

# Kiwanian

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

**Does your club "Meetup"?**

*Page 16*

**THE**     
**FORMULA**  
**LOVE IT. SHARE IT. LIVE IT.**



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*Learn about Kiwanis' new membership initiative!*



August 22-24, 2014 | Reston, VA

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Reston, Virginia*

Rev-up your engines and get ready for a fast-paced fun and educational three days with your fellow Kiwanians! High energy sessions will help you grow as a Kiwanian, and personally, too! A Monte Carlo Casino Night and dancing will jump start the event. On Sunday, you'll ease into Victory Lane and go home a winner!

[www.KiwanisFormulaONE.com](http://www.KiwanisFormulaONE.com)



# Kiwaniis

The Capital Kiwanian

The Official Publication of Capital District Kiwanis

Volume 3, Number 5

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## 2013-14 Leadership Information

GOVERNOR  
P. Scott Zimmerman  
Williamsburg, VA

GOVERNOR-ELECT  
R. Brian Bell  
Woodbridge, VA

SECRETARY-TREASURER  
Tom Varner  
Ashland, VA

IMMEDIATE PAST GOVERNOR  
Carolyn Richar  
Fairfax, VA

TRUSTEE-CHESAPEAKE BAY  
Rose Poole  
Seaford, DE

TRUSTEE-HEART OF VIRGINIA  
John Morris  
Richmond, VA

TRUSTEE-MASON DIXON  
Ted Zapalowicz  
Baltimore, MD

TRUSTEE-NATIONAL CAPITAL  
John Tynner II  
Rockville, MD

TRUSTEE-SOUTHEAST VIRGINIA  
Carla Morin-Diehl  
Toano, VA

TRUSTEE-SOUTHWEST VIRGINIA  
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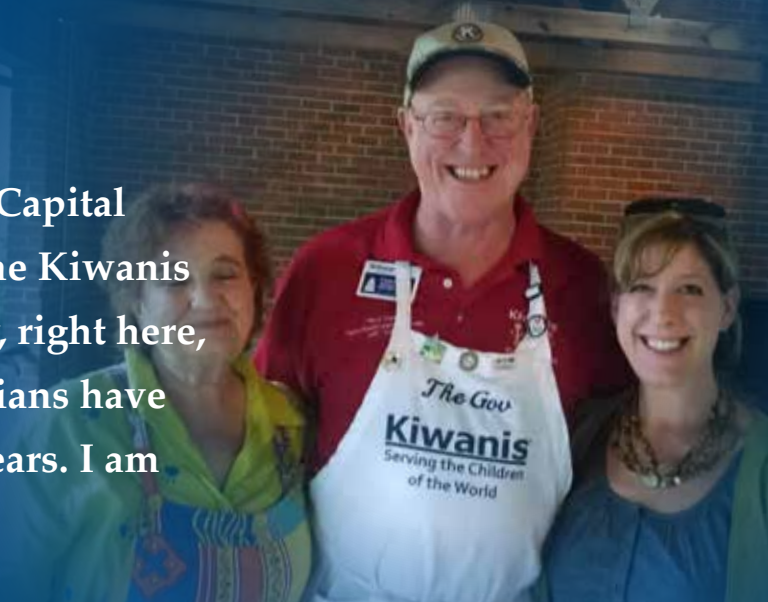
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# Governor's Message

P. Scott Zimmerman, 2013-14 Governor

**I Love Kiwanis. I love Kiwanians in the Capital District. I love the positive impact that the Kiwanis Family has on communities traditionally, right here, right now and far into the future. Kiwanians have improved people's lives for nearly 100 years. I am proud to be a Kiwanian.**



I am a Kiwanian every day of my life. You should be too. Every day I will wear a Kiwanis button, a Kiwanis shirt, hat jacket or coat. Most days I wear several different reminders of my Kiwanis affiliation. I am quite proud to say that First Lady Missy also wears Kiwanis Family bling nearly every day as well. We are proud to be associated with all of the members of the Kiwanis Family...we are proud to be associated with people like you and with our Service Leadership Program members. Kiwanis is the best service organization in the world.

Yesterday, I finished up a service call to a new customer who had recently moved into the Williamsburg area. Of course I was wearing my Kiwanis pin..."IT'S ALL ABOUT THE KIDS". Somehow or other the subject of

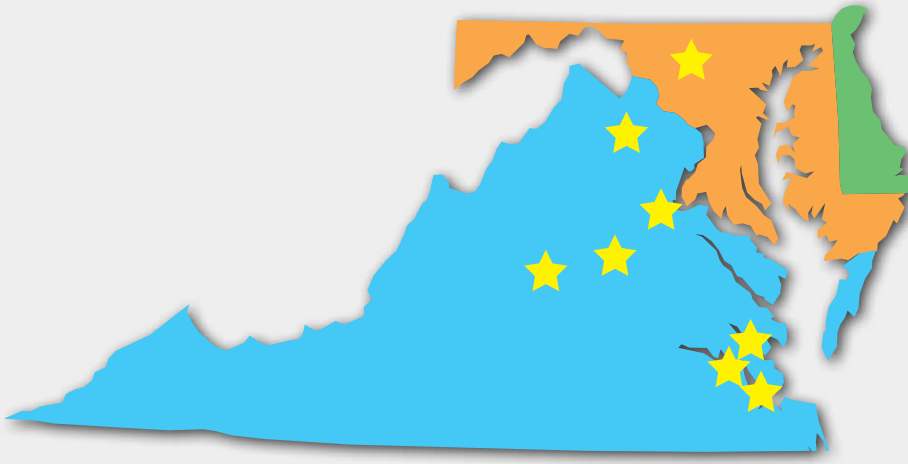
Kiwanis came up (imagine that) and I had the opportunity to share my pride of the Kiwanis Family and the service opportunities that existed in our community. My brand new customer looked at me and then at his wife and said (and I quote) ...."I would like to be involved in an organization like that." Well you can certainly imagine the next 10 minutes of our conversation. To make a long story short my new customer will be visiting our Kiwanis Club of Williamsburg Satellite Committee Meeting in the near future...who knows... his wife (who told me that she was not aware that women were allowed in Kiwanis) may just be joining us in service as well. A little Kiwanis bling and some Kiwanis Family pride each and every day can provide you with an opportunity to empower others to share our passion for the objects of Kiwanis.

Your love of your club and community backed by some great stories about how Kiwanians are involved in improving lives every day can open a door for new or seasoned members of your community. Many people are just waiting for the opportunity to be a part of something special. Many people are just waiting to be ASKED. And when you do ASK there is a chance for Kiwanis to add more hands for service.

