

The Capital

June/July 2016

Kiwanian

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

Capital District Governor David Heppner
applauds the members at the Saturday
Banquet of District Convention

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Historic Train**

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Update**

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**Celebrating the
Capital District**

District Convention 2016 Highlights



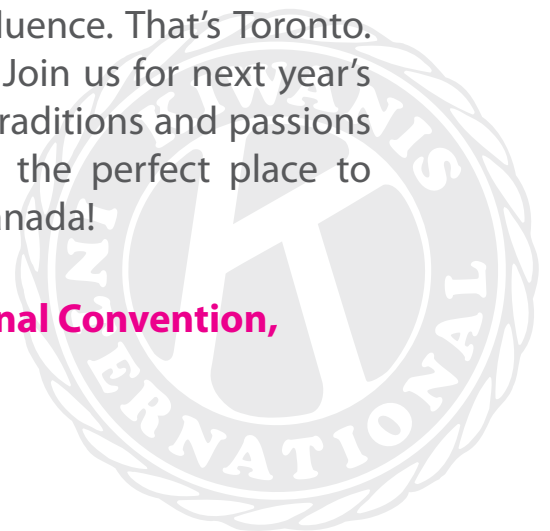
SEE YOU IN TORONTO



2016
TO
RON
TO

Canadian culture. International influence. That's Toronto. And that's where we'll be in 2016. Join us for next year's convention—in a city that blends traditions and passions from more than 100 cultures. It's the perfect place to celebrate 100 years of Kiwanis in Canada!

**101st Annual Kiwanis International Convention,
Toronto, June 23–26, 2016**





Kiwaniis

The Capital Kiwanian

The Official Publication of Capital District Kiwanis

Volume 5, Number 5

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GOVERNOR
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Lynchburg, VA

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Olney, MD

SECRETARY-TREASURER
Tom Varner
Ashland, VA

IMMEDIATE PAST GOVERNOR
R. Brian Bell
Woodbridge, VA

TRUSTEE-CHESAPEAKE BAY
John Sparkman
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TRUSTEE-HEART OF VIRGINIA
John Morris
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TRUSTEE-MASON DIXON
Dennis Grubbs
Winchester, VA

TRUSTEE-NATIONAL CAPITAL
Jeffrey M. Wolff
Tysons Corner/McLean, VA

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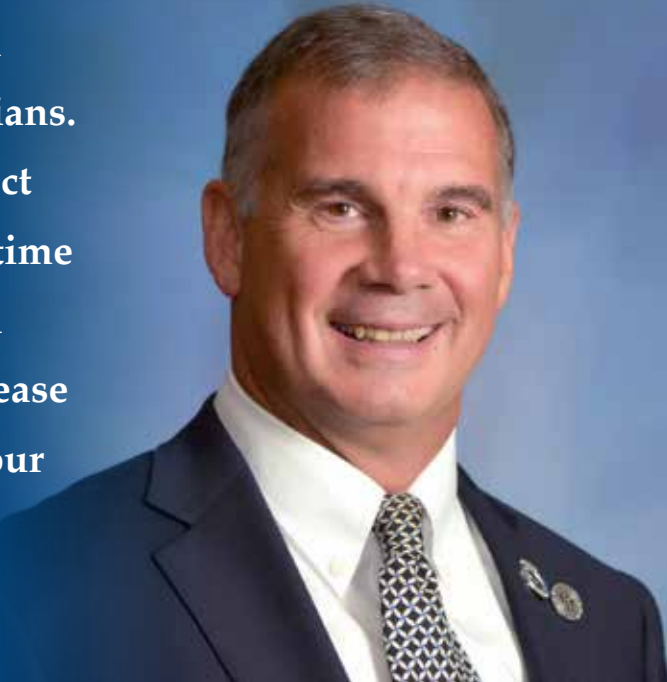
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Governor's Message

David A. S. Heppner, 2015-16 Governor



Service to our communities is why we exist and what we need to do in order to thrive as Kiwanians. Our communities throughout the Capital District are happier, healthier, and safer because of the time and energy each of you spends addressing local needs. There are two ways for your club to increase their service hours: first is to commit more of your time and energy, and second is to bring in more members to share the work.



It's not too late to do a community analysis to learn what the current local needs are. They could range all over the spectrum from school backpack programs to stocking your local food pantry, reading programs, park projects, building a ramp for a special needs child or a senior citizen. The possibilities are endless but they are out there. How about considering honoring a local law enforcement officer or fireman? They dedicate their lives to protecting our safety and I'm sure would enjoy being recognized by your club.

Please share your service ideas with the clubs in your division at your council meetings. This way our LTGs can share the great things you are

doing with the rest of the district and may encourage others to try one of your projects. Do you have a signature project? Is there something in your community that makes the public automatically think of Kiwanis? In Lynchburg, our signature project is actually a fund raiser selling lobster (16 years) raising funds for our SLPs, in Abingdon it's their 34 year run doing Plumb Alley Day, Williamsburg's 36 year run annual Shrimp Feast, Towson-Timonium's 56 year science fair, Winchester's twice a year pancake day, and the Southeast Regional fishing day going on 16 years! Each of these clubs have created a signature event where their community immediately thinks of Kiwanis. If you have one, then please

tell your LTG about it so we can create a list for others to see.

Take a look at your current projects and see if one of those can become your signature project, giving Kiwanis the recognition it deserves. Whether it is reading, painting, cooking, collecting coats, making dolls for the hospital, or any of the other great things you do to improve your community, big service project or small, together we are improving our communities. Remember it's easier to build membership when people know who we are.

