

The Capital

February/March 2014

Kiwanian

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



Kiwanians help new parents buckle up

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The Year of the Storyteller

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20 ways to serve your community

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The Service Issue

Get ideas on how to make a big impact in your community and the world!

Save the Date for District Convention! *page 26*



Kiwanis



We want **YOU** to be an ambassador for SLPs.

Your time is valuable. So are our programs. Service leadership programs are Kiwanis' legacy... our gift to future generations.

Can you spare a few minutes a week to send emails? A few hours to run a workshop? A day to visit a club meeting?

Whatever time you can dedicate would make all of the difference in the world.

Will you help us? **Will you help them?**

To volunteer on one of our Service Leadership Program teams, please email editor@capitaldistrictkiwanis.org.

Kiwanis
Service Leadership



Kiwaniis

The Capital Kiwanian

The Official Publication of Capital District Kiwanis

Volume 3, Number 3

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2013-14 Leadership Information

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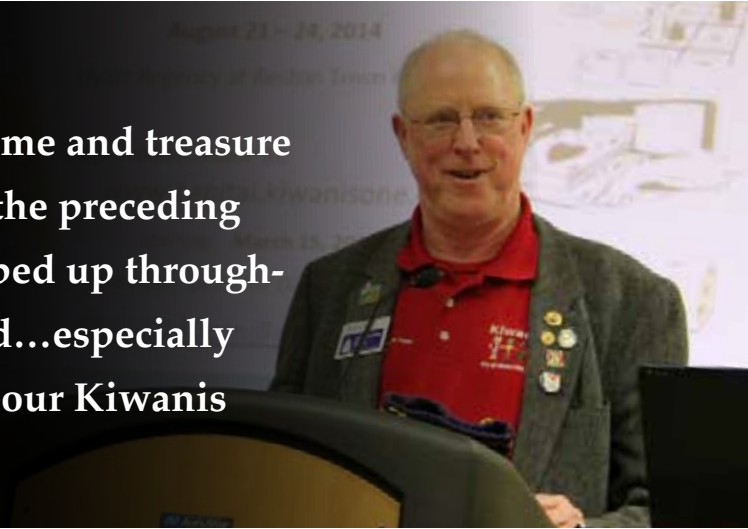


Governor's Message

P. Scott Zimmerman, 2013-14 Governor

Happy New Year Capital District.

Thank you for spending so much of your time and treasure making the world better for others during the preceding holiday season. As always Kiwanians stepped up throughout the district and supported those in need...especially children. That caring attitude is what I call our Kiwanis HEARTS.



Every day Kiwanians step up to give service to others because Kiwanians care. YOU care. When your club goes out into your community you are improving the world we all live in. You are also taking your Kiwanis HEART and following the principles which have guided Kiwanians since 1924... because in 1924 Kiwanis ratified the six objects of Kiwanis International.

1. **To give primacy to the human and spiritual rather than the material values of life.** Service to others personifies this object.
2. **To encourage the daily living of the Golden Rule in all human relationships;** do unto others as you would have them do unto you. When we work together to improve the lives of others we are doing just that.
3. **To promote the adoption and the application of higher social, business and professional standards.** Kiwanians LEAD by example

4. **To develop by precept and example, a more intelligent, aggressive and serviceable citizenship.** Kiwanians working together in our communities set the example that our children can follow as they begin to understand the world from the perspective of giving rather than receiving. In fact, there is no better teaching tool than the experience of helping others and understanding, in our HEARTS, what a difference we have made. Smiles from those we help is all the encouragement we need
5. **To provide, through Kiwanis Clubs, a practical means to form enduring friendships, to render altruistic service and to build better communities.** Giving service together is FUN. Working side by side with others is an enjoyable way to get to know one another and and build deeper

6. **To cooperate in creating that sound public opinion and high idealism which make possible the increase of righteousness, justice, patriotism and good will.** Kiwanis is the best service organization in the world because of our resources to improve our communities and mentor our Service Leadership Programs and the vast Kiwanis Family that grows better each day because of you. It is YOUR Kiwanis HEART that guides you to serve others and it is SERVICE that is the HEART of Kiwanis.

Kiwanis is a global organization of volunteers (YOU) dedicated to improving the world one child and one community at a time. Reach out to your friends and family and invite them to join us in service and fellowship.

Governor's Travels



December 2, 2013

- Division 6 Chili Cook-off and official Governor's visit

December 19, 2013

- Division 13 Christmas gathering in Hampton, Virginia

January 1, 2014

- Smithfield New Years' Day Party

January 5, 2014

- Georgetown, D.C. Kiwanis Club

January 8, 2014

- Chesapeake Kiwanis Club New and Prospective Member Orientation

January 15, 2014

- Kiwanis Club of the Colonial Capital

January 18, 2014

- Chesapeake Regional Midwinter

January 25, 2014

- Southeast Regional Midwinter Conference

February 1, 2014

- Heart of VA Midwinter,

February 8, 2014

- Capital District Kiwanis Board Meeting - Fredericksburg, VA

February 21-22, 2014

- Capital District CKI Convention - Fairfax, VA

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



store.kiwanis.org

Discover the spirit of Japan

JULY 17-20



In 2014, the Kiwanis International convention will be in Japan. Visit the Tokyo-Chiba convention booth to learn more. Get informed. Get inspired. Get ready to celebrate our 50 years in Asia-Pacific!

www.kiwanis.org/japan



Kiwanis
CONVENTION
2014



A Capital Idea

Kiwanis Club Of Rockville Helps Car Seat Program

By Robin Handleman, President-Elect
Kiwanis Club of Rockville

Did you know:

