

The Capital

December/January 2023

KIWANIAN

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

**DEI Education
Series Kicked Off**

**Teamwork is Key to
Growing Our Clubs**

**CREATE BRIGHTER
FUTURES AT DISTRICT
MIDYEAR CONFERENCE**



Kiwaniis

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COVER: The Kiwanis Club of Midlothian-Chesterfield packed 550 snack bags for the organization "Communities In Schools."





The Kiwanis Club of Roanoke assisted with the annual Thanksgiving luncheon for The Adult Care Center of Roanoke Valley (ACCRV).



2022-23 LEADERSHIP INFORMATION

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Tysons, VA

GOVERNOR-ELECT
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Charlottesville, VA

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Tysons, VA

IMMEDIATE PAST GOVERNOR
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Eastern Branch, DC

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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
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Governor's Message

JENNIFER R. WOLFF, 2022-23 GOVERNOR



In this season of gratitude and giving, I have been reflecting on traditions. Many Kiwanis Clubs have traditions throughout the year that over time have become part of the club culture.

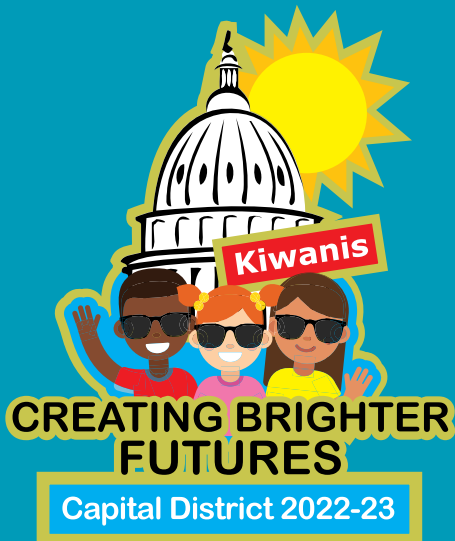
For many years during the holidays, my club has met at my house, enjoyed the food that everyone brought for the potluck, worked on an in-house service project or collection, and had a very hilariously spirited white elephant gift exchange. It's something that has become a tradition, which is saying a lot for a club that is much younger than most. It was a tradition that was missed during COVID. Members were happy when we brought it back last year.

The club's enthusiasm for bringing it back after COVID shutdown reminds me of the musical *Fiddler on the Roof*. The main character, Tevye, said, "Without tradition, our lives would be as shaky as a fiddler on the roof." We rely on tradition and faith in turbulent times.

In *Fiddler*, Tevye is a humble laborer living in a Russian village in 1905 with his wife and five daughters. The parents conflict with their daughters over old ways and traditions – a universal theme for most families... including Kiwanis families.

Generational differences can often challenge the traditions we hold dear. When do we know the appropriate time to cling to our traditions with all of our might, or let some of them be a delightful memory of the past? Are your traditions bringing members together?

If you are a club looking to grow and bring in younger generations, you may have to reevaluate what is important to the club so that others feel more welcome. Have you polled your membership to see what club activities and traditions they enjoy and which ones they don't? You may consider doing a membership satisfaction survey like the [Kiwanis ACE Tool here](#). The answers may surprise you. You may find that there is an activity done at meetings that alienates some members. OR it could reaffirm that one of



your traditions is something that most members love! And to keep something that everyone loves is like a warm blanket to your members.

Whatever your club or family traditions this season may be, I hope you enjoy them and each other. I am awaiting the arrival of my gift for the white elephant gift exchange: a retro popup hot dog toaster. I'll let you know which Kiwanians fight over it in the next issue...

Happy Holidays!



Jen Wolff
Governor



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

> DISTRICT MIDYEAR CONFERENCE REGISTRATION IS LIVE!

