# The Capital June/July 2015 Kill Capital Amedian Capital Capita

The Official Publication of Capital District Kiwanis

www.capitaldistrictkiwanis.org



# Celebrate Kiwanis' 100th in Indy

June 25-28, 2015



this is it! Come

make history.

And years from now, be able to say: I was there!



Kiwanis 2015



kiwanis.org/convention



# The Capital Kiwanian The Official Publication of Capital District Kiwanis

## Volume 4, Number 5

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# Governor's Message

R. Brian Bell, 2014-15 Governor

This year we celebrate 100 years of relevant and meaningful Kiwanis service in our local communities throughout the world. Service is who we are. Service is what we do. Across our great organization, we annually contribute more than \$100 million and dedicate more than 18.5 million volunteer hours to strengthen communities and serve children.



We have awesome Service Leadership Programs and Key Leader events that develop student servant leaders and the next generation of Kiwanis International. We serve the children of the world through The Eliminate Project and the previous Iodine Deficiency Disorders worldwide service projects. In our communities, we serve children through Young Children: Priority One service projects. We build playgrounds and clean and improve local parks. We support schools, libraries, hospitals, churches, fire and rescue, police, youth sports programs, Boys and Girls Clubs, senior centers, and families in need. Our District Foundation supports eight Pediatric Trauma Centers throughout the Capital District. And we do so much more!

I've heard and read about many inspiring service projects conducted in support of Kiwanis One Day in April. What a great way to recognize our commitment to service, across the country and around the globe. For Example, there is now a Kiwanis Kids Corner in the Southside Regional Medical Center Pediatric Emergency Waiting Room. The hospital allowed Petersburg Kiwanis Club to transform a portion of the emergency waiting room into a kid friendly environment. Present for the ribbon cutting were the president of the Appomattox Regional Governors School Key Club, the head nurse of the Emergency Department, LTG Sandy Conover, the Mayor of Petersburg and the CEO of the hospital (a Kiwanian). Also, the Spring Dell Center Aktion

Club, sponsored by the Kiwanis Club of Waldorf, participated (enthusiastically) in the Kiwanis One Day cleanup at Point Lookout State Park. These are just two examples of the many Kiwanis One Day service projects performed in our Capital District.

At our District Convention in Roanoke, we celebrated the Power of One. One truly can make a difference: one member, one club, one division, and one district – one hour of service at a time. Those who were able to attend experienced a wonderful convention filled with fun, fellowship and inspiration. I want to take this opportunity to recognize DCON Chair Jackie Bledsoe and her outstanding committee for their exceptional service

in planning and managing the 97th Annual Capital District Convention. The Hotel Roanoke was a wonderful venue, and the beautiful Roanoke Valley welcomed many first time attendees to a district convention. Thank you DCON Committee for making this convention truly memorable and rewarding.

Two items from DCON deserve special mention. First, we had a contested election, for the first time in many years, with two exceptional candidates: Kelly Boswell and Kristina Dlugozima. Our newly elected Governor Elect is Kelly Boswell. We also elected and installed Governor Designate David Heppner, who I look forward to supporting in 2015-16. David will be an outstanding Governor and will lead with vision and humor. Second, the House of Delegates overwhelmingly passed a resolution to fulfill our district goal for The Eliminate Project. This reaffirms our commitment to raise our fair share based on membership, which amounts to \$474

per member. Our action is motivating other Kiwanis districts to follow our lead. At least eight other districts have expressed interest in making a similar commitment.

Upcoming events: KI President Dr. John Button and Debbie Button will visit our Capital District during June 11-14. Their tour begins in Norfolk and continues to Williamsburg, Richmond, and Washington DC. Events include a Town Hall Kiwanis Meeting in Norfolk, tours of Norfolk and Williamsburg, luncheon in Richmond, Children's Summit in DC, service projects in Mitchellville and DC, and Bar-B-Que in Landover. Please support events in your area.

The 100th Anniversary International Convention in Indianapolis will be held on June 25-28. Hopefully you have made plans (and reservations) to attend. CKI and Key Club are also having their International Conventions in Indy on these dates. It should be quite a party!

Also two significant amendments to KI Bylaws are up for a vote: a KI dues increase, and Online Voting (proposed by our Capital District). Make sure your voice is heard through your delegates.

Finally (following Club Leadership Education training for club presidents in May and June), we have three Club Leadership Conferences in August: Southeast CLC on August 1 at the College of William and Mary, Northern CLC on August 15 at Towson University, and Southwest CLC on August 29 at Wytheville Community College. These conferences will help prepare your club officers, directors and committee chairs to lead your club in 2015-16.

Also, don't forget to send in your photos of "signature" club service projects, 100th anniversary celebration events, joint projects with your SLPs, and other

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# Visit the KIWANIS STORE

for the latest apparel, meeting items, and more!





store.kiwanis.org



# A Capital Idea

# Kiwanis clubs provide deep civic resource

100-year-old group helps out locally, around the world

Service Project Tip #16: Invite the media to your service project.

By Sara K. Taylor Staff Writer Southern MD Newspapers Online http://www.somdnews.com

Kiwanis International, a service organization, is celebrating its 100th anniversary this year.

Local groups — Kiwanis of Waldorf, Kiwanis of La Plata and Kiwanis of Charles County — are staying true to the group's mission of "serving the children of the world" while pitching in to help those in the local community.

"The work we do is to help children," said Jim Gorney, president of the La Plata group.

"Most people almost always have a soft spot in their heart for children," he said.

### In the world

Globally, the club is dedicated to its Eliminate Project that aims to rid the world of maternal and neonatal tetanus to save the lives of 129 millions mothers and future babies.

Teaming with UNICEF, Kiwanis wants to raise \$110 million for the program that will benefit the poorest and most



(Photo by GREG DOHLER) Kiwanis Club of Waldorf member Ernie Wallace of La Plata helps build a wheelchair ramp at the home of Calvin Cooper as part of Christmas in April on Saturday in Welcome.

underserved women and children around the world.

In the past, the club worked to all but wipe out iodine deficiency disorders in Third World countries, said Jerry Peuler, a member of the Waldorf club.