- Car crashes are the leading cause of death for children in the U.S. Of those children who died in 2011, 33% were not buckled up. (National Highway Traffic Safety Administration, Aug. 2013)
- 1 in 3 affluent parents with a household income of \$100,000 or higher say its acceptable to leave their child unrestrained if they are not driving a far distance, compared to 15% of parents making less than \$35,000. However, 60% of crashes involving children occur 10 minutes or less from home. (Children's Hospital of Philadelphia, Partners for Child Passenger Safety. Sept. 2008)
- 23% of younger parents (ages 18-29) said it would be acceptable to ride with a child unrestrained when traveling overnight compared to 13% of older parents (ages 30-49). However this is the time period when children are most likely to be injured in a crash. (Children's Hospital of Philadelphia, Partners for Child Passenger Safety. Sept. 2008)

The Montgomery County Car Seat Program in conjunction with Safe Kids Worldwide started actively doing regular car seat inspections in 2000. At the present time, they do multiple seat checks each week by appointment only at Criswell Chevrolet in Gaithersburg, The Fire Rescue Community Service Building in Aspen Hill and Great Beginnings in Gaithersburg. To schedule an appointment, please call 240-777-2467.

The Montgomery County Car Seat Program has three main components:



Soon-to-be dad Chris Mahaney practicing with the certified car seat technician, Maile

1. Car seat inspections completed by certified technicians
2. Certified technician training classes– a three-day class where one learns about all the makes of car seats and how to install them. After the training you are a certified child passenger safety technician. Please call Ms. Crown if you are interested in the training at 240-777-2467 or email at emile_crowne@montgomerycountymd.gov.
3. Community outreach– They will come and speak to moms' groups, foster agencies, baby fairs, Kiwanis, Lions, and Rotary groups, and other community events.

Continued on page 26

Service Project Tip #9:
A club's most important
resource is its members!

Eye On KI

News from Kiwanis International



Read Around the World

Read Around the World better than ever

Scholastic is now an official Kiwanis promotional partner, which means the Read Around the World program is ready to get even more kids reading with your Kiwanis club's help.

To find out if your club is passionate about improving literacy, conduct a club analysis to determine interest levels for everything from reading to kids to staffing book fairs and donating books. Check out suggested Scholastic literacy programs at <http://www.kiwanis.org/kiwanisone/serve/read-around-the-world/scholastic-literacy-programs#.UvQjb0JdWIR> for ideas, especially the Reading Oasis, a Kiwanis-sponsored room in an elementary school (outside the library) that provides a safe place to enjoy books for extended daily and summer hours. Or you could provide coupons for free books ([http://www.kiwanis.org/kiwanisone/serve/read-around-the-world/scholastic-literacy-programs/](http://www.kiwanis.org/kiwanisone/serve/read-around-the-world/scholastic-literacy-programs/additional-scholastic-literacy-programs#.UvQj50JdWIR)

[additional-scholastic-literacy-programs#.UvQj50JdWIR](http://www.kiwanis.org/kiwanisone/serve/read-around-the-world#.UubizmAo42w)) to students.

Scholastic will make the most of your club's funds by providing deeply discounted books and targeting them to special school themes and topics. Find out more about Scholastic (<http://www.kiwanis.org/scholastic>) and Read Around the World (<http://www.kiwanis.org/kiwanisone/serve/read-around-the-world#.UubizmAo42w>), and contact Elizabeth Warren, ewarren@kiwanis.org or +1-317-217-6211, with questions.

Find new fundraising ideas for MNT fight

Test your skills, tournament style, in any game with a ball, or you could even throw a ball, the kind with dancing. What will you and your club do to help raise US\$110 million to eliminate maternal and neonatal tetanus?

Download the new Volume 2 of the Idea book for The Eliminate Project at http://sites.kiwanis.org/Kiwanis/Libraries/Eliminate_-_New_resources/Fundraising_Ideas_book_Vo_2.sflb.ashx to find details about innovative fundraising ideas (and encourage your club's sponsored Service Leadership Programs to use the new SLP idea book, too). They're both helpful tools that can maximize your efforts to raise funds and save lives. Each sample project includes a timeline, to-do list,

reminders and tips about putting your own twist on the idea, plus details about how other clubs did it.

Get planning! And remember to share your club's creative ideas by sending details to Campaign@TheEliminateProject.org; then others can benefit from your experience, too.



Register for the Tokyo-Chiba convention

Years from now, Kiwanians will still talk about the Tokyo-Chiba convention. Don't miss it: register for the 99th Annual Kiwanis International Convention now! Come and celebrate 50 years of Kiwanis in the Asia-Pacific region and enjoy the warm welcome of Japanese Kiwanians July 17–20, 2014.

Register by April 1 and you'll save US\$50 and will be entered to win dinners at local restaurants or tea ceremony tickets at a Japanese garden. Book your hotel room now and receive special discounts and even free breakfast.

You also won't want to miss learning more about traditional aspects of Japanese culture, especially at the cultural fair presented by Kiwanians from the Japan District. You can experience origami, dancing, culinary delights, calligraphy and more! Register today at <https://schedule.kiwanisone.org/>.

Tokyo Club marks 50 years

The Tokyo Club, the first Kiwanis club in the Asia-Pacific region, celebrates its 50th anniversary in 2014. In 1963, some leading Japanese businessmen consulted with Kiwanis International about establishing the first Kiwanis Club in Japan. On January 24, 1964, the Tokyo Club was officially established.

Since then, the 229-member club, the biggest in Japan, has actively supported those in need. Members are proud of their most prominent activity: producing Kiwanis dolls for hospitalized children awaiting surgery. Since 2001, the 29 clubs of Japan have donated more than 60,000 dolls. The Japan clubs also lead the world by contributing an average of \$638 per member to The Eliminate Project: eliminating maternal and neonatal tetanus.

Join Japan District members at the Tokyo-Chiba convention in July and celebrate this milestone anniversary for the Tokyo club and the Asia-Pacific region!

