

*The Capital*

February/March 2022

# KIWANIAN

The Official Publication of Capital District Kiwanis | [www.capitalkiwanis.org](http://www.capitalkiwanis.org)

**Midyear Conference  
is coming!**

**Tips for Communicating  
through Social Media**

**CAPITAL KIWANIANS START  
NEW YEAR STRONG**



**Kiwanis**

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*COVER: Kiwanis Club of Greater Ocean City - Ocean Pines members Carolyn Dryzga, Candy Foreman, and Kitty Wrench sort some of the non-perishable goods to be taken to Diakonia for their pantry.*





The Kiwanis Club of Harrisonburg made Discovery Kits at the Explore More Discovery Museum to go to the Boys and Girls Club. Discovery Kits contain fun ways for kids to discover more through STEM and imaginative play.

## 2021-22 LEADERSHIP INFORMATION

### GOVERNOR

Elana Gardner  
Eastern Branch, DC

### GOVERNOR-ELECT

Jennifer Wolff  
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### EXECUTIVE DIRECTOR

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### IMMEDIATE PAST GOVERNOR

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### TRUSTEE - HEART OF VIRGINIA

Bill Watson  
Richmond, VA

### TRUSTEE - MASON DIXON

Renee Mackey  
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### TRUSTEE - NATIONAL CAPITAL

Tim Gillette  
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### TRUSTEE - SOUTHEAST VIRGINIA

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# Governor's Message

ELANA GARDNER, 2021-22 GOVERNOR



After World War II in 1947, Americans sought to help Europe and sent goods from every state, territory and the District of Columbia on “The Friendship Train”. Every package had this label: “All races and creeds make up the vast melting pot of America, and in a democratic and Christian spirit of good will toward men, we, the American people, have worked together to bring this food to your doorsteps, hoping that it will tide you over until your own fields are again rich and abundant with crops.” Also on every label were these words, “This gift is sent to you by a tag which had these lines: ‘first and last name and address of donor’. This message was written in Italian and French and printed beside the American flag.

I only just learned of this history during this Kiwanis year as I made my way to Division 13 by train. Upon my arrival at the Newport News station I spotted across the street an old fashioned locomotive and my research led me not only to “The Friendship Train” but the reciprocal gift from “The Merci or Gratitude Train” The story of both served as confirmation for our Midyear theme “Get Onboard” [I’ll share more on my upcoming Facebook live with the Capital District Kiwanis Foundation] When we gather in March we will be halfway through our Kiwanis year. Will you continue on the journey to Mend our World?



After the pandemic of 1918 Kiwanis saw record growth in the "Roaring 20's" as people were determined more than ever to help others. I fervently hope history will repeat itself. At the start of the year, I challenged members to tell someone about our organization every day this year and in doing so possibly earn their Ruby K by sponsoring 5 members. As of today, 125 Kiwanians have been sponsored and so we have an opportunity to achieve the goal of adding 408 members by the end of the Kiwanis year. Past Governor Brian Bell, Clinch River, Richlands Secretary/Treasurer Frances Foy Vance and Washington, DC Club President Steven McCarty have each sponsored 4 members year to date. Will you be a part of our special Ruby K recognition later this year?

Lastly, I've been told that after 2 years of the pandemic that members are becoming discouraged so I want to share some lyrics from one of the songs I meditate on when I feel that way.

I know you're waiting for a change, to see a sunny day, you just want to dream again and believe. Your skies may look dim and gray but know your breakthrough is not far away. So hold on, you are too close to give up now. Hold on, please don't let go in this season. Know that flowers bloom when rain falls if you'll just hold on. If you ask when will this go away, I'm reminding you don't give up.....I know it seems impossible But you've got to hang on cause it's just about over. All of your dreams All of your desires are coming to pass. So I'm telling you don't lose your faith. Hold on, you are too close now.

Let's get there together!

*Elena T. Gardner*

## SAVE THE DATES

- **Capital District Midyear Conference**  
Williamsburg, VA  
March 4-6, 2022
- **Kiwanis International Convention**  
Indianapolis, IN  
June 8-11, 2022
- **Capital District Kiwanis Convention**  
Baltimore, MD  
August 19-21, 2022



## BE MORE IN BALTIMORE

*Capital District Kiwanis Convention 2022*

**2022 Capital District Kiwanis Convention**  
**August 19th – 21st, 2022**  
**Sheraton Inner Harbor, Baltimore MD**

Let's keep our Kiwanis train rolling into Baltimore, Maryland for the 2022 Capital District Convention coming in August 2022. Save the date and look for more information coming to your station in the Spring. Tell the Conductor that your next stop is the Inner Harbor. Get ready to 'Be More' in Baltimore, Hon!

**REGISTER TODAY!** [tinyurl.com/capitalmidyear](http://tinyurl.com/capitalmidyear)



## Mark your calendar for March 4th - 6th, 2022!

The Capital District Midyear Conference is back and promises to be a can't-miss event! Get on board and join your fellow Kiwanians at the Great Wolf Lodge in Williamsburg, Virginia for a perfect family get-away and a great Kiwanis weekend.

Enjoy catching up with Kiwanians from around the District and making new friends at the Friday evening dinner and Meet & Greet with Kiwanis International President Mancuso. The fun will continue throughout the evening whether you are networking with other Kiwanians, CKI members or spending time at the Lodge's expansive indoor waterpark!

Saturday's workshop tracks will provide learning opportunities that can improve your club's performance and strengthen your Kiwanis skills. You will hear from speakers that will inspire you to take your club to new levels. Dinner on Saturday night, and a Sunday morning large-scale service project will send you home inspired by the work we do.

### Registration Package Pricing Deadlines:

Through February 1st: \$160

February 2 - February 25th: \$185

Saturday Day Pass\*: \$50

A-la-Carte Reg. (*workshops only*): \$30

### A-la-Carte Meals

	Adult	Kids**
Friday Night Dinner	\$35.00	\$31.50
Saturday Breakfast	\$20.00	\$16.80
Saturday Lunch	\$40.00	\$18.90
Saturday Dinner	\$45.00	\$31.50
Sunday Breakfast	\$20.00	\$16.50

### Hotel Room

\$124 per night + tax, family suites sleep up to 6 people, book by February 17th to secure a room in the block!

\* Saturday Day Pass includes workshops and lunch

\*\* Kids 12 and under



# Check Out Our Educational Offerings for Members and Clubs!

## PRESIDENTS' ROUNDTABLE

*Krista Latchaw, Leadership Development & Education Chairperson*

Calling all club presidents! You've gotten your feet wet & are halfway through your term - can you believe it? Well, we bet you have learned A LOT this year so far. Join a roundtable of current presidents and let's chat about successes, what's working well / not working as well as you thought, and general questions that you may have in your position. Our goal is to get YOU talking and to share new ideas, feedback, & questions with your peers. No topic is off limits. This is a fantastic opportunity to share what you've learned with your fellow presidents.

## WHY MEMBERSHIP MATTERS

*Peter Mancuso, Kiwanis International President*

Kids need Kiwanis more than ever to believe in them, nurture them, and support them. There is no better way to provide more service and a greater impact than to rethink everything your club does for membership retention and engaging new members. This workshop is a great opportunity for you to examine what sets your club apart from other opportunities in the community and to discuss if people join your club or if they belong to your club – there is a difference.

## KEEPING YOUR CLUB'S SEATS FILLED

*Josh Hiscock, Regional Trustee*

So often, the focus of membership discussions is on finding new members to join our Kiwanis clubs. However, it is equally important to keep our current seats filled by retaining our current members! In this informative and interactive workshop, learn low and no-cost strategies your club can put into practice today to recognize, re-energize, and retain more of your members. Hear ways to slow steady declines in our current membership, while discovering some strategies that can also be put to use in recruiting new members to your club.

## SECRETARIES' ROUNDTABLE

*PG Jeffrey Wolff, Executive Director*

Come join your fellow club secretaries for an update on operational logistics from Kiwanis International as well as discussion about any issues you might be having within your respective clubs.

## IT TAKES A VILLAGE OF VALUES IN KIWANIS

*PG Carolyn Richar, District Human & Spiritual Values Chairperson*

Recognizing and celebrating the values that bring us together as Kiwanians, despite our varied political, religious and philosophical outlooks; This workshop provides monthly programming with icebreakers, invocations, project ideas and speaker ideas for each value. Come and experience ways that our values can create some new Kiwanis connections!

## YOUNG CHILDREN PROJECTS PANEL

*Sam Bosserman, Young Children Chairperson*

Young Children is an ongoing program of Kiwanis that is focused on the needs of our youngest community members. This interactive panel discussion will feature projects from around the District that are focused on this important population and their families. Attend this session to hear of first-hand experiences, brainstorm new outreach opportunities, and bring project ideas home to implement in your community!

## PEACEFUL CONFLICT NEGOTIATIONS

*Rhonda Vrell, Area Director, Kiwanis International*

Conflict is a fact of life. How that conflict is addressed and resolved is what matters. Come learn how to understand the basics of where conflicts come from, listen to techniques to set-up opportunities for quick resolutions, and discuss ways to resolve the conflicts your club is seeing now.

## TREASURERS' ROUNDTABLE

*PG Jeffrey Wolff, Executive Director*

Join your fellow club treasurers for peer discussion on managing club finances, IRS forms and any other issues you might be having within your respective clubs.

## COMMUNICATING WITH EVERYONE

*Eric Lamb, Public Relations Chairperson*

During this session we will explore why we need to communicate and how. Different age groups and personality types communicate differently. We will discuss the differences and how to make sure your PR strategies are touching each of these groups. Kiwanis clubs need to ensure they are using many strategies that will help get your message out to the community. Let's have fun and learn how to communicate!

## BRINGING SLPs BACK AFTER PANDEMIC-HIBERNATION

*Stacy Whitehouse, Key Club Adult Committeee*

Our SLPs have faced numerous challenges to maintaining normal club operations and membership during ever-changing conditions in schools and campuses. Kiwanis can be an important and steadying partner in restarting clubs that have become inactive during the pandemic. Join a variety of SLP leaders while they share insights on current conditions in their organization and tips to supporting clubs as they emerge from 'hibernation'.

