

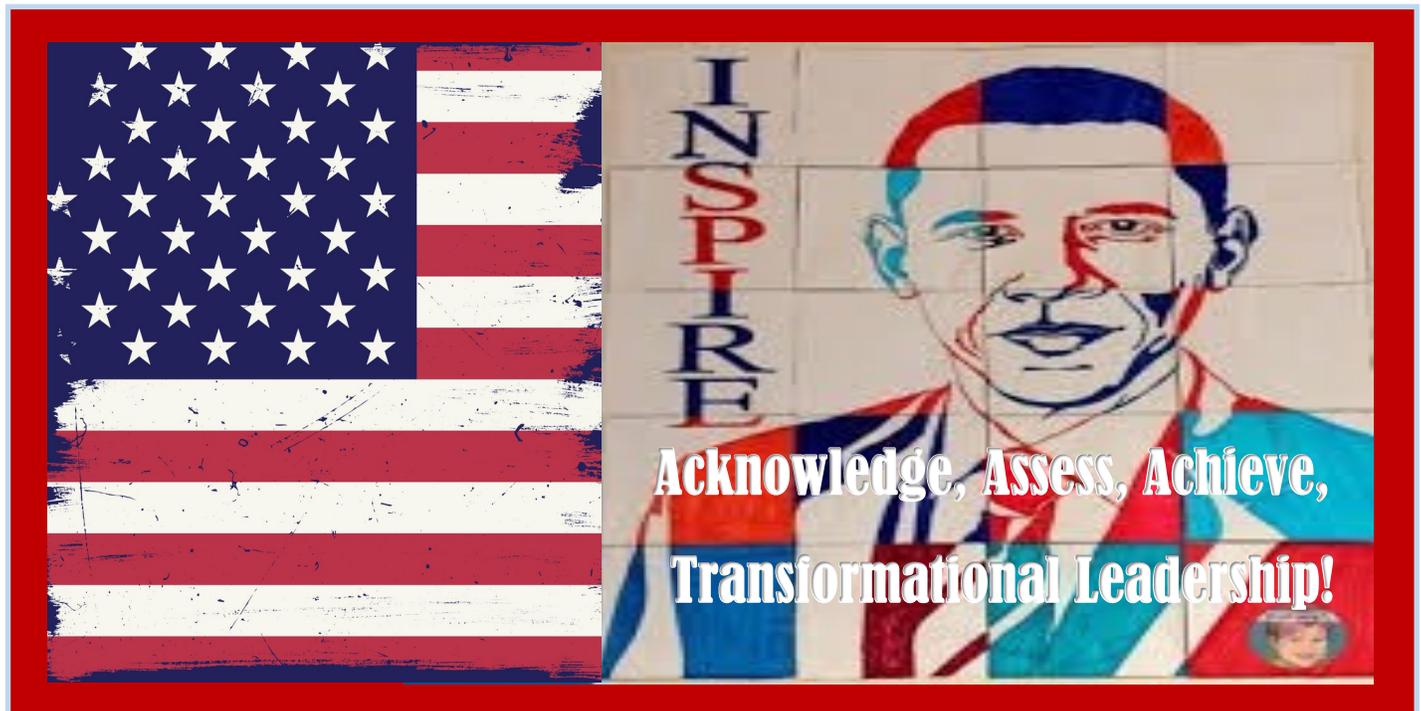


SILVER & GOLD

NEWSLETTER

NEVADA/CALIFORNIA REGION

THE NEVADA/CALIFORNIA ΦΘΚ HONOR SOCIETY REGIONAL BOARD'S MISSION IS TO POSITIVELY TRANSFORM THE COMMUNITY AND THE LIVES OF ITS MEMBERS THROUGH SERVICE, LEADERSHIP, SCHOLARSHIP, AND THROUGH THE CREATION OF STRONG AND COLLABORATIVE CONNECTIONS BETWEEN THE CHAPTERS IN THE REGION.