Merchandise for all seasons on sale

If you can't wait for Kiwanis summer activities—or you're still shivering in the current cold—the Kiwanis Store can outfit you for any season.

Get ready for your club's summer cookouts, parades and car washes with an indispensable classic T-shirt in blue or gray featuring the Kiwanis logo or a ladies red V-neck T-shirt with the Kiwanis logo and name embroidered in blue on ComfortSoft® cotton. You'll want one in every color.

As a cover for the cold, curl up on the couch under the deluxe lambs' wool throw in Kiwanis blue and white, embroidered with the Kiwanis name. It makes a cozy speaker or thank-you gift. Find these and other hot-cool new items at the Kiwanis Store: <http://www.kiwanis.org/store>.

New source for background checks

New Kiwanis Youth Protection Guidelines took effect October 1, requiring designated Kiwanis advisors for Kiwanis Service Leadership Programs to prove that they have a background clear of criminal history. Now there's a new option for Kiwanis members.

Safe Hiring Solutions can provide an

individual's background check beginning at \$19.95. Additional fees based on where the applicant resides or has resided in the past could apply. Safe Hiring Solutions also provides the background checks for the Kiwanis International office.

Kiwanis clubs planning to create their own policy on background checks can consult this sample policy and procedure (www.kiwanis.org/docs/default-source/club-administration/risk-management/template-background-checks-sample-policy-procedure-clubs) to help guide club leaders. For a list of suggested options for background checks and other resources, visit www.kiwanis.org/youthprotection or contact the Kiwanis member services team at 1-800-KIWANIS, ext. 411.



Planning a great Kiwanis One Day project? Enter the contest!

If you have a great Kiwanis One Day project planned for April 5, let us know about it! Enter the Kiwanis One Day contest at <https://www.survey->

Eye On KI

monkey.com/s/VCNWRZR by March 15. The winning club will receive a professionally produced video to be featured at the Kiwanis International convention and on the Kiwanis International website. Clubs that enter the contest may also be featured in Kiwanis magazine.

Need help planning your project? Check out the resources at www.KiwanisOne.org/OneDay to make April 5 truly special. Perhaps consider doing a playground enhancement or build with the help of Landscape Structures, a Kiwanis Vision Partner. Just think: if all Kiwanis and Kiwanis-family members contribute at least two hours of community service on Kiwanis One Day, Kiwanis would give the world more than 1 million hours of volunteer service in just one day!

Apply for foundation grants before it's too late

With a grant from the Kiwanis International Foundation, your club or district can extend your Kiwanis impact—thanks to funding that helps realize a project or initiative close to members' hearts. The next grant application deadline is April 15. Applications postmarked by the deadline will be reviewed by our foundation's board at its July meeting.

All Kiwanis-family clubs, districts and district foundations can submit

a grant application. Increase your chances of receiving a grant by making sure your application:

- Fully answers all required questions and includes a balanced project budget and all other requested documentation—no more, no less.
- Explains how your club is contributing both financial resources and volunteer time to your project.
- Clearly explains how your project will improve the lives of children, especially the youngest kids.

Learn more about Kiwanis-family grants at <http://www.kiwanis.org/foundation/impact-and-programs/kiwanis-family-grants#.UuazTWAo42w> and carefully review the application instructions before submitting your application form. Contact the foundation with questions at grants@kiwanis.org.

Could you be your club's next membership leader?

Every club needs an effective membership committee. After all, this is the committee that leads the process of inviting potential members, teaches them about Kiwanis and ensures that the experience they have meets, or even exceeds, expectations. Every committee that works needs a great leader. Could that be you?

A club's membership committee monitors all aspects of membership,

including growth, retention, education and public relations. But the new committee chairman or chairwoman is not alone in these duties. Check out growth, retention and education resources at <http://www.kiwanis.org/kiwanisone/lead/club-committees/membership-committee#.Uuasu-WAo42w> to get started, and make sure your club secretary reports your club's appointment with the annual club election report form.

Membership is the driving force for everything you love about your club. Time to get growing!



Save the date, Skip-A-Meal in April

During April, Kiwanians take part in the Skip-A-Meal project by passing up a meal and donating the cost-equivalent of that meal to the Kiwanis International Foundation. Your US\$5 meal can feed seven children, helping extend your Kiwanis impact to children at home and around the world.

Has your club or district started planning Skip-A-Meal activities? Some

Our Firm Foundation

members simply skip or brown-bag the meal at a club meeting while others put together an event that includes friends, coworkers and their community. Join the entire Kiwanis family in skipping just one meal in April and donating the savings to the Kiwanis International Foundation. Mark your calendars now!

Consult new FAQs on youth protection

The new Kiwanis Youth Protection Guidelines took effect October 1. Since then, clubs have been asking excellent questions about the new policies that require member education, background checks and the reporting of troubling behavior to the proper authorities. Now there's a new tool that can help.

Check out the Kiwanis Youth Protection Guidelines FAQs at for answers to questions like:

1. How can a Kiwanis club secretary confirm that an advisor has a background check if the advisor does not get the check through the club?
2. Should the Kiwanis club secretary maintain a copy of the background check?
3. If we are going to be in a situation that would require administering medication or emergency medical treatment, how can we best be prepared?

Continued on page 27

News From Our Capital District Kiwanis Foundation

**By Joe Maranto, Past President
CDKF**

There are several endowment programs available through your Capital District Kiwanis Foundation. All funds received by the CDKF are invested and only the income from these investments is used to support approved projects.

The first endowment category is the **Life Membership Program**. This program honors Kiwanians who contribute \$100.00 (or four installments of \$25.00). Contributors receive a lapel pin and a certificate with ribbon.

The **Tablet of Honor** is the highest recognition that a Kiwanian or club can bestow upon another person. It is a means of honoring an individual by contributing \$1,000. The recipient receives a plaque and a lapel pin.