## TOUCHING THE LIVES OF CHILDREN EVERY DAY OF THE YEAR

*Mike Dasovich, Past President, Capital District Kiwanis Foundation*

Learn how your district foundation increasingly touches the lives of children in communities throughout the Capital District thanks to your generosity.

## KIWANIS FAMILY RELATIONS: STRENGTHENING YOUR BOND WITH SLPs!

*Katie Brownfiel, Immediate Past President,  
Capital Legacy e-Club*

Does your Kiwanis club sponsor a SLP club? Does your Kiwanis club struggle to meaningfully connect with them at meetings and service events? Does your SLP club need extra support to thrive? Join CKI alumna Katie Brownfiel, former K-Kids faculty advisor Tameka Glover, and current Key Club faculty advisors Mic Platt & Dowler Wheat will discuss their experiences working with SLPs. They will highlight what steps have been taken to make K-Kids, Builders Club, Key Club, and CKI clubs flourish and what simple changes can be made to enhance our service family relationships. After sharing their own experiences, they will work with the group to create realistic action items that will reinvigorate and reimagine your club's relationship with your SLPs.

## CLUB PLANNING TO ADAPT TO CHANGING CONDITIONS

*April Farmer, PG Eric Fithyan, Regional Trustee  
Tim Gillette, Regional Trustee Bill Watson*

Join members of the Capital District's Long Range Planning Committee as we discuss how to create a Long Range Strategic Plan for your club. Topics addressed will include succession planning, fundraising, service, membership, and more.

## SERVICE IN A DIGITAL WORLD

*Michelle Yuth, Division 4 Lt. Governor-Elect*

This workshop will focus on how we can perform service as we continue to navigate a digital world due to the ongoing pandemic. It will go into detail on how the Next Generation e-Club finds service projects that allow members from all over the map to collaborate in service and fellowship all from the comfort of wherever they are. The projects will cover both completely virtual projects and some that require minimal materials. The projects also range from serving large organizations to our local communities.



## RHONDA VRELL, KIWANIS INTERNATIONAL AREA DIRECTOR & PG JOHN MORRIS, DISTRICT MEMBERSHIP COORDINATOR

Join Capital District clubs in this "learn by doing" workshop experience where you will see what it takes to entice potential members to join your club. Learn the steps on how to "boost" your club's membership, watch a live demonstration on recruiting individuals into Kiwanis, and then put what you've learned to the test with a few practice sessions. You will go home a confident recruiter for your club! Advanced sign-up is required to participate for this unique Midyear experience. [SIGN UP HERE!](#)

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## Participate in an Impactful Service Project:

At this year's conference, in honor of Kiwanis International President Peter Mancuso's Official Visit, we will be hosting a meal packing service project on Sunday morning, March 6th to close out the conference! The District has chosen to work with and support locally-based Williamsburg service partner and non-profit organization, The Replenish Foundation through a Generosity Feeds event.

**SPONSOR THE SERVICE PROJECT [HERE](#).**

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## Listen to Our Amazing Speakers:

Keynote speakers will include our very own Kiwanis International President Mancuso. We will learn to "Work our package" with Ayanna Castro, we will learn that "There is No Normal" with Brenda Heckert, and that anyone can make a difference in the fight against hunger with Erinn Beckner from Generosity Feeds.



# Our Firm Foundation

News from the Capital District Kiwanis Foundation

## Set It and Forget It; An Easy Way to Donate to the CDKF Without the Hassle of Remembering on a Regular Basis!

Are you looking for a way to show your commitment to Kiwanis in our district all year long and support the work of the Capital District Kiwanis Foundation? We are pleased to announce our new sustained giving program which could be for you!

### What is sustained giving, and why did our Capital District Kiwanis Foundation initiate a program recently?

The Foundation board realized there are many Kiwanis members who believe deeply in the mission of the Capital District Kiwanis Foundation, as well as what we aim to do but to date, there was no way to demonstrate a regular commitment through making re-occurring donations. The need for a sustained giving program was evident, as many Kiwanis members shared, they would be willing to support the Foundation, but did not want to have to consciously remember each month to log onto a website and process their card. Therefore, the Foundation board set to work and is very happy to share this new opportunity!

Through Bloomerang, an online payment processing system, committing is easy. By clicking on the link below, you will be asked to fill out a simple form; indicate how much and how often you will contribute to the Foundation's mission of serving children within our local communities, and believe it or not, you are done. The system will take care of the rest, even going as far as to provide you annual giving summaries.

If you don't already personally contribute annually to the Foundation's work serving children, now is the time to show your commitment. \$5, \$10, \$20, or whatever you can afford regularly adds up to more services for children—scholarships, pediatric trauma support, meals for the needy, books, club grants, and more. A child in need is deserving indeed.



Capital District  
Kiwanis Foundation

"For a little money each month I help ensure our foundation has a steady stream of contributions to match our year-round philanthropy. I skip a trip to a coffee shop, a bite at a fast-food restaurant, or a movie, and send the equivalent amount to our foundation instead. It's not much by itself, but when combined with the small monthly donations of other Capital Kiwanians, like you, over the course of a year it adds up. And, in time it will enable the foundation to do even more to serve children in our communities. I feel a sense of pride each time I donate to our Foundation." (President-Elect, Bob Wright, Kiwanis Club of Leesburg)

Think about whether an affordable sustaining gift is right for you – to learn more, we encourage you to check out our Facebook Live episode on Sustained Giving which is accessible through YouTube at the link below:

<https://www.youtube.com/watch?v=zFNBGvew0Do>

If you are ready to sign up today, we would love to have you as a partner as we strive to continue "Serving the Children of the World" and encourage you to click the link below:

<https://tinyurl.com/CDKFSustainedGiving>

We appreciate your consideration of this new program, and we look forward to adding many partners, as we are far more effective as a team, than we are as a small group!



# From the Kiwanis Children's Fund

BY PG DENNIS BAUGH, DISTRICT CHILDREN'S FUND CHAIRPERSON

## AN EVERYDAY IMPACT THAT LASTS A LIFETIME.

Dear Capital District Kiwanis Clubs:

Your Kiwanis club changes children's lives in your community. With a club gift to the Kiwanis Children's Fund, your members amplify their impact — helping Kiwanians reach kids around the world.

After all, kids need Kiwanis. And your club's gift supports a crucial Kiwanis cause: health and nutrition.

For babies and young children, it's the key factor in cognitive development. In fact, the development of the brain by age 3 sets the course for a child's life. When a child is 3 years old, 80% of brain growth is complete. By age 5, it's 90%.

This is crucial. Kids who aren't ready when they start school are more likely to experience setbacks and frustrations — the kinds that can affect the rest of their lives.

That's why your club's gift matters. The Kiwanis Children's Fund supports initiatives that foster cognitive development — and get kids ready to learn. When they're ready to learn, they learn to read. And a literate, educated child becomes someone who's ready to lead.

It's a continuum of impact. And your club can make a difference from the start.

With a club gift of \$365, you can make it happen all year. It's the equivalent of a dollar every day. And the earlier you give in the Kiwanis year, the more efficient the Kiwanis Children's Fund can plan and allocate resources.

Can your club make a \$365 gift? It's a great way to make a lifelong impact — every day.

# HOPE AND HEALTH

## PANAUTI, NEPAL

How does your club's gift help? The Kiwanis Club of Kathmandu City knows. Thanks to a grant from the Children's Fund, they're getting kids the nutrients they need. In Panauti, Nepal, club gifts have helped them ensure that all preschoolers ages 3 to 5 at the Siddhartha Vinisthali School get nutritious meals during the school year.

## AROUND THE WORLD

From our campaign to virtually eliminate iodine deficiency disorders — the leading cause of mental disabilities — to our fight against maternal and neonatal tetanus, the Kiwanis family has raised and leveraged more than \$250 million for prenatal and childhood health and nutrition since 1994.

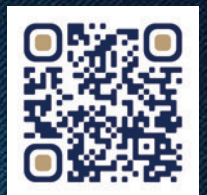
## WHY IT MATTERS

- As recently as 2019, close to 750 million (nearly 1 in 10 people in the world) were exposed to severe levels of food insecurity. Children are particularly at risk.
- Undernutrition — inadequate energy or nutrients — affects more than 150 million children worldwide.
- A lack of specific foods, such as fruits, vegetables and dairy products, is associated with lower grades among students.
- Deficits of specific nutrients, such as iodine, in students are associated with lower grades and higher rates of absenteeism, repeating a grade and inability to focus.

Without proper cognitive development as babies and toddlers, children enter school unprepared to learn. That describes 250 million children today who lack basic literacy skills.

## THE IMPACT OF \$365

A gift in that amount could feed a hungry child breakfast and lunch for three months.



# AROUND CAPITAL



## CREATING BRIGHTER FUTURES

BY JEN WOLFF, GOVERNOR-ELECT

Kiwanis was considered an impressive organization back in the 1940s. And I mention the 1940s because recently on a Zoom call, we were informed that we have the same number of members NOW as when we did in the 1940s. The only difference is that we have a lot more clubs now. The clubs are smaller, but it's still a lot of members overall.

I've been thinking about the old saying that there is strength in numbers. How do we harness the full force of our over 4,000 members? In a world where everyone is vying for the attention of potential members and service opportunities — can you imagine what it would be like if we could take the united strength of 172 Kiwanis clubs to tell the communities within the Capital District that we are here and they should join?

When you recruit individuals to join your club, are you asking them to join your 36 club members, or are you asking them to join over 4,000 of us in the Capital District? Are you asking them to join a network of 200,000 members worldwide?

It is true that we CAN be stronger than the sum of our parts. We can take our District or International numbers to get that media attention, partnerships, and service opportunities. We can harness our strength to get people to join us. It's the mission of our District leaders to make that happen so that our clubs succeed, and the planning will continue. Stay tuned!

### District Committee Opportunities for Next Year

#### Service Chairperson:

We are seeking a Kiwanian interested in assisting our clubs with their mission of service to communities in the Capital District and beyond in the 2022-23 service year! This individual would oversee the Service Committee in completing the following tasks:

- Develop a service calendar with project ideas for the year.
- Work with clubs as requested to help them complete a community assessment
- Coordinate with the regional trustees and LTGs to plan a large scale service project in each region
- Give presentations at conferences and share information through the District magazine about service initiatives and project planning techniques

#### Public Relations Committee

We are seeking Kiwanians to be part of the Public Relations Committee. If you have experience with writing press releases, marketing events, updating websites, or social media and would like to help, please reach out! If everyone does a few tasks, then A LOT can be accomplished!

