

The Capital

April/May 2018

Kiwanian

The Official Publication of Capital District Kiwanis | www.capitaldistrictkiwanis.org

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into Service!**

Kiwanis Club of Greater Ocean Pines members participated in Worcester CARES

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Kiwanis



Living out my dream in Thailand

Hello. My name is Robin Handleman and I have been a member of Kiwanis for over 25+ years, recently in the Kiwanis of Rockville.

I have been a teacher for over 45 years, and I always wanted to teach in another country. Last Fall, I volunteered for three months in Thailand teaching English as a second language to first graders. The Kiwanis Clubs of of Rockville, Leisure World, and Eastern Branch all donated money for for my students to have school supplies and for me to have teaching supplies. Upon my return from Thailand, I did a presentation for their clubs and brought some goodies from Thailand as well.

Fast forward to January 2018. I was invited back to Thailand, but this time I am here to teach for 14 months! I am so excited about this new venture in my life. To teach the students English, we use videos, Powerpoint slides, games, books, any modality that will help them learn. When the program first started it had six students, and now it has ten students. It is a challenge for all ten students to see the monitor for our lessons. So I am asking Capital District Kiwanis clubs to help my students by donating money for a larger monitor (\$700) as well as school supplies, playground equipment -- all items that our students in America have.

Kiwanis serves children around the world, and this is your chance to help children in Thailand with someone who you know personally, ME! I promise you upon my return in March or April 2019, I will personally come to your club and do a presentation that will knock your socks off. I also bring goodies from Thailand! 😊

Please contact me at robin.handleman@gmail.com and I will inform you as to how you can feel like a million bucks and help the children of Thailand. Thank you in advance for your consideration.

In Kiwanis spirit,

Robin Handleman





Kiwaniis

The Capital Kiwanian

The Official Publication of Capital District Kiwanis

Volume 7, Number 4

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GOVERNOR
Jon Rife
Grundy, VA

GOVERNOR-ELECT
John Morris
Richmond, VA

SECRETARY-TREASURER
Tom Varner
Ashland, VA

IMMEDIATE PAST GOVERNOR
Kelly Boswell
Olney, MD

TRUSTEE - CHESAPEAKE BAY
Jack Hassman
Bridgeville, VA

TRUSTEE - HEART OF VIRGINIA
Dennis Baugh
Harrisonburg, VA

TRUSTEE - MASON DIXON
Fred Lohnes
Westminster, MD

TRUSTEE - NATIONAL CAPITAL
Elana Gardner
Eastern Branch, DC

TRUSTEE - SOUTHEAST VIRGINIA
Judy Pantelides
Downtown Hampton, VA

TRUSTEE - SOUTHWEST VIRGINIA
Jerry Jones
Montgomery County-Blacksburg, VA

MAGAZINE STAFF
EDITOR
Jennifer Wolff
editor@capitaldistrictkiwanis.org

The Capital Kiwanian is published bi-monthly by the Capital District of Kiwanis International. All correspondence relating to editorial content, distribution, or advertising should be sent via e-mail to Jennifer Wolff, Editor, at editor@capitaldistrictkiwanis.org. The information in this magazine is for illustrative and discussion purposes only. It is intended to provide general information about the subject matter covered.

Governor's Message

Jon Rife, 2017-18 Governor



Spring is here and we're in a happy place! It's hard to believe that we're at the half way point for the " Rife Stuff " team's administrative year. Let's recap briefly our past six months.



One new club has been opened in St.Paul-Castlewood, VA; this club chartered in November is one of the earliest chartered clubs in an administrative year. The Kiwanis Clubs of Wise, Norton, and Coeburn combined efforts to sponsor this new club. Kudos to LTG Class President Jeff Dotson, Division 17, who worked tirelessly to make contacts and to inspire new members for the St.Paul-Castlewood Club, located in Wise County, Southwest Virginia.

As I mentioned in my last issue of *The Capital Kiwanian*, I have made resolutions for this 2017-2018 administrative year. One high priority resolution is to work towards ending the 25 year drought of membership loss. The first-ever District wide

Training session for club openers and club coaches is planned for April 15, 2018 in Roanoke. We've had outstanding response which shows that our members desire to "Be Prepared" and want to learn techniques and the skill set that will help open new clubs and retain members! Kiwanis International staff and trainers, President Jim Rochford, and Past President Paul Palazzolo, and Art Riley, candidate for International Vice-President plan to present sessions. Our members are enthusiastic about learning how to help struggling clubs; the "Rife Stuff" team has worked hard to provide the training and to scope out new club sites. After the training Sunday, we have planned a new club opening blitz on April 16 & 17th in the Roanoke and

Lynchburg areas. We are planning to add two more new clubs which will make a total of three for this administrative year.