Wear your K everywhere you go. Tell your great success stories of the Kiwanis Family at every opportunity. You are a member of the greatest service organization in the world. BE PROUD and ASK others to join you in service...ASK others to have as much

*Continued on page 26*

# Governor's Travels



## April 3

- Smithfield Kiwanis visited to support The Eliminate Project

## April 7

- Ashland Kiwanis Charter night

## April 10

- Division 4A Key Club Mr. and Mrs. Eliminate Pageant  
Richmond, VA

## April 16

- Division 12 Presidents Council Meeting - Newport News

## April 22

- Westminster, MD SLP night

## April 25-26

- The Formula training  
Atlanta, Georgia

## May 2-4

- Key Leader - Jamestown, VA

## May 3

- Leadership Training Conference  
Fredericksburg VA

## May 8

- Manassas Steak Fry

## May 10

- Capital District Kiwanis Foundation & Capital District Kiwanis Board of Trustees Meeting

## May 13

- Franklin, Virginia potential New Club site visit

## May 14

- Petersburg Kiwanis Shrimpfest

## May 17

- Virginia Marine Science KIDS and Family day with Gloucester Kiwanis Club

## May 17

- Key Club 12A, 12B, 13 DCM and Officer Training Conference - Hampton Roads Academy

## May 21

- Division 5 Governors visit Coastal Delaware Kiwanis Club

## May 27

- Denbigh Kiwanis Club visit
- Division 9 Picnic - Waynesboro, VA

## May 21

- DCON Planning Meeting  
Fredericksburg, VA

## We're in USA Today!

The ad on the right will be included in the USA Today markets in New York City, Washington D.C., Chicago, Los Angeles, Las Vegas, and San Francisco on **June 20 - 22**.

This was a unique opportunity to feature The Eliminate Project within a special section of USA Today. The section of the publication is devoted to global pediatric health, highlighting some of the innovative new initiatives within the global health communities.

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

**61 million**  
women and babies

Kiwaniis International and UNICEF are protecting mothers and babies from tetanus. Help save lives.  
Donate today.

Find out how at [www.TheEliminateProject.org](http://www.TheEliminateProject.org).

# Discover the spirit of Japan

JULY 17-20



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

[www.kiwanis.org/japan](http://www.kiwanis.org/japan)



**Kiwanis**  
CONVENTION  
2014



# A Capital Idea

## Petersburg Kiwanis Club promotes healthy lifestyles on day of service

By Katherine Johnson, Staff Writer  
Progress-Index.com

PETERSBURG - In honor of its international one day of service Saturday, the Petersburg Kiwanis Club hosted "Move it, Move it-Kiwanis Style."

The event, which focused on living a healthy lifestyle, included activities such as double-dutch jump rope, Zumba, football, boxing, basketball, and arts and crafts.

Commonwealth's Attorney Cassandra Conover, Lieutenant Governor-Designate for Division 10 Kiwanis International, helped organize the event at Peabody Middle School.

"There were bad reports out about the state of our health here in Petersburg, so we decided that we wanted to expose the youth to different things about health and wellness," Conover said of the activity-oriented service project.

In 2012, Petersburg was listed as the unhealthiest place to live in Virginia by a report from the Robert Wood Johnson Foundation and University of Wisconsin researchers.

"It's all about wellness and it's all about service," Conover said. As a Kiwanis Club member, which works to

improve the lives of children, Conover wanted to bring a variety of activities to the children.

"I firmly believe in taking any negativity and turning it into something positive. ... If our children are not healthy, maybe they just need resources," Conover said.

Patricia Clement, a special projects officer with the Petersburg Bureau of Police and a Kiwanis Club member, was volunteering to teach children how to double-dutch jump rope. She thinks events like "Move it, Move it-Kiwanis Style" are positive for the community, and wanted to get at least 50 children jumping rope.

"I have kids that say they have never jumped before and they're scared, so even if I can teach two of them to jump, or one, to teach them something that they haven't done that's going to benefit their health, that works for me," Clements said.

In addition to promoting physical activity for a healthy body, motivational speaker Maurice Bowles III encouraged everyone to have a healthy mind and spirit. Bowles, an associate minister at Gillfield Baptist Church who attended Peabody Middle, told the children it's important to "be well

*Service Project Tip #10:  
Focus on activities to  
promote healthy living  
for children.*



Maurice Bowles inspires the crowd.

in every area of your life."

"I just enjoy being able to talk to young people, especially in my city ... seeing them smile and enjoy the presentation, that is bigger than any paycheck that I can receive," Bowles said.

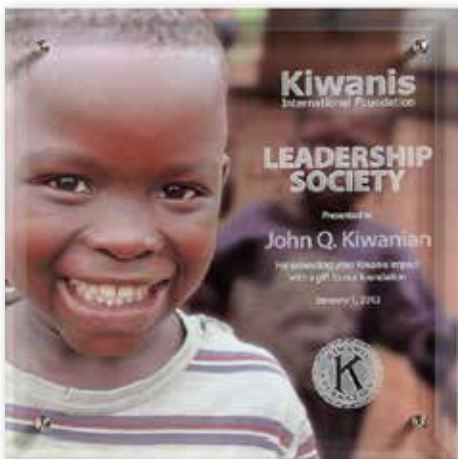
In his presentation, Bowles encouraged those in attendance to live a positive lifestyle and surround themselves with positive influences. You "cannot change the way you think until you start depositing new thoughts," Bowles told them.

"A lot of kids, especially at this age, if everybody else is doing it, I want to do it. Programs like this give them an opportunity outside of school to get some positive reinforcement. A lot of

*Continued on page 26*

# Eye On KI

## News from Kiwanis International



### Recognize your leaders today

Club members who give their all in service to the children of the world should be honored with something that's as special as they are. Consider naming a top member of your club to the Kiwanis Leadership Society with a gift of US\$250 or more to the Kiwanis International Foundation.

And with a gift of US\$1,000, you can recognize a leader's exemplary service with membership into the George F. Hixson Fellowship.

District convention is the perfect time to honor your most dedicated members. Consider these and other Kiwanis International Foundation recognition options, and then order your recognition at least six weeks before your presentation to allow ample time for processing. Or make a gift online quickly and securely right now: <https://secure.qgiv.com/for/?key=kif>.

### New Logo and Graphics Learning Center launches

The Kiwanis logo stands for nearly 100 years of community service. To do its job—communicating Kiwanis' message to the world—the logo needs to be used the right way. Kiwanis has set up the Logo and Graphics Learning Center at [www.KiwanisOne.org/logos](http://www.KiwanisOne.org/logos) so you'll know the appropriate Kiwanis-family logo to use for your project.

Logos and graphics are divided into categories: Clubs, Programs, Events and Campaigns. Each page at the learning center displays the variations and types of logos available for download. Use the help button to find out which logo is right for your type of project, whether it will appear on paper, on an item like a sign or T-shirt or on a website. There are also brand guidelines for each logo that you can download, read and share with your vendor.

