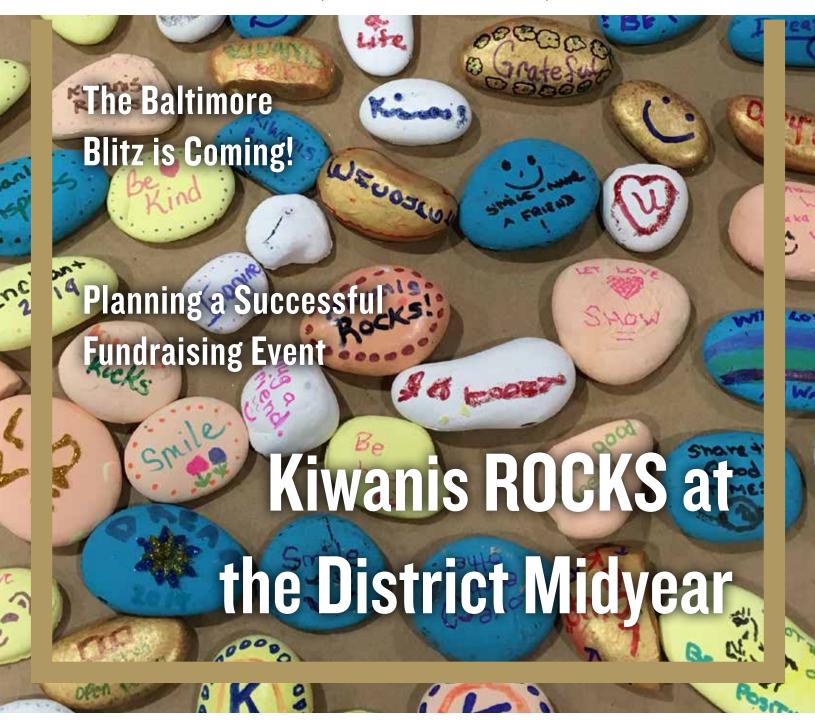
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The Aktion Club of the Worcester County Developmental Center catered and served the meal for a Division 5 Kiwanis Council dinner.

### **2018-19 LEADERSHIP INFORMATION**

#### **GOVERNOR**

John Morris Richmond, VA

#### **GOVERNOR-ELECT**

David Lurie Tysons, VA

#### **SECRETARY-TREASURER**

Tom Varner Ashland, VA

### **IMMEDIATE PAST GOVERNOR**

Jon Rife Grundv, VA

#### **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

Ron McCallum Middlesex, VA

#### TRUSTEE - SOUTHWEST VIRGINIA

John Montgomery Roanoke, VA

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Jennifer Wolff editor@capitaldistrictkiwanis.org

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### Governor's Message

### JOHN MORRIS, 2018-19 GOVERNOR



April has arrived. That means that spring has come, the weather is getting warmer and we can begin enjoying outdoor activities. It also means that the Kiwanis year has reached its halfway point. I urge all clubs and their officers to sit down and discuss where your club is this year, whether it has achieved the goals it wants, and of not, to come up with a plan to strengthen itself and increase the service it provides to your community and its children.

Spring also means that we have just had the Midyear Conference. I expect that all of you who attended will agree that it was an outstanding conference. Great Wolf Lodge was an ideal location for both having fun and learning ways to enhance our Kiwanis experience and to strengthen our clubs and our service. We had outstanding presentations by Debbie Stitzer-Brame, the Executive Director of Edmarc Hospice for Children, Ben Hendricks, Kiwanis International's Chief Communications Officer, Art Riley, our own Kiwanis International Vice President, and Mark Morrow, the Senior Pastor of CrossWalk Church. Debbie let us know about the history and the wonderful work of Edmarc, which helps families dealing with children life-threatening illnesses. Ben gave us a wonderful program on how we can better communicate and get the word out in our communities about the good work that is done by our clubs and our members. Art discussed his amazing journey to Vice President and gave us an insight into his vision for the future of Kiwanis. Mark summed up the conference on Sunday morning with an outstanding presentation of how we can enrich the service that we do to others and how we can enrich our own lives.

In addition to the keynote presentations, we had 20 wonderful workshops. They covered topics such as training for our club leaders, how to communicate our message to others, how to increase our membership and attract younger members, and how to make our service projects more meaningful. Kudos go to the wonderful work done by the 2019 Midyear Conference Committee, led by its chair, Trustee Designate Bill Watson.



At the end of this month, we will be having a concentrated effort to open three new clubs in the Baltimore area. Several club opening specialists from other districts and Kiwanis International will join us in Baltimore from April 28 to May 1. Our plan is to build and open three new clubs in the Canton-Fells Point area, South Baltimore, and Catonsville in Baltimore County. In addition, if we have enough volunteers, we plan to use the same methods to help strengthen and rebuild membership in a couple of the existing Baltimore clubs at the same time.

