

The Capital

February/March 2019

KIWANIAN

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

**Renew Your Commitment
to Fight MNT**

**AKTION Club Week
is Coming!**

**Touching Hearts
Around the World**



Kiwaniis

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GOVERNOR

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Richmond, VA

GOVERNOR-ELECT

David Lurie
Tysons, VA

SECRETARY-TREASURER

Tom Varner
Ashland, VA

IMMEDIATE PAST GOVERNOR

Jon Rife
Grundy, VA

TRUSTEE - CHESAPEAKE BAY

Jack Hassman
Bridgeville, VA

TRUSTEE - HEART OF VIRGINIA

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TRUSTEE - MASON DIXON

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TRUSTEE - NATIONAL CAPITAL

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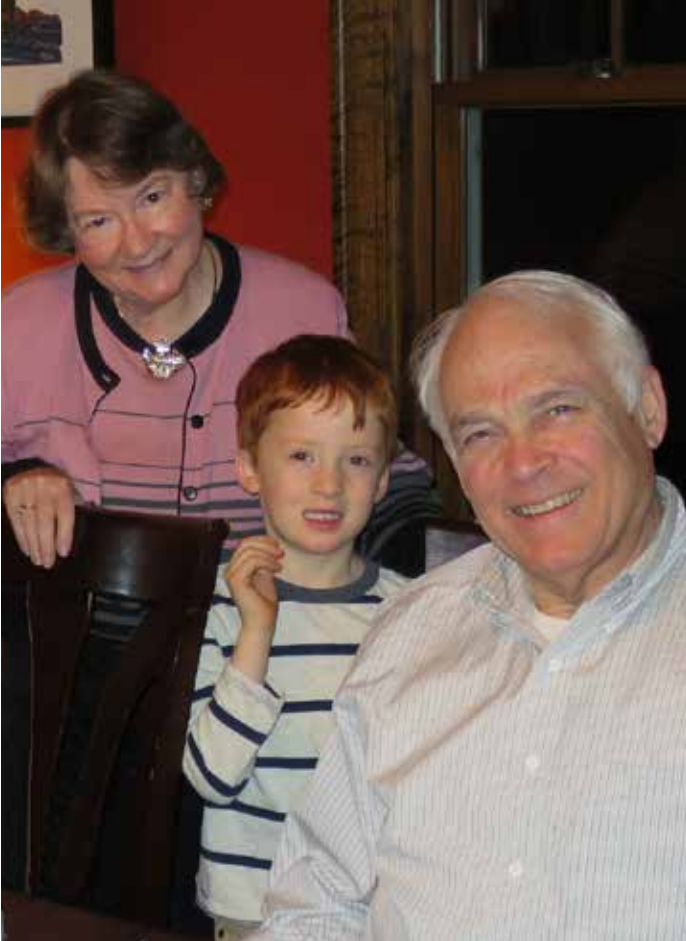
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Governor's Message

JOHN MORRIS, 2018-19 GOVERNOR



The District Midyear Conference will be held at Great Wolf Lodge in Williamsburg on the weekend of March 8-10. Please join us for a weekend of fun, education and fellowship. All Kiwanians and guests staying at the Great Wolf Lodge pursuant to the Kiwanis discount will receive a free pass to the water park for the entire weekend. The weekend begins with fellowship, followed by dinner Friday night. There will be a service project on Saturday afternoon: painting "Kiwanis Rocks" with inspirational and uplifting messages to be given to children in the Williamsburg area. The keynote speaker at lunch is Debbie Stitzer-Brame, Executive Director of Edmarc Hospice for Children. Edmarc provides home healthcare, hospice care and bereavement support to families facing a child's life-threatening illness.

Our educational programs at Midyear include sessions on social media and other public relations strategies. We will also have workshops on how to strengthen each of our clubs. There will be a session for clubs to share their service project ideas and many other educational opportunities. Our presenters will include experts from Kiwanis International as well as experienced District Kiwanians. Please check the District website for a full list of the workshops. Please plan to attend the dinner on Saturday night. We have a special treat with the Kiwanis International Vice President, our own Art Riley, sharing his ideas about how he plans to improve Kiwanis during his year as International President in 2020-2021.

I am delighted to introduce the Kiwanis Club of New Kent, which was opened at the end of January. The New Kent Club is blessed with outstanding leaders in Kelly Cable, Penny Wynn, Oneida Wood, Donna Facer and Traci Carlson, as well as an outstanding group of directors. Congratulations to James Shackelford, Lieutenant Governor David Rothberger, Caren Schumacher and Trustee Ron McCallum for helping this club come into existence. Several members of the New Kent Club will be at the Midyear meeting. Please welcome them to Kiwanis.



As part of our effort to strengthen the District, we will be holding a club building and revitalization blitz in Baltimore during the week of April 29th. In addition to opening three or four new clubs, we have plans to revitalize some of the existing Baltimore area clubs. Jen Wolff, Caren Schumacher and the three Lieutenant Governors whose divisions include or are near Baltimore, Kennette Mitchell, Jan Dudey, and Donna Riley, are spearheading a team that is working hard to make the club building and revitalization blitz a success. We need many volunteers. If you are asked to help, please say yes.