Update your club's image with help from the Kiwanis Logo and Graphics Learning Center and the right graphics today. Contact Member Services at [memberservices@kiwanis.org](mailto:memberservices@kiwanis.org) with questions.



### Check out new Kiwanis magazine iPad app

Kiwanis has launched a digital version of Kiwanis magazine for the iPad. This interactive and entertaining publication expands the experience of reading Kiwanis magazine through video, slideshows, audio and other exciting features.

To download the new Kiwanis magazine app to your iPad, launch Newsstand and search for "Kiwanis." Then follow the instructions to download the current issue—and past issues—right to your device. The Kiwanis magazine app is free, and you will be alerted automatically when a new issue is available.

Currently, the app is available exclusively for the iPad. Download the Kiwanis magazine app now, and experience the future of storytelling.



## See foundation gifts at work

Find out how your gifts to the Kiwanis International Foundation have made an impact with one simple click.

The foundation's new Your Gifts at Work page includes an interactive map of all 2012–13 grant recipients and foreign beneficiaries. Click on each point on the map to see a description of the grant. Some map points even include pictures and/or video.

Later this year, be on the lookout for updated entries that feature grants approved at the foundation's February 2014 board meeting. Check out the new Your Gifts at Work page at today: <http://www.kiwanis.org/foundation/impact-and-programs/your-gifts-at-work>.



## Tell Google you want Kiwanis doodle

Google is where we go to find answers. And Kiwanis has been providing answers to the problems children face for nearly a century. You can help tell everyone about Kiwanis' 100th

anniversary on January 21, 2015, when you submit a Google doodle!

Google doodles are the fun, surprising, and sometimes spontaneous changes that are made to the Google logo to celebrate holidays, anniversaries and the lives of famous artists, pioneers and scientists.

The Google doodle team considers requests from Google users, so email your Kiwanis idea now to [proposals@google.com](mailto:proposals@google.com)—if enough members of the Kiwanis family ask, they might make a Google doodle just for us. Learn more at <http://www.google.com/doodles/>



# 2014

## Register onsite in Japan

Online registration for the 99th Annual Kiwanis International Convention in Tokyo, Japan, is now closed. But there's still plenty of room if you'd like to join your fellow Kiwanians in planning the future of our organization.

Onsite registration begins Wednesday, July 16, 2014. And be sure to check for event ticket availability at the registration desk—there are still spaces available to attend The Eliminate Project and the Kiwanis International Foundation Honors luncheon, the Walk to Eliminate MNT and the International Fellowship dinner. For fees and the schedule, visit [www.kiwanis.org/convention/2014/register](http://www.kiwanis.org/convention/2014/register). See you in Japan!



## Connelly recipient saves boy from drowning

The Kiwanis International Foundation awards the Robert P. Connelly Medal of Heroism to an individual who has risked or given their life to save someone else. The 2014 recipient of the award is Shun Gen, who saved a boy from drowning.

*Continued on next page*

# Eye On KI

The Robert P. Connelly medal has honored more than 600 individuals, each of whom has exemplified the supreme sacrifice given by Connelly, who lost his life while trying to save a woman who had fallen in the path of an oncoming commuter train. Shun Gen was nominated by the Senshu, Osaka, Kiwanis Club, and he will receive his award at the Kiwanis International convention in Japan.

Read more about Shun Gen's sacrifice in the Kiwanis International convention blog: <http://www.kiwanis.org/convention/2014/register/blog/convention-2014/2014/04/15/connelly-recipient-shun-gen-saves-boy-from-drowning#.U30coigzia4>

## Get updates from The Eliminate Project July 1

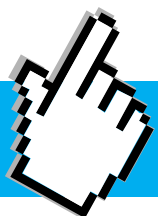
You've walked miles over rough terrain with your kids in tow. You know now how essential the tetanus vaccine is to keeping your family safe. But then you get to the clinic and there aren't enough shots. You need three, at the right times, to be fully protected from this disease. Now you'll have to start all over again.

The Kiwanis family is raising the necessary funds to help UNICEF deliver vaccines to women around the world—and protect the connection between millions of moms and babies. Our efforts are making a difference;

let's keep the momentum going. Find out the latest stats during the next Worldwide Report Day on July 1, 2014, when campaign volunteer leaders report district progress to Campaign Chairman Randy DeLay.

Join in from your laptop, phone or tablet as we showcase our progress on the Worldwide Report Day webpage and celebrate the strides we're making toward our US\$110 million goal for The Eliminate Project. We're on the verge of turning a global effort into a worldwide achievement. This is our moment—what will you and your club do to be a part of it? Visit <http://sites.kiwanis.org/Kiwanis/en/theELIMINATEproject/Progress/WorldwideReportDay.aspx>

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



[store.kiwanis.org](http://store.kiwanis.org)

# Our Firm Foundation

## News From Our Capital District Kiwanis Foundation

### 2014 Foundation Scholarships

By Roy Sheets, CDKF President

Spring is upon us and this is the time of year that our Capital District Kiwanis Foundation and many clubs in the District are deciding who should receive the many scholarships that are awarded annually by these members of the Kiwanis Family in the Capital District. The Kiwanis International Foundation and the Capital District Kiwanis Foundation award ten \$1000 scholarships to five members of Key Club and five members of CKI. The cost is \$10,000 and is paid for by each organization contributing \$5,000.

The 2014 winners of the \$1000 Matching Key Club Scholarships and their schools are:

- Claudia Mia  
North County High School
- Paige Stanley  
Pocomoke City High School
- Angela Li  
Western Albemarle High School
- David Peters  
Osborn High School
- Lauren Brittigan  
Jefferson Forest High School

The 2014 winners of the CKI Scholarships and their schools are:

- Stacy Shih  
George Mason University
- Jasmine Finch  
Howard University
- Sean O'Connell  
George Washington University
- Caitlin Francis  
James Madison University

There is one more annual scholarship that is presented by your Capital District Kiwanis Foundation and that is the Robert S. Turner \$2,000 scholarship. The 2014 winner of that Scholarship is Zackery Brigham from the Leonardtown High School.

In addition to these scholarships there are many clubs in the District who present them in various amounts to the high school in which their sponsored Key Club is located. Some require the applicant to be a member of Key Club. Some are open to all students at the school to apply. These programs and others like them demonstrate the commitment our Kiwanis clubs and their members put on the education of children.

#### ADVERTISE YOUR CLUB EVENTS IN *THE CAPITAL KIWANIAN*

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

[editor@capitaldistrictkiwanis.org](mailto:editor@capitaldistrictkiwanis.org)



#### Submit articles to *The Capital Kiwanian!*

Aug/Sept Issue: July 14  
Oct/Nov Issue: Sept 14

# Around Capital

## Race to Reston for the Capital District Kiwanis Convention

Ladies and Gentlemen,

It's that time again! Rev your engines, stock your cars with oil and luggage, and race on over to the 2014 Capital District Convention!