"IDD as it was is eradicated off the face of the Earth," he said.

UNICEF reported that money raised for the IDD program through Kiwanis has affected more than 89 nations.

### In the county

Closer to home, Kiwanis members strive to help their neighbors and the community.

While the focus remains on children — area high school have Key Clubs, middle schools boast Builders Clubs and some elementary schools have K-Kids clubs — the Waldorf group spent Saturday building an access ramp for Welcome resident Calvin Cooper, who uses a wheelchair to get around, during a Christmas in April project.

Kiwanis member Harry Kriemelmeyer, who joined the club in 1999, designs the access ramps — the club has built about 25 or so over the years for people in need — with other members supplying the labor.

Almost all members join Kiwanis because a friend brought them along to a meeting or talked about a project the group was working on.

Kriemelmeyer was brought into the club by Ernie Wallace.

"He innocently said, 'Come to a meeting,'" Kriemelmeyer said.

"I came and they wouldn't let me out," he joked.

Wallace joined in 1996, three years after he moved to the county, for a simple reason.

"It's an organization that does good things for the community," he said.

Kriemelmeyer's wife Millie signed up in 2002.

She wasn't going to be left out.

"They were having all the fun," she said.

Gorney, an attorney with offices in La Plata, tagged along with a friend to a Kiwanis lunch meeting about 11 years ago.

He's been a member ever since.

His group, with the help of Oxon Hill Bicycle and Trail Club and Bob Hall LLC, will fit more than 450 bike helmets for children at the Center for Children's Touch-A-Truck event May 16. Victor DiBella, president of Kiwanis Club of Charles County, sponsored a Key Club at an Arizona high school where he coached and taught social studies.

He has been involved in the Kiwanis club for about four years.

Being an educator gives him an upclose view of what aiding children can mean for the future.

"If you really want to make a difference in the community, you start with the young people," he said.

The Charles County group is gearing up once again to provide food and refreshments for Project Graduation,

Continued on page 25

# **Poquoson Kiwanis Hosts Educator from a World Away**

Mongolia is half a world away but the Kiwanis Club of Poquoson counts the city of Ulaanbaatar as its new neighbor.

Arima Marder, a native of Mongolia, is a club member. She initiated a club project in 2012 to collect clothing and supplies for two orphanages in Ulaanbaatar to help schoolchildren get the most from their education. In 2013, the club shipped the first of several "care packages" to Mongolia. One club member, Charles Harris, has visited Ulaanbaatar and the club has established regular contact with one orphanage via telephone and Skype.

Mr. Harris also visited a vocational school dedicated to helping disabled children and Ganbileg Chulaanbaatar, the director of the 55th Vocational School, had one very special request. They wanted to learn much more



Ms Chuluunbaat and Ms Marder visit the Poquoson High School Key Club

about how American schools and other institutions went about caring for disabled children and adults.

That led the Poquoson Kiwanis Club to sponsor the school's director, Ganbileg Chuluunbat, to visit Hampton Roads, become acquainted with club members and associated groups, and to visit various educational institutions to learn more about programs and facilities.

Continued on page 25

# **Around Capital**

# Communities in Great Need! THE YOU are the ANSWER

By PG Carolyn Richar District Chairperson, The Formula

Recent news stories showed a city beloved by many in riot. While there are many views of why the recent riots in Baltimore occurred, most experts agree that communities with high levels of poverty are most at risk for violence. For me, what was most heartbreaking was seeing the faces of the young children in the midst of the fires and looting. Where is the hope that they will have a chance at a life with opportunities for a better future?

YOU are that hope – you are part of the answer that will offer a chance at opportunities for a better life – for children living in communities of poverty in the Capital District!

The key - YOU are the hope because you are part of a larger community of people working to make the world a better place one child – one community – at a time. The Formula is a program provided by Kiwanis International to strengthen your Kiwanis club and to help open clubs in communities with great needs. The Formula is a committed team of Capital District Kiwanians who are available to help YOU make your club more active, stronger, bigger. Club Counselors can meet with your club to facilitate a discussion on what people most treasure about their

Kiwanis experience locally – and what they want to change to make that experience even better.

What I love most about the club counseling experience is the discussion with club members about their ideas and their commitment. The club counselor can offer suggestions and ideas that have been successful in other communities – but the club itself makes the decisions about what needs to happen to make the club strong and active with hands-on service.

YOU are also the hope as you help open up clubs. We are working now on several new clubs in communities in need. You can share this news with your friends so people who are interested in helping children in need can be referred to your club – or perhaps one of these clubs in the making:

### **DIVISION 1:**

Prince George's County Young Professionals Kiwanis Club Opener: Linda Peterson fayepete@msn.com

### **DIVISION 2:**

Reston Kiwanis Club Opener: Jeffrey Wolff jeffrey@wolff.net



#### **DIVISION 2:**

Annandale/Falls Church area Club Opener: David Diesselhorst dhorstgp@cox.net

### **DIVISION 3:**

Montgomery County Club Opener: Kelly Boswell kellyboswell@verizon.net

### **DIVISION 4:**

Pasadena, Maryland Club Opener: Kristy Latchaw klatchaw@huronconsultinggroup.com

### **DIVISION 6:**

Goldie Beacom Kiwanis Club Club Opener: Van Olmstead vandy@olmstead.net

### **DIVISION 6:**

Parkville, Maryland Club Opener: Don Dudey dldudey@gmail.com

#### **DIVISION 7:**

North Carroll County Kiwanis Club Opener: Art Riley rxarthur@aol.com

#### **DIVISION 10**

Dinwiddie, VA Club Opener: Sandy Conover bossyda@aol.com

# Youth Protection Guidelines

By Dennis Baugh Youth Protection Manager

# WHY DO CRIMINAL BACKGROUND CHECKS FOR SLP ADVISORS?

When you buy a house, you will have someone do an inspection to make sure it is safe. When you buy a used car you may take it to your mechanic to make sure it is safe. So, why do we expect parents to leave their children with a Kiwanian unless they are sure their child will be safe?