We also receive financial support from **Memorials/Legacy Gifts** (honoring deceased members of a Kiwanian or Kiwanis family) and **Honoree Contributions** (contributions made to honor an organization or a non Kiwanian individual)

Sustaining Member (a contribution of \$25.00 a year for each of four (4) consecutive years for a Kiwanian)



**Capital District
Kiwanis Foundation**

Touching the Lives of Children

results in the Kiwanian being awarded a Life Membership

Clubs that do not sponsor a Key Club or a CKI Club can help with financial aid to these organizations through the **Youth Outreach Program**. A club can support this program with a contribution of \$100.00 and receive a banner patch.

Finally, I remind each Kiwanian that you are the lifeblood of the Capital District Kiwanis Foundation. It is only with your participation and support that we can be the lifelines to our youth. If additional information is required, please visit our web site at <http://foundation.capitaldistrictkiwanis.org>.

Capture those service memories with mobile apps

By Jonica Jackson, Intern
Eric Zhao, Intern

While serving others, Kiwanians make lifelong memories. Now it is easier than ever to document these memories, because of technology like smartphones and tablets. There are dozens of apps that can be downloaded to take a video or a picture, and they all have different features that are fun to try.



Snapbucket is a new free app created by Photobucket. This app allows users to take pictures and add a filter. Snapbucket has many different filters like sunrise, antique, and seventies. Once done editing a picture, Snapbucket also has a feature that allows users to share their photographs through email, Facebook, or Twitter.

<http://snapbucket.com/>



Hipstamatic helps bring back analog photography. This app is for people who like the older look of pictures. Also, this app comes with several

different effects, like flashes and "lens changes." This app is also free.
<http://hipstamatic.com/oggl/>



GLMPS is a free app that mixes the technology of a picture and a video. GLMPS allows users to take a video right before taking picture. It allows users to relive the moments right before taking a picture. GLMPS also has a feature that allows people to share their video/pictures.

<http://www.glmeps.com/>



iMovie — an app that costs \$4.99 — allows users to create and edit videos. When creating and editing videos the users can use photos, captions, and sound effects to enhance their video. iMovie allows the use of storyboards when creating videos. It also has creative trailer templates.

<http://www.apple.com/ios/imovie/>

Online Extras



Photoshop Touch is the mobile version of Photoshop. While Photoshop Touch does not include all the amenities of the desktop version, it is a useful tool for someone who takes most of their pictures on their tablet or phone. Although this mobile version is limited, it still includes things like layers, advanced selection tools, adjustments, and filters. The price of this app varies depending on the app store it is bought from.

<http://www.photoshop.com/products/mobile/photoshoptouch>



Instantly upload pictures to an **Instagram** account and share them to other social networks through Instagram. Instagram is an app that allows users to upload photos and edit them with filters. Instagram is similar to Twitter,

because users have followers that can like photos. Instagram is free and available in the iTunes store and Google Play store.

<http://instagram.com>

Photography and video apps make it easy to record memories made with your Kiwanis club. These apps are accessible anywhere a smartphone is. Next time a memory needs documentation, use an app that will make a simple picture from a smartphone / tablet look professional.



KIWANIS VIDEOS

Watch the newest video from Kiwanis International, "Let the World Know!" This video is a product of the "Love Your Club" Campaign. Why keep your membership a secret? Let the world know!: <http://vimeo.com/84159022>

ELIMINATE
maternal/neonatal tetanus



The Capital Record



Suzanne Stewart, Faith Shartzter, and David Rothberg pictured with Membership Chair, Carla Morin-Diehl.



Celeste Saxton-Garver with sponsor Art Riley

Welcome to Kiwanis

In December, the Kiwanis Club of Toano inducted **Suzanne Stewart, Faith Shartzter, and David Rothberg.**

Celeste Saxton-Garver was inducted into the **Kiwanis Club of Westminster** in late 2013. Welcome!

Donations

On December 5th, Robin Mieras, President of the **Alleghany Highlands Kiwanis Club**, presented a check to Angela Howdershelt of the **God's Covering Snack Pack Program** – a program created to help feed children of the Alleghany Highlands area.



Barb Peletier with President Dick Clagett

Congratulations

Immediate Past President of the **Kiwanis Club of Greater Ocean Pines - Ocean City, Barbara Peletier**, was named Kiwanian of the Month for November 2013. She chairs many of the club's events, including when she serves as head of "The Dog Team" for the club's frequent hot dog sales. She also just chaired the November 2013 Annual Germanfest which was a big success. Recognition for her leadership and hard work is hard earned and very much deserved. Congratulations!

Happy Anniversary

February

Petersburg	1922
Ashland	1923
Fredericksburg	1923
Grundy	1947
Haysi	1949
Wheaton-Silver Spring	1950
Petersburg Breakfast	1973
Virginia Beach Combers	1980
Greater Ocean Pines	1980
Council	2006

March

Baltimore City	1918
Richmond	1919
Martinsville	1921
Salem	1921
Hagerstown	1921
Coeburn	1923
Prince Georges County	1934
Woodbridge	1947
Warwick	1949
Fairfax	1956
Leesburg	1957
Leisure World	1967
Chester	1972
Tappahannock	1975
Botetourt County	1976
Charles County	1992
St Mary's County	2000
Bel Air	2007

My Kiwanis Moment

Nicole McDermott

Kiwanis Club of Tysons Corner/McLean

Key Leader is Kiwanis' weekend leadership education program for high school students. The program uses a values-centered curriculum to instill in teenagers the concept of service leadership (specifically integrity, growth, respect, community, and excellence). During the course of a Key Leader weekend, students engage in hands-on activities, physical trust exercises, reflective writing, collaborative discussions, and more. It truly is an incredible program, and many of my proudest Kiwanis moments come from watching students transform and grow at the seven different Key Leader events held between Spring 2008 and Fall 2012 when I served as Key Leader District Chair.