Registration is now LIVE 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, which is a short metro ride away from great attractions for the family in our nation's capital! Our theme this year is "Creating Brighter Futures" in honor of Youth Arts Month. This means fun activities to bring your blank canvas or a masterpiece in progress and enjoy events that will strengthen our Kiwanis clubs, celebrate our youth and explore the arts! Learn more on page 5 of this issue.

> WANTED: LIEUTENANT GOVERNOR-ELECTS

We are currently seeking past club presidents who would be interested in serving as a Lt. Governor for their division in the 2023-24 with Governor-Elect Eric Lamb. Elections for this office are typically held in March or April. If you have any questions about the position, please reach out to me or Eric Lamb, or your current Lt. Governor.

> REDIVISIONING TASK FORCE UPDATE

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 few as four clubs, and others with as 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, and is putting together a recommendation for the District board to review in January to take effect October 1, 2023.

> FACEBOOK MARKETING SPECIALIST

We are still 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.](#)

CREATE BRIGHTER FUTURES AT THE DISTRICT MIDYEAR CONFERENCE

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, which is a short metro ride away from great attractions for the family in 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 so much more.

Check out some of our exciting event highlights that deliver endless creative possibilities to strengthen our Kiwanis clubs, celebrate our youth and explore the arts!

Strengthen our Kiwanis Family

- Friday Night: Achievement Dinner that will celebrate the wonderful Kiwanians and clubs that went above and beyond in the 2021-22 year.
- Concurrent events with Capital District CKI members
- 5 Educational Session rotations that will equip you with innovative ideas to take your club to the next level, whether you're starting with a blank canvas or touching up a masterpiece!
- Interactive meal sessions to share best practices

Celebrate and Support Youth

- Kiwanis Kids Camp: Youth accompanying a midyear attendee can visit the Kiwanis Kids Camp for fun activities during meal and education sessions.
- Performances from Not Just Dance, a youth theater school from Chantilly, Virginia, and Main Attraction Performing Arts Center, a youth dance company from Landover, Maryland.
- Sunday Morning: Hands-on service projects benefiting local Oakridge Elementary School

Explore the Arts

- Friday: Enjoy a group excursion to the Smithsonian National Museum of American History.

- Friday Night: Join us for a night of fun and creativity as we put the "wine" in unwind with an instructor from Wine & Design during our Sip & Paint activity!
- Saturday Night: Art and Memorabilia auction benefiting the public Washington D.C Duke Ellington School of the Arts.

We will close the convention with words from Jeff Poulin, Founder of Creative Generation, a values-driven global collective that collaborates with young creatives and those who cultivate their creativity to take local actions towards global changes in pursuit of a more just world. His topic will be "Catalyzing Creativity for Good."

Registration

Package and a la carte options are available! Don't wait for hotel reservations — they WILL sell out.

Regular Registration Deadline: February 3, 2023 at \$200
Late Registration: \$220/package
Hotel: \$120/night + tax until February 16, 2023 Hyatt Regency Crystal City at Reagan National Airport. For reservations, visit this site or call (888) 591-1234 and ask for group code G-KMYC

[Registration opens December 5](#) — don't miss this special event.



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



Notes from the Executive Director

BY PG JEFFREY WOLFF

As we enter the holidays, it's time to talk about traditions. We have a longstanding tradition in Kiwanis clubs that we maintain separation between the administrative funds (those raised from Kiwanis members and used to pay dues to KI, send delegates to the conventions, etc.) and service funds (those raised from the community and used to fund service projects and our Service Leadership Programs clubs, etc.). In fact, it's more than a tradition; it's clearly spelled out in Article 8 of the Standard Form for Club Bylaws:

ARTICLE 8. FUNDS AND ACCOUNTING

8.1 Monies received for club service activities, regardless of source, may be used only for service activities. Separate accounting records must be maintained for service funds and administrative funds.

In addition, this exists in Kiwanis International Bylaws, Article XXIV Section 2 Insurance and Indemnification as well as KI Policies & Procedures 322 Responsibilities of the Club President and 350 Club Funds, and Club Policy F Annual Financial Review. Finally, it appears in the Club Leadership Guide in the Treasurer's section.

