

The Capital

October/November 2022

KIWANIAN

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

**Developing the
courage to be true
to oneself**

**2021-22
Distinguished
Program Update**

**CONVENTION RESUMES
FULL THROTTLE**



Kiwanis

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COVER: Governor Jen Wolff gets pinned by her husband, Executive Director Jeffrey Wolff, during her installation at the District Convention in Baltimore as their daughters look on.





Capital District Kiwanis, CKI, and Key Club leaders gathered for the annual Kiwanis Family Weekend, September 16-18, in Front Royal, Virginia. This event is an opportunity for the leaders of our three branches to make plans to serve their clubs together for the year, bond, and have fun. Highlights included a session on “Living in Our Values” by Kiwanian and Dare to Lead facilitator Nicole McDermott; regional planning for club strengthening and teamwork; making s’mores; board meetings; team games; Kiwanis Family skits; and karaoke. The group also donated food to House of Hope -- a transitional program for homeless men in Warren County.

2022-23 LEADERSHIP INFORMATION

GOVERNOR

Jennifer Wolff
Tysons, VA

GOVERNOR-ELECT

C. Eric Lamb
Charlottesville, VA

EXECUTIVE DIRECTOR

Jeffrey Wolff
Tysons, VA

IMMEDIATE PAST GOVERNOR

Elana Gardner
Eastern Branch, DC

TRUSTEE - CHESAPEAKE BAY

Josh Hiscock
Ellicott City, MD

TRUSTEE - HEART OF VIRGINIA

Jamie Moore
Chester, VA

TRUSTEE - MASON DIXON

Roger Diehl
Westminster, 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

Nathaniel Kyle
East Huntington, WV

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All correspondence relating to editorial content, distribution, or advertising should be sent via e-mail to Editor John Montgomery at editor@capitalkiwanis.org.

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

JENNIFER R. WOLFF, 2022-23 GOVERNOR



I am a fan of musical theater, and a song that I love to sing along to on long car rides is “The Impossible Dream” from Man of La Mancha.

In this song, Quixote explains his quest to dream the impossible dream, to right the unrightable wrong, to try when your arms are too weary, to reach ... the unreachable star. It’s an inspiring message that has always resonated with me, particularly now, as we start our new Kiwanis year of service.

As Kiwanians, we all have dreams to improve our communities, that’s why we joined this amazing organization in the first place. We see the wrongs in our society and we make them right. Even when it is overwhelming, and takes a lot of work.

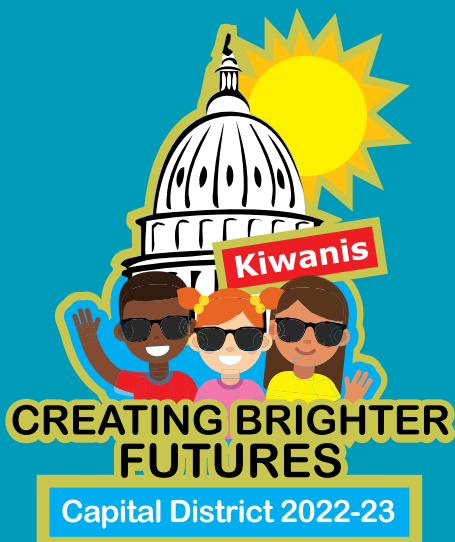
My dream for all of us this year, is that we reach our goals. That the time we spend together is impactful, and inspiring. That our clubs find more hands for service. And that all of our members grow in wonderful ways – by learning, networking, and having fun!

Often one can find a long road ahead to be daunting – but I see it as a new adventure. Unlike Quixote, my dream is not an impossible one. Best wishes as you kick off another Kiwanis year serving children and your communities. I look forward to getting to work with all of you to create a brighter future, together!

Yours in Kiwanis service,

A handwritten signature in blue ink that reads "Jennifer Wolff". The signature is fluid and cursive.

Jen Wolff
Governor



GOVERNOR PROGRESS REPORT *(SEE WHAT WE HAVE BEEN UP TO!)*

> FACEBOOK MARKETING SPECIALIST

We are looking for a talented Facebook Marketing Specialist to support Kiwanis clubs in the Capital District. The focus of this position will be to plan and execute paid Facebook marketing campaigns on behalf of participating Kiwanis Clubs. This is a paid position, and will work remotely. [For more information, or to apply, click here.](#)

> CLUB RESOURCE GUIDEBOOK

We've created a monthly guidebook for club leaders to focus on membership experience, service projects, and publicity efforts. [Please download here.](#) or read the excerpts on pages 17-20 of this issue, to join other Kiwanis Clubs across the District in united efforts to improve communities.

> TOP 5 ON THE 5TH

We've created an email newsletter especially for club leaders that publishes on the 5th of each month. This newsletter has the top 5 tips for club leaders to consider for that month, plus helpful dates and contact information. If you have not received it yet, [please contact Governor Jen Wolff.](#)

> NEW REDIVISIONING TASK FORCE

Over time, Kiwanis Districts change in composition. Since the last time our district has redivisioned nearly a decade ago, we have lost clubs and built new ones, leaving some divisions with as low as four clubs, and others with an many as 14. In order to make the divisions and the work of the Lt. Governors more equitable, as well as providing the best service to clubs possible, a redivisioning is necessary. A task force has been created to work on redivisioning our District. [Contact Trustee and Task Force Chairman Tim Gillette](#) if you have questions or suggestions.

> NEW APPRECIATION PROGRAM FOR MEMBERS & CLUBS (BELOW)



Congratulations to our October District Member of the month, **Casey Haines** from the **Capital - Next Generation e-Club!**

"Casey deserves to be a member of the month because she goes above and beyond in all that she does for our club. She was our service chair this Kiwanis year and found not only projects for us to do each month during our club meetings, but she also would find 3-5 additional projects for members to participate in outside of the club each month as well. Along with that, she planned and executed our club's first-ever fundraiser which was extremely successful. The fundraiser yielded a profit of almost \$800. On top of all of this work, she is always willing to step up and fill in when necessary without being asked. She is an exemplary club director, but all around a selfless and passionate Kiwanian."



Congratulations to our Club Spotlight for the month of October, the **Kiwanis Club of the Jackson River Area.**

"This energetic club is doing so many amazing things and breathing new life into service in their neck of the woods. They have invented a new Ducky Drop event and the city has partnered to sponsor it. They made several hundred safety bags this year and distributed them to the elderly and folks in need so that in an emergency all the information needed by first responders is already filled out. They have just completed several free little libraries. They are really moving and shaking and growing every day."

If you would like to nominate an outstanding [Kiwanis member](#), or a [Kiwanis Club for the Club Spotlight](#), please complete the forms.

Jam Session



PASSING THE BATON WITH THE START OF A NEW YEAR

BY JOHN A. MONTGOMERY

Please allow me to introduce myself (as Mick Jagger and the Stones performed so memorably decades ago).

I am the new editor of the *Capital Kiwanian*, effective with this issue, the start of the 2022-23 Kiwanis year.

I am succeeding our previous editor, Jen Wolff, the most creative and capable individual who has skillfully filled the editor's role for the past 10 years, a significant milestone. Now that Jen has moved into her new role as governor, it makes sense to turn over the editor's reins to another Kiwanian within the district.

It's an appropriate time to recognize Jen for a job extremely well done and wish her the best in her year as governor. We're all pleased to know that Jen will continue to maintain a very close association with the magazine, applying her professional skills to its layout and design.

My role will be to write and encourage the submission of articles from Capital District Kiwanians, coordinating the editorial content.

During my 25 years in Kiwanis, I have met many of you. I am a past president and currently the secretary-treasurer of the Roanoke club. I served as a Lt. Governor



in 2008-09 and Southwest Region Trustee from 2018-2021, and have attended many Kiwanis gatherings, trainings and conventions during my time in Kiwanis. My wife, Joyce, is an active Kiwanian as well – serving as district convention co-chair in 2021.

Professionally, I worked with Roanoke-area publications for much of my career – about a decade each with The Roanoke Times, the Blue Ridge Business Journal, and finally, Play by Play, a local sports monthly that I owned. I enjoy writing about people and their experiences, a background that should fit well with the purpose of the *Capital Kiwanian*.

As editor, I hope to continue many of the successful features and departments that Jen has established over the past 10 years. I also hope

to add some innovations of my own. I'm hopeful you will continue to recognize Jen's touch and yet notice some new tweaks that I will offer. Although Jen and I live some 200 miles apart, we will maintain regular contact. Kiwanians are a team!

Succeeding Jen is a challenging task – in sports terms, not unlike succeeding Bear Bryant or John Wooden. Not an easy job, but one which I'm proud and eager to undertake.

I am optimistic that you, our members, will support our bimonthly magazine with the same enthusiasm and fervor that you've afforded Jen. Thank you for already welcoming me to this team.

(John A. Montgomery can be reached at jmonty@cox.net or (540) 761-6751.)



Live Performances.
Idea Generation.
Best Practices.
Networking.
Inspiration.
The Arts.

*Registration
Opening In
December!*



**CREATING
BRIGHTER
FUTURES**

CAPITAL DISTRICT KIWANIS
MIDYEAR CONFERENCE 2023

MARCH 3-5, 2023
HYATT REGENCY CRYSTAL CITY
ARLINGTON, VA





CONVENTION RESUMES FULL THROTTLE

BY JOHN A. MONTGOMERY

“Be More in Baltimore” was the theme of this year’s Capital District Kiwanis convention held August 19-21 at the Sheraton Inner Harbor. Led by District Convention Chairperson Krista Latchaw and her strong committee, registered delegates and their guests were treated to a bustling weekend of activities. Due to COVID restrictions, this was the first full-blown convention within our district since Portsmouth in 2019.

