

The Capital

June/July 2022

KIWANIAN

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

**Certified Leadership
Education this summer**

**Service Project
Resources**

**TIME TO MAKE THE
PANCAKES!**



Kiwanis

CONTENTS

Volume 11, Number 5



GOVERNOR'S MESSAGE >>> 3

OUR FIRM FOUNDATION >>> 5

KIWANIS CHILDREN'S FUND >>> 9

AROUND CAPITAL >>> 11

- Creating Brighter Futures - 11
- Out and About - 12
- Notes from the Executive Director - 13
- Leadership Development & Education - 15
- Human & Spiritual Values - 17
- Meet the Candidates! - 19
- Membership Minute - 21
- Communicating in Shorter Messages - 23
- Service Project Resources Part 2 - 25
- Club Member Recognition Programs - 26

CAPITAL RECORD >>> 27

TEENAGER OF THE YEAR >>> 28

SERVICE SHOWCASE >>> 29

FAMILY TIES >>> 31

EYE ON KI >>> 33

KIWANIS IN THE NEWS >>> 34



Kiwanis Club of Tysons, along with members of Chantilly High School Key Club and The George Washington University CKI, cleaned up the Outdoor Learning Lab at Brookfield Elementary School in Chantilly, VA. The group painted and prepared the area for learning this summer and the fall.

2021-22 LEADERSHIP INFORMATION

GOVERNOR

Elana Gardner
Eastern Branch, DC

GOVERNOR-ELECT

Jennifer Wolff
Tysons, VA

EXECUTIVE DIRECTOR

Jeffrey Wolff
Tysons, VA

IMMEDIATE PAST GOVERNOR

Dennis Baugh
Harrisonburg, VA

IMMEDIATE PAST GOVERNOR (WV)

Eric Fithyan
Wellsburg, WV

TRUSTEE - CHESAPEAKE BAY

Josh Hiscock
Ellicott City, MD

TRUSTEE - HEART OF VIRGINIA

Bill Watson
Richmond, VA

TRUSTEE - MASON DIXON

Renee Mackey
Hagerstown, MD

TRUSTEE - NATIONAL CAPITAL

Tim Gillette
Tysons, VA

TRUSTEE - SOUTHEAST VIRGINIA

Richard Pippin
Chesapeake, VA

TRUSTEE - SOUTHWEST VIRGINIA

Robert Lewit
Christiansburg, VA

TRUSTEE - WEST VIRGINIA

Keith White
Logan, WV

MAGAZINE EDITOR

Jennifer Wolff
editor@capitaldistrictkiwanis.org

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The information in this magazine is for illustrative and discussion purposes only. It is intended to provide general information about the subject matter covered.

Governor's Message

ELANA GARDNER, 2021-22 GOVERNOR



Greetings Capital Kiwanians,

Summer days are here again. It's convention season and education opportunities abound along with celebrations that allow us to increase our fellowship with one another. This month marks the 35th Anniversary of Women in Kiwanis and so I find myself reflecting on my 25 years in Capital District. There are those who think Kiwanis is mysterious and cooky but we're **A Family**. Our members understand this organization is always changing- It's always **Morphin** time! After 100 years of service and leadership Capital is positioned to **soar for a Millenia**. We are **Tigers, Patriots, Warriors, Kaniacs, Heroes, Builders** and **Mavericks**. We love it when a plan comes together. So- **Howdy Do** to you, give a rousing cheer as we make advancements. From B/W to Color, Antenna to VHF, Broadcast to Cable to Streaming. And as we continue remote, smart and 4K service to our communities. This 2021- 2022 administrative year proves we need **More Hands for Service** to **Change Our World**. It's **All about the Kids** so we can never forget to **Reflect, Refresh and Renew** as we **Energize the Dream**. Within each of us is the **Right Stuff** to go the extra **Miles** that are needed so **We Grow for Kids** and **Spread the Word** to every child and community in DC, DE, MD, VA and WV. Let's take the next ninety days to continue **Mending Our World** so that we can **Create Brighter Futures**.

Through the years, you've never let me down. We've turned so many lives around; The sweetest days were found with you. Through the years, we've never been afraid.

I've loved the world we've made and I'm so glad I stayed right here with you through the years. See you in Baltimore!

Let's get there together!

Elana T. Gardner



**The Capital District Kiwanis Foundation
is seeking a Webmaster to work with the
Communications and Public Relations committee.**



**Capital District
Kiwanis Foundation**

**The webmaster will maintain the Foundation website
making changes as needed and assist the Communications
committee with social media posts.**

**For more information please contact:
Jamie Arca at cdkiwanisfoundation@gmail.com or
Nancy Simonelli at nancy34@cox.net**

SUPPORT THE KIWANIS CAUSES

Your gift makes an impact at every stage in the lives of kids.

When you give to the Kiwanis Children's Fund, you support the three Kiwanis causes. Together, these causes create a continuum of impact. For example, your gift helps Kiwanians further the cause of education and literacy — providing kids with the fundamental skills they can develop throughout their lives.



Kiwanis
CHILDREN'S FUND

**HEALTH
& NUTRITION**

**EDUCATION
& LITERACY**

**YOUTH LEADERSHIP
DEVELOPMENT**

AGE: PRENATAL 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

Our Firm Foundation

News from the Capital District Kiwanis Foundation

Multiple Opportunities Available to Support the Capital District Kiwanis Foundation!

Since 1982, the Capital District Kiwanis Foundation has donated over \$793,500 to local pediatric trauma centers and hospitals within our district. The Foundation currently supports nine pediatric trauma centers with an annual \$3,000 donation, which is made possible because of our annual Ducky Derby raffle!

At the May 2022 meeting of the Capital District Kiwanis Foundation Board of Directors, a decision was made to begin supporting eleven pediatric trauma centers, adding two additional centers now that West Virginia is a part of our district. This equates to \$33,000 donated annually to support pediatric trauma throughout our district starting on October 1, 2022! Therefore, this is a very large fundraising year!



How can you help? You can support the Ducky Derby raffle by purchasing your raffle tickets online today! It only takes 1 ticket in the drum to win, but you must participate to have a chance. All online tickets may be purchased at: <https://bit.ly/cdkfducky>

Thank you in advance for helping us meet our goal of \$14,000 in raffle proceeds to support pediatric trauma! As of 05/31/2022, we have hit 17% of this goal! Thank you for your generosity!

Another terrific opportunity to support the Foundation and pediatric trauma is through the Caring Corner basket raffle! The Foundation is currently seeking donations of themed baskets to raffle off at the Capital District Kiwanis Convention in August. The ideas are endless! Think about a movie night basket, spaghetti dinner and wine basket, spa basket, NFL snacks basket or something that proudly exhibits items from your area such as an Eastern Shore basket. If you would like to donate a basket, please email our Caring Corner Coordinator Nancy Simonelli at nancy34@cox.net

Not feeling creative? No worries, there will be lots of tickets to purchase to support the basket raffle. All tickets will be sold on Friday and Saturday of the District Convention, with the ticket drawing occurring on Saturday afternoon. The more tickets you buy, the better your chances are to win and the more money you help to raise for pediatric trauma!



Tickets are \$5 each or 3 for \$10

Prizes: \$750, \$500, \$250, and \$50 gift cards.

Purchase your tickets online today!



The Ducky Derby raffle is sponsored by the Capital District Kiwanis Foundation to support local pediatric trauma centers.



Caring Corner Baskets Needed for Raffle at Convention!

The Foundation is soliciting baskets for the annual Caring Corner raffle that is conducted during the Capital District Kiwanis Convention, which will be August 19-21, 2022.

All proceeds from the raffle will benefit the eleven pediatric trauma centers that the Capital District Kiwanis Foundation will support during the 2022-2023 year!

Baskets should be brought to District Convention and turned into the Capital District Foundation starting at noon on Friday, August 19th.

The drawing will take place at 3:00 p.m. on Saturday, August 20th.

Need ideas? Check out a few examples below:





Recognition and Contribution Form

Who says that you cannot have a positive impact on this world? Every donation during the year makes a difference in the life of a child. The Capital District Kiwanis Foundation strategically uses funds collected to make the largest impact on our top priority: the children of the Capital District. The Foundation counts on you to serve youth and communities in the Capital District. You make a difference every time you support our fundraising activities throughout the year and at annual district conventions. Donate on behalf of your club, an outgoing officer, a distinguished Kiwanis member or in memoriam with a gift of recognition and/or remembrance to benefit the Foundation. We would not be able to help as many as we do without your generous support. All donations are tax-deductible to the extent permitted by law.

