

Kiwanian Dru Bowman poses with SLP member at a service project.

Youth Protection Rules for Social Media

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Exchange Student's Perspective of Key Leader

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Making a Difference in the Capital District

Kiwanis Family Members in Delaware, Maryland, Virginia and DC are making a difference everyday!



SAVE THE DATES

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JANUARY - JUNE

Detroit 100th
Anniversary Celebration
JANUARY 23-24

100th Anniversary Celebration
at the Kiwanis International Convention
Indianapolis, Indiana
JUNE 25-28

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Kiwanis

The Capital Kiwanian

The Official Publication of Capital District Kiwanis

Volume 4, Number 2

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Lynchburg, VA

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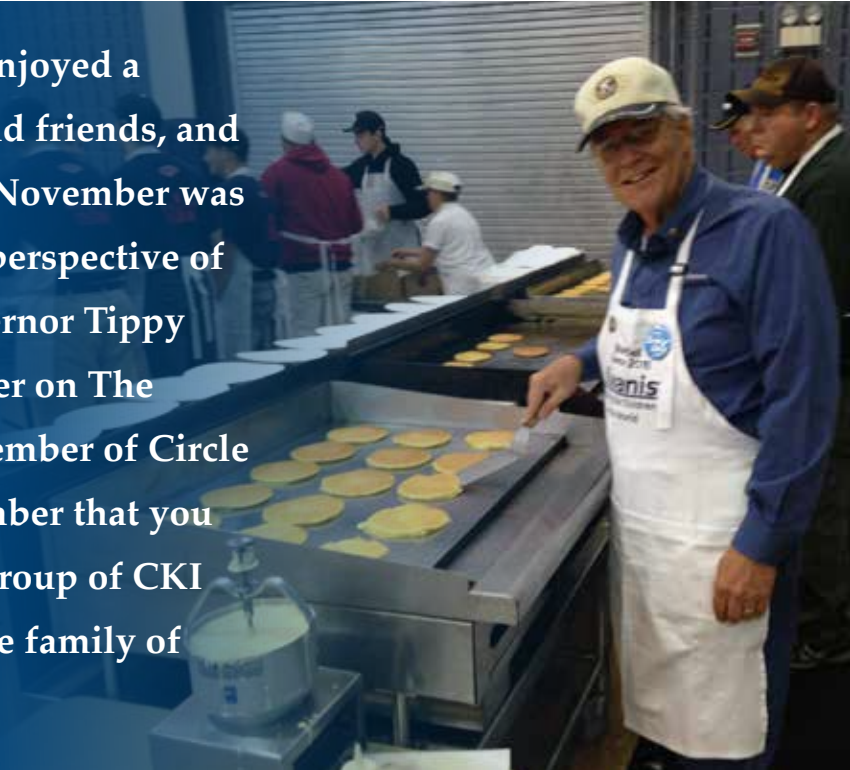
The Capital Kiwanian is published bi-monthly by the Capital District of Kiwanis International. All correspondence relating to editorial content, distribution, or advertising should be sent via e-mail to Jennifer Wolff, Editor, at editor@capitaldistrictkiwanis.org. The information in this magazine is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



Governor's Message

R. Brian Bell, 2014-15 Governor

Happy Holidays Everyone! I hope you enjoyed a wonderful Thanksgiving with family and friends, and had many blessings to be thankful for. November was also Kiwanis Family Month. I love the perspective of CKI Metro-Richmond Division Lt. Governor Tippy Tongvichit, as expressed in her newsletter on The Kiwanis Family: "Now that you are a member of Circle K International, it is important to remember that you are not only a part of your very special group of CKI friends, you are also part of an incredible family of people who love to serve!"



She continues, "There is a Kiwanis family club for all ages and abilities and both our differences and similarities make this family great. There's no denying that getting to know a Kiwanian or a K-kid can really open up your life to incredible new perspectives." I could not have said it better. If your club did not do something special with your Service Leadership Program club(s) in November, do it now. Any month is the right month to celebrate K-Family.

Carolyn Richar and The Formula team are showing us The Way Ahead to grow our number of clubs, increase our membership and, most importantly, expand our service in local communi-

ties, including yours. Her team of Club Openers and Club Counselors is almost complete, with only a few positions yet to be filled. We have one new club opening targeted for December and three or four more in the next quarter. Additional leadership is being added in the form of regional facilitators to work with Lt Governors, club openers and club counselors within each of our six regions. If you want to see your club, division, and region grow, please join The Formula team. Say yes when Carolyn asks, and better yet, contact her and ask how you can help. I believe The Formula is our most important "Service Project" for the year!

Some good news: The Capital District is +62 members through October and back above 5,000 members. This is a good start! We can build on this momentum in the coming months and end the year with significant net growth. Remember this is a grass roots, member-led initiative. You are an important part of this effort. Club presidents and secretaries, it is essential that you keep your rosters at KI up to date! If someone leaves your club, drop them from the KI roster when you make your next monthly report. Do not wait until the end of the Kiwanis year. We need accurate membership numbers to know where we really stand, and to avoid the dreaded October surprise.

Continued on page 23

A Capital Idea

Charlottesville SLPs host 7th Annual "Breakfast with Santa"

Children in Charlottesville got in the Christmas spirit early thanks to a festive program by the Kiwanis Family at the University of Virginia. The Circle K Club at the University of Virginia hosted their annual "Breakfast with Santa" on November 23rd. Kids made holiday crafts, decorated cookies, and played Christmas games.

The event's organizer says it wouldn't have been possible without help from the community. CKI member Jessica Fairly explained, "We talked to a bunch of different companies to get donations from them, we've had schools come out and they help do toy drives for us."



This was the seventh annual Breakfast with Santa. About 150 kids came out today. The event was sponsored in part by the Kiwanis Club of Charlottesville.

Kiwanian Barabara Ritter described the event, "CKI, Key Club, and Kiwanians having a great time with food, crafts and Santa!"