The finish line is fast approaching with the Convention dates of August 22-24. Our planning committee is in high gear and speeding to provide you with a top of the line experience! This year's theme is FormulaONE – 'The Formula' represents club growth and 'ONE' signifies that as a team, we can make a difference.

New this year, we will feature innovative education sessions, personal growth workshops, and more fellowship events! It's time to dust off your dancing shoes and call up lady luck because the festivities start Friday afternoon (August 22):

- **1:00pm – 5:00pm:** Take advantage of three personal growth workshops.
- **7:30pm – 11:00pm:** Enjoy a tantalizing dessert buffet and sparkling wine (or a variety of beverages at the cash bar) at our Monte Carlo Casino Night/ Dance / Dessert event to benefit The Eliminate Project [Note: Dinner is on your own at one of Reston's wonderful venues].

Come early, stay late, it's time to get your engines tuned up and ready for service!

On Saturday morning (August 23), after you polish off (fuel up) your car at breakfast, keynote speaker Rhonda Vrell from Kiwanis International will take us on a ride to celebrate the success of 'The Formula' with an inspirational speech: The Formula – Love it, Share it, Live It!

Next, you will start your second lap around the racetrack with two time slots allotted to attend leadership and/or personal development sessions, Kiwanis' family growth workshops, and roundtable discussions. We will have a lunch pit stop with keynote speaker Ken Strafer, the Executive Director of Project Enduring Pride (a Wounded Warrior affiliate program). Come learn how we can support service men and women who have bravely served us and our Nation.

Following lunch, we will head back out onto the racetrack for two additional workshop sessions. Featured workshops throughout the convention are geared to give you a personal take-away with enough time to fully discuss pertinent topics and strategize to build Kiwanis. In addition, a House



of Delegates session will take place Saturday afternoon to provide delegates an opportunity to vote for 2014-2015 District Officers.

After a successful day of racing, we shall make our way to the final victory lap with our Governor, Scott Zimmerman and his 'Z-Team.' Saturday evening at the Governor's Reception and Banquet, enjoy a premium 'fueled' dinner, musical entertainment, and a recap of this year's successes. Soon after, take advantage of the Kiwanis fellowship after-parties by making pit stops at regional hospitality suites.

Make sure you set your alarm for Sunday morning where delegates will complete voting duties as they consider resolutions and any other district business.

*Continued on page 26*



# Around Capital

## Kiwanis, The Formula and the Future

By PG Art Riley,  
Candidate for KI Trustee

Thirty-four years in Kiwanis has transformed me in some ways that I did not imagine. Even my years in Key Club did not prepare me for my Kiwanis journey. This journey has taken me, thus far, to be a candidate for international trustee. Along the way, however, I have learned four truths that I believe more strongly with each Kiwanis experience. These truths are:

- There are children throughout the world that need the service that only Kiwanis and Kiwanians can provide.
- Development of youth through Kiwanis Service Leadership Programs can produce servant leaders that will be well positioned to lead the next generation.
- Kiwanians around the world share great similarities and the goal of service to children and their communities.
- The survival and growth of Kiwanis is essential and is the responsibility of each Kiwanis member.

I encourage each Kiwanian to examine their involvement in the organization and determine if they are using their abilities to serve their community, improve the lives of children or grow their club. KI has introduced The

Formula campaign and I am proud to have been asked to serve in a minor capacity. As a new club builder in my division I plan to work diligently to achieve growth through new clubs. To accomplish this, I plan to be innovative and try to develop clubs that can serve their communities through alternate club formats with the driving force to serve the children in any way that makes sense for the community. Please volunteer to assist with the growth plans in your division.

As the growth of Kiwanis evolves more Key Club members will learn to serve. CKI members will learn more leadership skills to utilize as they transition into the world from their academic environment. Greater numbers of K-Kids and Builders Club members will learn the importance of service and this will assist them in avoiding poor personal choices. The number of Aktion Clubs will grow and that will translate into more adults with learning disabilities contributing to their communities instead of being totally dependent. We will see Key Leader and associated products teaching leadership skills to countless teenagers. As those Kiwanians who currently work with Kiwanis youth will testify, the potential and energy of these members is almost limitless. We must continually address these opportunities.



My Kiwanis beliefs are strong and I plan to utilize these convictions if elected to the Kiwanis International Board of Trustees. I also plan to work diligently to do what is best for Kiwanis. I plan to use whatever influence a trustee can muster to promote Kiwanis, grow Kiwanis and expand Kiwanis Service Learning Programs.

I also want to thank each Capital District Kiwanian, who in any way, supported or encouraged me to be a candidate. Tokyo is just around the corner and the election is near and I look forward to joining many Capital District delegates in Japan. Winning the election will be meaningless, however, if we do not grow Kiwanis.

## My Kiwanis Moment

Elana Gardner

Kiwanis Club(s) Eastern Branch & Rockville

*"We are a continuum. Just as we reach back to our ancestors for our fundamental values, so we, as guardians of that legacy, must reach ahead to our children and their children. And we do so with a sense of sacredness in that reaching." -Paul Tsongas*

As part of Eastern Branch's Charter Anniversary, I would do my first special presentation honoring Dr. Luther D. Robinson who I knew by his smile, twinkling eyes and his favorite service projects as a Kiwanian teaching ASL and dressing as Santa Claus to sign "T'was the night before Christmas" for children. He provided me his biography along with an essay about the legacy he hoped to leave. Five hand-typed pages about his life's work, a commitment to provide psychiatric services to the deaf community to improve their life one patient at a time, when he realized individuals who were deaf and mute had been diagnosed with mental defects and placed in psychiatric wards because no one knew how to communicate with them and how he knew he would make a difference. In his own words I understood why he joined Kiwanis. What could I possibly do to show that I understood the value of his service, the importance of his legacy and my willingness to take up his standard?

I sought out his colleagues at St. Elizabeth's and Howard University Hospitals and Howard and Gallaudet where he was a visiting professor to invite them. When the administrator at Gallaudet who I'd sent the invite to distribute to the staff called me, she told me when she typed his name into their system it said "Friend to Gallaudet" which made her curious and once she asked around his colleagues asked could they provide free interpreters for the evening and make their own special presentation to recognize him for all he had done for the school and it's students.

When Luther arrived I pinned his boutonniere and escorted him to his place of honor. At his seat was a special touch inspired by a song I learned to sign in high school "Love in any Language", a balloon bouquet imprinted with "I Love You" in sign language. Another surprise was a reprint of the cover of the June 7, 1971 issue of Time Magazine and the article "Education: KUDOS: Round 1".