Criminal Background checks have become the norm for all programs that work with youth. Kiwanis is no exception. It is a requirement to be an Advisor to any SLP that you have a clear Criminal Background check. This can be done through the Kiwanis preferred provider, Safe Hiring Solutions, or the club can select other providers or agencies. All the Advisor needs to do is provide the club Secretary with written proof that they have a clear check that meets the requirements of the clubs policy. Then the club Secretary simply enters the information in the Secretary Dashboard.

In addition to Advisors to SLPs, Kiwanis International also encourages ALL club members that work with children to have a Criminal Background check.

### **PICTURES OF YOUTH**

I have been asked about guidelines for taking pictures of youth. You can take all the pictures you want of youth under the age of 18! HOWEVER, if you or the club plans to post them to any social media site or distribute them in anyway, YOU MUST receive a release from the child's parent or guardian. The only exception is if another organization provides you with a picture. You can post it, BUT, be sure you inquire if they had a release from the parent or guardian. It's just best practices.

# TRANSPORTING YOUTH TO EVENTS

The guidelines specify the use of the "rule of three". The ideal solution is two adults and one youth. However, it can also mean two youth and one adult. BUT, the adult should NEVER be alone with one youth. Exceptions can be made in RARE situations when a youth must be taken home and only one adult is available. In those cases, the adult should call the youth's parents and explain the situation. Give an approximate time they expect to arrive and the route they will be taking. BEST PRACTICES is still – never be left alone with one youth.

# Continued on page 25

### **DIVISION 11**

East End (Richmond) VA Club Opener: Tom Wagstaff twagstaff@capup.org

Please share any names of friends/ family/work colleagues that live in these communities and would make great Kiwanians with the club openers listed above!

YOU and I don't have to watch the evening news and shake our heads in disapproval or sit back unable to help. We have an answer for the children in these communities. The answer is Kiwanis clubs connecting with local schools, hospitals, physicians, police departments, YMCA's, Boys and Girls Clubs – and many other local groups who need our help to bring hope to our local communities. YOU and I are the answers! Please reach out today, through the Formula, to make your club stronger and to help open new clubs.

# **Questions?**

Contact Carolyn: carolynsrichar@hotmail.com cell phone: 703-505-0265

# **Around Capital**

# **Capital District is on to Indianapolis!**

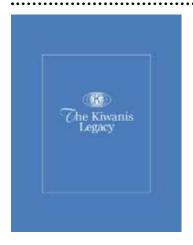
By Missy Zimmerman
On-to-International Convention
Chairperson

If you're planning to be in Indianapolis for the International Convention you've got to put the Capital District Dinner on your list of things to do while in Indianapolis! We will be dining at Harry & Izzy's Downtown, 153 S. Illinois St. on Thursday, June 25th from 4:30pm to 7pm. Come revel in the Speakeasy atmosphere of one of Indianapolis' finest restaurants which is within easy walking distance of the convention hotels.

The menu consists of choice of Caesar salad or soup, choice of 10 oz. NY Strip, grilled salmon or grilled BBQ chicken, and your choice of one of 3 scrumptious dessert choices. Adult beverages will be available for purchase. The cost is \$60 per person, but time spent with your Capital District family is priceless.



Don't dawdle: Our final total has to be guaranteed 4 days in advance so checks must be in hand by June 20, 2015 in order for your reservation to be confirmed. Make your check payable to Capital District Kiwanis and mail it to: Thomas A. Varner, Secretary / Treasurer Capital District of Kiwanis International P.O. Box 2192 Ashland, VA 23005



# The Kiwanis Legacy eBook

Everyone knows Kiwanis was founded in Detroit in 1915, but do you know why Kiwanis was founded and how the first club survived its first year? Learn all the facts every Kiwanian should know about our history, from the earlier years to 2010. Discover the service projects that shaped the organization that we know and love today. Read quotes from every Kiwanis Interna-

tional president. Track membership numbers and Kiwanis international convention attendance through the decades.

*The Kiwanis Legacy* is available in English for download for US\$1.99 from all major eBook distributors. To download your copy, just search for *The Kiwanis Legacy* in your favorite eBook store.

# Amendments and resolutions proposals for International Convention 2015

Don't just have an opinion. Put it into action. Important amendments and resolutions are submitted for votes at the convention every year. As a convention delegate, you'll be a part of the discussion.

Here are the current proposed amendments to be discussed and voted on during the 2015 Kiwanis International convention:

- Allow greater flexibility in club meeting frequency and clarify provisions regarding club satellites.
- 2. Provide that, if a governor cannot attend a council meeting, the district may select any district officer to attend in the governor's place.
- 3. Provide that the final date for district conventions will be September 25, rather than September 15.
- 4. Allow district vice governors to be delegates-at-large at Kiwanis International convention
- 5. Permanently adopt corporate membership.



- 6. Provide that voting for Kiwanis International business (elections, amendments, resolutions) will be conducted online rather than at the Kiwanis International convention.
- Adjust Kiwanis International dues to be US\$52 per member in Tier A, US\$34 per member in Tier B, and US\$23 per member in Tier C (effective Oct. 1, 2015).
- 8. Provide that Kiwanis International dues may be adjusted annually by no more than five percent (5%) of the previous year's amount (effective Oct. 1, 2016).
- Provide that Kiwanis International will approve and oversee foundations, charitable funds, and other entities affiliated with Kiwanis International.

This year, delegates will also consider reports on two administrative resolutions adopted by previous Houses of Delegates on the topics of new forms of membership and online voting.

See complete details of each proposal, including new actions taken by the Kiwanis International Board in April 2015: http://www.kiwanis.org/docs/default-source/conventions-events/ki-amendments-2015-0317-2-web.pdf?sfvrsn=2

NOTE: All proposals are considered tentative until official notice is sent to clubs 90 days before the convention begins.

# **Service Showcase**

# **News From Capital District Kiwanis Clubs**

### **Division 2**

Tysons Corner/McLean Kiwanis continued their tradition of a rewarding Kiwanis One Day. Key Club members from three different clubs joined Kiwanians in sprucing up the yard of an individual rebuilding their life through Pathway Homes. Pathway Homes is a non-profit that provides housing and support services throughout Northern Virginia to those coping with mental illness or disability, thereby building stability and independence for these individuals who are often underserved.