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



store.kiwanis.org

*Service Project Tip #13:
Team up with Service
Leadership Programs for
fun holiday events!*

Around Capital

The Formula for a Fantastic Holiday Season for Your Kiwanis Club

By PG Carolyn Richar
District Chairperson, The Formula

The holiday music is filling the air and the decorations are filling our homes and communities! This is a time of year when your Kiwanis club can bring holiday hope and cheer to your community – and holiday gifts around the world. How? Just use this Formula for your club.

LOVE IT

Embrace this holiday season filled with service opportunities. Clubs do more hands on service over the next several weeks than at any other time of the year. Reach out into your community and offer to help ring bells, purchase/wrap/pass out gifts, provide holiday meals, be Santa for a child, sing carols at an assisted living facility or nursing home. The possibilities are endless.

Every time we participate in a service project at this time of year - when the true meaning is about finding hope in the midst of challenging times – our hearts grow 2 sizes larger. Personally, there is nothing like the bright smile on a face that was sad to make my whole day worthwhile!

SHARE IT

Share It – If your club is anything like mine, there are so many opportunities for meaningful service – but not quite enough Kiwanians to meet all the opportunities. Please share the

opportunities with your neighbors, colleagues, friends – heck even a few strangers. Bring them along to a project – heaven knows we can always use a few more good voices for those holiday sing-alongs! By sharing your love of Kiwanis and a project or two, you might give the wonderful gift of Kiwanis fellowship – and hopefully Kiwanis membership!

LIVE IT

Live it – You are bound to be standing in a few lines in the next few weeks. You are likely to be standing around with friends and family. You will hopefully be out in the public as a part of some Kiwanis projects! Please wear your pin, a Kiwanis t-shirt or other branded item. Please wear your nametag at projects. Please wear a smile and share an enthusiasm for Kiwanis as we work together to make the world a better place one child and one community at a time.



When December is over and January rolls around, we may not remember the gifts we receive nearly as well as we will remember the gifts we have been a part of giving! This is the Formula Year of Engagement - we invite every Kiwanian – every Kiwanis club to engage in the wide range of resources available to help strengthen your Kiwanis club with more service projects, better meetings, and new members.

January will also bring a focus on opening new Kiwanis clubs in 9 communities in the Capital District. We will need great teams of volunteers to help identify service projects and new members. Capital District Kiwanis needs to grow so we truly can serve the children of our communities – what a wonderful gift to give as we celebrate our 100th Birthday – more on that in the next issue of the Capital Kiwanian.

Please feel free to contact Carolyn at carolynsrichar@hotmail.com.

Sharing your Kiwanis Experience – Points to Consider

By Dennis Baugh
District Youth Protection Manager

Just recently, Kiwanis International published the following on Social Media Tips, “Looking for ways to share your membership pride? Share one of these posts from the Kiwanis International Facebook page on your personal account or your club’s page.”

- Help us welcome our newest Kiwanis clubs to the family!
<http://tinyurl.com/youthprotection1>
- Start a conversation about why you joined and why you serve.
<http://tinyurl.com/youthprotection2>
- How are you making your club somewhere special to be?
<http://tinyurl.com/youthprotection3>

These represent positive ways we, as Kiwanis members, can share our experiences. However, I want to take a few minutes to talk about the Capital District’s Social Media Guidelines, and the KI Youth Protection Guidelines in the area of Social Media.

First, Capital District Social Media Guidelines, Section 28 of our district polices suggests that all clubs adopt a similar policy and that all Kiwanis members should abide by them. The ones I want to highlight today are: 1) Be aware that you are responsible, legally and morally, for what you say and post online; 2) Remember that your audience may include Kiwanis family members and nonmembers, both adult and youth, from many



cultures throughout the world; 3) Talk about your Kiwanis experiences in positive terms; 4) Make it clear that you are speaking only for yourself and any views posted are yours alone; 6) Do not post any item, make any comments, or share any material that would be inappropriate for children to read, view or share; and 11) Prior to posting any media online, obtain permission from any individuals who appear in that media. It could be illegal to do otherwise (NOTE: This is especially true if the person(s) is under 18 years of age).

Second, the Youth Protection Guidelines advise all adult Kiwanis members that you should never initiate a “friend” request to a youth. However, if the youth makes a request, the adult should use their best judgment in responding. When an adult decides to become “friends” or interact with youth in the social media world, they should do so as though what they say will be put on the front page of their local paper! In short, if it is not appropriate to say in public, don’t say it! It also states that before you post any media online, such as

photographs, obtain permission from any and all individuals (or the parents/guardian of the person is under the age of 18) that appear in the media; otherwise it could be illegal to do so.

None of this is meant to scare you away from making positive posts on social media sites about the positive things our clubs do for and with the youth we serve. It is meant to bring awareness to issues that can get you, the club and the district seen in a negative light. It is also suggested that all Kiwanis-related posts be done through a club site and your personal communication on your own page. Think about things you have posted and where they could or have ended up? How many times have you handed your smartphone or tablet to someone to look at ONE picture and off they go looking at EVERYTHING you have posted. We all need to “think smarter” as we work with youth.

Share Kiwanis! But do it appropriately.

You can contact Dennis with questions at dennis.cdkeyp@gmail.com

Around Capital *(continued)*

My Kiwanis Key Leader Experience

By Hira Karim
Exchange Student & Key Leader Graduate

Hello folks,

My name is Hira Karim, and I am a K-L YES scholar from Pakistan. I am placed in Silver Spring, Maryland, with my adorable host family and high school. I am a sophomore at school, and am pleased and proud to own the title of “Pakistani Youth Ambassador to the United States”.

My experience in the U.S. so far has been incredibly amazing, and every day has been an exploration and discovery in itself. One of the benefits of exchange programs is the fact that one gets numerous opportunities to volunteer and serve, getting involved in various projects and plans which never cease offering themselves.