### Lt. Governor-Elect Positions Available

I am working now to fill the 2022-23 Leadership Team! We currently have a few Lt. Governor-Elect positions that are vacant. If you are a Past President from divisions 5, 6, 15, 17, 18, 19, & 20, please consider this worthwhile position. You will join the rest of the team in Virginia Beach in May for our training conference.

To get started, you will need to complete the [District Pre-Election Pledge](#). If you have any questions, feel free to contact me.

### Membership & Experience Survey

The Capital District continues to seek information from our members about their professional and educational backgrounds. [Please complete the brief survey here.](#)



If you have any ideas or observations that you would like to bring to my attention, OR if you wish to serve on a District Committee next year, you can email me at [jen.wolff@capitaldistrictkiwanis.org](mailto:jen.wolff@capitaldistrictkiwanis.org)!

# Teenager of the Year Off to a Great Success!

BY JUDY PANTELIDES, DISTRICT TEENAGER OF THE YEAR CHAIRPERSON

Thanks to everyone who has gotten out the word regarding our 2021-22 Teenager of the Year Award. By the time you read this, the due date, February 1st, for the award applications will have passed but we have some news and reminders to share. The first application was received December 12th from a student who was sponsored by the Kiwanis Club of Poquoson. Great job to Pat Garvey and the Poquoson Club for their fantastic job in letting the youth of their community know of this opportunity. We have received a number of applications and are excited for February 1st to arrive when we anticipate even more responses than the 58 we received last year. We have many amazing young people across the Capital District who are providing outstanding service to their communities. A reminder that any letters of recommendation were to be imbedded in the application by students before it was completed unless the school prohibited the students having the letter. In those few cases, the letters are sent to me and I will forward them to the Lt. Governors to share with each club.

Just a reminder that lieutenant governors receive the applications by February 1st and are to give them to the clubs during February. The clubs will choose a winner and provide the name back to the lieutenant governor by March 1st. Each lieutenant governor will have their divisional committee review the club winners and select the division level winner. That name will be sent to me as the District Committee Chairperson by April 1st. Our district-wide committee will look at the division winners



and make a selection which will go to Governor Elana by May 1st. You will be asked to certify your club and division winners at each level.

Thanks to the Capital District Kiwanis Foundation for providing this financial recognition of a deserving teen each year and thanks to the clubs and lieutenant governor who work hard to support this district project to recognize our deserving youth. Please do not hesitate to contact me at [yatosp@gmail.com](mailto:yatosp@gmail.com) if you have questions.

## Achievement Update

BY PG DENNIS BAUGH, DISTRICT ACHIEVEMENT CHAIRPERSON

Recognizing an individual Kiwanian and a club for their achievements is always a great occasion. This year I will be honoring the 2020-2021 Distinguished Members, Distinguished Clubs and Distinguished Lieutenant Governors that accomplished the criteria in their respective categories at the Capital District Midyear Conference. This will be a great honor.

But I would be remiss if I didn't point out a few facts. In 2020-2021 there were approximately 140 active clubs in the Capital District. We ended the year with 3,769 members. Club presidents and secretaries were

reminded several times to submit their club and their members for recognition by the October 31, 2021 online. When the final results of nominations were received, there were a total of eight clubs submitted with only five qualifying and ONLY three members submitted. As I travelled the District last year as Governor, I know for a fact there are more than five distinguished clubs and only three distinguished members in the Capital District.

I leave you with this message – please use the available sources to recognize those that deserve recognition in 2021-2022.

## Education Update

BY KRISTA LATCHAW,

LEADERSHIP DEVELOPMENT & EDUCATION COORDINATOR

The Education team is regrouping for 2022 - 2023 Club Leadership Education. You saw that right!! We would like to offer a few strategic in-person sessions. Please look for a survey coming out shortly so we can gauge your interest and preferences.

As always, please don't hesitate to reach out to our team if you have any current or future education questions or thoughts. We are here for you. Start by emailing [KristaLatchaw@gmail.com](mailto:KristaLatchaw@gmail.com). Thanks!



# Notes from the Executive Director

BY PG JEFFREY WOLFF, EXECUTIVE DIRECTOR

**Spring in the Northern Hemisphere starts on March 20th, 2022. Springtime brings the thawing of the ground and new growth. For Kiwanis clubs, it's the season to look towards the future.**

## Planning Your Annual Meeting

If your club hasn't already identified the date for your Annual Club Meeting, now is the time to set one. This is an opportunity to "dust off" your club's mandatory and optional policies and make sure that they are consistent with the operations of the club. If they aren't, be sure to formally propose amendments to these policies. Your club board of directors can update your optional policies with a simple majority vote at any board meeting. Your mandatory club policies, however, such as how much your club charges for dues, what constitutes a member in good standing and the composition of your board of directors, require a 2/3 vote of the club members present at an announced meeting to change. A great time to propose these changes would be at the club's Annual Meeting. This special meeting is required by your bylaws to take place between January 1 and May 15 and has to be announced to the membership at least 30 days prior to taking place.

## Conducting Club Elections

The main purpose of the Annual Meeting is to conduct club elections, where your club will elect your 2022-2023 Board of Directors. At a minimum, this slate will include: a president (the current president-elect), a new president-elect, a secretary, a treasurer and at least 3 directors. Since only the offices of secretary and treasurer can be combined into the same person, there needs to be a minimum of 6 people elected, who plus the immediate past president, makes up a board of directors of at least 7 people. For larger clubs, you can elect as many directors as you want (as long as it's dictated in your mandatory policies) and the club can optionally elect one or more vice-presidents.

Your club's nominating committee should be meeting now to discuss your leadership slate for the 2022-2023 Kiwanis year and identify those individuals who will serve these positions

effective October 1, 2022. Ideally, your club directors are elected in staggered terms of 1, 2 or 3 years, so that some new people are added to the club board each year, but the whole board never turns over to new members. It's incredibly important to add new board members each year, so that the club gets fresh ideas and opinions. If the same 7-10 people stay on the board and merely change their seats, this will lead to leadership burnout which will cause stagnation in the club and ultimately lead to a loss of membership. If you look at any Kiwanis club who is struggling with membership issues, it's almost always because the same people have been leading the club for many years.

## District Candidacy and Elections

In addition to club elections, District elections also take place in the Spring. Your lieutenant governor should be planning a Divisional Council Meeting to elect two individuals to serve as 2022-2023 Lt. Governor and Lt. Governor-Elect. If you have served as a club president already, please consider stepping up to a District level position and assist other clubs with the knowledge you have amassed. That leadership is truly needed at every level of our organization. We will also be electing new regional trustees to serve on the Capital District Board at the upcoming Midyear Conference (March 4-6, 2022 at Great Wolf Lodge in Williamsburg) for the Mason-Dixon (Divisions 6, 7 & 8), Heart of Virginia (Divisions 9, 10 & 11) and West Virginia (Divisions 18, 19 & 20) regions. If you have served as a lieutenant governor already and are interested in working on the governance of the District, please consider these positions.

Lastly, any past lieutenant governor can also run for the position of 2022-2023 Governor-Elect which we will elect at our 2022 District Convention in Baltimore, MD this August. At this time, no one has stepped forward as an official candidate for this position.

If you are interested in sharing your talents and expanding your leadership experience in Kiwanis, please contact your club president for club offices and your lieutenant governor, Governor Elana Gardner or myself for more information about district offices.

# The Power of Partnership

BY DAVE ROTHBERG, SERVICE COMMITTEE CHAIRPERSON

**Kids need Kiwanis. By combining resources and people power, you find new ways of reaching them. That's why Kiwanis International seeks out partners whose missions align with ours. You get the advantages of partnership, along with the trust of the communities, children and families you serve.**

In this article, you will find a few of the **KI Service Program Partners**. Take advantage of these resources to see what fits in the community you serve and conforms with your club's mission.



1. [Boys & Girls Club of America](#) – Kiwanis Clubs can build an impactful partnership with a focus on mentoring tomorrow's leaders and providing leadership education. Invite the staff of their local chapter to a club meeting and begin building an impactful relationship.



2. [Children's Miracle Network Hospitals](#) – members of the Kiwanis family participate by conducting service projects at their local children's hospitals. Children's Miracle Network Hospitals® raises funds and awareness for 170 member hospitals that provide 32 million treatments each year to kids across the U.S. and Canada. Contact your local CMN hospital and invite a representative to a club meeting so you can share ideas and create a partnership.



3. [National League of Cities](#) – National League of Cities helps facilitate collaboration between Kiwanis clubs and NLC members to deepen local civic engagement. The National League of Cities is an organization comprised of city, town and village leaders that are focused on improving the quality of life for their current and future constituents, with over 2,400 member cities across the nation.



4. [Reading Is Fundamental](#) – A national children's literacy nonprofit organization committed to a literate America. RIF works in communities across the country to inspire a passion for reading among all children through a partnership with Kiwanis. Be a [RIF Reader](#). Be a [RIF Book Drive](#) organizer. Access [RIF Literacy Resources](#). Plan a [RIF Motivational Literacy Activity](#).



5. [SisterCities International](#) – A membership organization for individual sister cities, states and countries. Our partnership gives Kiwanians access to more than 2,300 international sister cities, member rates on events and exchange opportunities. Your club can increase local education, arts and cultural impact through a Sister City collaboration. Learn more with the [SCI Toolkit](#).



6. [Thirst Project](#) – Thirst Project educates the next generation by arming students with information about how they can be a part of social change, make a difference and encourage others to join in the effort to solve the global water crisis. Find Thirst Resources [here](#).

Partnerships enhance club service. Check out the partners who help Kiwanis clubs change children's lives. See how **partnerships make service easier**. Welcome the partnerships that align with your mission, dedicated to improving the world one child and one community at a time.

If you have questions about any of the Service Partnerships, feel free to contact me at: [madventuresinc@yahoo.com](mailto:madventuresinc@yahoo.com).