Please select the appropriate recognition or contribution below:

Type of Recognition	Monetary Level and Items Received	Select
<i>Annual Kiwanis Club Donation</i>	\$3.00 per member suggested / \$5 per member for distinguished club	
<i>In Memoriam</i>	\$100 per contribution (Banner patch)	
<i>Life Member Recognition</i>	\$150 per contribution (Certificate, pin & banner ribbon)	
<i>Youth Outreach Program</i> (Please circle which program)	\$200 per contribution (Banner ribbon) Circle K Key Club Builder's Club K-Kids Aktion Club General	
<i>Patron Recognition</i>	\$300 per contribution (Certificate, pin & banner ribbon)	
<i>President's Circle</i>	\$500 per contribution (Desk clock, pin & banner ribbon)	
<i>James Mohler (WV)</i>	\$500 per contribution (James Mohler medallion)	
<i>Founder's Society</i>	\$1,000 per contribution (Plaque, medallion & pin)	
<i>Tablet of Honor</i>	\$1,250 per contribution (Plaque)	
<i>Miscellaneous Contribution</i>		

Please complete the information below: (Not all spaces may be applicable)

Kiwanis Club Name:	
Name of Person Completing This Form:	
Individual Being Recognized: <i>(Please write as it should be printed on the certificate)</i>	
Highest Office of Individual Being Recognized:	
Address to Mail the Recognition Items To:	
Please denote whether this contribution is anonymous:	

All recognitions will be recognized on the Capital District Kiwanis Foundation website. All recognitions may be purchased online at the CDKF website or complete this form and mail to the CDKF Treasurer.

Please make checks payable to: **Capital District Kiwanis Foundation, Inc.** Please enclose your payment and this form in an envelope addressed to:

David Lurie, Treasurer CDKF / 15189 Londons Bridge Road / Haymarket, VA 20169

HELP KIDS THRIVE, PROSPER AND GROW



**Find out how you can positively
impact our community and change
the future for children.**

Club Name

Date (Thursday, August 1)

Time

Location

Address

Club's website/facebook page





From the Kiwanis Children's Fund

BY PG DENNIS BAUGH, DISTRICT CHILDREN'S FUND CHAIRPERSON

EXTEND YOUR CLUB'S IMPACT ON THE CAUSES WE SHARE

Your Kiwanis club changes children's lives. That's why you and your fellow members joined — to make a difference in your community. Now you can extend that impact to kids around the world.

That's the power of a club gift to the Kiwanis Children's Fund. It amplifies the kind of impact your club makes in your community so that it reaches kids near and far.

Club gifts to the Children's Fund support the three Kiwanis causes:

- **Health and nutrition.** For babies and young children, nutrition is key to brain development and preparing kids for their school years. The Children's Fund has helped clubs from Florida to Nepal and Uganda to Ohio make sure kids get nutritious meals.
- **Education and literacy.** Children who aren't proficient readers by third grade face a lifetime of challenges. Around the world, the Children's Fund supports book giveaways, tutoring programs and other club services that promote literacy.
- **Youth leadership development.** From elementary school to college, students develop their skills and become the next generation of leaders — thanks to Kiwanis Service Leadership Programs, which are supported by gifts to the Children's Fund.

All together, these causes form a continuum of impact. That's because the work Kiwanians do in each one also provides a head start on success in the next. From childhood into adulthood, your club's support helps make it all possible.

Can your Kiwanis club renew its commitment to the Kiwanis Children's Fund?

This year Bob Garretson, KCF President 2021-22, is challenging all Kiwanis Districts to increase the number of clubs in each district supporting the Kiwanis Children's Fund by 5 percent. To qualify, clubs who are not currently contributing to the Children's Fund simply can give an unrestricted gift of any amount. This goal is to challenge more clubs to participate with their fellow clubs in supporting the work of the Children's Fund.

Can your Kiwanis club make a gift of \$365 to the Kiwanis Children's Fund?

For just US \$1 per day, your club can support the causes we all share. It's a crucial way to meet kids' needs and expand their possibilities — right from the start.

Give today at kiwanis.org/clubgift.



YOUTH PROTECTION STARTS WITH YOU.

Keep Your Club Compliant.

Kiwanians serve children around the world. It is our job to ensure the safety of the youth we interact with in our local communities. Be sure that your club and its members understand the Kiwanis Youth Protection Policies & Procedures.

To learn more, please visit: www.kiwanis.org/youthprotection



Kiwanis
CAPITAL DISTRICT

AROUND CAPITAL



CREATING BRIGHTER FUTURES

BY JEN WOLFF, GOVERNOR-ELECT

The Capital District invests heavily in our leaders. In preparation for the new Kiwanis year, the incoming Lt. Governors and District Trustees met in VA Beach this past May to attend the District Leadership Training Conference. The goal for the weekend was education, inspiration, and FUN, and I believe that we achieved all of those things during this very important event.

These amazing Kiwanians were given the tools and information to help guide our clubs to success in the upcoming year. We worked on developing their skills as leaders, and best practices for helping clubs thrive. They are the first Lt. Governor class in the Capital District to be trained in recruitment and membership boosting. This training involved live recruitment alongside the Division 14 clubs during the weekend.

If your club needs assistance, please do not hesitate to reach out to your Lt. Governor. We are here to help clubs... the future is BRIGHT!





OUT AND ABOUT

Immediate Past Governor Dennis Baugh visited the Kiwanis Clubs of West Charleston and Logan, WV. West Virginia clubs were welcomed into the Capital District last year.





Notes from the Executive Director

BY PG JEFFREY WOLFF, EXECUTIVE DIRECTOR

Summer is here and believe it or not, that means it is time for clubs to start planning for the next Kiwanis administrative year. Club Leadership Education sessions for the incoming president and secretary are being conducted all over the district during the next two months. These sessions should kick-off a number of club tasks to get ready for the 2022-2023 year that starts on October 1st.

Member Satisfaction Survey

The member experience is an important factor in the health and strength of a club. Members want to love every aspect of their club. They want to feel satisfied with the value they get for their time, talent and money. Providing a satisfaction survey to club members and collecting the feedback will help your new board make any necessary changes to the club to improve the member experience. A great resource for this analysis is entitled [Measuring Member Satisfaction](#) available as part of the Achieving Club Excellence (ACE) tools.

Community Analysis

Clubs should routinely interview community leaders who can provide the information on the needs that the Kiwanis club can focus on. A great resource for this analysis is entitled [Rediscovery Your Community](#) available as part of the Achieving Club Excellence (ACE) tools.

Budgeting

Summer is also the time where your club should draft its budget for the new year. A review of the current year's budget along with actual amounts spent is required at a minimum. The budgeting process is also an opportunity for the club to decide to stop supporting projects that are no longer effective or enjoyed by the membership and replace them with new initiatives.

Membership

This is also the ideal time to communicate with each of your members and ensure that they will be continuing with their membership after October 1st. You don't want to wait until the Fall to send dues invoices to your members. This way your club secretary will have time to drop a member who is not renewing their membership before the deadline.

Incoming Board Planning Retreat

The incoming leadership of your club should be organizing a meeting to discuss their goals and plans for the new Kiwanis year. Conducting this over the summer means that the plan is ready and can be communicated to the rest of the club before the new Kiwanis year starts. This is also a great opportunity for the president and secretary to ensure that the rest of the club board of directors and committee chairpersons are trained to understand what is expected of them. The results of the Community Analysis and Member Satisfaction should be available BEFORE this retreat is planned so that the board can use this information.

Officer Installation

Even though October 1st represents the date where the incoming club president and board of directors take over, each club typically plans a meeting or event where they conduct a "transfer of power" ceremony. This is to recognize achievements of the current year and retire the outgoing board of directors as well as install new one. The Lt. Governor-Designate of the division is typically invited to this event to conduct the retirement and installation. Now is the time to start planning this event for either late September or early October in accordance with the club's traditions.



Kiwaniis
MANASSAS-BATTLEFIELD

You're invited!