So, I got signed up for a leadership program, named Kiwanis Key Leader. Kiwanis International, is a co-educational service club founded in 1915, has headquarters in Indiana, and is found in more than 80 nations and geographical areas. Key Leader is a leadership program for high school students offered by Kiwanis International.

I participated in the Key Leader program held in West River, Maryland on October 3-5, 2014. I was the only YES student in the camp, while there



Hira (left) with friends at Key Leader

were three FLEX students from my placement organization (World Learning), and of course we had Marilyn, our local coordinator, with us. We four were the only exchange students there, while everybody else was an American high schooler.

Once we all were gathered, our lectures continued and then we got divided into neighborhoods, where we would do team building activities, and learn leadership traits. We had cheers for our groups or neighborhoods, which we would shout when our neighborhoods were called. One of our challenges was to make good friends, which was amazingly easy for me because I was an exchange student, and especially from Pakistan (Malala’s country),

which according to them was a very cool fact about me.

The most fun and favorite part of mine was in the woods, when we did different sorts of activities, like wall climbing, trust fall (most favorite), and other team building challenges. During the presentations, we talked a lot about risk taking as a trait of a good leader. Here we experienced it practically: TRUST FALL; you never know that you are safe by the end...

We were the winning team, in completing the construction of the wooden tower, one of our assignments. After arranging a line in a straight wooden bridge, we had to reorder it in the same straight line,

in the order of most to least dangerous animal names, we picked each; we never accomplished the task anyway; but the team spirit, support and communication were awesome.

The student facilitators would be at each mess table, to make sure that students are communicating. I usually had lots of topics to discuss and share about Pakistan. Saw great curiosity about Malala especially. Pakistan's education system mostly remained in discussion. Loved to see the respect and curiosity of people towards Pakistan. Students would come to me, and ask questions related to terrorism in Pakistan, and go satisfied with the replies. I would encourage them to ask about the good and developmental things going on in Pakistan, like the leadership and service programs, which would literally amaze them.

Fun never ended throughout the camp. Bonfire setup was a great venue, right in the deep forest, no light and totally dark, except for the fire itself. Covering heads and frightening people from the back was hilarious.

Having a henna party with friends, and of course the lovely Marilyn were highlights of the weekend. Everybody would go crazy with the excitement of putting on henna, which would please my heart too. "Henna" literally is a little tool but brings lots of happiness!

The purpose of Kiwanis Key Leader, was to build leadership skills in the high school students, so that when they go home, they too could promote the idea in their school and community.

I appreciate the creative thoughts of the facilitators who planned amazingly fun activities. The idea of making

personal mailboxes for each student was lovely, so that every single person at the camp could write a letter or make a friendship card for every other student and put it in his or her mailbox. The mail should be decorated in a way which would represent your personality. So here I got letters and beautiful words from almost every person in there, mostly because of my "henna work", my introduction and identity, and attractive mail box which had the picture of the flag of Pakistan..

It was the most interesting and important part of my exchange year so far. I have signed up to be a student facilitator for the next Key Leader retreat, which will be almost 4 months from now. I am looking forward to other leadership trainings and activities, which are of course are the best way of representing and exchanging cultures and thoughts, and making broad circles of interaction and socializing with others.



(From left) A team building activity during neighborhood time; the notes from Hira's mailbox.

Our Firm Foundation

News From Our Capital District Kiwanis Foundation

By Roy Sheets, President
Capital District Kiwanis Foundation

It is always a pleasure to have good news to report from your Capital District Kiwanis Foundation. The first contribution to the Niswonger Children's Hospital in Johnson City, TN was made. This is the eighth hospital that will be receiving a contribution from the CDKF. This is the only children's hospital between Roanoke and Knoxville and its prime service area is far southwestern VA, northwestern NC, northeastern TN, & southwestern KY. This hospital is one of only six that is affiliated with St. Jude's Hospital in Memphis.

This is the twenty-eighth year that CDKF has supported children's hospitals in Capital District. The grand total of contributions over this period is \$619,500.00. An example of individual gifts is Children's Hospital at VCU which over the years has received \$90,935. This year each hospital received \$3,000. This is

something of which every Kiwanian can be extremely proud.

The Directors of your CDKF are in the process of distributing the Ducky Derby raffle tickets. They are going out early this year because our convention will be in April in Roanoke. Please be reminded that the Ducky Derby raffle is our largest source of revenue for the gifts to the eight hospitals that we support. Also, please remember that because this is a community service we can sell tickets to anyone. Another by-product of the sale to outsiders is the possibility of using the ticket as an introduction for someone to become a Kiwanian.

The second item of good news is that your CDKF Board has been able to reinstate the CDKF grant program. Two grants have been approved and are as follows:

- A \$1500 grant is the result of an application filed by the Kiwanis Club of Grundy, VA. The recipient is Buchanan General Hospital in Grundy, VA. The purpose of the request was to purchase a glucose monitoring device for type 1 diabetes. It was noted that \$1500 was also contributed toward the purchase of this by the Kiwanis Club of Grundy Foundation.
- A \$1500 grant is the result of an application filed by the Kiwanis Club of Tysons Corner/McLean, VA. The recipient is the Kiwanis Key Leader Student Community Forum at Woodson High School in Fairfax, VA. The purpose of this grant is to assist the organization in their effort to curb the number of student suicides at this particular school.



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THE KIWANIAN THAT HAS
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FOUNDERS SOCIETY, OR
LIFE MEMBERSHIP!

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Capital District Kiwanis Foundation Gives Back

By Doug Janz
The Mountain Star

Grundy, Va. – Niswonger Children’s Hospital got some good news from the Kiwanis Club that the regional organization will be supporting the hospital on a regular basis starting this year.

Jon Rife, Southwest Virginia Region Trustee for Capital District Kiwanis, said that the Capital District Kiwanis Foundation will include Niswonger Children’s Hospital as an annual recipient of funds, starting with a \$3,000 donation this year.

“Niswonger Children’s Hospital is a tremendous asset to our region,” Rife said. “A lot of children from Southwest Virginia are treated there, and we’re glad to help support them. It’s definitely a worthwhile cause.”