Don't forget to also make it fun! Service and fellowship will sustain us while continuing our legacy as Kiwanians.

Our Firm Foundation

News From Our Capital District Kiwanis Foundation

By Gary Boswell, President

Capital District Kiwanis Foundation

The Capital District Kiwanis Foundation held its quarterly meeting Friday afternoon on the 22nd of April 2016.

We had three guests and had a very good turnout considering the traffic on Interstate 95.

The two major items of the day were that we only received one grant application (compared to six last November cycle). After the grants committee presented the proposal to the board, we voted to approve a grant for \$500 that will be more than matched by the Kiwanis Club.

The second item that was significant is that we adopted some procedural changes to the method of disbursing the monies to the eight hospitals that we currently give monies to. We did this to



Capital District Kiwanis Foundation

better try to gain better exposure in the public eye as several photo opportunities were lost in the last administrative year. We also did this because with the change in directors from one term to the next the new director coming in will have a terrific history in writing of what has happened in the past and will allow the director to get clubs involved in the picture taking process. Publicity for Kiwanis Clubs is the name of the game.

Finally, I would like to applaud the Capital District and to thank Bob Cassada, Nancy Simonelli and Mike Dasovich for all their hard work towards the Ducky Derby, Caring Corner /

Baskets and Shirt sales. The three groups raised over \$12,000 during the District Convention. Bob, who has run the Ducky Derby for as long as I can remember will be retiring his post at the end of September 2016 and will be truly missed.

By the way, the cash prizes were awarded as follows:

\$500 – Sidney Locke
\$400 – Ed Betts
\$300 – Amy Thorstad
\$200 – Dave Reichert
\$100 – Kathi Griffin

See you next March!!

Frederick Bike Education Week - May 2-4, 2016

A Huge Success - Thanks to Capital District Foundation Grant

The offer of free bikes to give away to kids in need in Frederick suddenly doubled to seven bikes thanks to a matching grant from the Capital District Foundation – which in turn led to an enthusiastic turnout for the three days of bike education at Lincoln Elementary School in Frederick, Maryland, that culminated in the presentation of bikes (plus safety items like helmets, locks, and reflectors!) to students.

The idea began with Division 7 Lt. Governor Patrick Long, a member

of the Kiwanis Club of Suburban Frederick, as well as the liaison between the club and Safe Kids Frederick County, suggested that the Kiwanis Club of Suburban Frederick budget funds to purchase bikes that could be given away at a Safe Kids event in 2016. This proved to be a catalyst for making plans to have a Bike/Walk to School day event at Lincoln Elementary School, an urban school serving many students experiencing economic hardship. Planning team members included not only Safe Kids Frederick County and the Kiwanis Club of Suburban

Frederick, but also the City of Frederick, school reps, and the Frederick Bicycle Coalition. A range of other civic and commercial organizations including Frederick City Police, The Frederick Keys baseball team, Rita's Italian Ice, the State Highway Administration, Gravel and Grind, Boys and Girls Club, The Bicycle Escape, Frederick Transit, Bike Maryland, Frederick Pedalers, and Mt. Airy Bicycles all contributed people, products, services, discounts, and allied support to make the event a success.

Continued on next page.



The results?

- City of Frederick Transportation Engineer and Frederick Bicycle and Pedestrian Advisory Committee member Tim Davis coordinated development of a proclamation highlighting the importance of National Bike/Walk to School Day. The City of Frederick Mayor and Aldermen signed and presented it to the planning team in a City Hall ceremony the week prior to the event.
- On Monday, May 2, Nancy Boyd and Shayne Boucher led students through in-class safety training that featured the impact of a dropped watermelon not wearing a bike helmet versus one that was wearing a helmet (demonstration outcome: helmets prevent watermelons – and heads – from getting hurt!). At lunch that day, Safe Kids Frederick County distributed 42 free bike helmets, and in the afternoon, local bike experts from Frederick Pedalers and Gravel and Grind donated time to check and make sure student bikes were in tip top shape for Tuesday.

- On Tuesday, May 3, certified League Cycling Instructor Shayne Boucher along with local cycling instructors Roger Rinker, Alyssa Boxhill, Dave Diehl and, from Bike Maryland, Renee Moore, trained 26 third, fourth, and fifth graders (since it is children in these ages who suffer the majority of bike-related injuries/fatalities) at a Bike Rodeo. Maintaining control over the bike, using hand signals, obeying signs and crosswalks, and other safety tips were all explained, demonstrated, and most importantly, practiced by participants. Free bike locks contributed by the City of Frederick Bicycle and Pedestrian Advisory Committee were also handed out.
- On Wednesday, May 4, in the early morning Lincoln Elementary School representatives Aaron Vetter and Maggie Meinecke were joined by a police escort and led 36 enthusiastic participants, including Boys and Girls Club supporters, Frederick City Alderman Kelly Russell, Roger Harris, a paralyzed veteran handcyclist, and Eric Rhodes, a

High Wheel cyclist, in a bike/walk to school activity. The afternoon ceremony at which the 7 bikes and 18 sets of flashing head and tail lights were given away in a drawing also featured welcoming remarks by State Delegate Carol Krimm plus distribution of “swag” bags that included water bottles and reflectors from State Highway Administration, Bike To Work Day t-shirts from TransIT, and other bike friendly items.

Safe Kids Frederick County Coordinator Nancy Boyd noted, “Unintentional injuries are the leading cause of death of children under 19 in the United States, and Safe Kids Worldwide and local coalitions are devoted to preventing these incidents – in this case, bike related injuries – through educational events and distribution of safety equipment such as the one that took place in early May at Lincoln Elementary School. We are grateful to the Lincoln Elementary School staff as well as to Shayne and the many governmental, civic, and business organizations who contributed time and treasure to making this event a success.”