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- ◆ Meme Contest Winners p. 5
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This Month:

- ◆ Celebrate Black History
- ◆ Remember Our Presidents



NEVADA/CALIFORNIA REGIONAL BOARD MEMBERS



Regional Officers:

President- [Nicholas Ibarra](#)
Communications VP- [Betina Rubio](#)
Webmaster VP- [Husham Haroun](#)
Northeast District VP- [Fatiatamai Folau](#)
Northwest District VP- [Michael Wong](#)
Southeast District VP- [Lizeth Lopez Vazquez](#)
Southwest and Nevada District- Vacant

Regional Coordinator:

[Myriam Moody](#)

Associate Regional Coordinators:

[Bruno Rhodes](#)

[Cathy Gillis](#)

Alumni Advisors:

[Sal Addotta](#)

[Paul Roscelli](#)

Alumni Executive Board:

President- [William Dimopoulos](#)

Executive Vice President- [Sheila Burson](#)

Secretary- [Faustina Washburn](#)

Treasurer- [Barbara Dimopoulos](#)

Director of Communications- [Mariamne Buescher](#)

Directors-At- Large:

[Michael Odu](#)

[Gianfranco Gastelo](#)

[Jennifer Rico-Garcia](#)

[Iliana Torres](#)

[Britany Lopez-Haw](#)

[Christina Essaqi](#)

MYRIAM'S

Corner



Happy New Year NV/CA Region! I Hope 2019 is off to a great start for you. By now, most of you have started the Spring Semester and are in full swing with homework, quizzes, exams, ... need I say more?

Something that has recently come to mind is the fact that Phi Theta Kappa members always believe they can achieve anything. However, do you believe that you can achieve the impossible? Do you believe that you can face that giant in order to achieve your dream? Well, I did this recently. I did what I considered was impossible for me to do for quite a few years. Can you guess what that was? Yes, you guessed it, I jumped out of a perfectly good airplane at 13,000 feet. You see, I had a challenge with heights and needed to face that giant. If I can face my giant, so can you!

Now back to regional matters. At the beginning of January, your NV/CA Regional Board began writing up Hallmark Awards just like your chapters did. We are hoping that Catalyst 2019 in Orlando, Florida will be a huge milestone for the region in terms of many Hallmark Awards being presented to so many hard-working NV/CA chapters.

Furthermore, the regional board has also been gearing up the NV/CA Spring Convention on March 22-23, 2019 taking place in Sacramento. Please see our website www.nvcaregion.org for details on registering for this event as well as hotel information. Stay tuned to your emails since there are many things that will be taking place at this convention:

- ◆ Election of the 2019-2020 Regional Board
- ◆ Speech competitions: Prepared & Extemporaneous
- ◆ Awarding prizes to the Meme winners
- ◆ 5-Star Competitive Edge pinning
- ◆ Presentation of Hallmark Awards at the Regional level

We are looking forward to seeing you in Sacramento & Orlando!



SPRING CONVENTION 2019

Friday March 22, 2019—Saturday March 23, 2019

Registration Begins 2:00 PM Friday

DoubleTree by Hilton Hotel Sacramento

2001 Point West Way, Sacramento, CA 95815

REGISTRATION COST: \$130/PERSON

*****THE DEADLINE TO BOOK YOUR ROOM IS MARCH 1, 2019.**

Guest room reservations can be made by calling 800-686-3775

In addition, we have created a personalized booking link :

<http://doubletree.hilton.com/en/dt/groups/personalized/R/RLSA-DT-PTK-20190322/index.jhtml>

Room Rates: Single/Double = \$119 Triple = \$129 Quad = \$139



AND THE WINNERS ARE...

