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Providing young adults an opportunity for personal growth, friendships, and leadership development while improving the quality of life for the underserved children in our communities.

Member Spotlight

Alicia Harrison, Carson City #140

What is your current role in the club?

Secretary

How did you hear about the re-charter of the Carson City club and what made you want to get involved?

Ryan Dorsey, my fiancé, brought me to their club's meetings a few times to show support, then I started to go on my own. I started to become friends with the ladies, and it just made me feel great raising money for kids who needed it.

What is your favorite event and/or fundraiser that your club has put on and why? Who did it benefit?

My favorite event by far was the Kid's Shopping Spree. It benefitted children in need and helped the parents get all the winter clothes the kids needed.

Where do you hope your club will be in the next five years? Do you have any goals as a whole club or yourself personally?

As a club, our goal is to put on a rodeo each year in Carson City while having locals come to set up their own booths.

Do you have any events coming up you'd like to share?

We have Trivia night at Allstars Bar in Carson City on April 19th. After that, our next main event would be helping volunteer with Carson Valley #85 in June for their huge event, Carson Valley Days.


What is the best way for prospective members to contact your club if they want to know more? When and where are your meetings?

Facebook is the easiest way to get into contact with us. Active 20-30 Carson City #140. Or you can email us active2030carsoncitynv140@gmail.com. Our meetings are on the 2nd Thursday of every month (and sometimes also the 4th Thursday during the Summer months) at Juan's Mexican Grill & Cantina at 6:30pm.



Member Spotlight

Hourglass Award Recipient, Jeana Barella



Active 20-30
HOURGLASS AWARD
AN AWARDS PROGRAM FOR MEMBERS DURING THEIR
FIRST YEAR IN ACTIVE 20-30

This award is to be presented to a member who completes ALL of the following categories during their first year of membership.

- 1. MEMBERSHIP**
Attendance is the price of membership in Active 20-30. Therefore, during your first year you must maintain 100% attendance at club meetings.
- 2. SPONSORSHIP**
New members are the lifeblood of every Active 20-30 Club. Therefore, during your first year you must sponsor a new member into your home Club.
- 3. PARTICIPATION**
To get the most out of Active 20-30, you must be an active and contributing member. Therefore, during your first year you must participate in:
 - a. Three official club projects
- 4. VISITATION**
Part of the real fellowship of Active 20-30 is meeting members of other Clubs. Therefore, during your first year you must attend one regular meeting of another Active 20-30 Club* and attend one of the following:
 - a. National Convention
 - b. International Convention
 - c. National Midterm/Regional Meeting

How did you first hear about the Hourglass Award and was it a goal you were intentionally working towards?

I first heard about the Hourglass Award when I was looking through the new member packet. I was so excited about joining I looked through all the paperwork. I saw the Hourglass Award and knew I was going to get it without a doubt.

What was the most challenging requirement for you to meet?

The most challenging requirements were sponsoring a new member and attending 100% of the meetings. I had followed up with multiple people who had come to meetings and never returned for whatever reason. Just when I thought I wasn't going to succeed I was finally able to sponsor a new member with help from another member in my club. As far as attendance, I had come to a meeting after having an allergic reaction to medication and zoom was not an option at this point. But to this day I have never missed a meeting and I have been a member for almost 5 years.

What advice would you give to new members who are interested in being a Hourglass recipient?

The advice I would give to a new member wanting to earn this award is to not be afraid. I asked for help when I needed it and many times I attended events on my own, including my first convention. I used to be shy and timid, but I conquered my fear of meeting new people and now I have so many friends within the organization that I can't count them all. Active 20-30 changed my life.