And after three days of inspiration, education, entertainment and plain ol’ fun, the nearly 300 guests came away realizing that all of us were in fact “more in Baltimore” – including Tysons Kiwanian Jen Wolff, who was installed as the next governor to

lead the Capital District in 2022-23. Charlottesville Kiwanian Eric Lamb was voted in by registered delegates as Governor-Elect to follow Jen as our governor in 2023-24.

Elana Gardner concluded an outstanding year as governor in 2021-22, working with Krista and other committee members to coordinate a myriad of details and ensuring a satisfying weekend of Kiwanis-related activities. At several opportunities over the weekend, Elana expressed her gratitude toward the body and recognized her team of support. “Mending Our World” was Elana’s theme for the past year.

As attendees poured into the hotel on Friday, the district board conducted its quarterly meeting; several committees held business sessions; exhibitors and the Caring Corner set up attractive displays; and alternative activities such as classes on photography, puppeteering and yoga were offered.



Friday night’s K-Family highlight featured a major league baseball game at nearby Camden Yards, home of the Baltimore Orioles. More than 150 convention attendees donned Kiwanis baseball jerseys, walked to the nearby stadium and swelled the crowd, sitting in a special section. The game followed a feast of hot dogs, pizza, sides and beverages. The crowd was treated to an

Continued on next page



offensive display of power as the home team Orioles bested their rival the Boston Red Sox 15-10. The game included 39 hits and so many home runs the celebration of fireworks was completely dispensed before the game concluded.

The happy crowd returned to the hotel after the game to visit various hospitality suites – enjoying more refreshments, meeting new acquaintances and catching up with old friends.

Saturday's jam-packed agenda included motivational speeches, educational workshops, the first house of delegates session, the ducky derby drawing and the governor's banquet. Elana's family members provided musical entertainment during the banquet.

“The happy crowd returned to the hotel after the game to visit various hospitality suites – enjoying more refreshments, meeting new acquaintances and catching up with old friends.”

Kiwanis International Executive Director Stan Soderstrom was the fellowship luncheon keynote speaker on Saturday. Stan updated the crowd with a “state of the union” message and gave particular recognition to Immediate Past International

President Art Riley and his wife, Vickie. The Rileys have been Capital District pillars for decades; Art's first KI convention was in San Francisco in 1956 when as a youngster he accompanied his father and other family members. Art, whose home club is Westminster, Maryland, just concluded seven years of service on the International Board. Art's reflections on his Kiwanis International experience appear on page 38 in this issue.

Saturday's Opening Breakfast speaker was author Sean Jensen, whose focus was student-athletes. Sean has written multiple books telling the stories of athletes who have overcome seemingly insurmountable obstacles. Sunday

Continued on next page



morning's inspirational speaker was Anne Mekalian. Anne is a quadruple amputee who became a motivational speaker after a near-death experience with sepsis in 2011.

K-Family leaders were recognized throughout the weekend, particularly Key Club Governor Izza Ahmed and CKI Governor Akilah Richards.

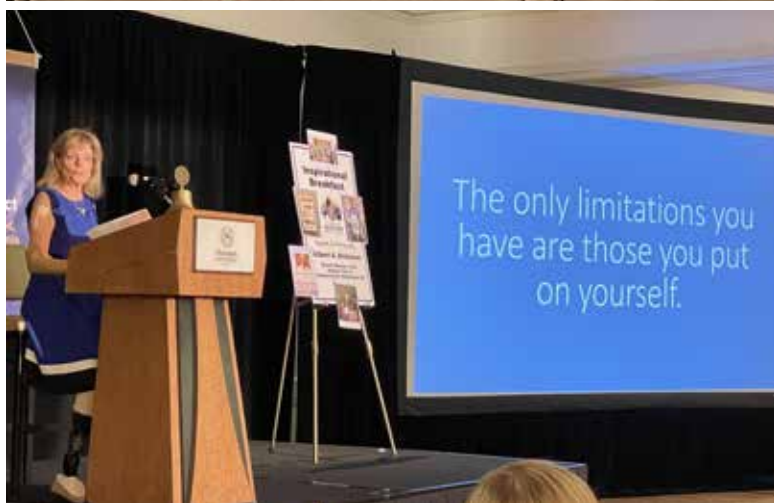
More than \$14,000 was raised by the Capital District Foundation during

this year's convention, exceeding the goal. These funds, which came from the sale of Ducky Derby Tickets, the gift basket raffle and the sale of Foundation 50th Anniversary items, fuel the organization's primary project – making annual donations to 11 neonatal hospitals within the district.

Baltimore was a sweet homecoming for Jen Wolff, who graduated from nearby Towson University. Wolff is

the third Tysons Kiwanian to serve as district governor in the past 11 years, joining her husband Jeff (2011-12) and David Lurie (2019-20).

Lamb was chosen as Capital District Governor-Elect for the coming year in Sunday morning's second House of Delegates session, outpolling Will Nathan from Greater Landover.





YOUTH PROTECTION STARTS WITH YOU.

Keep Your Club Compliant.

Kiwansians 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



Notes from the Executive Director

BY PG JEFFREY WOLFF

In your club, a new Board of Directors has started its year under the guidance of a new club president. By now, your club board should have conducted its training and done its goal setting for the year. At this point, you have also polled your membership and know which members of your club will remain and pay dues and which you need to drop from the roster. Finally, your membership coordinator has a plan and action steps ready to recruit new members into your club.

CLUB TREASURERS

Now is the time where we close the books on the previous fiscal year (October 1, 2021 - September 30, 2022) and ensure that a complete review is performed by the two or more members of your club's Financial Review Committee (as dictated in the club's mandatory policies - section F). An annual examination of financial records should include, but not be limited to, bank reconciliations, income, disbursements, budgets, balance sheets and income and expense statements for both the administrative and service accounts, and any other financial records or reports of the club.

CLUB SECRETARIES

Please make sure that all of your 2021-22 Monthly Reports were submitted and that you have submitted the 2022-23 Club Election Report. This information is critical to the operation of the District, but more importantly to make sure that the right information is getting to the officers of your club. This year, Capital District will be reviewing the monthly report submission of each club at board meetings and taking action on clubs that are more than two reports in arrears.

YOUTH PROTECTION

October is Youth Protection Month, so please make sure that you have a program within your club on how to safely work with the youth that need our help the most and that all of your Service Leadership Program Advisors have a clear criminal background check as required. At the District level, we have also had a change in leadership. Governor Jen Wolff led the first meeting of the 2022-23 Board of Trustees on September 17th in Front Royal at our first Kiwanis-Family Weekend event in three years.

MEMBER DUES

Since I get asked this question a few times a year, here's what your club will be billed for each of your existing members: \$52 Kiwanis International Dues, \$18 Kiwanis Liability Insurance, \$4 Directors & Officers Insurance, \$8 Kiwanis Magazine, \$32 Capital District Dues. The only exceptions would be Life Members of Kiwanis International (who are exempt only from the \$52 KI Dues) and Former Service Leadership Program Members in their first two years of Kiwanis membership who are exempt from both the \$52 KI Dues and the \$32 Capital Dues.

NOTE: You may have read about a \$5 Risk Management Fee that the Kiwanis International Board was putting into effect on October 1. That has been rescinded, and instead the Kiwanis Liability Insurance went up from \$13/member to \$18/member. The end result is the same; KI will bill your club a total of \$114 for each regular member of your club.

As always, if you have any questions, please feel free to reach out to me at jeffrey.wolff@capitalkiwanis.org.

(Past Governor Jeffrey Wolff, from Tysons, is the Capital District Executive Director.)

From the Governor-Elect



BY ERIC LAMB

HAPPY KIWANIS NEW YEAR!!!

I am humbled to have been elected to serve as your Governor-Elect. I am honored to be working with an amazing leadership team for the 2022-23 year. I want to thank you for entrusting me with this distinct honor.

Capital District Kiwanis members are special folks. We are determined. We are forward-thinking. We are visionaries. Together we can (and do) accomplish challenging and wonderful things for the Kiwanis family. I keep a "206" button on my desk to constantly remind me of the powerful reach of the K-family.

For those of you who have not heard what 206 means, two hundred and six lives are impacted by each Kiwanian each year. Let's do some simple math here: We have (approximately) 4,000 members in the Capital District and if each of us impacts 206 lives, we are potentially changing 824,000 lives annually. WOW, JUST WOW!!! Let that sink in. It is hard to imagine that a group of dedicated volunteers can impact so many people

What happens if we take this concept and add a membership push to it? What if each of us focuses on bringing in one new member this Kiwanis year? That would double our membership to 8,000, allowing us to impact 1,648,000 lives this year. This goal is not impossible; it is very achievable.

You are a Kiwanis member for a reason. That reason may be service to others. Or fellowship. Or making an impact/change in your community (or the world). Perhaps all three are important to you, or perhaps for you it is another factor. No matter what the reason, you are a Kiwanian because you enjoy it and value the organization.

Why not share your love of Kiwanis with just one person this year and make it your personal goal to help them join us? Don't be selfish; share the Kiwanis family fun. Just think what huge strides the Capital District can make this year by achieving this simple and very attainable goal. TOGETHER EVERYONE ACHIEVES MORE. Whatever goal TEAM CAPITAL sets out to achieve, we can accomplish it.

