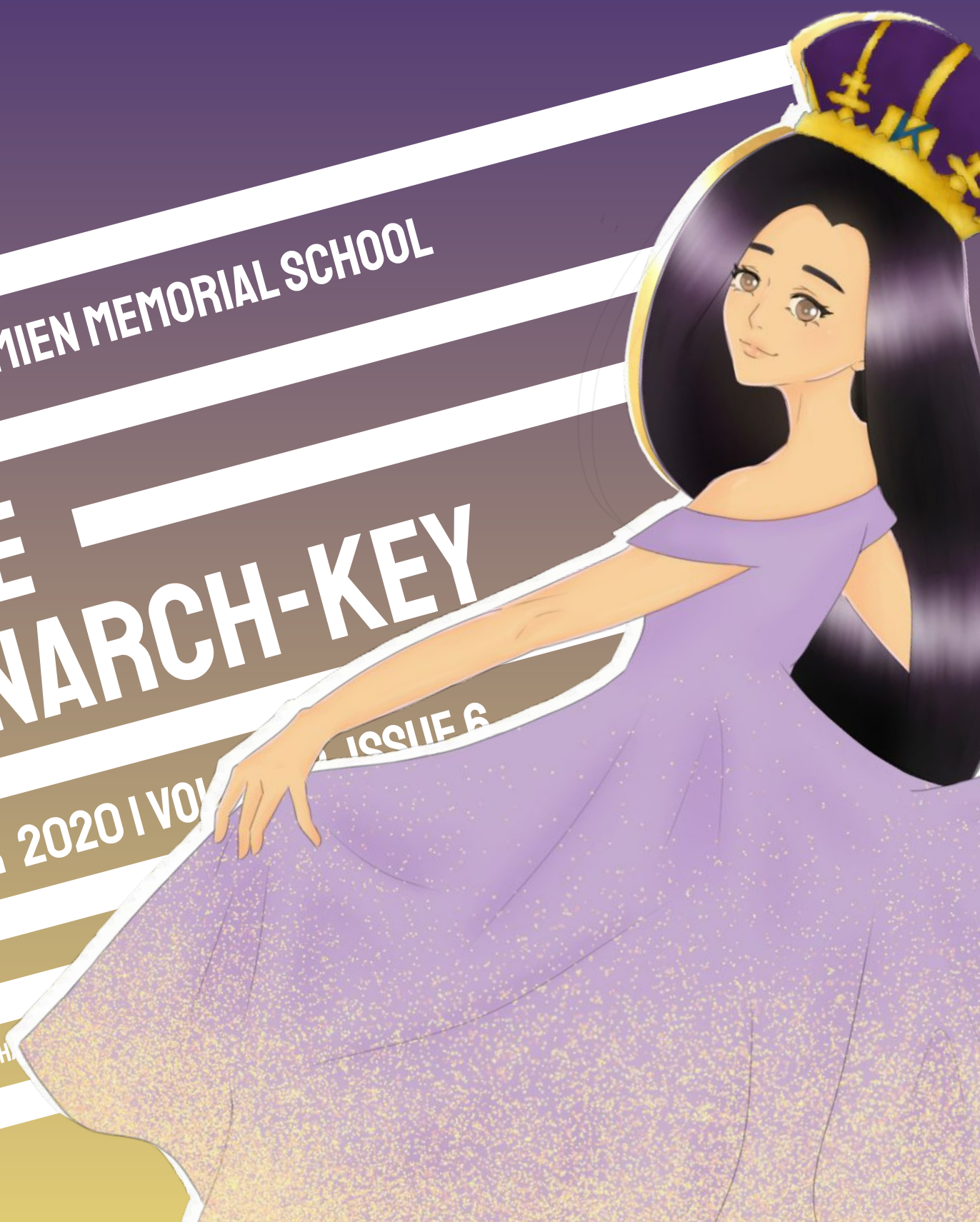


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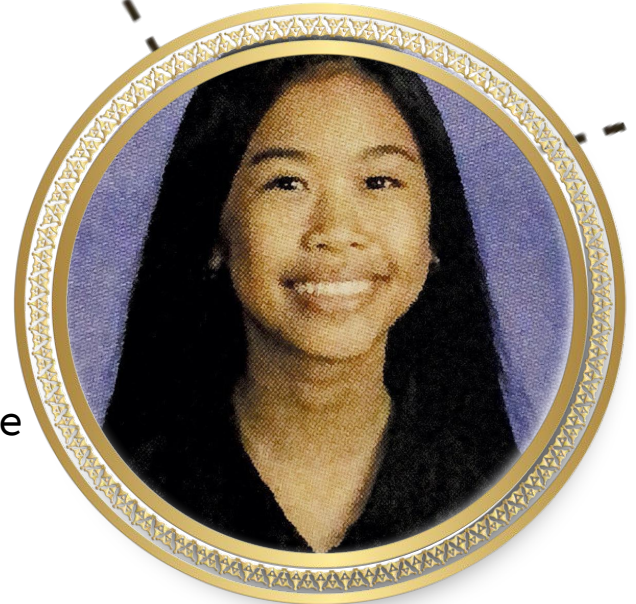
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MEMBER *of the* MONTH

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Ayla Retuta

Thank you for participating in the service projects this past month!

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🔑 -p up the good work!

EDITOR'S NOTE



Hey clubbers!

It's finally October, so you know what that means: spooky month! I'm not the biggest fan of Halloween, as I prefer Christmas, but I absolutely love this time of year and the feelings surrounding these next few months. As soon as it hit October 1st, it's officially the holiday season for me! On a more academic note, we finally finished the first quarter! I hope you guys are keeping your grades up and working hard to get through the remainder of this school year. I know this is a key club newsletter, but as also a part of NHS, I want to remind you guys that NHS does offer tutoring, so if you're struggling don't be afraid to seek help!

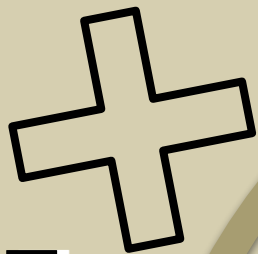
I apologize for going off on a tangent. Tying it back to the holiday season, I hope you guys continue to participate in service project. This time of year is not only a time for celebration, but it is also a time to give back and help those who are less fortunate than us. Also, here's a reminder: don't forget to turn in your forms and dues (\$22) before the end of this month! With that in mind, I hope to see you all at our next meeting; I'll be expecting you! Remember, if you have any questions, feel free to ask any of the board members, including myself of course. I hope you'll always stay healthy and happy! Let's get through another¹ quarter together! (´••••`)♡

Hey Key Clubbers,

It is officially spooky season! That also means that it's time to Trick or Treat for UNICEF! Did you know that over \$180 million has been raised through this fundraiser since 1950? Let's do our best to bring this number up again this month. Even if you can't donate a lot, every penny counts. (:

Also, thank you to everyone who participated in last month's service challenge. Damien actually made up a large percentage of the attendance and, as a club, attended every single day of the challenge! Continue to keep doing service, everyone!





SUICIDE PREVENTION INFOGRAPHICS

September, otherwise known as "Suicide Prevention Month", is a month dedicated to raising

awareness about suicide prevention, remembering those affected by suicide, and focusing one's efforts into directing treatment to those who need it the most. Suicide is known to be one of the leading causes of death in the United States, iwth it being the second leading cause of death for teenagers. Because of this, members of Damien's Key Club created infographics to raise suicide prevention awareness which included information about warning signs, symptoms, risk factors, ways to take action, etc.

*Suicide in Teens
Early Intervention is Key*

<p><i>Checklist of Suicidal Feelings:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Depressed <input type="checkbox"/> Hopelessness <input type="checkbox"/> Irritability <input type="checkbox"/> Guilt <input type="checkbox"/> Worthlessness <input type="checkbox"/> Loss of Interest 	<p><i>Warning Signs to Watch For:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Irregular Sleeping <input type="checkbox"/> Anti-social <input type="checkbox"/> Frequent Crying <input type="checkbox"/> Extreme Change in Appetite <input type="checkbox"/> Substance Abuse
<p><i>Stigma, prejudice, discrimination, and social inequality leads to higher suicide rates.</i></p>	 <p><i>In the United States, suicide is the second leading cause of death for the 15 to 24 age group.</i></p>
<p><i>How to Take Action</i></p>	
<ol style="list-style-type: none"> (1) Don't leave someone suicidal on their own. (2) Actively listen. (3) Remove means of suicide from the person. (4) Inform immediate loved ones and collaborate for safety. (5) COMMUNICATE with the person. 	<p><i>National Suicide Prevention Hotline 800-273-8255</i></p> <p><i>Yes, things can change for the better! Learn the signs and get involved!</i></p>

The Pediatric Trauma Program

The Pediatric Trauma Program was established in 1994 by the Kiwanis Cal-Nev-Ha Foundation in order to educate society about preventing deaths caused by traumatic injuries in children.

