

# Moo-Moo's Moosletter

Volume 2 / Issue 2

Fall  
2025



# CONTENTS

1-- EDITOR'S NOTE

2-- GOVERNOR'S MESSAGE

3-- GOVERNOR'S PROJECT

4-- GOVERNOR'S PROJECT CHALLENGE

5-- UNLOCKED RECAP

6-- DCON

7-- INTERNATIONAL UPDATE

8-- KCI PARTNERS/PREFERRED CHARITIES

9-- UNICEF CHAMPION

10-- DUES

11-- KEY CLUB WEEK

12-- K-FAMILY WEEK

13-- CLUB SPOTLIGHT: AMES

14-- KEY DATES

16-- BOARD CONTACTS

# Editor's Note

HI NEBRASKA-IOWA KEY CLUB MEMBERS!

I HOPE YOU ALL ARE HAVING A GOOD FALL, AND HOPEFULLY YOU WERE ABLE TO ATTEND OUR FIRST EVER UNLOCKED LEADERSHIP WEEKEND! AS WE MOVE INTO THE SEASON OF SERVICE, I ENCOURAGE YOU AND YOUR CLUBS TO TAKE ADVANTAGE OF UPCOMING EVENTS, VOLUNTEER OPPORTUNITIES, AND FUNDRAISING INITIATIVES. WHETHER IT'S ORGANIZING A FOOD DRIVE, VOLUNTEERING IN YOUR COMMUNITY, OR PLANNING YOUR WINTER SERVICE. THIS IS A PERFECT TIME TO SPREAD KINDNESS IN YOUR SCHOOLS AND COMMUNITIES. BE SURE TO KEEP AN EYE OUT FOR IMPORTANT DISTRICT UPDATES, RESOURCES TO HELP YOUR CLUB THRIVE, AND SPOTLIGHTS ON THE INCREDIBLE SERVICE YOU ALL CONTINUE TO DO. YOUR DEDICATION IS WHAT MAKES OUR DISTRICT SO STRONG, AND I CAN'T WAIT TO SEE EVERYTHING YOU ACCOMPLISH THIS YEAR.



# Governor's Message

## HELLO, NEBRASKA-IOWA KEY CLUB!

I cannot believe that our district board is more than halfway through our terms. I am so proud of the work we've done so far, and can't wait to see what we can accomplish with the rest of our terms.

So far this year, we've:

- Welcomed club members to sit on our district committees
- Launched a new leadership weekend for our district
- Paired all of our clubs with their "Sister Club"
- Promoted the YOF Grant and other Key Club International sponsorships and grants

As the winter months approach, our district will focus more efforts and attention on our District Convention, which will be held in March in Des Moines, Iowa. Thank you for your dedication to service these past months, and I look forward to seeing what we accomplish with the remainder of the year.

Yours in friendship and service,

*Lilly Frideres*



### CONTACT INFO

#### EMAIL:

GOVERNOR@NIKEYCLUB.COM

#### PHONE:

515-350-3803

#### INSTAGRAM:

LILLYFRIDERES

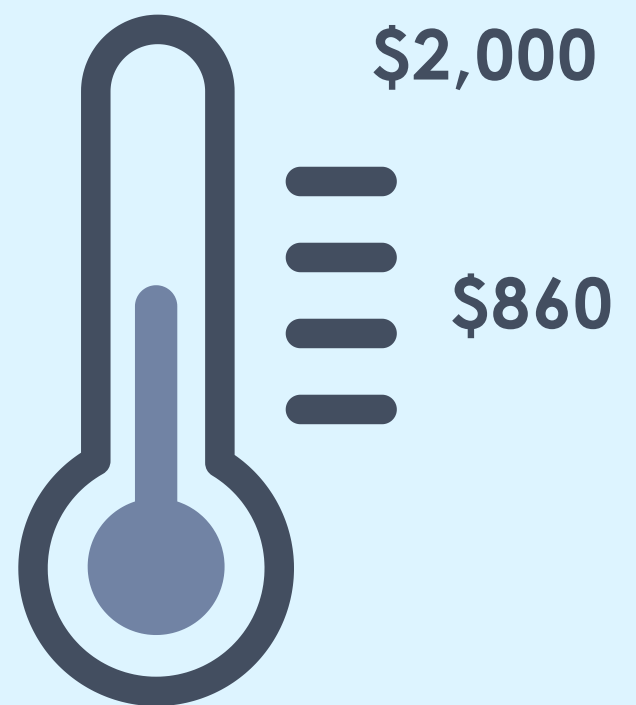
PLEASE DON'T  
HESITATE TO REACH  
OUT AT ANY TIME  
WITH QUESTIONS OR  
CONCERNS!