We have an exciting year ahead of us with Governor Jen at the helm. Each of us has an important part to play this year -- locally, within the district, and in the world as well. Encourage your local team to push and think about new ways to impact your community. When you are asked to serve on a district committee, say "yes" and know that your dues and hard work are impacting the people of our world. Each of you is impacting 206+ people each Kiwanis year. You are already making a huge impact; let's double our impact this year and each bring in one new member.

I am looking forward to serving this year with each and every one of you. Please feel free to email me at Eric@kiwaniscville.org. I want to do my best to support you and your club in any way I am able.

Let's work together to achieve Governor Jen's theme, "Creating Brighter Futures." We are Capital District; together we can do this!

(Eric Lamb, from Charlottesville, is the Capital District Governor-Elect for 2022-23.)



Around Capital



2021- 2022 DISTINGUISHED PROGRAM

BY PG ELANA GARDNER

ACHIEVE·MENT | \ ə-'chēv-mənt
a result gained by effort

DIS·TIN·GUISHED | \ di-'stiŋ-(g)wisht
marked by excellence

Each year the immediate Past Governor has the privilege to recognize individual Kiwanians, clubs and divisions for bringing in new members, performing service in the community, supporting our service leadership programs and demonstrating leadership at the club, division and/or district level. We have had variations over the years of the criteria, but the focus has always been acknowledging the priceless commitment to improving the world — one child and one community at a time within our district. I know many of you demonstrated your different skill sets for “Mending our World” and I’m excited to be able to applaud you at our midyear conference. Applications for consideration will be made available on November 1st.



KIWANIS DIVISIONS (Lt. Governors)

- Submitting a nomination for Teenager of the Year
- Increase in new members with a net gain in membership in the division
- Opening of a new club within the division or significantly supporting another division in its opening of a new club*
- Achieve Kiwanis Children’s Fund President’s Challenge Goal**
- Achieve Governor’s Challenge Goal for support of Capital District Kiwanis Foundation
- ACG \$5/member
- Ducky Derby or Caring Corner basket donation
- 100% Club Annual Review of Youth Protection Guidelines
- Kiwanis Family Relations outreach
- Attendance at conventions and conferences
 - Midyear
 - International Convention
 - District Convention

KIWANIS CLUBS

- Add new members to the club
- Submitting a nomination for Teenager of the Year
- Sponsorship/support of Service Leadership Programs
- Club Annual Review of Youth Protection Guidelines
- Support Kiwanis Children’s Fund (\$10/member) or 365-\$1/Day Gift
- Support District Kiwanis foundation fundraising efforts
- ACG \$5/member
- Ducky Derby 3 tickets per member
- Caring Corner basket donation
- Club attendance at conventions and conferences
 - Midyear
 - International Convention
 - District Convention
- Kiwanis One Day Service or Signature Project

KIWANIS MEMBERS

- Sponsorship of a new member
- Achieving any Ruby K level recognition
- Attendance at conventions and conferences
- Nomination Letter from a Kiwanis Family member

(Elana Gardner, from Eastern Branch & Rockville, is the Immediate Past Capital District Governor for 2022-23.)

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

MIDYEAR MOVES TO ARLINGTON

Mark your calendars now for the Annual Capital District Midyear Conference, March 3-5, 2023. This year it will be held in Arlington, Virginia, in the recently renovated Hyatt Regency Crystal City, so bring your family to enjoy the vast array of attractions surrounding our nation’s capital.

Our theme this year is “Creating Brighter Futures” in honor of Youth

Arts Month. This means fun activities to explore your artistic side, live youth performances, and much more.

Sessions will equip you with best practices and innovative ideas to take your club to the next level, whether you’re starting with a blank canvas or touching up a masterpiece. Registration will be launched in December – don’t miss this special event!



OCTOBER

Service Theme: Kiwanis One Day

This year, Kiwanis One Day will be October 22, 2022. If that date does not work for your club, you are encouraged to choose another date to promote and serve alongside local Kiwanis Service Leadership Programs (Key Club, CKI, etc.)

Kiwanis International toolkit for Kiwanis One Day is available [here](#).

In-Person Service Ideas

- **Park cleanup**
Discuss with your local park district. There may also be opportunities for an ongoing park cleanup sponsor.
- **Community or school garden maintenance/support**
Many schools have gardens, or you may have community gardens nearby
- **Provide a one-time service at a community organization**
“**Beautification Day**”, could include a deep clean of areas, painting, minor repairs
- **Have a Kiwanis Family fall picnic for senior citizens** – perhaps at local subsidized housing complex. Invite them to share about their lives, loves, challenges and dreams.

Speaker Ideas

- Invite Service Leadership program members that your club sponsors to come and speak about the work that their clubs are doing and what your club can do to assist.

Diversity, Equity, & Inclusion

Monthly Consideration

How inclusive is your club?

All Kiwanis clubs must create a culture where members from all social identity backgrounds feel a sense of belonging. If your club is not inclusive, it may alienate current members and push them to depart. It may also hinder your recruitment of new members. All Kiwanis members should feel respected and valued. Has your Board of Directors ever asked members if they feel a sense of belonging within your club? Is there one thing you could change about your club to increase inclusivity?

Partnership Ideas

Trick-or-Treat for UNICEF!

The Kiwanis family has been a proud participant in Trick-or-Treat for UNICEF since 1994. We have raised more than US\$7 million for international child survival and development programs.

[Learn more.](#)

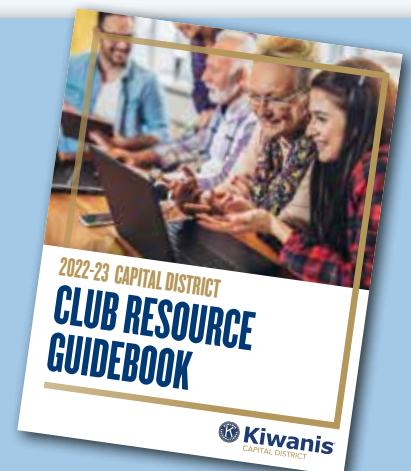
Boys & Girls Clubs

Kiwanis clubs build an impactful partnership with Boys & Girls Clubs of America with a focus on mentoring tomorrow's leaders and providing leadership education.

[Learn more.](#)

Have you seen the District
Club Resource Guidebook?

[Download it here.](#)



Human & Spiritual Values

FOCUS:

Communion (Kiwanis Family)

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

Club Ice Breakers

- What world issue are you most passionate about making better?
- What is your favorite K Family experience?
- Who was your best friend as a teenager - what is a favorite memory?
- Why have kept your Kiwanis membership active?

Speaker Ideas

- Invite member(s) of town council/county board to share ideas they have to create a better community.
- Member sharing session – give every member present 1-2 minutes to share ideas on how to create better “communion” in your club and in your community.
- Invite sponsored service leadership club officers/members to share their service projects and their ideas for joint K-Family service.

Quotes/Invocations/Prayers

- **There is a Light - Hindu**
There is a light that shines beyond all things on earth, beyond all of us, beyond the heavens, beyond the highest, the very highest heavens.
This is the light that shines in our hearts.
- “To him who in the love of Nature holds Communion with her visible forms, she speaks A various language.”
- *William Cullen Bryant*
- “One hearty laugh together will bring enemies into a closer communion of heart than hours spent on both sides in inward wrestling with the mental demon of uncharitable feeling.”
- *William James*
- **Invocation – Carolyn Richar**
In thanks for this day and our Kiwanis family with whom we share this time, may a spirit of love and communion fill our hearts. May we exchange our thoughts and feelings with honesty and hope that together we can work to make this world a better place for all the children of the world. We pray this in the name of You who are Love. Amen.



NOVEMBER

Service Theme: Military/Veterans

Veterans Day is Friday, November 11, 2022.

Department of Veteran Affairs [facility finder](#)

[Fisher House](#) (like a Ronald McDonald House, but for military affiliated people seeking treatment, usually at military/VA facilities)

In-Person Service Ideas

- **Support an Honor Flight**
For clubs near downtown DC or Dulles airport, there may be opportunities to greet Veterans on their [Honor Flights](#).
- Support a local Veteran-serving nonprofit with a hands-on project like building an accessible ramp for their home
- Host/co-host a Veterans Day party to celebrate local Veterans
- Visit the nearest veteran's hospital or nursing home and sponsor a social event.
- Honor local military base/Veterans' groups for their service for our nation.
- Host a toiletries drive or sponsor a meal for local veteran retreat house.

AT HOME Service Ideas

- Support deployed military through virtual projects:
<https://soldiersangels.org/volunteer/virtual-volunteer/>

Speaker Ideas

- Local Veterans advocates in your community, people who lead efforts with local Veterans memorials
- Local active duty military about their training/tours
- Military recruiters

Advocacy Ideas

- Raise awareness on hiring veterans in Virginia [here](#).

Diversity, Equity, & Inclusion

Monthly Consideration

Religious Practices and Prayer

Does your Kiwanis club honor various religious and cultural practices? While it is common to have an invocation and benediction at meetings, not every member may be comfortable with prayer. Even those members who are comfortable with prayer may not wish to include it in a Kiwanis business meeting. Consider offering motivational moments or other inspirational messages in place of traditional prayer. Although this change may seem like a small action, it may speak volumes to show how committed you are to creating a more inclusive club culture.

Partnership Ideas

U.S. Army

Kiwanis International has a partnership with the U.S. Army. A toolkit is available [here](#).