A Capital Idea

Lynchburg Kiwanis Train Restoration Project

By Chris Bryant
Kiwanis Club of Lynchburg

The Kiwanis Club of Lynchburg was honored on May 19 for its efforts to restore an old steam train in Riverside Park. The train exhibit, donated to the park in 1962, originally included a combination of a Chesapeake & Ohio steam locomotive, a Southern Railway passenger coach and a Norfolk & Western caboose. After years of exposure to weather and vandals, the train had become so run down and damaged that it was closed to the public in 1977. Around 2004, the Kiwanis Club decided to take on the restoration project. The passenger coach was removed after it was determined that restoration was not feasible. Kiwanians, led by the formidable force of Bill Hodges and Scott Lyng, spent countless hours over the next 10+ years scraping, sanding, tearing out and building up the engine, coal tender and caboose. Bill and Scott spent time coordinating with the city's Parks & Recreation and Public Works departments to create an exhibit that is educational, historically accurate, and accessible to persons with mobility impairments. The shed that covers the train will protect it from the elements so that this jewel of transportation history will be preserved for the coming generations to enjoy.

At the ribbon cutting ceremony city officials repeatedly expressed that this project could not have happened without the Kiwanis Club of Lynchburg's perseverance. In his remarks, Bill Hodges said that he didn't know how long the project would take when they agreed to take it on, but that he is willing to stick with a task until it is done. "Sometimes long after everyone else has given up," he said with a smile and a chuckle. His fellow train laborer Scott pointed out that there are still a few "odds and ends" to wrap up before he will declare the job complete...but he sees the light at the end of the tunnel. And this time...it IS a train!

Service Tip #19:
Historic restorations are
valuable projects not often
considered by clubs.



Around Capital

The Formula: Capital Update

By Missy Zimmerman
District Chairperson, The Formula

In case you're just tuning in, The Formula is a balanced, structured program to help Kiwanis clubs everywhere grow to their full potential. If you've seen * Love It! * Share It! * Live it! * in and around the Capital District then you've been exposed to The Formula—and we hope it's catching!



My husband Scott and I are so proud to have been asked to serve the Capital District as Chair and Vice-Chair for The Formula. We want to thank former District Chair Carolyn Richar for all of her great work done to get the program moving in its first two and a half years.

If you're not that familiar with The Formula, there is, of course, lots of information and some great resources for you at the Kiwanis International web site. Visit <http://www.kiwanis.org/kiwanisone/share-the-formula> online to browse the resources available. There you will find tools, articles, videos and inspirational messages to bring to your club. Use the tools from The Formula to make the club you love great!

We're halfway through the plan developed by our international leadership so it's time to look at how we're doing. In this article we'll focus on the Capital District. In the future

we may look at how we compare to other Districts, or look for those kinds of success stories from right here in our own backyard that will warm our hearts. The Formula is all about us and how we can grow into our own vision of Kiwanis – so contact Scott or I with your ideas as we move forward.

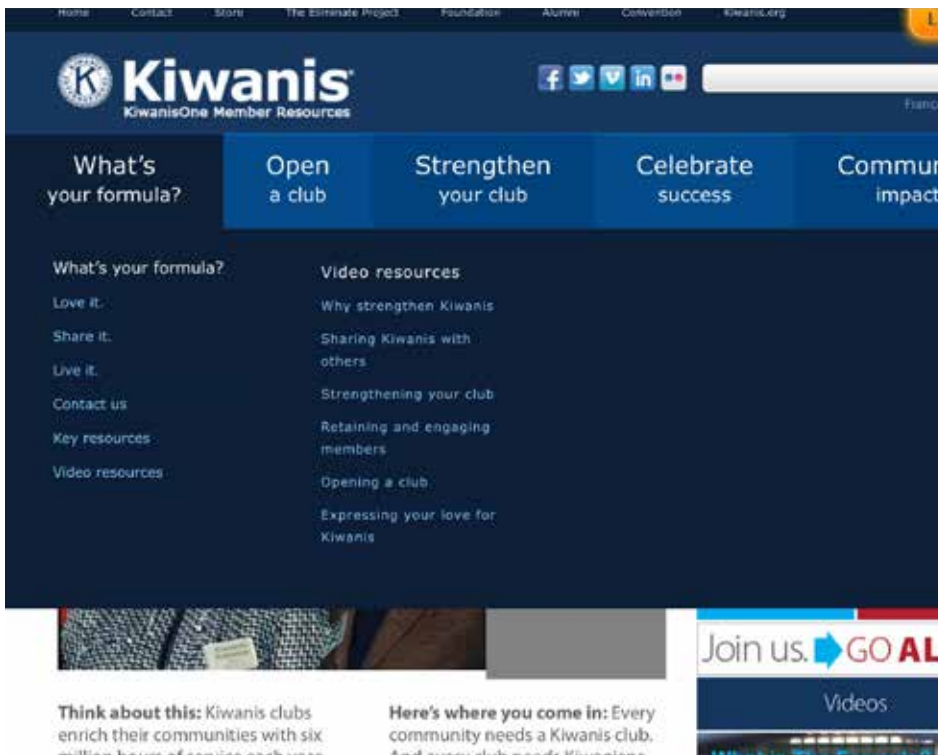
Now for some numbers. Capital District started our current Kiwanis year (in October of 2015) with 4,871 members. As of the end of April we stand at 4,960 members. That's 89 new Kiwanians to help their communities and serve the children of the world. Here's the challenge: based on previous years' numbers the Capital District has a goal of increasing new members by 65 people a month. This isn't something pulled out of the air: we've done this before! So far this year we are at 49 new members a month. With 4 months left in this Kiwanis year we have some work to do!