The work of the Kiwanis clubs in the District and their service to the youth of our communities is amazing. I continue to be impressed with the volume, quality and variety of the projects dealing with youth and our Service Leadership Programs. In addition, several clubs have nominated a project for recognition as an outstanding signature project. Carrollton, Charlottesville, Greater Hilton, Martinsville and Wise submitted their signature projects to the District for consideration for nomination for Kiwanis International's Signature Project of the Year competition. It was especially impressive that one of the clubs opened last year, Carrollton, already has an outstanding signature project. All entries were excellent.

I am delighted to announce that the Charlottesville club's project will be submitted to Kiwanis International for the competition. The Charlottesville project is their Cozy Comforts service project. Cozy Comforts provides backpacks to children just entering foster care. Most children arrive at foster care placement with few, if any, personal possessions. The backpacks provide an element of security (a handmade fleece blanket, a plush stuffed

animal, a Beanie Baby), fun (interactive games, cards, toys), challenge/enrichment (a new book and several gently used books), and age appropriate personal care items (nightlight, toothbrush and paste, comb, brush, hand lotion and others). Last year, Smithfield's Fishing Clinic was a finalist for the honor of the Best Signature Project in the World. Let's hope Charlottesville can match or exceed that honor.

At our Midyear meeting, the "On to ICON" Committee will be talking about the plans and activities for the Kiwanis International Convention in Orlando, which will be held from June 26-29, 2019. Similar to our Midyear meeting, one of the themes of the International Convention will be fun, because it will be held on the Walt Disney World Resort property. In addition, the 2019 District Convention Committee will tell us about their plans for and the exciting activities related to an outstanding District Convention in Portsmouth on the weekend of August 23-25. Please set aside the dates for those conventions and plan to attend.



Around Capital



DO YOU REMEMBER WHY WE'RE DOING THE ELIMINATE PROJECT?

PG JOHN TYNER, II, DISTRICT ADVOCATE

As our new year continues, so does our fight against maternal and neonatal tetanus. If adequate funding is available in 2019, we anticipate seeing the following countries complete immunization activities and prepare for pre-validation and validation surveys:

- **Chad**, a landlocked African nation of 14.5 million people, is one of the poorest in the world. Their validation survey is scheduled for January and February 2019.
- **Democratic Republic of the Congo** is largely afflicted by armed conflict, and many of its children face a lack of basic health, nutrition and educational services. Their validation survey is scheduled for July 2019, along with a review of insecure areas.
- **Mali** is beset with violence and much of its population is displaced. Southern Mali (home to 90 percent of the country's population) completed a validation survey in November and is awaiting notification of the results from the World Health Organization. In early 2019, the nation will review its northern districts.
- **Guinea's** progress against MNT was disrupted by the Ebola outbreak in 2015, but it will complete immunizations in the second quarter of 2019, followed by a pre-validation survey later this year.
- **Sudan's** population, especially its children, bear the brunt of many crises, including war, disease, malnutrition and poverty. The last round of immunizations against tetanus is scheduled for 33 districts this spring.



If funds become available from the Kiwanis Family, especially from our Capital District, we will have reduced countries at risk from 39 to NINE. And as we strive to complete our pledge of \$3 million, I want you to really realize that our district has raised 81% of that goal in cash already, with \$561,000 remaining! Now. here's what to do for us to finish.....

1. **FIRST**, those of you who made a personal pledge and your clubs who have pledged an amount towards eliminating MNT please finish up what you promised the children of the world.....that total is \$185,000.
2. **SECOND**, arrange a special fundraiser, Zeller match, happy dollar collection – anything you can think of to have your club make a donation to the cause..... whatever you plan to do goes towards the remaining cash we need totaling \$376,000.
3. **THIRD**, Capital contributed \$200,000 in 2017-18 from 43 participating clubs --THANK YOU – however we did not hear at all from the remaining 102 clubs.
4. **FOURTH**, I mentioned in previous articles that our top ten giving clubs have raised \$800,000 themselves. We have had 122 persons take advantage of the 20% Zeller match offered by our board – we still have 78 available.

Enough facts. Your Lieutenant Governors receive our District Giving Report so if any reader does not know what your club has done, contact your LTG and then please get busy for MNT. I understand that each of our clubs have their priorities, but this is an unfulfilled commitment we as a district made and I consider us honor-bound to redeem our pledge!

What else can I say? See you at Great Wolf Lodge, I'm available for consultation...

DONATE TODAY



ELIMINATE
maternal/neonatal tetanus



GOVERNOR-ELECT MESSAGE

DAVID LURIE, GOVERNOR-ELECT



Hello Capital Kiwanians,

I hope you are well and finally getting a chance to warm up after all the cold we had recently! Although it may seem that the 2019-2020 administrative year is still a long way off, the process for preparing for next year has been underway since I was elected last August. In November, I had the opportunity to go to Kiwanis International in Indianapolis and attend Governor training. It was great experience to go and meet my fellow class of Governors and to meet the Kiwanis members who will be leading us at the international level. Preparations are underway for training our 2019-2020 Lt. Governors. That training will take place on April 26-28 in Fredericksburg, VA. I am also in the process to select committee chairs and pull together the leadership team for the District for next year. Some of those positions are already completed but there will be an announcement soon on the positions that I will be seeking out interested individuals to serve at the district level.