National Website Resources

Check out the "Resources" tab on the National Website

There is now a fillable flyer for you to bring along when you put some boots on the ground in your community and approach local businesses to advise their eligible employees to look into becoming members. Also, there is an Employer Sponsorship Letter you can use to suggest for your employer to cover your individual dues for your Club. In addition, there are many other great resources including a form to apply to the National Foundation for a Grant to help advance your club, and for first-year members, the form to apply for your own Hourglass Award! Click here to check it out for yourself: https://www.active20-30.org/Our_Resources



PRESIDENT'S MESSAGE

Greg Carl

Happy Spring Shower season! Hopefully those May Flowers are right around the corner. As many of you have heard me say before, the 4 most important practices for a successful 20-30 experience are the following, in order:

- Have fun
- Help kids
- Make friends
- Engage prospects/new members

I have been taking the opportunity in each of these newsletters to elaborate on what makes each of those important. This installment would have been "Make Friends", but instead of focusing on building relationships that bring joy to your life, I'd like to take this time to focusing on steering clear of the opposite of friendship: hate.



I'm on record saying that having fun is the most important aspect of 20-30, and I stand by it. 20-30 is supposed to be a fun way to give back to the community. People in their 20s and early 30s these days are accustomed to being entertained during their free time - and it is our duty to do precisely that in order for our clubs to grow. If being in the club isn't fun, members might not keep coming back. Sometimes, whether it be as part of 20-30 or within our individual lives, we are given reasons to let the world bring us down and focus on the negative. While most of these things are outside of our control, how we react to them is fully within our control.

It's been said that hate is the most basic human emotion. Spreading hateful, negative vibes is avoidable - it is a choice that every one of us is confronted with when controversial situations come up. Spreading hateful, negative vibes is so much easier in today's society than it used to be. Back in the day you'd have to write letters to a newspaper, compose letters to the people responsible for your outrage, or their superiors, or show up to meetings in-person and wait for a turn to air your grievances. Nowadays you can do this while you are in line at the DMV or sitting on the toilet, through social media. I'm not here to blame social media - like it or not, it is here to stay. Deleting your account isn't the answer.

What makes this task so difficult is that almost all of the people spreading the hate think that THEY are the good guys. Did someone wrong them? Did something unrelated catch their eye that reminded them of a time they were wronged? Are they playing Mama Bear and standing up for someone they feel has been wronged? Or maybe their sense of morality is contrary to something they have read or heard. Whatever it is, it causes people to lose focus and let their hate take charge of their actions/words.

PRESIDENT'S MESSAGE

Greg Carl

Everyone has a concealed weapon readily available: their hate. Whether it's a rant in the middle of a meeting, an angry text message, a social media post, or the worst of all, a comment on someone else's social media post; these are done because someone erroneously thinks that if they can out-hate whoever or whatever has outraged them, it will fix the problem. Take a look at the photo to the right. Aaron Donald's helmet says "Stop Hate" while he is choking a player on the other team. Anyone think that's the path to stopping hate?

When I brought this subject up, you likely thought of a memory about some sort of shouting match from a meeting or social media battle between 2 or more people. Did the person who displayed more anger or spoke the loudest win the argument? Did anyone win the argument? Do you think the arguers felt like their lives had improved after their confrontation? Did observing it inject more smiles into your day or make your life better in any way, shape or form?

Do I have the answer to stopping hate? Unfortunately, I do not. As stated before, hate is regarded as the most basic human emotion. The impulse to put hate into the world will always be there. There's no way to stop it, but there are plenty of ways to avoid it. "Tolerance" has been a buzz word for the past couple of decades for a reason. If you ever feel outraged, talk to a friend, family member or therapist before reacting. Maybe you're boiling over for no good reason and just need to find a way to vent some un-related or loosely-related frustrations. Or, maybe what is grinding your gears **is** something that needs to be addressed. If so, find a productive and well thought-out avenue to address it calmly and competently. I'll leave you with a quote from

Coretta Scott King (to the left of this passage) that's worth keeping in mind next time you feel the urge to declare a public war on a person or concept (or participate in such a war that has been declared on you).

When you expose your hate to the world, that's often the only thing people see. Don't let your hate define you.

