



# Nebraska-Iowa **Back-to-School-Mailer** 2025-2026





# TABLE OF CONTENTS:



**PG. 3- GOVERNOR'S GREETING**

**PG. 4- DA NOTE**

**PG. 5- WHAT IS KEY CLUB?**

**PG. 6- CORE VALUES**

**PG. 7- DIVERSITY, EQUITY, AND INCLUSION**

**PG. 8- LEVELS OF KEY CLUB**

**PG. 9- K-FAMILY**

**PG. 10- INTERNATIONAL PARTNERS**

**PG. 11- GOVERNOR'S PROJECT**

**PG. 12- GRANTS AND SCHOLARSHIPS**

**PG. 13- DISTRICT TIMELINE**

**PG. 14- FALL LEADERSHIP WEEKEND**

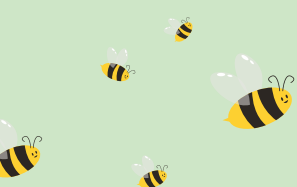
**PG. 15- DCON**

**PG. 16- LEAD ON THE BOARD**

**PG. 17- FUNDRAISING IDEAS/ASKING KIWANIAN  
FOR SUPPORT**

**PG. 18- SOCIAL MEDIA & WEBSITE**

**PGS. 19/20- CONTACT INFORMATION**





# GOVERNOR'S GREETING

Hello, Nebraska-Iowa,

My name is Lilly Frideres, and I am honored to introduce myself as your 2025–2026 District Governor! Key Club is not just an organization; it's a family of passionate, driven leaders dedicated to making a difference in the world. Through our shared values of service, leadership, and making a positive impact, we have the power to transform our communities and inspire lasting change. I am incredibly excited for what lies ahead and can't wait to see the amazing things we will accomplish together this year. When we unite through service, there is truly nothing we can't achieve. Let's make this year unforgettable!

Yours in friendship and service,

*Lilly Frideres*



## Fun Facts:

- I'm a senior at Nevada High School
- I love to read
- I have two black labs
- My family and I travel to a different National Park every year
- My favorite artist is Zach Bryan



# From the Administrators

## CONGRATULATIONS!



You are officially a member of the largest high school service organization in the WORLD! We want you to know that we will strive to help make your Key Club experience the BEST!

Key Club will offer you the opportunities that we believe you follow you for the rest of your life.

**Tracey Domgard** There are some new changes that we have made to help everyone.

Cooper Domgard is now serving as CO-Administrator of the Nebraska-Iowa Key Club District. Cooper has experience serving in the K-Family and is always able to relate to our students. We welcome new Assistant Administrator Audrey Ideus-Wonder who has joined our team to bring in more help.

Our first event will be the first annual **UNLOCKED** seminar! For two days October 31-November 2<sup>nd</sup> all of Key Club and their friends will experience an opportunity to come together in Omaha at the DoubleTree Hotel for leadership messages and amazing speakers! **PLEASE JOIN US!** Contact your Kiwanis Club and they will provide sponsorship dollars.

Next, it will be District Convention in Des Moines March 20-22, 2025. Consider running for office! There is nothing more important than being a part of the decisions made to make the district your own. Your Lt. Governor will be communicating details. You will have a great time getting together with your Key Club friends for time for officer trainings, more speakers, motivation and fun!

Let's do this - **TOGETHER!**

*Tracey Domgard*  
Administrator

*Audrey Ideus-Wonder*  
Asst Administrator

*Cooper Domgard*  
Administrator





# What is Key Club?

## Overview:

- Student-led
- International, district, area, and club levels
- Aimed at promoting service and leadership

## Mission statement:

Key Club is an international, student-led organization that provides its members with opportunities to provide service, build character and develop leadership.



# 45

**Countries Worldwide**



# 251,000+

**Current Student  
Members**



# Core Values

## Leadership

Leadership is rooted in humility and serving others. A leader listens, recognizes, and empowers.

## Caring

Compassion for those around us is a key foundation which Key Club is built on, that can inspire others to act and serve in their community.

## Inclusivness

Key Club is an international organization that welcomes all backgrounds and ethnicities to serve alongside others to make a difference in our communities and world.

## Character Building

Character grows through daily acts of kindness, integrity, and collaboration to build strong communities and relationships.



# Diversity, Equity, & Inclusion

## Diversity

Diversity refers to all the ways that individuals differ, including the different qualities that set one group or person apart from another.

## Equity

Equity seeks to identify and remove the obstacles that have kept some groups from fully participating while also ensuring that everyone receives fair treatment, access, equality of opportunity, and progress.

## Inclusion

Inclusion refers to how successfully diverse groups of people's contributions, presence, and opinions are appreciated and incorporated into an area.



# Levels of Key Club

## The Member

Key Club membership is open to anyone who wants to be a leader in their community and school by providing services to others. Each member of Key Club must be willing to serve to their community and school.