However, my first priority is filling out our 2019-2020 Class of Lt. Governors. My hope was to have all of them elected by now but I know some divisions are still looking for candidates. If you are asked to serve as a Lieutenant Governor or as a Committee Chair or member of a committee, please say yes. I am hoping to fill all of the Lieutenant Governor positions by our Midyear Conference. I am also challenging all the divisions to have their successors for the 2020-2021 year filled as well over the next couple of months. Only by having our future leaders in place for these critical positions can we move forward on having a successful leadership in our District on a continual basis.

Finally, I hope to see many of you in the weeks ahead whether it is at our Midyear Conference, Key Club or CKI District Convention, or a club meeting or project as I travel across the district. I can always be reached via e-mail at dpalurie@verizon.net and I welcome any ideas or input you may have.

CLUB LEADERSHIP REMINDERS

KRISTA LATCHAW AND DON DUDEY, DISTRICT LEADERSHIP EDUCATION

Now that you are back from the holidays and are in the swing of things, it's time to plan for the new year!! There's a lot of great work to do. Here are a few items you can review with your Leadership Team and Club Members:

PRESIDENT

- Share the Capital District Midyear Conference and International Convention information with club members (Registration for both is now open)
- With the club secretary, review first quarter club and board meetings; committee programs/projects; and involvement in division, district and Kiwanis International events and programs. Look for areas of success as well as needed improvements.
- Make plans to conduct the annual club meeting/election of officers between January 1 and May 15

SECRETARY/TREASURER

- Conduct your quarterly review of your member roster and make updates online
- Help the President coordinate your annual club meeting between January 1 and May 15. Be prepared to present your secretary's report.
- File a Form 990, 990-N or 990EZ with the Internal Revenue Service (IRS) by February 15. Get information at www.KiwanisOne.org/form990.

As always, if you have any questions, please don't hesitate to get in touch with us. The Education Department is also starting to plan for upcoming Spring/Summer trainings. If you'd like to become a Certified Trainer for your Division, please let us know. We have a few spaces open and would appreciate your service.

Around Capital (continued)



MEMBERSHIP MATTERS

CAREN SCHUMACHER, DISTRICT MEMBERSHIP COORDINATOR

Membership is the lifeblood of your club. Existing clubs need to be nurtured. Faltering clubs need to be revived. And new clubs need to be opened to increase our hands for service.

The March Madness Midyear Conference, to be held March 8-10 at the Great Wolf Lodge in Williamsburg, VA, is the perfect chance for you to participate in workshops that will provide important information that can help grow your membership and inspire you to be part of opening a new club.

Did you know that opening a new club is a service project? The Capital District is slated to open 7-10 new clubs in 2018-2019. We just opened a club in New Kent County, Virginia, a community that lies between Williamsburg and Richmond. Seventeen very enthusiastic citizens have joined, and it is likely that number will grow before the club is chartered in the coming weeks. I was part of the team who helped open this club, and I can tell you first-hand that it was one of the most exciting Kiwanis experiences I have had in my 17 years as a member.

Plans are underway for opening three new clubs in the Baltimore area this spring. Catonsville, South Baltimore and Canton/Fells Point have been identified as the locations. Kiwanis International will be sending a team to help us do a membership “blitz” in these areas, which means teams of Kiwanians will meet one-on-one with people in the communities to talk about Kiwanis and make the ask for them to join.

Our fellow Kiwanians in West Virginia have put together an effort they have named a “boost.” A “boost” can help revitalize a club with ideas for invigorating current members, as well as increasing membership. There will be more about the “boost” in the coming months. In the meantime, please contact me at carenkiwanis@aol.com if you would like to schedule a “boost” for your club.

I encourage you to think about what your club can do today to ensure more children have the help they need tomorrow? Remember, the more hands we have to help, the more help we can give. Having strong, healthy and a growing number of Kiwanis Clubs around the Capital District seems like the simple answer; don't you agree?

COMMUNITY SERVICE UPDATE

PG LINWOOD WATSON, DISTRICT COMMUNITY SERVICE CHAIRPERSON

We have just completed one quarter of our Kiwanis administrative year. Now let's take a look at how we have done in the area of community service. Yes I am talking about a report card. How does your club grade? Has your club done any community service? How many projects has your club completed? Governor John Morris created the Service Committee to bring higher exposure to the area of service in the Capital District.

If your club needs some suggestions, you can check some of the ones I will give you. You can start small and pick larger ones later.

1. Card Writing. Create and send cards to Senior Citizens and related groups.
2. Kiwanis Family Programs. Partner with your SLP to create gift bags that can be given to people.
3. Volunteer in your community. Meals on Wheels comes to mind.

Keep in mind that you can partner with other groups to help you with your projects.

I need volunteers to work with me on my committee. Please let me know if you can help. I look forward to some of you at the Midyear Conference in Williamsburg in March and I look forward to reading your next report card.



REGISTER FOR MIDYEAR!

BILL WATSON, DISTRICT MIDYEAR CONFERENCE CHAIRPERSON

When Kiwanians gather great things happen, and Midyear March Madness weekend will be no exception. It's time to escape the winter doldrums and join your fellow Kiwanians for a weekend of family fun and fellowship at the Great Wolf Lodge in Williamsburg, Virginia. Our deadline for registration without a late fee has been extended to February 20th and as of now, there are still some rooms available at the Great Wolf Lodge. And remember, with your room reservation comes free access to the family-oriented water park at GWL.