Kiwanis Family members had a great time cleaning up brush, mulching, cleaning the yard, and making the home look great for summertime! They gathered over 30 bags of branches, leaves, and trash, and enjoyed a pizza party afterwards.

### **Division 3**

Recently, students from **La Plata High School Key Club** organized a kickball tournament called Kicking for a Cause. The idea was each student pay \$5 to play. They were able to get approximately 180 students on 18 teams. The winning team chooses the foundation that 60% of the money raised should be donated to. The second place team chooses 30%, and Key Club donates the last 10% to



Kiwanians and Key Clubbers take a break during Kiwanis One Day.

their district project. Both the first and second teams chose a charity that benefits Cystic Fibrosis.

## **Division 12**

An outstanding turnout of 27 Kiwanis volunteers and friends were race marshals for the 6th annual "Run the Dog Street" 5K race. The race, which raises funds for the Angels of Mercy Medical Clinic in Williamsburg, could not be a success without the help of

the **Kiwanis Club of Williamsburg** volunteers. The clinic provides compassionate, quality health care to the uninsured regardless of their ability to pay. Each volunteer received an official Run the Dog Street T-shirt.

# **Our Firm Foundation**

## **News From Our Capital District Kiwanis Foundation**



Greetings from the Capital District Kiwanis Foundation Board of Directors. The Kiwanis year is well underway and your Board of Directors has been conducting Foundation business. As everyone knows, membership is the key to raising funds for the many projects the Foundation supports. The Caring Corner has changed its format in August 2014 to be a basket raffle. The Caring Corner raffle theme baskets are donated by the Directors and clubs and has revitalized the Caring Corner. In April 2015 in Roanoke there were 33 baskets donated and raised \$2,017. This money is combined with the Ducky Derby sales and all proceeds support the 8 Pediatric Trauma Hospitals in the Capital District. We thank everyone for your continued support in the Caring Corner and Ducky Derby ticket sales.

The Capital District Foundation Board has distributed money in other ways. In 2014 and 2015 members voted to award 3 club grant requests for various projects benefitting children, donated \$10,000 to the Capital District Circle K, donated to the 8 pediatric Trauma Hospitals, and awarded \$2,000 to the Teenager of the Year.

But the Capital District Foundation continues to need your help. There are many ways to support your Foundation.

Support the Capital District
 Foundation by donating \$3.00 per member based on the October 1

membership roster.

- Donate \$150 and present a
   Capital District Foundation Life
   Membership award. This can be
   presented to an immediate Past
   President, any member of your
   club you would like to recognize,
   an SLP advisor, an outstanding
   secretary or treasurer. The
   recipient will be presented with a
   framed certificate, a banner patch,
   and a disc to put behind their
   Kiwanis pin.
- Donate \$1,000 for a Tablet of Honor Award. The Tablet can be sponsored by a Kiwanian, a Kiwanis Club, a spouse or a friend. The recipient will receive a certificate and a Tablet of Honor Plaque.
- Donate \$1,000 to the Founders Society. The Founders Society is an endowment fund within the Capital District Kiwanis Foundation created to benefit the Service Leadership Programs. The donation to the Founders Society can be done several ways: by check, gift of appreciated stocks or other financial investment assets or a bequest in a Will, Trust or Estate Plan.

If you would like information about what your Capital District Foundation does please contact your Capital District Foundation Director or visit foundation.capitaldistrictkiwanis.org.

# Eye On KI

# **News from Kiwanis International**



# Congratulations to the Kiwanis One Day Video Contest winner!

Congratulations to Division 13 of the California-Nevada-Hawaii District for winning the Kiwanis One Day Video Contest! And thank you to everyone who participated for spreading the word about the amazing service the Kiwanis family does. Watch the winning video, titled "Project Bike Rodeo & Safety Fair Focus: Pediatric Trauma Prevention": http://bit. ly/1JMSsFS

# Kiwanis Travel launches with trip to Cuba

Kiwanis is proud to launch Kiwanis Travel, an exclusive partnership with AHI Travel, a respected group tour operator. The first trip will take Kiwanians to Cuba, offering an opportunity to explore a country that only recently has become much easier for U.S. travelers to visit. Learn more at www.kiwanis.org/2015cuba.



# Kiwanis and UNICEF in Namibia

A delegation from Kiwanis Intl. and the U.S. Fund for UNICEF traveled to Namibia the week of May 25–29 to meet local volunteers, medical experts and mothers, as well as observe activities related to health care.

Namibia is one of 36 countries that have successfully eliminated maternal and neonatal tetanus (MNT). While women there no longer live in fear of the deadly disease, there is an important focus on sustainability efforts and continued education.

# Club presidents: Leadership knowhow begins now

Leaders need knowledge. Get it before you begin. Get it with Kiwanis International's education for club presidents.

A new club president earns respect by putting knowledge into action. Be the leader who improves the club experience—and takes members' energy to new heights. Learn to use tools such as member surveys. Find ways to stabilize or increase membership. Increase participation at events. Check your district website for times and locations of club president education sessions. Take the online self-paced training. Download and read all the critical club president resources available at http://www.kiwanis.org/kiwanisone/lead/club-leaders/president. Be ready to hit the ground running.

# Scholastic offers invitation-only warehouse sale to clubs

Thanks to Kiwanis International's partnership with Scholastic, you have an exclusive opportunity to buy books at discounts of 50% to 80%. Check out the Scholastic Book Fairs Customer Appreciation Warehouse Sale. You'll find hundreds of items for US\$2 or less!

These invitation-only sales are perfect for your club's literacy outreach. They typically take place at the beginning and end of the school year, and during the holidays.

Each sale offers a way to:

- Refresh your Kiwanis Reading Oasis
- Provide books for classrooms
- Fill up your back-to-school backpacks

You can even make your dollars go further with Scholastic's Build-a-Box. Pay only \$24.95 (plus tax) for each box you build, filling it with books of your choice from specially selected collections of clearance items.