Over five hundred students attended events during this four-year period, and sometimes students attended two years in a row – first as a student participant and then returning as a student facilitator. At the May 2011 Maryland event, we had a returning student serving as a student facilitator. It was hard to get a read on him: the lead facilitator and I were concerned that maybe he was a bit disengaged. We had a brief talk with him and continued to watch closely. He did not cause any problems and he was never

disrespectful; we just wondered if he was as “into” the program as some others.

When it was time to wrap things up on Sunday, the student facilitator each got a chance to say a few words about the weekend. It is always very moving to hear directly from the students. They almost always talk about how the program “changed” them and how they are now more inspired, more open, more aware. The student we were a little worried about began speaking and really surprised us. He talked about how he attended Key Leader last year and that he knew the lead facilitator had believed in him. That helped him to understand his values, and he had made a decision to change the path of his family – he was going to become the first person in his family to attend college. He came back to Key Leader this year to continue what he had learned.

Wow. (Mouth-hanging-open-and-tears-in-eyes wow.)

Our program helped a student change the trajectory of his family? Helped him decide to go to college? Helped him realize his values and to really feel that someone believed in him?



Just wow.

I am a member of Kiwanis for this moment and so many similar moments that take place across our Service Leadership Programs every day. Marianne Williamson says “If you know what changes a heart, you know what changes the world.” I know what changes hearts: Kiwanis Key Leader. And I know that when teenagers leave Key Leader weekend, they are ready to change both their world and the world. And I know that Kiwanis made that possible. And I am wowed again – and so proud to be part of this organization.

Share YOUR Kiwanis Moment! Email editor@capitaldistrictkiwanis.org

Front and Center



The SERVICE Issue

Service is at the heart of every Kiwanian. Service to our communities, nation, and world. Read on to see how you and your club can plan the perfect service project, and improve the world one child and one community at a time.

Planning the Perfect Service Project

By Jonice Jackson, Intern

It takes a lot of planning to create the perfect project! From beginning to end a service project takes time and organization.

Picking a Project:

Choosing a project is the first step to planning a service project. Find out what the people in your Kiwanis club is interested in doing. Another way to pick a project is by going out into the community and finding out what the needs are by conducting a survey. By doing this the community's needs will be properly addressed making the service project more useful. Remember when choosing a service project keep in mind the talents of your club, this will make things easier for everyone. Keep in mind the size of the club when choosing a project.

Organization:

Organized planning is the key to having a successful service project. Keep a well-organized planner with dates and deadlines to get things done. Always be realistic when planning a service project, and do not forget to keep in mind big events like holidays when creating a timeline. Start all of the planning for the service project early,



this helps to give everyone involved advanced notice for all important deadlines that need to be met.

Distributing Responsibilities:

Remember, planning a service project takes team effort, so make sure that everyone is kept "in the know" about what is happening with the project. By doing this it ensures that there is little to no confusion about important dates and deadlines. Give everyone a specific responsibilities, therefore things get done quickly and efficiently. Also, no one person will get more responsibilities than another. Planning a service project is a team effort.

Reflect:

While planning the service project it

helps to have a time of reflection with the rest of the club. The reflection is meant to be a time where the club can talk about things that are going well with the project and things that need to change. The reflection process should happen several times during the planning of the project and one more time after the project is finished. This way there will always be accurate, up to date notes on what is going well with the project and what needs to be changed. Also, this time will help with any projects done in the future, because club members will know what needs improvements. Document the reflection meetings so all the changes are recorded for future use.

Continued on page 27



20 Ways to Serve Your Community

By Eric Zhao, Intern

Good service projects help people, but great service projects engage both the volunteers and the beneficiaries. Here are 20 ways to stimulate and serve your community:

Collection/Drives

- 1.** Technology– Collect computers, flash drives, graphing calculators and other electronics for people without them, but especially for students
- 2.** Arts – Collect all types or a specific type (e.g. music) of art supplies and donate them to a school. These can include musical instruments, dance shoes and paint brushes
- 3.** Furniture – Build and collect indoor and outdoor furniture to donate to local parks, schools and/or people in need
- 4.** Sports – Collect various sports equipment such as racquets, balls and protective gear for local leagues or schools
- 5.** School Supplies – Collect books, writing utensils, notebooks and other school supplies to donate to students of all ages.

Before you begin planning to collect items, make sure there is a group who is looking for the type of items you are going to collect. If you cannot find one, a local school is a good place to donate your items to.

Cleanup/Beautification

- 6.** State Park Cleanup – enjoy nature with friends and family while clearing trash and debris from streams, beaches and/or trails at a State Park
- 7.** Plants – Plant trees and/or gardens at local schools or parks to promote the environment and make the community more attractive
- 8.** Public Art – Volunteers and/or funds can be used to create a colorful sculpture to make a community space colorful as well
- 9.** Remove Invasive Species – Funds can be raised and/or volunteers can go out to remove invasive plants from an area. A list of invasive plants in your area can be found at <http://www.invasive.org/eastern/midatlantic/>
- 10.** Create a Park – If a community is lacking a local park, one can be created by contacting local officials about any unused public space such as an old parking lot or field

Advocacy

- 11.** Lobby Officials – Persuade officials to take action on issues in the community and support solutions that benefit the general community
- 12.** Increase Public Awareness – Use social media, brochures and even word of mouth to spread awareness about local issues (e.g. crime, broken street lights etc.) to engage residents and even draw in more volunteers
- 13.** Encourage voting – Use the aforementioned and any additional modes of communication to encourage voting in elections and referendums
- 14.** Increase Opportunity Awareness – Keep an updated newsletter online or physically distributed among local residents to spread awareness on scholarships, job openings and other opportunities in the area
- 15.** Work with Local Service Leadership Programs – Work with a local Aktion Club, Key Club, Circle K, Builders Clubs and/or K-Kids to spread awareness on an issue affecting students such as bullying, suicide and/or domestic violence

Public Education

- 16.** Scholarship/Essay Contest – Start a scholarship/essay contest for local students to participate in while increasing awareness on the topic
- 17.** Charter/Promote Local Service Leadership Programs – Charter and/or promote a local Aktion Club Key Club, Circle K, Builders Clubs and/or K-Kids and their respective projects
- 18.** Computer Literacy Workshop – Start a workshop on computer literacy to help local residents of all ages integrate technology and use computers in their everyday lives
- 19.** Job Skills Workshop – Start a workshop on job skills for the unemployed and/or those coming into the work force
- 20.** Job Mentor Program – Start a mentoring program for the unemployed and/or those coming into the work force (like your Key Club or CKI students.) A qualified mentor can guide the participant through the process of finding and being accepted to a job.