*Manassas Battlefield
Kiwaniis*

Steak Fry

&

***Capital District
Division 2 Social***

*Sunday, June 26
3pm—7pm*

***Our Service Project:
Please Bring Back to School
Supplies for Kids in Need!***

Reservations Deadline: June 14th
(to insure availability of your meal at the event)

RESERVATIONS DEADLINE: June 14th

Contact Terri Flight for Kiwanis Clubs Sign Up Sheet/Questions
Mobile: 703-393-1345 Email: terriflight@earthlink.net

TWO WAYS TO PAY! 1) Use your Paypal account. Send to: @BattlefieldKiwaniis
If using PayPal, please email/text Terri Flight with your name & meal selection
2) Send check with name & meal selection to: Manassas Battlefield Kiwanis
c/o Harry Horning 8721 Plantation Lane #201 Manassas, VA 20110

*Join fellow Kiwanians & Guests at the
Annual Manassas Kiwanis Steak Fry
& Capital District, Div. 2 Social*

~ ~ ~

Meet the District Gov. Candidates!

~ ~ ~

Sunday, June 26, 2022

3pm -7pm

Registration Required

\$40 prepayment

\$45 at the door

Location:

The Inn At Vint Hill

420 Aiken Drive

Warrenton, VA 20187

www.theinnatvinthill.com

Menu:

- *Open Light Bar (beer & wine) during event*
- *Cash Bar for Spirits*
- *NY Strip Steak off the Grill, or*
- *Grilled Chicken Breast*
- *Baked Potato with Condiments*
- *House Salad with Dressings*
- *Rolls & Butter*
- *Dessert*

***Door Prizes!
50/50 Cash Drawing!***

LEADERSHIP DEVELOPMENT & EDUCATION

BY KRISTA LATCHAW, LEADERSHIP DEVELOPMENT & EDUCATION COORDINATOR

Presenting 2022-23 Club Leadership Education: In-Person & Back on Track

The Education Committee is SO pleased to present in-person Club Leadership Education Sessions (CLE) this year to incoming 2022-2023 Club Presidents, Secretaries, Treasurers, and Membership Committee Chairs.

The Capital District offers incoming officers the CLE program in order to ensure that they have the knowledge and resources that they will need to have a successful year. It is **strongly recommended** that incoming officers attend the in-person CLE program - preferably with your division, if possible, since they will be able to meet and form bonds with those serving in the same position in nearby clubs. Officers are however welcome to attend any CLE offered in the Capital District.

Even if you have served in this club office previously, this CLE program will be beneficial to you and your club as the information has changed.

Please register for your CLE by visiting the [CLE Registration Form](#).

****Note:** If you already have a Leadership Guide, please bring it with you to the Education session or [download a copy here](#)**

We look forward to helping you prepare for the best year of Kiwanis service yet!

Div(s)	Date / Time	Location	Instructors
4, 6, 7	June 18th, 9am - 12:30pm	Science, Engineering & Technology (SET) Building - Rooms 107 and 109 Howard County Comm. College 10901 Little Patuxent Pkwy, Columbia, MD 21044	Josh Hiscock, Don Dudey, Krista Latchaw
18, 19	June 18th, 9:30am - 1:00pm	Marion County Library 321 Monroe St, Fairmont, WV 26554	Dennis Baugh & David Lurie, Nathaniel Kyle*
2	July 9th, 9am - 12:30pm	Chantilly Regional Library 4000 Stringfellow Rd, Chantilly, VA 20151	Jeffrey Wolff & Brian Bell
15	July 9th, 9am - 12:30pm	Windsor Hills United Methodist Church 3591 Windsor Road Roanoke, VA 24018	Jerry Jones & John Montgomery
1, 3	July 10th, 12 noon - 4pm	Leisure World Montgomery Room 3701 Rossmoor Blvd Silver Spring, MD	Jeffrey Wolff & Brian Bell
17	July 12th, 5pm - 9pm	Dickenson Center for Education & Research Rooms 228 and 233 818 Happy Valley Drive, Clintwood, VA 24228	Jon Rife, Jeff Dotson & Catherine Cummins
8	July 16th, 9am - 12:30pm	Bowman Library 871 Tasker Rd, Stephens City, VA 22655	Don Dudey, Krista Latchaw, & Lynnettee Embree
16	July 16th, 9am - 12:30pm	St John's Episcopal Church 275 E Main St, Wythville, VA	Jerry Jones & John Montgomery
9, 10, & 11	July 23rd, 9:30am - 2pm	Jefferson Madison Library 201 E Market St, Charlottesville, VA 22902	Dennis Baugh & Lynnettee Embree
5	July 23rd, 9am - 12:30pm	Bridgeville Town Library 600 South Cannon St. Bridgeville, DE 19933	Robin Marks, John Hassman, & Krista Latchaw
14	July 23rd, 9am - 12:30pm	Portsmouth Sheriff's Training Center 1725 Green Street Portsmouth, VA 23704	Nancy Simonelli & Stephanie Welke
20	July 30th, 9am - 12:30pm	Boy Scouts of America, Buckskin Council 2829 Kanawha Blvd E, Charleston WV 25311	Jeffrey Wolff & Krista Latchaw

*in training

It's 5 O'clock Somewhere

The Education Team has TWO 5 O'clock Somewhere Sessions this month. We have a great time during these sessions. Bring your drink of choice and learn something new!!

Wild & Wonderful West Virginia

Thursday, June 16th | 7pm EST

Nathaniel Kyle will be joined by West Virginia Club leaders to let the Capital District know what the newest state in the District is doing for service projects and help you meet some new faces in the crowd.

Zoom Link: <https://us02web.zoom.us/j/83938083428?pwd=VWNHdmhzN295Y0dEdVZlVjM2TU96Zz09>
Meeting ID: 839 3808 3428
Passcode: 922795

Topic in the News: Human Trafficking

Thursday, June 30th | 7pm EST

John J. Ingham (Attorney at Law) will point a light on this growing issue and let us know what we can do to recognize and stop human trafficking.

Zoom Link: <https://us02web.zoom.us/j/88918954940?pwd=ejFRZlZlNTi9OjY2REdKdEF1RTVhUT09>
Meeting ID: 889 1895 4940
Passcode: 937145

Do You Have Your Ticket to Ride?

Remember, the next Kiwanis train is pulling into the station August 19th - 21st at the Sheraton Inner Harbor in Baltimore for the 102nd Capital District Convention (DCON). Do you have your tickets yet because the Conductor will be blowing that whistle soon. We all haven't gotten together in a while so this is a wonderful way to meet your peers and leaders in the Kiwanis organization.

The team has been working hard to plan a great convention for you. Activities include:

- PRE-Con Education Sessions (Photography, Response Training, CLE)
- Kiwanis Night at Orioles Park at Camden Yards (vs. Boston Red Sox)
- Saturday Educational Workshops
- Contested 2022 - 2023 Governor-Elect Election
- Ducky Derby & Caring Corner
- Governor's Banquet sponsored by Cunningham Recreation
- Regional Hospitality Suites
- Capital District Kiwanis Foundation Apparel Sale
- Special Guests include the Ft. McHenry Fife & Drum Corp and Boy Scout Troop 918

Tickets are going FAST. Click Here to Register TODAY: <https://k03.site.kiwanis.org/2022-capital-district-kiwanis-convention/#registration>

District Convention Sponsorships & Program Advertisements

CLUBS / MEMBERS: Would you like to recognize your club, a Lieutenant Governor, or a fantastic club leader / member? Well, you're in luck because we have half or full size ads available for the DCON program. Get your message out there loud and clear!!

SPONSORS: Tell your friends!! We are always in need of additional sponsors to make our conference go-round. Please consider sponsoring our annual Capital District Kiwanis Convention. Complete sponsorship and advertisement information is available here.

If you would like to sponsor the convention and/or purchase an ad in the printed program, please complete the online form located here: <https://k03.site.kiwanis.org/2022-district-convention-sponsorship/>





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

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

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

The Monthly Tool Kit includes:

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

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

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

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

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

2021-22 VALUE FOCUS

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

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

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

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

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

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

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

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

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

Favor: approving consideration or attention *JULY 2022*

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

Peace: harmony in personal relations *SEPTEMBER 2022*

ACCEPTANCE TOOL KIT – JUNE 2022

Acceptance: the act of taking or receiving something offered. Favorable reception; approval; favor.
The act of assenting or believing: acceptance of a theory.
The fact or state of being accepted or acceptable.