### "GALLAUDET COLLEGE

*Luther D. Robinson, Sc.D., psychiatrist and acting superintendent of St. Elizabeth's Hospital in Washington, D.C. Deafness makes mental health problems difficult to detect*



*and treat. [He] has brought attention to the mental needs of deaf people."*

You could see he was touched to have his colleagues, students and fellow Kiwanis members pack the room. He loved all the presentations, gifts and the magazine reprint but it was those balloons he cradled gingerly at the end of the night.

As we approach the 100th anniversary of Kiwanis, I am living in my Kiwanis moments of reflection, remembrance and gratitude for the many Kiwanians, just like Dr. Luther D. Robinson who have contributed to our organization and the legacy that we have been entrusted with.

Share YOUR Kiwanis Moment! Email [editor@capitaldistrictkiwanis.org](mailto:editor@capitaldistrictkiwanis.org)

## Get Potential Members to “Meetup”

**Have your club’s traditional recruitment tactics gone stale? Are you looking for a new way to find prospective members? Take a cue from other Kiwanis Clubs and become a Meetup Group.**

With almost 16 million members, Meetup is the world’s largest network of local groups. Meetup makes it easy for anyone to organize a local group or find one of the thousands already meeting up face-to-face. More than 9,000 groups get together in local communities each day, each one with the goal of improving themselves or their communities.

Many Kiwanis Clubs are opting to promote their club as a Meetup Group, so that individuals who are interested in community service and leadership development can find their meetings and other events. Meetup will email members directly who live in your area that are most likely to be interested in your club.

Meetup’s services are very affordable. They don’t charge individuals to create an account, to join a Meetup

Group, or go to meetings. Instead, every Meetup Group is responsible for paying a fee billed to the Group’s Organizer. There are 3 price plans: \$12 a month for 6 months (a single \$72 charge); \$15 a month for 3 months (a single \$45 charge); or \$19 per month. Organizers can run up to 3 Meetup Groups at a time under any of the above plans.

It’s a few easy steps to start your Meetup Group and attract your first members. Meetup even includes tips and examples in case you get stuck. To start a Meetup Group, click “Start a Meetup Group” at the top of any page on Meetup. Follow the steps to customize your Meetup Group, and submit your billing information for



your Organizer Dues plan. You’ll receive a receipt via email, and you can start organizing your new Meetup Group immediately. About three days later, Meetup will email all interested members in the area and invite them to join your new group!

To learn more about Meetup, and to start recruiting more members, visit [www.meetup.org](http://www.meetup.org).

A screenshot of the Meetup website. At the top, there are navigation links: "Find a Meetup Group" and "Start a Meetup Group". A search bar is on the right with "Login", "Sign up", "Help", and "English" links. Below the navigation is a main section titled "Meetup" with the tagline "Do something • Learn something Share something • Change something". There are four featured group cards: "BEST OC CYCLING GROUP" (Huntington Beach, CA), "The Las Vegas Walking, Hiking &amp; Adventurers Meetup" (Las Vegas, NV), "The Denver Cupcake Club Meetup Group" (Denver, CO), and "MOW FUN Klubi" (Rochester, MI). To the right is a "Find a Meetup Group Near You!" search form with fields for "Topic or interest", "Country" (set to USA), and "ZIP code". Below the search form are "New to Meetup?" video thumbnails and an "Upcoming Meetups" section showing "94 Meetups happening right now".



# The Capital Record

## Scholarships

The Kiwanis Club of Council has awarded two \$500 Eula Compton Memorial Scholarships at the Council High School Senior Breakfast held on May 14. Scholarship Chairperson Betty Bostic presented Adriane Rachel Rasnake and Robin Renee Lynthlin with the scholarships. Both seniors serve as officers in the Council High School Key Club.



## District Foundation

Congratulations to the following recipients of Capital District Kiwanis Foundation Life Memberships for the months of March thru May:

- Dennis G. Baugh**, Shenandoah Valley
- Rosemary L. Cummings**, Coastal DE
- Sylvia Hogue**, Eastern Branch
- Rhonda Nelson Muse**, Eastern Branch
- Beryl C. Johnson**, Eastern Branch
- Landon R. Wyatt, Jr.**, Danville
- Margaret Spaulding**, Coastal DE

## In Memoriam

**William C. Bunch**  
Ocean View Beach, Norfolk

## Builders Club News

Tome School Builders Club member Grace Webb placed 3rd in the national speech competition for Builders Club students. Congratulations, Grace!

## Donation

The Kiwanis Club of Front Royal has donated another \$3,000 to E. Wilson Morrison Elementary School for new playground equipment at the local school. The club made the check presentation to E. Wilson Morrison Principal Margaret Holmes on May 7. This makes a total of \$6,000 that the Front Royal Kiwanis has donated to the playground fund over two years.

## Happy Anniversary

### June

Staunton .....	1922
Winchester .....	1922
Arlington.....	1931
Comodore Mayo.....	1955
Ocean View Beach.....	1974
Colonial Capital.....	1976
Middlesex.....	1978
Great Bridge.....	1985
Tysons Corner/McLean .....	1998
Toano.....	2006

### July

Norfolk .....	1919
Waynesboro .....	1925
Coastal Delaware.....	1928
Bluefield .....	1946
Delmar .....	1950
Fort Hill .....	1958
Colonial Heights.....	1963
Accomack.....	1973
Far East Washington .....	1983
Southwest Waterfront .....	2001
Tabb.....	2003
Hopewell.....	2006
Farmville Area.....	2009

*Continued on page 26*

# Front and Center

# THE



# FORMULA

# LOVE IT. SHARE IT. LIVE IT.

There are math formulas that solve complex problems. There are science formulas that cure disease. There are formulas that fuel cars and feed people. And there's a formula for improving lives. It's a formula for Kiwanis.

The Formula is a member-led, multi-year initiative that focuses on Kiwanis members, investing in the Kiwanis experience and ultimately strengthening membership. It's an opportunity for Kiwanians like you to shape the future of their clubs and the service that impacts their communities.

The Formula is based on a simple

premise: When you love something, you want to share it. When something really matters, you want other people to love it with you. You want it to be more than something you "do"—you want it to be part of your life.

So, what is The Formula? It's this:

1. Take something you love.
2. Share it with others.
3. Make it a part of your life.

The Formula is created from the love we feel for our clubs. It's energized by the pride that inspires us to show oth-

ers how much we love Kiwanis. And it's powered by our eagerness to share our experience with others. Ultimately, that's The Formula: the motivation to make Kiwanis a part of peoples' lives. And to keep it strong in our own.

This is your opportunity. To shape the future of your club. To do more of what you love. More fellowship. More service. More for your community. More Kiwanis.

This is The Formula: Love it. Share it. Live it.

# Do you have the FORMULA?

By PG Carolyn Richar  
District Chair – The FORMULA

What an amazing time to be a Kiwanian! We are preparing to celebrate our 100th birthday in January 2015 as we get stronger and better able to serve our world! Do you feel the changes Kiwanis is experiencing as we use The Formula?