I have been a Certified Instructor since 2010 and we have always taught this to incoming club officers each spring and to my knowledge most if not all clubs comply with it.

Earlier this year, a Kiwanis International committee that I serve on called Organizational Operations and Structure Assessment (*yes, it's a mouthful; we just call it OOSA*), began looking at this separation of funds and asked the simple question "Why do we do this?" Many on the committee, myself included, assumed it was some Internal Revenue

Service requirement on non-profit organizations. Spoiler Alert...it is not. In fact, no one seems to know why this was ever imposed on clubs in the first place.

We debated the need for this required separation of funds and ultimately recommended to the KI Executive Committee that it be eliminated. The Executive Committee recommended it for approval and at the October 2022 Kiwanis International Board meeting it was adopted that staff "revise governing documents and training materials to remove the requirement that clubs keep two separate accounts for administrative and service funds. Clubs may still do so, at their discretion, and should comply with laws of local jurisdiction."

What does that mean for our Kiwanis club?

Well, first of all, at the 2023 Club Leadership Education, we will no longer be teaching the separation of accounts.

Does my club have to consolidate into one account now?

Absolutely not, it is up to your club to decide how to handle your funds going forward. If you like the separation, keep it, but understand that it's not required by KI or the IRS.

Does this mean we can fundraise from outside of our club for dues or convention registration?

That is a much more nuanced question. Clubs have always expressed difficulty in fundraising for administrative expenses. This change eliminates that barrier.

The IRS does require that if you "badge" or advertise a fundraising event for a specific charity that every single penny of proceeds has to go to that charity. For example, "Kiwanis Peanut Day benefitting the Boys & Girls Club

of Anywhere," all proceeds after expenses of the event must go to the Boys & Girls Club. However, if you hold a fundraiser advertised as "benefitting the Kiwanis Club of Anywhere," your club board of directors can choose to use those funds for whatever purpose they agree upon or just let them flow into club operations if you have consolidated into one account.

There will definitely be more to come on this as materials are revised and messaging is updated internally within the organization, so stay tuned. As always, if you have any questions, please feel free to reach out to me.

There you have it; traditions can be questioned and changed if they aren't in the best interests of those involved. To you and yours, whatever you celebrate, may you have a wonderful holiday season and a Happy New Year!

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

From the Governor-Elect

BY ERIC LAMB

GIVE THE GIFT OF KIWANIS

Dear Capital Kiwanians,

I hope this greeting finds you well and you have had an amazing beginning to your new Kiwanis year. In my last article (Oct-Nov), I challenged each person to sponsor one new member this year. I have sponsored my new member, have you found your new member that you will sponsor and help us double the impact on your community? Won't you help make the Capital District the fastest-growing district in the Kiwanis world?

As we enter the holiday season, a novel idea comes to mind. Why not give the gift of Kiwanis membership to a community member! I have decided that as well as the new member I have already sponsored, I am going to give the gift of Kiwanis membership to a young community leader who has expressed interest, but has limited funds. How better to grow our membership? Many of us are in a position to give this valuable gift to others. And as a bonus, you will be giving the gift of service to the children of your community.

I was blessed to be raised in a family in which giving to others was an integral part of our holiday season. Blessing others is why we are Kiwanians; it is at the core of our beings. I have been told that I say, "Kiwanis is a verb; we are Action People!" a lot. I also catch myself saying "Kiwanis is a Team Sport." Let's be action people and add more people to our team this Kiwanis year.

WE ARE CAPITAL, WE ARE KIWANIAN, WE ARE ACTION PEOPLE, WE ARE AN AMAZING TEAM!

If you need anything, please feel free to reach out Eric@kiwaniscville.org. I am here to support you all as much as I am able.