While the family takes advantage of the fun at Great Wolf Lodge, Colonial Williamsburg and the Nation's Historical Triangle, you can learn all about Kiwanis and what's going on around the Capital District. This is an excellent opportunity to get outside the box of your local Kiwanis club and learn what others are doing so that you can rejuvenate your members dedication to the Kiwanis mission of empowering communities to improve the world by making lasting differences in the lives of children.

Friday will kick off with various committee meetings and culminate with the first General Session beginning with dinner at 7:00 PM. After Saturday morning's Opening Breakfast Session, featuring Ben Hendricks, Kiwanis International's Chief Communications Officer, we will

break out into 50-minute workshop sessions which offer a variety of educational and informational topics on how to make you a better Kiwanian and how to make your Kiwanis club better. A noon-time break for a Lunch Session features a special presentation by Debbie Stitzer-Brame, the Executive Director of Edmarc Hospice for Children. After the afternoon menu of workshops, as a special feature, the Williamsburg club will host a special project that you can work on from 4:00 to 5:00 PM to benefit the community and its kids.

The Dinner Session begins at 7:00 PM and features our District's own Art Riley who is Kiwanis International Vice President for 2018-2019. How often does a District have that honor?

Sunday will conclude the conference with an Inspirational Breakfast, featuring Mark Morrow, a local pastor who is also a member of the Williamsburg Kiwanis Club. Then it's off to enjoy the waterpark and the surrounding area steeped in the history of the birth of the United States of America.

Be sure to take a look at the registration page for the Capital District Midyear Conference on the District website capitaldistrictkiwanis.org where the menu will direct you to the registration page which includes directions on how to obtain our special room rate at Great Wolf Lodge. I hope to see you there.



Touching Hearts Around the World



In Spring of 2018, *The Capital Kiwanian* published a letter from Kiwanian Robin Handleman, who had taught for over 45 years, and was now volunteering with children in Asia. With the help of Kiwanis Clubs from the Capital District, Robin was able to make a HUGE impact — and now she’s at it again!

Hello Fellow Kiwanians:

I hope you are all enjoying your winter in the East. I am preparing to return to Asia doing my first love — volunteering. After spending four months in Thailand, I moved on to Malaysia. I helped serve 120 breakfast packs to the homeless on Saturday mornings for three weeks from 3 to 6 AM. We went under bridges, in garbage dumps and empty alleys in Kuala Lumpur for delivery of the packs which included a bottle of water, package of rice, piece of fruit, and a biscuit. Thanks to the Kiwanis Club of Leisure World, I showed Mustard-Seed House how easy it was to add protein to the pack. I boiled 120 eggs for about five dollars! Now they add eggs to the breakfast packs every week. Woo hoo! There was a husband, wife, and son who previously were homeless. They have found a home, and now to pay it forward they help us deliver the breakfast packs every Saturday, rain or shine!

I also visited an orphanage where I made paper plate puppets and the students put on a puppet show. The donated money from Kiwanis Club of Leisure World paid for the paper plates, scissors, construction paper, glue, and

markers for about 60 children. I also went to a place like Costco and purchased shower gel, shampoo, toothbrushes, and detergent. The total bill came to \$120 which would have been well over \$200 in America. The excitement of the student’s faces on getting a new toothbrush was heartwarming.

The next stop was an alleyway playing games with students whose parents have drug and alcohol addiction. They come by to have lunch with a gentleman who is “paying it forward”. He got himself clean and now he does this for the kids in the neighborhood. They loved playing hot potato with a rock, Simon says, and dancing with me to the song “Happy” by Pharrell. The biggest hit were the Ring Pops as they were able to have a lollipop and a ring all in one.

The next step was the Kiwanis Down Syndrome Foundation, which opened in 2005. It is a Young Children Priority One community service project started in 1989 by Kiwanis clubs of Kuala Lumpur. The center serves children from two-months-old to six-years-old. There are 120 students enrolled and it costs \$1.2 million a year to operate. 800 Malaysian ringgits a month per child which is about \$193.47. Each parent pays 350 ringgits a month, which is about \$84.64. As infants, they work on strengthening their physical weaknesses like low muscle tone through physical and occupational therapy. This is an amazing place that has a pool, a gymnasium, a lending library for families, and truly loving caring teachers who want the best for the students.

Before leaving Malaysia, I was able to go to a Kiwanis meeting in Kuala Lumpur. It was held at the club president’s home. Dinner was served, birthdays and



anniversaries were celebrated, and everyone welcomed me with open arms. We shared our fundraising ideas and ways to get new members. It was interesting that whether it be in Malaysia or Maryland, new members are a number one priority.

The third country I volunteered in was Indonesia. I spent two weeks at the most amazing school for children with special needs, ages 4 to 24. They included children with down syndrome, autism, multiple sclerosis, cerebral palsy, developmental disabilities, and students with multiple disabilities. Thanks to the Kiwanis Club of Rockville, I was able to purchase foam-backed squares for the room at the school. The students sit on these rather than a cement floor. Most of the students were nonverbal, yet very smart. They understood everything I said.