The good news is that 12 out of 17 Divisions in the Capital District have grown so far this year. That's 71% of our Divisions. Each club and each Division's Lieutenant Governor have worked so hard this year and in most cases, it's paying off. We've had some losses this year, but we do every year. The concept of The Formula is to pay attention to what's going on and find ways to help clubs that are struggling; and boost clubs that are succeeding into the stratosphere! Here's a special Shout Out! to the two Divisions that have seen the most growth: Division 17 in Southwest Virginia has grown by 30 members AND has added the only new Kiwanis club to our District so far this year. Woot! Division 2 in Northern Virginia has added 18 new members and that's very awesome, too.

Let's look at some of the clubs that have put some excellent effort into bringing more people into the Kiwanis Family. This is based on percentage of growth because one new member

to a small club can mean a lot. Sometimes club growth happens because of the loss of another club. Thank goodness some of those Kiwanians experiencing the end of their beloved clubs have transferred to nearby clubs. This list below recognizes clubs that have done something to attract new members. By growing our numbers we can do more of what we all love to do. So kudos to the following clubs:

Sheperd Park, Washington <i>Division 1 +6%</i>	Leesburg, VA <i>Division 2, +50%</i>	Montgomery Village, MD <i>Division 3, +9.5%</i>
Ellicott City, MD <i>Division 4, +12.5%</i>	Chincoteague, VA <i>Division 5, +19%</i>	Towson-Timonium, MD <i>Division 6, +69%</i>
Suburban Frederick, MD <i>Division 7, +27%</i>	Blue Ridge, Winchester, VA <i>Division 8, +14%</i>	Staunton, VA <i>Division 9, +9%</i>
Dinwiddie, VA <i>Division 10, +41%</i>	Richmond Young Professionals, VA <i>Division 11, +29.5%</i>	Toano, VA <i>Division 12, +9%</i>
Greater Hilton, VA <i>Division 13, +24%</i>	Portsmouth, VA <i>Division 14, +17.5%</i>	Farmville Area, VA <i>Division 15, 6.25%</i>
Montgomery County, Blacksburg, VA <i>Division 16, +2.6%</i>	Grundy, VA <i>Division 17, +12.5%</i>	



A view of the Formula navigation on the KiwanisOne website.

Aren't you curious about what these clubs are doing to see their membership grow? Send us your stories! Scott and I want to know what's working for your club. To all the clubs listed above, keep up the great work!

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Capital District Formula Chair
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Scott Zimmerman
Capital District Formula Vice-Chair
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(757) 592-8567

Around Capital

Kiwanis I-Plan: Third Focus on Kiwanis Image

By Jon Rife, Governor-Elect Designate
District I-Plan Chairperson

Kiwanis International has committed resources to analyze data, survey members, and conduct focus groups in order to create a new strategic plan to take Kiwanis into the next century of service. This new plan is called “the Kiwanis I-Plan. In the previous articles, I concentrated on Inspiration and Impact; the message of this article in on the third focus of the I-Plan: Image.



In 1979, I first served as President of the Kiwanis Club of Grundy. The LTG who installed me said, “As Kiwanians, we should never hide our light under a bush.” I have always remembered this and tried to be an avid spokesperson for Kiwanis on the local level, and then later on the divisional level, and now on the district level.

The new I-Plan’s third goal is to enhance and advertise for Kiwanis. With this in mind, we Kiwanians are the most effective “advertisements” for Kiwanis. We represent our Image

in living color, as we wear our brand and share our message on social media with our community.

Kiwanis International wants us to all be “singing from the same songbook.” With this in mind, we see why it’s important to encourage members and clubs to use the tools and the training available from Kiwanis International. This way our Kiwanis story will be represented with one, unified voice.

There are several ways to accomplish our goal of enhancing our Kiwanis

image worldwide. We must continue to promote the Kiwanis vision of being a positive influence in our communities. We can increase the name recognition worldwide and unify Kiwanis brands. We can promote our club’s signature projects. Let’s get ready for the next 100 years of service! Let’s live Kiwanis! Let’s share Kiwanis!

Next month, I will preview the fourth goal of Kiwanis International’s I-Plan: Investment-financial viability.

Going to Toronto? Don't Miss the District Dinner!

By **Missy Zimmerman**
On-to-International Chairperson

The Capital District of Kiwanis International invites you to join us for dinner in Toronto!

LOCATION

The Blake House, 449 Jarvis Street, Toronto, Ontario, the historic former home of the second Premier of Ontario, the Honourable Edward Blake. This beautiful home, built in 1891, mixes late Victorian and Second Empire architecture. It stayed in family hands until 1917. Since then it has been an exclusive supper club and a popular pub. Today it is situated in a regentfied neighborhood that celebrates history and great food.

DATE

Thursday, June 23, 2016 at 5:00pm
Reserve your spot with your payment by June 15, 2016.
Send your check (made out to Capital District Kiwanis) to:
Capital District, Kiwanis International
PO Box 2192
Ashland, VA 23005

COST

US\$60 per person. This includes the meal, non-alcoholic beverages, tax and tip. Alcoholic beverages will be billed to you directly.