HOW I FEEL



WHEN FINALS ARE OVER

**Shari Mota
Beta Theta Kappa
Butte College**

**Mallory Gutierrez
Beta Lamda Epsilon
Norco College**

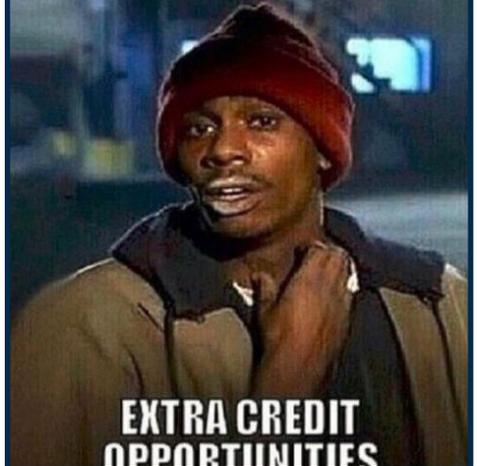
When you can finally add



**PTK membership
to your resume**

Mallory Gutierrez

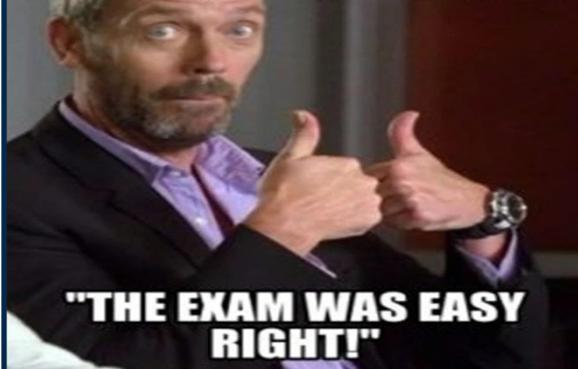
**YA'LL GOT ANY MORE OF
THEM**



**EXTRA CREDIT
OPPORTUNITIES**

**Betsabe Lopez Morales
Beta Gamma Upsilon
Santa Barbara City College**

TEACHERS BE LIKE



**"THE EXAM WAS EASY
RIGHT!"**

**Tonya Mulholland
Alphi Chi Lamda
Mira Costa College**

WHEN THE PROFESSOR SAYS



"GROUP PROJECT"

**Peter Kluch
Alpha Pi Epsilon
Southwestern College**

CONGRATULATIONS!

TO THE WINNERS OF THE 2018 EDUCATIONAL MEME CONTEST! PRIZES WILL BE AWARDED AT THE 2018 SPRING CONVENTION.



Leadership Corner

Article submitted by:
Nicholas Ibarra, NV/CA President &
Bruno Rhodes, NV/CA Associate Coordinator

Building a Team

Every issue of the NV/CA Regional Newsletter features a brief synopsis of different leadership styles found in the Phi Theta Kappa Leadership Development Studies curriculum. For this issue, we will examine the skills needed for *building a team*.

One of the most important and most challenging tasks involved with a chapter is building a team. The election of officers does not mean a team is formed. Rather, the leader of the board (generally the Chapter President) is *tasked* with creating the team. This charge is no easy feat. According to Loren Gary of the Harvard Business School Publications, building a successful team has three components:

The team must establish goals and values, and all team members must abide by them.

The team must practice and master communication skills because that, in turn, will allow the team to develop problem solving skills which will be used when faced with challenges.

The team must be open minded and adaptable to change in their environment.

Consider your experiences with a team. Did the team come up with goals and values? Did everyone abide by them? How was the communication between team members? What happened when individuals affected the development of a successful team?

Building a team does not only apply to a chapter; it can also apply in various leadership positions at work, school clubs, in the family household, or with volunteer organizations. Building a team is no easy task, but through careful planning, communication, and a willingness to learn, your experience as a group can be both effective and fun!

To learn more about building a team, you can examine the following works:

Readings

The Grapes of Wrath by John Steinbeck

"Address to the Commonwealth Club of California" by Cesar Chavez

"The Secrets of Great Groups" by Warren Bennis

The Five Dysfunctions of a Team by Patrick Lencioni

Films

The Wizard of Oz (1939)

Remember the Titans (2000)

Invictus (2009)

Apollo 13 (1995)

Coach Carter (2005)



Beta Theta Omicron Hosts Speech Contest

Article & Photos Submitted by:
Michelle Huang, President,
Beta Theta Omicron, Skyline College

Beta Theta Omicron organized a campus-wide speech contest on November 28, 2018, which was attended by 54 people. This speech contest was developed from our Honors in Action project. The purpose was to raise awareness in the community about the privacy risks of direct-to-consumer genetic testing. Students were invited to present a three- to five-minute speech on the risks and benefits of genetics data collection. We recruited judges from Mathematics, English, Biology, and Communications faculty.

1st place - RoseMarie Mendoza - "Should adolescents be encouraged to defer predictive or pre-dispositional testing adult-onset conditions?"

2nd place - Dunhoja Robbins - "What are the risks of collecting Big Data on DNA testing?"