Niswonger Children’s Hospital is located in Johnson City, Tenn., and is the region’s only children’s hospital. It is part of Mountain States Health Alliance and serves more than 200,000 children in a four-state, 29-county region. It is one of only six St. Jude Affiliate Clinics. Mountain States Foundation recently began a campaign to help bring more pediatric subspecialties to the children’s hospital.

Rife presented the gift to the Mountain States Foundation’s Bill Farthing, director of Major Gifts and Planned Giving. “We’re very grateful to the Kiwanis



Capital District for their support,” Farthing said, “and for the fact that they’ve made a commitment to keep supporting the children’s hospital. It’s generosity like this that really makes a difference in the lives of the children and their families who are served by Niswonger Children’s Hospital.”

“It’s generosity like this that really makes a difference in the lives of the children and their families who are served by Niswonger Children’s Hospital.”

The Capital District Kiwanis Foundation supports causes that positively affect children around the world.

Among the organizations and facilities they support are several pediatric trauma centers in Virginia and the surrounding area, including Children’s National Medical Center in Washington, D.C., Johns Hopkins Children’s Center in Baltimore, Md., and Carilion Clinic Children’s Hospital in Roanoke. The district includes areas in Virginia, Maryland, Delaware and the District of Columbia.

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time. The Kiwanis motto is “Serving the Children of the world.”

Service Showcase

News From Capital District Kiwanis Clubs

Division 3

On Saturday, September 27, 2014, the **Kiwanis Club of LaPlata** held its 4th annual Bunco fundraiser. This year, the fundraiser was held to raise money for the Honor Flight Capital Region. Our Bunco fundraiser was a huge success. Many of our players have already said they can't wait until next year when we do it all over again! The Honor Flight Network is a program that brings our WWII Veterans from across the country to the District of Columbia for the day. They visit the WWII Memorial and tour the city's other monuments. Veterans do not incur any costs to come here, whether it is by plane or by bus. If they are from the Capital Region, (Virginia, Maryland and DC), they are brought here by buses. Most of the others arrive by plane and fly into Reagan National or BWI. Many of our Veterans arrive here with a volunteer guardian who is with them the entire day.

Division 5

The annual **Kiwanis Club of Greater Ocean City-Ocean Pines** Germanfest on Sunday November 2nd in the Ocean Pines Community Center was a success. The proceeds go to the club's scholarship foundation, which awards scholarships each year to graduating senior high school students to help them with the costs of furthering their educations.



Kiwanians ready to serve food at the annual Germanfest!

Once again the community turned out in support of the Germanfest and enjoyed some good food while contributing to the scholarships. As guests got their food they were served by friendly Kiwanians. The 50-50 desk, which collected \$280, providing half of the winnings to the club and half to the winner.

Division 12

Another year's Lobster Sale has come and gone for the **Kiwanis Club of Williamsburg**. On November 15th, 565 lobsters were brought back to Williamsburg and distributed between the live sale and the dinner at Kingsmill. The dinner was held the following evening. The fundraiser was a result of much hard work from Kiwanians and Key Clubbers

working the live distribution, publicity, transport, and planning. The lobsters came from Maine, and were brought down to Virginia by the Kiwanis Club of Lynchburg. The event raised almost \$5,000 for The Eliminate Project.

Division 13

The **Kiwanis Club of the Peninsula at Oyster Point** distributed 130 hard-cover dictionaries to the fourth grade students at Palmer Elementary School in Newport News. Every fourth grade student and new teacher was given a dictionary at a special assembly held on October 16, 2014. The dictionaries have Kiwanis seals with a space for the students' names.

Eye On KI

News from Kiwanis International

Explore Indy at international convention

The 2015 Kiwanis International convention in Indianapolis isn't just our time to celebrate 100 spectacular years. It's also your chance to experience all Indy has to offer. There'll be daily walks on the Cultural Trail, tours of 3636 Woodview Trace and the Centennial Playground build at Hawthorne Park. Catch the fireworks at the Indianapolis Indians game, fill up at the Monumental Pancake Lunch on Monument Circle and dance all night at the Birthday Bash on Georgia Street; all that and there's a convention, too, with enhanced education sessions and the Kiwanis World Showcase. Get the latest convention news in the Kiwanis e-mail newsletter. Sign up today!

Address your community's needs effectively

Give the gift of excellence this holiday season when you make your club more able to address your community's needs. Use the Achieving Club Excellence tools to turn your club's activities into something your members love and your community appreciates. There are ACE tools to survey your members and analyze your club's fundraising efforts. ACE can help you

learn to host a membership event and find out what your community needs most. Help your club make a greater impact; visit www.kiwanis.org/ace-tools now.



Kiwanis checks in on Worldwide Report Day

The Eliminate Project campaign team rallied together on November 12, 2014, for Worldwide Report Day—celebrating district and worldwide achievements and the Kiwanis family's commitment to save women and babies from maternal and neonatal tetanus.

The Kiwanis family has raised more than US\$72.4 million in cash and pledges as of November 16, 2014. These funds will save or protect at least 40 million lives. And there are now 839 Model Clubs, up 283 clubs from the last Worldwide Report Day. See campaign Chairman Randy DeLay's inspiring words at www.TheEliminateProject.org/WWRD and catch up on the current campaign fundraising progress.

Kiwanis to inspire in Rose Parade

Kiwanis International will celebrate its 100th birthday in style at the annual Rose Parade in Pasadena, California. The theme of the float, "100 Years of Inspiring Children," works well with the parade's "Inspiring Stories" theme.

Kiwanis International President John Button and First Lady Debbie Button will ride on the float with children and other Kiwanis dignitaries. The Rose Parade will be broadcast live in the United States beginning at 8 a.m. PST, on Thursday, January 1, 2015. Check your local broadcast listings for more information. Don't miss it!