Baltimore is a community that desperately needs Kiwanis. The number of children who do not receive the basic necessities of life and the proper tools for learning is enormous. Those kids need Kiwanis.

We need more volunteers for this effort. Please consider helping us. If you have contacts in Baltimore whom you think would either make good prospective Kiwanians or who should be able to identify good prospects to us in Baltimore, please let us know. The success of a blitz like we are planning is dependent upon having a large number of prospects in advance so that we can reach out to them to set up appointments and to obtain more referrals. Many of you are from Baltimore, lived there at one point, went to school there, or know people there. Please give us your contacts.

For those of you who can help us on the ground, please plan to come for all or part of it. The training you will receive Sunday night and the experience you will gain being with us can be of enormous benefit to your club. This is not just about building new clubs; we will also be letting the prospects know about the opportunities to join existing clubs. It is also about learning a method to identify and reach out to people in your own community who could become members of your clubs. All of our clubs need more members. The more hands we have, the more service we can provide. Please consider joining us in Baltimore and/or helping us with our efforts by identifying contacts for us.

We have completed the first half of our year. We have already raised the bar. The clubs in the District are providing more and greater service to our communities. We are growing in membership. We have opened one club and have plans to open several more clubs, allowing us to reach children and communities that are not now served by Kiwanis. Let's keep this momentum going. Remember, Kids Need Kiwanis.



Connect with Your Community | Make a Difference | Have Fun

NEW CLUBS COMING:

- » Canton/Fells Point
- » South Baltimore
- » Catonsville
  - » Baltimore e-Club

#kidsneedkiwanis

Contact newclubs@capitaldistrictkiwanis.org or you can learn more about us at kiwanis.org



### **Around Capital**













### OK FOLKS — TIME FOR OUR BENCHMARKS!

PG JOHN TYNER, II, DISTRICT ADVOCATE

Most of my articles have given you updates of where we stand with regard to our District pledge. We need to remember how well we've done in the six years we've been working on The Eliminate Project. Remember our banners?



These were displayed at every occasion during our first five years. We've had over 500 people from everywhere in the District achieving a Walter Zeller Fellowship — our latest is **Melinda Dalton from Danville (1)** — and along the way we have **Charles Hay from Haysi (2)**, **Art Riley as a major donor from Westminster (3)** and I gave a Zeller to our marvellouly dedicated KCF staffer Christina Bacor who really guided us through our first couple of years.

We had a special volunteer advocate in every club in all divisions which is the real reason that we can proudly say that every club in Capital District has donated some amount to The Eliminate Project — one of very few districts that have shown that involvement. We had 98 Centennial Awardees and countless Hixson Fellows PLUS 27 clubs that pledged themselves to be model

clubs. We had all kinds of projects from Waldorf's coin cannisters (4) to Division One's enthusiastic ladies (5). Clubs did major fundraisers all the way to doing happy dollars each week. Imagination drove many of our folks and our SLP clubs to help care about the newborn babies of the world — all of which Kiwanis can be proud of eliminating neo-natal tetanus from the 39 countries we started with down to today's 14 countries.

We're still working at it but need to pick up our pace to finish raising the last \$500K of our pledge. If you guys and clubs redeem all your pledges we are looking at \$375K in cash to finish in 2020. Last year, 43 clubs of our 141 clubs gave to MNT. What about the rest of you doing so before our DCON in Portsmouth, VA? Remember where we are and honor someone or yourself and encourage your club and/or division to do one last bang-up fundraiser for MNT.

See you in Orlando and Portsmouth and meet your Kiwanis neighbors!



### **KEY LEADER**

#### CHARLES MARKS, CAPITAL DISTRICT KEY LEADER CHAIRPERSON

At the Capital District Kiwanis Board Meeting at the Great Wolf Lodge, a decision was made to not hold a Key Leader event this year. At this time, no events are on the calendar for 2020 and beyond.

On March 27, I learned that the Kiwanis Key Leader program that was approved by the National Association of Secondary School Principals, is re-certified for another school year (2019-2020).



At each Key Leader event, there is a "What Did I Learn" exercise for the students. This exercise is intended for the students reflect inward. I have collected these and put them onto one document for all to see. The insight I receive from reading these short notes, tells me that this program reaches deep into the students.