Fellowship ideas

- Club meet-up at Mission BBQ, if you have one nearby. This bbq restaurant has a mission to support and serve military and first responders.
- Book club – Ashley's War: The Untold Story of a Team of Women Soldiers on the Special Ops Battlefield. Discuss how members think about war and the meaning of service.

Human & Spiritual Values

FOCUS:

Grace

Grace: courteous goodwill; bring honor or credit to (someone or something) by one's presence.

Club Ice Breakers

- Invite club members to share a "grace" they may have grown up with at mealtime.
- Share remembrances of your "favorite" veteran or current military member who inspires you.
- Who, alive or from the past, would you love to have a few hours to spend in conversation?

Speaker Ideas

- Invite local military base commander/officer to speak to your club about that base and offer ideas for service projects that would benefit service members on that base.
- Invite local veterans' group to speak about their program and how Kiwanis can help serve local veterans.
- TED TALKs:
 - [By a student at Virginia Tech](#) (7 minutes)
 - [By a veteran on how to talk with veterans](#) (14 minutes)

Quotes/Invocations/Prayers

- "Whatever we are waiting for - peace of mind, contentment, grace, the inner awareness of simple abundance - it will surely come to us, but only when we are ready to receive it with an open and grateful heart."
- Sarah Ban Breathnach
- "We gather today aware that we often value each other more for what we can do than who we are. We ask this day for the vision to see each other deeply and wholly for who each person is rather than the title of their job or the size of their bank account. May we realize the true value of those gathered around us by being present for each other. Amen"
- Rev. Carolyn Richar
- "Dear God, Please be with the men and women in uniform, who bravely serve our communities and nation every single day. We ask that you cover them with your protection, that you would be their guiding force who leads the way, and their rear guard who keeps them safe from behind. We ask that you would draw them to yourself amidst the dangers they face in a dark world, for you are the Truth, you are the Way, you are the Light."
- Excerpt from prayer by Debbie McDaniel

Membership Minute

ESTABLISHING A PLAN – AND STICKING TO IT

BY PG JOHN MORRIS

As we embark on a new Kiwanis year, we need to keep our membership in mind. Our members are the lifeblood of our clubs and our district. Getting new members is the key to keeping our clubs strong and making sure we have enough hands to continue the great service our clubs perform. Opening new clubs, likewise, is a key to keeping our district strong.

Governor Jen Wolff has set a goal to improve the club experience and help clubs grow. She has also set a target of opening seven new clubs this year. That is an ambitious goal since we have opened that many clubs in only one year in recent memory. However, Jen has a strategic plan to open two clubs each quarter, using focused social media and getting help from Kiwanis International's club-opening teams. During the past year, a number of Capital District Kiwanians have become certified club openers and they will be assisting the effort. We will be using and following schedules designed for success.

The two clubs which we plan to open in the first quarter are in the Greenbrier River Valley area of West Virginia and the Gainesville/Haymarket area of Virginia. Teams are being assembled and lists of prospects are being created. By the time the next issue of the Capital Kiwanian is published, we should have two new clubs.

To help the District reach these goals, Governor Jen has appointed two Assistant District Membership Coordinators: Dennis Baugh and James Shackelford. Dennis will be in charge of our club-strengthening efforts. As past chair of the Kiwanis International subcommittee on club coaching, which rewrote the guidelines for club coaches and designed the certification process and training for club coaches, he is very familiar with methods for helping clubs grow, become stronger and improve the member experience. He will be working with lieutenant governors and divisional membership coordinators to identify clubs that could use help and then to help them grow.

James will be overseeing our club-opening efforts. He has been involved in a number of club-opening efforts and has already developed lists of prospects for several clubs we hope to open. He will be helping with the strategy of which clubs to open and assisting the club-opening teams in all phases of opening new clubs.

With the help of Dennis, James, our Regional Membership Coordinators and our Divisional Membership Coordinators, the District and our clubs should have a banner year in growing membership.

(John Morris serves as Capital District Membership Coordinator. He was governor of the Capital District in 2018-19.)

Education News



DEVELOP THE COURAGE TO BE TRUE TO YOURSELF

BY LYNNETTE EMBREE

Welcome to the 2022-23 Kiwanis year! I am excited to be the Leadership Development and Education Coordinator this year.

Krista Latchaw did an outstanding job as the coordinator for the past several years and is to be commended for her excellent work. Thank you, Krista!

As a business coach, I often work with managers and small business owners on leadership skills. There is one skill/value that seems to fly under the radar screen quite a bit so I'd like to highlight it in this issue of our publication.

Courage. As leaders, we need courage. Sometimes it feels like we

are besieged from many different sides in our roles. Some people have opinions on how we "should" do things or what decisions we "should" make. We can certainly take in their opinions and weigh our options from all sides. What happens if the decision or action we want/need to take is contrary to the opinions we have received? It may take some fortitude to politely disagree with them.

As leaders, we know that our choices won't please everyone. That's a given. The test is will we be brave enough to stay true to ourselves when a vote comes to the board of directors or committee chair that is contrary to what we believe? Or will we politely express our different opinion?

A very wise woman once told me that when making a decision we have

four options. We can say yes. We can say no. We can say we'd like to think about it or we can say we changed our minds. Some of those decisions take lots of courage.

In the end, we all want to do the best job we can in every situation. The question, in my mind, is will we have the courage to remain true to ourselves?

Where can you be courageous today, whether it's in your personal life, Kiwanis or your community? Others want to be courageous yet they aren't sure how or where to start. Let's set an example for them.

(Lynnette Embree, from Winchester, is the Capital District Leadership Education Coordinator for 2022-23.)

5 O'CLOCK SOMEWHERE EDUCATION SERIES

5 O'clock Somewhere is a monthly educational series to keep Capital District Kiwanians up-to-date on our most 'talked about' issues. The series is held via Zoom each month. We welcome your participation!



October 20 | 7:00pm

Elizabeth Saunders, best-selling author and time management coach will be talking about the importance of daily and weekly planning for leaders.



November 10 | 7:00pm

Come join Foundation Secretary **Nancy Simonelli** as she explains how the **Capital District Kiwanis Foundation** can support your club and its goals in the new year ahead.

Our Firm Foundation



News from the Capital District Kiwanis Foundation

SUPPORTING DISTRICT CLUBS AND COMMUNITIES

BY ED DALEY

Greetings from the Capital District Kiwanis Foundation. I am pleased to report we are continuing to support our clubs and communities within the Capital District. You will be pleased to know that the district's finance committee regularly monitors our portfolio to ensure that we have adequate funds to support our commitments.

In the past 12 months, the Foundation has completed the following:

- Donated \$3,000 each to the 11 Pediatric Hospitals we serve throughout the Capital District (including West Virginia, which joined our district last year), totaling \$33,000;
- Awarded \$31,500 to Clubs for grants;
- Awarded \$2,000 for the Ellis Stroup scholarship;
- Awarded \$2,000 for the Robert H. Turner scholarship;
- Awarded \$2,000 for Key Club scholarships;
- Awarded \$2,500 to the Teenager of the Year;
- Provided \$5,100 in support of CKI;
- Collected \$9,550 in donations for the Disaster Assistance Program which was given to the Hurley area in Southwest Virginia;
- Provided \$1,500 in support of the Generosity Feeds program at the Midyear Conference.

Thanks to the generosity of many clubs and individuals, the Foundation will continue to support important programs serving children in the Capital District.

For those who attended the district convention in Baltimore, I hope you enjoyed visiting the Caring Corner, the Ducky Derby table and the 50th Anniversary table to continue our support. The proceeds of these efforts exceeded our goals; we will provide specific numbers in an upcoming issue of *The Capital Kiwanian*.

(Ed Daley is the 2022-23 President of the Capital District Kiwanis Foundation.)



**Capital District
Kiwanis Foundation**



From the Kiwanis Children's Fund



BY PG DENNIS BAUGH

KIWANIS CHILDREN'S FUND RECOGNITION AWARDS TRANSITION

The Children's Fund recently conducted a survey on donor preferences and found most of our donors are highly motivated to give because of the impact of the Kiwanis Children's Fund mission and are much less motivated by tangible recognition such as shadow boxes, plaques and patches. Therefore, effective Oct. 1, 2022, several recognition items will be available for purchase online from the Kiwanis Family Store. This move allows for more of our donor gifts to go toward the mission of the Children's Fund – helping children globally through our Kiwanis clubs' service projects.

What is changing?

As of Oct. 1, 2022, Kiwanis Children's Fund recognition items will be available for purchase online from the Kiwanis Family Store. These items (except for the shadow boxes) were previously provided as complimentary recognition for these gifts, along with a Hixson or Blechman lapel pin, as applicable. Lapel pins for new recipients (and a new option to request a printed certificate honoring the recipient), and club banner master patches upon request, will be shipped from our office on a complimentary basis.

Why are these changes being made?

This move allows for more of the gift to go toward the mission of the Children's Fund – helping children globally through our Kiwanis clubs' service projects.

Our costs to produce and fulfill these recognition items have also increased significantly. In order to steward our donors' gifts wisely and efficiently and be responsive to our donors' feedback, the Children's Fund will now offer most items in the Hixson and Blechman recognition suites for purchase from the Kiwanis Family Store.

This will give our Hixson and Blechman donors more flexibility to opt for just the recognition pieces they are most interested in – or skip recognition entirely if they prefer. The Children's Fund will now offer a complimentary printed certificate option for donors who would like personalized Hixson or Blechman recognition for presentation purposes.

What recognition pieces will be available for purchase from the Kiwanis Family Store?