The meal will be served in waves. There's something here for everyone. Your challenge will be to save room for dessert! Here's the menu:

First wave

- Smoked Atlantic salmon rolled with mixed greens and citrus aioli
- Mushroom and goat cheese crostini
- Melon wrapped prosciutto
- Feta and caramelized onion tartelette

Second wave

- Hand rolled vegetarian spring rolls with a chile sauce
- Grilled flat iron steak satay with wasabi soya sauce
- Chicken satays with a sweet Thai sauce
- Zucchini and eggplant tempura with citrus aioli
- Panko crusted jumbo prawns with horseradish relish

Third wave

- East coast lobster grilled cheese triangles made with smoked Gouda cheese and old Canadian cheddar, with house made ketchup dip
- Poutine in individual boxes made with local french fried potatoes, shredded cheese curds and veal stock gravy
- Crispy fried potatoes for non-meat

eaters

- Ontario AAA beef sliders with Roma tomatoes and green leaf lettuce
- Baked feta and baby spinach wrapped in crispy philo dough

Fourth wave

- Bite size pastries: cannolis, tiramisu, a variety of tarts and assorted mousse
- Fresh berry bowl
- Coffee station

Special thanks to Capital District's own native of Toronto, Nancy Cressy, for using her insider knowledge to find The Blake House and negotiate this scrumptious menu. Be sure to thank her in person at dinner on June 25th!



Front & Center

By Dennis Baugh
2016 District Convention Chairperson

WOW! DCON is behind us for another year. If you missed the 2016 event, you missed a great group of keynote speakers, workshops, entertainment, and the election of new officers for 2016-2017.

It all started Friday night with an enjoyable night raising funds to meet our goal for The Eliminate Project. The attendees at the Governor's Reception Saturday night heard a great concert duo of Sarah Agrios on violin and Jack Forbes on cello. It all ended at the Governor's Banquet with a performance by the Celtic Pulse & Celtic Beats, a competitive Irish dance program.

The former Chief of Police and current Deputy County Manager for Public Safety for Henrico County, Douglas Middleton, provided the opening remarks Saturday morning. At lunch, we heard for Dick Capp, former NFL Player and creator of the Annual Sports Clinic for Foster Kids at North Carolina State University. Finally, Percy Strickland, Founder and CEO of CHAT (Church Hill Activities & Tutoring) in Richmond, VA, gave us an inspirational send off as we left for home Sunday morning. All three speakers gave us ideas on how we can help the kids we serve!

Workshops, where do you start. The Kiwanis I-Plan, District and KI Foundations, all of our SLPs, Social Media, Bullying, the Multigenerational Panel, Youth Protection Guideline Changes, Hands on Service, and Secretaries Q&A. All of them were well received and nothing but positive comments were heard.

And the election of officers. Kelly Boswell, Olney, MD was elected as our 2016-2017 Governor and Jon Rife, Grundy, VA, was elected as the 2016-2017 Governor-Elect.

As the 2016 DCON Chair, I want to take this opportunity to thank everyone that attended, but more importantly, an overwhelming THANK YOU to the DCON Committee that made this all happen!!



District 2016





ct Convention 016 Recap

Photos by Jen Wolff and Beau Robertson

Service Showcase

News From Capital District Kiwanis Clubs

Division 2

On May 14th, Five club members from Kiwanis Club of Tysons Corner/McLean, four Key Clubbers from Chantilly HS and two K-Kids members from Fox Mill Elementary School volunteered at the Feed My Starving Children Food Fight and helped pack 522,720 meals for children in need. Awesome service project and opportunity to work with two of the club's SLPs!



Division 5

Four years ago, Kiwanian Peg Morton learned of a need for a little uplifting of the spirits for the residents of Compassion Cove Memory Neighborhood at the Berlin Nursing Home which deals with Alzheimer's. She and her team came up with the idea of making "Companion Dolls" which were a hit. At the April 26th meeting of the Kiwanis Club of Ocean Pines-Ocean City, Activities Director Heather Comack attended and accepted the donation of 35 dolls for the 32 residents.

Division 11

The Kiwanis Club of Midlothian-Chesterfield members came out to "play ball" yesterday with the Miracle League of Richmond to enable special needs kids to experience the joy of playing baseball as part of an organized baseball league. President Wayne Campton and PG Charlie

Adams presented a check for \$4000 to MLOR President Karen Pusey. It was a perfect day and the kids were fantastic. Seeing first hand the reaction of these youngsters and their families really brought home the impact that we and The Miracle League of Richmond have.



Kiwanis Family in the News

Tabb Middle Turns Negative to Positive for Project BeYOUtiful

WYDAILY.COM
WILLIAMSBURG YORKTOWN DAILY
Click to read the original article.

By Colin Riddle
Williamsburg Yorktown Daily

As Tabb Middle School students headed to their first class of the day on a typical Monday morning three weeks ago, students were stunned to see their orange-coated Tiger pride hallways littered with offensive remarks, such as “You are stupid” and “You are ugly.”

On purpose and by design, the shock factor had some students asking teachers and staff to take the banners down with many ready for an explanation.

Called Project BeYOUtiful, the banners hung in the school with negative phrases on them were part of the Builders Club’s efforts to bring students together and replace bad with good.

“It helped them realize the gravity of their words,” Tabb Principal Heather Young said.

Each banner, made of small 4-inch canvas tiles, represented phrases students often say about themselves, called negative self-talk.

Each student and staff member was able to strip those phrases from the walls tile by tile, and each tile was transformed into their own expression of positivity, hope or acceptance.

Under the tiles was a message showing students and staff a first glimpse into the transformation of negative into positive. You are stupid turned into you are intelligent, and you are ugly turned into you are beautiful.



(Colin Riddle/WYDaily)

Then, students and staff took to their own transformation, painting directly over the negative messages on their own tile.