- **I.** I learned how to communicate with others and show respect by being an attentive listener.
- 2. We learned about respect for others and for ourselves, we also learned how to participate and contribute in your community.
- 3. I learned that it's okay to be a vulnerable leader.
- **4.** I learned what respect means and how everyone can be included.
- 5. Your values are unique to you.
- 6. Self respect means being comfortable being you.
- 7. I learned that there is nothing wrong with helping out your community.
- **8.** Everyone has a different way of doing things.
- From Key Leader, Haymarket VA, 2018

I plan to publish the other 16 statements over the next 2 issues of the Capital Kiwanian.

### FROM YOUR TRAINING TEAM

KRISTA LATCHAW AND DON DUDEY, DISTRICT LEADERSHIP EDUCATION

### **Club Leadership Education**

If you are an incoming President or Secretary starting in October 2019, we are in process of scheduling your Division Training Sessions right now. Trainings will be held for each Division in the June – July timeframe.

You will be able to sign up on the Capital District Website very soon and should be getting communications from your Certified Trainers or Lt. Governors. Please be on the lookout!!

#### **Certified CLE Trainers**

Do you have training experience? Do you have Kiwanis leadership experience? Do you love bestowing your Kiwanis knowledge onto worthy individuals? If so, we want to interview you for a Certified Trainer position!!

If you are interested in becoming a Certified Trainer to teach new President/Secretary classes and be a mentor throughout the year, please contact Krista Latchaw – Klatchaw@HuronConsultingGroup.com



### **Around Capital** (continued)

### **DISTRICT CONVENTION COMING SOON!**

Ahoy Kiwanis Mates,

Registration for the 101st Capital District Convention "Charting a Course to Greatness" happening August 23-25, 2019 at the Renaissance Portsmouth Hotel has begun.

You don't want to miss this year's event. Lots of good workshops, great speakers, good entertainment, fellowship with Kiwanians throughout the District, and plenty of things to do In Portsmouth, VA and the surrounding communities.

Planning stages have been underway since last December. The DCON Team is working hard to make sure your trip to Portsmouth is both rewarding, and fun filled. As all sessions are completed, we will send updates relating to speakers and workshops. And yes, there are a lot of things to do with the family in Portsmouth and the surrounding communities. Remember the Hampton Roads area is full of history.



To mention a few Museums: Children's Museum of Virginia; Historic Olde Towne, Nauticus and the Battleship Wisconsin, Waterside, Harbor Cruises which take you near the Naval Bases, Pedestrian Ferries to get you between Portsmouth and Norfolk, Virginia Beach Aquarium, to mention only a few.

On Friday of the convention, after you have had dinner at one of the fine restaurants, don't fill up on desserts. Come join us at our speakeasy with entertainment by Frank Sings Frank, a Frank Sinatra impersonator. Enjoy after dinner desserts along with a cash bar. You won't be disappointed.

Gather up your Kiwanian Shipmates and the entire family. Plan to come early and stay late for a fun-filled weekend or more.

Don't forget to follow us on our Facebook page "Annual Capital District Kiwanis Convention". Like us so you won't miss out on the updates as they are posted.

### **COMMUNITY SERVICE UPDATE**

#### PG LINWOOD WATSON, DISTRICT COMMUNITY SERVICE CHAIRPERSON

We have reached the mid-point in our Kiwanis year. Now is a good time to do a mid-year review. Take a look at your community service report card. Ask if your club has done at least one new project? What was the impact to your community? What can be done to get more members involved in the project?

Governor John Morris has placed major importance on clubs performing more community service. Maybe your club can take on another new project that is needed in your area. Your club can partner with other organizations in order to do more community service. You can also partner with your SLP (or sponsor one) and you can perform more service.

Tim Gillette and I conducted a session at the mid-year conference in Williamsburg, VA. Thank you to all of the members who attended. We hope that you were able to walk away with some information about the good and/or bad service project reviews that were conducted in the Capital District.

We are in the process of rolling out the details of some type of recognition for clubs who increase their service hours and conduct new service projects this year.

Governor John and the District Service Committee would like to thank you for all of the service that has been provided to the communities up until this point and we look forward to hearing about your continued success in providing service to your community.





March 8 - 10, 2019, Kiwanians gathered in Williamsburg,
Virginia for their first District Midyear Conference in
almost a decade. Held at Great Wolf Lodge, the facilities
offered something for everyone, including Kiwanis families
who wanted to mix business with pleasure in the state-ofthe-art water park and conference center.























One of the highlights of the event was the education workshops and sessions offered to members from Kiwanis International and the Capital District. Attendees were never hungry in body nor mind — enjoying buffet-style meal sessions and listening to thought-provoking speakers.

As a service project, members painted Kiwanis rocks, which CKI at the College of William and Mary and Key Clubs in the Williamsburg area will distribute throughout the community. Awards were given to Clubs and Leaders for their efforts in the previous year.