Our goal is to open SEVEN new clubs! We also have several more sites identified: Orange, VA (contacts were made last year with PG Kelly's guidance); four more sites are in the works. As soon as we have developed an action plan and time line, we'll reveal these sites. We're anxious to build our membership network of coaches to assist struggling clubs with membership. It's our district's desire to provide training events to better prepare our membership.

The Kiwanis International Convention, ICON, is planned for June 28-July 1 in Las Vegas. Plans are

in the works for a Capital District Dinner on Friday, from 6-8 pm. Our very own Art Riley is running for Vice President! We need to celebrate in Las Vegas and go vote for Art!

This is our 100th Anniversary for Capital District. The big party is planned for August 17-19 in Reston, VA. We are planning a digital slideshow to show our 100 year

history; all clubs are encouraged to submit digital pictures of important club events and service projects. Just some examples: pictures of charter nights, especially early ones, first women being admitted (1987), meaningful early service projects as well as current ones, early ICON/DCON convention pictures. Brief description of event and date (approximate time or era). More

details to come in the next Capital Kiwanian and from your LTGs.

Let's Ask for New Members! Let's have FUN with our Service Projects!

Be Ready to Dream Big, Focus, and Have Fun. Let's make our 100th anniversary in Reston one to remember.

Visit the
KIWANIS STORE
for the latest apparel,
meeting items, and more!



store.kiwanis.org



SAVE THE DATE!

The 100th Annual Capital District
Kiwanis Convention will take
place August 17-19, 2018 at the
Hyatt Regency in Reston, VA.



**ONE CHILD, ONE COMMUNITY,
100 YEARS**

CAPITAL DISTRICT KIWANIS CONVENTION 2018

Around Capital

How You Can Help Us Finish The Fight

By PG John Tyner, II
District Advocate

Over the years most of us have talked about our Kiwanis life with friends, neighbors and business associates -- what our clubs do and Kiwanis' international service projects (Iodine Deficiency Disorder, hurricane relief, Eliminate) with pride. Late last year, one my friends decided to donate some stock to charity while he was still alive. My friend called me one evening and told me he wanted to donate to Kiwanis because he'd like to do something to help children; I went through again what the KCF uses its money for in the USA and around the world, and also talked about The Eliminate Project. Afterward, he said he'd like to donate to Eliminate, without mentioning an amount, and asked about the paperwork. That's when I patched him through to KCF's Connie Berg who carried it on from there with my friend and his broker.

Finding out the amount later, I was overwhelmed by his generous gift. I never realized that just talking about the KCF's good work would plant a seed that in time paid a big dividend. I tell you folks this story about the power of talking about our passion about Kiwanis, not only for donations, but also fulfilling the



goals of The Formula because, in this case, we got a donation and a new member.....Who knows; we might through our efforts reach both district goals for Eliminate and The Formula. Keep on talking about Kiwanis!!

In the same fashion, our district board has provided a \$250 match toward any person wishing to become a Walter Zeller Fellow. This has inspired 65 matches so far for Zellers, but the surprise is that many of these have been awarded by clubs and individuals to non-Kiwanians as recognition of their community contributions. So please remember that you have another way of thanking your community leaders for their efforts in conjunction with your club projects and efforts. Please contact me if you wish to do so -- remember the match program ends on September 30, 2018.

Finally, our district goal is gradually being reached. I thank those of you who are completing your personal pledge you made to MNT and thank

the remaining nine model clubs who are making regular donations towards their pledges. What we need, though, is to gather the remaining \$490,000 in new donations to complete our \$3 million district pledge.

As you read this, validation teams are in Kenya, Guinea and Nigeria to see if those countries are about ready to join the list of those who have eliminated MNT, dropping our needy country list to 12. A Kiwanis team has just come back from Zambia, overlooking the effort there by UNICEF -- you have heard from many of our own district members who have been on similar trips to other countries during our Campaign.

Let's see how close we can come in the next couple of months to finishing up before we all go to Las Vegas for our International Convention! Let me know what you think, and need for you and your club -- tyner@taliesan.com

District Welcomes Newest Kiwanis Club

By PLG Jack White
Kiwanis Club of Abingdon

The Capital District's first new club of the year held its Charter Night on April 9 before a packed house at a St. Paul, Virginia brewery, and was surprised by a \$5,000 gift from a local foundation.