As more than 900 tiles collided to create a mural in the cafeteria, the new canvas is essentially a living expression of Tabb Middle School. As eighth-graders move on to high school, they will take their tiles with them, and the newest group of sixth-graders will fill the empty spots.

The Builders Club, a service group at Tabb and an offshoot of the international service club Kiwanis, used a first-year grant from York Foundation for Public Education – the Nancy Core Middle School Memorial Collaboration Grant – to fund the project.

Laura Shaske, seventh-grade math teacher and sponsor for the Builders Club, art teacher Donna Aliff and seventh-grade guidance counselor Dana Rollins helped facilitate the project.

Shaske said the club wanted to create something that included all students and staff and be able to include new students while bringing the school together. The mural was it.

Sixth-grader Brielle Boyd said when new students come to the school they will know there is a place where everyone respects them.

“It shows one negative message doesn’t compare to all the thousands of positive messages we made,” eighth-grader Felicity Kaanapu said.

Young said middle school is a pivotal time in a student’s life and they essentially decide what path to take in life as responsibilities grow along with stress.

“We really want kids to be more positive to themselves,” Young said.

Eighth-grader Alyssa Brown said the project’s message rings true.

Continued on page 21

Eye On KI

News from Kiwanis International

MNT eliminated from Indonesia; 20 countries left

The World Health Organization conducted validation surveys in Indonesia, and the results show that the country has eliminated maternal and neonatal tetanus (MNT). This means that all of WHO's South-East Asian region has eliminated this deadly disease—only the second such region to do so (after Europe).

Since 1999, UNICEF and its partners have eliminated the disease in 39 countries, including Cambodia, India and Mauritania in 2015. It's great progress, but MNT still threatens families in 20 countries. They need us to continue to fulfill pledges quickly and release the funds UNICEF needs to reach those nations.



Get the convention app, plan your schedule

Again this year, you can stay connected with what's happening in our host city via the Kiwanis International convention app. Plan your schedule, connect with other attendees, get sneak peeks and more! Look for it in the Google Play or Apple iTunes store. The app is free to download.



Reintroduce yourself to The Formula

Strengthen your club and your love of Kiwanis. Start by reintroducing yourself to The Formula. See how it can work for your club and the overall mission of Kiwanis. Ensure The Formula is working for you and your club. Watch our great team, great resources video (<https://vimeo.com/117226726>) to refresh your knowledge of The Formula.

List of candidates for Kiwanis International Board election updated

The list of announced candidates for election to the Kiwanis International Board at the 2016 Kiwanis convention in Toronto, Ontario, Canada, has been updated with the addition of Vice President Candidate Randy DeLay from the Texas-Oklahoma District. Also, at the May 2016 Kiwanis International-European Federation convention, Paul Inge Paulsen was selected for a one-year term. This list is based upon information received from the candidates and their districts.

Please inform Denise Parker at dparker@kiwanis.org immediately if your district has a candidate not yet included on this listing.

Visit the elections page (<http://www.kiwanis.org/convention/2016/experience-the-convention/elections>) and click on highlighted candidate names to learn who they are and why they're running for office.

Bring an old logo, get a new shirt for free

Have an item featuring the old Kiwanis logo or one that doesn't meet brand standards? Bring it to the Brand booth in the Kiwanis World Showcase in Toronto—and get a cool new T-shirt in exchange! (One per person, until supplies last.) That's right—get a free new shirt, just by giving us your outdated or incorrect logo!

Reevaluate your life insurance coverage

Whether you already have life insurance or are reevaluating your current coverage, Kiwanis Life Insurance Central can help you with the process. Our representatives will give you the information you need with no pressure, no obligation and no charge. Call 1-800-866-5074 Ext. 9633 between 7 a.m. to 5 p.m. Pacific Time Monday through Friday.

Family Ties

Updates from Our Kiwanis Family

Key Club Daniel Inglis, Governor

Kiwanis Family Members,

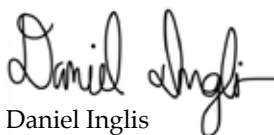
During these last couple of months, the Capital District of Key Club International has gotten a lot of stuff done. We held our District Board Trainer back in April, where the LTGs learned things like email etiquette, how to dress properly, how to run division council meetings, and the importance of Kiwanis and the rest of Kiwanis family. Capital District has also had their second board meeting this past month on May 14th where we selected our new District Project: Children's Miracle Network, or CMN. CMN is a Key Club preferred charity that focuses on helping children in hospitals by providing research, equipment, clothing and more.

Approximately 30 students from the Capital District will go to Atlanta, Georgia and experience Key Club on an international scale. We will visit the Atlanta Zoo and the Atlanta Aquarium, as well as the Coca-Cola Factory. In addition to these wonderful attractions, our students will attend workshops and vote for the new international board. We have one candidate for International Trustee, Shinbee Park from Wilmington, Delaware.

Our Service Programs Committee is hosting a monthly webinar concerning projects around Key Club International. The webinar will be held the second of each month, with the exception of July and August, from 6:45-8:00PM. Visit, <https://www.freeconferencecall.com/wall/capitaldistrict> to participate.

These upcoming months are a challenge considering school is out, but because of that, I hope you get the opportunity to see many Key Clubbers at your meetings. Be sure to invite them to your meetings and projects and hopefully they will reciprocate.

Yours in service,



Daniel Inglis



CKI Colin Welzenbach Austin, Governor

Hello Capital Kiwanians!

The academic year may be slowing down, but our service won't stop!

The Capital District of CKI has started our summer off strong with many clubs participating in end of year member induction, recognition, and goodbye ceremonies, multiple interactions with our Kiwanis Family, and, most importantly, service events! Individual club activity is great, and my Board and I hope to continue that promotion throughout the summer, and also hope that you'll participate and help as well!