Learn more today! Go to the dedicated Kiwanis page on Scholastic's website at scholastic.com/bookfairs/kiwanis—and see if there is a Scholastic Warehouse Sale coming up in your area.

it as needed during convention. You can also add custom events, such as group meetups, tours, district dinners or lunch plans with friends.

Get started with your custom itinerary today in the online convention scheduler tool!





# Kiwanis 2015 Live Control of the Co

# Create a personal convention itinerary online

Convention activities typically include general sessions, workshops, professional speakers, keynote luncheons, meetings, special events, district dinners and more. To view everything being offered, including locations and times, check out the convention scheduler tool at https://schedule.kiwanisone.org.

You do not have to be logged in just to view the whole schedule of activities, but if you'd like to create a personalized online convention itinerary, users must log in from the convention scheduler tool main screen. You can then select events and save them to your own itinerary and access



# New initiative: Circle K International alumni clubs

At the April 2015 Kiwanis International Board Meeting, the board approved the Circle K International Alumni clubs. Former members of Circle K International, the Kiwanis-family service program for university students, often have a shared experience that fosters connection. A Circle K Alumni club can be organized in any community with a sufficient concentration of interested alumni. Club members maintain a connection with Circle K International, and they enjoy flexibility with regard to meetings, officer positions and club activities. What sets Circle K International Alumni clubs apart from your standard Kiwanis club? The fee model. CKI Alumni clubs will pay a charter fee and an annual club renewal fee of US\$350—regardless of the membership size.

### **KIWANIS VIDEOS**

# Protecting lives has unintended consequences

The Eliminate Project is having unintended consequences on families when the lives of mothers are saved and protected. 2014-15 Kiwanis International President Dr. John Button has seen the impact. Watch and share this video of his firsthand account of how The Eliminate Project is not just saving and protecting lives, but changing them as well: https://vimeo.com/125623106

# Keep them coming back

Watch what the Formula team has to say about tips on how to have a good meeting:

https://vimeo.com/129231737

# **Front and Center**









# District Convention 2015 Roanoke, VA

### By Governor Brian Bell

On April 9-12, 2015, the Kiwanis Club of Roanoke welcomed Capital District Kiwanians to Roanoke, Virginia for our 97th annual District Convention. The host location was The Hotel Roanoke one of the Grand Old Ladies. Star City Mayor David Bowers, a member of the Roanoke Kiwanis Club, welcomed Kiwanians (including many first time attendees) and guests to DCON. Our DCON Committee, chaired by Jackie Bledsoe, did a fantastic job in ensuring that every one who attended the convention had an enjoyable, educational, and memorable experience. Thank you Jackie, and thank you committee members.

Extracurricular activities included a pre-convention golf outing, Roanoke food tour, and bird walk. Friday evening's Roaring 20's Speakeasy & Casino Night was great fun – "a good time was had by all"! Hospitality suites provided multiple opportunities for renewing friendships and sharing Kiwanis memories and stories.

There were excellent Kiwanis leadership training and education sessions as well as entertaining and informative workshops on a variety of professional development and self-development topics.

Highlighting Saturday's Fellowship Luncheon was International Past President Steve Siemens, the People Builder, with his unique wit and wisdom and common sense approach to leadership. Steve also kicked off a series of The Formula sessions, with District Chair PG Carolyn Richar and Southeast Region Development Strategist Rhonda Vrell.

At the District Board Meeting, the Board approved an initiative to allocate \$18,000 for matching grants to clubs for new service projects. The grants are for 50% of the cost of one new service project per club, not to exceed \$250. An online grant application form is available, and each grant is approved by your Lt Governor. The Eliminate Project Chair PG John Tyner announced that our district has raised over \$2.2 million to eliminate Maternal and Neonatal Tetanus (MNT). This is 2/3 of our goal and will save over 1.2 million live.

At the first House of Delegates, delegates overwhelming approved a resolution to pledge the remainder of our fair share to The Eliminate Project – to be raised by Capital District Clubs and individual members through the year 2020. This significant commitment immediately gained the attention of Kiwanis International and set a precedent that at least eight other districts are now actively considering.

At the second House of Delegates, delegates elected David Heppner as Governor for 2015-16 and Kelly Boswell as Governor-Elect for 2015-16. For the first time in many years, we had a contested election – one with two outstanding candidates in Kelly and Kristina Dlugozima. Our District will

be in good hands this coming year and beyond.

During the Governor's Banquet, our Service Leadership Program Kiwanis leaders (District Chairs, District Administrators, Zone Administrators, and club advisors) were recognized. Three adult leaders received the Governor's Golden Globe Award for their exceptional service: CKI District Administrator Jen Wolff, Key Club District Administrator Joe Stankus, and Key Leader District Chair Bill Hand. CKI Immediate Past Governor Ben Romano and newly elected Key Club Governor Arshad Fakhar well and ably represented our SLPs.

Sunday morning's Breakfast featured the inspirational words of developmental psychologists Drs. Craig and Sharon Ramey. They were followed by an amusing "On to Indianapolis" ICON presentation by Missy Zimmerman (and friends) and "on to Richmond" DCON presentation by Tom Varner. KI Trustee Art Riley installed Governor-Designate David and Governor-Elect-Designate Kelly. Trustees, Lt Governors, and Committee Chairs for 2014-15 and 2015-16 were recognized (but not retired or installed). With half a year to go in their terms, the 2014-15 leadership team has much more to do. Those retirements and installations will occur during the upcoming three Club Leadership Conferences in August.

# **The Capital Record**

## **Donations**

The Eliminate Project District Coordinator PG John Tyner presented a Major Donor Award Certificate to **Van & Betty Olmstead** of the **Wilmington, DE Kiwanis club** in recognition of their \$25,000 donation to **The Eliminate Project.** 

Unfortunately, some children have to deal with adversities such as abuse or neglect and become involved with social services and even the court system. The court appointed volunteers through CASA take up the cause advocating for one child at a time until that child is placed in a permanent home. At the weekly meeting on May 27th Kiwanis Club of Greater Ocean Pines - Ocean City donated \$500 to CASA.