3rd place - Melissa Hassmer - "Under what circumstances it is okay to edit genes in an egg, a sperm, or an embryo?"

Our first ever speech contest was a huge success. Biology faculty, Professor Nick Kapp said, "I am glad that this type of event is held on our campus and I feel very honored to be one of the judges. I hope you all continue with this activity and I am looking forward to seeing what you do next year."

"I am glad that this type of event is held on our campus and I feel very honored to be one of the judges."-

Professor Nick Kapp





Beta Eta Psi Releases Promotional Video

“I AM PTK”

Article & Video Submitted by:
Sacramento City College President &
Husham Haroun, Webmaster Vice-President

Beta Eta Psi Chapter of Sacramento City College, released a video titled “I AM PTK.” The video showcases members and officers and their respective experiences and insight in Phi Theta Kappa. The goal of the video was to help bring a better understanding about PTK and the impact it can have in current and potential new members. Through this video, students will get an introduction showcasing Phi Theta Kappa to the college, community, members, and prospective and eligible students.

The video came about as project and a campaign to increase membership and to find a way to clarify some of the misunderstandings surrounding PTK. Since it was released, the video has been included in invitation letters and has been well received by Sacramento City College Staff and Administrators. The video was also featured on the Sacramento City website and can be found on the Beta Eta Psi Chapter homepage.

To view the video: https://www.youtube.com/watch?v=9kuvyu_aJ6E
or <https://www.scc.losrios.edu/phithetakappa/>

I
AM
PTK



Fall Summit at Santa Ana College

Article & Photo Submitted by:
Nicholas Ibarra, NV/CA President



Picture: Regional President, Nicholas Ibarra and Alpha Beta Chapter at Santa Ana College

On November 17, 2018 the Southwest District held its second summit at Santa Ana College with the help of Regional President Ibarra. The Alpha Beta Chapter, along with the summit participants, helped to collect donations for the local homeless shelter as well as Toys for Tots, a program organized by the United States Marine Corps Reserve which distributes toys to children whose parents cannot afford to buy them gifts for Christmas. The topics covered at the summit included 5-Star Competitive Edge, 5-Star Chapter Plan, and HIA and College Project Rubrics!

Additionally, the summit celebrated Alpha Beta's 89th birthday, which was chartered on November 17, 1929! Most excitingly, Jennifer Stanford, Associate Vice President of Program Implementation, called in from Phi Theta Kappa Headquarters. With her insight, chapters were able to get an inside scoop on what HQ looks for when writing Hallmark awards!

There will be more summits in the districts around the region in the months before the Spring Convention in late March! Make sure to keep an eye out for the dates and times! Remember that if your district is unable to host a summit (due to a lack of a Vice-President) or your chapter is unable to attend, your chapter will be able to still receive credit by attending via a video call!



THE NV/CA GOLD RUSH

Article Submitted by:
Lizeth Lopez Vasquez, Southeast District
Vice-President



Resources:

Cornell Research Opportunities-

<https://sites.coecis.cornell.edu/lisampreu/>

UCLA Mentoring Program-

<https://www.aap.ucla.edu/units/cccp/>

National Science Foundation-

https://www.nsf.gov/crssprgm/reu/list_result.jsp?unitid=5048

Syracuse University Summer

LSAMP REU Program- [http://](http://tamusamp.org/syracuse-lisamp-2018-paid-summer-research-application-deadline-february-16-)

tamusamp.org/syracuse-lisamp-2018-paid-summer-research-application-deadline-february-16-

More than a century ago, people migrated to this country in search of gold. What if I told you that if you keep reading this article, you have the opportunity to find something even more precious than gold? You could probably find a life-changing opportunity that will make you a more competitive applicant for the job of your dreams.

If you are eager to spend your summer at a top university in the United States performing undergraduate research, learning about the transfer process to apply to a 4-year university, cultivating your potential as a student, receiving mentorship from a knowledgeable adviser, and making new friends, check out the following links below. You will find information about summer programs and internships from universities and research institutes from all over the country.

