

Silver and Gold Newsletter

Nevada/California Region

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"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

Martin Luther King, Jr.

NEVADA/CALIFORNIA REGIONAL BOARD MEMBERS

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Communications VP

Maysa Wilson

Webmaster VP

Adrian Tuschek

Northeast District VP

Afsoon Aflaki

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Karina Thiagarajan

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Enrique Baranda

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Cathy Gillis

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Sal Addotta

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Kristine Lowe

Executive Vice President

Sheila Burson

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Director of Communications

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Betina Rubio

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MYRIAM'S CORNER



Hello NV/CA Region,

Hope your fall semester is off to a great start. This is a beautiful time of year, the trees start changing color, the air starts becoming a little crisper, and some people even start pulling out some fall clothing. I know that depending on where you live in our magnificent region you are able to relate to this and then again, if you live in Southern California, you may not. Regardless, this season is full of changes and most of us are also in a season of change. We have learned to adapt to online learning and online teaching. We have learned new ways of communicating with family and friends as well as learning new ways of attending church and conferences. It's okay though; these changes have helped us become more versatile and flexible. We have learned to think outside the box in order to host an event for a family member or even a regional conference. We have added more skills to our toolbelt and which has made us in some respects an even more well-rounded individual and more valuable when entering the career we have been working toward.

Remember though, like an athlete, after working out, you need to give your body time to rest before working out again. The body needs to recoup before you can stretch it again. During this resting time, the muscles repair, heal and grow resulting in stronger muscles. We may not be working out our physical muscles, but we are working out our thinking processes, stretching outside the box thoughts, creativity, and resiliency. It is important to give yourself time to rest along the way. This rest period helps these areas to repair, heal, grow, and become strong.

A healthy balance is important, grow, stretch, but also rest. I know the stuff that y'all are made up of because of what you have accomplished to this point to become members of Phi Theta Kappa. Since you are part of The Nevada/California Region, I know even more so of how awesome you are! Yes, I may be biased, but it is a good bias. Continue to do what you do best, change, adapt, grow, and also to have fun and relax. We hope to see all of you at the Fall Leadership Conference on October 16-17, 2020. There you will see how the Regional Board has had to change, adapt, and grow. NV/CA, how do you feel?

A yellow sticky note is pinned to a dark, textured background. The note is slightly tilted and has a yellow pushpin at the top. The text on the note is written in a bold, yellow, sans-serif font. The background is decorated with several autumn leaves in shades of yellow, orange, and red, scattered around the edges.

**Save
the
Date!**

**FALL LEADERSHIP
CONFERENCE
OCTOBER 16TH AND 17TH**



WHAT'S GOING ON IN THE REGION

The Alpha Chi Lambda Chapter



Volunteering at the MiraCosta (Oceanside East Campus) Farmer's Market

On Tuesday, June 23rd we served at the very first MiraCosta drive-thru style Farmer's Market!

Volunteering at the MiraCosta (San Elijo Campus) Farmer's Market

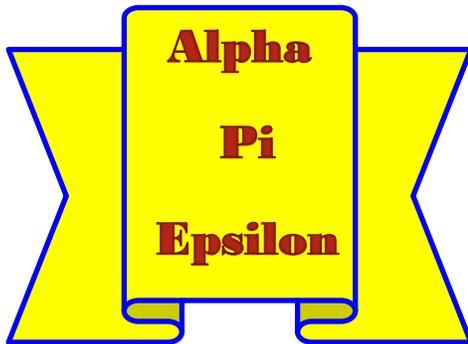
On Monday, August 10th we helped serve dozens of boxes that contained fresh produce and dairy products free of cost to MiraCosta students.



MiraCosta PTK Member, John Gidley, named one of the Coca-Cola Leaders of Promise Scholars. Over 700 applicants applied and he is one of 207 Phi Theta Kappa members named as a 2020 Coca-Cola Leaders of Promise Scholar and will receive a \$1,000 scholarship!



5 STAR CHAPTERS



Alpha Pi Epsilon has been identified as a five-star chapter for the last 4 years. In doing so they have accomplished many goals that they have set for themselves to reach this prestigious accolade. Doing work in the areas of their chapter, undergraduate research, and regional engagement has helped them reach their position. Alpha Pi Epsilon engages their chapter officers and members during member meetings and by hosting amazing events on their campus. The chapter officers create committees to help drive success for the chapter with member participation to create engagement within their PTK community. Creating committees with dedicated officers and members who conduct their undergraduate research in HIA and College Project. Their research has all earned them many awards during Catalyst—Distinguished Honors in Action and College Project; respectively. Alpha Pi Epsilon has had many officer teams and members who are active in their club, including community outreach. Every year top students are voted in their chapter officer team by members. Leaving a legacy by winning Distinguished Officer team, Distinguished Officer, and Distinguished Member multiple times throughout the years. Additionally, some of these officers and members move on to Regional Officer positions. Most recently, outgoing President, Dimitrius Jake Loa, became the chapter's first-ever officer or member to become NV/CA Regional President. Along with Maysa Wilson becoming NV/CA Region VP of Communications, and Adrian Tuschek becoming NV/CA Region VP of Technology. Their chapter's former officers and members have gone on to transfer to elite universities and move on to exciting and noble professions. With these actions, Alpha Pi Epsilon has immersed themselves in the culture that is Phi Theta Kappa, to create an experience and influential environment that allowed them to thrive.