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



RECOGNIZING LAST YEAR'S LEADERS

BY PG ELANA GARDNER

“The most splendid achievement of all is the constant striving to surpass yourself and to be worthy of your own approval.”

In my last article I provided a list of things I would look at so that I could award distinguished awards for the 2021-2022 Kiwanis year. I emphasized that I understood that Kiwanis perfection isn't measurable. I am following the adage: *“Perfection is not attainable but if we chase perfection, we can obtain excellence.”*

That list was supposed to make it easier on me to recognize a fraction of our membership, division LTGs and clubs. Capital District, I wasn't perfect but you were EXCELLENT! I believe recognition is based on your success. The list helped, but it was a challenge.

During my time in Kiwanis I've seen and heard of clubs, members and leaders that gave of themselves

tirelessly and more importantly improved their part of the world but recognition somehow eluded them. I took into consideration the uniqueness that goes into a Kiwanis family of service in such a large geographic area. It was truly a challenge to narrow down my selection of distinguished clubs, Lt. Governors and members. When I think of my daily intake of all that was transpiring in DC, DE, MD, VA and WV I knew that I wouldn't be able to recognize everyone.

I had a goal that I would recognize 20 percent of clubs in the district. On my last day in office, I made calls to the Lt. Governors and in addition to my appreciation of their leadership, I was able to surprise some who were unaware they had met the goals we

had discussed when the year began. They connected with their clubs and were able to lead through motivation. And for those of you who benefited from their commitment, I hope you will agree that *“through recognition, one can partake in someone else's excellence.”*

There is a reason members are the most important part of this organization. For every member I knew first-hand I became aware of others who *“Serve the Children of the World.”* Although I can't recognize everyone, I encourage everyone to strive for continuity instead of perfection. Your legacy is your distinction. I can't wait for midyear to present awards. I hope you plan to be present and will join me in applauding our honorees.

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

KIWANIS INTERNATIONAL SIGNATURE PROJECT CONTEST FOR 2023

The 2023 Signature Project Contest opens for submissions on January 9, 2023 and ends at midnight on January 27, 2023. This contest is designed to recognize the best signature projects from Kiwanis Clubs from around the world, and our Capital District has some of the best candidate projects imaginable. However, it requires that your club make a submission in order to be recognized.

So, what is a signature project?

- It is a project that is recurring, and even a new project is eligible, so long as it is intended to be long-term.
- It should be a project or fundraiser that enhances the Kiwanis image.
- Signature projects are those that have made, or will make, a significant impact on the



community in terms of monies raised or children served.

- And these projects should be types that strengthen membership and provide partnership opportunities.

Please visit the Signature Project contest site to learn more. [By following this link](#) you can access all of the information necessary for planning, developing and launching your club's submission.

(Schuyler Fury, or the Kiwanis Club of the Jackson River Area, is the District Signature Project Chair. She can be contacted with questions at schuylerfury@gmail.com or 540-968-2350.)

DEI KICKS OFF ITS EDUCATION SERIES

The Capital District Kiwanis Family Committee on Diversity, Equity, Inclusion & Belonging held its first online educational offering on Nov. 30.

The session, titled "Why DEI?," featured AJ and Adrienne Young, founders of the LIFEworks Project, a 501(c)3 that provides practical support by addressing food insecurity, advocacy, and financial assistance for ALICE (Asset Limited, Income Constrained, Employed) families in the areas of Staunton, Augusta County, and Waynesboro, Virginia. The session provided attendees with an overview of the definitions of diversity, equity, and inclusion, as well as strategies for how to share this information with fellow club members.

As committee chairperson, I (a member of both the Kiwanis Club of Ellicott City, Maryland, and the

Kiwanis Club of Capital - Next Generation e-Club) shared examples of potential practices a club might use that could affect a member's sense of belonging in Kiwanis.