Club Project ideas

1. Provide books on acceptance/battling bullying to local schools/preschools.
2. Host a gathering at local homeless shelter – BBQ, game night, whatever needed.
3. Host a community discussion acceptance/community spirit across political lines.
4. Join a local PRIDE parade OR cheer on the PRIDE events in your community.

Club Ice Breakers

1. When was a time you did not feel accepted and why?
2. Share a time you stepped up to help a person\group that was being bullied/ostracized/
3. What helped you accept someone you found hard to be to accept?

Quotes/Invocations/Prayers

- **Hindu Prayer:**
Grant us an understanding heart,
Equal vision, balanced mind,
Faith, devotion and wisdom.
Grant us inner spiritual strength
To resist temptations and to control the mind.
Free us from egoism, lust, greed, hatred, anger and jealousy.
Fill our hearts with divine virtues.
- **Jewish saying:**
Blessed are You Eternal Spirit who has given us life, sustained us and allowed us to arrive in this moment.
- "If you're jealous of someone else it simply means you have not come to a true acceptance and appreciation of yourself." *Rasheed Ogunlaru*
- "Acceptance is simply love in practice. When you love, you accept, when you lack love, you judge."
*Abhijit Naskar, I Vicdansaadet Speaking:
No Rest Till The World is Lifted*

Speaker Ideas

- TED TALK
 - https://www.ted.com/talks/harry_baker_the_power_of_self_acceptance
 - https://www.ted.com/talks/lidia_yuknavitch_the_beauty_of_being_a_misfit
 - https://www.ted.com/talks/michele_l_sullivan_asking_for_help_is_a_strength_not_a_weakness
- Local School Guidance Counselor on issues of acceptance for school children.
- Invite local community leader from a group that is not well-accepted in your community.
-

FAVOR TOOL KIT - JULY 2022

Favor: something done or granted out of goodwill, rather than from justice or for remuneration; A kind act: to ask a favor. Friendly or well-disposed regard; goodwill. The state of being approved or held in regard:

Club Project ideas

1. Adopt a local nursing home resident without family – start a weekly visit from a member of the club to play a game, read to resident, take person out for walk/wc ride.
2. Adopt a Free library site – provide new books every week.
3. Adopt a "foster child" who recently aged out of the foster program – work with local county office to help find a young person in need of friendly faces and help.

Club Ice Breakers

1. What is a wonderful favor someone did for you?
2. What is a favor you wish you had done – and how might you still do this favor?

Quotes/Invocations/Prayers

- **Universal Love Aspiration:**
Through the working of Great Compassion in their hearts,
May all beings have happiness and the causes of happiness,
May all be free from sorrow and the causes of sorrow;
May all never be separated from the sacred happiness, which is sorrowless;
And may all live in equanimity, Without too much attachment and too much aversion; and live believing in the equality of all that lives.
Namo Amida Buddha
- "When something is important enough, you do it even if the odds are not in your favor." *Elon Musk*
- "I have friends in overalls whose friendship I would not swap for the favor of the kings of the world."
Thomas A. Edison
- **Let Us Be United - Hindu:**
Let us be united; Let us speak in harmony; Let our minds apprehend alike.
Common be our prayer, Common be the end of our assembly; Common be our resolution;
Common be our deliberations.
Alike be our feelings; Unified be our hearts; Common be our intentions; Perfect be our unity.

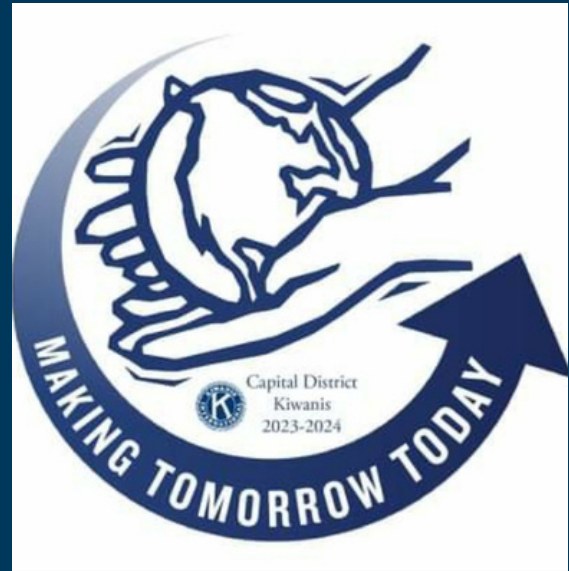
Speaker Ideas

- TED TALK
- https://www.ted.com/talks/cleo_wade_want_to_change_the_world_start_by_being_brave_enough_to_care
 - https://www.ted.com/talks/shonda_rhimes_my_year_of_saying_yes_to_everything



VOTE FOR ERIC LAMB

GOVERNOR ELECT 2022-23



ERIC@KIWANISCVILLE.ORG

WE MUST EMPOWER OUR NEXT GENERATION TO TRANSFORM KIWANIS INTO THE VEHICLE THEY NEED TO CHANGE OUR WORLD ONE CHILD AND ONE COMMUNITY AT A TIME.

WE MUST MAKE TOMORROW TODAY!

Dual Membership in:



Kiwanis
CLUB OF CHARLOTTESVILLE



Kiwanis
CLUB OF THE JACKSON RIVER AREA

- Distinguished Club President
- Distinguished LT. Governor (twice)
- Confidante to two Governors
- Certified Kiwanis Club Opener (3 clubs opened)
- Certified Kiwanis Club Coach
- Certified Kiwanis Club Educator
- Key Club Advisor
- CKI Advisor to UVa
- Diversity, Equity and Inclusion Chair (2019-2021)
- District Public Relations Chair
- Regional Membership Coordinator
- DCON Chair 2020
- Numerous Mid year and DCON committee appointments
- 30 years Leadership Experience
- Professional Trainer in Change Management and Board/Team Building



Will H. Nathan Jr

For 22-23 Governor-Elect

"Reaching the next level of success"



Home Club

Kiwanis Club of Greater Landover & Kiwanis Club of Washington, DC

Number of years in the K family: 12 years

Current Positions

Kiwanis Club of Greater Landover
Immediate Past President

Kiwanis Club of Greater Landover
Membership Chair

Kiwanis Advisor for Bowie State
Circle K International

Zone Administrator, Capital
District Key Club Adult Board

Previous Positions

Kiwanis Club of Greater Landover
President

Kiwanis Club of Northwest, DC-
President

Inspire

We must inspire members, friends, and family to grab the gauntlet and press forward to create a safe and prosperous future for our youth

Connect

Our world is continuing to change and grow. It is pertinent that we harness and nurture innovation that will allow Kiwanis to continue supporting and mentoring the children of the world.

Grow

Together we can look for ways to bridge the gap between our Kiwanis family in the hopes to increase membership.



Membership Minute

BY PG JOHN MORRIS, CAPITAL DISTRICT MEMBERSHIP COORDINATOR

Recruiting Prospective Members

Does your club need new members? Has it been a while since you had a new member? Do you lack enough members to do your service and fundraising projects? The only way to sustain your club is to add new members.

To grow consistently, your club needs to develop a recruitment plan and create a list of prospects to approach. Once that is done, you are ready for the necessary work of encouraging prospects to join your club. The most effective way to do that is to meet with your prospects. Take a look at the following best practices for meeting prospective members recently developed by leaders in the District.

Be flexible. Don't go in with a script; go in with an idea. However, let the conversation go where the prospect shows interest. Be observant. Look around during your visit. Take note of items such as wall plaques, pictures and other items on display so you can engage the prospect based on his/her interest. Make sure you ask prospective members about themselves so that you can suggest ways that they could be needed in your club. They will be more likely to join if they can picture themselves being useful and appreciated.

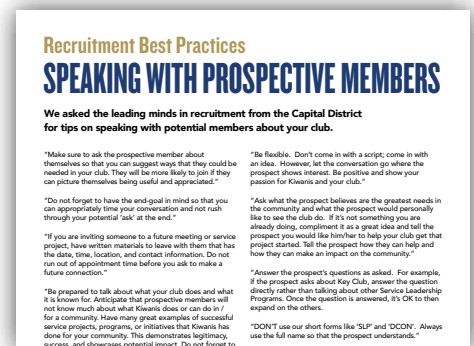
You should first and foremost find out what the needs of the prospect are. Why did they say yes to the appointment? What does the prospect believe are the greatest needs in the community and what would the prospect personally like to see the club do? Listen carefully to what the prospect says. Weave into the conversation things that they seem to care about greatly. If it's not

something your club is already doing, compliment it as a great idea and tell the prospect you would like him/her to help your club get that project started. It is important to make the prospect feel that he/she can make an impact on the community.