## At the District Midyear, the Kiwanis International Vice President, our very own Art Riley, addressed the Capital District for the first time since his election.

To you, my friends, from the Capital District; Thank You! Thank you for your friendship and your support. I could spend the next hour highlighting the Kiwanians who have my never-ending gratitude for their confidence and encouragement during my campaign and Kiwanis career. A career that has its roots as a Key Club Lt. Governor then continued as Lt. Governor of Division 9 and Governor, of this great district. Through my two campaigns for international trustee and two campaigns for international vice president I have gained life-long friends in this district, and around the Kiwanis world, who have assisted me in my efforts to strengthen Kiwanis. However, in deference to time a heart-felt thank you from Vickie and me.

This is my first opportunity to speak with you since the convention in Las Vegas because of my assignment to the tri-district Kiwanis District Convention in Spokane, Washington last August. That assignment provided me the opportunity to be with Kiwanians from the Western Canada, Montana, and Pacific Northwest districts. The convention was enjoyable but not as memorable as Las Vegas. The election, as mentioned earlier, was the result of the efforts of many and enable a Kiwanian from the Capital District to become President of Kiwanis International for the first time in 47 years. This opportunity to influence the future of Kiwanis is an honor that I will always recognize as I serve all Kiwanis members.

This realization is even more profound when I consider that there are many dedicated Kiwanians in this room, and

who have gone before me, who have influenced Kiwanis, served their club, division, and this district with distinction and did not have the opportunity that is before me. The journey ahead will have the greatest impact if I can inspire someone in this room to follow me to serve at the international level which is a distinct Kiwanis privilege. It will also have personal meaningful to me, if Kiwanians of the Capital District join me on this journey. I hope some of my Capital District Kiwanis friends will join me on some of my travels through the Kiwanis world. Each of you is welcome at any Kiwanis venue that I attend. One example will be a group tour being planned for the Tournament of Roses Parade in Pasadena, California on January 1, 2021. Additionally, there will be a post-convention tour of national parks following the international convention in Salt Lake City, Utah. Perhaps you would like to enjoy attending the ASPAC Convention in Katmandu, Nepal and Sendai, Japan. You could also witness Kiwanians in Europe by celebrating with wine, beer and fellowship in Bruges, Belgium and Zurich, Switzerland. These are opportunities to enjoy Kiwanis fellowship and see how service is celebrated by Kiwanians in other districts.

Fun and fellowship are an essential part of Kiwanis but there is much work to be done. I feel very fortunate to have learned from great Kiwanians in the Capital District, and to have had the opportunity to witness the leadership styles of five different international presidents. I hope I have learned the positive traits from each. Also, to my benefit is the good fortune to have served on the international board for three years with four great Kiwanians; Dewey Smith, Barbara Thompson, Kit Katazato, and Ken Alovera. These four, along with my board mentors Patti Barsotti and Dennis Oliver have taught me the essential elements of Kiwanis accomplishments. I can only hope to follow their example.

Staring in July, I have had a steady stream of responsibilities. I consider my number one job is to cooperate with President Poly and President-elect Daniel in restoring the cooperation between our three offices. Kiwanis members deserve a functional leadership that will cooperate and build on the successes of the previous year. I encourage each of you who attend the international convention in Orlando to ask each candidate for Vice President to pledge their cooperation to work with Daniel and myself. Kiwanis does not need an officer that is either a lone ranger or puppet of a district or past president. There is a lot of work to do on behalf of all Kiwanians.

"The election... was the result of the efforts of many and enable a Kiwanian from the Capital District to become President...for the first time in 47 years. This opportunity to influence the future of Kiwanis is an honor that I will always recognize as I serve all Kiwanis members."

During this year, as Vice President, another responsibility is to chair the Kiwanis Youth Program Board that oversees all Kiwanis programs for participants under the age of 18. It became obvious to me that, Kiwanis has not invested enough in to these programs over the last 50 years. Times have changed and the youth we support deserve an organization that provides more opportunities and experiences. Therefore, I have appointed two committees to recommend advances in Key Club, Key Leader and other programs. The recommendations of these groups will guide the design and implementation of the needed changes. The completion time-line is another reason that the new Vice President must be willing to cooperate with current officers and continue the progress initiated.

Additionally, I have appointed a 20-member task force to recommend to me the priorities desired by the membership. This team was composed of Kiwanians from around the world and from all stages of leadership within the organization. I am currently reviewing this report and deciding how to incorporate the ideas into the revised Kiwanis strategic plan. This process needs to be repeated annually.