The Capital District Kiwanis Family Committee on Diversity, Equity, Inclusion & Belonging is comprised of Kiwanis, Key Club, CKI, and Aktion Club members and aims to educate members in all branches of our Kiwanis family on how to be more inclusive in club practices and service projects, improve club climate, attract new members who represent many social identities, and instill a stronger sense of belonging within our organizations.

To watch a recording of this session and to find information on the next online educational offering scheduled for February 2023, [please visit our website.](#)



(Josh Hiscock currently serves as Capital District trustee representing the Chesapeake Bay region.)



PROMOTING LITERACY, STRENGTHENING THE COMMUNITY

BY ROBIN McCALLISTER

The Kiwanis Club of Richmond has long had a robust and enduring presence in the Carver and Jackson Ward communities. Through the Little Free Library Project, which began in 2021, Kiwanis has partnered with the Center for Families in Transition and GW Carver Elementary School to place four Little Free Libraries at their respective locations. Members are helping to put books into the hands of those who need them the most: children who have limited access. The partnership continues to grow and flourish with the opening of the fifth Kiwanis-sponsored Little Free Library at The House on Catherine Street.

On Saturday, Oct. 1, Co-Chair of the Little Free Library Committee Jana Rairden cut the ribbon and opened the doors of the hip, new book-sharing structure that features artwork by Richmond muralists S. Ross Brown and Hamilton Glass. "The ribbon-cutting became a group effort with many excited neighborhood children lending a hand to the task," Rairden said.

The House, located in the heart of the Carver Historical District, is an event venue and home to Richmond Urban Dance. Community matters to the owner, Kate Stark. She said she looks for ways to partner with like-minded service organizations. Stark gifted the library structure and the Kiwanis LFL Committee will curate the books and serve as stewards.

Citing this year's Kiwanis Club of Richmond's theme to "be proactive, be creative, be strategic," club president Jim Donahue said the Little Free Libraries bring that theme to life. "Having actively supported reading at Carver Elementary School over the years," he said, "we saw LFLs as a natural extension of that commitment into the broader community."

The occasion included remarks by Stark, Jerome Legions, a leader in the Carver community, and Richmond Kiwanian Bob Rogers; dancing in the streets by young Hip Hop dancers from Richmond Urban Dance; and a reception for the more than 30 attendees.

(Robin McCallister serves on the board of directors of the Kiwanis Club of Richmond.)



THIS THANKSGIVING WAS MORE THAN TURKEY AND DRESSING

BY JOHN A. MONTGOMERY

The Adult Care Center of Roanoke Valley (ACCRV) has a long association with the Kiwanis Club of Roanoke. In fact, Roanoke Kiwanis presidents Dick Rakes (1983) and John Shumate (1984) led a team of club members who were instrumental in the ACCRV's 1983 founding.

Billed as the first medical day care for adults in Virginia, the ACCRV advertises itself as an "alternative for dependent adults who are unable to stay at home alone or need socialization or motivation during the day." In the past several years, it built a new, expanded facility across from the Salem Veterans Administration Hospital.

The founding of the organization was a signature project for the Kiwanis Club of Roanoke in 1983 – and it still has a very close bond. The club supports it annually with a significant grant (\$3,000 this Kiwanis year) and four club members currently serve on the nonprofit's board of directors.

Kiwanians also annually assist with the Thanksgiving luncheon at the ACCRV, usually served on the Friday prior to the holiday (Nov. 18 in 2022). This year's turnout of volunteers was spectacular. ACCRV Director of Philanthropy Guy Byrd counted 28 Kiwanians on hand, including a half-dozen volunteers from the satellite Aktion Club.

A bountiful meal was served to everyone, including the volunteers. Kiwanis also provided live music as background for the event.



It was gratifying to see abundant joy throughout the facility both from the residents and the visitors.

"It is wonderful to see how Kiwanis members seem to feel some special relationship, or ownership, with the Adult Care Center," Byrd said.