For more ideas on how to serve, download the Capital District Kiwanis Community Service Guidebook at www.capitaldistrictkiwanis.org under Club Resources.

Service with SLPs

By Colin Austin, Intern

SLPs, or Service Leadership Programs, consist of K-Kids, Builders, Key, CKI, and Aktion clubs. With this wide range of ages, the possibilities of partaking in quality, fun, and worthwhile service are absolutely endless! And besides, who wouldn't want to team up with some service loving folks of a different generation? Service is timeless!

First off, if you don't know the officers of your local Service Leadership Clubs, get acquainted with them! As stated in the "Fundraising with SLPs" article (December/January 2014 issue), they don't bite. Kiwanians serve as mentors and role models and they all would love to hear from you! The next thing you want to do is sit down with your club and SLP members and find a need within the community. A very useful method of identifying a need and a project that would have both high impact and low cost can be determined using a Community Analysis Form found on the KiwanisOne website. Once a project is selected, you can hit the ground running!

Are you stuck and in need of service ideas that are ideal for working with Service Leadership Programs? Check out these tips!

- Host a game night at a local women and children's shelter.
- Help out with a school safety night.
- Work at a food or clothing drive by sorting or collecting.
- Help out an organization that assists the homeless with meals.
- Work with a "Read Around the World Program" to help collect

books and then read to a children's group.

Completing quality service with your Service Leadership Programs is easy. We're all part of one big Kiwanis Family, so why not show some love and do some service with your SLPs.



Family Ties

Updates from Our Kiwanis Family

Key Club **Garrett Fraino, Governor**

I hope you all are doing well! This was my first week back in the 2nd semester. After having a week of snow and no midterms I am feeling pretty good! In this issue I will speak about the service projects in our district. One of the biggest service projects we are doing this year is the Governor's Project. The Governor's Project is very focused on bringing service back into Key Club. Each club is asked to do at least three service projects throughout the year, one of which is a new service project that the club has never done before. Many clubs have already been sending in pictures and descriptions of all the service projects they have been doing!



Several favorites so far have been projects that deal with helping local shelters and sending cards and supplies to troops overseas. Other service projects include volunteering at animal shelters, helping out with Make a Wish Foundation, and helping out around schools. On average, clubs that have been sending in reports on projects they have been participating in are netting 40-50 hours collectively each project!

All of the service projects that clubs have been reporting will be up on the Capital District Key Club website in the coming week, so I encourage you all to take a look on our page. I'm positive that you will find a project that is fun and feasible to do in your own clubs. I hope you all enjoy the rest of this frigid winter, and I'll see you around!

A friend in service,



Garrett D. Fraino


CKI **Ben Durham, Governor**

Happy New Year! CKI is heading into its final few months of its administrative year, so I'd like to take the time to recount some of the incredible service that our members have done throughout the year. At the district level, we've worked to foster service at our district and divisional events. The prime example would be our District Large Scale Service Project, which took place last Fall. The event was a senior prom that took place at Sarah's Circle-- a home and wellness center for very low-income seniors-- in Washington, D.C. The event brought together members from all over the Capital Kiwanis Family in a way that really brightened up the day for the residents of this facility.



Of course, the bulk of our service projects comes from the club level. Whether it's a one-time service project like when Saint Mary's College of Maryland came together with their entire community to spend a day helping to fix and clean up local homes, or be it a reoccurring service project like the College of William and Mary's weekly visits to their local animal shelter, it's the efforts of our clubs that really makes us the premiere collegiate-based service organization in the world. Officially, CKI is partnered with the March of Dimes, Students Team Up to Fight Hunger (STUFH), Better World Books, and UNICEF; however, while CKI completes many service hours that benefit these partners, each individual club takes up projects that benefit their local areas. If you want to know what CKI is doing in your area, and how you can get involved, simply ask us! We love for other members of the K-Family to join us in our service projects, as it's the "family" aspect of our organization that enables us to serve so many needs both locally and throughout the world.

Yours in Service, Leadership, and Fellowship,



Benjamin Durham, III

Service Showcase

News From Capital District Kiwanis Clubs

Division 1

The **Kiwanis Club of Washington, D.C.** provided a donation to assist with the playground renovation at the Easter Seals' Harry and Jeanette Weinberg Child Development Center. Three club board members attended the ribbon cutting ceremony & plaque dedication on December 18th.



A new playground
in Washington D.C.
thanks to Kiwanis.

Division 2

On December 9th, the **Kiwanis Club of Fairfax** held a dinner with residents of Bethany House and their children. Bethany House provides emergency shelter and supportive services to victims of domestic violence throughout Northern Virginia and the surrounding DC metro communities. This year they gave presents to sixteen children.

On January 4th, volunteers participated in a state-wide Day of Service. Four members of the **Kiwanis Club of Tysons Corner/McLean, VA** participated in the America's Adopt A Soldier event in Springfield, VA. Volunteers assembled 300 care packages to be sent to soldiers serving abroad. During the event, club members

wrote personal letters to soldiers. Volunteers also had the opportunity to receive a phone call from an officer in Afghanistan. This event was part of the inaugural activities for Virginia's Governor-elect Terry McAuliffe.