#### I have also:

- 1. Represented Kiwanis at the Service Club Leadership Conference.
- 2. Attended the governor-elect training conference to review the content so I can revise and plan for next year's class of governors.

- 3. Working at the international office getting to know the senior staff and understanding how they can support the membership.
- 4. Chairing the PRIM Committee that is responsible for all the public relations and image efforts of Kiwanis. The committee is also responsible for the signature service project report.
- 5. Started the planning process for the 2020-2021 International Convention in Salt Lake City, Utah.
- Representing Kiwanis International on the Board of the Kiwanis Children's Fund Board.
- 7. Starting to introduce ideas to implement some new initiatives for the 2020-2021 year.

### As you can see there is a lot to do. The work is focused on the future of Kiwanis. The future of Kiwanis is based on three steps:

- 1. Club recognition of community needs and responding to potential for relevant Kiwanis service.
- 2. Member willingness to invest the time and energy to grow existing clubs and open new clubs.
- 3. Identify innovative ways to develop competent youth and adult leaders.

## These are far reaching and long-term objectives. To start the process to achieve them, I am listing four 2020-2021 Presidential goals to be implemented in each club and district in the Kiwanis world:

- Membership and club growth through inclusion and relevant service to improve the well-being of children worldwide.
- Advance the image of Kiwanis by raising the awareness of the educational, wellness and security needs of children.
- Expand the programs and opportunities available to Kiwanis youth.
- Develop educational and training opportunities to create preeminent leaders

In 3  $\frac{1}{2}$  short years I will depart the Kiwanis International stage. My hope is that the change that Kiwanis and Kiwanians have discussed for the last 25 years will have begun. These changes will be continued by a new generation of Kiwanians. It is up to each of us to begin energizing that generation now! Reach out to younger leaders in each Kiwanis community and discover how they are willing to be involved in Kiwanis and youth development. Their involvement in service is essential.

Thank you for the opportunity to serve. Thank you for your support and friendship and thank you for being Kiwanians willing to fulfill the pledge of serving the children of the world.

### **Service Showcase**



OLD AND NEW BENCHES



INSTALLING THE NEW BENCHES



THE WELDING CLASS

### **BENCHES FOR ACTS**

#### PG BRIAN BELL, KIWANIS CLUB OF WOODBRIDGE

Recently, one of our members, Mary Reynolds was visiting the Action in the Community Through Service (ACTS) shelter in Dumfries to make a donation. Mary noticed an old wood bench in the common space that needed to be replaced. It had a Kiwanis emblem on it.

At our next meeting, Mary brought her idea for bench replacement to our Board. Mary is the ESOL Teacher at Potomac High School, where she is Faculty Advisor for our Potomac Key Club. She is also an active member of our Woodbridge Kiwanis Club. She thought perhaps the welding class could take on a project to build one or two benches, with our club paying for the materials. The Board thought this was a great idea.

Mary then contacted Mr. Bhagwandeen (Simon), the welding instructor at Potomac Senior High School, to determine the availability and cost of creating new benches. Mr. Bhagwandeen agreed that if Woodbridge Kiwanis would cover the cost of materials for construction, students in his welding class would supply the labor at no additional cost. Our Woodbridge Kiwanis Club agreed to provide the cost of the materials (plus \$150 extra) for two benches (one 6 ft and one 8 ft) and the welding class took on the project. We were thrilled with the finished product, which included large K's on each end of each bench.

On February 14 (Valentines Day), we picked up the benches at the school and delivered them to the ACTS Beverly Warren Emergency Shelter in Dumfries, Virginia. Stuart Jackson, Chief Operations Officer for ACTS, met us and helped with placement of the benches. These steel benches will last for many years!

On March 6, we met with the Potomac High School welding class to thank them personally and provide them with a celebration cake. The principal of Potomac High School, Michael Wright, attended the event and expressed his appreciation to Woodbridge Kiwanis and the school's welding class.

Mary Reynolds deserves special recognition for coming up with this project, securing club approval, presenting the project to Mr. Bhagwandeen, and leading the effort from start to finish. Thanks Mary!

### Planning a Successful Fundraising Event

COURTNEY RILEY, DISTRICT PUBLIC RELATIONS CO-CHAIRPERSON

While it is great to see members donating their funds, we can only rely on them so much. After all, they do give their hard work and great ideas to the club as well. In order to be a successful club, you need to look outside your members for financial support. One of the best ways to do this is by holding fundraising events, designed to not only attract dollars but also media awareness. But these are not events that you can throw together at the drop of a hat. Take the time to plan a really successful event by following a few steps.