Speaking of help, the Capital District of CKI is striving to reach higher than before with our goals for the upcoming year. We hope to grow in membership and reach 900 members and recharter/reactivate 3 new clubs; we hope to have a district total of 64 Interclub and Kiwanis Family events; we hope to have a recorded average of 25 service hours per member; and we hope to raise \$20 per member to go towards various charities of the clubs' choosing. However, with Kiwanis in the picture, we can change that hope into reality.

Please don't hesitate to contact me at governor@cdcki.org if you have any service project ideas, interest in club chartering, or just want to know who to contact to get a Kiwanis Family gathering started.

On behalf of Capital CKI, we thank you for your dedication and investment, and we look forward to working with you all and solidifying the future of our organizations!

Yours in Service,



Colin Welzenbach Austin



The Capital Record



Kiwanis Club of Tysons Corner/McLean SLP Night



Poquoson Middle School Builders Club

Service Leadership Programs

The Kiwanis Club of Tysons Corner/McLean held an SLP appreciation night, with representatives and advisors from their sponsored clubs in attendance. There was also an in-house service project: clipping coupons for military families. And of course, everyone enjoyed cake!

Poquoson Middle School Builders Club presented a program at the April meeting of the Kiwanis Club of Poquoson. Builders Club members reported on their service activities for the year, which included assisting at the Poquoson Seafood Festival, providing stockings for Wounded Warriors, and donating funds to Heifer International.

Fundraising

May Day, May Day!! That was Sunday May 1st, and the community once again helped the Kiwanis Club Ocean Pines-Ocean City Annual Italian Dinner Scholarship Fundraiser at DeNovo's Trattoria in Ocean Pines with a full house of patrons. The Beck's graciously

donated the use of their restaurant and their time for the event. Four Stephen Decatur High School Key Club members also volunteered to serve the patrons with Kiwanians. Scholarships are awarded to graduating senior students to further their education.

Welcome to Kiwanis

On Wednesday June 1st, Kiwanis Club of Ocean Pines-Ocean City was pleased to induct 2 new members, Joe & Robin Beall of Ocean Pines, MD.

The couple have been happily married for 39 years. They both worked for the Department of Defense, Robin for 39 years and Joe for 37 years. They moved to Ocean Pines permanently in August 2014 from Carroll County, MD and have two grown sons.

Donations

The Kiwanis Club of the Peninsula at Oyster Point supported the Soundscapes organization with a donation of \$500 at a May club

meeting. Soundscapes is a program of intense music instruction and positive social interaction for students in Newport News public schools.

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

Bluefield	1946
Delmar.....	1950
Fort Hill.....	1958
Accomack.....	1973
Southwest Waterfront	2001
Tabb.....	2003
Hopewell.....	2006
Farmville Area.....	2009

My Kiwanis Moment

Carla Morin-Diehl
Kiwanis Club of Denbigh

Two years ago, in July, I participated in the Southeastern VA annual fishing clinic at the Buckroe pier. An event focused solely on teaching disadvantaged youth how to fish. Usually about 250 youth attend. This event was established many years ago by PLG Wesley Brown. He has always said, "If a man knows how to fish, he will never go hungry".

This particular day was extraordinarily hot and humid, 99 degree temp with 90% humidity but the kids didn't seem to mind. My task for the event was cooking the hot dogs, we feed them all lunch after they are done fishing. I cooked hundreds of hot dogs, and was so hot was looking forward to it ending so I could cool off. As I was wrapping up the cooking, there was a group coming off the pier and all I heard was the voices of happy children. I turned away from the grill so I could see those smiles, it warmed my heart. Went back to the grill and from behind a little boy, no more than 8 years old, wrapped his little arms around my legs, looked up at me and said, "this is the most fun I ever had!" I was so moved by this little boy. He didn't care that it was so hot outside, he learned how to fish and had the best day of his life!

Thank you Kiwanis for giving me moments like this. It's all about the kids!!



Share YOUR Kiwanis Moment! Email
editor@capitaldistrictkiwanis.org

2016 Club Leadership Education Schedule

Trainings are for president-designates and club secretaries who will begin October 1, 2016.

Region	Division	Training dates and locations	
Mason-Dixon and Chesapeake Bay	4,5,6,7,8	Div. 7,8 Div. 4, 6 Div. 5	June 11- Covenant Presbyterian Church, 11833 Greenhill Dr., Hagerstown, MD, 21742 June 18 – Howard Community College, 10901 Little Patuxent Pkwy., Columbia, MD June 18 - -Ocean Pines Branch Library 1109 Cathell Road, Ocean Pines, MD 21811
National Capital	1, 2, 3	Div. 2 Div. 1, 3	May 14 – Chantilly Regional Library (10 a.m-2:30 pm) May 15 – Montgomery College (1pm-5pm)
Southeast Virginia	12, 13, 14	Div. 13,14 Div. 12	June 25 – Pearson Toyota, Newport News (8:30-1) – Secretary: Don Taylor July 16 - TBA (8:30 - 1) – Secretary:
Heart of Virginia	9 10,11	Div. 9 Div. 10, 11	July 30 Location and time TBA July 16 Location and time TBA
Southwest Virginia	17	Div. 17	June 13 - Clintwood Kiwanis clubhouse, 419 Foxtown Road, Clintwood, VA 24228 (5 – 9 p.m.)
Southwest Virginia	15, 16	Div. 15 Div. 16	June 11 – Humankind 150 Linden Ave. Lynchburg –not confirmed (9 am – 1 pm) Secretary: John Montgomery July 30 – Wytheville Community College – (9am – 1pm) Secretary: John Fox

Beyond the Call

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

Ellis H. Stroup

Kiwanis Club of Suburban Frederick

By Dave Maloney

I've been a Kiwanian for nearly 40 years and during all that time one individual has stood out as the ideal role model for me—Ellis Stroup.