- [George F. Hixson Fellowship](#) – US \$1,000 unrestricted gift (installments must all be paid during the same Kiwanis year)
- Personalized shadow box with mounted medallion (US\$199)
- Wearable medallion (US\$18)
- Personalized name patch for club honors banner (US\$8)
- Hixson Fellowship kit which includes shadow box, medallion and banner name patch (US\$225)
- Replacement Hixson Fellowship lapel pin
- Replacement Hixson Diamond lapel pin
- [Dr. Wil Blechman Fellowship](#) – US\$2,500 unrestricted gift (installments must all be paid during the same Kiwanis year)
- Personalized shadow box (US\$475)
- Replacement Blechman Fellowship lapel pin

NOTE: Sales tax and shipping fees will be assessed during order placement.

Is anything changing with Hixson Diamond recognition?

All Hixson Diamond recognition items (provided on request to Hixson Fellows for each successive US\$1,000 unrestricted gift eligible for Hixson recognition) will continue to be offered and shipped from our office on a complimentary basis. This includes the Hixson Diamond lapel pin (sent for Hixson Diamond 1 recipients only), numbered hanging tab showing their current Hixson Diamond level, and the new optional printed certificate honoring the recipient.

(If you have any questions, they can be addressed to Dennis Baugh, Past Governor, District Kiwanis Children's Fund Chair, at dennis.cdkeyp@gmail.com or (540) 820-8498.)

Capital Record



95th Anniversary

Congratulations to the **Kiwanis Club of Chesapeake**, which celebrated its 95th anniversary on Sept. 21. In addition to recognizing club leaders, the club announced its success in raising \$14,000 at its annual Float-a-Thon fundraiser. This year's donation goes to a project entitled Kaylee's Legacy, a project in memory of a child who succumbed to cancer. The family provides funds to purchase Lego kits for child cancer patients at the Children's Hospital of the King's Daughters in Norfolk.



Foundation check to Nemours

Capital District Foundation Director Don Dudey presented a \$3,000 check to Nemours Children Health Foundation executive director Rose Bevilaqua on September 8. This is one of the 11 hospitals our Foundation supports annually. Nemours is located in Wilmington, Delaware.

Happy Anniversary

October

- Crewe, VA..... 1924
- Manassas, VA..... 1924
- Chesapeake, VA 1927
- East Baltimore, MD..... 1947
- Midlothian-Chesterfield, VA 1950
- Northwest Washington, DC..... 1955
- Mercury 64, VA 1962
- Capitol Hill, DC..... 1963
- Gloucester, VA..... 2008

November

- Wilmington, DE 1918
- Roanoke, VA 1919
- Pocomoke City, MD..... 1953
- Waldorf, MD 1979
- Annapolis, MD..... 1980
- Central Chesterfield, VA..... 1983
- St Paul-Castlewood, VA..... 2017

In Memorium

The District Office is saddened to report the passing of 1998-99 Capital District Governor **Robert L. Powers** of The Kiwanis Club of Great Bridge. Bob passed away peacefully this morning, October 11, 2022. Memorial service information will be forthcoming.



Welcome to Kiwanis!

(August-September 2022)

Catherine S Clister, Arlington
Lindsey Baldwin, Tysons
Bryan Casto, Tysons
Benjamin Williams, Wheaton-Silver Spring
Nicholas Boulette, Commodore Mayo
Joseph Howard, Commodore Mayo
Victor Jones, Commodore Mayo
Robert McAfee, Commodore Mayo
David Ratner, Commodore Mayo
Dondra Coniglio, Crofton
Terri D. Hall, Crofton
Sid Saab, Crofton,
Stuart M. Schmidt Jr., Crofton
Robert Defendis, Coastal Delaware
Anthony Delacruz, Coastal Delaware
Ronald Dempsey, Coastal Delaware
Ronald Mangano, Coastal Delaware
Judith Shaw, Coastal Delaware
Jan Sanborn, Loch Raven
Flordeliza Andres, Towson-Timonium
Charles E. Conklin, Jr., Towson-Timonium
Stacy L. Michael, Hagerstown
Mary Kimiecinski, Mt. Airy
Arthur J. Parker, Mt. Airy
Mary Ellen Welch, Front Royal
Brian L. Bosley, Harrisonburg
Virginia Healy, Harrisonburg
Grayson A. Asboth, Jackson River Area
Tyge Gibson, Jackson River Area
Suzanne H. Ostling, Jackson River Area
Robert E. Davidson III, Staunton
Kenneth J. Piller, Waynesboro
Donna Yobs, Waynesboro

Carter Noble, Colonial Heights
Jeannie Noble, Colonial Heights
Rebecca Mullin, Petersburg
John Hartman, Ashland
Laura C. Carroll, Tuckahoe
Kelly W. Hagan, Tuckahoe
Catherine P. Pegram, Tuckahoe
Darlene Oneal, Williamsburg
Teresa Sweaney, Williamsburg
Leslie Baker, Greater Hilton
David O'Sullivan, Greater Hilton
Angelia Wampler, Greater Hilton
Tobey Allen, Chesapeake
Frederick Eugene E. Brady, Chesapeake
Brad Kirby, Chesapeake
Michelle L. Largent, Chesapeake
Michael S. Scott, Chesapeake
Ted L. Swearingen, Chesapeake
Robert D. Brandt, Norfolk
Chris Bryant, Norfolk
Edmund W. Russell III, Norfolk
Sandra Morse, Virginia Beach, Town Center
Linda J. Thorp, Virginia Beach, Town Center
Patricia Wardius, Virginia Beach, Town Center
Vanessa M. Owens, Virginia Beach
Milton L. Hardy, Roanoke
Gregory C. Lionberger, Roanoke
Donald Miles, Christiansburg
Charles P. Smith, Montgomery County-Blacksburg
Mary E. Bentz, North Parkersburg
Debra J. Douglass, North Parkersburg
Austin M. Perkins, North Parkersburg
Donna K Guiste, Suncrest Area, Morgantown

Ocean Pines Kiwanian of the Year

The **Kiwanis Club of Greater Ocean Pines** (Maryland) recently honored 2021-22 Kiwanian of the Year Carolyn Dryzga, who has diligently served as club secretary and treasurer. President Tim Lund presented her the plaque. Carolyn has previously served as club president, Lt. Governor of Division 5 and chair for many projects.



Service Showcase

FILM LAB GRANT YIELDS SURPRISING PUBLICITY

BY DON WITT

Kiwanis Club of Roanoke members were invited in late May to attend the screening of 10 short features produced by high school students associated with the Grandin Theatre Film Lab, one of the club's recent grant recipients.

Before showing the films, Tyler Lyon, the film lab program coordinator, thanked the six organizations that provided substantial grants for this project, including Kiwanis.

The Grandin Theatre Film Lab program is a two-semester program attracting high school students in the Roanoke metro. The first semester is primarily a classroom exercise where the students are taught the basics of filmmaking. The second semester provides students the opportunity to work in teams and complete film projects. At the end of the school year, the Film Lab showcases the students' final productions.

The screening event was held in the Grandin Theatre. This beautiful facility opened on March 26, 1932; it is the only remaining classic movie house in the Roanoke area.

The theater closed in November 2001 for a period due to financial pressures caused by increased competition from multiplex cinemas. However, through the Grandin Theatre Foundation's fundraising efforts, fueled by support from many local residents including Kiwanians, the movie house was restored and reopened several years later. The ornate main auditorium remains intact.

A large crowd of parents and film enthusiasts filled the theatre on May 31. When credits rolled following each film presentation, the Kiwanis name and logo in blue and gold appeared in large letters on the screen.

Concluding the two-hour program, Lyon noted that these short films would be shown in many of the prestigious film festivals in America and Europe, and that to date, the Film Lab has won eight Student Production Awards from the Emmy organization. Consequently, the Kiwanis name will be displayed whenever the films are shown at these festivals.

(Don Witt recently completed two terms as Lt. Governor for Division 15.)

LITTER PICK-UP AT SHEPHERD UNIVERSITY

The **Kiwanis Club of Shepherdstown** teamed with members of Lambda Chi Alpha fraternity at Shepherd University and members of Key Club and cadets of AFJrROTC from Jefferson High School to pick up litter along a two-mile stretch of Route 480 outside Shepherdstown on Sept. 24. The group filled 21 large bags with litter as part of the WV Adopt-a-Highway program. The groups are working toward the goal of no litter with the help of locals and travelers.



RICHMOND KIWANIS PARTNER NAMED GREEN RIBBON SCHOOL

BY JIM DONAHUE

At a July awards ceremony in Washington, the John B. Cary Elementary School in Richmond received the prestigious “Green Ribbon School” award from the U. S. Department of Education. Cary was one of only 27 schools across the nation to receive this award. It recognizes the environmental and student educational impact of Cary’s 15,000-square-foot “Eco-Campus” – an initiative spearheaded by the **Kiwanis Club of Richmond**.

“With the support of Richmond Kiwanis, we have been able to create meaningful outdoor learning experiences for our scholars,” said Cary Principal Michael Powell. He particularly thanked Richmond Club member Debbie Powers, who took the lead in organizing area-wide volunteers who brought Powell’s vision of a “No Child Left Inside Eco-Campus” to life. Its scope is impressive. There are 187 native plants, 53 shrubs, 16 trees, a pollinator garden, 16 raised community-beds, 60 benches/flip-top tables and more.