As a student that had the opportunity to be an intern at a molecular biology laboratory, I can say that summer programs are invaluable and supply students with something that goes beyond a learning opportunity. They provide the space to network with other students and professionals and build lifelong relationships; they give you the tools to take the theory learned during classes to the next level; they test your knowledge and give you the opportunity to find your passion for your major and future career. Don't miss out on the golden treasure that internships and summer programs have for you!





Words From the Alumni Board

Article Submitted by:
Sheila Burson, Executive Vice President of the
Alumni Association Board



The PTK Headquarters' Alumni Association Board (also known as the AAB) had their January meeting and in attendance was our very own AAB representative, Sheila Burson. For those who are unfamiliar with the AAB, this part of PTK looks at the wider issues that impact alumni associations and filter down through regional boards to students. They also are often in the background at Catalyst, helping to make sure that events run smoothly. They will be assisting alumni at the Information Booth this year as well as assisting with judging the Speech and Interview Competitions at Catalyst. They have also taken on a service project that we hope will help students nationwide, as well as regionally and in chapters. This service project involves food banks at colleges across the country and more information will be sent out as it becomes available.

Furthermore, the alumni have been actively getting ready for another Spring Convention. Working with sponsors of various colleges, we've expanded our reach to PTK members, and at the upcoming convention in March we will be offering a transfer fair partnership with attending sponsors. This will allow students who are transferring to get additional information both from our sponsors and from alumni who've "been there, done that." Do you have a question about what opportunities are available at various colleges? If that college is represented, you can ask and receive feedback immediately. On the other hand, if you have questions about the general transfer experience, alumni will answer those questions as well. Come see us!

The alumni, is also providing scholarships for those students who enjoy writing. There are three categories, all centered around the Honors Topic: essay, poetry, and short story. There are specific rules that must be followed, but students can enter once in each category. That's three chances to win! See the attached rubric/requirements.

Looking forward to seeing you at the Spring Convention,
Nevada/California Regional Alumni Association



Alumni Literary Rubric for Honors Topic

The Nevada/California Regional Alumni Association is conducting a literary contest at the Spring Convention. The award for first place will be one hundred and twenty-five dollars (\$125) and second place seventy-five dollars (\$75). You need not be present at the convention to win. There are three areas where you may submit an entry; however, only one entry per category is allowed.

The categories are: essay, poem or short-story.

Requirements:

Your full name, address, phone number, college and chapter must be in the email, along with which honors topic you are writing about.

Select **ONE** of the 2018-2019 honor topics from the given titles. This topic explores the art and science of transformation:

- Theme 1: Networks of Life
- Theme 2: Economies of Everything
- Theme 3: Politics of Identity
- Theme 4: Dynamics of Discovery
- Theme 5: Channels of Creativity
- Theme 6: Visions of Justice
- Theme 7: Powers of Connection
- Theme 8: Worlds of Work
- Theme 9: Systems of Belief

Your type font must be 12 point and one of the ADA approved fonts, (Arial; Calibri, Century Gothic, Helvetica, Tahoma or Verdana) with 1" borders.

For the essay: You must title your essay with one of the above themes. It must be 500 words or less, double-spaced. If you use quotation marks, you must use citations. Citations do not count in the word count.

For the poem: You must title your poem with one of the above themes. It must be 100 words or less, double-spaced. Citations are not required.

For the short story: You must title your short-story with one of the above themes. It must be 1,000 words or less, double-spaced. You may write a fiction or non-fiction essay. Citations are not required.

Submit your entry online to Sheila Burson sburson@live.com. Once your entry is received you will receive an acknowledgement email.

All entries must be received by March 1st, 2019 by 6 P.M.

Thank you and good luck.

Nevada/California Regional Alumni Association



PREPARED SPEECH

COMPETITION



Members will compete by delivering a prepared, persuasive speech during Spring Convention. Only one winner will be chosen to compete at the international level.

Regional Level

Regional Qualifying Rounds will be held prior to PTK Catalyst 2019 - contact your **Regional Coordinator** for details.

Winners of Regional Qualifying Rounds will move forward to the International competition at PTK Catalyst 2019.