The St. Paul-Castlewood Kiwanis Club serves these two small towns, on opposite sides of the Clinch River in far Southwest Virginia. St. Paul is in Wise County and Castlewood is in Russell County. The Charter Night crowd was told that, a decade ago, a former Lt. Governor of the division predicted that these two towns never would support a common Kiwanis club "because their high schools play each other in football."

Times apparently changed and the club, formed last November, not only is working hard for its communities, but voted to admit its 25th member at Charter Night. The club's accomplishments, recited at the dinner event, prompted the head of The B Scott and Brenda D White Foundation of St. Paul to announce a \$5,000 gift for the club's service work. Scott White is a successful local businessman and he and his wife Brenda were the Charter Night's keynote speakers.



Honors for building the new club were shared by Division 17 Lt. Governor Jeff Dotson of the county seat club at Wise in Wise County, and District Governor Jon Rife, whose Grundy Kiwanis Club is in the same division.

Present for the Charter Night Dinner were representatives of the 10 other Kiwanis Clubs in Div. 17, plus all four District Trustees who have served the Southwest Virginia Region since the Trustee office was created – incumbent Jerry Jones of the Montgomery County-Blacksburg club, Past Governor David Heppner of the Lynchburg club, current Governor Jon Rife of the Grundy club, and Jack White of the Abingdon club. They were joined by John Montgomery of the Roanoke club who is a candidate, thus far unopposed, to succeed Jones on October 1.

Gov. Rife in his remarks said the St. Paul-Castlewood club was organized earlier in the Kiwanis year than any previous new club. He also noted that Division 17 is leading the Capital District in membership growth, not only from its new club, which had 24 members in the April 1 district report, but its existing clubs that together reported a growth of 25 members.

The growth of Div. 17's existing clubs was more than double that of the next highest division, which gained 10 members. And Div. 17's total growth of 49 members comprised 70 percent of the district's total growth.

Gov. Rife told the Charter Night crowd that he expects the Capital District this year to see its first positive membership growth in about a quarter-century – thanks in large part to Div. 17.

Eye On KI

News from Kiwanis International

A MESSAGE FROM THE INTERNATIONAL PRESIDENT

BE BETTER THAN GOOD, BE BEST!

In everything I do, I have tried to model my life by this saying. But what does it really mean? I like to think of it as the principle of doing the best you can in everything you do.

As the Kiwanis year crosses the midpoint, how close are you to the goals you set for your leadership year? Are you doing a good job, or are you better than good? Are you doing your best? At the club level it's all about membership and service, so let's make May the month that stands for membership. Remember to lead by example: Bring in at least one new member sometime in May, and challenge all your club members to do the same.

Speaking of leadership and mentoring: While many of our Service Leadership Programs shut down for the summer, it's important to help provide orientation and support to the newly elected officers before the next school year begins.

What if your club doesn't sponsor any SLPs? Well, make it a goal for the second half of your leadership year! Sponsor a local club in any of the SLPs (K-Kids, Builders Club, Key

Club, Circle K and Aktion Club). For example, it's easy to start Bring Up Grades (BUG) or Terrific Kids in a local elementary school — and then have it lead into a new Builders Club or K-Kids club. And if there is an unsponsored Key Club (or no Key Club at all) at a high school in your community, reach out to the school. Don't forget about Circle K at the college level or Aktion Clubs for adults with disabilities.

These programs are the best thing we do, bar none. If you can increase your membership while also adding an SLP to your club sponsorship, you will be doing better than good — you'll be on your way to the best!

THANK YOU

We are up 6,000 members worldwide year-to-date. Thank you for helping us not just be good, but best. As we gain more members, we will have more impactful service. And the winners will be our communities and the children who live there.

If you come to the convention after recruiting a member into your club in May, you will definitely be doing the best you can for your club! Thank you for all you do.



JOIN ME FOR MY WEBCAST

Don't forget to join me for my next webcast in May. Get a live update on all the latest! I'll share Kiwanis news, update you on who's leading the pack in membership...and more. Join me for the webcast at 8 p.m. (Eastern Time) on Monday, May 7.

A handwritten signature in black ink that reads "Jim Rochford". The signature is written in a cursive, flowing style.

Jim Rochford
2017–18 President
Kiwanis International



What Could A Club Do With Us\$25,000 In Playground Equipment?

For the fifth year, Kiwanis International is teaming up with partner Landscape Structures to give one deserving Kiwanis club US\$25,000 in playground equipment. The annual [Legacy of Play Contest](#) celebrates our shared belief that investing in the community through legacy signature projects is important to the success of a Kiwanis club. Landscape Structures' emphasis on inclusive play is also important to Kiwanis because it highlights our goal to bring play to all children.