When I returned home in September 2019, I started fundraising for iPads. I knew that if I downloaded a communication board on the iPad, I could give the students "a voice". Thanks to the Kiwanis Clubs of Leisure World and Rockville, the Greater Federation of Women-Newington/Wethersfield Connecticut, and friends and family I raised \$2,800. I am so excited to be able to bring with me this year five iPads downloaded with a communication board, iPad covers, iPad screen protectors, a head stylus, four adaptive hand styluses, converters for charging, and two wheelchair attachments. There are 45 children/adults in the school so I will still continue to fundraise and someday all students will have their own iPad. I am continuing to fundraise and will come and speak to your club and bring gifts as all donations will be greatly appreciated!

Please send your donations to:

iPads for Indonesia
 PO Box 310015
 Newington, CT 06111



Thank you in advance for your consideration of my fundraising efforts.

The last country for this trip was India. Can you imagine 62 students in the class who all stand up when you walk into a room? They say "Good Morning, teacher Robin" and sit back down. Unfortunately most of their teaching/learning is rote. Teachers say it and students repeat. The comprehension is sorely lacking. They loved making puppets and getting out from their seats and doing a puppet show. I taught them to put their arms up and say "woo-hoo" when the answer was correct. The smiles from ear to ear warmed my heart. They also enjoyed hugging each other goodbye at the end of the day. The group hug, the last day at the school for me, was another big hit.

I tell my friends and family I hit the trifecta! I am traveling, volunteering, and teaching all in one! I am grateful to the Kiwanis Clubs of Leisure World and Rockville, who continue to support my volunteer efforts. Please consider joining them. I return to America in June 2019. I look forward to being your next guest speaker at a future meeting.

In Kiwanis spirit,
 Robin Handleman
 Robin.handleman@gmail.com

Service Showcase



Division 2

The **Kiwanis Club of Tysons, VA** is proud to announce that they are considered a Gold Provider by Safe Sitter Inc., which ranks its top providers during the year. Gold providers teach 125 students or more, silver teach 100-124 students, and bronze teach 75-99 students. In 2018 alone, the club taught 132 students in the Safe Sitter Essentials class that they have facilitated since 2005.



Division 3

The officers from La Plata High School Key Club came up with the idea of making valentines with Builders Club and K-Kids for Sagepoint Nursing Facility and to hospice in Charles County. They held an evening valentine making party on February 13th and on Valentine morning at 8 am, they expanded the project into making valentines for the hospital patients too at the K-Kids meeting. The students of all ages choose their own projects—which is one of the best ways to learn Kiwanis leadership.



Division 12

Over 25 members of the **Kiwanis Club of Williamsburg** rang the Salvation Army bell throughout the month of December.

Promoting the Kiwanis Experience

COURTNEY RILEY, DISTRICT PUBLIC RELATIONS CO-CHAIRPERSON

Kiwanis International raises over \$100 million annually and dedicate over 18 million hours of volunteer service work through the efforts of clubs across the world. Imagine what we could raise that number to, just by growing our individual clubs each year. With new members comes new hearts, hands, ideas, and enthusiasm for serving the children of the world. Each of us must inspire others to become part of Kiwanis' movement to change the world. Follow these tips for getting started.

Host an event

An open house, a special guest day, or a membership drive can be a great way to get prospective members interested in your club! Invite the community to take part in your event. During your event, dedicate time to share information about your club, ask newer members to share their perspective on being part of Kiwanis, and give the audience an idea of new projects coming up. Make it fun and interesting for those in attendance.

Share your story

Prospective members are going to ask you what Kiwanis is all about. But you have to decide which answer to give. You could share the Kiwanis general mission, OR, you could tell them what it means to you personally! Connect with them on a personal level about addressing the specific needs of your community and share your story. Tell them why it was important to you to be involved and what sets your specific club apart. While all Kiwanis clubs have the same end goal, they differ in how they get there.

Talk about your community impact

Find ways to communicate what your club is doing for the community. Regularly sharing the activities your club participates in will help with name recognition and attract more members. Post pictures on your club's social media pages, update your club's website, utilize community calendars to spread the word on your events, and send out press releases to help create awareness. If the community does not know what you are doing, how can they help?

Encourage members to spread the word

Over half of all Kiwanis members joined a club because someone invited them to an event or shared membership information with them. Just under half of those are friends, relatives, or colleagues of existing members. Encourage your members to share any information about what your Kiwanis club is doing, whether it be events, fundraisers, projects, or simply an invite to like your clubs Facebook page.

With new Kiwanis members, we can creatively find ways to better serve children and our communities. Get out there and tell the world what Kiwanis is all about.



8-10

MARCH

A WEEKEND OF FUN, FELLOWSHIP,
LEARNING AND SERVICE



WILLIAMSBURG,
VIRGINIA

KIWANIS MARCH MADNESS

Mark your calendar for March 8-10, 2019! The Capital District Midyear Conference is back and promises to be a can't-miss event! Join your fellow Kiwanians at the Great Wolf Lodge in Williamsburg, Virginia for a perfect family get-away and a great Kiwanis weekend.

Enjoy catching up with Kiwanians from around the District and making new friends at the Friday evening dinner. The fun will continue throughout the evening whether you are networking with other Kiwanians, visiting Hospitality Suites or spending time at the Lodge's expansive indoor waterpark!