Students use the campus for learning during school hours and for gardening and recreational activities after school. Fruits and vegetables – including eggplant, Swiss chard, Bok Choy, Brussel sprouts, melons, tomatoes, cucumbers and various herbs – have been grown, harvested and donated to needy families throughout the Richmond area. “We are fortunate to have Debbie Powers serve as our volunteer coordinator on this project,” Powell said. “Her expertise in everything green assisted



us in recruiting and coordinating more than 175 volunteers who created and maintain our Eco-Campus.”

The Kiwanis Club of Richmond and John B. Cary Elementary have a long history of partnership on many levels. Among several other projects, funds from the Club’s “Adopt-A-School” grant program built the “Kiwanis Distance Learning Lab” at the school. Developed with Virginia Commonwealth University’s School of Engineering, this state-of-the-art computer lab enables Cary students to interact in real-time with VCU engineering students on various STEM-related projects and provide technology support to the Eco-Campus.

Powers said that the benefits to the Cary students of the Eco-Campus cannot be overstated. “Hands on learning, opportunities to work in the soil and see things they have planted grow are huge benefits to these children, especially in this very urban Richmond environment where they live,” she said. Powers has been a Kiwanis member since 1988 and is a past president of the Arlington Club. She relocated and transferred her membership to Richmond a few years ago.

(Jim Donahue is the newly-installed president of the Kiwanis Club of Richmond.)

LYNNHAVEN KIWANIS READS TO CHILDREN

The **Kiwanis Club of Lynnhaven** read to the Mile High Kids Academy (formerly known as Head Start) in Virginia Beach. There were 7

classrooms with a total of 117 children. Each child received a book to take home. There are three other Head Start facilities in Virginia Beach

for a total of 179 children. The members do this project four times each school year.

Family Ties

CKI AKILAH RICHARDS, GOVERNOR

Hello Capital Kiwanians!

I am excited to share with you all that we have two new district board members, Lily Myrick and Madeleine Eichorn! Lily is serving as our Metro Lt. Governor, and we welcome back Madeleine, past Governor and International Trustee, as our Fall Membership Rally Chair. They are already off to an excellent start in their respective positions, helping the district reach a new potential.



Our clubs have had an exciting start to the semester – holding recruitment fairs, first service projects, and raising funds for Brick X Brick, Circle K International’s new UNICEF project. These leaders are determined to make an impact on their campus and the greater community this fall.

We are having our first in-person Fall Membership Rally Oct. 28-30 in Front Royal, Virginia. We anticipate a “spook-tacular” event where attendees connect on a level the district hasn’t seen since 2019. The purpose of FMR is to bring new and returning members of CKI together to celebrate, bond and learn. The conference will be filled with leadership development, educational sessions and lots and lots of fun and laughter. If you would like to attend – or help nearby CKI clubs participate, please don’t hesitate to reach out.

Lastly, I would like to thank all Kiwanians for their continued support. Whether it be sending words of support, financial assistance, or coming in person to support our CKI clubs, it is all seen and appreciated. I ask that you continue to reach out to regional CKI clubs and continue making an impact. As the new Kiwanis board begins its term and the retiring board steps into new positions, I thank you for your hard work at growing the Kiwanis Family.

Warmest Regards,

Akilah Richards

Key Club IZZA AHMAD, GOVERNOR

Hello Kiwanians!

My name is Izza Ahmad and I am serving as the Capital District Key Club Governor for this service year. As the school year is now well underway, the Capital District is in the middle of a lot of different projects.



In September, we were able to hold our Kiwanis Family Weekend with groups from CKI and Kiwanis joining the Key Clubbers. We had a weekend full of bonding time, reflections and new activities which led to productive group discussions. At our September board meeting we finalized our DCON theme, soon to be revealed. This is going to be a very exciting year for all of us, with our newly elected DCON Co-chairs Amber Tompkins and Callie Woods leading the way. One Family Weekend highlight featured Kiwanians hosting a bonfire and cookout while the youth were mingling.

Capital District was also able to finalize our Fall Rally for this year. Now that the West Virginia District has merged with Capital, we made a special effort to include Key Clubbers from the Mountain State as much as possible. Thus the Capital District Fall Rally will be spread three different days in three different locations to involve as many people as possible. We can’t wait for this event to happen; our Conversations and Events Committee has been busy planning details.

Our November board meeting will focus primarily on filming the DCON promotional video. This will be a new take for us and we are concentrating on making it meaningful.

Yours in service and friendship,

Izza Ahmad

'DREAMS DRIVE OUR PURPOSE'

BY RIYA BAJPAI

Vision is a value that has extended itself through my family. Our aspirations and dreams are what keep us motivated and drive our purpose. My parents had a vision to start a new life when they immigrated to the United States. My father has a vision to pursue new knowledge, my mother to expand her skill set, and my brother to become the most successful version of himself. I have the vision to pursue the things that bring value to my life and the lives of others.

Being a value I share with my family and one that has pushed me forward through my life, vision is something I cherish. In my notes app, you can find short stories, big and small goals, and some of the seeds to my greater ideas. Vision expresses itself in my life through subtle things; it drives my everyday actions and it is how I work to improve the world around me.

Vision has its downfalls at times; when I find myself confronted with change or on a path different from what I imagined, I feel lost and discouraged. Sometimes I get so caught up in what I want that I refuse to confront the reality of a situation. When I doubt my value of vision and pursue dreams that others want for me rather than those I create, I feel estranged from myself.

During these times, I almost feel like my values give me false hope. However, the realization that these downfalls are what make my life dynamic and allow me to learn more about the world drives me to prize my vision. My dedication to vision is something that has become essential to my being and a value that I hope I can one day use to make a greater impact on the world.

(Riya Bajpai serves as the Key Club District Editor for 2022-23. She attended a session at Kiwanis Family Weekend Sept. 16-18 entitled "Living into Our Values" and was motivated to pen these thoughts as a result of the session. Throughout this Kiwanis year we will share paragraphs from the students relating to their personal values and how they influence how we lead. Thanks to "Dare to Lead" Facilitator and Tysons Kiwanian Nicole McDermott, who suggested that the participants share their impressions in this publication.)



AKTION CLUB UPDATE

BY JENNIFER HISCOCK

Aktion Clubs within the Capital District are ready for another exciting service year. Having just started their 2022-2023 year on Oct. 1 in partnership with the new Kiwanis year, there are many months ahead for our Aktion Club members to provide service to their communities. I would like to thank the following Kiwanis Clubs who currently sponsor Aktion Clubs:

Kiwanis Club of Ashland
Kiwanis Club of Charlottesville
Kiwanis Club of Harrisonburg
Kiwanis Club of Montgomery Village
Kiwanis Club of Richmond
Kiwanis Club of Roanoke
Kiwanis Club of Waldorf
Kiwanis Club of Westminster
Kiwanis Club of Williamsburg

As the 2022-2023 Aktion Club year has arrived, it's time for Kiwanis and Agency Advisors to update your membership information, as well as pay members' dues. In order to update member information, add new members, and generate your invoice, please log into kiwanis.org/reporting.

If your Kiwanis club currently does not sponsor an Aktion Club, I encourage you to think about this wonderful opportunity for strengthening your outreach and impact for service. Aktion Club members are eager to serve alongside their sponsoring Kiwanis club members. No matter the age demographic of your Kiwanis club, an Aktion Club chapter may be the perfect solution for your club to continue making an impact on the local community. For more information on starting an Aktion Club, I encourage members to contact me at hiscockjenn@gmail.com or to read the information located on the Aktion Club website at <http://www.aktionclub.org/join/clubbuilding.aspx>

(Jenn Hiscock serves as Aktion Club committee chair for the Capital District.)



IS STARTING A K-KIDS CLUB ON YOUR RADAR?

BY CHRISTY BOSCH

There is nothing better than seeing first-hand the impact our Kiwanis family can have in a school. And here is an added bonus: it is one of the tasks that can gain your club distinguished status this year.

Starting a K-Kids club is very satisfying and simple to do. First, where would you like to start a K-Kids Club? Consider the area you serve.

- Do you have any elementary schools that do not currently have a club established?
- Do any of your members have a connection to the elementary schools?

Maybe some of your members have children or grandchildren that attended or currently attend. The Key Clubs you serve might also want to mentor the chartering process in a school they attended as kids. These are great connections to help decide who will be the Kiwanis advisor to the school.

Reach out to the elementary schools to share with the site administrators all the wonderful things that K-Kids offer to their student body. If the Key Club is willing to mentor the club, they may also attend the meetings and reach out to previous teachers. Students love to visit past teachers and teachers love to see their students excel.

Once the site administrator and the sponsoring teacher agree, you will form a charter committee and choose charter officers. This team will work together to complete the charter petition and submit the appropriate fees.

The K-Kids can begin meeting, learning to be leaders, and making a difference in their school and community. Your club can sit back and watch the kids grow as leaders.



Be sure to take time to celebrate when the charter is approved. Have a ceremony to celebrate and share with your club members. The students relish the chance to shine and share their accomplishments with the adults that made it possible...YOU!

So if your club would love to gain recognition for all the great things you do, make beginning a K-Kids club your mission this year.

(Christy Bosch is the district committee chair for Kiwanis Kids.)

Chartering a new K-Kids club is on the list of criteria for a club to earn Distinguished status for 2022-23!

CAPITAL DISTRICT MEMBER, CLUB, AND DIVISION RECOGNITION PROGRAM

2022-2023

DISTINGUISHED MEMBER

(must complete 4 of 6)

- 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 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.

DISTINGUISHED CLUB

Club must be at or above Charter Strength of 15 members to qualify.