Changing Lives By Supporting Immunizations Worldwide

Great progress has happened since the start of The Eliminate Project: Kiwanis eliminating maternal and neonatal tetanus. Millions of lives have been changed for the better.

Kiwanis International and Kiwanis Children's Fund will observe World Immunization Week, April 24-30, 2018, by partnering with UNICEF USA, Rotary, Latter Day Saints Charities and the Bill and Melinda Gates Foundation. The Kiwanis website has [assets you can use to promote World Immunization Week](#), including social media posts, newsletter articles and an op-ed piece that can be shared with local media.

List Of Candidates For Kiwanis International Board Election Updated

The list of announced candidates for election to the Kiwanis International Board beginning October 1, 2018, has been updated. Tom Currier, Carolinas District, has withdrawn his candidacy for Kiwanis International Trustee (U.S. and Pacific Canada Region). Please inform [Denise Parker](#) immediately if your district has a candidate not yet included on this listing. If candidates declare (or remove) themselves, a new listing will be issued.

[Browse the elections page](#) and click on highlighted candidate names to learn who they are and why they're running for office.

Resources To Help You Spread News Of Projects

Customizable news releases spread the word about Kiwanis. Add information that shows how your club helps kids and makes an impact in the community. [Find other sample news releases here.](#)



Honor A Special Woman And Save Lives

A mother's love is irreplaceable. Show your mom, or any special woman in your life, how much you care: [Make a life-saving donation this Mother's Day to The Eliminate Project.](#)

For your gift or fulfilled pledge of US\$1,250 now through Mother's Day, you can become a Mother's Day Zeller Fellow. Your gift will save or protect hundreds of mothers and babies while celebrating a woman in your life. And you'll receive a Zeller Fellowship medallion, a limited-edition Mother's Day lapel pin and a personalized certificate. If you wish to receive these items by Mother's Day, May 13, please make your gift by Sunday, April 22.

Kiwanis in the News

The **Jefferson Area Aktion Club** celebrated the presentation of its charter at a mid-afternoon event at Wegman's Market Cafe's Timber Room on March 6. This brand new Service Leadership Program, sponsored by the Kiwanis Club of Charlottesville unfurled its banner, installed its officers, and officially inducted 17 members into the club. Members of the Harrisonburg Kiwanis Aktion Club were in attendance on this special occasion, as were staff and friends from two key partner agencies, Virginia Institute of Autism (VIA) and Innisfree Village. Aktion Club is a branch of the Kiwanis family of service organizations collectively dedicated to serving the community and the world beyond. Aktion Club is the only service club for adults with



disabilities, with more than 12,000 members worldwide. Its mission is to provide adults living with disabilities an opportunity to develop initiative, leadership skills and to serve their communities. See www.aktionclub.org/discover/about.aspx.

Thanks to NBC29 for the coverage (<http://www.nbc29.com/story/37661509/kiwanis-club-establishes-charlottesville-chapter>) and to Wegman's for hosting the event. Allstate and Aetna also provided sponsorship support. The Club meets on the first Tuesday of each month at VIA.

Our Firm Foundation

News From Our Capital District Kiwanis Foundation

By **Nancy Simonelli**
Foundation President

Did you know you can support your Capital District Kiwanis Foundation by purchasing t-shirts, polo shirts, jackets online? You can purchase for your club, for your SLP clubs or for yourself. Go to foundation.capitaldistrictkiwanis.org, then to the drop down menu under fundraising, then to CDKF - T-shirts. Foundation president-elect Mike Dasovich will be selling shirts at the 100th Anniversary Capital District Convention August 18 in Reston.

The Caring Corner Basket Raffle will be the happening place at the Convention. Last year, there were 42 baskets and jewelry pieces donated for the raffle. This year, Bernice Oden's committee would like a minimum of 50 baskets donated which can be done with everyone's help. Any club or member can make a basket or ask companies in your area for donations - ask your local grocery stores, businesses, etc.

The more baskets/gifts we have to raffle - the more money we can give to the Pediatric Trauma Hospitals. Kiwanis International does not sell any license plate frames so the Foundation designed a frame and it will also be available for sale in the Caring Corner.

Family Ties

Updates from Our Kiwanis Family

Key Club Christopher Bratcher, Governor

Capital District Kiwanis,

My name is Christopher Bratcher, and I am proud to give you my first update on Capital District Key Club. I am a rising senior in high school, and Key Club has been a part of my whole high school career.