### Get the idea train going

Start bouncing around ideas at least three months before. Get members involved in generating ideas so that it is fun for the whole club. Not really sure where to start? A few suggestions could be, hosting a tournament (softball, volleyball, etc.), hosting a talent show, a chili cook-off, or a pancake breakfast. Events that draw in local businesses, and include a competitive edge, are great ideas as well!

### Start the preparations

Two months before, start preparing. Put a team together of responsible individuals who are committed to making the event a success and attracting all the right people. Choose your date along with the time and location. Plan out milestones of when things need to be done (i.e. food ordered by xx date, music booked by xx date, etc.), this will help your team to stay on task.

### Create promotional material and send out the invites

Around six weeks before, develop your promotional materials. Create flyers, email blasts, and social media postings that include details of your upcoming event. Then, start sending out the invites. Tell the community about the event through press releases, set-up a Facebook event to gauge interest and share information, and ask your members to invite friends and family.

### Tie up loose ends

One month before, make sure all of your goals have been met or are in the progress of being met soon. At this point, the event prep should mostly be finished, with the exception of continued promotion. One week before, follow up with any personal invites and really push your promotions.

### Follow up

No later than one week after the event, extend thank you's to those that attended and donated to your fundraiser. Let them know that your club appreciates their generosity.

A successful fundraising event could make a huge difference for your club and the community you serve. Stay on top of major details and spread the word in any way you can. If you have never done an event before, it can be overwhelming. Try looking to a marketing company like Proximo Marketing Strategies, for help with promotions and planning.



### **Kiwanis in the News**

### From *The Daily News-Record*

### **Dozens Rally For Disability Awareness On Court Square**

JESSICA WETZLER, PUBLISHED MARCH 20, 2019

READ THE DAILY NEWS-RECORD HERE: http://dailynewsrecord.va.newsmemory.com

HARRISONBURG — Pleasant View, a nonprofit supporting people with disabilities in the Valley, held its second annual disability awareness rally Tuesday afternoon on Court Square, joined by more than two dozen people.

"See me, not my disability," and "disability is not my inability" filled signs in an effort to support Developmental Disabilities Awareness Month, which is observed in March.

The group was comprised of intellectually disabled adults, several of whom addressed the crowd to say where they work and volunteer.

Watkins Parrish, 46, of Harrisonburg, serves as the president of Harrisonburg Aktion Club, a service club for adults with disabilities that is sponsored by the Harrisonburg Kiwanis Club.

READ THE REST OF THE ARTICLE HERE: HTTP://DAILYNEWSRECORD. VA.NEWSMEMORY.COM



DANIEL LIN / DN-R

### Harrisonburg Police Officer Named Lawperson Of The Year

PETE DELEA, PUBLISHED APRIL 10, 2019

READ THE DAILY NEWS-RECORD HERE: HTTP://DAILYNEWSRECORD.VA.NEWSMEMORY.COM

HARRISONBURG — After several months of training at the Central Shenandoah Criminal Justice Academy in Weyers Cave, rookie police officers in Harrisonburg typically spend four more months learning the ropes with another police officer.

Often, those rookies spend time with officer Kyle Ritchie, one of the Harrisonburg Police Department's field training officers.

Sgt. Ron Howard said the rookies are in good hands with Ritchie.

"He does an outstanding job working with the newly hired recruits," said Howard, who serves as Ritchie's supervisor.

For his efforts, Ritchie was named the area's Lawperson of the Year, an annual award handed out by the Harrisonburg Kiwanis Club. He received the award Tuesday during a meeting at Golden Corral restaurant in Harrisonburg.

READ THE REST OF THE ARTICLE HERE: HTTP://DAILYNEWSRECORD. VA.NEWSMEMORY.COM



DANIEL LIN / DN-R

### **Family Ties**

### **Updates from our Kiwanis Family Governors**

### **Key Club** PAMELA BARRETT, GOVERNOR

Hey Everyone!

My name is Pamela Barrett and I am the new 2019-2020 Capital District Governor for Key Club International. I am so excited for this service year and beyond thankful for this opportunity.

At our District Convention, candidates for District Office had to caucus in several different rooms



for several different audiences. Each candidate had three minutes for their speech and three minutes for questioning. Then candidates attended a service fair and the House of Delegates to give their final speeches. Then, each delegate votes on their preferred candidate. This is how the new 2019-2020 District Board was elected. It was very nerve wracking and a huge step for me, but I was happy that my hard work paid off.

Our new District Board will be trained the first weekend in April and we will begin to plan for this service year. Each Lieutenant Governor will be trained and prepared for their term, along with the Executive Board. Along with this training, I get to go to San Francisco the first weekend of May to be trained as a Governor at GATC. I have already begun talking to other district governors and we are so enthusiastic about working together with Kiwanis and our counterparts. The fundamental building block of our organizations is communication and by working hand in hand with our fellow Kiwanis Family members... we will strengthen our bond as servant leaders.

museutt

Yours in Service,

Pamela Barrett

### **CKI** TÉA LE, GOVERNOR

Hello Kiwanis Family!