# IT TAKES A VILLAGE — OF VALUES — TO BE IN COMMUNITY!

BY PG REV. CAROLYN RICHAIR,  
HUMAN & SPIRITUAL VALUES CHAIRPERSON

**This year, Governor Elana has identified 12 human and spiritual values to help our clubs and our members join together. These values: Communion, Grace, Neighbor, Service, Fellowship, Joy, Friend, Family, Acceptance, Favor, Gentleness, and Peace are each a part of a monthly tool kit to give your club ideas!**

## The Monthly Tool Kit includes:

1. Club Icebreaker using Value of the Month
2. Choice of Quotes/Invocations to use during club events or in club media
3. Service Project Idea(s)
4. Club Speaker Ideas

I invite your club to – devote a part of each meeting or just one meeting — to the value of Fellowship, the sharing or exchanging among a company of equals or friends.

Use of the quotes/invocations to start your meeting, along with a club icebreaker to get to know your members better. If you are looking for a hands-on project, try one of the ideas. And if you need a club speaker, there are ideas for that also.

We hope your club will continue to use these resources with the value of Joy — a source or cause of delight for the work that you do as a club.

I would love to get any feedback you want to share how these ideas worked for your club. Please feel free to share feedback with me, offer suggestions or ask questions. Call me at 703-505-0265 or email [carolynsrichar@hotmail.com](mailto:carolynsrichar@hotmail.com).

## 2021-22 VALUE FOCUS

**Communion:** the sharing or exchanging of intimate thoughts and feelings, especially when the exchange is on a mental or spiritual level. *OCTOBER 2021*

**Grace:** courteous goodwill; and (verb) do honor or credit to (someone or something) by one's presence. *NOVEMBER 2021*

**Neighbor:** Good neighbors are friendly. They introduce themselves, maintain relationships, and are approachable. They also enjoy being social in their community and encourage others to do so as well. *DECEMBER 2021*

**Service:** the action of helping or doing work for someone. *JANUARY 2022*

**Fellowship:** a company of equals or friends *FEBRUARY 2022*

**Joy:** a source or cause of delight *MARCH 2022*

**Friend:** one attached to another by affection or esteem *APRIL 2022*

**Family:** a group of people united by certain convictions or a common affiliation *MAY 2022*

**Acceptance:** the act of accepting something or someone: the fact of being accepted *JUNE 2022*

**Favor:** approving consideration or attention *JULY 2022*

**Gentleness:** the quality or state of being gentle especially : mildness of manners or disposition *AUGUST 22*

**Peace:** harmony in personal relations *SEPTEMBER 2022*



## FELLOWSHIP TOOL KIT – FEBRUARY 2021

**Fellowship:** friendly association, especially with people who share one's interests.

### Club Project ideas

1. Host an Interservice Club Council Social – hold an ice cream sundae buffet for other service clubs in your community.
2. Host an indoor BBQ for your local police and fire departments.
3. Host a Valentine's Day gathering at a local nursing home or at senior/disability residence.

### Club Ice Breakers

1. What is your favorite way to meet new people/make new friends?
2. Who is your newest acquaintance that you would like to get to know better?
3. Who, from your past (alive or not), would you love to spend more time with now?

### Quotes/Invocations/Prayers

- "And as ridiculous as it may sound, sometimes all any of us needs in life is for someone to hold our hand and walk next to us." *James Frey*
- "The next best thing to being wise oneself is to live in a circle of those who are." *C.S. Lewis*
- "God of All, when we try to define you, to describe you, we learn that language is limited. But Love knows no limits. With forgiveness and courage may we seek to love one another, to treat others and ourselves with compassion and respect." *Jef Jones, Brighton Unitarian Church*
- **Jewish Prayer:**  
"May it be Your will, O Eternal One, that war and bloodshed shall vanish from the earth, and that a great and glorious peace may reign forever in the world. Let every human being realise and understand the basic truth, that we have not been created for strife and discord, or hatred and envy, but only so that we may come to know You to whom all praise is due for ever. Amen"

### Speaker Ideas

#### TED TALKS

- [Healthy Relationships](#)
- [What makes a good life?](#)
- Invite a local Sociology or Psychology college professor to share tips on creating fellowship.
- Invite a High School Guidance Counselor to talk about how friendship/fellowship is developing for teenagers within our technological age.

## JOY TOOL KIT - MARCH 2022

**Joy:** the emotion of great delight or happiness caused by something exceptionally good or satisfying; keen pleasure; elation.

### Club Project ideas

1. Make a Wish program for children, wish fulfillment for nursing home resident or at facility serving those who are isolated/underserved.
2. Sponsor a picnic/fun fair at a local Title I elementary school or Boys and Girls Club – for a class or as large a group as your club can support
3. Sponsor a social at a local subsidized senior housing facility with music/food/games

### Club Ice Breakers

1. What birthday or holiday present do you remember loving most during your childhood?
2. What is a time/event in your life during which you remember feeling great joy?
3. What was an experience when you felt a great sense of joy within a group or community?

### Quotes/Invocations/Prayers

- "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."
- *Thich Nhat Hanh*
- "I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy." *Tagore*
- "The great secret of true success, of true happiness, is this: the man or woman who asks for no return, the perfectly unselfish person, is the most successful." *Swami Vivekananda*
- **God's Garden – Islamic tradition**  
"Lord, the air smells good today, straight from the mysteries within the garden of God. The trees in their prayer, the birds in praise, the first blue violets, kneeling." *Rumi*
- **Prayer from Jewish tradition**  
"Teach me always to believe in my power to return to life, to hope, and to You, God, no matter what pains I have endured, no matter how far I have strayed from You. Give me the strength to resurrect my weary spirit. Revive me, God, so I can embrace life once more in joy, in passion, in peace. Amen." *Rabbi Naomi Levy*

### Speaker Ideas

- Creating Joy for Children – Elementary School Guidance Counselor, Child Psychologist.
- ReKindling Joy as Adults – Adult Psychologist, Adult Clown Instructor,
- TED TALK Videos about Joy

# Long Range or Strategic Planning

BY JERRY JONES, DISTRICT LONG RANGE PLANNING CHAIRPERSON

During 2020-21 year, the Capital District Long Range Planning Committee divided into four subcommittees to review the KI Strategic Plan (ie the i-Plan), especially the strategies, and then compared them to the subcommittee's priority strategies and recommended actions. Our effort was to develop guidelines for aiding clubs, divisions, and the District in deciding what to emphasize and what they can do. However, this was not meant to be a strategic plan with specific goals of number of new members, service hours, funds raised and donated (we did not have any interest in reinventing the wheel). Guidelines should be flexible and not too specific. The October Capital Kiwanian discussed #1 Membership Engagement, while #2 Meaningful Service was included in the December issue. Below are the last two priorities and hopefully there are possible actions that you and your club might be interested.

You can read the Kiwanis International Strategic Plan here:

<https://www.kiwanis.org/clubs/member-resources/strategic-plan>

## Priority #3: Image

**District Goal: To unify and promote the Kiwanis family image in the Capital District**

### Strategies

### Suggested Possible Actions

<b>Promote Kiwanis District-wide to Increase Recognition and Knowledge of Mission</b>	Establish public relations committees or efforts in most clubs
	In a virtual world, invite speakers from anywhere and on any topic. Extend meeting invitation to SLP club members.
<b>Strengthen Communications to and among Kiwanis family, Clubs and Individual Members</b>	Use a wide variety of communication tools including social media to reach the public and among clubs and members, including Facebook, Instagram, Twitter, or other social platforms which have different audiences than email.
	Send newsletters and meeting links to former members, guest speakers, community partners, etc, but only send meeting links to people you desire to attend (not on public websites)
	Follow Kiwanis International guidelines regarding branding, images, and logos.
<b>Make Public Aware of Signature Projects as well as Other Service Projects and Fundraisers</b>	Promote signature projects
	Post photos and videos on social media pages
	Strengthen strategic partnerships

## Priority #4: Investment - Financial Viability

**District Goal: To ensure financial viability and responsible stewardship**

### Strategies

### Suggested Possible Actions

<b>Kiwanis-family Budget Balancing</b>	Non-dues revenue sources from fundraisers, etc.
	Seek grants from corporate and community foundations
	Merchandizing Kiwanis branded/non-branded products
	Initial/recurring corporate sponsorships for events
	Consider alternate dues payment plans for members
	Provide seminars/educational sessions at cost
	Proceeds-sharing with other service clubs in events
<b>Maintain and Grow Investments</b>	Strategize leveraging funds with other funding sources
	Encourage endowments from members and others
	Conduct planned giving for interested individuals
	Solicit bequests as appropriate
<b>Encourage Member Philanthropy</b>	Make donations as an annual recurring event
	Encourage giving as truly supporting Kiwanis causes
	Help members realize the actual results of their support
<b>District Administrative Structure</b>	Re-examine necessity of officer expenses reimbursements
	Re-analyze efficiency of current District structure
	Consider division/regional administrative costs
	Minimize costs-per-member via successful recruitment

Members of the 2021-22 Long Range Planning Committee: Jerry Jones, Jeff Dotson, April Farmer, Eric Fithyan, Tim Gillette, Jack Hassman, Ed Lynch, John Montgomery, Ron McCallum, John Tyner II, Bill Watson, and Dave Rothberg; Ex Officio Elana Gardner, Jen Wolff, Dennis Baugh, & Jeffrey Wolff

# Membership Minute

BY PG JOHN MORRIS, CAPITAL DISTRICT MEMBERSHIP COORDINATOR

## Building Your Club's Size and Impact

**Do you want your club to grow? Of course you do. Retaining your existing members is important, but that alone will not grow the club. Your club must recruit new members to grow. Recruiting new members does not usually happen by chance. You must make it happen.**

Create a plan. Your membership chairperson must be involved in the process and hopefully lead the effort. If you do not have a membership chairperson, find someone in the club who is willing and able to lead the membership growth plan. Decide what you want to accomplish. Set a goal that is attainable and measurable. Then start working on it.

A good first step is to have what Brad Boyd, a Kiwanis International Area Manager, calls a Listening Tour. Meet with a cross section of leaders in your community: educators, governmental officials, nonprofit leaders, business leaders and civic leaders. Ask them what they believe the community needs. Ask them how best to help the children in the community. Find out how the prolonged pandemic has affected them and the community. And do not forget to let them know that adding members to your club will add more hands for service and lead to greater community impact. Then share what you learn with the members of your club. Discuss how your club might refocus your community service efforts to meet some of those pressing needs. Encourage your members to do the same with other organizations with which they have relationships.