During much of those four decades I worked closely with Ellis while he served as Capital District Secretary / Treasurer and I served as Editor of the Capital District's monthly "Builder" newspaper and then of its online counterpart, the "eBuilder." And I was fortunate enough to even have weekly contact with him beginning many years ago when he joined my club, the Kiwanis Club of Suburban Frederick.

In these capacities, I have witnessed how Ellis interacted with his fellow Kiwanians—be they International Trustees, District Governors, Lt. Governors, club presidents or brand new members. Most anyone can resolve mundane issues, but I was frequently impressed with how Ellis handled even the most complex challenges (often pitting one determined group against another) evenhandedly and with consideration for all parties involved.

Ellis was a member of the 3rd Marine Division (the "Fightin' Third") seeing action in the South Pacific during WWII. He was a talented baseball player and a successful businessman.



He was a highly-respected member of his community and the ultimate Kiwanis leader. Yet, despite all those experiences, talents and accomplishments, Ellis remained a modest and self-effacing gentleman.

His had a life well-lived. Being respectful of and an example for others—this is his legacy.

Memories of Ellis

When I remember Ellis, I think of the following things:

Ellis had three significant food and beverage likes that would always bring a smile to his face; ice cream, apple pie and there had better be Jack Daniels in the Kiwanis hospitality suites.

The most vivid memory of Ellis was his dedication to his wife K.C. who had significant health issues in her life and her care was his highest priority.

- Art Riley (Governor 2007-08)

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After being elected and going to KI Headquarters for Governor Elect Training I listed too many 'horror stories' from my classmates as to the financial and administrative problems their districts were experiencing. When it came my time to speak I said I am sorry that all of you are having these problems, but Capital is not as we have Ellis Stroup. Enough said as many knew Ellis by his years of service and his professionalism as both an administrator and controller of the districts funds. Ellis was also quite well known and highly respected by the KI Staff.

Ellis was truly 'One of a kind' and one of the most memorable human beings I have ever known on a personal basis. I consider myself privileged to have worked with him and most honored to call him a friend. He is going to be missed by all for years to come.

Rest in Peace and Semper Fi Ellis for a job well done over a long and distinguished lifetime.

- Jerry Peuler (Governor 2001-02)

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Getting the Word Out

Public Relations for Your Club Can Be as Easy as 1, 2, 3!

By Caren Schumacher, Chairperson
District Public Relations Committee

Promoting your Kiwanis Club is not a difficult task, if you take advantage of the tools Kiwanis International has developed for you! Combine KI's materials with the advice you have been receiving from the Capital District, and you'll be destined for success in making Kiwanis and the entire K-Family familiar names within your community!

Here are three easy steps for garnering publicity and recognition for your club and SLPs:

1. Ensure your club has a public relations chairperson.
2. Encourage use of the materials posted at <http://www.kiwanis.org/kiwanisone/lead/club-committees/public-relations-committee>.
3. Enjoy the results that promoting Kiwanis will garner – like new members!

Here's a number for you to use when you are promoting Kiwanis: 206. Each Kiwanian serves and improves the lives of 206 children! Pretty astonishing, huh?! The impact and reach that each and every Kiwanian has is something we need to do a better job of promoting.

Make sure you get the message out about the handprints you and your SLPs are leaving throughout your community. If you don't get the message out, who will?

Kiwanis Family in the News *cont'd from page 15*

Whenever Ellis said "If you're really sure that's what you want to do", I knew I was headed off the reservation. Perhaps the situation needed more thought and, maybe Ellis's advice. Ellis knew more about Kiwanis than anyone I ever met and he had his finger on the pulse of the District. More often than not, there was another, better way.

The sage advice Ellis gave our District Governors for decades was priceless. We will not see his like again.

- Bob Powers (Governor 1998-99)

"I feel like there are a lot of people who feel negative about themselves. I think the positive messages may have helped them feel better about themselves," Brown said.

Kaanapu's tile has a painting of a cow and "other weird pictures," which she said represents her uniqueness in expressing who she is and is displayed through the phrases: "You complete my weirdness," "You are worth everything" and "You're worth fighting for."

"This project is bringing you up and making it positive," said eighth-grader Tahlia Sloan, whose tile expressed the phrase "Let your smile change the world."

Eighth-grader Alexis Guye said her tile encourages people to keep moving forward even in the midst

of negative messages and look to the positive.

Other tiles expressed "Let your light shine," "The privilege of a lifetime is being who you are" and a handful carrying the popular expression 'hakuna matata,' a Swahili phrase meaning roughly "no worries" and the focus of a song from Disney's The Lion King.

Shaske said the club is also working on a school-wide newspaper to highlight thoughts and quotes from various interviews and feedback about the project.

"It's so symbolic and a reminder for kids to remember there are always going to be negatives and how they deal with those negatives is going to make or break who they are," Shaske said.

Kids' safety is in your hands.

Our guidelines should be too.

Working with young people is a rewarding experience. It also brings important responsibilities. Kiwanis can help you meet them—with youth protection guidelines for all Kiwanians. Get to know the updated guidelines. And make sure your club uses them to train members each year. It's a key way to protect young people...and the reputations of the adults who serve them.

Download the Kiwanis youth protection guidelines today at kiwanis.org/youthprotection.

kiwanis.org/youthprotection



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