We had a successful District Convention (DCON) from March 2nd to March 4th. There, 770 Key Clubbers attended, representing thirty divisions and eighty-one clubs. Before District Convention, all of our lieutenant governors for the 2018-2019 school year had been elected by each of their respective divisions. By the release of this issue, all of the lieutenant governors for the 2018-2019 school year would have been trained in Northern Virginia. At the end of our DCON, delegates in attendance voted for Jordan Taliaferro to be Editor, Paul Vann to be Webmaster, Anna Boland to be Secretary-Treasurer, and for myself to be Governor.

Key Leader is from April 27th to April 29th. There, attendees learn more about servant leadership and the qualities that define great leaders. It is a very amazing experience as attendees build long-lasting relationships and advance their leadership careers. Please encourage your Key Club counterparts to attend future Key Leaders!

As a district, we are also preparing to go to Chicago for International Convention from July 4th to July 8th. There, we will enjoy the convention while supporting Immediate Past LTG Cindy Shou as she runs for Trustee.

I am honored to have been elected governor of the Capital District of Key Club International. With a whole year ahead of us, I am excited to work with you all and the rest of my K-Family counterparts!

Yours in Service,



Christopher Bratcher

CKI Jose Leoncio, Governor

Greetings Capital Kiwanians!

My name is Jose Leoncio and I will be serving as the Capital CKI Governor for the 2018-2019 year! I am a rising junior at American University in Washington, D.C. majoring in International Relations and minoring in Sustainability. I have been in the Kiwanis Family for 5 years now.



I am very excited to begin my year as Governor alongside our new District Administrator Serena Bell, 2018-19 District Board, and the Kiwanis Committee on CKI. This year, our board is taking a new path by only having two Lt. Governors -- one that serves all the clubs in D.C., MD, and DE area, and the other that serves all the clubs in Virginia. Lt. Governors will promote the growth of membership, service, and CKI education in their division.

We will be holding our District Officer Training Conference at the end of April. All the elected board members, committee chairs, and administrators will come together to learn more about the roles they will be playing throughout the year and what goals the district will be focusing on as well.

My main goals this year are to build new clubs, revitalize our existing clubs, and strengthen our Kiwanis Family bonds. I am confident that with the efforts between the CKI, Key Club, and Kiwanis leadership we will accomplish them, together. It will be an exciting year for all of us! I am looking forward to meeting many of you at Kiwanis Family events. If you need anything from Circle K, please feel free to contact me at governor@cdcki.org.

Yours in Service,



Jose Leoncio

Leadership Lessons



ACHIEVING CLUB EXCELLENCE
A formula for healthy Kiwanis clubs

Rediscovering your community

Objective: To find out how the club can better serve its community

Purpose: To clarify what the community needs and how your Kiwanis club can help

Goals: To gain information that will help the club assess the potential for new partnerships, sponsorships and service projects

Audience: Membership committee, with participation where designated from club members

Community surveys help clubs gather data about what the community needs from people who care. They also help to identify how the club might partner with others to address those needs and strengthen relationships with community leaders.

A step-by-step process

This tool is designed to systematically lead you through a survey process designed to reveal information about your club's service impact, partnership opportunities and possibilities for expansion. Schedule this survey annually—or any time the club has experienced significant changes in membership demographics or service interests.

Step 1: Create contact lists

Brainstorm to identify community members who could provide the most useful information. Consider these people:

- Club partners
- Members of other groups with which the club already has a relationship
- Community leaders
- Government officials
- Public safety officials
- School administrators
- Service Leadership Program faculty advisors and students
- Chamber of commerce leaders
- Librarians
- Members of the local media
- Hospital directors
- Members of faith-based organizations

Step 2: Identify team members

- Choose a partner or put together small teams for conducting interviews. Going in pairs can make the interview more comfortable, but also ensure detailed notes are taken.
- Keep impromptu interviews between five and 10 minutes, and scheduled ones under 30. Before conducting an interview, introduce yourself, your club and the purpose of the interview. Let them know that all questions are optional and they can take as much time as they wish to answer.

Step 3: Schedule and conduct interviews

Determine which team members will contact which people/groups--and the time frame in which interviews should be completed. How you conduct the interviews may take a number of forms. You could ask questions by email, over the phone or in person. When it's over, ask for, but also offer, contact information so that you can follow up.

Whatever you choose, be prepared. Anticipate how the interview should go, and keep it focused. Capture their responses in one place, whether it's in a notepad or on a voice recorder, tablet or laptop.

Below are some sample scripts and questions to guide you.

Introducing yourself:

Hello, my name is _____, and I belong to the _____ Kiwanis Club. It's good to meet you. Our club is very active in the community. We do projects like _____, but we want to see whether there are needs that we don't know about. To do this, we are trying to gather opinions about what's good about our community, as well as how it could be improved. Would you have five minutes to give me your opinion?