## Save the Date!

# Southeast Club Leadership Conference

The College of William and Mary 8/1/15

# Northern Club Leadership Conference

Towson University 8/15/15

# Southwest Club Leadership Conference

Wytheville Community College 8/29/15

# Welcome to Kiwanis

### Kiwanis Club of Williamsburg:

Tom Coffey Matt Luther Megan Whiteaker Pat Kitchen Brian Harold Lisa Cumming

**Kiwanis Club of Ocean Pines - Ocean City:** Kacey Decker

## **In Memoriam**

James O. Frankosky, Kiwanis Club of Arlington

George Beatty,

Kiwanis Club of Arlington

Arthur E Pressl,

Kiwanis Club of Coastal Delaware

Carolyn Balderston,

Kiwanis Club of Leisure World

Robert H Bowden,

Kiwanis Club of Lynchburg

Marvin S. Jackson,

Kiwanis Club of Montgomery Village

Donald J Heim,

Kiwanis Club of Washington

# Welcome to the Family

William Penn High School, Kiwanis Club of Wilmington

# Stand-out Key Clubber

Victoria Brown, president of the Appomattox Regional Governors School Key Club in Petersburg is a member of the 2015 class of Gates Millennium Scholarship winners. Founded by Bill Gates and his wife, only 1000 seniors across the United States are chosen to receive this scholarship. Victoria will have full tuition and board from undergraduate to doctorate degree paid, and to any school of her choice. ARGS Key Club is sponsored by the Kiwanis Club of Petersburg,

## **Honors**

Ed Aurand and Mike Morton of the Kiwanis Club of Greater Ocean Pines - Ocean City were honored at the June 3rd meeting when they received "Legion of Honor" awards in recognition of their longtime service to children and their communities as Kiwanians.

The Wise town council recently recognized the **Kiwanis Club of Wise** for its service to the community. A proclamation, approved by the council at its April 28 meeting was presented on May 4th to the club.

In March, the **Kiwanis Club of Wilmington** honored Past President, **Bob Hallsted** on his 99th birthday
with a luncheon. The club decided to
expand the Big Day by inviting 17 of
Bob's fellow Past Presidents to join in
the fun and help Bob celebrate!

At the Ashland Kiwanis Club's SLP Recognition & Appreciation Dinner/Program, Kiwanis Advisor Derek Dupuis honored Randolph-Macon College graduating senior Elizabeth Silvius with membership in the Carthage-Pullman Society, one of the highest recognitions in Circle K International.

# **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
Inly	
July Bluefield	10/16
Bluefield	
Bluefield Delmar	1950
Bluefield	1950 1958
Bluefield Delmar	1950 1958
Bluefield	1950 1958 1973
Bluefield	1950 1958 1973 2001
Bluefield	
Bluefield	1950 1958 2001 2003 2006

# **My Kiwanis Moment**

# Tom French Kiwanis Club of Williamsburg

I retired in 1996 and moved from Northern VA to Williamsburg to establish a quality of life in retirement: golf and fishing, both activities in which I really excelled. Within a year here, I was asked to join Kiwanis. Sound familiar? And what changed?

Soon after joining, our club was visited by our William & Mary Circle K president (now CKI), reporting on their International Convention activities and with a thanks to our club for its support. At this point I really knew little of the Sponsored Youth Program (now SLP) or even what CKI was. Then, suddenly, as the CKI president was finishing her talk, someone came running into the meeting wearing a ski mask, stole our club bell off the podium, and ran out. Oh, and left a note - which said we could get the bell back if we sent 4 members to their CKI meeting next week. I was one of the four who attended. I sat at that early November meeting, amazed, seeing over 15 service-related activities written on the chalk board (yes, chalk board then) for the upcoming week. And an apology from their Service Chair that their club had accrued only 450 service hours for the previous month, short of their goal. I never stopped attending! And soon after became their Kiwanis Advisor.

After 15 years as our club's SLP Chair, which supports 7 sponsored SLP clubs, and as CKI Advisor, my quality of life has transitioned from golf and



fishing. And I have realized that, as important as it is to help needy children in our community and elsewhere, our Kiwanis role in providing activities that are positive and productive and creating servant leaders among those who are "less" needy, through SLP, produce emerging citizens with a focus on helping others over self: a continuing cadre who will help those in need.

Providing financial support to these clubs has been essential from our Kiwanis Club, but I feel that our hands-on support to club leaders, and the membership in general, has been a catalyst to their clubs' successes and in individuals becoming good citizens and good servant leaders. I have also realized that in mentoring our eager, service-oriented youth, and through the friendships gained in working with them, it has changed me as well. Now a little golf and fishing doesn't hurt!

Share YOUR Kiwanis Moment! Email editor@capitaldistrictkiwanis.org

# **Tech Watch**

# Doodle makes scheduling volunteers and meeting times easy for Kiwanis Clubs



### What is Doodle?

Doodle is an online scheduling tool that can be used quickly and easily to find a date and time to meet with multiple people. First you suggest dates and times for your event participants to choose from, then Doodle creates a polling calendar that can be sent to participants for feedback. As each participant selects the dates and times from the polling calendar that he or she is free, Doodle aggregates the responses and tells you which option works best for everyone.

Getting everyone on the same page is hard enough with just five other coworkers, let alone fifty new volunteers you may have never met. Doodle can be a valuable tool for coordinating a large event like volunteer training as well as a small event like a monthly meeting with the board.

### **Doodle in Action**

Part of Doodle's appeal is that it's so easy to use. The site walks you through the four steps of creating a polling calendar:

- 1. Schedule an Event
- 2. Propose Times

- 3. Choose Settings
- 4. Invite Participants

Each step of the way there are options to make the whole process easier for you and the people you're trying to meet with.

### 1. Schedule an Event

The first step in scheduling an event with Doodle is to fill out a simple form with the title, location, and description of the event. This information will be visible on the poll, letting participants know exactly what the event is. On this page you will also enter your name as administrator and your e-mail address so that you can receive the link to view, update, or edit the poll.

### Notable Features:

- Easy Directions: The location automatically links to Google Maps, making getting directions a breeze.
- Your Own Doodle Account:
   Although you are free to use the site without creating an account, signing in makes checking up on your scheduling polls a lot easier (especially if you have several out at a time).