GROWTH *(Must accomplish one of two)*

- Net increase in membership
- Sponsorship of a new Kiwanis club.

SERVICE *(Must accomplish three of five)*

- Submission of a club signature project in the Kiwanis International annual Signature Project Contest;
- Sponsorship of at least 1 Service Leadership Program;
- Charter a new K-Kids Club in the 2022-23 administrative year
- 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.

ADMINISTRATIVE *(Must accomplish all)*

- Submission of all Monthly Reports and 2023-24 Election Results;
- Provide all club members with information on the Youth Protection Guidelines and reported on Secretary Dashboard.
- Participation of president and secretary in Club Leadership Education training.

DISTINGUISHED DIVISION

Divisions must have at least 5 clubs in good standing to qualify.

- Open at least 1 new club in the division; OR achieved a net increase of members
- 80% of the clubs in their division have submitted Monthly Reports each month
- 80% of the clubs have provided education on the Youth Protection Guidelines
- All clubs have filed the 2023-24 election report
- All clubs in their division with SLPs have clear Criminal Background Checks for ALL of their Club Advisors.

Questions? Email jen.wolff@capitalkiwanis.org.



Kiwanis[®]
Capital District

Eye on KI

News from Kiwanis International

Western spirit

2022-23 Kiwanis International President Bert West takes the reins.

STORY BY TONY KNODERER, KIWANIS MAGAZINE
PHOTOS BY JULIA VANDENOEVER PHOTOGRAPHY

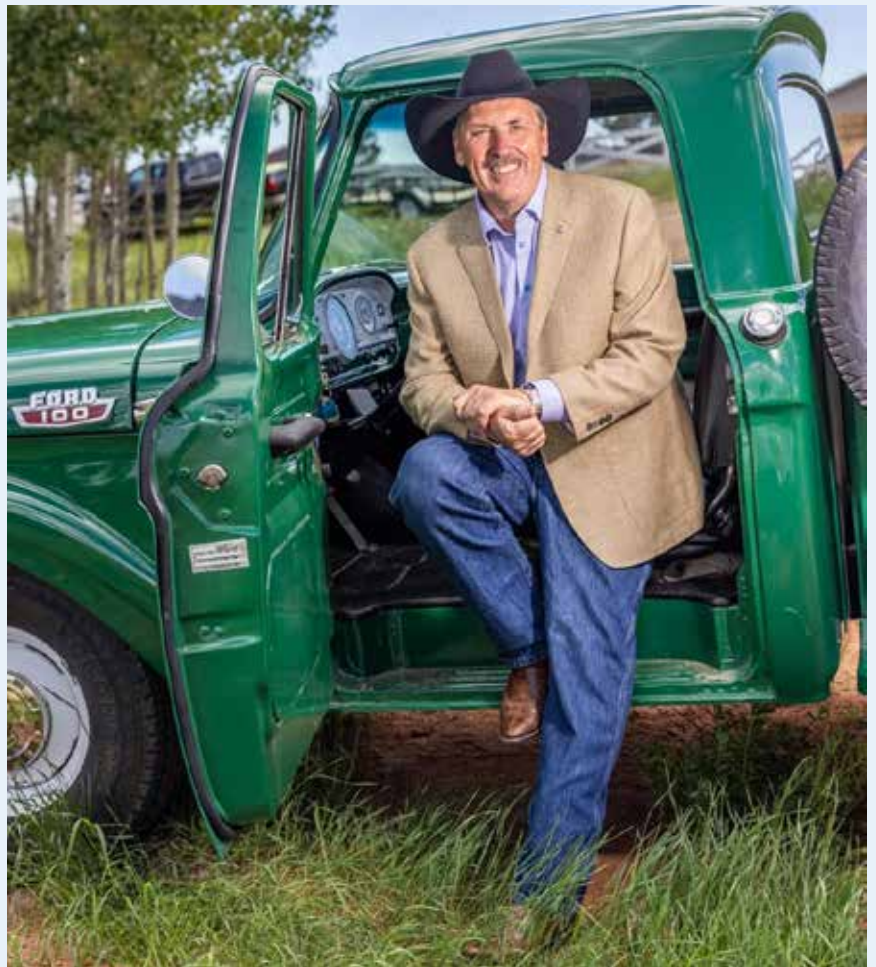
Certain things make Bert West instantly recognizable among friends, colleagues and fellow Kiwanians. There is, of course, the hat. Whether he's at Kiwanis meetings and conventions or managing a roofing supply business in Colorado Springs, Colorado, United States, the cowboy hat marks him as a man of the West. No pun intended.

But no drawback either. For the 2022-23 Kiwanis International president, the hat helps link the name to the man — and helps him stand out from the crowd.

"It's something that's unique and fun," West says with a smile. "When I went to Europe a while ago, I was in Vienna, and I must have taken 100 pictures with people there. And I didn't know any of them."

That combination of prominence and personal touch also helps explain West's success — both professionally and as a Kiwanian. In fact, West sees the two roles as intertwined parts of his life, complementing and strengthening each other.

[READ MORE AT KIWANIS MAGAZINE.](#)



CREATING A CLUB WEBSITE

Writing Content for Your Website

It's important to think about what visitors want to know and need to know when you're creating or updating your club's website.

Who you are: Is it immediately clear who you are, what you do and how you make the community a better place when a visitor lands on your page? Write a few sentences about [your club's mission and purpose](#).

What you do: Make sure you list upcoming dates of projects or events. This could be a way a future member could get involved with your club.

When you meet: List your club meeting time and location prominently near the top of the home page. Consider also listing the topic or featured speaker for each meeting.

Where you are: Put your club city and state near the top of the page. There are Kiwanis clubs in communities around the world. Make your club's location clear to the user.

Contact information: Don't force users to click around to find this information. Include a contact person's name, email address and phone number. Also consider putting information about how long it takes to respond to inquiries. Aim for 24-48 hours maximum.

Graphics and Images

Use graphics and images to deliver information and make an emotional connection with website viewers. Compelling photos and videos tell your story best. They show what Kiwanians do and who they serve. They move the heart and inspire action.

If you're taking new photography, we recommend candid poses of those showcasing genuine expressions. Use your photography to demonstrate impact and leadership within the community. Capture special moments from various service events showcasing your members making a difference.

Kiwanis International has photos and graphics you can use on your website. Kiwanis owns the copyright to this material. You can find the material on [the brand page](#).

Technical Considerations

Use the official Kiwanis International wordmark and seal. Refer to the [Kiwanis International brand book](#).

Get a Kiwanis logo with your club's name on it for free at [kiwanis.org/customlogo](#).

Take care to select a website address/URL (also called a domain name) that is short, easy to remember and makes sense to your users.

Link to your club's social media channels.

WHAT CAN YOU DO IN ONE DAY?

Every year, Kiwanis club members around the world gather on the fourth Saturday in October for Kiwanis One Day. It's a day set aside for clubs to work together to better their communities – and to invite friends and family to join them.

This year, Kiwanis One Day will be October 22, 2022. As many clubs return to active service, be sure your club follows local guidelines and restrictions for gathering. You can find additional information about gatherings, social distancing and other important health updates at the [U.S. Centers for Disease Control and Prevention \(CDC\)](#) and [World Health Organization \(WHO\)](#) websites.

For clubs that want to team up with other members of the Kiwanis family, One Day remains a perfect opportunity. Reach out to other

Kiwanis family clubs: Aktion Club, Circle K International, Key Club, K-Kids and/or Builders Club. Popular projects for One Day include park cleanup, playground maintenance and painting local shelters.

And invite others to join you! One Day is an ideal way to introduce your family, friends and colleagues to Kiwanis. When you show potential members a project that helps kids, you engage them in the Kiwanis mission. After One Day, invite your guests to your club's in-person or online meeting. And be sure to share your One Day projects on our social media channels. Use the #OneDay hashtag if you are sharing a Kiwanis One Day project.

If your club can participate in a One Day activity, these resources can help:

Tool kit. Got a game plan? [Click here](#) to get one, including project ideas.

Media resources. We've got you covered with a [customizable news release](#), [social media posts and graphics](#), an [invitation to help](#), [opening remarks](#) and the [Kiwanis "Just the Facts" sheet](#). Visit the [media relations page](#) for tips and more resources for working with the media and creating awareness for your club.

Contests. [The Legacy of Play Contest](#) with Kiwanis partner Landscape Structures awards and win \$25,000 in playground equipment.

How will your club make a difference in your community on Kiwanis One Day? Let us know by [taking this brief survey](#).

MAKE THE MOST OF THE NEW KIWANIS YEAR

It's early October. If you're looking for ways to make it a successful new Kiwanis year, we have a few ideas:

Assess community needs. Reach out to community leaders: schools, elected officials, club partners, other service organizations and agencies that help kids. Find out what they need and how you can help. [Use ACE tools to get started.](#)

Plan a fundraiser. Serving your community often requires money. A fundraising event is one way to bring it in – while improving your profile. [Get tips for making it fun, effective and profitable.](#)

Identify your signature project. Signature projects elevate awareness of Kiwanis, engage current members

and remind them why they joined. Invite potential members too – and get them involved. What's a signature project? [Get the answers and more.](#)

Work with SLPs. Sponsoring a Kiwanis Service Leadership Program connects your club with schools and the community, and it gives your members a chance to mentor Kiwanis family members of all ages and abilities. [Learn more about the programs](#) and then [get started on sponsorship](#) – or chartering a new SLP club.