5 STAR CHAPTERS



The Alpha Xi Beta Chapter from the College of Southern Nevada (CSN) located in fabulous Las Vegas was chartered in April of 1988. We are a Five Star chapter, and we are lucky to have the support of our administration. Because CSN is a large institution, we get about 200 students joining Phi Theta Kappa every semester. As a result, we do not have to ask our administration for money, nor do we have to fundraise. We are 100% self-sustaining. Our chapter consistently wins regional awards in HIA, but last year at PTK Catalyst in Orlando, FL, our chapter won two international awards for our 2018 HIA project: Distinguished Honors in Action Project and Distinguished Theme Award Honors in Action. We now want to work on producing a meaningful and an award-winning College Project. In the past, we have had many of our members stand out for their achievements. In leadership, we had six members serve as the Vice President of the Nevada District at the regional level. We also had one member serve as the Vice President of Division IV at the international level during the 2012-2013 school year. For scholarship recipients, we have had four winners of the New Century Pathway Scholarship, two New Century Workforce Scholars, eight Coca Cola Leaders of Promise scholars, and two winners of the GEICO Pathway to Completion Associate's Degree Scholarship. Additionally, two of our members were published in the Nota Bene anthology. This year our officer team, much like all of the other chapters across the country, is tasked with reaching the members of our chapter in a remote environment. We are having our board meetings, member meetings, HIA, College Project, and service events online. We know it will be a challenge, but we will handle *change* to the best of our ability.

Follow us at [instagram.com/ptk_alphaxibeta](https://www.instagram.com/ptk_alphaxibeta) or www.facebook.com/alphaxibeta



Article produced & submitted by:

Kristine Lowe, NV/CA Alumni

Association President

THANK YOUR ADVISOR!

As I watched the Catalyst virtual convention on my laptop a few months ago, I eagerly awaited to cheer for all the Hallmark Award-winning individuals, teams, and chapters within our Nevada/California Region. We had much to cheer about that day. But sadly, no individual chapter advisor in our 90+ chapter Region was recognized this year. I double-checked the awards link, <https://hallmarkawards.ptk.org/advisor-awards/>, and indeed I didn't blink and miss anything.

Let's make a difference for our chapter advisors this year!

Later this fall, I will host a Zoom workshop on how to strengthen your advisor's chances of winning that well-deserved Hallmark Award. We will invite recent award winners outside of our region, and I'll also share my personal experiences on what it took to "bring home the hardware" for the two chapter advisors who mentored me in becoming the leader I am today.

Entries can be submitted for the following four awards categories:

1. **Paragon Awards for New Advisors** - Advisors with less than four years of service as of January 13, 2021. An advisor may receive this award only once.
2. **Distinguished Advisor Awards** - Advisors with at least four or more years of service as of January 13, 2021. An advisor may receive this award only once.
3. **Continued Excellence Awards for Advisors** - Advisors must have already received the Distinguished Advisor Award. Once an advisor has received the Distinguished Advisor Award, they will be eligible for the Continued Excellence Award for Advisors the following year. Advisors are eligible to win this award every other year.
4. A chapter may nominate ALL of their chapter advisors with one entry for the **Distinguished Advisor Team Award**.

Please review the Phi Theta Kappa Advisor Awards rubric link below for more information. The deadline to submit is **Wednesday 13 January 2021 at 3:00 PM Pacific Time (5:00 PM Central Time)**.

https://portal.ptk.org/Portals/0/docs/awards/hallmarks/2021_advisor_awards_FINAL_updated_8.14.20.pdf

Over the ten years I've been involved in Phi Theta Kappa, I know for a fact that advisors are the backbone of our Region and the champions of our beloved Honor Society. They volunteer a large amount of time for their chapter and you. The added challenge of re-vamping lesson plans, office hours, and daily routines due to the Covid-19 pandemic elevates my appreciation of these selfless individuals who are already juggling (and at times sacrificing time away from) family life and personal interests.

As we enter the new school year, take a moment to thank your advisor for all they do. And secretly jot down those extra notes that make them unique, special, and worthy of a Hallmark Award.



WELLNESS TIPS

To Keep you Healthy and Motivated

♦ Moving and Stretching

Moving your body for just a few minutes throughout the day and stretching can help your body release the tension and stress. Try going for short walks and some simple yoga moves for a better mood and sleep.

♦ Breathing techniques and mindfulness

When you feel stressed or overwhelmed, try a simple 4-7-8 breathing technique that focuses on taking long deep breaths in and out. Check out this tutorial by Dr. Weil:

<https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>

♦ Eating well and nourishing your body

School, work, and other obligations can take over your life, but it is important to nourish your body for optimal mental and physical performance. Focus on adding vegetables and greens with every meal, healthy fats like nuts and avocados, and a serving of fresh fruit a day. These simple rules will make your body feel better and help you fight stress.

♦ Keep yourself organized by setting a schedule for work and break

Calendars and schedules can help you to keep track of all your tasks and goals, so take time every Sunday to write down To-Do List for the week, and every night a To-Do list for tomorrow, focusing on high priority tasks first. It is also helpful to add physical activity, and time to unwind in your calendar, just as you do with work and classes. That way you won't feel overwhelmed and can dedicate time for work and play.

Let us know if you try any of these tips, we would love your feedback!