The Facts:

1. Injury kills more kids than all other causes combined.
2. Approximately 9,523 kids die from traumatic injury per year.
3. That equates to about 1 child dying from injury every hour.

90% of these unintentional injuries can be prevented!

These causes include disease, homicide, suicide, and more, and majority of these injuries occur between May and August.

Where do I donate?



Partner Hospitals Grants



Kiwanis Clubs



PTP Safety Items

PTP INFOGRAPHICS

Pediatric trauma is a life-threatening injury to children and is known to be the leading cause of death among children ages fourteen and under in the United States. In 1994, to help those affected by pediatric trauma, CNH established the Pediatric Trauma Program (PTP) to educate and train people in pediatric trauma and injury prevention. Damien Memorial Key Club Members created infographics of either information about PTP or safety infographics for children, raising awareness in order to help reduce the number of those affected by pediatric trauma.




SEPTEMBER

Kaneohe Kiwani...

SERVICE CHALLENGE

The September Service Challenge was a challenge organized by Division 22 Komohana that, as the name implies, lasted for all 30 days of the month of September. All clubs in the division—Aiea, Castle, Damien, Hanalani, Kailua, Kapolei, Leilehua, McKinley, Mililani, Pearl City, and Waipahu—were invited to join a zoom call where the service challenge would take place daily. By joining the call from 8:00 to 9:00 PM and participating in the projects, one would be able to earn one hour of service. Each project was led by a club in the division or a DLT member, with Damien leading on the 4th, 5th, 22nd, and 28th. Nathaniel Castro and Erika Macaraeg led “Letters to Foster Children” on the 4th. The following day, on the 5th, Christian Andres and Zoe Hamada led “Send a Smile to a Cancer Patient”. On the 22nd, Patricia Foronda and Arimathea Bennet led “Birthday Cards for Homeless Children”. “Holiday Cards for Hospitalized Kids” was led by Rhusel Rivera and Christine Nguyen on the 28th. Through these calls, members were able to earn hours all while getting more familiarized with members from the other clubs in the division.



important dates for the
month of october

UNICEF Math
Games

Crane
Making

Letters for
Orphans

Operation
Gratitude

Messages to
Healthcare Workers
via Project
Sunshine's Kudoboard

Scanning
Children's
Books for
Bookshare

Updates

DIVISION

- Next Division Council Meeting (DCM) -

October 10, 2020 | 7:00 PM to 8:00 PM | Zoom

REGION

- None -

DISTRICT

- None -

INTERNATIONAL

- None -



CONTACT US!

KEY CLUB INTERNATIONAL

Website: [Key Club](#)
Instagram: [@keyclubint](#)
Twitter: [@keyclub](#)
Facebook: [@keyclubint](#)
Youtube: [Key Club International](#)

CALIFORNIA-NEVADA-HAWAII DISTRICT

Website: [CNH Key Club](#)
Instagram: [@cnh keyclub](#)
Twitter: [@CNHKeyClub](#)
Facebook: [@calinevhakeyclub](#)
Youtube: [CNH Key Club](#)

DIVISION 22 KOMOHANA

[Instagram: @d22komohana](#)
[Facebook: @D22komohana](#)

DAMIEN KEY CLUB

Website: [Damien Key Club](#)
Instagram: [@damienkeyclub](#)
Twitter: [@damienkeyclub](#)
Discord: [DMSKC Server](#)
Schoolology Code: SJWVM-FKP9P

DMSKC BOARD MEMBERS

- President -
[Joyce Zafaralla](#)
- VP of Service -
[Nathaniel Castro](#)
- VP of Communication -
[Zoe Hamada](#)
- Secretary -
[Christian Andres](#)
- Treasurer -
[Rhusel Rivera](#)
- Editor -
[Erika Macaraeg](#)
- Class of 2021 Director -
[Christine Nguyen](#)
- Class of 2022 Director -
[Madison Lau](#)
- Class of 2023 Director -
[Patricia Foronda](#)
- Kiwanis Advisor -
[Mr. Joel](#)
- Faculty Advisor -
[Mr. Nitta](#)