Saturday's workshop tracks will provide learning opportunities that can improve your club's performance and strengthen your Kiwanis skills. You will hear from speakers that will inspire you to take your club to new levels. Dinner on Saturday night, and a Sunday morning inspirational breakfast round out this exciting weekend event.

Game on! Early-bird discounts are available until February 6th. Hotel accommodations at the Great Wolf Lodge include an indoor water park, kids' activities, arcade and more all for the low conference price of \$119/night + tax. The indoor water park will be accessible to any guest registered in an overnight room.

To book your room, visit <https://www.greatwolf.com/williamsburg> and use Offer Code 0306CAPI.



Kids need Kiwanis and Kiwanis needs you! When Kiwanians gather great things happen, and Midyear March Madness weekend will be no exception. The full court press is on; register today! Visit www.capitaldistrictkiwanis.org.

Family Ties

Updates from our Kiwanis Family Governors

Key Club CHRIS BRATCHER, GOVERNOR

Capital District Kiwanis,

The 2018-2019 Capital District Key Club Board had their last board meeting together February 9-10 in Northern Virginia. There, we graded District Convention awards for our clubs that applied, did final planning for our convention, and tied up some loose ends before we install our new board in the next couple of months.



We have not had any major events in the last two months nor will we plan to have any other major events in the next couple of months other than our District Convention in Baltimore from March 15-17.

We do plan on sending representatives from this year's board to a Circle K board meeting, Circle K's District Convention, and Kiwanis' Midyear Conference.

Yours in Service,

Christopher Bratcher



**March 15-17, 2019
Baltimore, MD**

CKI JOSE LEONCIO, GOVERNOR

Greetings Kiwanis Family!

It is a bittersweet moment to be writing to all of you for one final time. It has been one of the greatest honors to serve as Capital CKI Governor. I will always look back on my year of service with great fondness. Thank you for believing in CKI and thank you for continuing to support us.



As we move forward, we need to ask those tough questions and figure out how we can improve our entire Kiwanis Family as a whole. The transition between Key Club to CKI and CKI to Kiwanis needs to be seamless. We need to defy the status quo in order to make this happen.

Capital CKI currently has 556 Members. We are only 24 members away from surpassing last year's membership total of 579. We are hoping to reactivate one more club at Howard University and stress the importance of Spring Recruitment to our current clubs in order to accomplish this. I am hopeful that we will see a positive growth this year.

On April 1st, CKI will transition into our new year. We will have a new District Board and whole new set of club officers. As Kiwanians, I hope you reach out to these new leaders and wish them well in their year and assure them that anything they would need, you would be ready to assist. The support of Kiwanis is crucial in the success of CKI.

Happy holidays!

Jose Leoncio



**February 22-24, 2019
Glen Allen, VA**

Aktion Club Week is March 4-8, 2019!



JENNIFER HISCOCK, DISTRICT AKTION CLUB CHAIRPERSON

Each year, Aktion Clubs will have a chance to participate in a week designated to shine a light on the Aktion Club program, as well as the impact clubs are making in their communities. Every day has a special theme for clubs to follow to build awareness, recruit new members and celebrate our Aktion Clubs!



Monday, March 4: Show your K in Every way

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

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



Tuesday, March 5: Kudos to Aktion

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

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



Wednesday, March 6: Dare to Care

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

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



**Thursday, March 7:
Aktions of Kindness**

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

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



**Friday, March 8:
Connect the K's**

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

- Host a "social" with local CKI and Key Clubs. Have games, activities, music and food.
- Organize a day of play with K-Kids or Builders Club. Conduct fun activities such as jumping rope and playing Frisbee-or playing sports, like soccer and basketball.
- Ask to present about your Aktion Club's work at a Kiwanis family club's upcoming meeting.
- Conduct a joint service project with other Kiwanis-family members, such as renovating a children's home to simply cleaning up a park.

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

Kiwanis in the News

From *The Daily Progress Charlottesville*

Distinguished Dozen: Inspiring young people to lifelong service

TYLER HAMMEL, PUBLISHED JANUARY 2, 2019

[READ THE DAILY PROGRESS HERE: WWW.DAILYPROGRESS.COM](http://WWW.DAILYPROGRESS.COM)

For **Donald Foss**, community service isn't just a hobby, it's a way of life.

The longtime educator has been serving his community for decades and inspiring his peers and students to do the same. Through the Key Club and the Kiwanis Club, Foss repeatedly took on leadership positions because he knew it was where he could make the most positive impact.

Born in Cape Elizabeth, Maine, Foss moved to Virginia to obtain his graduate degree and fell in love with the area. After getting married and starting a family, Foss changed careers from mining exploration to teaching in order to spend more time with his family and engage with his community.

"The kids were getting older and I was missing it," he said.

As an Earth science teacher at Albemarle High School, Foss helped to start the Key Club at the school — eventually helping to grow it to other area schools, as well. Through the club, his students were able to learn firsthand the joys and difficulties of volunteering to help others, be it through cleaning, building, or other community projects.

"Working with students is the greatest joy of my life because they really get into it," he said. "It's good if we can



FOR THE DAILY PROGRESS/ M.A.C. SHURTLEFF

get the younger generation to think about service as a way of life."

By providing an opportunity for hands-on volunteering, the Key Club set the foundation for young people for a lifelong dedication to community service, Foss said.