## Club Officers

Key Club officers are the student leaders of each club.

These officers help organize and work together as leaders in their individual schools. There are five roles an officer could have, which is the President, Vice-President, Secretary, Treasurer, or Webmaster.

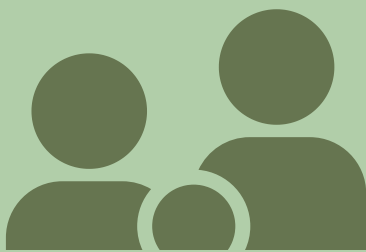
## District Board

A student board of directors provides leadership within each Key Club district. Each district board has a Governor, Secretary, Webmaster and Bulletin Editor. And in addition, districts are divided into divisions, and each division is led by a Lieutenant Governor (LTG).

## International

Key Club is led at the international level by Key Club international officers. Officers include the President, Vice-President, and 11 International Trustees. Each Trustee is responsible for serving as the liaison between the Key Club International Board and three Key Club districts. The Key Club International Board and all the District Governors comprise the International Council.





# K-FAMILY

The Kiwanis Family is a global network of service clubs for all ages, working together to improve communities and change lives.



## KIWANIS

A global organization of adult volunteers dedicated to improving the lives of children and communities through service. Kiwanis clubs sponsor and support all other branches of the Kiwanis Family.



## AKTION CLUB

A service club for adults with disabilities. Aktion Club provides opportunities for members to serve their communities, build leadership skills, and gain confidence, with support from Kiwanis clubs.



## CIRCLE K

The collegiate branch of Kiwanis that promotes service, leadership, and fellowship on college and university campuses. CKI clubs often collaborate with other branches on service initiatives.



## KEY CLUB

The high school branch of the Kiwanis Family, focused on student-led service and leadership development. Key Club is the largest service program for high school students in the world.



## BUILDER'S CLUB

A service organization for middle school students that encourages community involvement and leadership skills at an early age. Builders Clubs are typically sponsored by local Kiwanis clubs.



## K-KIDS

The elementary school level of the Kiwanis Family. K-Kids introduces young students to the values of service, teamwork, and leadership through age-appropriate projects and club activities.





# INTERNATIONAL PARTNERS

Our service Partners are Ericka's Lighthouse and Schoolhouse. We partner with Erika's Lighthouse to help them achieve their mission of making sure no young person feels alone in their mental health struggles.



**Erika's Lighthouse**



 **schoolhouse**

We also partner with Schoolhouse, where peer-to-peer mentoring offers students both an opportunity to understand school material better and to help others.

Thirst Project works to fight the worldwide water crisis by building wells in communities that would otherwise not have access to clean drinking water. This not only prevents illness from contaminated water, but it also gives children an opportunity to go to school, with the time they otherwise would have spent collecting water for their families.

**thirst**  
PROJECT

**unicef** 

Our preferred charities are Thirst Project and UNICEF. UNICEF is a United Nations Organization that works to improve the lives of children around the world, giving access to education, basic healthcare, and access to safe water.





# GOVERNOR'S PROJECT

This year, our governor has decided to partner with the **Thirst Project**!

The Thirst Project is an initiative created to help solve the global water crisis, a shortage of fresh water that affects millions worldwide. Our governor's project encourages students to fundraise money through water walks, bake sales, etc., to eventually achieve a goal of raising 2,000 dollars!

To learn more about Thirst Project, visit [this link](#); to donate money to our fundraiser, visit [this one](#)!







# GRANTS AND SCHOLARSHIPS

Kiwanis and Key Club International offer grants and sponsorships to support service projects, leadership growth, and community impact, helping clubs and members bring meaningful ideas to life.

## **These scholarships and grants are designed to:**

- Support service projects that benefit schools or communities
- Fund leadership development like conferences and training
- Encourage innovative club initiatives aligned with Key Club's mission
- Provide scholarships to members pursuing higher education



# *District Timeline*

## **FALL:**

October 13-17 | Kiwanis Youth Protection Week

October 31-November 2 | Unlocked Convention

November 1 | Early Bird Dues Deadline

November 4-8 | Key Club Week

## **WINTER:**

December 1 | Dues Deadline

February 9-13 | K-Kids Week

March 2-6 | Aktion Club Week

## **SPRING:**

March 16-20 | Builders Club Week

March 23 | Key Club's 101<sup>st</sup> Birthday

March 20-22 | Key Club DCON

## **SUMMER:**

July 8-11 | Key Club ICON | Dallas, Texas





# UNLOCKED: Leadership Training Weekend

## UNLOCKED:

A weekend leadership seminar. This seminar is a chance to boost your leadership skills, deepen your understanding of Key Club, and connect with fellow servant leaders from across the district. We are going to have a fun weekend with interactive sessions, team-building challenges, and inspiring activities that will help you discover your full potential. You'll leave feeling empowered and ready to make an even bigger impact in Key Club and your community.