The Adult Care Center's website credits Kiwanis for its inception. Rakes and Shumate were lifetime Kiwanians, both passing in just the past few years, and leading the club's charge to support the nonprofit their entire lives.

With a relatively large membership and a corresponding service budget, the Kiwanis Club of Roanoke works with several dozen nonprofits throughout the Roanoke Valley.

But the Adult Care Center will always have a special place in the club's heart.

KIWANIS SHAPED HER CORE VALUES; LIT HER CAREER PATH

A longtime friend addressed the Kiwanis Club of Williamsburg at its Nov. 23 meeting. Her story was of particular interest to the membership.

The featured speaker was Dr. Emilie Pinto, a fourth-year resident at VCU's School of Osteopathic Medicine. Dr. Pinto credits much of her success and many of her accomplishments to the teachings and values she learned and cultivated through her association with Kiwanis over the past 15 years.

Dr. Pinto was a charter member and initial president of the Warhill Key Club when it opened during the 2008-09 school year. The following year she served as Key Club Lt. Governor. She was also honored by the Toano club as Kiwanis Teenager of the Year.

She has attended the Key Leader program both as a student and a facilitator. She has been involved with the CKI Leadership Academy in both roles as well.

As an undergraduate at Clemson University, Dr. Pinto studied biological sciences and helped reactivate that school's CKI club. She served as club president for two years.

Dr. Pinto is also a graduate of the Campbell School of Osteopathic Medicine, where she was named Student of the Year in 2019.

Upon completing her medical schooling, Dr. Pinto will join her family practice, Pinto Innovative Health and Wellness, this coming July.

DECEMBER

Service Theme: Literacy

Literacy development is a vital part of your child's overall development. It's the foundation for doing well at school, socializing with others, problem-solving, making decisions, developing independence, managing money and working.

In-Person Service Ideas

- Host a book fair at a local school before the holiday break, or include books as a holiday gift
- Establish new Little Free Libraries in your community.
- Create a Kiwanis reading corner at a local laundromat.
- Project to encourage parents to read aloud with young and adolescent children.
- Support projects with local schools and literacy initiatives and incentives.
- Throw a holiday celebration at Boys and Girls Club/Preschool and give children's books
- Tutor adults learning to read/learning English.

AT HOME Service Ideas

- Record your club members reading children's books, and post them on your social media for families to find.

Speaker Ideas

- Librarian
- Literacy leadership in local schools
- University professors/staff with expertise in learning strategies, childhood development and literacy
- Local Adult Education program coordinator on literacy issues in your community.

Diversity, Equity, & Inclusion Monthly Consideration

Pronouns

Pronouns are an important part of a person's identity. On a basic level, asking potential members, and current members alike, about their preferred gender pronouns lets them know that you care about them and how they desire others to refer to them. That is it. The simple, respectful act of referring to someone by how they would like to be referred helps create an inclusive environment. By simply offering your preferred pronouns on name tags or e-mail signatures, you can become a better ally and help normalize gender identity and sexual orientation.

Partnership Ideas

Little Free Libraries

Little Free Library® (LFL) is a 501(c)(3) nonprofit organization that builds community, inspires readers and expands book access for all through a global network of volunteer-led Little Free Libraries.

[Learn more.](#)

Scholastic

Scholastic Books partners with the Kiwanis Family to promote literacy outreach programs through a wide array of programs.

[Learn more.](#)

Human & Spiritual Values

FOCUS:

Neighbor

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

Club Ice Breakers

- Who were your neighbors growing up - share a favorite memory.
- Who is a neighbor you want to get to know better and why?
- Who could be a neighbor – even though this person does not live in your community? (Sister cities).