"Involvement is what makes the difference," he said. "When a student goes out and does a service project, they come home feeling better about everything and they see what it's all about."

However, not only the students were affected by Foss' work and teaching

— many of his colleagues were, as well.

Theresa Tyler, who is now an assistant principal at Western Albemarle High School, worked with Foss at AHS for a number of years before his 2009 retirement. Tyler also helped with the Key Club and came to see Foss as a mentor and kindred spirit in service.

"He always wanted us to do the most service, help the most people in the community," Tyler said. "He would work with students but he was never going to accept less than the best that you could do."

A firm but fair teacher, Foss even

From the *Staunton News Leader*

Dan Bonner, the Tall Virginian, is as respected as they come in the ACC.

PATRICK HITE, STAUNTON NEWS LEADER

helped to teach her own children the importance of hard work through his classes, Tyler said.

According to Matt Haas, superintendent of Albemarle County Public Schools, Foss helped to grow the club to nearly 300 students — among the biggest in the area.

Foss specialized in helping students find what they were passionate about by forging a personal connection, Haas said.

“You want students to learn very young that they can have a positive impact so they feel empowered, like they can make a difference,” Haas said. “If each one of them makes an impact on the community, it has an exponential impact.”

After he retired, Foss joined the Kiwanis Club — a service club directed at adults. He has since served as the president of Kiwanis twice and is now the treasurer.

Through Kiwanis, he helps to sponsor a service leadership program that supports four key clubs and a Little League team for adults with disabilities, among other things.

His impact on the students and his colleagues at AHS continued into adulthood, with many of them joining Kiwanis, including both Tyler and Haas.



“COMMUNITY-MINDED

Before dinner, Bonner is texting with Debbie Gregory, getting an update on the new online registration for **Staunton's Kiwanis Club** youth baseball league. Bonner is the committee chair for the league. He's done everything from coach to umpire to serve on boards for youth baseball in Staunton. "

[READ THE REST OF THE ARTICLE HERE: WWW.NEWSLEADER.COM](http://WWW.NEWSLEADER.COM)

Capital Record



Newly Chartered

Kiwanis Club of New Kent (officers pictured above!)

Welcome to Kiwanis

Aldo Adriaan, Williamsburg, VA

In Memoriam

Vivien J. Peterson, Mt Vernon, VA
Larry Watson, Alexandria, VA

Mark Your Calendars!

2019 MIDYEAR CONFERENCE

March 8-10, 2019
Great Wolf Lodge
Williamsburg, VA

[REGISTER NOW!](#)

2019 DISTRICT CONVENTION

August 23-25, 2019
Renaissance Portsmouth-Norfolk Waterfront Hotel
Portsmouth, VA

Happy Anniversary

February

Petersburg	1922
Ashland.....	1923
Fredericksburg.....	1923
Grundy.....	1947
Haysi.....	1949
Wheaton-Silver Spring.....	1950
Petersburg Breakfast	1973
Virginia Beach Combers.....	1980
Greater Ocean Pines	1980
Council	2006

March

Baltimore City.....	1918
Richmond	1919
Martinsville	1921
Salem.....	1921
Hagerstown	1921
Coeburn	1923
Woodbridge	1947
Warwick	1949
Fairfax.....	1956
Leesburg.....	1957
Leisure World	1967
Chester	1972
Tappahannock	1975
Botetourt County.....	1976
Charles County	1992
St Mary's County.....	2000
Bel Air	2007

JUNE 27-30

Kiwanis[®] 2019 convention

Walt Disney World[®] Resort, Florida



WALT DISNEY WORLD: CONVENTION REGISTRATION OPEN

MARY BETH MURPHY, DISTRICT ON-TO-INTERNATIONAL-CONVENTION CHAIRPERSON

Online registration for the 2019 Kiwanis International convention at the Walt Disney World Resort in Orlando, Florida is now open. The convention will be held from June 27 – June 30 at the beautiful Disney's Coronado Springs Resort. Please log on to the Kiwanis International website to register.

Registration for the convention is \$300 until April 5 and increases to \$350 after that, so be sure to register soon. There are two hotels which will be offering Kiwanis discounts for the convention: the Coronado Springs Resort and the Port Orleans Resort – Riverside. Room rates start at \$175 per night and can also be booked online. All reserved rooms include complimentary motorcoach transportation to and from Orlando International Airport along with baggage transfer.

The Kiwanis International website is chock full of information regarding the convention including discounts on car rentals through Avis and Budget, tips on how to budget for your trip, information on purchasing theme park tickets at a discount, and, of course, the schedule of events for the convention.

A few highlights of the convention include:

- Complimentary coffee and pastries at the registration booth and Kiwanis Showcase on Thursday, Friday and Saturday mornings beginning at 8:00am
- Inspirational presentation by author Jim Collins
- Opening Session with Keynote speaker Alex Sheen
- Kiwanis night at Disney's Spirit of Aloha Dinner Show
- Kiwanis night at Planet Hollywood
- Kiwanis Gala with Don Felder, former Eagles band guitarist
- Poly's Patio, nightly entertainment and cash bar
- Educational opportunities with plentiful workshops
- Business sessions with House of Delegates
- Election of our own Capital District Art Riley as President-Elect of Kiwanis International

It is very important that each club has a voice in the matters of Kiwanis International, so please make an effort to send two delegates to the convention.