Kiwanis International is investing \$4 million into The Formula – a five year campaign to build and strengthen Kiwanis clubs throughout the world. By following the steps to Love It, Share It, and Live It – Kiwanians will have the opportunity to improve and strengthen their current clubs while building and sponsoring new clubs.

The Formula is structured with a district wide team of club counselors and new club builders. Each division

has been invited to nominate 2 club counselors and 1 new club builder who will work with both district and club officers as advisors. We currently have our team roster 80% full – with room for a few more club counselors and new club builders in divisions 4, 5, 7, 8, 9, 15, 16, and 17.

Club Counselors can help your club assess strengths and opportunities for positive change that will make your club more appealing to new members and help retain current members. New Club Builders will work with division officers and sponsoring clubs to increase our ability to serve the children in our District through building a new club in every division over the next 3 years. With at least 50 new club sites available today, we have some

great openings to change lives for the better – both for those who join these new Kiwanis clubs and for those who will be served by the new clubs!

Want to know more? Want to use The Formula to help your club and the world? All you need to do is go to [www.kiwanisone.org](http://www.kiwanisone.org) and click on The Formula tab. Carolyn Richar, District Formula Chairperson, will be happy to connect you and your club into The Formula so you can Love It. Share It. Live It! The District Convention from August 22-24 in Reston VA will feature several learning opportunities so register today!

*The Formula – Love It. Share It. Live It!*

## Spread Kiwanis' impact to new community

Many Kiwanians find that sharing the Kiwanis experience can be their greatest service reward. That's The Formula at work: sharing something you love so others can love it, too. You're leaving a legacy of service when you open a new club.

New clubs need encouragement and guidance—and that requires access to experienced, effective leaders. That's the role of a new club opening team. Team members and the sponsoring club can gain insights, skills and energy they can channel into improving their own club experience.

Learn more about The Formula at <http://www.kiwanis.org/theformula> and bringing Kiwanis to new communities at [www.kiwanis.org/newcommunities](http://www.kiwanis.org/newcommunities). If you're interested in leaving your own Kiwanis legacy, email us at [TheFormula@kiwanis.org](mailto:TheFormula@kiwanis.org) to ask about potential new club sites near you.



# Front and Center

## Love it.



Why did you become a Kiwanian? Was your father or grandfather a Kiwanian? Did you see the impact that your club had in your local schools? Did you visit a Kiwanis park or pancake breakfast and want to learn more? What do you enjoy about your experience? Why do you remain committed to serving the children of the world?

What would make your experience better? What are your club's aspirations and what would it take to reach them? Do you need to think about trying some new fundraisers? Is there an unmet service need in your community that even more hearts and hands working together could solve? How could you help make your community an even better place?

"Love it" addresses the fact that Kiwanians have unique reasons why they became and remain members. It asks members to draw from what they love about Kiwanis to talk about Kiwanis with others. The "Love it" concept also applies to clubs that need resources to address challenges and opportunities to ensure the club experience is the best possible—to ensure they can, indeed, love their club. This is a win for members and for the communities the club serves. The Formula picks up its "Love it" component from the early "I Love My Club" campaign, which will be continued throughout the initiative.

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## Share it.



Have you ever shared your Kiwanis experience with others? With your colleagues, friends or family? Would you proudly post pictures from a Bring Up Grades ceremony on your Facebook page? Would you invite someone you witnessed performing a random act of kindness to visit your club? If not, what would it take for you to want to do so? What would it take for you want to spread Kiwanis not only to others in your community, but to other communities without clubs?

"Share it" is what happens when members love their clubs. It's human nature to tell others about great experiences we've had with products, services—even Kiwanis. The "Share it" component of The Formula encourages members to spread the word about their clubs. This applies to word-of-mouth communications, including person-to-person invitations to club meetings, social events, fundraisers and service projects. It also applies to external tools and campaigns that help clubs strengthen membership—and it applies to opportunities and resources for opening clubs in communities that don't yet benefit from Kiwanis.

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## Live it.



Be proud! Serve others. Talk about the impact that working with other committed club members has made. Show others that committed, passionate individuals with a heart for children can make an impact. Be a spokesperson for that impact—and have energy for Kiwanis that is contagious.

"Live it" is what happens when Kiwanis members love their Kiwanis experience and, by sharing it with others, strengthen their clubs and, subsequently, increase opportunities for incredible community service. The "Live it" component of The Formula includes everything from proudly wearing a Kiwanis pin or logo to engaging in club activities—especially community service.

## Since October 2013...



A net increase of **6,639** Kiwanians have joined the Kiwanis family.



**1,077** leaders have made strengthening Kiwanis a priority.



Kiwanis clubs have been opened in **76** new communities.

**\*Current as of June 2, 2014**

## Have you told someone why you love Kiwanis lately?

Every day more Kiwanians are shaping the future of their clubs and the service that impacts their communities by using The Formula: Love it. Share it. Live it.

Visit [www.kiwanis.org/formulaprogress](http://www.kiwanis.org/formulaprogress) to see how other members like you are sharing Kiwanis with others. Now it's your turn! Have you told someone why you love Kiwanis lately?



View this The Formula video and others at <http://vimeo.com/92834224>

# Service Showcase

## News From Capital District Kiwanis Clubs

### Division 3

The five Kiwanis Clubs in the Southern Maryland part of **Division 3** and several of their Service Leadership Program Clubs participated in the second annual Kiwanis One Day service project cleaning up trash at Point Lookout State Park in St. Mary's County. Over 50 pairs of helpful hands came out to help Point Lookout stay safe and beautiful, making this one of the most well-attended volunteer events in Point Lookout history! A full dumpster was filled with the 76 bags of trash that was picked up, that's nearly 1000 pounds of trash that is no longer on the park grounds! That's a half ton of harmful litter that could have negatively affected the environment and the many critters that call Point Lookout State Park home. Point Lookout's staff was amazed with what everyone did for the park and are all looking forward to the next time that Kiwanis and Point Lookout State Park can partner up.

Volunteers from two Division 3 Kiwanis Clubs teamed up on a joint service project to build a 63-foot handicap ramp at the home of Carolyn Billups in Mechanicsville, Maryland, on April 23 and 26, 2014. Funding for materials was provided by the Southern Maryland Center for Independent Living. **The Kiwanis Club of Waldorf's**



Kiwanis Members gather together to build a handicap ramp.

experienced engineers and carpenters, as well as eager newbies, joined with members of the **Kiwanis Club of St. Mary's County**, who volunteered to learn the tricks of the trade. The Waldorf Club has built 26 ramps for homeowners who qualify through Christmas in April or Southern Maryland Center for Independent Living. Members of both clubs provided food and drinks for the work crew.