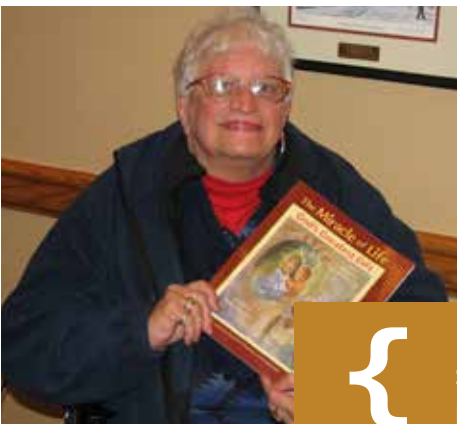
Tysons Corner/McLean
Kiwanians took time to
thank a soldier.



{ Kiwanian Reverend David Herr rings the bell on December 5th.

Division 5

Each year at Christmas the Salvation Army holds its Kettle Drive to raise funds and each year the **Kiwanis Club of Greater Ocean Pines - Ocean City** volunteers to help man the collection points at the Berlin Walmart on Route 50. The posts are manned by both Kiwanians and members of the Stephen Decatur High School Key Club. It's a rewarding service the clubs enjoy



{ Kiwanian Lois Noffsinger Spurrier's with her new book, *The Miracle of Life*.

doing to help bring happiness to others during the holiday season.

Division 7

The **Kiwanis Club of Suburban Frederick** is excited to announce publication of Kiwanian **Lois Noffsinger Spurrier's** new children's book, *The Miracle of Life*. Written under the pen name of "Grammy Lo" and illustrated by nationally-recognized artist Rebecca Pearl, this 8.5" x 11", 32-page full-color children's book is an illustrated reflection by Lois on the birth of her five children. It contains a poignant reminder that while some are privileged with life-saving health care, in other parts of the world such is not always the case. This book is being published to help fund efforts such as Kiwanis International's The Eliminate Project, which seeks to rid the world of maternal and neonatal tetanus, as well as the Kiwanis Club of Suburban Frederick's mission to support the needy. Please contact info@suburbanfrederick-kiwanis.org for more information.

Division 12

The Berkeley Bulldogs won the 29th Annual Colonial Capital Kiwanis/ Hornsby Basketball Classic defeating the Hornsby Hawks in the final round of the two day tournament. Eight middle schools participated with each team playing three games. **Colonial Capital Kiwanis Club** provides sponsorship by contributing \$2,700 to the Hornsby Athletic Department to cover the officiating costs, trophies, a tournament shirt for each player, and other administrative costs. In addition, the Club sells tickets for the event with all proceeds being donated to the Hornsby Middle School Athletic Department. This year the ticket sales were \$3,100. While this event is the longest running in its twenty-ninth year the Club also supports similar events in girls' basketball and softball and boys baseball. From 110 to 150 of our youth are supported in each of these tournaments.

Continued on page 27



The Berkley Bulldogs

Getting the Word Out

2014: The Year of the Storyteller

By **Caren Schumacher, Chair**
Capital District Public Relations

Public relations and communications are paramount to the ongoing growth and importance of Kiwanis within the communities of the Capital District. We need to do a better job advancing the message of who we are and what we do.

Locally, we need to build relationships with the media — newspaper reporters, live-time radio hosts, editors of online publications, and anyone else that can communicate our information about Kiwanis to the general public. We need to utilize social media to ensure our messages reach a wider and more diverse audience. Expanding our reach to those who believe in our work and want to be a part of our organization is critical.

We need to share our stories and our excitement about Kiwanis.

Kiwanis is making a difference, and our successes have to be communicated both internally and externally throughout our District. Clubs can learn from other clubs. If an event can raise money for one club, maybe it can be a model for another club. And if the fruits of our labor touch the heartstrings of individuals not currently in Kiwanis, we have the opportunity to recruit a new member.

Fellow Kiwanians, let's make 2014 the year of the "storyteller."

Kiwanis One Day is April 5th. Our clubs will be embarking on a wide range of projects — all exciting and designed to have an impact on the communities within the Capital District. Let's use this opportunity to launch a more impactful public relations campaign for Kiwanis.

Do you need help developing a public relations plan or reaching your local media? Do you want to be part of a team that will take our District to a new level of publicity? Email me at carenkiwanis@aol.com, or give me a call at 757-876-8239. I'm here to help!



Beyond the Call

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

Nadine Jacobs

Kiwanis Club of Severna Park, MD

By Colin Austin, Intern

As members of the Kiwanis family, we are all dedicated to serving our communities and improving the future, one child at a time. Every Kiwanian does quality service and does so with care, consideration, and passion.

At *The Capital Kiwanian*, we like to recognize a member of a Kiwanis club who goes above and beyond. For this issue, we would like to recognize Ms. Nadine Jacobs of the Kiwanis Club of Severna Park.

Nadine has truly been an inspiration and moving force in her community. As a past president of Severna Park Kiwanis, she has been none too shy in the matters of leadership. However, even as her time as president came to an end, the changes she brought to the community never stopped.

Nadine can constantly be seen working with her Service Leadership Programs ensuring that the Key Clubs sponsored under Severna Park Kiwanis are doing their best and fulfilling their duties as leaders in their homes, schools, and communities. She has helped to organize a meeting where all of the sponsored clubs met with Severna Park Kiwanis to give input on some of the workings for the upcoming year. Also, Nadine has worked with each club individually to try and



Nadine (right) with her daughter Rachel.

hold a family night for each Service Leadership Program club to not only discuss what Key Club and CKI is, but to help parents into the Kiwanis family personally inviting them to meetings. Also, along with the countless hours of effort and time that she puts into her work with Key Club, Nadine has also found time to help build a CKI club at Anne Arundel Community College.