# GOVERNOR'S PROJECT

## THIRST PROJECT

THE THIRST PROJECT IS A NONPROFIT ORGANIZATION THAT WORKS WITH YOUNG PEOPLE TO END THE GLOBAL WATER CRISIS BY BUILDING FRESHWATER WELLS IN DEVELOPING COMMUNITIES THAT LACK SAFE AND CLEAN DRINKING WATER. THEY HAVE RAISED OVER 10 MILLION DOLLARS, ALLOWING THEM TO HELP 13 DIFFERENT COUNTRIES AND IMPACT OVER 6000,000 LIVES!

OUR DISTRICT HAS SUCCESSFULLY RAISED \$860 TOWARDS OUR \$2,000 FUNDRAISING GOAL! THANK YOU TO THE CLUBS WHO HAVE HELPED FUNDRAISE; IT'S NOT TOO LATE FOR YOUR CLUB TO STILL HELP FUNDRAISE!



# thirst

## PROJECT

# GOVERNOR'S PROJECT CHALLENGE

OUR DISTRICT IS CHALLENGING YOU AND YOUR HOME CLUB TO  
REACH ONE OF THE FUNDRAISING GOALS BELOW!

**BRONZE**  
**\$50**



**RECOGNITION AT  
DISTRICT  
CONVENTION**

**SILVER**  
**\$100**



**FEATURED ON  
THE DISTRICT  
INSTAGRAM  
AND WEBSITE**

**GOLD**  
**\$200**



**OFFICIAL DISTRICT  
AWARD**

**PLATINUM**

**2ND HIGHEST**

**FUNDRAISING CLUB**

**DIAMOND**

**HIGHEST**

**FUNDRAISING CLUB**



**PRIORITY SEATING  
AT THE AWARDS  
CEREMONY  
DURING DISTRICT  
CONVENTION**



**NAME TWO  
BABY MOOMOO  
MASCOTS FOR OUR  
DISTRICT**

# Unlocked Recap

THE NEBRASKA-IOWA KEY CLUB UNLOCKED LEADERSHIP TRAINING WEEKEND WAS A THREE-DAY EVENT FOCUSED ON BUILDING LEADERSHIP SKILLS, LEARNING ABOUT KEY CLUB, AND CONNECTING STUDENTS FROM ACROSS THE DISTRICT. ATTENDEES PARTICIPATED IN INTERACTIVE WORKSHOPS, TEAM-BUILDING ACTIVITIES, AND HEARD FROM KEYNOTE SPEAKERS LIKE DR. JAMIE WILLIAMS AND JOHN GOODWIN. INTERNATIONAL TRUSTEE MCCARTY LIANG ALSO SPOKE ABOUT OPPORTUNITIES WITHIN KEY CLUB INTERNATIONAL. THE WEEKEND EMPHASIZED PERSONAL GROWTH, COMMUNITY, AND SERVICE LEADERSHIP, AND THE DISTRICT CALLED THE INAUGURAL EVENT A SUCCESS WITH PLANS TO CONTINUE IT IN THE FUTURE.





# DCON

## *Rooted in Service*

March 20-22



THE NEBRASKA-IOWA KEY CLUB DISTRICT CONVENTION (DCON) FOR THE 2025-26 TERM WILL BE HELD IN DES MOINES, IOWA, BRINGING TOGETHER CLUBS FROM ACROSS BOTH STATES FOR A WEEKEND OF WORKSHOPS, SERVICE CELEBRATIONS, ELECTIONS, AND SPIRIT EVENTS. MEMBERS WILL GATHER TO LEARN MORE ABOUT LEADERSHIP, DEVELOP NEW SKILLS, CONNECT WITH DISTRICT OFFICERS, AND PARTICIPATE IN THE ANNUAL HOUSE OF DELEGATES TO ELECT THE NEXT DISTRICT BOARD. DCON IN DES MOINES SERVES AS THE DISTRICT'S BIGGEST EVENT OF THE YEAR, OFFERING OPPORTUNITIES FOR CLUBS TO SHOWCASE THEIR PROJECTS, MEET KEY CLUBBERS FROM DIFFERENT DIVISIONS, AND CELEBRATE THE IMPACT OF SERVICE THROUGHOUT THE NEBRASKA-IOWA DISTRICT.