My name is Téa Le, and I will be serving as the Capital District Circle K International Governor for 2019-2020! I am a rising Junior at the University of Mary Washington in Fredericksburg, VA, where I am studying Anthropology. I've been a member of the Kiwanis Family for over 5 years.



As for the District, we have just completed our second round of Spring Officer Training Conferences (SOTC) in which newly elected club officers come together and outline goals for the next year, learn about the Kiwanis family, and get trained on methods of success to take back to their clubs. This year, our SOTCs were held at American University and the University of Virginia, and based on the turnout and engagement from the attendees, it's looking to be an exciting year!

We are also looking forward to another great year working with Kiwanis. Fun fact: did you know that Kiwanis Governor-Elect David Lurie, Key Club Governor Pam Barrett, and I are all from Kiwanis division 2? If that isn't an indication of the opportunities and ease between the Kiwanis Family for the upcoming year, I don't know what is!

My main goals for the year include improving District-Club communication, continuing the path of annual membership growth, and strengthening our Kiwanis Family bonds. I am confident that with the combined efforts of CKI, Key Club, and Kiwanis leadership, we will accomplish them, together! I look forward to meeting many of you at Kiwanis Family events, and if ever you'd like to work with Circle K, please feel free to reach out to me at Governor@cdcki.org.

Yours in Service,

Téa Le

### **Capital Record**





### Connecting

**Robin Handleman (Rockville)** met with Kiwanis of Kathmandu, Nepal. They made phone calls and e-mails to organize a breakfast in her honor. They talked about membership and fundraising. They surprised Robin with a beautiful scarf and plaque from Nepal. Robin gave them a Capital District pin. They are going to meet up again in Disney World.

### **Donations**

**The Kiwanis Club of Poquoson** President Dr. Jean Eddy today presented a check for \$250.00 to Petra Palmertree of Poquoson High School After Prom Project. The PHS After Prom party has been a success and for 27 years PHS has had no after prom automobile injuries. The PHS program includes casino-type games as well as inflatable entertainment and other activities that students enjoy safely.

### In Memoriam

Donald "Don" Edward Waugh, Orange, VA (Original Club)

### **Welcome to Kiwanis**

Claudia Anderson, Eastern Branch

Eric Bolton, True Claycombe, Amanda M Hernandez, Daniel Kaufman, Jenna Levenson and Michael Pfeifer, Washington, DC

Kelli Areklett, Manassass

Megan Padden-Shin, Fredericksburg

Francene Thelwell, Mount Vernon

Colleen Palman, Tabitha Reckeweg & Curtis L Smith, Charles County

### **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 Alexandria	1921
Alexandria	1921
Harrisonburg	1922
	1022
Seaford	1923
Cumberland	1924
Pikesville	1935
Suffolk	1947
Christiansburg	1949
Rockville	
Crofton	
Old Point Comfort	1981
Shenandoah Valley	1981
Bull Run Manassas	1985
Clinch River	1988
Mitchellville	1995
Greater Westminster	1996
Old Town	
Central City Newport News	2009

### **IOIST ANNUAL CAPITAL DISTRICT CONVENTION**





### **HIGHLIGHTS:**

### **FRIDAY NIGHT**

Frank Sings Frank will perform at the Speakeasy social night

### FRIDAY SERVICE PROJECT

Birthday boxes for EDMARC children's hospital in Portsmouth, VA

### SATURDAY

Workshops and Governor's dinner

AUGUST 23-25, 2019
RENAISSANCE PORTSMOUTH
WATERFRONT HOTEL
PORTSMOUTH, VA

### Eye on KI

#### **News from Kiwanis International**



## CAPITAL DISTRICT KIWANIS IS GOING TO WALT DISNEY WORLD!

Our District Dinner at the 2019 Kiwanis International Convention will be at 8:30pm on Thursday, June 27, 2019 at the Hoop-Dee-Doo Musical Revue at Disney's Fort Wilderness Resort & Campground. One of the longest running dinner shows in America has been wowing audiences at over 42,000 performances since it opened in 1974. Join the Pioneer Hall Players for 2 hours of rousing Wild West dancing, singing and zany vaudeville comedy.

In between skits and song standards, chow down on buckets of all-you-care-to-enjoy fried chicken and smoked BBQ pork ribs, as well as a tossed green salad, baked beans, fresh-baked cornbread and strawberry shortcake. Unlimited draft beer, wine and sangria are also includedfor guests 21 years of age and up (proper ID required). Soft drinks are also included.