### Division 5

**The Kiwanis Club of Ocean Pines - Ocean City's "Dog Team"** was back in action at the Ocean Pines Association's Spring Celebration and Easter Egg

Hunt on April 19th.

They had great success selling out of hotdogs as the Easter Egg seekers enjoyed the festivities at Ocean Pines White Horse Park. Proceeds benefit the youth of the community. **KI-WANIS: "Serving the Children of the World"**, and sometimes hotdogs, too! Look for the "Dog Team" at upcoming OPA events.

### Division 6

Betty Olmstead, Vice President of the **Kiwanis Club of Wilmington** ran the half marathon during the 11th annual Delaware Marathon Running Festival,

# Service Showcase *(continued)*



an event that raised substantial funds for ten charities: The Helen F. Graham Cancer Center, Mike Clark Legacy Foundation, Team in Training Delaware, YMCA Strong Kids Campaign, JDRF, Camp Abilities, B+ Foundation, Families of Spinal Muscular Atrophy, Alzheimers Association, and Girls on the Run Delaware. This is the second year Key Clubbers, K-Kids and Kiwanians under the leadership of SLP Chair Charma Bell have staffed a water and Gatorade stop along the runners route.

## Division 15

The Kiwanis Club of Lynchburg, Virginia, has a 'terrific' program of Terrific Kids in three elementary schools in Lynchburg. Two schools have had the program for 15 years and the third school just started this year. One program meets twice a month; one, once a month; and the third, every two months. One shows the recognition of the selected terrific kids to the entire school body through internal TV. One presents the awards at an all school assembly and the third recognizes their winners with a ceremony attended by their families and school staff. Club members attend each program.

As an incentive for students to try to become Terrific Kids, the Club supplies a small bag of "goodies", mostly schools supplies - wooden pencils, erasers, rulers, plus Terrific Kids bumper stickers, and a pin with the school logo. The Club supplies the blank certificates for the school. The number of students in the three schools is nearly 950, with the hope that each one will achieve Terrific Kid status within the academic year.

The Terrific Kids recognition programs are well attended by school teachers & administrators, parents and Kiwanis club members. The club gets very positive feedback from families, teachers, principals and of course from the "terrific kids" themselves.



Betty Olmstead with SLP Water Stop team.



The Kiwanis "Dog Team" in action once again!



# Family Ties

## Updates from Our Kiwanis Family

### Key Club Anastasia Slepukhova, Governor

I hope you have had a terrific spring and are enjoying the beautiful weather outside! The Key Clubbers of the Capital District are getting ready to wrap up our school year and enjoy all the free time the summer has to offer. In a very short few weeks, over 50 members of the District will be getting on a plane to the "Happiest place on Earth" also known as "Every Key Clubbers Dream Come True" also known as Anaheim, California. The California-Nevada-Hawaii District is proud to host the 71st Key Club International Convention. The schedule planned for us is filled with activities; workshops, dances, 4th of July fireworks, and so much more! We will also be very busy getting to know all 29 candidates who are running for office, 13 of them will be elected as our leaders to serve on the International Board for the 2014-2015 service year.



Because to most High Schoolers summer means free time, I strongly encourage you to plan events and activities with your SLPs throughout the summer. Key Clubbers are always eager to perform service, they often just need the opportunity. Contact your club's officers as well as the Lieutenant Governors and express your interest in putting something together. I cannot imagine a better way to spend an evening than performing service alongside my Kiwanis family! Some ideas for service projects include; Special Olympics, planting trees and flowers, graffiti clean up, organizing a 5K for Eliminate and so much more! Your club can also benefit from hosting a picnic, BBQ or even a pool party! Invite Key Clubbers to let them know that we are more than just a service organization- we are a family. I wish you a safe summer filled with joy and service!

Yours in Service,



Anastasia Slepukhova

### CKI Benjamin Romano, Governor

Capital District Circle K members are thoroughly enjoying our summer vacation. It's a much needed break from school. But just because school is out does not mean that we have stopped serving our communities! Members that are still in and around their campuses are participating in a variety of projects, as well as working with their local Kiwanis Family counterparts!



We are currently gearing up for our International Convention, held this year in Nashville, Tennessee. It is a great opportunity for us to recognize everyone for their efforts, as well as meet with other members, and decide the future direction of our organization. I know I speak for our entire delegation when I say that we can't wait to show the rest of Circle K what the Capital Crabs are all about.

Our district has a lot planned for the upcoming year. Even though this is the quiet period for Circle K, we are hard at work to ensure that fall recruitment progresses excellently. We are always looking for support from the other members of the Capital District Kiwanis Family. I personally am working with Circle K members to make sure that they are reaching out and including as many other members as possible, but I am extremely excited for the potential that our District holds. I look forward to working with each and every one of you!

Yours in Service,



Benjamin J. Romano



# Getting the Word Out

## We Love Kiwanis: That's Our Story and Let's Stick to It!

By Caren Schumacher, Chair  
Capital District Public Relations

A strong public relations campaign can increase your club's membership. No kidding! We have to do a better job of telling our story – who Kiwanis is and how our clubs are making a difference in each of our communities. That old adage, build it and they will come, can only ring true if people know what you've built. With life's busy schedules, people are selective about where they want to spend their time.

People want to be associated with a winner. While pictures of new members, your fundraisers and even your participation in local events are all important to share with the local press, telling a personal story about a youth whose life your club has changed will have a far greater impact on the readership.

You never have to use the real name of a person in your story (unless they

are willing to be interviewed publicly, of course). The Kiwanis Family does such great things throughout the Capital District. We simply need to get better about touting our good work and showing how much we love being Kiwanians.

Letters to the Editor of your local paper are one example of how to get a story across. Some local papers just like "feel good" stories.

And what about telling the story about how your Kiwanis Club sponsors a local Key Club(s)? Maybe we can change the perception that Key Club is for making keys! The activities of our Key Clubs, the dynamic youth that lead and participate in these clubs, the commitment they have to impact the community, all make for great stories.

Are you about to embark upon a new project that will have an impact in your community? Hold a press conference. Invite local media (be mindful of their deadlines), prepare handouts to describe the project, and serve food! Show that Kiwanis love!

Hans Christian Anderson, The Brothers Grimm, Lewis Carroll, and Aesop, were all great storytellers. Their writings grabbed the attention of their audience. Storytelling is the conveying of events in words, and images. Stories or narratives have been shared in every culture as a means of entertainment, education, cultural preservation, and instilling moral values.

When you are telling your story, be concise, the condensed version will be appreciated. Your story should not be anecdotal, but instead should demonstrate how Kiwanis changed a life or lives, or had some other significant impact in your community. Humanity sells, and isn't that what Kiwanis is all about?

I am here to help! My email is [careнкиwanis@aol.com](mailto:careнкиwanis@aol.com) and I would be happy to answer questions or assist in any way I can. Soon I will have a team of Kiwanians who will help clubs throughout the Capital District do a better job with their public relations efforts.