Speaker Ideas

- Member of city council/county board/Human Services who know which neighbors in your community need a helping hand.
- TED TALK:
 - [29 year old mayor of Stockton, CA talks about being a good neighbor.](#)



Quotes/Invocations/Prayers

- **Jewish Prayer:**
May we hold lovingly in our thoughts - those who suffer from tyranny, subjection, cruelty, and injustice, and work every day towards the alleviation of their suffering. May we recognize our solidarity with the stranger, outcast, downtrodden, abused, and deprived, that no human being be treated as "other," that our common humanity weaves us together in one fabric of mutuality, one garment of destiny.
- **Buddhist Prayer:**
Let me cultivate a boundless love for all beings in the world, above, below, and across, unhindered, without ill will or enmity.
- "A man is called selfish not for pursuing his own good, but for neglecting his neighbor's."
- Richard Whately
- "When we look for what's best in the person we happen to be with at the moment, we're doing what God does, so in appreciating our neighbor, we're participating in something truly sacred."
- Fred Rogers

JANUARY

Service Theme: HUNGER

Did you know that January is often the month where food banks are in high need of donations, following the months of November and December where more people donate?

***Note: when preparing food items, ensure you are following safety precautions like using gloves and safe temperatures for storing food items.*

In-Person Service Ideas

- Food Drive– ensuring that you connect with the beneficiary food bank in advance to identify their most needed items
- Donation to little free pantries (hyper-local mini food banks)
- Distribute food with local non-profits
- Sponsor a special event day with a soup kitchen-type organization, like a bbq or other theme
- Assemble and package sandwiches or other meal bags, deliver to local non-profit that does daily food distribution (example: <https://marthastable.org/sandwiches/>)
- Volunteer or do a food/supply drive for local campus food pantry, if one exists. (Partner with the Circle K club, if one exists.) Nationally, more than 450 colleges and universities have food banks. More information here: <https://www.swipehunger.org/campus-partners/>

AT HOME Service Ideas

- Participate with Lasagna Love, a global nonprofit and grassroots movement that aims to positively impact communities by connecting neighbors with neighbors through homemade meal delivery. <https://www.lasagnalove.org/>

Diversity, Equity, & Inclusion

Monthly Consideration

Be Open Minded

Members from various social identity backgrounds have unique perspectives on all types of issues. This can range from opinions on the types of service projects your club conducts to views on how your club's meetings run. Some of these perspectives may be new, breaking from practices viewed as traditions within your club. Change can be a good thing! By embracing diverse thinking, you can create a more inclusive club environment. Do not dismiss new ideas so that everyone can feel heard.

Partnership Ideas

Community Food Rescue,

Montgomery County (MD):

[https://www.](https://www.communityfoodrescue.org/)

[communityfoodrescue.org/](https://www.communityfoodrescue.org/)

Generosity Feeds

<https://generosityfeeds.org/>

Advocacy Ideas

Campaign to End Hunger

[https://www.feedingamerica.org/](https://www.feedingamerica.org/take-action/advocate)

[take-action/advocate](https://www.feedingamerica.org/take-action/advocate)

Anti-hunger pledge to End Student Hunger

[https://www.swipehunger.org/](https://www.swipehunger.org/pledge/)

[pledge/](https://www.swipehunger.org/pledge/)

Human & Spiritual Values

FOCUS:

SERVICE

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

Club Ice Breakers

- What is your favorite Kiwanis service project?
- Remember a time when you were hungry and had trouble getting food.
- How has your life been changed by those you have served?
- What are you “hungry” for in life? Could be food, adventure, love, hope.

Speaker Ideas

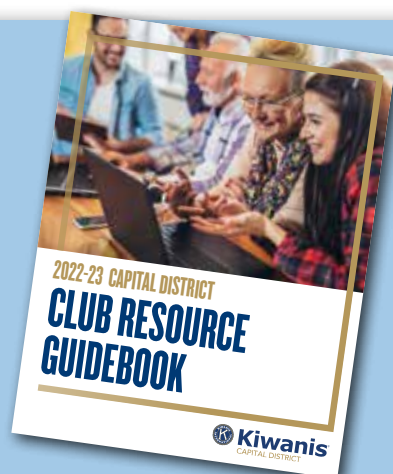
- Local food bank director – what are the needs in your community and why?
- TED TALKs:
 - [WHAT/WHY/HOW](#) (19 min)
Josette Sheeran, the head of the UN’s World Food Program, talks about why, in a world with enough food for everyone, people still go hungry
 - [Learn About Food Waste](#) (14 min)
Western countries throw out nearly half of their food, not because it’s inedible — but because it doesn’t look appealing. Tristram Stuart delves into the shocking data of wasted food, calling for a more responsible use of global resources.