Capital has purchased a limited amount of seats (50) for the event, so this is a first come, first served opportunity! And you can purchase them today for only \$69/per person (includes drinks, tax and gratuity).

For more information and to purchase your seats before the sell-out (which they will), please click here to visit the District website.

### **SOCIAL MEDIA: BEST PRACTICES**

5 easy ways to help kids — with your phone or laptop. Love Kiwanis? Enjoy connecting with people who love volunteering as much as you do? Want to make the digital world a better place? If you answered "yes" to at least one of those questions, then these tips are for you. Here are five easy ways you can use social media to help more kids:

- I. Share photos from your service projects and show why the project was important to children. Who was helped? What kind of lasting impact will it have?
- 2. Invite friends, family and coworkers to serve with you at your club's next event.
- **3.** Leave a review on your club's Facebook page, or tag them in a Facebook recommendation.
- **4.** Connect with Kiwanis International's official Facebook, Twitter, LinkedIn and Instagram accounts. You're welcome to repost anything shared on those pages even verbatim with no credit needed.
- **5.** Still not sure what to post? Head to kiwanis.org/brand, then click on the "Social Media" circle for videos, images and more.

Do you run your club's social media pages? Check out this webinar about "Your Social Media Footprint" for tips and tricks for Facebook, Twitter and Instagram. And check out this social media image tips guide for additional best practices. Have questions? Email pr@kiwanis.org





### **BOOKS TO LEAD BY**

They've been where you are now, leading their Kiwanis clubs. Now, these Kiwanis International officers share their favorite leadership reading material. We've asked President Poly Lat and other Kiwanis International leaders to recommend books that could be helpful to club officers. Here's their list:

"The principles that author Jim Collins writes in 'Good to Great' are really very simple and easily applied to Kiwanis. We need to recognize and use our members' strengths so we can get the right people in the right roles in their clubs and districts."

– Kiwanis International President Poly Lat

"'Moments of Truth' by Jan Carlzon changed the dynamics of Scandinavian Airlines, moving from substantial losses to significant financial profit by focusing on customer service. The main take-out for me was that customer service is central to customer loyalty and that customer perception is a powerful emotion. As club leaders, we need to look after our members as if they are customers and retain their loyalty and hopefully long-term membership."

- Kiwanis Asia-Pacific Chair Peter Zander

"'Does IT Matter — Information Technology and the Corrosion of Competitive Advantage' describes how enterprises, with such reliance on information technology, have moved IT from being a source of advantage into a necessary requirement and cost of doing business. Get it right and it can be a huge help to any business, but get it wrong and it can quickly lose you customers and customer loyalty. Author Nicholas G. Carr's book is very relevant in the world of the internet and protection of private information, and it's very pertinent to our clubs and members, because we need to protect our members' privacy and personal information."

– Peter Zander

"The 'Seven Habits of Highly Effective People' by Stephen R. Covey is really a self-improvement book on self-management, leadership and success. It is written on his belief that the way we see the world is entirely based on our own perceptions. In order to change a given situation, we must change ourselves, and in order to change ourselves, we must be able to change our perceptions! "The way we see the problem is the problem," he writes. We must allow ourselves to undergo paradigm shifts — to change ourselves fundamentally and not just alter our attitudes and behaviors on the surface level — in order to achieve true change."

– Kiwanis International – European Federation President Öskar Guðjónsson

"The Servant as Leader" challenges conventional wisdom about what leadership is all about. The author, Robert K. Greenleaf, is widely recognized as the father of modern servant leadership. The core of his philosophy is that service ought to be the distinguishing characteristic of leadership. He is convinced that the two roles, servant and leader, can be fused in one real person: a servant leader, which is a servant first. It begins with the natural feeling that one wants to serve ... to serve first. That's quite different from one who is a leader first.

– Öskar Guðjónsson

"'Contagious,' by Jonah Berger from the Wharton School of Business, focuses on why some things catchon and others do not, offering about six really sound principles with examples of each."

– Kiwanis International Executive Director Stan Soderstrom

"'Trade-Off,' author Kevin Maney, explains that with successful goods and services you can either have convenience (low price) or fidelity (the very best of something), but you cannot have both."

- Stan Soderstrom

"In his books, such as 'Creating Magic: 10 Common Sense Leadership Strategies from a Life at Disney,' Lee Cockerell draws on his experiences as former executive vice president of operations for Walt Disney Resort®."

– Stan Soderstrom



Learn more at kiwanis.org/convention.

Walt Disney World® Resort, Florida

**JUNE 27-30**