Once you have gathered this information, use it to formulate your strategy. Develop a membership drive. Decide what you want to accomplish and what type of demographic will best work for your club. You can pick your targets by age, background, profession or any other measure that works for you and helps your club. If you want to lower the average age of your club, consider

**“Meet with a cross section of leaders in your community: educators, governmental officials, nonprofit leaders, business leaders and civic leaders. Ask them what they believe the community needs.”**

using the decade rule: reach out to people in the community who are 10 years younger than you. If your club is made up primarily of retirees, you are not likely going to be successful if you only target people in their 20s. If you want to get a better mix of people in the community, take stock of the professions and jobs of your

members and look for professions and jobs that are not represented. Kiwanis International has a list of over 100 professions that you can compare to your membership. It is called a Roster Analysis Worksheet which can be found at [Kiwanis.org](http://Kiwanis.org), clicking on Member Resources, then Membership and Education, and then “Club Strengthening”. Also at “Club Strengthening”, there are ACE tools which can help you plan the membership drive and strengthen your club, particularly “Hosting an Open House”.

This process will help you decide the best type of membership drive to have and the best way to reach or contact your prospects. If you have created a list of individual prospects, they can be contacted by phone or in person. However, an efficient method to expand your list of prospects is to use social media, particularly Facebook. Kiwanis International has experts in using social media effectively to help membership drive. They will also help you tailor your website to be more useful in attracting new members. Your membership drive can advertise both in-person and on-line gatherings.

Prior to these gatherings, you and your club members must decide



on what to tell your prospects. You should also make sure every prospect at the meeting is contacted by someone in your club. It is essential to describe your club in a way that makes it attractive to your prospects. Emphasize what you do for children and how your club makes the community better. That is what will draw most new members. They want to be a part of making their community better and helping children. It is our service to children that sets Kiwanis apart from other service organizations. Do not emphasize your fundraisers. Few people join Kiwanis to raise money. Also, do not emphasize your meetings unless you have great speakers and are talking to someone who is likely to want to learn from those speakers.

Do not stress projects that you cannot do for children during this pandemic. Focus on what you can do during the pandemic. For example, there may be school-based projects that do not involve being inside a school such as creating a school garden. Consider building and keeping stocked little free libraries in neighborhoods where children have poor access to books. Make what your club does

for the community meaningful. That will attract others to become part of what you do.

Talk to each of your prospects during and/or after the gathering. Ask them the same type of questions you asked in the Listening Tour. Their answers may give you the opportunity to talk about your club's projects that address those needs and concerns. It may also spark new projects that expand your club's outreach and impact.

**“It is essential to describe your club in a way that makes it attractive to your prospects. Emphasize what you do for children and how your club makes the community better.”**

If you have a satellite committee, include a discussion of their projects and how they meet when talking with the prospects. If you do not have a one, consider starting one to address concerns your prospects have about being able to attend your meetings or to participate in your current projects.

Finally, if you need extra resources to make your membership drive successful, consider partnering with another club in your area and requesting Kiwanis International to give you a BOOST.

If your club members are committed to being involved in the drive, the BOOST program will provide you and another club with help to run your drive. Contact your lieutenant governor or Divisional Membership Coordinator if you are interested in qualifying for a BOOST.

To learn more about how to effectively convince prospects to join your club, come to the 2022 Capital District Midyear Conference next month at Great Wolf Lodge. We will be holding a two-hour workshop on Saturday, March 5 called Recruiting Bootcamp. Attendees will be given actual experience in meeting with non-Kiwanian prospects to encourage them to join Kiwanis. Attendees will receive training on how to interview prospects effectively as well as feedback on their interviews with prospects.

# Communicating Effectively with Social Media

BY ERIC LAMB, DISTRICT PUBLIC RELATIONS CHAIRPERSON

Communication is key to making any club a success and communication can take many forms. Let's explore just a few ways to communicate so that we can be an amazing force in our communities.

Social media can be one of the best ways to communicate to your club members. Having two or three dedicated folks who can post during meetings and special events is important, as no one person can do it all. Facebook, Instagram as well as other platforms allow us to share information quickly and efficiently. Our posts must be SHORT and to the point. Do not write long lengthy posts, if you have more to say, include a link to a larger article that can be read at a later time. Social media is for small bursts of energy that will lead to wanting to know more.

Here is an example of a post:



*The Annual K.I.D.5K is being held on July 4th at Sutherland Middle School, register today!*

What is good about this post? The clean graphic is nice and the message is short

What could be better? There is a reference is K.I.D.5K (do folks know what this is?) and if we want to register, how do we do it?

The amended text could be like this:

*The Annual Kiwanis Independence Day 5K (KID5K) is being held at Sutherland Middle School. Follow this link to register today: [www.KiwanisCville.org/KID5k](http://www.KiwanisCville.org/KID5k)*

It was not necessary to put the date in the wording as the date is already on the graphic. The revised wording gave more information without being too wordy and included a link so that folks can register for the event. More information can be placed on the actual webpage that will answer many of the questions folks have.

It is important to remember that in today's world people are often over communicated to. Peoples' minds are full of so much information from watching TV, listening to the radio, being online, we must make our content stand out with short effective bursts.

Let's talk about the graphic that was used in the post. It is clean, informative and can be used from year to year.

- **A clean graphic?** A clean graphic often has few lines, minimal color combinations, grabs the eye and makes you want to know more. Our minds will see this as being different because we are so use to seeing full color images everywhere.
- **An informative graphic?** This graphic gives us a lot of the information we need to know. The date, what is happening, who is sponsoring it and the color scheme tells us the 5K is a patriotic

tribute. However, information is lacking, Where, When, etc. that is what the included link is for, to answer all those questions.

- **Can it be used from year to year?** Branding is important! The simplicity of the graphic allows for continual use as there is no year listed. Leading public relation firms tell us that using one image that can be used over and over leads to people getting use to and understanding what the brand is all about.

Remember just a couple years ago when the "Kiwanis Birdcage" was retired and we were all asked to not manipulate our club logos anymore? This was for branding purposes. Kiwanis is ONE organization with many chapters, but ONE organization. With so many different versions of the Kiwanis logo out there, it was hard to understand that we were just ONE group. Now that branding policy has been put in place and one main logo is being used, it is easier to understand that Kiwanis is ONE organization, not many separate ones.

I hope this brief introduction to social media posts was helpful and I look forward to sharing more with you on public relations and communication in the future.

May your social media posts be short, informative and clear!

# Background Checks for Kiwanis Advisors

BY JOSH HISCOCK, DISTRICT YOUTH PROTECTION MANAGER

**Now that many of our service leadership programs clubs (SLPs) are back to in-person learning at their schools, we are seeing a renewed energy and a recommitment to service from our K-Kids, Builder's Club, Key Club, and CKI students. Our Aktion Club counterparts continue to serve their communities with passion and excitement.**

Does your Kiwanis club sponsor one of these clubs? If so, now is the time to take advantage of planning joint service projects and finding new and innovative ways to collaborate with your youth counterparts during this second half of their academic year. The best way to ensure that this happens is to communicate regularly and to spend time building a relationship with the faculty advisor and club officers.

## **Does your club have a Kiwanis Advisor appointed to work with each club?**

Kiwanis clubs are required to designate a member to serve as an official advisor to each sponsored SLP club. This decision is made by your club's board of directors and the assignment is recorded officially by your club secretary in the Kiwanis Connect reporting system. [The Kiwanis Youth Protection Policies](#) call for each Kiwanis advisor to an SLP club to have a criminal background check administered through Kiwanis International and its approved vendor, Safe Hiring Solutions, every two years. The cost of this background check is \$25. While some clubs may ask individual members to pay this expense on their own, clubs are allowed to budget for it from either the administrative or service account. When a member is added as a Kiwanis advisor for the first time, he or she will receive an e-mail prompting the start of the background check process. Kiwanians already serving

as Kiwanis advisors will receive an e-mail prompt approximately one month prior to when their biennial background check is set to expire.

Kiwanis International has a [helpful infographic](#) to provide more detail on the background check process. We want to avoid any of our Capital District Kiwanis Advisors from having an expired background check. Not addressing this task when it comes due can lead to Kiwanis International removing advisors from their roles. Clubs not in compliance with the Kiwanis Youth Protection Policies do not qualify for Distinguished Club status, could face unnecessary liability, and may encounter other challenges. For more information or to ask a question, please contact the District Youth Protection Manager Josh Hiscock at [hiscockj@gmail.com](mailto:hiscockj@gmail.com).





## Past Club President Receives Citizen of the Year Award

This past December, Kiwanis Club of Roanoke Past President Dr. Cheri Hartman was awarded the prestigious Roanoke City Citizen of the Year citation in recognition of outstanding service to the City. The event took place at a city council meeting where Cheri thought she was to present the next Kiwanis signature project in



partnership with the city, a Kiwanis Nature Park to be located next to Kiwanis Centennial Playground. The ploy was to get her to the meeting along with many supporting Kiwanians. Her script, ready to go, was never presented and she was taken completely by surprise. The council recognized a long list of her achievements including co-chairperson of the Kiwanis Centennial Playground whereby she was instrumental in raising over \$425,000, leading Kiwanis "Readers Today, Leaders Tomorrow" program for young students, and co-chair of Roanoke Kiwanis's next signature project, a Kiwanis Nature Park located in an underserved neighborhood in the city. Cheri has been a strong advocate for the welfare and education of the city's children. In the playground project, she made sure the children provided input for what they wanted to see in the playground. As the nature park has developed, youth have been asked to lay out plastic to kill the grass. She also solicited input from the children to identify wildflowers and other elements of the nature park. Her modus operandi is to engage the local community in determining whatever Kiwanis does and that makes for successful projects.