Great! Don't feel like you have to answer every question, and take as much or as little time as you need to answer.

Potential questions:

- What do you think our community does well? What do you like best about the community?
- What would make our community a better place to live, work and play?
- What are some unmet needs of our community? What things should we be most concerned about as a community?
- Which organizations or groups do you feel like are working to make our community better? Which are helping to improve children's lives?
- What is your "wish list" for our community?
- On a scale of one to five with one being the lowest, how involved with the community would you say you've been in the last three years?
- How do you see yourself getting involved in improving the community?
- What do you feel are the greatest barriers to community involvement for you personally (if applicable) or for our community members?
- What do you feel would get people excited about volunteering in the community?
- Who do you feel are the most respected and influential people in our community?
- Who else would you recommend that we talk to about what we can do to help the community?

Leadership Lessons *(continued)*

- What, if anything, is currently being done to address those needs?
- Do you have any questions, comments or final thoughts?

In closing: Be sure to offer a Kiwanis business card!

Thank you, _____, for your time. We really appreciate it. I'd like to exchange contact information so that I can follow up with you about [anything interesting or left unanswered]. If you think of anything, any need that we may have in the community that we didn't talk about, please call me. Our club meets _____ . We'd love for you to join us so we can fill you in on the ways Kiwanis is already active in the _____ area.

Follow-up notes

Community events that club members need to attend:

Media and marketing ideas:

Fundraising ideas:

Other people and/or organizations to contact:

Step 4: Debrief and reflect

Collecting the opinions and needs of community leaders does little good if they aren't put to use.

After completing community surveys, make time for a debriefing session. Collect the input from the interviews and discuss ideas for potential new service projects or fundraisers, partnerships or sponsorships, and even potential new members at a membership committee meeting. Questions to keep in mind:

Was any information obtained suggesting need(s) for club action?

Does the club have the interest and financial means to pursue new projects? (Take a look at **Analyzing your impact** for a few ideas on how to weigh the costs and benefits of potential and current projects.)

Was there feedback about past Kiwanis service that should be addressed?

How might the club contribute to resolving frequently noted community concerns?

Are there people or organizations with whom you might create relationships? (Take a look at the tool **Developing community partnerships** for additional ideas about how to cultivate sponsorships and partnerships.)

If you find that some of the issues warrant further discussion between community leaders and organizations, consider hosting a community forum bringing together a cross-section of influencers. Develop open-ended questions from the areas of concern identified during the community surveying. For example, "How can we engage our children in community improvement?" or "What do you believe is the top issue concerning our youth?"

Service Showcase

News From Capital District Kiwanis Clubs

Division 2

On March 19, **Kiwanis Club of Tysons** members had the pleasure of serving the residents of the Ronald McDonald House of Northern Virginia! They completed some early spring cleaning and, prepared Shepherd's Pie for dinner to keep the St. Patrick's Day festivities going all weekend long.



Division 5

Berlin hosted the first Worcester Community Access to Resources Expo (Worcester CARES) event on Saturday, April 14, at the Multi-Purpose Building located at 130 Flower Street. Fifty-four volunteers turned out to pack bags of canned goods, dry goods and soft drinks on Friday and help to distribute them on Saturday. Among those volunteers were members of the **Kiwanis Club of Greater Ocean Pines**.

an amazing sponsor of this program by awarding kids with a Chick-Fil-A cookie/ice cream gift card. It's all about the KIDS!

Division 12

The **Kiwanis Club of Williamsburg** recently had two Bringing Up Grades (BUG) ceremonies, one at Matoaka and one D.J. Montague elementary schools, where they celebrated the success of more than 550 children who improved their grades. The kids were presented with a BUG certificate and a Chick-Fil-A gift card. The Monticello Marketplace Chick-Fil-A has been

Division 14

Great Bridge Kiwanis pulled together several partners for their latest visit to the Broadlawn HeadStart classroom. The REACH (Reading Enriches All Children) Foundation provided 40 high quality books. Readers from CHIP SHR (Childrens Health Investment Program, South Hampton Roads) and the Virginia State Police Association joined Great Bridge Kiwanians for the program. This is what Kiwanis is all about.

All clubs in Division 14 have been raising money for the refurbishing of the K building at the Boy Scout Camp Pipsico. The K building had become unusable for the campers due to the lack of upkeep inside and out. The members of Division 14 decided 3 years ago to raise money to help the project since many of the members had attended the camp as Boy Scouts. To date the clubs have donated approximately \$25,000. On March 2nd, Division 14 held Party for Pipsico where 4 members were recognized for their dedication to the Boy Scouts and Kiwanis. Members recognized were Richard Pippin, Doc Thrush, Dave Harlow, and Tom Enright. Entertainment was provided by Frank Sings Frank with club members helping him close the evening.