International Level Competition

- Preliminary and Final Rounds will be held during PTK Catalyst 2019
- Up to 29 regional winners will compete by delivering a prepared, persuasive speech

Eligibility

- One winner from each Regional Qualifying Round who will attend PTK Catalyst 2019
- Space is limited to 29 members
- Members may only participate in only one on site competition
- Registration Deadline: Regional Coordinators must submit names for the competition by March 29, 2019

Prizes

- First Place: \$500 scholarship and prize medallion pin
- Second Place: \$250 scholarship and prize medallion pin
- Third Place: \$100 scholarship and prize medallion pin

Speech Requirements

- Type: Prepared, persuasive speech
 - Topic: *"How you would convince a nontraditional student to join Phi Theta Kappa based on available member benefits."*
 - Length: Not to exceed 5 minutes
- Speeches should appeal to a broad audience and not just to a Phi Theta Kappa-specific audience

EXTEMPORANEOUS

SPEECH COMPETITION



Members will compete by delivering an extemporaneous, informative speech at the Spring Convention. Only one winner will be chosen to compete at the international level.

Regional Level

Regional Qualifying Rounds will be held prior to PTK Catalyst 2019 - contact your [Regional Coordinator](#) for details.

Winners of Regional Qualifying Rounds will move forward to the International competition at PTK Catalyst 2019.

International Level Competition

- Preliminary and Final Rounds will be held during PTK Catalyst 2019
- Up to 29 regional winners will compete by delivering an extemporaneous, informative speech

Eligibility

- One winner from each Regional Qualifying Round who will attend PTK Catalyst 2019
- Space is limited to 29 members
- Members may only participate in one on site competition
- Registration Deadline: Regional Coordinators must submit names for the competition
March 29, 2019

Prizes

- First Place: \$500 scholarship and prize medallion pin
- Second Place: \$250 scholarship and prize medallion pin
- Third Place: \$100 scholarship and prize medallion pin

Speech Requirements

- Type: Extemporaneous, informative speech
- Topic: Topics will be chosen onsite (topics will be different for each round)
- Preparation Time: 30 minutes to construct and practice speech
- Length: 3 - 5 minutes

Speeches should appeal to a broad audience and not just to a Phi Theta Kappa-specific audience

Letter From the Editor

Betina Rubio

When I moved from Orlando, Florida to San Diego, I was on a mission to a new beginning. Since childhood, I dreamed of having a career that would allow me to help others. After settling in, I got a job at a local casino. Life was easy for a while until I fell in love, married and had my first child. Becoming a wife and mother made life more meaningful. I was working full-time as a Transportation Security Officer with the intentions of saving money and maybe attending night classes. By the time I knew it, I had my second daughter and the possibility of attending college began fading. Every passing day I reminded myself of the dream I had before starting a family, but the days just blew with the wind.

In 2014, I had my third child and finally made a plan to attend community college. I couldn't wait any longer or make anymore excuses about timing, my age or anything that made me feel out of place. I just had to jump right in and let my intuition guide me. In the spring of 2015, I registered for an online class and successfully passed with an A. Little did I know this would be the beginning of a long and challenging journey. One class turned into two, then six, and eventually I became a full-time student on the President's list. It was then when I received an invitation to join the Phi theta Kappa Honor Society. Without hesitation, I gratefully accepted and my life was forever changed.

A year later, I stepped out of my comfort zone and tried something I wouldn't normally do, run for chapter treasurer. Being elected for this position meant more opportunities and a chance to increase my leadership skills, meet new friends, network, sharpen my personal development skills, and take pride in serving others. Phi Theta Kappa has been the highlight of my community college years and the reason for my continuous involvement on campus.

As a mother of three, I learned to balance my education, work and extracurriculars with the support of my family, colleagues, advisors, counselors and Phi Theta Kappa. I learned that success looks different for everyone and it takes grit to get through it all. Being a nontraditional student, I can proudly say, that graduating last spring proved to others and myself that anything is possible with a goal in sight.

**I AM A PENNY PINCHER A BARGAIN
HUNTER I KNOW A VALUE WHEN I
SEE ONE I AM GETTING A GOOD DEAL
ON A GREAT EDUCATION AND MY
PARENTS COULDN'T BE PROUDER**

IAMPTK

FOR MORE INFORMATION VISIT
PTK.ORG/JOIN



PHI THETA KAPPA
HONOR SOCIETY