### 2. Propose Times

The next screen asks you to choose days and times that you are considering for the event.

### **Notable Features:**

 Time-Zone Support: If you're scheduling an online event, such as a Twitter chat or a video conference, you can enable timezone support to keep participants across the country or across the world on the same page.

## 3. Choose Settings

In this third step, Doodle offers some options so that you can modify the basic poll to suit your specific needs. These customizable settings allow you to tailor your Doodle scheduling poll to each event. Among other things, you can use these different settings to transform your scheduling poll into a registration sheet, or to offer extra options to your event participants such as greater privacy.

### Notable Features:

 Yes-No-Ifneedbe Poll: In a basic poll, the people you invite can only respond "Yes" or "No."
 This option adds a third possible response, "If need be," to give you more detailed information on participants' availability and flexibility.

- Hidden Poll: Perhaps you are looking to schedule times to meet with donors. This option allows you to keep each donor's schedule and availability confidential from the other donors.
- Limit Number of Participants per Option: For example, setting the group limit to ten people per time slot would be handy if you are looking to conduct feedback meetings with past volunteers. Once a timeslot has ten names, it will stop being shown as an option.
- Participant Can Only Choose
  One Option: This option coupled with limiting the number of participants per option turns the poll into a registration sheet, allowing each participant to sign up for a timeslot on a first-comefirst-served basis.

## 4. Invite Participants

The final step is to send out the invitations. Doodle has three methods of delivering your poll to participants: email, Facebook, and Twitter.

For smaller or internal meetings, email is the way to go. But if you are putting together a larger event, like a cookout to thank your volunteers, then a social media platform might be a better choice. By posting the Doodle poll link on Facebook or Twitter, you can simultaneously advertise your event and find a good day for it.

### **Notable Features:**

Import Contacts: Link your
 Doodle account to your email
 account to easily import the email
 addresses of the participants
 you're interested in inviting.

### The Poll

For the people you have invited, the finished basic poll will look something like this. \

SEPTEMBER 2012 Wed 12 Mon 10 3 participants 1:00 PM 9:00 AM 11:00 AM 9:00 AM 11:00 AM Volunteer1 Volunteer2 Volunteer3 Your name (m) 6 

1

3

1

1

1

The people that you invite will enter their name or an ID number in the field that says "Your name" and check the boxes in the time slots when they are free.

### **Notable Features:**

- Load Your Calendar: If you do open a Doodle account, you can sync your Google, Outlook, or iCal calendar to Doodle. This lets you avoid switching between calendars, making it easier to respond quickly to scheduling requests.
- Comments: There is even a comment section at the bottom of the poll where participants can note dates that they would prefer over others or ask questions about the event.
- Different Viewing Options:
   The image shown above is the table view, which allows your participants to see which dates and times are popular. There's also an option to look at the schedule on a calendar view, shown below. The calendar view is helpful if you have loaded your own calendar to Doodle for comparison.

Visit www.doodle.com to get started!

Article content taken from www.doodle.com.

# **Getting the Word Out**

# **Service Projects: A Great Opportunity to Promote Kiwanis**

By Caren Schumacher, Chairperson Capital District Public Relations

According to the Kiwanis International website, service is at the heart of every Kiwanis International club, no matter where in the world it's located. Kiwanis members stage nearly 150,000 service projects, devote more than 6 million hours of service and raise nearly US\$100 million every year for communities, families and projects. In my opinion, that's 150,000 opportunities to showcase who Kiwanis is and to recruit new members.

Is your club capitalizing on your service projects to promote Kiwanis? When the project is completed, will your community know that your club participated?

By implementing a few small ideas, you can ensure that the Kiwanis footprint will be left behind. Here are some simple tips that a club of any size can implement to show your Kiwanis:

1. Display a banner at the project site that contains the Kiwanis logo and your club's information.

- 2. Wear club t-shirts.
- Have a brochure or flyer on hand as a take-away for people who inquiry about Kiwanis.
- 4. If you have giveaways, such as books, make sure you place a label with club information inside.
- Let nearby businesses or residences know about your project; invite them to join you.
- Invite the media! Hometown stories play well with the press and on television, as well. At minimum, take pictures and submit them to local news outlets.



Service projects are a great opportunity to show your Kiwanis. We are a great organization, doing important work in each of our communities. Let's get out there and toot our own horns a little bit louder!

# **Family Ties**

# **Updates from Our Kiwanis Family**

# Key Club Arshad Fakhar, Governor

Hello Capital Kiwanians!

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 30 Key Clubbers from the Capital District will gather in Circle City, Indianapo-



lis, to celebrate another successful year of building our homes, schools, & communities at International Convention. What I am most excited for is how each branch of the Kiwanis Family will unify when we all celebrate the 100th Anniversary of our parent organization – Kiwanis International!

Each year, the Governor implements a project to fight for a specific cause. I present to you the "Capital Conservation Challenge," whose goal is to better our environment; but wait, there's a catch when clubs participate. They have to perform the service with any Kiwanis counterpart in honor of Kiwanis's 100th Anniversary. This is a perfect way for Key Club, Circle K, Builders Club, K-Kids, Aktion Club, & Kiwanis to unify and build their Kiwanis Family "tree!"

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. I cannot imagine a better way to spend an evening than performing service alongside my Kiwanis family! Some ideas for service projects include planting trees and performing park & beach clean ups! Your club can also benefit just by a social event such as hosting a picnic or cookout!

I wish you a safe summer filled with joy and service & I cannot wait to meet many of you at International Convention!

Yours in Friendship & Service,

Justool Farmer

Arshad Fakhar

## CKI Matthew Johnson, Governor

Hey Capital Kiwanians!

CKI members throughout the Capital District are excited to head home for the summer and hit the beaches, internships and summer jobs—except, of course, for those of us still at school. Summer is a difficult time for CKI clubs to host meetings and



events, so it's a good thing Kiwanis never stops! If you have an upcoming project that would interest CKI members, let me know, and we'll make sure to advertise the events to our members. We want to make Summer 2015 the Summer of Service.