The Capital Record



Scholarships

At their regular Tuesday morning meeting, the **Kiwanis Club of Poquoson** presented two checks for \$1000 each to Ms Eunice Namkoong from Tabb High School and Ms Chelsea Griffin from Poquoson High School. The two seniors were honored as the Kiwanis Club of Poquoson's Teenager of the Year in their respective high schools.

Meeting Ideas

Division 14 Lt. Governor Kim Henderson decided to go "outside the box" for the January council meeting. She announced a chili cook off between her 11 clubs. There were 6 pots of chili for everyone to taste test and vote for the best. All the fixings for the chili were provided. There were 25 club members present and everyone ate chili. The 1st place winner was PLG Richard Pippin of the Chesapeake club with 2nd place went to Elaine Czohara from the Towncenter club.

Kiwanis Family

The **Kiwanis Club of Crofton, MD** and Indian Creek School held a Charter Night ceremony for the newly formed **Indian Creek School Key Club** on February 27th. The club was officially chartered on November 21, 2017 with 21 charter members. With students, parents, Kiwanians and school officials, close to 50 people helped celebrate the chartering of the new Key Club.

The Key Club has been very active even prior to being chartered. They provided wrapped gifts for families in need, writing letters to a local nursing home and participated in the Salvation Army Christmas Angels. They collected 200 pounds of batteries and raised \$300 to buy supplies for an upcoming Key Club service trip to Puerto Rico in mid-March.

Donations

The **Kiwanis Club of Great Bridge** graciously donated \$800 to support the Virginia State Police Trooper Bear program. Every year, Division 14 and the Great Bridge Kiwanis go to the Children's Hospital of The King's Daughters (CHKO), along with Trooper Teddy, and pass out Trooper Bears to all the hospitalized children. All the bears that are left over are distributed to the areas for the troopers to use.

Welcome to Kiwanis

Shelley Cohen, Ocean Pines-Ocean City
Jeremy and Katie Goetzinger, Ocean Pines-Ocean City
Teresa Sweaney, Williamsburg

Happy Anniversary

April

Charlottesville	1922
Elkton.....	1932
Ellicott City	1940
Wythe County	1948
Mount Airy	1949
Williamsburg.....	1958
Churchland	1974
Greater Landover	1979
McClure River	1981
Calvert County.....	1981
Midlothian	1990
Montgomery Village	2003
Strasburg	2010

May

Danville	1921
Alexandria	1921
Harrisonburg.....	1922
Frederick	1922
Seaford.....	1923
Cumberland.....	1924
Pikesville	1935
Suffolk.....	1947
Christiansburg.....	1949
Rockville.....	1950
Crofton.....	1976
Old Point Comfort.....	1981
Shenandoah Valley	1981
Bull Run Manassas	1985
Clinch River	1988
Mitchellville.....	1995
Greater Westminster	1996
Old Town	2006
Central City Newport News.....	2009

Getting the Word Out

Does your club meeting say what you want it to?

By John A. Montgomery
District Public Relations Chairperson

I have a memory, more than 50 years ago, of my mother saying something like this to another woman in church:

“You certainly do look nice today,” she said, “not that you don’t normally look nice!”

Mother was intending to give a compliment, of course, but instead she drew chuckles from those within earshot, including the subject of her compliment. The message she meant to send got lost. Her intentions backfired.

Conveying what you mean, and not sending mixed messages, may seem to be obvious advice. But how often in Kiwanis do we do just that – unintentionally send a message diametrically opposed to what we want to say?

Giving visitors to our meetings a positive impression – and members, too, for that matter – is clearly what we all want. But do our actions convey that?

Do you respect the time of your members and your visitors? Do you start your meetings on time and end them on time? Are the people who take time out of their schedules to attend your Kiwanis meetings convinced it is time well-spent? Will they come back? Do they think you are professional?

At the Kiwanis Club of Roanoke, we work hard to say on a strict schedule each Wednesday. Our lunch buffet opens at noon. We start our business meeting at 12:30 p.m. sharp with the conventional anchors – an invocation, an appropriate song and the pledge of allegiance. We then introduce guests, handle several business items, and allow committee chairs to make relevant announcements regarding upcoming events.

Sometimes we will induct a new member and/or present a grant check to an outside organization.