## In Memoriam

- Bertram Donald Aaron, Williamsburg
- PG Robert Cressy, Bethesda
- Paul Mehler, Mt. Vernon
- PG Edward A. Novak, Jr., Arlington

## Welcome to Kiwanis

- Rudy Arca, Next Generation eClub
- Sean Rouffa, Next Generation eClub

## Happy Anniversary

### February

- Petersburg, VA.....1922
- Fredericksburg, VA .....1923
- Ashland, VA .....1923
- Grundy, VA .....1947
- Haysi, VA .....1949
- Wheaton-Silver Spring, MD.....1951
- Greater Ocean Pines-Ocean City, MD.1980
- Virginia Beach-Combers, VA .....1980
- McClure River, VA.....1981
- Council, VA.....2006

### March

- Richmond, VA.....1919
- Hagerstown, MD .....1921
- Martinsville, VA.....1921
- Salem, VA .....1921
- Coeburn, VA.....1923
- Prince Georges County, MD.....1934
- Ellicott City, MD.....1940
- Woodbridge, VA.....1947
- Delbarton, WV .....1948
- Fairfax, VA .....1956
- Leesburg, VA .....1957
- Leisure World, Silver Spring, MD.....1967
- Chester, VA .....1972
- Tappahannock, VA.....1975
- Botetourt County, Troutville, VA.....1976
- Keyser-Breakfast, WV.....1989
- Bel Air, MD .....2007
- Hurley, VA .....2016
- State Line, Maryland, MD.....2018
- Jackson River Area, VA.....2021
- New Kent, VA .....2019



## Kiwanis Celebrated at Holiday Party

It doesn't matter where or how to celebrate the holiday season, so the Kiwanis Club of Greater Ocean Pines - Ocean City did it at their weekly 8 AM meeting on Wednesday December 15th, 2021. Nothing fancy during COVID -- bagel sandwiches, beverages and doughnuts were enjoyed by all. Club President Tim Lund lead members in sharing great memories of their club experiences. A simple fun-filled celebration.



## Club Holds Charter Celebration

The Kiwanis Club of Wheaton/Silver Spring enjoyed celebrating it's 70th Charter Year with a Holiday Party. Guests in attendance included Governor Elana Gardner, Lt. Governor Marie Bowe-Quick, Past Governor John Tyner, and Past Governor Bob Cressy and wife Nancy Cressy.



## Kiwanis Club Supports American Cancer Society

Kiwanis Club of Greater Millsboro President-Elect, Dr. Kristen Vincent-Subach, and Club Secretary Scott Phillips, received for their outstanding contributions to the American Cancer Society's 2021 Relay for Life fundraiser in Sussex County, Delaware. The Millsboro club raised more than \$5,580 to help fund research to find a cure for cancer and to provide resources to those battling the disease. Dr. Vincent served as team captain in the club's effort and is

shown with her award for "Most Creative Fundraiser" in its use of memorial tributes to collect donations. Mr. Phillips, who raised over \$2,000 as a cancer survivor himself, is shown with his "Grand Club" award in recognition of the amount collected. Both Kristen and Scott wish to deeply thank all the team participants and generous donors who made this our most successful Relay for Life fundraiser.

# Service Showcase

## Division 2

The **Kiwanis Club of Fairfax** joined with many others to place wreaths at Arlington National Cemetery on Dec 18. Members Joe Ahr, Tony Tummarello and daughter Anna, and Bob Thompson helped this project again in 2021.

## Division 5

Every Wednesday in December from 9:30 until Noon, the **Kiwanis Club of Greater Ocean City - Ocean Pines** collected food in the Ocean Pines Community Center parking lot. Kiwanians Carolyn Dryzga, Food Drive Chairperson Candy Foreman and Kitty Wrench sorted non-perishable goods to be taken to Diakonia for their pantry. Both Kiwanis members and the public made the donations. Thank you to all for making a Happier Holiday Season.

## Division 9



"Think Globally, Act Locally" is a motto that the Kiwanis Aktion Club members at **Innisfree Village** takes literally. Having gotten word of the dynamic collaboration that is developing between **Kiwanis Club of Charlottesville** and the Blue Ridge Mountains Rotary Club to help welcome the more than three hundred Afghan refugees who are being settled in Charlottesville by the International Rescue Committee (IRC), Aktion Club leaders sprung into, well, action. They designed and created hand-made signs to post throughout the Village and utilized the occasion of the village's annual holiday party to publicize the cause

and solicit gift-cards that IRC will hand directly to the families being settled in our community so they can meet their needs. When all was said and done, \$500 worth of generic Mastercard and Visa gift cards were collected and sent to IRC headquarters in Charlottesville. The Aktion Club gesture will likely be accepted as a challenge when the Kiwanis/Rotary Joint Fundraiser gets organized shortly after the new year, all for the benefit of our new neighbors setting down new roots in our community.

## Division 14



The **Kiwanis Club of Lynnhaven-VA Beach** has provided the holiday party at Samaritan House for 20 years. This year's event was held on Thursday, Dec. 16 at the Samaritan House facility. The club hosts the holiday party by providing refreshments, entertainment and gifts for every child. All members get involved by purchasing and wrapping each gift. This year, the event was attended by 24 children aged 3 months to 12 years old. Even in 2020 during COVID, the club provided gifts for the children. Samaritan House operates its programs and services in Hampton Roads and endeavors to be Virginia's trusted resource for people experiencing domestic violence, sexual assault, human trafficking, and homelessness.

# Family Ties

## Capital Key Club MACY LINDBLOM, GOVERNOR

Greetings Capital District Kiwanians,

Wow - it's hard to believe that this will be my last time writing a magazine article. It's bittersweet to say the least, but I am so proud of everything our District has accomplished thus far. While the 2021-2022 Key Club year is quickly approaching its end, we still have so many exciting developments that will keep us busy in the remaining months.



From February 5th-6th, we will hold our final hybrid Board Meeting of the year! The meeting will be action-packed with Key Club tasks (grading district awards, preparing for DCON, hearing from K-family counterparts), however, it will be even more fun. From ice skating to late night board games, our district board has only continued to grow closer through in-person experiences. Aside from the Board Meeting, the executives held a series of "Running for Higher Office" webinars in December and January. Through this opportunity, club members and officers were able to join us to learn about the expectations of lieutenant governor and gain personal insights from current board members. This event will serve as a nice transition to divisional elections, which will be happening through the end of February!

Moving into the next few months, we will be concentrating most of our efforts on District Convention. With the never seen before fairy tale theme, attendees will learn that "Service is Magical" through a variety of interactive workshops, a presentation from our keynote speaker, the

service fair, contests, award ceremonies, and the installation of the 2022-2023 district board. While the weekend will place an emphasis on in-person celebrations, there will also be a virtual component offered to ensure maximum participation and safety.

Overall, we are extremely proud of the district's accomplishments this year. Although we have without a doubt encountered challenges while navigating out of the pandemic, we have helped many clubs to rebound stronger than ever. Through district events such as the Summer Shebang, Fall Rally, Officer Training Conference, Social Media Webinar, Higher Office Webinar, and DCON, to resources such as a standardized officer training guide, to recognition programs such as club and lieutenant governor spotlights, we have achieved a lot, but more importantly have brought the meaning of service back into Key Club.

We are not done yet. The rebuilding process is a marathon not a sprint, however, by laying the foundation for sustained growth in future years, we know that Capital District Key Club will only continue to become a more powerful force in our community.

Yours in Service,

*Macy Lindblom*



## WV Key Club ANNA WALTER, GOVERNOR

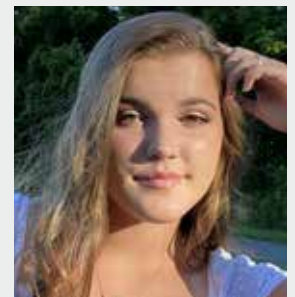
Hello Capital District Kiwanians,

Macy and I have been working on merging and have come up with a potential fun Instagram challenge to promote DCON and increase membership. As for West Virginia, we have had our board meeting make up where we discussed merging and strategizing for finishing the year out strong.

Project Essential has been going well and we are moving into our final months of the project. As the year is coming to an end, I have been working on finishing out strong and really pushing DCON.

Yours in friendship and service,

*Anna Walter*





## K-Kids CLAUDIA ANDERSON, ADMINISTRATOR

Hello Kiwanis-Family,

I wanted to take a minute to talk to you about self awareness and self care.

In these current times, we as adults feel the stress of work, finances, virtual learning, health, and personal life events. This prolonged mental stress can actually turn into physical manifestations that require physician intervention. Now imagine, you are in elementary school, you have three hard tests this week and you haven't quite grasped all the concepts. Then arriving to school for your 8 am math class and you have a quiz. Your immediate thought is failure, I should have studied" you exclaim to your self.

Down the rabbit hole of self-doubt, negative thoughts, and negative self-talk. What happens? You may not get the result you hoped for. Not because you didn't know any of the answers, but because sometimes we cloud our mind with so many negative thoughts, we can't think clearly to locate it. I know this has happened to me before, but I hope we can work to reduce this subconscious negative self-talk for the kids of our future.

Luckily, the K- Kids website has resources to assist club members with building their emotional intelligence. Teaching them self-awareness, for example; how to understand what the member is feeling at a particular moment and how to deal with that emotion.

The resource can help advisors lead club members in deep breathing exercises, and wind downs to assist in bringing them to the here and now and subsequently produce a positive thought to help combat any negatives.

Eventually the members EQ will be high enough to perform these exercises on their own. If you are interested in bringing mindfulness exercises to your K-Kids club members, please see the website listed a full resource packet:

<https://www.kiwaniskids.org/news/help-k-kids-members-with-self-care/>

### K-Kids Week

I want to get everyone in the spirit because, February 21- 25th is K-Kids Week. I would like the Kiwanis family to support K-Kids clubs and their service to the community, leadership, and educational accomplishments by asking your SLP clubs what you can do to assist them in having a successful week?

Please try to engage as many Kiwanis family members on Friday, February 25. We will be celebrating and supporting the largest elementary school service organization in the world as one Kiwanis family. To make this fun, please submit a photo to me connecting the Kiwanis family through service. I will in turn support your first four K-Kids clubs, two large (>20 members) and two smaller with something from the Kiwanis Store or B.U.G and Terrific Kids shop. I will announce K-Kids club winners in the next news letter. See you at Midyear.