Our CKI district board enjoyed having the opportunity to interact with and build relationships with members from the Kiwanis and Key Club district boards at the Tri-K Leadership Conference, and we look forward to continuing these relationships in the coming year. During the conference, we set goals as a district to focus on building our current clubs through membership recruitment, retention, development, and education.

As we continue working with our fellow Kiwanis Family members, we're also encouraging each club and member to participate in at least 5 Kiwanis Family events and 3 interclub events with the hope of achieving 25 service hours per member and 10 dollars per member raised for The Eliminate Project. The board voted to focus on reaching 800 members with 32 clubs. These are goals that we can all work together as a family to achieve by pushing clubs to recruit new members and host exciting, innovative, and collaborative service projects and club meetings, while pushing to build new clubs.

I look forward to working with Kiwanians and all of my fellow Kiwanis family members to reach each other's goals together this year. I hope to see you all in Indianapolis.

Yours in Service and Sunshine,

Matthew W. Johnson

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

# **Beyond the Call**

# Earl Zook

### **Kiwanis Club of Winchester**

By Eric Zhao, Intern

"Do something nice for someone today".

Earl Zook of Stephens City, Virginia not only runs his specialty advertising business by this motto, but also lives by these words. At a Kiwanis breakfast for Camp Fantastic, a weeklong camp for children undergoing cancer treatment, Earl was serving pancakes to the children, and knew that there had to be something more he could do to directly help. From there, he decided to hike the entire Appalachian Trail, which stretches nearly 2,200 miles from Georgia to Maine and took him three years to finish. Earl took on the trail name "Bald Eagle" and distributed envelopes for donations everywhere he went. By the time he completed his hike at the age of 90, Earl had raised thousands of dollars in donations for the American Institute for Cancer Research (AICR)! His altruism, firm resolve and wide-reaching impact are simply incredible.

In 2002, Earl Zook joined the Kiwanis Club of Winchester after moving to Virginia from Pennsylvania four years earlier. He has been deeply involved with his club and currently serves as the chairman for its Inter-Club Committee. Additionally, Earl has also played a very active role in fundraising and membership growth



Earl Zook, second from the left, entertains the crowd at Pancake Day.

for Winchester. Earl has introduced many new guests to Kiwanis; his enthusiasm for service is infectious. For each of his club's two Community Pancake Days, he works a four-hour shift and sells over a whopping 700 advance tickets. Earl's great success in ticket sales can be attributed to his friendly personality, openness and extensive experience from a long career in sales.

After his service in the Army, he worked to sell such products as vacuum cleaners and office equipment. Regardless of what products he sold, he always stood out because he was hard-working, dedicated, and deeply valued face-toface communication. He is a people person, a great communicator and a great speaker. He now shares his expertise with Kiwanis and has even set up several seminars to teach and encourage other Kiwanians to sell effectively.

Earl truly goes above and beyond the call in his contributions to Kiwanis and his community. He is a remarkable Kiwanian on so many levels. At 93 years of age, Earl Zook is full of energy, and still going 100 miles per hour.

# Governor's Column Capital Idea cont'd from page 5

activities marking this special year of service in your photos and captions to **Public Relations and Communications** District Chair Caren Schumacher at carenkiwanis@aol.com. Caren and her committee are compiling material for a special edition of The Capital Kiwanian in the fall. Make sure your club is represented in this collector's edition.

# **Youth Protection** cont'd from page 5

A second part to Transportation is: How do you get youth to district, regional, divisional and local events. The above statement still applies. One suggestion is to establish a central spot where multiple youth can be dropped and one or more adults can meet them and do the transport.

In today's world, you never know when you will be accused falsely of abusing a child. I see it every day in my work. The Youth Protection Guidelines are for YOUR protection, as well as the youth we serve and our clubs. If you have any questions, I can be contacted at 540-820-8498 or email dennis.cdkypm@gmail.com

# cont'd from page 6

a two-night celebration for high school seniors following commencement.

### Giving back

Some join Kiwanis because they want to "pay it forward."

"I've been blessed and able to provide some payback for all the blessings in my life," said Peuler, a past Capital District governor and Kiwanis International trustee for the U.S. "I wanted to work with people who had a common interest in making things better."

DiBella had a similar view.

"I have been fortunate in my profession, and back in the day a lot of people did good things for me, and this is a way to give back," he said.

The Charles County commissioners proclaimed April 10 as Kiwanis Day in Charles County.

With the La Plata and Charles County clubs holding monthly meetings in the evenings and the Waldorf group getting together in the mornings each week, those looking to join can likely fit membership in their schedule, DiBella said.

"If you want to get involved, all you have to do is call me," he said. "I'll find something for you to do."

# **Poquoson Guest** cont'd from page 7

From the 10th to 24th of April, Ms. Chuluunbat visited several institutions in Hampton Roads, with Marder as her guide and translator.

They first visited Eggleston at the Sarah Bonwell Hudgins Center, a 40-acre campus in Hampton, VA, dedicated to helping persons with disabilities. The center enables persons with disabilities to develop skills, work, enjoy life, and learn to live independently in a safe, caring environment.

Then Ms Chuluunbaat enjoyed meeting with other Kiwanis groups, the Poquoson Kiwanis Satellite, and the Kiwanis Club of Tabb, as well as the younger set, the Builders Club at the Middle School and the Key Club at the High School.

She also met with Mr. Joe Johnson Executive Director of New Horizons Regional Education Center in Hampton and with special needs specialist Doris Feltman of the Poquoson City Public Schools. Other visits in Newport News included the AARP Foundation, Lisa Wornom-Zahralddin, Peninsula Worklink, Samantha Rozakis of the Center for Autism, and Heather Jankovich of Newport News Public School's Gatewood PEEP program.

In between learning about care for the disabled, Ms. Chulaanbaatar visited Williamsburg Prime Outlets, Busch Gardens, New York City, and Washington DC, before leaving for home on April 24.

The Kiwanis Club of Poquoson has begun an effort to establish a Kiwanis Club in Ulaanbaatar as part of their global outreach.



### **SHARE YOUR SUCCESS**

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