We always allow a couple of minutes to invite “brag bucks,” asking each speaker to pay \$2 to our foundation for the privilege of talking for 30 seconds about anything they wish. Sometimes we have two braggers, sometimes we have 10. Sometimes the president has to put a limit on the number of brags.

We strive very hard to get to the program by 1 p.m., allowing 25 minutes for the speaker’s presentation and then a couple of minutes for questions before we adjourn. The speaker knows the time limit before he or she is introduced.

The closing bell always rings by 1:30 p.m. If not, the president hears about it!

If you are not careful, it is easy to get off track. If you have 10 people with a part in the program and every individual exceeds the suggested time by just 30 seconds on average, you are five minutes late.

Club presidents are responsible for setting the example, keeping his or her own remarks concise. Occasionally, the president has to ask somebody to “wind things up” or preface an introduction by saying, “Please be brief.”

Lengthy prayers and songs with five verses are discouraged.

We try to be positive and upbeat, but still convey the message that everyone’s time is valuable.

Consider for a moment the following declaration: “When I look at you, time stands still.” Now consider this one: “Your face can stop a clock.”

The two thoughts basically say the same thing, but how much better the first one sounds!

There are ways to make a message clear without being rude. Just be sure that the message you are sending at your Kiwanis meeting is what you want to say:

“We’re glad you’re here; we respect your time – and we want you to come back.”

Beyond the Call

Nominate a deserving Kiwanian for *Beyond the Call*. Contact editor@capitaldistrictkiwanis.org

Roy A. Sheets, Jr. Kiwanis Club of North Richmond

By John Morris
District Governor-Elect

The Capital District lost one of its finest leaders on February 16, 2018. Roy A. Sheets, Jr. was the President of our Capital District Kiwanis Foundation from 2013 to 2015 and served on that Board from 1992 to 2015. He was a member of the Kiwanis Club of North Richmond from 1970 until his death. He was president of the North Richmond club in 1992 and served two terms as Lieutenant Governor of Division 4, now Division 11. During his 48 years of volunteer activities with Kiwanis, Roy visited 41 different countries, frequently delivering toys to orphans at Christmas.

Roy's proudest accomplishment as a Kiwanian was the creation of the Kiwanis Family Care Center located on the pediatric floor of the Medical Hospital of Virginia in 2006. It is an area where family members of critically ill children can go when they need some time to themselves. They can watch television, do some laundry, take care of business by phone or the Internet and fix themselves a snack, all without having to leave the pediatric floor of the hospital. Roy spearheaded the raising of over \$100,000 from the Kiwanis Clubs in Divisions 4, 18 and 24, now Divisions 10 and 11. Then

President of Kiwanis International, Steve Siemens, attended the dedication of the Kiwanis Family Care Center.

Roy was born in 1927 and raised in Staunton, VA. He graduated from Robert E. Lee High School in 1944 and joined AT&T. He served in the Army during 1945 and 1946, returning to AT&T following his honorable discharge. He married Jackie Otey on October 6, 1951. After working in several different cities, he and Jackie settled in Richmond in 1954. Following 44 years of dedicated service to AT&T, he retired in 1989, following the birth of his first grandchild. In 1967, the family joined Greenwood United Methodist Church in Glen Allen, where he taught the Men's Bible Class for about 20 years and chaired several committees. Roy was also very involved with the Telephone Pioneers, a service organization of retired telephone workers. During his life, Roy visited all 50 states, driving to 49 of them. His love of travel began in 1969 with a five-week family vacation spent driving cross country, a trip remembered fondly by all three of his children.



Roy was preceded in death by his wife, Jacqueline Otey Sheets, and his parents, Roy A. Sheets Sr. and Mary Sue Pilson Sheets. He is survived by his three children, their spouses and grandchildren, Tom, wife, Jeanie, daughter, Erin, son, Dylan and his significant other, Charlotte Spruill, son, Mike, and daughter, Leslie Davis, husband, Scot and son, Drew. He is also survived by his sisters, Mary Anne Barton and Jane Wells (Joseph). Also surviving are a host of nieces and nephews.



DUCKY DERBY AND CARING CORNER

August 17-19, 2018 Capital District Convention, Reston, Va

WE'RE ON OUR WAY TO THE CONVENTION!

Buy your Ducky Derby tickets and get ready to win a prize or two. Visit the Caring Corner to buy chances on the Basket Raffle. There will be numerous theme baskets being raffled – from coffee, teas, chocolates, wine, movie theme to a grilling basket. All proceeds benefit the eight Pediatric Hospitals in the Capital District. Raffle winners will be drawn on Saturday, August 18, 2018 following the House of Delegates