Answer the prospect's questions as asked. For example, if the prospect asks about Key Club, answer the question directly rather than talking about other Service Leadership Programs. Once the question is answered, it's okay to segue to other Service Leadership Programs. By the way, do not use our short form acronyms like SLP and DCON. Always use the full name.

Be prepared to talk about what Kiwanis and what your club does. Be positive and show your passion for Kiwanis and your club. Anticipate that prospective members will not know much about what Kiwanis does or can do in or for a community. Have many great examples of successful service projects, programs or initiatives that Kiwanis has done for your community. This establishes legitimacy of the club and showcases potential impact. Do not forget to talk about the value our service leadership programs clubs offer to local schools.

Do not mention any negatives, such as your club's falling or low membership, the impact of Covid or other problems



your club may have. It's okay to let them know that your club can do more in the community with more hands or brag about how your club adapted to Covid. But remember, no one wants to join a sinking ship. Instead, let the prospect know show he/she can improve the service your club provides.

Do not forget to have the end-goal in mind so that you can appropriately time your conversation. Always ask prospects to join, but do not rush your "ask" until the end. If you are inviting them to attend a future meeting or service project, make sure you have written materials to leave with them that has the date, time and place information. Do not run out of time to set up a future connection with them.

Whether or not the prospect indicates an interest in joining, ask for referrals. Referrals will give you additional prospects and, if a friend joins with the prospect, there is a greater chance both will be productive and long-time members.

Follow these practices and grow your club!



BE MORE IN **BALTIMORE**

Capital District Kiwanis Convention 2022

2022 Capital District Kiwanis Convention

Save the Date: August 19th – 21st, 2022

Sheraton Inner Harbor, Baltimore MD

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



Communicating Difficult Messaging

BY ERIC LAMB, DISTRICT PUBLIC RELATIONS CHAIRPERSON

I am often asked, “How do you tell someone bad or difficult news?” This is never easy but can be strategized and worked through successfully.

Being a volunteer organization is not always rainbows and lollipops. We sometimes find ourselves in situations with a member, a leader or a community liaison that we wish we did not have to deal with. More often than not, the difficult message is pushed aside and not delivered and a more difficult situation grows into a mountain when it started as a mole hill.

Why is it so hard? How can it be delivered in a calm and compassionate way? Why must the difficult message be delivered? These are three topics we will briefly discuss in this article.

Why is it so hard?

No one wants to be the bearer of bad news especially to a friend, fellow club member or leader. Often, we think that delivering a tough message will damage a friendship and most people like to avoid conflict. Let’s look at this situation a little differently. If you had done something that offended another person, would you want to be told? More likely than not, you did not do it on purpose and you would want the chance to correct it. The fact you are bringing something difficult to a friend is hard, but it is compassionate. You care enough to tell the other person and that is AMAZING!

How can it be delivered in a calm compassionate way?

Difficult messaging can be confrontational, but it does not have to be. Approach the person in a humble and tender manner. Never project an “I am better than you attitude” rather, send an “I care about our organization and I care about you” mindset. I grew up hearing my grandmother say over and over “You will always attract more flies with honey than with vinegar”. It is never a comfortable thing to deliver hard news, but if done calmly and compassionately it does not have to be a scary thing. We must remember that we are an organization filled with and focused on compassion for others. We can not be harsh and cruel if we are working with an understanding of compassion. Expressing concern and delivering hard news is compassionate if done humbly and privately. Bad news delivered to a club member, community member or leader should not be made headline news by our clubs. An example of this could be:

1. A club member has joined another organization that could shine negatively on the club. We can not demand the club member resign from Kiwanis or the other organization, but can a discussion be had and your club’s leadership express their concerns and explain how Kiwanis and these other organizations values/morals do not match? Maybe the concern is unfounded and we would never know that if a calm discussion is never had.
2. A club member has made statements that were not authorized by club leadership and that statement is challenging to our Kiwanis values/morals. There should



always be an authorized club spokesperson and others should abstain from making statements to the press or publicly without prior authorization. In this situation I would immediately contact the offending member and explain the concerns and remind the member of club policy and procedures. I would also explain that the authorized spokesperson will contact the other party and explain that the "dad" statements were not authorized and express the "correct" statements.

3. A club member lashes out during a club meeting while guests are present. The president should immediately step in and end the discussion. Discussions and opinions can sometimes become heated and that is to be expected from time to time, however when guests are present, we should always view these guests as potential members and best behavior should be in play at all times.

Why must the difficult message be delivered?

The answer to this question is very simple. Because we want to solve conflicts as quickly and cleanly as possible. If difficult situations are left to fester, it will often turn into a "WAR" when a simple discussion can solve it all. I was a kindergarten teacher and often when 5-year olds have issues, they follow a simple negotiation process without even knowing they are doing so. 1) They state the problem "you hurt my feelings when you said....." 2) the offender states their opinion "I don't care what you think, I don't like you anyway" 3) they go their separate ways 4) they

come back together and become friends again. What I am suggesting is that we use a similar method 1) State the issue 2) Give the offender time to express their point of view 3) take time to think it through 4) Come back for resolution. If the difficult message is never delivered and never discussed, the offending party learns that there are no consequences or need to change the offending behavior. Solving a situation quickly, calmly and compassionately is not only best for the club, best for the individuals involved but also best for the future and future communication within the community.

Our goal should always be to create caring and loving discussions that end with all parties being pleased with the results. I am not saying that all parties have to agree, but consensus and agreement are what we need to strive for. Remembering to be calm, compassionate and humble will do us well in our journey to help others to overcome difficult situations. Let's do as my grandmother coached and "Attract more flies with Honey than with Vinegar". Let's turn difficult members into the biggest champions Kiwanis has. As we treat them with respect, concern and love watch them turn into membership machines and begin to invite others to be a part of our amazing organization.

May your communication and all you do be calm, compassionate and humble.

Service Project Resources - Part 2

BY DAVE ROTHBERG, SERVICE COMMITTEE CHAIRPERSON

Here I am following up with my article from the last edition of *The Capital Kiwanian*. Specifically regarding the resource on the Kiwanis International website, titled “Young Children: Project Resource Guide”. You can easily find the document [here](#).

The article says that “Learning does not begin in kindergarten or elementary school. A child’s brain is absorbing information through his/her senses from the time of birth. How well this happens is affected by the child’s health and nutrition, as well as resources available within the family. Being read to, hearing words, and being in a safe environment are of utmost importance. Not all children are born into families that can assure the optimal development of a child without some outside support. For years, **Kiwanis Clubs have often been the source of some of that support.**”

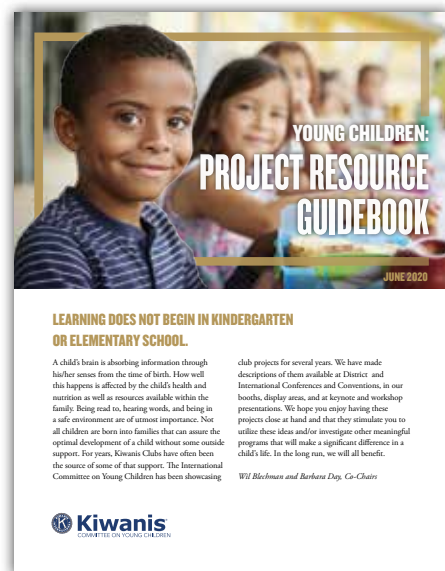
Here are some ideas how your club can provide that needed support:

HEAD START READING PROGRAM: Reading at Head Start schools. Members reading every week with back-ups ready to read when one of the regulars can’t make it. Donate a book to every child in the program and have a group of them join your Christmas meeting, where Santa passes out books and hugs equally. [Download info flyer](#)

DIAPER DRIVE: Partner with an agency to collect diapers, wipes and children’s books ... and distribute to low income families. [Download sample flyer](#)

VEGGIE KITS FOR HUNGRY KIDS: Offer to sponsor a public class or party, in which families with low income (who are not already enrolled in a nutrition education program) learn about healthy food preparation, sample a healthy meal, and receive resources that will help them prepare healthy meals at home. [Download info flyer](#)

THE FIRST 1,000 DAYS: Determine what hospitals, agencies and organizations are already providing gift bags to expectant and new mothers. Identify unmet needs. Organize a team that will make a plan to assist in providing supplies and equipment that is needed. [Download info flyer](#)



READING CORNERS IN LAUNDROMATS: Work with a local laundromat to establish space in their facility to house a reading corner. Kiwanis members supply books, a bookcase, table or rug for children to sit on. They maintain the space and restock books as needed. You can use new or used books. [Website FirstBook.org](#)

WEAR PURPLE FOR MARCH OF DIMES: On World Prematurity Day (November 17 each year), club members wear purple to raise awareness on behalf of March of Dimes, taking photos and posting online as well. [Download Activity Toolkit](#)

BIKE HELMET EMERGENCY CONTACT STICKER: To put inside helmet. Possible distribution: public schools, bike shops, stores (Walmart, Target, etc.), police and/or fire departments.