THE THEME "ROOTED IN SERVICE" HIGHLIGHTS HOW KEY CLUB'S STRENGTH AND LEADERSHIP GROW FROM A STRONG FOUNDATION OF HELPING OTHERS. IT REMINDS MEMBERS THAT SERVICE IS THE CORE OF EVERYTHING THEY DO, GROUNDING THEM IN PURPOSE WHILE ENCOURAGING CONTINUED GROWTH, CONNECTION, AND POSITIVE IMPACT WITHIN THEIR COMMUNITIES. INFORMATION ON THE HOTEL/TIMES TBD!

# International Update

## District Pairings:



MCARTY LIANG  
INTERNATIONAL TRUSTEE



LILLY FRIDERES  
NE-IA GOVERNOR



ABI LEE  
NEW JERSEY GOVERNOR



HAYEL ABU-HAMDAN  
EASTERN CANADA  
GOVERNOR

## Message from Trustee:

HELLO NEBRASKA-IOWA!

MY NAME IS MCCARTY LIANG, AND I AM SO EXCITED TO SERVE AS YOUR INTERNATIONAL TRUSTEE FOR THE 2025-2026 SERVICE YEAR! I AM A SENIOR IN HIGH SCHOOL, AND I AM FROM THE MIGHTY MICHIGAN DISTRICT. I ENJOY HANGING OUT WITH MY FRIENDS AND FAMILY, PLAYING GAMES (ESPECIALLY ROBLOX), AND TRYING OUT FOODS FROM DIFFERENT CULTURES. MY PLANS ARE TO ENSURE CONNECTION AND COMMUNICATION THROUGH OUR DISTRICT PAIRING AND ESPECIALLY UPLIFT YOUR VOICE ON THE INTERNATIONAL LEVEL BY BEING A HELPING HAND. THIS YEAR, I AM PROUD TO SERVE ON TWO COMMITTEES: THE GLOBAL RELATIONS COMMITTEE AND THE PROGRAMS & PARTNERS COMMITTEE. ON GLOBAL RELATIONS, I FOCUS ON OUR GLOBAL PRESENCE, ENSURING THAT EACH OF OUR 235,000+ MEMBERS RECEIVE THE CARE AND SUPPORT THEY NEED. ON PROGRAMS & PARTNERS, I SERVE AS THE MAIN LIAISON OF THE ERIKA'S LIGHTHOUSE PARTNERSHIP AND THE GLOBAL LEADERSHIP CERTIFICATE CO-CHAIR. BY WORKING WITH YOUR DISTRICT GOVERNOR LILLY FRIDERES. KEY-P UP WITH KEY CLUB INTERNATIONAL! I AM ECSTATIC TO WORK WITH ALL OF YOU THIS YEAR AND SEE HOW WE CAN GO HAND IN HAND TOGETHER!

YOURS IN HAND-Y SERVICE,  
MCCARTY LIANG

# Key Club International

## Service Partners

### Erika's Lighthouse

ERIKA'S LIGHTHOUSE'S MISSION IS TO ENSURE THAT NO YOUNG PERSON FEELS ALONE IN THEIR DEPRESSION. THIS NONPROFIT ORGANIZATION ENCOURAGES GOOD MENTAL HEALTH AND STRIVES TO BREAK DOWN THE STIGMA SURROUNDING MENTAL HEALTH ISSUES.



### Schoolhouse

WANT TO MAKE AN IMPACT AND HAVE FUN WHILE DOING IT? LOOKING FOR A SERVICE PROJECT THAT YOU CAN COMPLETE FROM THE COMFORT OF YOUR BEDROOM? KEY CLUB HAS PARTNERED WITH SCHOOLHOUSE TO BRING FREE TUTORING TO THOUSANDS OF LEARNERS WORLDWIDE!