Get tickets for Detroit before December 15

Online registration for the Detroit No. 1 Club's celebration of the Kiwanis centennial ends December 15. Get your tickets at www.kiwanis.org/detroit; seats are going fast! And to plan your local celebration, download Kiwanis 100th anniversary logos, available in eight languages and several versions and formats.

Make a greater impact this year

The Kiwanis International Foundation gave more than US\$1.1 million in grants to improve children's lives last year. And there's still time to help even more kids this year when you give to the Kiwanis Children's Fund—and shop 'til you drop—before year's end.

Give now at www.kiwanis.org/give. You could even double or triple your impact with a corporate matching gift; submit a request through your employer and visit www.kiwanis.org/matchinggift for details. Mailed gifts should be postmarked by December 31, 2014, and sent to:

Kiwanis International Foundation
3636 Woodview Trace
Indianapolis, IN, 46268

Then serve the children of the world while you do your holiday shopping too. Visit <https://smile.amazon.com/> and select the Kiwanis International Foundation as your charity of choice. Amazon will donate 0.5% of your eligible purchases to our foundation. So many ways to help children, so little time. Give today!

Jeffrey Wolff creates connection

Featured in CKI/Key Club Alumni Update



After graduating from college in the mid 1990s, Jeffrey Wolff couldn't find a Kiwanis club that was right for him. His solution was to help create one.

As a former Circle K International club member, Jeffrey benefited from staying in touch with other former members. After graduation, he was involved with CKI alumni in the Capital District—and those connections led to a group of young professionals chartering their own club in 1998.

"We built the Kiwanis club we were looking for," Jeffrey says. "We were one of the first young-professionals clubs in the organization. And one of the first things I did was get involved with CKI."

THE MENTALITY TO SERVE

Clearly, Jeffrey still had the can-do spirit that's such a hallmark of the

Kiwanis family's Service Leadership Programs. As an alumnus both of Circle K and Key Club, he was seeking the kind of vitality among Kiwanians that he had enjoyed in high school and college.

"Age wasn't so much the issue as mentality," Jeffrey says. "We wanted it to be less about meetings and more about projects. We were looking for connection."

They got it. To this day, he says, the Kiwanis Club of Tysons Corner / McLean, Virginia, has one of the highest service-per-hour rates of any club. For Jeffrey, service has been a defining aspect of the Kiwanis family from the beginning.

In 10th grade, a friend invited him to join the Key Club of East Meadow High School in New York. "I loved it," he says. "I hadn't done much

community service until then. It was a big club, about 200 members, and I found that I wanted to be part of that energy.”

INFLUENCE AND IMPACT

Another continuing inspiration is Marilyn Martin, his Key Club’s faculty advisor. In fact, Jeffrey credits his Kiwanis-club membership today to her work with Key Club members.

“It was just something about her style,” Jeffrey says. “Some advisors are very hands-on, and some are too hands-off. Mrs. Martin gave you as much space as you wanted, but she could jump in to correct things without seeming to take over. Before people talked about coaching versus teaching, she was doing it.”

George Martin, her husband, was a member of the Kiwanis club of East Meadow, which sponsored the Key Club. Together the Martins were examples and inspirations for Jeffrey even as he left high school and continued beyond Key Club.

By the autumn of his freshman year at Hofstra University, Jeffrey and two other students had started a Circle K club (thanks in part to the CKI lieutenant governor, who had brought them together during the summer). When he transferred to George Mason University in Virginia, he joined the Circle K club there—and got his first taste of leadership beyond the club level, serving as a lieutenant governor and

eventually as a Trustee of the International Board.

Through it all, Jeffrey benefited from the guidance of adult mentors. And he has remembered their example. He’s a Key Club advisor himself now—he was also a CKI administrator for 10 years—and as a Kiwanian he worked to re-charter a Circle K club for George Mason. That’s in addition to his leadership at the Kiwanis club, division and district levels, which includes his term as 2011–12 Distinguished Governor of the Capital District.

“I got so much from my advisors in Key Club and Circle K,” he says. “I want to have that impact. It’s about being a good mentor and influence. That’s the point of Kiwanis, for me.”

A NEW PERSPECTIVE ON PASSION

Jeffrey continues to make an impact—and serve Kiwanis’ SLPs—through The Eliminate Project. He is the campaign’s SLP vice chairman.

The desire to be a part of the effort started right away, when The Eliminate Project was announced at the 2010 Kiwanis International convention. His first child was just two months old, and the personal connection was obvious. But his work with members of the youth programs has broadened his perspective on the inspiration the campaign can bring them—and vice versa.

“I think we’ve helped build a philan-

thropic mentality in students that may not have been there before,” Jeffrey says. “They enjoy service, and they see its benefits already—it’s what they do. But this helps show them what being part of a global fundraising effort can accomplish. What better way is there to engage young people than in a worldwide effort to prevent babies from dying needlessly of a completely preventable disease?”

“I never had to sell the SLPs on The Eliminate Project,” he adds. “I can’t do justice to their passion. It’s a fire we need to harness.”

For Jeffrey, it’s another perspective on the youthful passion that helps drive him as a Kiwanis club member and as a mentor. The Tysons Corner/McLean Kiwanis Club has continued to be ideal for time-pressed young professionals, he says, bringing in one or two guests every meeting. He credits the club’s constant recruiting efforts and the ease with which people find information about the club through online tools for community-minded individuals such as MeetUp.

Encountering potential members who have specific needs and expectations—while sharing an interest in service and fellowship—has emphasized for Jeffrey the importance of making sure the Kiwanis experience is personally fulfilling.

“My advice?” he says. “If you don’t find a club that meets your needs, build one.”

The Capital Record

Donations

The Kiwanis Club of Front Royal recently donated \$2,200 to Leslie Fox Keyser Elementary School to help finance new playground equipment for kindergarten age students at the school in Front Royal. Kiwanis President Tom Curry and former President Wayne Barber presented the check to School Principal Brenda Ring during a recent club meeting in October. The club had donated \$100 earlier and then donated an additional \$2,100 in October after finding out the extent of the funds needed to finish the project.