In case you didn't know, I love promoting Kiwanis! That's my story, and I'm sticking to it!



## DCON

*cont'd from page 12*

With our engines still running on Sunday morning, we will continue to go strong and accelerate at the Inspirational Brunch where Dr. Wil Blechman, past Kiwanis International President and pediatrician, will share how The Eliminate Project has made the world better for children and parents around the globe!

Following breakfast, we will thank the 2013 - 2014 'Z-Team' and officially install Governor Designate Brian Bell and his 2014 - 2015 "NASCAR Sprint Cup Series Trophy" District Officers.

Co-Chairs Kelly Boswell and David Diesselhorst along with the entire District Convention Committee are working so hard to ensure you have the best district convention experience.

Now, it's time to make your trip to the winner's circle – go to either [capitaldistrictkiwanis.org](http://capitaldistrictkiwanis.org) or [KiwanisFormulaOne.com](http://KiwanisFormulaOne.com) to register and reserve your hotel room!

The Capital District Kiwanis Convention registration is FREE for all Kiwanians and guests through July 24th - you only pay for your meals and hotel room. Meal registration will continue until August 15th with a late surcharge.

The race is on . . . meet you at Reston! ReMember, It's All About the KIDS!

## Capital Record

*cont'd from page 17*

### Honors

The Kiwanis Club of the Peninsula at Oyster Point honored Club President Rev. Chuck Root with a gift for his many years of service. Kiwanis Division 13 Lt. Governor Wesley Brown does wire sculptures and was asked to bring one of his creations which reflected Chuck's two major areas of service: his church and his Kiwanis club. As Brown does not accept payment for his art work, a donation was made in his honor to The Eliminate Project.



### Welcome to Kiwanis

Bobby Hammond was inducted into the Kiwanis Club of Greater Ocean Pines - Ocean City. Born and raised in Ocean Pines, Bobby and his father, Robert Hammond Sr., own and operate several Atlantic Physical Therapy businesses specializing in Rehabilitation and Sports Medicine in Maryland and Delaware. Bobby is now the newest and youngest member of the club and looking forward to being a part of the community service club focused on "Serving the Children of the World." Welcome, Bobby!

## Governor's Column

*cont'd from page 4*

fun making the world a better place to live as you and your friends do...ASK others to be a part of your network of fellowship and service... You might be surprised...they might even ASK you! Always Sell Kiwanis (ASK) and you might just find a new friend, a new resource, an energetic partner who cares about others as much as you do. In short you might just find Another Special Kiwanian (ASK). The Capital District of Kiwanis International is a wonderful vehicle through which you may express yourself and do great things to make our world a better place. Kiwanis is the best service organization in the world because of you... BE PROUD...we need more people like you, more Kiwanians in our communities. I am ASKING for your help. Let us keep Kiwanis strong. Follow THE FORMULA but start by being proud and remember to ASK.

### Capital Idea

*cont'd from page 6*

them see it as fun, and they don't even realize that they're getting something educational," Bowles said.

At the end of his presentation, Bowles told the children, "Every great thing that you are, it's already in you. You've just got to bring it out."

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*This article was originally published on Progress-Index.com on April 7, 2014*

# Beyond the Call

Nominate a deserving Kiwanian for *Beyond the Call*. Contact [editor@capitaldistrictkiwanis.org](mailto:editor@capitaldistrictkiwanis.org)

## John R. Perrigo Kiwanis Club of Virginia Beach

By Carroll Bains

At 83 years young, John has been a member of Kiwanis International since 1966, when he was first affiliated with the Linwood, WA club, where he served in several leadership positions, including Club President. A retired Navy Chief Petty Officer and decorated Vietnam Veteran, in 2001 John came to the East Coast and joined the Kiwanis Club of Virginia Beach. Here, he has continued to be an exceptionally active member in club service and administrative duties, working our golf tournaments, 50/50 raffles, is a Board member of the Kiwanis Children's Council of Hampton Roads, supporting other charity fundraisers. He has also been a member of the Club Board of Directors and a Key Club Advisor for many years.

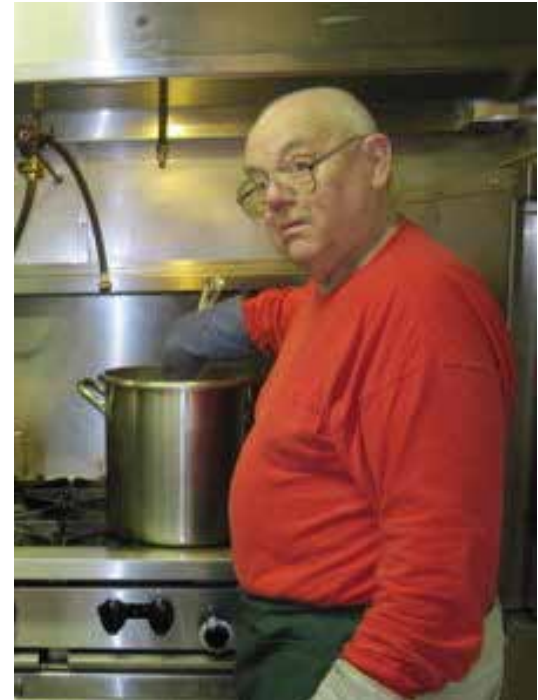
John also excels as the epitome of a Community Servant--a member of the Board of Directors for the Virginia Beach Judeo-Christian Outreach Center (JCOC) which provides residential and transient facilities, training, rehabilitation and food for local homeless and others in need of support.

Above and beyond: although retired, John normally devotes between 40 and 80 hours every week volunteering in the food services section at

JCOC. He picks up and transports donated food from local stores to the JCOC warehouse and freezers. He personally stocks and manages the freezers and food pantry for the facility--a job that would normally require two full time employees.

For many years, our club has committed to support JCOC through direct cash donations and voluntary community service through the preparation and serving of evening meals to the homeless. We do the meal service every other month, on the first Friday of the month. Normally we serve between 80 and 125 homeless, including men, women, and children from this area of Southside Hampton Roads. When it is our club's time to prepare the dinners, John acts as our chief cook, directing our team of Kiwanians in the actual preparation and cooking of the food, preparation of salad, breads, drinks and desserts. Normally, we have at least 6 VB Kiwanis Club members pitching in with the food preparation, and between 4-10 Key Club members serving the meals.

For our Kiwanis One Day project this year, John suggested that our club fund and execute the replacement of a fence needed at JCOC. As usual, John took the lead in "making it happen"!




John has been certified to be our club's Delegate to the International Convention in Japan this year, and with his wife, Nobuko will attend. Coincidentally, Nobuko has a sister living in the city where the convention will convene, so it will also be a family reunion for them.



## SHARE YOUR SUCCESS

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



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