

November 2014 KEYnotes

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✧ A note from the Past President ✧

*2013-2015 National Officers were elected at the 2013 National Conference in Chicago, Illinois.
Each officer will be featured during one of this year's KeyNotes.*

RACHEL MARX, TRUMAN STATE UNIVERSITY '13

Hello CKs!

Welcome to November I am so glad that October has passed. As a new teacher, I dread the month of October. The month is long and Thanksgiving Break seems a million school days away. I adore my fifth and sixth grade "nuggets" (as I have affectionately dubbed them) but it takes every ounce of fortitude I have to maintain high energy and



expectations for my students during the daily grind. While challenging, I know that this daily commitment to fortitude, or courage during adversity, is what will help me facilitate an environment where my students will be successful long-term. Fortitude is the key to proving to my students what is possible for their lives and in their futures.

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National Office Update

We are very excited to inform you that starting with the Fall 2014 Semester, your Chapter Forms and Reports may be submitted online! This includes the *Membership Report*, *Officers Report*, and *Chapter Report*. It does **not** include the *Pink Petition for Membership* which must be completed by each incoming new member. *Pinks*, along with New Member, Returning Member,

& Chapter Dues must be mailed to the Post Office Box address, as they have been in the past.

Copies of the new forms have been emailed out to all sponsors and Chapter Officers. If you are a sponsor or Chapter Officer and have not received the forms, please contact the National Office. We know that transition sometimes brings with it frustrations. Please let us know if you need help completing your Reports, or if we can assist you in any way.

We want your pics! Email them to us, or post them on our facebook page!

Board of Directors Update

The first step to leadership is servanthood.

-John Maxwell

In late September, the Cardinal Key National Board of Governors met for a busy weekend of planning in Chicago. Every board meeting I've been to has been full of long days and even longer conversations about the future of Cardinal Key and this one was certainly no different! The team of the National Directors, Advisors, and Officers brought up some intriguing ideas and discussions I'm excited to share with you!

My favorite topic on the agenda was the **2015 National Conference**. While it feels like the **2013 National Conference** was just a few months ago, the next is less than a year away! It was inspiring to work as part of the National Board to develop a Conference vision and begin to create sessions with our members in mind. Next year will be my third **National Conference** and I am confident it will be the best one yet. We anticipate announcing the **2015 National Conference** location and dates in early next Spring. I hope to see you there!

To gain a better understanding of Cardinal Key on a national level, the Board analyzed and filed all of this year's *Membership, Officer, and Chapter Reports*. It is truly fascinating to read and be encouraged by all of the amazing things happening at Chapters across the country. I can't stress enough how important these Reports and "Pinks" are and promise that everything you submit is read and carefully considered!

Many items were on our agenda, but the final one I want to share is the work being done to update our *National Constitution*. Our National Parliamentarian, Chelsea Nwakwo, did an outstanding job all weekend preparing important changes to our *National Constitution and Bylaws* to bring to local Chapters in the Spring. We look forward to your thoughts and feedback on these updates during the year and at the **2015 National Conference** and hope that in this spirit, your Chapter continues to refine its *Constitution and Bylaws* as well! If you need help refining, or even writing your Chapter's *Bylaws*, please contact us, we would be happy to help, and have a committee dedicated to doing just that!

Every topic on the agenda was discussed and debated with our Chapters in mind. The more we hear from you, the more we can do as a National team to support you, so please keep in touch! To stay up to date with the latest at the National Office, be sure to "Like" us on [Facebook](#). Our National Advisor and Chair of the Social Media Committee Stefanie Zahourek, put up some great pictures and updates during our meeting. So, if you ever wonder what we're up to on a National level, our Facebook page is the place to see some behind the scenes extras.

Stay tuned as we gear up for some exciting stuff this year and our Conference next Fall!



Meet the New National Secretary

Aubrey Tarantine, 2014 graduate of Southeastern Oklahoma State University is joining the National Board this month! Be watching the website for her bio. We also want to wish our outgoing Secretary, Beth Gentry, all the very best in her graduate studies. You will be missed!

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As we have finished the grind of October and have moved into November, Cardinal Key is fortunate to have the opportunity to support the **Juvenile Diabetes Research Foundation** as our National Philanthropy. Together, we need all the fortitude we can muster to reach our long term goal of realizing a world where Type 1 Diabetes doesn't exist. We know this isn't going to happen overnight, so each year, Cardinal Keys across the country raise both money and awareness through various campus and community events. One great way to raise awareness for Type 1 Diabetes is to encourage your members and campus community to "**Eat like a Diabetic**" for one day. This is a huge challenge that can help us to not only better understand Type 1 Diabetes but also increase our empathy, give purpose to our fundraising efforts, and live out our Cardinal Key virtue of fortitude.



photo source: <http://savannahyogabarre.com/2014/06/>

Here's how to begin: Start by keeping a detailed log of the amount of **carbohydrates** found in **everything** you eat during the day. Sometimes it might be difficult to discern the proper number of carbs in a meal- try your best by looking up carbohydrates on calorieking.com or take an educated guess. The actual number of carbohydrates a person with Type 1 Diabetes is able to consume is determined on an individual basis but for this experiment, try to keep your carbohydrates low! Also, your food choices for the day should be **low in sodium, low in fat, and low in added or refined sugars**. Try your best to include in your diet whole grains, fruits, vegetables, lean meats and proteins, and low-fat dairy. If you're really up to the challenge, eat like a diabetic for one whole week!

In Fortitude, Rachel

2013-2015 Cardinal Key National Board of Governors



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Rachel Marx, *Truman '13*