## Where:

Doubletree Hilton 180 and  
72nd street, Omaha NE

## When:

October 31 - November 2,  
2025





# DCON

This year, the District Leadership and Service Convention takes place from March 20<sup>th</sup> to March 22nd in Des Moines, Iowa! At this fun event, members from across Nebraska and Iowa can meet one another, participate in fun workshops, hear from keynote speakers, vote for next year's board members, and so much more!





# Running for Higher Office

The District Board is a once-in-a-lifetime opportunity to grow your leadership skills, make lifelong friends, and dedicate yourself to service. Run for a spot on the District Board at District Convention, or apply for an appointed position after!

## Positions you can run for:

- Governor
- Secretary
- Bulletin Editor
- Areas 1-7 Lieutenant Governors

## Appointed Positions:

- Webmaster
- Nebraska and Iowa At-Large Lieutenant Governors

## How To Run:

- Prepare a few short speeches before DCON on why you would be the best candidate
- Attend District Convention
- Be prepared to answer questions and talk to delegates
- At the end of DCON, Delegates will vote on the new district board





# Fundraising Ideas

## Service Sundae Social

Charge a small fee and host a build-your-own sundae bar after school. It's great for bringing people together!

## Bake Sale With A Twist

Add a theme—like “grandma’s recipes” or “international treats”—to a bake sale to make it more unique and appealing.

## Movie Night

Host a movie in the gym or auditorium. Sell popcorn, drinks, and admission tickets.

## Bracelet Sale

Create and sell friendship bracelets at school events or lunches. It's easy, customizable, and people love wearable support!

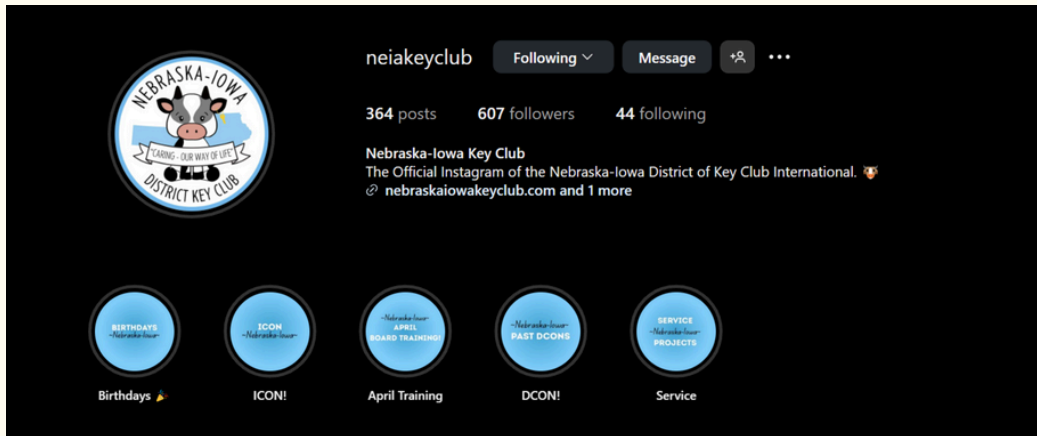
## Asking Kiwanis For Support

When contacting your Kiwanis Club, be polite and clear. Introduce your club, thank them, explain your request and its impact, and offer to connect at a meeting. Always follow up with updates and a thank-you!





# Social Media



## TIKTOK

@nebruiowaclub

## INSTAGRAM

@neiakeyclub

## FACEBOOK

@NEIAKeyClub

## TWITTER

@NEIAKeyClub

## YOUTUBE

@KeyClubINT

## WEBSITE

@nebraskaiowaclub



# CONTACT INFORMATION

## EXECUTIVE BOARD:



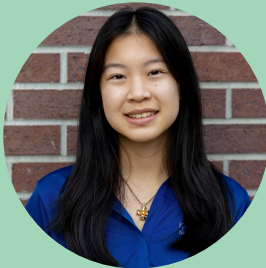
**LAURA WANG**  
515-735-6163  
SECRETARY@NIKEYCLUB.COM



**LILLY FRIDERES**  
515-350-3803  
GOVERNOR@NIKEYCLUB.COM



**HAILEY TRAN**  
531-500-9732  
EDITOR@NIKEYCLUB.COM



**SIMAY ZHU**  
515-817-9617  
NIWEBMASTER@NIKEYCLUB.COM



**SAMARTH SAJEESH**  
402-805-3826  
WEBMASTER@NIKEYCLUB.COM

## DISTRICT ADMINISTRATORS



**TRACEY SCISSORS-DOMGARD**  
402-430-6157  
DA@NIKEYCLUB.COM



**COOPER DOMGARD**  
402-430-0203  
ADA@NIKEYCLUB.COM



**AUDREY IDEUS-WONDER**  
402-239-9541  
NIADA@NIKEYCLUB.COM



# LT GOVERNORS

## 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

LAINY 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

## 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