# Key Club International

## Preferred Charities

### Thirst Project

THIRST PROJECT HOPES TO EDUCATE THE NEXT GENERATION BY ARMING STUDENTS WITH INFORMATION ABOUT HOW THEY CAN BE A PART OF SOCIAL CHANGE, MAKE A DIFFERENCE, AND ENCOURAGE OTHERS TO JOIN IN THE EFFORT.



### UNICEF

UNICEF IS THE ONLY ORGANIZATION OF THE UNITED NATIONS DEDICATED EXCLUSIVELY TO CHILDREN. WORKING WITH OTHER UNITED NATIONS BODIES, GOVERNMENTS AND NON-GOVERNMENTAL ORGANIZATIONS, UNICEF HELPS TO PROVIDE FOR CHILDREN'S NEEDS IN MORE THAN 150 DEVELOPING COUNTRIES THROUGH COMMUNITY-BASED SERVICES IN PRIMARY HEALTH CARE, BASIC EDUCATION AND SAFE WATER AND SANITATION. KCI'S PARTNERSHIP WITH UNICEF SUPPORTS THE MAJOR EMPHASIS: CHILDREN: THEIR FUTURE, OUR FOCUS.



# Unicef Champion

## WHAT IS IT?

IN KEY CLUB, A UNICEF CHAMPION IS A DEDICATED MEMBER WHO GOES ABOVE AND BEYOND IN SUPPORTING UNICEF'S MISSION TO PROTECT AND IMPROVE THE LIVES OF CHILDREN WORLDWIDE. THESE CHAMPIONS HELP EDUCATE THEIR CLUBS AND COMMUNITIES ABOUT GLOBAL CHILD-FOCUSED ISSUES, ORGANIZE SERVICE PROJECTS AND FUNDRAISERS, AND ADVOCATE FOR UNICEF'S INITIATIVES, SUCH AS PROMOTING ACCESS TO CLEAN WATER, EDUCATION, AND EMERGENCY RELIEF. BY RAISING AWARENESS AND INSPIRING OTHERS TO TAKE ACTION, UNICEF CHAMPIONS PLAY AN ESSENTIAL ROLE IN STRENGTHENING THE PARTNERSHIP BETWEEN KEY CLUB AND UNICEF AND ENSURING THAT SERVICE EFFORTS TRULY MAKE A GLOBAL IMPACT.



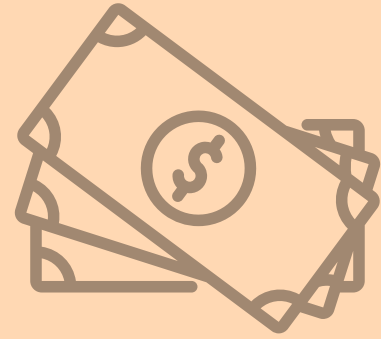
## WHO IS IT?

ANDREA HU

AREA 4 LTG



# DUES



**\$6** DISTRICT DUES HELP PAY FOR THE TRAINING OF DISTRICT BOARD OFFICERS AND TRAVEL EXPENSES AND REDUCE DISTRICT CONVENTION COSTS. PAYING DUES MAKES YOU AN OFFICIAL KEY CLUB MEMBER, MEANING YOU CAN BENEFIT FROM ANY KEY CLUB PROGRAM! ANY DUES-PAYING MEMBER IS ELIGIBLE TO RUN FOR ANY KEY CLUB OFFICE, ATTEND DISTRICT CONVENTION AND INTERNATIONAL CONVENTION, APPLY FOR SCHOLARSHIPS, AND MORE.

**\$10** AT THE INTERNATIONAL CONVENTION IN JULY, KEY CLUB INTERNATIONAL APPROVED A \$3 DUES INCREASE, RAISING DUES FROM \$7 TO \$10. THIS CHANGE WILL HELP COVER KCI'S \$125,000 ANNUAL DEFICIT, INSURANCE FEES, AND RESTORE PROGRAMS IMPACTED BY THE PANDEMIC. STARTING IN 2029, DUES WILL AUTOMATICALLY ADJUST EVERY FOUR YEARS BASED ON INFLATION IN \$0.25 INCREMENTS.