Honors

The Kiwanis Club of Greater Ocean Pines - Ocean City was awarded the Ocean Pines Chamber of Commerce award as the "Non-Profit of the Year" which was sponsored by the Community Foundation of the Eastern Shore on Thursday October 9th. The award was presented to Kiwanis Club President Carolyn Dryzga by Doug Wilson, Executive Director of the Community Foundation. In addition, the Kiwanis Club received a Maryland Senate Citation from Senator Jim Mathias, a State Proclamation from Maryland Delegate Mike McDermott and a Worcester County Commendation from Commissioner Judy Boggs.

In Memoriam

PG Fred Terrell, Lynchburg
Richard C Hargis, Wytheville

Welcome to Kiwanis

The Kiwanis Club of Williamsburg recently inducted the following new members into their club:

- Carmen Alves**
 Carmen attended Johnson & Wales University in Providence, RI. She is the owner / chef of Elite Cuisine and has been in business for 12 years and has been cooking since age 10.
- Dr. Nina Burrell**
 Nina worked as a podiatrist for five years. In 2002, she founded a non-profit assisted living facility where she served as executive director. She served as a clinical case manager at Cumber Hospital, was assisted living manager at Patriots Colony (Riverside) and is currently serving as director of operations at Tender Hands, LLC, an in-home care agency in Williamsburg.

Happy Anniversary

December

Marion	1922
Towson-Timonium	1928
Westminster	1931
Clintwood	1937
Parkville	1944
Chincoteague.....	1946
Loch Raven	1950
Hampden-Midtown.....	1952
Virginia Beach	1954
Northwest Washington.....	1955
Severna Park.....	1955
La Plata	2002
Potomac.....	2006

January

Portsmouth	1920
Lynchburg.....	1920
Norton	1921
Radford.....	1923
Dover	1935
Bridgeville.....	1939
Bethesda	1945
Eastern Branch	1948
Suburban Frederick.....	1972
Northern Neck-Kilmarnock.....	1989
Blue Ridge.....	1990
Grafton	1991
Downtown Hampton	2009

- **Christie Davenport**
Christie works for the Williamsburg Health Journal and serves as client liaison and business developer. While living in North Carolina, she was a member of the Rutherford County Kiwanis Club for three years.
- **Mariellynn Maurer**
Mariellynn is director of Conference Services at The College of William & Mary. As an undergraduate at W&M, she served as a member and leader within Alpha Phi Omega National Service Fraternity.
- **Deborah Wagner**
Deborah opened the firm of Wagner & Hyman in 2002 where she practices general law, focusing on real estate and domestic relations issues. She is a member of the Williamsburg Bar Association and serves on the board of directors for Williamsburg Office Park.

Appreciating Our SLPs

The Kiwanis Club of Wilmington invited its 6 Key Clubs to dinner at The Ed Oliver Golf Club and listened to them discuss their projects. Also on hand for the evening were Police Officer Dan Moore and his canine partner, Dusty! Last month, Dusty helped Officer Moore read to 75 pre-schoolers at Kiwanis' monthly "Reading to the Tots" program at the Salvation Army in Wilmington.



Each year, the **Kiwanis Club of Tysons Corner/McLean** hosts a SLP Celebration. On November 16th, for the second year in a row, the club held SLP Afternoon - an Ice Cream Social. This event has occurred in Division 2 for more than 30 years and the focus is on the SLPs; it started as a formal dinner by Dale Larsen, a member of the McLean Kiwanis Club, and the Kiwanis Club of Tysons Corner/McLean has transitioned the event into something more casual and less expensive for attendees. There was a speaker from each branch of the Kiwanis Family—including the Key Club, CKI, and Kiwanis Governors. Over 100 Kiwanis Family members were in attendance. The group also created dog toys out of old t-shirts for a local animal shelter.

Welcome to the Family

Congratulations to our newly-chartered SLP clubs and their Kiwanis sponsors!

- **Key Club of Boys Home of Virginia in Covington, VA**
Sponsored by Kiwanis Club of Alleghany Highlands
- **CKI Club of University of Maryland-Baltimore County**
Sponsored by Kiwanis Club of Ellicott City, MD
- **CKI Club of UVA-Wise**
Sponsored by Kiwanis Club of Wise, VA

The Capital Record *(continued)*

My Kiwanis Moment

Amy Thorstad

Kiwanis Club of Mercury 64, Hampton

I want to share with you how I found Kiwanis and what it means to me. When I came to Kiwanis, it was for very selfish reasons. I had an agenda. In 2004, I lost my daughter, Taylor, to brain cancer. She was 10. And she was my whole life.

About six months after Taylor died, I hit the lowest and darkest time of my life. I had a loving husband and family, caring church and wonderful friends but I still did not know how to go on without her in my life. It was a terrible feeling of despair that I wish none of you has ever or will ever experience. With the help of Edmarc Hospice for Children and their bereavement program for moms, I began to see a tiny bit of light.

After several months of being with other moms like me and sharing our feelings and thoughts, things got a little brighter. One day at a time. One Mom's Group meeting after another. And then one day I began to feel a desire to give back to the many organizations that had helped Taylor and our family throughout her illness and since her death. Edmarc, CHKD, Make-a-Wish, Ronald McDonald House, the list went on. "How will I ever be able to help them all?" I wondered, "I'm only one little person."

Thank you, Google, because after using a few buzz words like 'help' and 'children', I saw this crazy word that began with a K that I couldn't even pronounce. I called the President of a club that met pretty close to my house and invited myself to their next meeting. During breakfast, I saw a little tabletop display that had the names of all of the organizations that the club supported and guess what?? They had every single one that I mentioned. ALL of them. And then some. "Wow," I thought, "looks like I came to the right place."

Here I am, 10 years later, not only having survived those dark days but now happy and enjoying my life and giving back to all of those organizations that helped my daughter and helped me. And all because of this incredible organization and the awesome people in it.