Walt Disney World Resort is sure to host an exciting and memorable Kiwanis International convention and I hope to see you there!

Eye on KI

News from Kiwanis International



THREE TIPS TO BETTER FUNDRAISING

Fundraising makes Kiwanis service possible. Better fundraising makes Kiwanis service even better.

We asked Kiwanis International partner Thirst Project to share a few tips that would help Kiwanis-family clubs raise funds. Here are three recommendations.

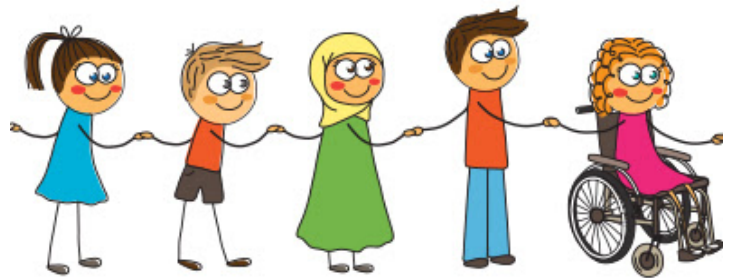
Be goal-oriented and plan-specific. Most people set a goal for the funds they want to raise, but not for how many people they need to participate. Don't just set a money goal — set a people goal. How many individuals will you need to attend your event, buy your product, participate in your campaign, etc.? Then go further: Make a specific plan detailing where those people will come from. For example, if you want 50 people attend your spaghetti dinner, plan out which 50 people you will attract. How many of those are family and friends of club members? How many are from the partners your fundraiser supports? How many have no previous relation to your club — and saw your promotional signs and newspaper announcements? In short, set two clear goals and build out a plan to reach them.

Don't be basic. In fundraising, most people immediately think car wash, bake sale ... the normal stuff. But the best fundraisers—regardless of the cause — succeed because the event is that unique, that exciting. If an idea causes at least one person to call you crazy, you're on the right track. Think crazy color wars, lantern festivals, slip-and-slides, pumpkin pie cookoffs. Don't be ordinary, be extraordinary.

Nail these details and fast. Clubs can get stuck in the planning phase, spending 90 percent of their time strategizing and 10 percent executing. It should be the opposite: 10 percent planning and 90 percent execution.

When developing your plans, figure out the date, time and location first. If you hit a snag on any of those three details, pivot immediately. For example, if you want to have a "fun run" at your local park but officials are unsure about scheduling, pick a new site.

Don't spend months trying to figure out the three key details of date, time and location. Figure them out fast — and then spend your time brainstorming about making your fundraiser special. And go execute!



THREE THINGS EVERY CLUB LEADER SHOULD KNOW

Here's a short list of essential things to remember when you're a Kiwanis leader.

You have help Tap into the experiences and resources available within your club, district and at Kiwanis International.

- Seek advice from fellow members who already have served in your position.
- Delegate tasks. This is a great way to prepare other members for future leadership positions.
- Get training. Kiwanis International's Club Leadership Education program offers self-guided learning modules for club presidents, secretaries, committee chairs, board members and more.
- Check out [these helpful online resources](#).

- Contact Kiwanis International for help at memberservices@kiwanis.org. Or call +1-317-875-8755, ext. 411, or in the US, 1-800-549-2647, ext. 411.

Plan to change

Whether you're leading a healthy club or a not-so-healthy club, stay focused on where your club should be in the next five to 10 years. Start planning and implementing changes that will take you there.

Remember the No. 1 thing

It's right there in our organization's defining statement: "Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time."

In other words, everything you and your club does should aim toward serving children and their community.



WHO'S RUNNING?

ANNOUNCED CANDIDATES FOR THE 2019-2020
KIWANIS INTERNATIONAL BOARD

PRESIDENT:

Daniel Vigneron, Howald, Luxembourg

PRESIDENT-ELECT:

Arthur N. Riley, Westminster, Maryland, USA

VICE PRESIDENT:

"George" Chu-Ching Chian, Taichung City, Taiwan
Peter J. Mancuso, North Bellmore, New York, USA

TRUSTEES: Six (6) trustee offices will be filled as follows:

- UNITED STATES AND PACIFIC CANADA —
Leigh A. Chagnon, Knoxville, Tennessee, USA
Gary Cooper, Fayetteville, North Carolina, USA
David W. Hurrelbrink, Kansas City, Kansas, USA
Cathy Szymanski, Erie, Pennsylvania, USA

- ASIA-PACIFIC REGION —
Cheng Lian Teh, Perak, Malaysia

- EUROPE REGION —
Gunnstein Björnsson, Sauðárkróki, Iceland
Martien van der Meer, Naarden, The Netherlands

The At-Large seat does not have a guaranteed trustee seat open for the 2019-20 administrative year.



LET'S MEET WHERE IT'S MAGIC.



As to Disney properties/artwork: © Disney

At *Walt Disney World*® Resort in Florida, wonders await — from fun and fellowship to a legendary *Magic Kingdom*® Park. Register today! Then join Kiwanians from around the world in the Happiest Place on Earth.

Learn more at kiwanis.org/convention.

Kiwanis®
convention 2019
Walt Disney World® Resort, Florida

JUNE 27-30