**Kiwanis**  
**K-Kids**  
Young Leaders Helping Others

# TAKING CARE OF YOU

To do a good job helping others, you need to take care of yourself. Learning positive self-talk and how to be caring and kind to yourself helps you feel good.

Anger, sadness and fear can make us feel anxious when we think about the future. We can also make ourselves feel bad when we allow our inner voice to tell us mean, untrue things. (Example: I can't do this, I'll never be good enough, no one cares.)

Being aware of where you are and what you are feeling right now is a good way to avoid getting lost in negative feelings. Try using these Mindful Awareness exercises to tune in to the present moment through sight, sound, touch, smell and taste.

## Squeeze and release

This exercise is a great way to slow yourself down so you can relax and think clearly. Some people even like to do this exercise before they go to sleep at night.

1. Think of your feet and squeeze the muscles in them. Hold the squeeze for a few seconds.
2. Stop squeezing those muscles and let them relax.
3. Move up from your feet to your shin muscles. Tighten, then relax them.
4. Move up to your thigh muscles. Tighten, then relax them.
5. Continue squeezing and releasing your muscles all the way to the top of your head.

## Deep breathing

Deep breathing is a great way to get your mind and body to relax.

1. Breathe in through your nose while counting to three in your head.
2. Hold your breath for a second or two.
3. Breathe out through your mouth to the to the count of three.
4. Repeat this three times.

As you inhale through your nose, pretend that you are breathing in positive energy and emotions. As you exhale through your mouth, imagine you are breathing out anything negative. Picture those bad feelings leaving your body.

## Think happy thoughts

Your brain can be trained to feel good. Just think about places, people and memories that make you feel safe and happy. When you need a boost, close your eyes and picture your "happy place." Write down a place, person and event that makes you feel happy.

Place: \_\_\_\_\_

Person: \_\_\_\_\_

Event: \_\_\_\_\_

**LEARN MORE ABOUT  
MINDFUL LEADERSHIP**

[kkids.org/MindfulLeader](http://kkids.org/MindfulLeader)



# Builders Club

JAMIE MOORE, ADMINISTRATOR

The Capital District currently has 51 Builders clubs with 10 inactive clubs. On a positive note, any club that wants to reactivate can do so right now without paying the reactivation fee for the remainder of the year. Many clubs have not been able to meet because of COVID, but our kids can still be active even without the schools letting them meet. Please use our website, <https://www.buildersclub.org> for all the tools and resources you might need for your Builders Club, including virtual meetings or Zoom help. Our website has so many amazing tools that can help with all the Kiwanis family. And please don't forget about the Builders Club kits!



The biggest news for Builders Club is the Homecoming theme and Builders Club week of March 21-25, 2022. I will start with Builders Club week with an example taken from the website for each day with possible ideas.

**Monday, March 16:** Show your Builders Club pride. Tell everyone you know about Builders Club by spreading the word about it. It's easy! Wear your official member pin, host a party with free food for other students to come and learn more about your club, or print and pass out Builders Club stickers! You can even make a video, song, or posters about Builders Club beforehand to share on this day!

**Tuesday, March 17:** Kudos to the helpers. Personally thank all the Builders Club supporters you know — teachers, principals, advisors, community leaders, Kiwanians, parents, and others. Make thank-you cards or crafts, write thank-you notes, host an appreciation party, deliver a special song or performance, or do something uniquely your own style to recognize people's contributions.

**Wednesday, March 18:** Share with parents and families. Share Builders Club and your passion for serving

others with your biggest cheerleaders — your parents! Host a show-and-tell party to show off the club's work, make a special presentation or invite local organizations your club has helped to speak on your club's impact. Another option: invite the sponsoring Kiwanis club to share the mission of Kiwanis and your club's impact.

**Thursday, March 19:** Random acts of kindness. A smile goes a long way. Spread happiness throughout your school with random acts of kindness — such as holding the door open for someone, putting change in a vending machine, doing a chore around the house, or leaving a nice note in a library book. Challenge every member to complete at least one random act of kindness.

**Friday, March 23:** Connect the Kiwanis family. Builders Club is the largest middle school service organization in the world, and it's the newest program in the Kiwanis family. Celebrate the entire Kiwanis family by engaging with all local Kiwanis family clubs: K-Kids, Key Club, CKI, Aktion Club and Kiwanis. Ask your sponsoring Kiwanis club to make a presentation about the Kiwanis family,

host a service project and invite other Kiwanis family clubs to participate. Or ask to make a presentation about your Builders Club's work at a Kiwanis family club's upcoming meeting

And homecoming theme is for the whole school year, but it is important to welcome back everyone back and celebrate throughout the whole school year being back. These last few years have been hard on everyone. And our children do want to serve and be part of their community as we all do. So, if you have a club that needs help restarting or one that is active and looking for more ideas. Please use the tools at our website, <https://www.buildersclub.org/homecoming/>. And remember the work you put in now will help build leaders for tomorrow.



Each year, Aktion Clubs will have a chance to participate in a week designated to shine a light on the Aktion Club program, as well as the impact clubs are making in their communities. Every day has a special theme for clubs to follow to build awareness, recruit new members and celebrate our Aktion Clubs. This year, the Capital District will be kicking off Aktion Club week with a celebratory speaker on Sunday, March 6th at the breakfast session of our Midyear Conference!



## Monday, March 7: Show your K in Every way

On this day, we encourage you to tell everyone you know about Aktion Club by spreading the word. Suggested activities are:

- Wear your official member pin and talk about your club to anyone you see that day.
- Wear your Aktion Club gear, such as t-shirts, hats, or sweatshirts.
- Place posters around the community advertising Aktion Club and Aktion Club Week.
- Get your local media involved! Schedule an interview with your local radio or television station talking about the service that Aktion Club does. Write an article and publish it in your local newspaper.

## Tuesday, March 8: Kudos to Aktion

This is a day to recognize our members of Aktion Club for all the work they do. Advisors can show appreciation to members in a variety of ways, such as the suggested activities below.

- Host an appreciation party! Have their favorite foods, music, and games at the party. Don't forget the pizza!
- Honor significant members of your club who always go the extra mile club members with certificates of appreciation or awards, such as trophies.
- Give thank you notes to your club advisors, Kiwanians and members.
- Use social media. Give a shout-out to Aktion Club members who go above and beyond. Create an album on Facebook, highlighting members with pictures and a synopsis of their hard work.

## Wednesday, March 9: Dare to Care

Share Aktion Club and your passion for serving others with your favorite local charities! Host a service project or fundraiser on this day. Consider some of the following ideas below:

- Make support cards for premature babies who are in the neonatal intensive care unit of your local hospital.
- Make non-slip socks or capes for your local hospital.
- Make a presentation to your sponsoring Kiwanis club on your local service projects to show off the club's work.
- Invite local organizations to speak on your club's impact to the sponsoring Kiwanis club and other leaders.

## Thursday, March 10: Aktions of Kindness

A smile goes a long way. Spread happiness throughout your community by doing little random acts of kindness. Challenge every member to complete one act of kindness on this day, such as:

- Hold the door open for someone.
- Leave your change in a vending machine.
- Smile at everyone you see today.
- Leave sticky notes with compliments to those you know.
- Write a thank-you note to someone who has made a positive impact on you.
- Start a conversation with someone who is standing alone.

## Friday, March 11: Connect the K's

Aktion Club is the only service organization for adults with disabilities in the world and just one part of the Kiwanis family. Celebrate the entire family of Kiwanis by engaging with all local Kiwanis family clubs—Builders Club, Key Club, Circle K, K-Kids and Kiwanis. Some possible mixer ideas are below:

- Host a "social" with your sponsoring Kiwanis Club and their other SLP branches. Have games, activities, music and food.
- Ask to present about your Aktion Club's work at a Kiwanis family club's upcoming meeting.
- Conduct a joint service project with other Kiwanis-family members, such as renovating a children's home to simply cleaning up a park.

We look forward to seeing all of our Aktion Clubs celebrate during this week and we also wish to promote your hard work! As you make plans and execute any of the above ideas for Aktion Club Week, please send pictures and/or articles to Capital District Aktion Club Chairperson, Jennifer Hiscock at [hiscockjenn@gmail.com](mailto:hiscockjenn@gmail.com). Provided material will be placed on the Capital District Aktion Club Facebook page, as well as be included in future editions of The Capital Kiwanian!