To me, Kiwanis is like my second family and that is definitely one of my favorite things about the Big K. I've got my club which is like my immediate family, my Division (AWESOME Division 13 AND WE ROCK!!!) and it's full of my extended family. And when we go to a District or International Event, forget about it! It's like the craziest family reunion I've ever



been to. We are a loving and caring group that puts the FUN back into dysfunctional! We have each other and every single day we make the world around us a better place. Or at least we have the opportunity to do so through Kiwanis.

No other organization has so carefully and purposefully represented all stages of life, all walks of life. What other group's circle is big enough to encompass the whole wide world? Kiwanis is second to none. And instead of thinking, "What's Kiwanis gonna do for me?," we pool our special talents and pour them into the community. We put our hearts, our souls, and sometimes, our wallets into what we do. The return on our simple investment of time simply cannot be quantified. At least mine can't.

You, my fellow Kiwanians, my friends, have made me a better person. You've helped to save my life and I love all of you.

Share YOUR Kiwanis Moment! Email editor@capitaldistrictkiwanis.org

Family Ties

Updates from Our Kiwanis Family

Key Club Anastasia Slepukhova, Governor

I would like to first and foremost congratulate you on a successful November, which is when we celebrate Kiwanis Family Month. It was so great seeing Kiwanis clubs from all over the District coming together with SLPs for service projects and finding out the true beauty of the Kiwanis Family. Each branch brings something quite extraordinary and special to the table. Combined, we have an unstoppable force that is ready to take on and serve any community in need. At least that is the impression I have formed of the Kiwanis Family in the last three years! While we celebrate our centennial, I think it is truly important that we continue this energy and motivation throughout the entire rest of the year in celebrating our Kiwanis Family.



As the holiday season rolls around, there are countless service projects and fundraisers we can do! Key Clubbers all over the district have started planning events they can participate in and host at their schools. We are also getting closer and closer to our goal of \$80,000 for The Eliminate Project. In the month of October, clubs from all around the globe participated in "Trick or Treat for UNICEF". This is the biggest fundraiser we do all year for The Eliminate Project, and we cannot wait to total our amounts after all monies have been counted. Thank you for your continual support and on behalf of all Capital District Key Club, I wish you safe and wonderful holidays.

Yours in Service,



Anastasia Slepukhova

CKI Benjamin Romano, Governor

Even though the Kiwanis year just recently started, Circle K's year has been underway for quite a while now. At the end of October, we hosted our extremely successful Fall Membership Rally, our way of kicking off the school year of service. We had over 119 CKI members attend (an 18% increase over last year), as well as a number of Kiwanians. Thank you so much to everyone who attended!



We are also hard at work planning our District Convention. I would like to extend an invitation to all of you to join us at the party of the century on February 20-22, 2015 as we try to solve our very own 1920s murder mystery. After all, *Service is a dish best served cold!*

Since my last article, I had the opportunity to attend the Division 2 SLP social. It was inspiring to see how much Division 2 works with SLPs. My hope for our district is for every Kiwanis club to work with at least one SLP. These partnerships are so beneficial to everyone involved, and truly define what the Kiwanis Family is. If service has taught me one thing, it's that we are not alone in this world, and by working together, we can change the face of the earth.

CDCKI is working towards a very successful year. Our membership dues are due in a few weeks, and we will have a more accurate count of our membership. But this is looking like a big growth year for us, with four new clubs already chartered and a few more on the way! I am very excited for what the rest of this year holds for CKI. Happy Holidays!

Yours in Service,



Benjamin J. Romano

Getting the Word Out

Picture This!

By Caren Schumacher, Chairperson
Capital District Public Relations

Someone once asked me, “If your house was on fire and you only had time to save one or two of your possessions, what would you save?” Without thinking twice, I said “our family pictures, photos albums and videos.” These are the visuals that memorialize our family’s history, and are irreplaceable. All the insurance money in the world could not replicate these possessions.

Isn't it the same for our clubs? The photos you have accumulated through the years are not only an irreplaceable asset for your club, but for the Capital District, as well. Together, we have a story to tell and memorialize for the generations to come.

The Kiwanis 100th Anniversary provides the perfect collaborative opportunity to capture a visual history of the Capital District. Every club, no matter how young or old, plays a critical role in this effort.

Club presidents, stay tuned! In the coming weeks you will be contacted by a member of the Capital District Public Relations Committee. You will be asked one simple and important question: Will your club participate in this project?

Your next question might be “what exactly is this project, and what are you going to do with all of these pictures?” Stay tuned is my best answer! Your District leaders are exploring ideas, and depending on the feedback we receive, our project will be defined.

A picture is truly worth a thousand words. I hope that your club will help us create this priceless memory of our Capital District Kiwanis Family.



*Memories from the 1940
Kiwanis International
Convention!*



We are excited to welcome you to Roanoke, Virginia for the 97th Capital District Convention, April 9-12, 2015! Our host location is **The Hotel Roanoke** – one of the Grand Old Ladies – a historic hotel known world-wide for glamour and grandeur. This is a landmark year as we are celebrating 100 years of helping others and supporting our communities.

We can't wait for you to experience life in the Star City – plans for next year's convention include an optional pre-convention Golf Outing (Thursday, April 9, 2015) at famed Ballyhack Golf Club in Roanoke
www.ballyhackgolfclub.com

Friday (April 10, 2015) will include a delicious optional **Roanoke Food Tour** www.roanokefoodtours.com, followed by fun times at the **Roaring '20s Speakeasy & Casino Night**

Saturday (April 11, 2015) we will offer an interesting **Birdwalk** for all of you nature-lovers that highlights Roanoke's wonderful greenways. Also on Saturday will be the Opening Breakfast, inspirational Fellowship Luncheon featuring renowned speaker and past-President **Steve Siemens**, followed up with the **Governor's Banquet** in the evening.