Another thirteen (13) Young Children project ideas are available on this [KI RESOURCE page](#)

Let me know your thoughts and/or ideas: madventuresinc@yahoo.com.

CLUB AND MEMBER RECOGNITION PROGRAMS

BY PG DENNIS BAUGH, ACHIEVEMENT COMMITTEE CHAIRPERSON

The District's Recognition Program can be found on the District website at: <https://k03.site.kiwanis.org/recognition/>. The specifics for each category are as follows:

2021-2022 MEMBER RECOGNITION *(must complete 5 of 7)*

- Sponsor at least one new member (must still be a member in good standing September 30); (REQUIRED)
- Complete at least three activities with clubs other than your own club (one must be with one of your Service Leadership Program clubs);
- Participate in a service project with one of your Service Leadership Program clubs or actively serve as a regional member of a District committee;
- Participate in at least one club social activity;
- Attend a minimum of three club Board of Directors meetings;
- Attend at least two Kiwanis activities at the Division (Council Meeting), District (Midyear/Convention) or International (Convention) level;
- Make a financial contribution this year to either the Capital District Kiwanis Foundation or Kiwanis Children's Fund.

2021-2022 CLUB RECOGNITION *(must complete 6 of 8)*

Club must be at or above Charter Strength of 15 members

- Net increase in membership; OR sponsorship of a new Kiwanis club;
- Has a signature project;
- Sponsorship of at least 1 Service Leadership Program;
- Participation of president and secretary in Club Leadership Education training.
- Club representation in attendance at the District, Mid-Year conventions, or Kiwanis International convention;
- \$10.00 per-member donation to the Kiwanis Children's Fund, or a 10% increase over previous year; and a \$5.00 per-member donation to the Capital District Kiwanis Foundation;
- Submission of all Monthly Reports and Election Results;
- Provide all club members with information on the Youth Protection Guidelines and reported on Secretary Dashboard.

To be recognized in the above two categories, THE CLUB SECRETARY must complete the forms on the website no later than October 31, 2022.

Additionally, Clubs are recognized for GROWTH in the following ways:

2021-22 Club Membership Growth

(for clubs chartered prior to October 1, 2020)

- All clubs chartered prior to October 1, 2020 that have a net increase of five (5) or more members as of September 30, 2022 will receive a banner ribbon.

2021-22 Grow to 20

(for club chartered prior to October 1, 2020)

- All clubs chartered prior to October 1, 2020 with a membership total below twenty (20) members whose membership increases to 20 or more members as of September 30, 2022 will receive a banner ribbon.

2021-22 Club Membership Net Growth Award

- Three clubs with the highest net growth in each group size will be recognized with a banner ribbon. Clubs are divided into five groups based on club size
 - Gold Division 101 members or more
 - Silver Division 71 to 100 members
 - Orange Division 46 to 70 members
 - Blue Division 31 to 45 members
 - White Division 30 members or less

2021-22 Interclub Awards

- Three clubs with the highest interclub score in each group size will be recognized with a banner ribbon.
- Interclubs will be scored based on the District Scoring matrix by the Achievement Committee
- Clubs are divided into three groups based on club size.
 - Red Division – Club with 30 or more members (4 members required for each interclub)
 - White Division – Clubs with 21-29 members (3 members required for each interclub)
 - Blue Division – Club with 20 or less members (2 members required for each interclub)
- All clubs should submit interclub reports to David Lurie dpalurie@verizon.net. Reports must include the date, the name of the host club and the names of club members who attended. Clubs are encouraged to send information on a monthly basis but all reports will be due by October 31, 2022.



Kiwanis Club Of Chester Celebrates 50

On March 29, 1972 hard work by visionaries in Chester, and encouragement of the Kiwanis Club of Colonial Heights resulted in the organization of the Kiwanis Club of Chester. Then on June 3, 1972, the charter of the club was received for the 32 members.. Dr. Joe Hillier was named president of the new club and Guy Smith, its secretary. A few months later, Marshall Henry became a member and was named advisor to the Thomas Dale High School Key Club and has continued in that capacity for the full 50 years. Dr. Hillier later became a Lt. Governor of Division 21 of the Capital District and Governor of the Capital District of Kiwanis International. On Friday, June 3, 2022 the club celebrated this milestone with a dinner at Antonio’s Restaurant where the three original members received the Legion of Honor award for their 50 years of continuous membership and service to Kiwanis, an organization dedicated to improving the world, one child and one community at a time. Guy Smith gave newer members quite a review of the many projects that had helped the club to grow and provide service to the Chester community. Although some programs had to be discontinued, the club looks forward to continuing to provide scholarships for youth to attend college, partnering with the YMCA and their Bright Beginnings program, assisting the Chesterfield-Colonial Heights Alliance for Social Ministry (CCHASM) and their Thanksgiving meal program, and the annual Christmas parade.

Happy Anniversary

June

Winchester, VA	1922
Staunton, VA.....	1922
Charles Town, WV.....	1926
War, WV	1929
Arlington, VA	1931
Parsons, WV.....	1950
Commodore Mayo, Mayo, MD	1955
East Huntington, WV	1955
Bridgeport, WV.....	1967
Ocean View Beach, Norfolk, VA.....	1974
Colonial Capital, Williamsburg, VA.....	1976
Middlesex, Saluda, VA.....	1978
Great Bridge-Chesapeake, VA	1985
Tysons, VA	1998
Toano, VA	2007

July

Norfolk, VA	1919
Fairmont, WV.....	1920
Waynesboro, VA.....	1925
Coastal Delaware, DE.....	1928
Bluefield, VA.....	1946
Delmar, DE	1950
Fort Hill, Lynchburg, VA.....	1958
Colonial Heights, VA	1963
Accomack, Onancock, VA	1973
Shepherdstown, WV	1978
Far East Washington, DC.....	1983
Southwest Waterfront, DC.....	2001
Hopewell, VA.....	2006
Clinchco, VA	2018

In Memoriam

Bob Wright, Leesburg

Welcome to Kiwanis

JD Tolson, Chester

Sean Wall, Chester

Kate Wiltsie, Chester

Kalyani Madhu, Fairfax

Robin Sofge, Fairfax

Robert David Brandt "David", Norfolk

Chris Bryant, Norfolk

Ben Hsu, Tysons

Sharon Snow, Williamsburg

Brenda Abbott, Williamsburg



Kiwanian Recognized as "Community Impact Hero"

Richard Knick, member of the **Jackson River Area** Kiwanis Club, was featured on the local news for his community work. You can see it [here](#).



Kiwanian Recognized for Over 40 Years of Announcing

Larry Hipes, member of the **Jackson River Area** Kiwanis Club, was featured in the *Virginian Review* for his work announcing the Alleghany County High School Band for forty years. You can read the article [here](#).