**EARLY BIRD DUES WERE DUE NOVEMBER 1<sup>ST</sup>  
DECEMBER 1<sup>ST</sup>: REGULAR DUE DATE**

# KEY CLUB WEEK

NOVEMBER 3 - NOVEMBER 7

*MONDAY- SHOW YOUR K*

*TUESDAY- INVITE AND INCLUDE*

*WEDNESDAY- DARE TO SHARE*

*THURSDAY- RANDOM ACTS OF KINDNESS*

*FRIDAY- CONNECT THE KS*



# **K-FAM WEEK**

**DATE**

**MONDAY- K-KIDS**

**TUESDAY- BUILDER'S CLUB**

**WEDNESDAY- KEY CLUB**

**THURSDAY- CIRCLE K**

**FRIDAY-AKTION CLUB**

**SATURDAY- KIWANIS**



# Club Spotlight

THIS FALL, AMES HIGH KEY CLUB HELD A SUCCESSFUL HIGHWAY CLEANUP. 25 TOTAL VOLUNTEERS GATHERED TO COLLECT TRASH BY THE HIGHWAY, ALONGSIDE A FEW OF THE CLUB'S SPONSORING KIWANIANs!



# Key Dates

Fall.....→ Winter

## NOVEMBER

- 1-----NEWSLETTER FROM LTG
- 1-----EARLY BIRD CLUB DUES ARE DUE
- 3-8-----KEY CLUB WEEK
- 12-15-----KIWANIS CHILDREN’S FUND MEETING

## DECEMBER

- 1-----NEWSLETTER FROM LTG
- 1-----KEY CLUB DUES DUE



# Board Contacts

## *Executives*



Lilly Frideres  
515-350-3803  
governor@nikeyclub.com



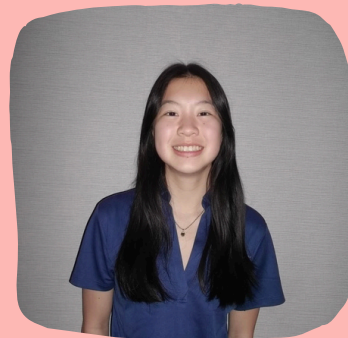
Laura Wang  
515-735-6163  
secretary@nikeyclub.com



Hailey Tran  
531-500-9732  
editor@nikeyclub.com



Samarth Sajeesh  
402-805-3826  
webmaster@nikeyclub.com



Simay Zhu  
515-817-9617  
Niwebmaster@nikeyclub.com

## *Administrators*

Tracey Domgard: da@nikeyclub.com

Cooper Domgard: ada@nikeyclub.com

### *Assistant Administrator*

Audrey Ideus-Wonder: niada@nikeyclub.com



# Board Contacts

## LTG 1

Ronav Ganesh  
402-420-9495  
area1@nikeyclub.com

## LTG 2

Shriish Sathish  
919-454-4466  
area2@nikeyclub.com

## LTG 3

Claire Hughes  
402-317-0954  
area3@nikeyclub.com

## LTG 4

Andrea Hu  
402-525-4390  
area4@nikeyclub.com

## LTG 5

Lainey Buckendahl  
712-299-3757  
area5@nikeyclub.com

## LTG 6

Lynda Sun  
515-815-9858  
area6@nikeyclub.com

## LTG 7

Reed McCabe  
319-249-8182  
area7@nikeyclub.com

## IA At-Large

Annie-Sarah-Clements  
641-325-3060  
niiowa@nikeyclub.com

## IA At-Large

Trevor Nusbaum  
515-215-4622  
iowa@nikeyclub.com

## NE At-Large

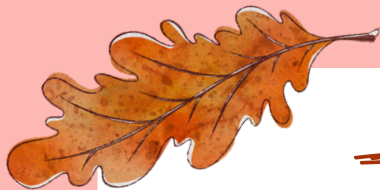
Jolene Ng  
531-218-6018  
nebraska@nikeyclub.com

## NE At-Large

Grace Cai  
402-802-6768  
ninebraska@nikeyclub.com

## LTG Chair

Prisha Sathishkumar  
531-333-0735  
ltgchair@nikeyclub.com



## International



### International President

Isabella Baldisseri  
president@keyclub.org



### International Vice-President

Luna Alaowad  
vp@keyclub.org



### International Trustee

McCarty Laing  
mliang@keyclub.org



# THANK YOU!



**Follow our socials!**



**@neiakeyclub**



**@nebriowakeyclub**

**District Website**

**Nebraska Iowa Website**