Throughout the convention we will host **professional development** workshops for Kiwanians, in addition to interesting **self-development** workshops – including dance lessons, gardening, digital photography – all taught by professionals in our area.

And don't forget about our vendors! Several of our Kiwanis partners will have displays, as well as items for purchase. Watch www.roanokekiwanis.org and the Capital Kiwanian for updates and registration information.



Beyond the Call

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

PG Fred Terrell Kiwanis Club of Lynchburg, VA

One of Kiwanis International's most effective leaders died at 91 in Lynchburg, Virginia, on October 15. His life offers some important lessons.

Fred Terrell, the Capital District's Governor in 1988, was a different kind of leader: a quiet, patient man who never got upset, never attracted attention to himself, never gave up. He learned how things worked then, even though he could do most things well alone. He was great at teaching, motivating, and supporting others to achieve success. And enjoy it.

After serving with the US Army in Europe as WWII ended, then four years at VPI, Fred returned home to Lynchburg as a GE technical writer. He married Kay and had four amazing children—then 28 grandchildren and great grandchildren.

He joined the Lynchburg Kiwanis Club in 1956 and, never rushing, became its president in 1970. Over the next 35 years, he helped it reach national recognition in service leadership programs, membership, interclubbing, international relations. And fun. Not as a one-man show but by patiently helping others innovate, lead, and succeed.

Never one to rush things, he did the work himself when necessary, serving as unpaid Secretary-Treasurer and newsletter editor for years because he



Fred (right) with Max Meador and David Heppner

enjoyed it. He was the guy who drove Circle K members to their conventions, because he enjoyed their friendships and knew they are the future of Kiwanis.

He served on every club committee and was often a director—even again at 89—and had over 50 years of perfect attendance. He loved Kiwanis.

For the past 40 years, Fred was also the volunteer manager of a 100-year-old summer camp of 20 families and their friends. Its well staffed mess hall on the banks of Virginia's Cowpasture River fed some 100 campers of every age 3 times a day. Until about a year ago, Fred, with his trusty com-

puter, planned the menus, kept the books, and helped build his replacement team.

Fred never seemed to waver. The stroke he suffered in 2000 took his speech and mobility. But he kept going and gradually returned to normal. A far worse trauma 8 years ago was Kay's illness and death. His perfect wife, mother of his children, and nurse when needed—she was also almost as much a Kiwanian as Fred. He was 83. And he kept going.

Kiwanis was always a major focus of Fred Terrell's life. One of his favorite activities was, as Capital District Historian, learning and writing

Governor's Column *cont'd from page 4*

The Eliinate Project District Chair John Tyner informs me that Capital District contributions to Eliminate will surpass \$1.8 Million by January. This is a major milestone, because it means we will have protected the lives of over 1,000,000 mothers-to-be and their future babies. However, we can do much more. Only 8% of us have made individual contributions so far. So consider committing to “save a baby a day”, i.e. \$1.80 per day – for a week, for a month, for a year (or more). Whatever total amount you choose will save lives. Also, Kiwanis International is now offering a special Centennial Award, in recognition of our 100th Anniversary Celebration, for contributions and pledges of \$1,500.00. AND your District Board has authorized \$100,000 in matching funds – up to 200 matches of \$500.00 each. So your cost is reduced to \$1,000.00 for this special opportunity. Let John know if you are interested!

Two months into our Centennial year, I am having a great time as your district governor. I have already visited several 100th Anniversary Celebrations and Charter Anniversary Celebrations. I have seen first hand the wonderful fellowship in these clubs. I have heard about the fantastic service these clubs are providing in their local communities, and the strong support they are giving to their Service Leadership Programs. I look forward to many more opportunities to share such events with you.

I've also seen how appreciative and grateful the SLP members are for the generous support of their Kiwanis sponsors. I am extremely proud of and impressed by our SLP leadership. Key Club Governor Anastasia Slepukhova and CKI Governor Ben Romano are

outstanding leaders. I have seen them in action at K-Family Weekend, Fall Membership Rally, and Board Meetings. We also have monthly conference calls. We adult leaders can learn from them – their commitment, their energy and enthusiasm, and their leadership by example. Well done Ben and Anastasia!

On November 1st, I had the opportunity and pleasure to join the Winchester Kiwanis Club for their semiannual Pancake Day fundraiser. This is the “granddaddy” of all pancake days. Over 6,000 guests were served, and around \$30,000.00 was raised to support local service projects and their SLPs.

Congratulations Winchester!

Service Showcase *cont'd from page 12*

They are encouraged to take the books home and share them with their families.

Division 15

The 26th annual **Kiwanis Club of Lynchburg** Teddy Bear Parade was held on Saturday, September 20 at Miller Park in Lynchburg. We had 6 Kiwanians, 20 CKI students, 3 Key club members, EC Glass cheerleaders and coaches, over 50 children with parents, grandparents, and guests. The Hillcats' South Paw was present, along with Spiderman, Firemen from Station 6, and a snake handler. A special thanks to all who participated and assisted along the way to make this day a great success for the kids and families of Lynchburg.

about the earliest days of the clubs of Delaware, Maryland, Virginia and the District of Columbia. He received many tributes for many achievements in Kiwanis and beyond, including Kiwanis International's Walter Zeller Fellowship from his Lynchburg club. His response was always the same: “I don't deserve this. It's just what we do.”

Those who knew him will always remember Fred's friendship and selflessness, his quiet strength, his seemingly endless knowledge of many things, and his ability to always keep on keeping on—with an unshakeable sense of humor.

As one of the many former Lieutenant Governors Fred nurtured in his Lynchburg club said, “Fred epitomized the six Objects of Kiwanis International.”

Lovingly written by Ed Lovern, PLG




Fred (left) at a 1972 Lynchburg Kiwanis Club Meeting



SHARE YOUR SUCCESS

If your club has a success story, simply email a summary and a few high resolution photos to editor@capitaldistrictkiwanis.org to be considered for possible future use in a Kiwanis publication.



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the connection
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www.TheEliminateProject.org

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