Yours in service,



Greg Carl

National President 2022-2023, Active 20-30 US & Canada

Petaluma #30

executive016@aol.com

(916) 996-9039



**Hate is too great
a burden to bear.
It injures the
hater more than
it injures the
hated.**

Coretta Scott King

EVERYDAY POWER

Flashback Friday - Region 2



Region 2 Flashback: Chico #100 Thrift Store Date Night

The club worked with a local thrift store where attendees, using a \$15 budget per person (included in the registration fee) perused the aisles to pick out the perfect fun outfit for their partner & walked the red carpet next door at the event space where they enjoyed a delicious dinner and then danced the night away!

Flashback Friday - Region 3



Region 3 Flashback: Tucson #82 Whitson Memorial Golf Tournament

The club partnered with the upscale La Paloma Country Club to host an approximately 100-person golf tournament in honor of a prominent Tucsonan who was not himself a member of Active 20-30, but who had strong connections to the club. His legacy led to strong support from the business community and made the tournament a success. The event consisted of a full 18 holes and ended with food and an awards ceremony.

Flashback Friday - Region 4



Region 4 Flashback: Gold Rush #1034

Murder Mystery Dinner

This fundraiser was a partnership with a local theater where their actors would put on a show and the guests would watch the show, have dinner and guess who done it. After the show, festivities would include music and dancing.

Flashback Friday - Region 5



Region 5 Flashback: Redwood Empire #1029 Tinis for Tatas

Every year in October, to honor of Breast Cancer awareness month and the children affected by cancer, the women of the Active 20-30 Club of the Redwood Empire #1029 organized the Tinis for Tatas bar crawl each year, to raise funds for Sutter's Grief and Bereavement Support Groups and Programs for children who have been affected by the death or illness of someone close to them. The club partnered with local bars & restaurants to put together drink specials at each location for Pub Crawl participants. Attendees dressed up, including decorating and wearing bras, to help increase awareness for breast cancer and other cancers.

Upcoming Elections & Bylaw Measures

March 26, 2023

(90 Days prior to the 2023 Annual General Meeting (AGM))

•Bylaw Amendments due to the National Board/Office

April 25, 2023

(60 Days prior to 2023 AGM)

Deadline Date to Declare Intent to Run for National Office

- Elected Positions are President-Elect, Region Directors (2, 3, 4 and 5), Secretary and Treasurer.
- President-Elect minimum requirements are previous experience as a Region Director or as your own club's President + 3 years of Active 20-30 experience.
- All other Elected Positions have minimum requirements of being on your club's board + 2 years of Active 20-30 experience (Secretary & Treasurer require you to have held those specific positions).
- Clubs must send (club must send, not candidate) a letter to the national office nominating their member who wishes to run for office. The letter must contain:
 - Member's name & birthdate
 - How many years of membership in good standing, including date joined
 - Positions held in the club
 - Must be signed by club secretary

May 25, 2023

(30 Days prior to 2023 AGM)

- All Clubs Notified of Candidates with Intent to Run
- Proposed Bylaw Amendments Distributed to all Clubs
- Clubs Submit Bi-Annual membership roster



June 24, 2023

National Annual General Meeting in Boise/Nampa, Idaho

National/International Opportunities

National Convention - June 21-25, 2023

Get ready for a convention for the ages with a goal of re-chartering a club in the Boise/Nampa, Idaho vicinity. The convention will be jam-packed with educational breakout sessions, an entire roller-skating rink to ourselves, a hands-on charity event, an evening at waterslide park, an Americana-themed Gala Dinner on Saturday and more! Visit [the convention website](#) for tickets. Early-Bird Registration is \$260.00 until 3/31 when it increases to \$285.00. Questions? Email the planning committee (comprised of Past-Active Life Members from 3 different Regions) at 2030nampa101@gmail.com



International Convention - July 12-16, 2023

C.D.M.X. is the capital & largest city in Mexico: full of architectural icons, history and culture of the country. Visit <https://www.activo2030mexico.com/cdmx/> for more information including pricing, an itinerary & details about the all-inclusive Hotel Barcelo México Reforma.



Join a National Committee

Growth & Retention Committee - Helps clubs with member growth, retention and education. Advises best practices for attracting the next generation of membership. Oversees membership growth & retention grants program.

Scan QR Code or
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Committee