## GET ON BOARD FOR KEY LEADER!

BY MISSY ZIMMERMAN,  
DISTRICT ADMINISTRATOR, KEY LEADER

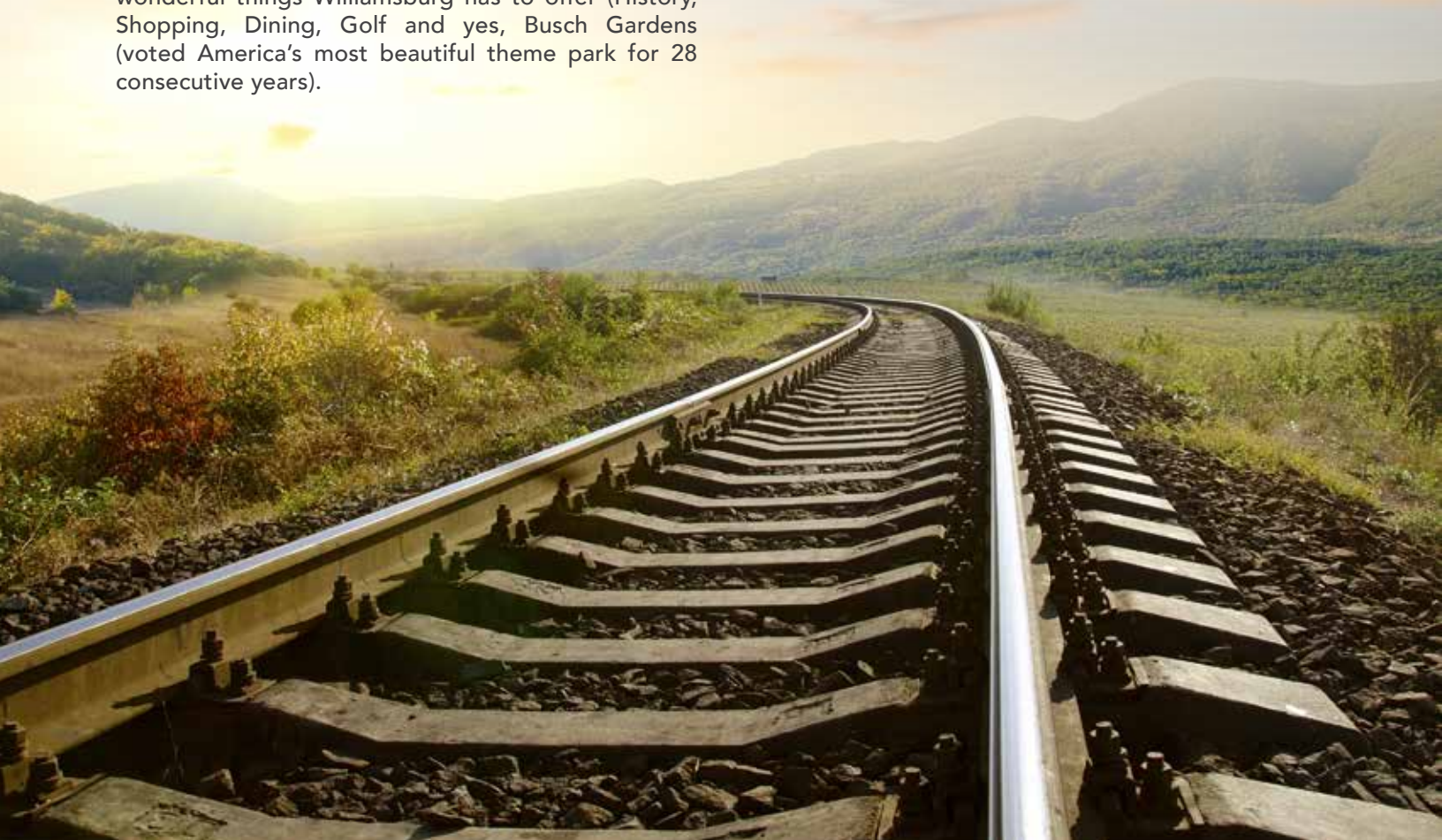
### Registration is open for the April 22-24, 2022 Key Leader event! Here's what you can do:

- Let your club, schools and churches know what a wonderful program this is for our students 13-19 years of age.
- Sponsor a Key Clubber at \$200 or a non-Key Clubber at \$220. This includes registration fees, meals, housing and materials, as well as the services of a professionally-trained Lead Facilitator.
- Volunteer as an Adult Chaperone. The district will pay for those on the official Adult Committee. Additional Chaperones are \$115. This entails participating for the whole weekend.
- Drive a carload of students to the Williamsburg, Virginia area and spend your time enjoying all the wonderful things Williamsburg has to offer (History, Shopping, Dining, Golf and yes, Busch Gardens (voted America's most beautiful theme park for 28 consecutive years).

The registration link is <https://k03.site.kiwanis.org/key-leader/>. There is a lot of information there about the event, including a list of what a student will need handy when registering. You can also contact Missy Zimmerman at [keyleader@capitaldistrictkiwanis.org](mailto:keyleader@capitaldistrictkiwanis.org) or Karen Roberts at [karen.roberts@pps.k12.va.us](mailto:karen.roberts@pps.k12.va.us) with your questions.

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*A note about COVID-19: The 4-H Education Center in Jamestown, Virginia is a state-wide program administered by Virginia Tech University. The camp is subject to both Federal and Commonwealth requirements for health and public safety. To their credit, this facility hosted a full schedule of camping this past summer, both residential and day campers, without a single COVID related incident for campers or staff. And, as always, your District Key Leader staff puts the safety and welfare of our students first.*





# Eye on KI

News from Kiwanis International

## WHEN SIMPLICITY BECOMES A BURDEN

BY STAN SODERSTROM

We took a survey of Kiwanis leaders to get some insights into how they do what they do. The participants were club leaders, district leaders and others.

One question we asked: How many Kiwanis positions do you hold? The idea was to get a sense of these members' everyday workload.

The answers said a lot about their dedication, which was no surprise. But there were also some less-than-positive insights into our expectations for leaders — and how we define effective leadership.

For example, more than 30% of respondents said they hold more than three positions. About 20% said they hold down four or more.

Those were shocking numbers. In fact, you may be asking the question that immediately sprang to my mind: How can someone fulfill any particular responsibility if you're trying to fulfill several at once?

Of course, leadership will always require some juggling. Circumstances change. Unexpected incidents pop up in the middle of the regular routine. Things happen. But leadership also requires focus. When the very structure of an organization has you doing three or four jobs at the same time, you don't have a "role" but a set of tasks and responsibilities to keep up like spinning plates in a sideshow.



But let's pause and step back for a moment — because you also have some opportunities. Take some time to ask questions about all those roles and how you define who should fill them.

First, is a particular job or responsibility even necessary? Of course, the answer may be "yes," but you can't know until people can stop to think a little.

If a job or role is necessary, can it be fulfilled in a different way? Is it being done because nobody else wants it — or because the person doing it doesn't trust fellow members or colleagues to do it right? Or simply because the whole situation has drifted to this state?

Step back and see it whole. You may have an opportunity to match a role to an underutilized member. Or maybe you have another reason to recruit

and grow — to look for people from outside your club or organization. It's also possible that at least one position needs to be split in two (or more).

Whatever the case, it can be easy to let multiple responsibilities accumulate with an individual — whether it's you or someone else — because it seems simpler to put them all in one spot. But "simple" isn't always, well, simple. In fact, it can be a recipe for burnout and discontent, which in turn causes the kind of grumbling that leads to a quiet, general fall of morale.

And that's a possibility that calls for active leadership. Talk to people. Ask questions. Reward good work. Most of all, boost engagement among a larger cross-section of people. Don't be a leader who gathers responsibilities to yourself — or pushes them to one or two select people.

Be a leader who creates leaders.

## REGISTER FOR KIWANIS AMPLIFY

You're a leader in your community just by being part of your Kiwanis club. Make the most of that status and position by enhancing and refining your leadership skills. Enroll in [Kiwanis Amplify](#) and become the kind of leader people want to follow.

Kiwanis Amplify is a 10-week online course. You complete the leadership development assignments on your schedule at your convenience. It concludes with an in-person event at the 2022 Kiwanis International Convention in Indianapolis, Indiana, USA. (Those who don't attend the convention will be able to attend an online capstone event.)

Participants learn how to improve more than their Kiwanis club. They'll gain skills to improve careers, communities, schools and the lives of adults and children everywhere. In Kiwanis Amplify, you'll:

- Explore the value of servant leadership.
- Discover personal strengths in order to lead confidently and successfully.
- Strengthen the ability to lead in a strategic manner.
- Build and manage a successful strategic plan.
- Learn from experts and peers from across the globe.
- Earn a certification of completion.

The participation fee to enroll in Kiwanis Amplify is US\$200 for members of Kiwanis International. The fee is \$600 for non-members. Enrollment is open now until February 25, 2022.

Last year, more than 700 Kiwanians from 41 districts on five continents participated in the first class of Kiwanis Amplify. Live your leadership out loud and be the kind of leader people want to follow.



## ADD SOME H2O TO YOUR PLAYGROUND

In February, Kiwanis International and partner Landscape Structures will launch a contest in which Kiwanis clubs can enter for a chance to win an Aquatix® AquaSmart™ Package splash pad, valued at up to US\$50,000.

## MINUTES OF KIWANIS CHILDREN'S FUND BOARD MEETING PUBLISHED

The minutes of the November 13, 2021, Kiwanis Children's Fund Board meeting are finalized. [They can be found here](#) and will be approved at the February 2022, Kiwanis Children's Fund Board meeting. If you need further information regarding committee reports and tabs, [contact Denise Parker](#).

## MINUTES OF KIWANIS YOUTH PROGRAMS BOARD MEETING AVAILABLE

The minutes of the November 18, 2021, Kiwanis Youth Programs Board meeting are finalized. [They can be downloaded here](#). The minutes will be approved at the next board meeting. For questions, please [contact Denise Parker](#).

## LIST OF CANDIDATES FOR KIWANIS INTERNATIONAL BOARD ELECTION UPDATED

A revised list of announced candidates for election to the Kiwanis International Board at the 2022 Kiwanis International Convention in Indianapolis, Indiana, USA, is now available. This list is based upon information received from the candidates and their districts. Please inform Denise Parker immediately if your district has a candidate not yet included on this listing. If candidates declare (or remove) themselves, a new listing will be issued.

[Click here to download the list.](#)



## PR TIPS AND TOOLS BOOKLET

From messaging, social media and staging events, get your club noticed!

[Download the Kiwanis International Tips and Tools Booklet](#) today!



Registration open  
from December 1-  
February 25.

# BUILD YOUR LEADERSHIP SKILLS

Improve your career, your community and your Kiwanis club.

Become the leader your workplace, community and club need. Dive into eight leadership topics with experts in the field. Explore the interactive online modules at your own pace. Then interact with other participants to turn lessons into reality. Become the kind of leader people want to follow.

## Participants will:

- Explore the value of servant leadership.
- Discover their personal strengths so they can lead confidently and successfully.
- Strengthen the ability to lead others in a strategic manner.
- Build and manage a strategic plan that works.
- Learn from experts as well as from peers from across the globe.
- Earn a certification of completion.

## Participants will take a deep dive into eight leadership topics:

1. The qualities of a good leader.
2. Methods of communication.
3. Planning engaging events.
4. Promoting diversity, equality and inclusion throughout a team.
5. Working with others.
6. Sharing a message.
7. Planning for the future.
8. Staying focused.

The participation fee is US\$200. Individuals may enroll themselves for Kiwanis Amplify — or a club, division or district may sponsor participants. The participation fee is considered an educational expense, so clubs have the option of paying it from their service accounts.

To learn more or register, visit [kiwanis.org/amplify](https://kiwanis.org/amplify).

**Kiwanis® Amplify**

# READY TO LEARN. READY TO LEAD.

JUNE 8-11  
2022

**Kiwanis**<sup>®</sup>  
CONVENTION 2022  
INDIANAPOLIS

REGISTER MARCH 15-MAY 1  
at [kiwanis.org/convention](https://kiwanis.org/convention)