Teenager of the Year Update

BY JUDY PANTELIDES, DISTRICT TEENAGER OF THE YEAR CHAIRPERSON

The Capital District of Kiwanis International is pleased to announce that Macy Lindbloom has been chosen as the 2021- 2022 Teenager of the Year. Macy will have an opportunity to address Kiwanis members on August 20, 2022 at the Capital District Convention in Baltimore, MD and be presented with recognition items by the Capital District Kiwanis Foundation. There are 170 clubs with more than 4,400 members in Capital District Kiwanis, celebrating the impact of teens from throughout the District of Columbia, Delaware, Maryland, Virginia and West Virginia honoring their contributions in their communities and in communities around the world. Macy is a student at West Potomac High School and has served in several leadership positions including serving as 2020-2021 Governor for Capital District Key

Club. Macy has demonstrated the heart to serve, call to lead and courage to engage that are characteristics of today's servant leaders.

Congratulations to our division winners for their service and commitment to their communities. Thanks to each division and club who worked to encourage students to be apply and be recognized.

Award Winner
2 - Macy Lindblom

Division Winners
3 - Nezhah Amponsah
4 - Avala Stamatakis
12 - Virginia Reinhardt
13 - Norah Napier
15 - Kaylee Cox
17 - Reece Mullins
20 - Brooke Ooten



Service Showcase



Division 5

On the day before the scheduled Kiwanis Club of Greater Ocean Pines-Ocean City Car Show, things looked “iffy”, if not downright cancellation-like. Ocean Pines, where the show would take place at the Veterans Memorial, had tornado and severe thunderstorm watches forecast for that night before. There was rain, but not the possible severe weather, as predicted were possible. And so, the car show went on the next day, Saturday May 28, 2022. There were 29 Jeeps, Corvettes, modified and stock cars. There was a sharp contrast in vehicles as shown with the (L-R) Fiat and Roll Royce (incidentally, reportedly once owned by Eddie Murphy). Besides the local club, there were 4 other Kiwanis clubs from Division 5 that volunteered to help run the event, namely, Millsboro, Dover, Delmar and Accomack. Pictured are some of the over 125 cars that registered. The “Dawg Team” sold its fare to the many hungry participants and visitors. There was a 50-50 raffle for which the winner received \$238. Radio Ocean City provided the music and microphone for announcements. Nineteen local business contributed via sponsorships. There were 8 classes judged for which trophies by the sponsors were awarded. Thank you to all that made it possible to raise funds for the local clubs support of youth.

Division 9

Did you know that the Kiwanis Club of Charlottesville has supported the Central Little League for more than 60 years? The club has continued that support this year and have been notified that a record-number of more than 300 boys and girls are engaged this spring in Little League baseball and softball at Pen Park. Additionally, Central Little League counts on more than 110 volunteers who help as Board Members, Head Coaches, Assistant Coaches, Team Managers, in Field Maintenance, and in the Concessions Stand. New for Kiwanis this year, Bambino Buddy-Ball in Greene County. This spring, there was support championed for the development of a Bambino Buddy-Ball Baseball program through the Greene County Youth Center in Ruckersville. Part of Babe Ruth Baseball, Buddy-Ball is designed for players 5-22 years of age who have a physical, cognitive and/or emotional disability. A buddy helps the player swing a bat, run the bases and catch the ball. Everyone gets to hit and everyone is playing defense, so no one is sitting on the bench in Buddy-Ball. They work together and learn the game of baseball and have lots of fun playing games. To see the CBS19 story click [here](#). And for the Greene County Record story, click [here](#).

Kiwanis Club Of Winchester Spring Pancake Day

BY JOHN CONRAD, KIWANIS CLUB OF WINCHESTER

Like Thanksgiving Day, we spend months of preparation to make sure the plan is flawless, complete the purchases well in advance, bring in as many helpers as will fit in the kitchen, setup the dining room and all the family tables, then on Turkey Day everything comes together, the hungry hordes sweep in, pick the bones clean and disappear into the night! All that preparation and planning and it's over in 12 hours. Then we rest for a few months until the planning stage begins.

Well, it's not quite like Thanksgiving, but it reads better than the boring facts of cooking a ton of sausage, 52 cases of pancake mix, 5,500 condiment bags, (our Pancake Days lately have been drive-thru), the fact that we use 8 portable, 4 foot propane grills, two portable cooler trailers, and a gymnasium to put on the Kiwanis Community Pancake Day will provide a glimpse of the enormity of the event. Our group will presell 6,000 meal tickets and pray that a lot of tickets are not used, sell \$18,000 worth of placemat ads, (we roll the placemats and place them in each take-out bag, and 150 more meals will be sold at the door.

Our club has learned that we cannot pull this circus off without outside help, so we designate another non-profit to partner with us and we have criteria spelled out that they are expected to achieve, and they exceed the goal every Pancake Day. It is a wonderful way to align with other community non-profits and for them to learn about the Kiwanis club. For their efforts, the major beneficiary will receive 15% of the net revenue.



We expect that the Spring Pancake Day will be the last drive-thru event unless the covid climate changes for the worse. The community is clamoring for a return to a sit-down event, because we offer more goodies, and it has become a social event that families and friends have incorporated into their lives for over 50 years. The sit down is a bunch more work but does generate 50% more revenue.

The day that our customers experienced the first drive thru after a one-year covid inflicted absence we were greeted with smiles and a warm thank you for returning to some semblance of normality, but we have been told that its time to go all the way, they want a sit-down Community Pancake Day.

Kiwanis Club Of East Huntington Pancake Day

After a two-year absence due to COVID restrictions, the Kiwanis Club of East Huntington celebrated the return of our biggest fund-raising event by holding our 61st Annual Pancake Festival. This is the longest running community service project and is touted as the biggest family reunion in the area. From 7:00am – 6:00pm we serve all you can eat pancakes, our own freshly made sausage (from a local meat packaging plant) and drinks. You can have pancakes for breakfast, lunch, or dinner, or all three! We also sell the sausage and have a raffle. Along with club members and their families, we have volunteers from the community, local Boy Scout Troops, and our high school Key Club.

This year was a difficult one, as we lost our oldest member, Ray Abraham. He joined the club in 1967 and was very dedicated to our community and our club. In the 55 years he was a member, he flipped the most pancakes of any member (over 100,000) and was awarded the "Golden Spatula Award" by his fellow club members in 2017.

It's a lot of hard work, but we all enjoy it. This year we served over 1,500 individuals between dine-in and takeout orders. We feel honored by the community support we have received and will continue to receive through this fundraiser.



Family Ties

Key Club IZZA AHMAD, GOVERNOR

Hey Kiwanis!

Even though the school year is coming to an end, Key Club is starting up and as busy as usual. At the end of April, the Capital District held two virtual training sessions for the new Capital District Board members.



At our in-person Board Meeting at the end of May, one of our Adult Committee Members led the last session of Board Training where we completed multiple different team-building activities and learned new skills on how to be successful in our terms this year. On the second day of our overnight stay, we held our first official board meeting in which we presented different things such as updates on the District Project, the Governor's Project, ICON Information, dues reports, and lastly we also went over some of the things that were presented at our virtual board training sessions. Towards the end of the last day, all the LTG were assigned to District Committees and were able to meet with the group to go over expectations and what the year is gonna look like with committees.

All of our LTGs and executives have been working hard to promote ICON which will be held right here in the Capital District. The ICON Taskforce Committee from Capital is working hand in hand with International Vice President Melanie Kim and International Trustee Ave Chae. During the summer session, the Capital District will also begin to plan for Fall Rally for this year as we are trying to change it up a little bit and make things a little different than usual.

I can't wait to start this journey on a new Key Club term stronger than ever before, as Key Clubbers, as servant leaders, as a family.

Yours in Service,



CKI AKILAH RICHARDS, GOVERNOR

Hi Capital K-Family!

CKI has gone through plenty of changes but one thing hasn't changed - we love service. Last service year, we racked up 3,500 hours in service and had over 350 members. That is quite the showing of dedication to leadership, fellowship, and service and we hope to continue our growth this year. The District Board has decided on some important goals: add 2 active clubs, have at least 491 dues-paid members, complete at least 4,910 service hours, and have 30 attendees to our Fall Membership Rally.



Our clubs have gotten incredibly creative with recruitment and service, especially in responding to members' needs and the campus community. During the spring semester, the University of Mary Washington CKI club, sponsored by Fredericksburg Kiwanis held a puppy kissing booth which raised \$300 going directly back to the local animal shelter! Bowie State University CKI, sponsored by Greater Landover Kiwanis has been making valuable community ties and served at 3 Selfless Saturdays organized by Generosity Global in Baltimore, MD.