Apply for grants. The Kiwanis Children's Fund provides club grants three times a year for established programs and for new endeavors. The projects must be Kiwanis-led and meet a need in the club's community.

The eligibility requirements are available in the [Guide to Club Grants.](#)

Identify partners. Kiwanis International [partners with several organizations](#), but your club should discuss partnerships with local organizations, schools, community centers and others.

Get training. Kiwanis members work with kids in communities and those communities change rapidly. Stay up to date. Seek out training opportunities.

Plan to attend the Kiwanis International Convention. In 2023, the event will be in Minneapolis June 21-24.

MICROGRANT PROGRAM

Small grants can make a big difference! The Kiwanis Children's Fund has a long history of collaborating with Kiwanis clubs to fill gaps in their project funding via club grants. But what about smaller clubs with limited service budgets? The Children's Fund leaders know that small projects can have a huge impact on the lives of children, and so we are excited to launch our Microgrants Program!

If your club has 35 members or fewer and is in good standing with Kiwanis International and the Kiwanis Children's Fund, you may qualify to apply for a microgrant of \$250-\$1,000!

Your project must:

Be a service project enhancing the lives of young children and youth in your community.

Support at least one of the three Kiwanis causes: health and nutrition, education and literacy, and youth leadership development.

Be upcoming or in process (not yet completed) when grant payment is received.

Advantages of the Microgrant Program:

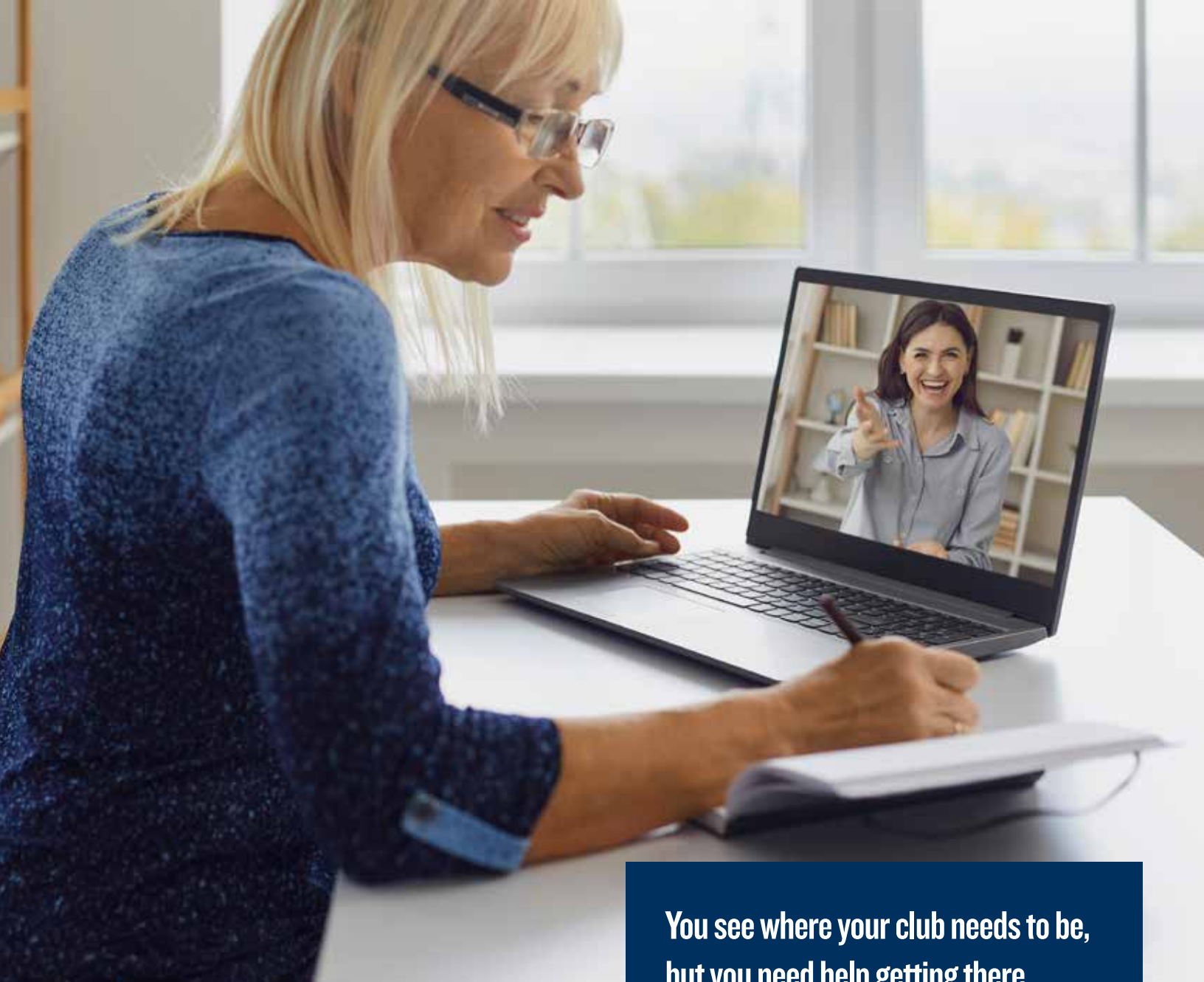
- Shorter application than the traditional grant program.
- Less funding required from the other sources. Matching funds will not be required.
- Shorter decision period. Applications received by the first of each month will receive a decision via email by the 15th of the same month.
- Faster distribution of funds. Distribution of the funds will begin in December of each year. After that, grant recipients will receive funds within two-three weeks of the application's acceptance.

Other requirements:

- Grants cannot be used for donations to organizations, salaries, scholarships, fellowships, sponsorships, training expenses, travel, lodging, capital construction projects or purchase of land/buildings.
- A report must be submitted at the end of the 12-month grant period.
- Only one microgrant may be issued to a club within a five-year period.
- Each year, the application period of the Microgrants Program is October 1-July 1. Grant applications will be considered in the order received until funds are depleted. [Applications are accepted through Foundant](#), the Kiwanis Children's Fund grant processing system.

Contact us

Please contact us with questions at grants@kiwanis.org. You can also call 1-800-KIWANIS, ext. 225.



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Kiwanis
CAPITAL DISTRICT

BEYOND THE CALL

A MEMORABLE SEVEN-YEAR RIDE WINDS DOWN

BY PG ART RILEY

As of September 30, I completed my seven years of service at the international level of Kiwanis. This opportunity resulted in more memories, greater friendships, and a unique perspective of Kiwanis.

In the coming years I hope to be able to share specifics of the experiences that Vickie and I enjoyed -- because this space does not permit me sufficient room to detail the impactful service we witnessed, the opportunities that exist for Kiwanis, and the dedicated Kiwanians we met.

Those stories will have to wait for another time, but in this space, I want to highlight my seven-year adventure, outline the importance of the officer experience, and express my appreciation for the support of the Capital District.

My election as trustee in Chiba, Japan started a journey that would allow me to travel to 28 Kiwanis Districts and 16 countries, even though travel was disrupted by the pandemic. Immediately following the election, I planned to work diligently as a trustee for three years and return to the Capital District.

However, during my tenure, I identified an inventory of ideas that would benefit Kiwanis and that my skill set could contribute to accomplishing. Election as an officer, however, would be required to accomplish these identified goals. This prompted me to be a candidate for KI Vice President and eventual election in Las Vegas in 2018.

Using my experience with the board committees and the suggestions from Kiwanians from around the world, a plan was developed to advance the Kiwanis SLP programs and improve leadership development.

At the conclusion of the 2020-2021 Kiwanis year, the team could point to the development of the Kiwanis Amplify®, the initiation of the Global Leadership Certificate program, recommendations to strengthen Key Club and CKI, a successful leadership education program in Salt Lake City and the fourth largest number of new clubs in the last 20 years.

While these are significant accomplishments, the most important contribution to Kiwanis is the foundation of continuity within the Kiwanis officer structure. There is a renewed commitment to build the future on the successes of the past. The officers I had the pleasure of directly working with are committed to a stronger Kiwanis of the future.

The experiences of my tenure all focused on the importance of representing the membership. To meet the opportunities and challenges that Kiwanis faces, the



board listens to the members. Using this information strategically plans a course for the future. It is a course that at sometimes appears difficult, but provides a roadmap for clubs, divisions, districts, and members to follow to respond to changing community needs.

As Kiwanis service expands throughout the world, especially to youth, we must be equipped to bring leadership education to disadvantaged communities, abide by the Objects of Kiwanis, and continue to increase the organization's diversity.

The challenges ahead will be met because of one fact: the Kiwanis heart. Throughout my travels I have found that every Kiwanian shares the Kiwanis heart. This trait recognizes that "our greatest natural resource is the minds of our children" and motivates Kiwanians to develop leaders from the youth of Kiwanis communities. Every child has a



dream; and as Kiwanians, we invest in those dreams by serving children.

My international service is ending, but it was made possible through the support of Capital District Kiwanians. The past trustees and vice presidents provided counsel and advice. Members traveled to conventions to support my elections, campaigned on my behalf, and responded to serve on international committees at my request.

I am indebted to each member who contributed. Each time I participate

in a future Kiwanis meeting or visit a Kiwanis district, I will remember the backing and friendship of Capital District Kiwanians. It is this support that enabled me to experience this wonderful opportunity. Thank you on behalf of Vickie and myself.

(Arthur N. "Art" Riley served as governor of the Capital District in 2007-08 and as president of Kiwanis International in 2020-21. His home club is Westminster, Md.)





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