Ms. Nadine Jacobs is certainly deserving of the recognition, as well as all of the other Kiwanians that work to better their communities. From SLP club Liaison, to club officer, to men-

tor and friend, Nadine has certainly proved herself of going the extra mile and *Beyond the Call*. She is constantly giving her time and effort to ensure the success of her sponsored clubs and truly lives what Governor Scott Zimmerman says, "It's all about the kids."

Capital District Convention



Save the date

August 21 – 24, 2014

Hyatt Regency at Reston Town Center

Registration online at:

www.capital.kiwanisone.org

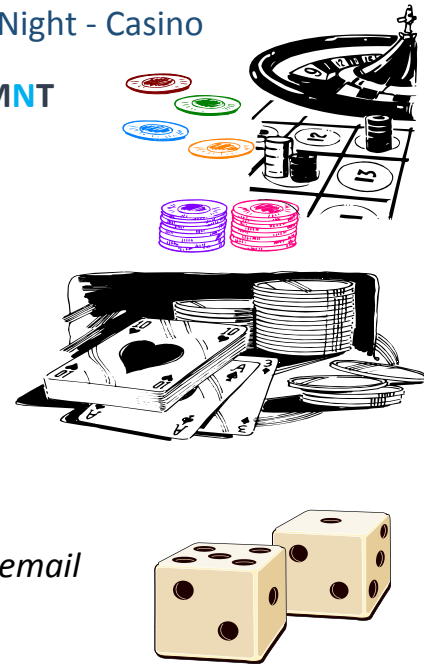
Starting: **March 15, 2014**

For more information, go to the District Website or email

CDKI2014Dcon@cox.net

Friday Night - Casino

for MNT



Kiwanis International K-Kids Builders Club Key Leader Key Club CKI aKtion Club

Capital Idea

cont'd from page 7

More than half of the technicians volunteer their time to assist in the car seat inspections. Maile Jacobsen, who has been at the Rockville Fire Station for 13 years in October said she became a certified technician because, "it was an extension of my volunteer work as an EMT. It was a way to help out the public."

The Kiwanis of Rockville and the Kiwanis of Montgomery Village have members who assist the technicians by handing out clipboards with papers that need to be completed before the car seat inspection can be done. They also help with traffic control. This way the technicians can do their work of checking car seats and instructing new parents and grandparents on

how to install and use their seats more efficiently.

Robin Handleman, President-elect of Rockville Kiwanis stated, "Helping with the car seat program is another way I can help the children and parents in the county. The families are so appreciate that this service is offered. They always smile and say thank you."

Emilie Crown, the Program Manager of the Montgomery County Program, and Co-coordinator of Safe Kids Montgomery County said, "[In the state of Maryland] all children under 8 years old, unless they are over 4'9" tall before age 8, must be in a car seat for booster seat. We are here to help

people comply with the state law and keep their child safe. Many children need to ride in a booster seat beyond age 8 for optimal safety." Emilie is also a member of Rockville Kiwanis.

For more information on this beneficial program, please contact Emilie Crown at Emilie.Crown@montgomerycountymd.gov or (o) 240-777-2467.

Eye on KI *cont'd from page 7*

4. Is anyone available to help our club?

Here's a start on question 1: "The organization or employer that coordinated the background check can send a letter or email indicating that the Kiwanis advisor has a clear background check..." Find the other answers and more youth protection resources at www.kiwanis.org/youthprotection. You can also contact the Kiwanis member services team at 1-800-KIWANIS, ext. 411.

Service Showcase *cont'd from page 22*

The **Kiwanis Club of Williamsburg** provides two volunteers to the Grove Christian Outreach Center each Tuesday morning for two or more hours to stock their food pantry shelves.

Division 13

The **Kiwanis Club of the Peninsula at Oyster Point** responded to the need in the Philippines for help following the typhoon. The club sent \$1,000 to the Kiwanis International Philippines Relief Fund on November 14th.

Division 16

On December 7th, the **Kiwanis Club of Abingdon** sponsored their annual Christmas Parade, with many community citizens in attendance.

Planning Projects *cont'd from page 17*

Get Advice:

One thing that helps with planning a successful service project is talking to someone who has done a similar project. When talking to this person make sure to find out what went well with their project and what needed improving. Take the advice of this person to help improve your service project planning.

Go Public:

Make sure that the community is well-informed about the project. Public awareness can help increase your projects success. In order to raise awareness an ad can be put into the local radio stations and/or newspaper. Make sure to include what the project is, who is sponsoring it, and when it is going to happen.

Take Pictures:

During the whole experience remember to document it with pictures and videos. In the modern age documenting projects digitally is very easy. Smartphones and tablets have many efficient apps that take pictures and videos. Sharing videos and pictures among volunteers and club members is very easy with social media like Facebook and Instagram.

Have fun:

Remember to have fun during the service project. This will be a learning experience for everyone, so make the best of it. Also, show appreciation towards the club members and volunteers who helped bring the project together.

ADVERTISE YOUR CLUB EVENTS IN *THE CAPITAL KIWANIAN*

\$30 (quarter page ad)
\$55 (half page ad)
\$100 (full page ad)

editor@capitaldistrictkiwanis.org



Submit articles to *The Capital Kiwanian!*

Apr/May Issue: March 14
June/July Issue: May 14


Kiwanis Fun Fact:

Our defining statement was been changed recently by the Kiwanis International Board to "improving the world..." instead of "changing the world..."



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.



\$1.80 is all it takes
to **protect**
the **connection**
between a **mother**
and her **child.**

1 U.S. Fund for UNICEF/Cambodia

www.TheEliminateProject.org

ELIMINATE
maternal/neonatal tetanus
 **Kiwanis** |  **unicef**