This year's International Convention is from July 24th-28th in Austin, TX and our attending CKI members are very excited for the first in-person convention in 2 years! We're looking forward to spending time in the "Weird" city with fellow members and being entrenched in service, leadership, and fellowship. The district is also planning a short President's Summit, Fall Membership Rally, and a Key to College to connect with Key Clubbers planning for their next step!

I look forward to meeting many of you at the Kiwanis District Convention in August and please feel free to contact me at governor@cdcki.org.

Yours in service,



Builders Club JAMIE MOORE, ADMINISTRATOR

Another school year has come to an end, but it is already time to think about next school year. And what your club can do and supply for a Builder's Club. If you currently have a Builder's Club it would be a good time to order supplies for the fall. More and more schools are dropping their Covid protocols and letting clubs meet again. Check out the Builder's club resource page (<https://www.buildersclub.org/resources-main/>) for supplies and ideas that your club can help next year's club be more successful. If your club is not sponsoring a Builder's club it is a great time to start. Middle school years are some of the most important years in an adolescent life, and it's seen as critical for everything from developing personality traits, spirit, curiosity and study habits to making

decisions about a future after high school and the rest of their lives. So ask yourself and your club what can you do to help our future?

Remember that Builder's Clubs are student led, age appropriate, and it makes the students feel like they belong and are not alone. Check out some of the news and events that the Builder's clubs are doing at (<https://www.buildersclub.org/news-and-events/>). For example, can your club support a little free library? Not a hard project but it can really impact your community by offering a free library in your community that can encourage our future into becoming lifelong learners and readers. <https://littlefreelibrary.org/> is another website you can visit to learn more about building and supporting a free library in your area.

Last but not least, remember why you became a Kiwanis member. Someone either reached out to you and asked you to come to a meeting or you saw an event the Kiwanians were putting on. The Kiwanis family starts with K-Kids, BUGs, and Terrific Kids in elementary school years, and works up to Builders Clubs in middle school years, then Key Club in high school, and Circle K in the college years. Each one of these are just as important as the others. Even if you were never a member of one of our early families, you are now. And I thank you for your service to Kiwanis and your community. We are an amazing family and organization with some many kind hearted members and supporters.

Aktion Club JENN HISCOCK, ADMINISTRATOR

We are very excited to welcome SOAR365 Saunders Aktion Club to the Capital District Kiwanis family! There are 15 new members joining Aktion Club and 30 more hands to help provide service to their local community. Thank you to the Kiwanis Club of Richmond who is the club's sponsor! They will be a major support for the club, including Ms. Barbara Dickinson who will serve as the Kiwanis Advisor!



Eye on KI

News from Kiwanis International

FINALISTS ANNOUNCED FOR 2022 SIGNATURE PROJECT CONTEST

Signature projects are the hallmarks of Kiwanis clubs in their communities. Some clubs are known locally for building and maintaining a playground. Others create festivals and fundraisers to support the work that makes a community a better place for all kids.

Every year, Kiwanis International recognizes the best signature projects from around the world. More than 400 clubs representing 38 districts submitted an entry for the [2022 Signature Project Contest](#). Each district then selects its nominee to compete against clubs from other districts.

The Service and Partnerships Committee of the Kiwanis International Board of Trustees reviewed the district winners and selected 10 finalists in each tier. Clubs with 27 members or fewer were judged in Tier I while clubs with 28 members or more were judged in Tier II. The median Kiwanis club is comprised of 27 members.

The gold, silver and bronze winners for each tier will be announced on June 9 at the Signature Project Breakfast during the 2022 Kiwanis International Convention in Indianapolis, Indiana.

[Click here to see the 10 finalists](#) from each tier in alphabetical order.

LIST OF CANDIDATES FOR KIWANIS INTERNATIONAL BOARD ELECTION UPDATED

[A revised list of announced candidates](#) for election to the Kiwanis International Board at the 2022 Kiwanis International Convention is now available. One (1) three-year term was filled by Trinidad “Toto” Pamintuan Gonzales at the 2022 Kiwanis Asia-Pacific Convention by delegates from the region. This list is based upon information received from the candidates and their districts. Please inform Kiwanis International immediately if your district has a candidate not yet included on this listing. If candidates declare (or remove) themselves, a new listing will be issued. [Browse the elections](#) page and click on candidate names to learn who they are and why they’re running for office.

USE SOCIAL MEDIA TO ESTABLISH TRUST IN THE COMMUNITY

Kiwanis International is a social organization built upon thousands of weekly face-to-face interactions. It’s also important for Kiwanis clubs to develop relationships online. Social media has changed the way people consume and share information. Every club that hopes to have an influence and make an impact in its community needs an active online presence. Kiwanis clubs that master social media are gaining influence, establishing trust and becoming leaders in their communities.

[Use the world’s largest social network](#) to connect with club members and your local community.



RESOURCES FOR COMMUNICATIONS

Regular communication with club members is vital to keeping them engaged and interested. We’ve made it easy to engage members through different communications channels, such as email, event posters, letterhead and PowerPoint templates.

[Click here](#) to get tips, tools and resources for communicating effectively through different communications channels.

TRUSTEE AGUILAR REMEMBERED

Kiwanis International Trustee Wilfredo G. “Willy” Aguilar of Koronadal City, South Cotabato, Philippines, passed away April 28, 2022.

“Willy will be missed, and forever remembered and cherished in our hearts,” says 2021-22 Kiwanis International President Peter Mancuso.

Read more about Willy Aguilar’s life and passion for Kiwanis.

Kiwanis in the News

‘SEE ME FOR ME’ Community Rallies For Acceptance Of People With Developmental Disabilities

By JILLIAN LYNCH | [Daily News-Record](#) | Mar 23, 2022

Over 30 people of all ages, some in wheelchairs, gathered on Court Square in downtown Harrisonburg on Tuesday.

Carrying signs that read “Don’t ‘Dis’ My Ability,” and “Disabled Means Differently Abled,” they came together for a disability awareness and acceptance rally.

Organizers from Pleasant View, a nonprofit that provides residential services to people with developmental disabilities locally, said the event is a positive way to recognize the individuals they serve, not a protest.

“Social justice and equal opportunities in life are in the forefront of society,” Kevin Paluszak, Pleasant View executive director, said in a speech during the rally. “Yet in our communities and often in our relationships, we lack that same representation of all America, especially when it comes to people of differing abilities.”

The event, which started at 1 p.m., took place on the east lawn of the Rockingham County Courthouse. Attendees included Pleasant View residents, staff members and volunteers along with members of the community and passersby.

“Things have gotten a lot better because these organizations take [the residents] out [in public] and they do so much with them in the community,” said Lorie Miller, who volunteers with members of the community who have disabilities.

Attendees carried signs about why they support people with disabilities. A microphone was passed around so attendees could share their stories. Organizers said they asked attendees to share their experience of having a disability as an exercise in having the larger community hear them and embrace them.

“The reality is that our friends here today don’t get heard often,” Paluszak said. “We want to give them the chance to be heard and have their cause and their interests known.”

Speakers included **Genny Pipitone, president of Harrisonburg Kiwanis Aktion Club**, a service club especially for people with disabilities. Pipitone shared challenges she faces as a person with disabilities, along with some dreams for the future – like driving a car — and what she said she wished everyone would understand about her.



“Disability doesn’t have to be different. We all share the same passions,” Pipitone said. “I work in a nursing home and everybody treats us very, very good where I work.”

Another speaker, David Swartzentruber, a Pleasant View resident, talked about his job at Sharp Shopper and Watkins Parrish proudly described his job at Special Fleet Services.

Several attendees were in wheelchairs, had other mobility problems and many had difficulty speaking. Many carried signs that shared the activities they like to do, like completing puzzles or playing sports.

Sharing those universal passions is what this rally is all about, organizers said.

“Everyone should see each other for themselves,” said Miller, who carried a sign that said, “See me for me,” in colorful block letters. “[People with disabilities] are humans just like we all are. We all have hearts but we may just look different and sound different. We need to see people for who they are.”

Katrina Spickler, who also volunteers with disabled people, said events like this break down barriers because they teach everyone compassion and mutual understanding.

“I think this is awesome. This is my first rally. It’s [important] to raise awareness and support which [people with developmental disabilities] need,” Spickler said.

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