Quotes/Invocations/Prayers

- **Jewish Prayer:** May we struggle against institutional injustice, free those from oppression and contempt, act with purity of heart and mind, despising none, defrauding none, hating none, cherishing all, honoring every child of God, every creature of the earth.
- “Service to others is the rent you pay for your room here on earth.”
- *Muhammad Ali*
- “The best way to find yourself is to lose yourself in the service of others.”
- *Mahatma Gandhi*
- “To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity.”
- *Douglas Adams*
- God of our daily bread, help us who have so much remember that there are those who do not even have food for their next meal. Help us remember there are those who may have bread but are starving for love and hope. Help us feed those in need of bread, and love and hope by our service in every tomorrow.
- *Rev. Carolyn Richar*

Have you seen the District
Club Resource Guidebook?

[Download it here.](#)



Membership Minute



TEAMWORK IS KEY TO GROWING OUR CLUBS

BY PG JOHN MORRIS

As we look forward to a new calendar year, we should each make a New Year's Resolution to strengthen our clubs. We each love our clubs and want them to continue to provide great service to our communities and wonderful fellowship to our members. However, in order to do that, each club must retain as many of our existing members as possible and attract new members. We also want our district to grow in both members and clubs. The best way to do that is to open new clubs. Kiwanis and the Capital District have tools to help us do both.

Our Governor, Jen Wolff, has set two goals that directly address those issues. Her first goal is to improve the member experience by providing ongoing support and education to club leaders on service projects, fundraising endeavors, and leadership development so that existing clubs will grow. Another goal is to add at least seven new clubs so that we bring in new members and leaders that can serve children in areas that need Kiwanis. It is up to us to make those goals happen.

To strengthen your club, try using the Kiwanis "Two for Two" program which can be used by the smallest as well as the largest clubs. The idea is to assign two members each month to select two prospects to recruit and then to actively recruit them. It doesn't always result in new members, but it gets the club to focus on recruiting. Make an effort to recruit at least two members each month.

Membership retention is as important as recruiting new members. Make sure you fully orient all new members into your club. Give them meaningful

opportunities to serve or otherwise meet their needs for joining. Each existing member should make it his or her job to get to know the new member and to make that new member feel welcome and at home. There is nothing worse than getting a new member but forgetting to integrate him or her into the club's

Membership retention is as important as recruiting new members. Make sure you fully orient all new members into your club. Give them meaningful opportunities to serve or otherwise meet their needs for joining.

social and service activities. Kiwanis has a number of Achieving Club Excellence ("ACE") tools for making sure your club is as meaningful and relevant to your members as possible. The ACE tools can be found on line at www.Kiwanis.org, under "Club," then "Member Resources," then "Membership and Education" and then "Club Strengthening."

The District Membership Committee consists of me, two Assistant Membership Coordinators, a Regional Membership Coordinator in each of our regions and a Divisional Membership Coordinator in each of our 20 divisions. Dennis Baugh and James Shackelford are our two Assistant Membership Coordinators. Dennis, who is a member of both the Harrisonburg and Charlottesville clubs, is in charge of strengthening of clubs. James, who is a member of the Middlesex club, is in charge of club-opening efforts. Both have significant experience in their respective areas. By having someone who is an expert in their field focus on each aspect of membership growth, we hope to do a better job helping our clubs and the district grow.

The Divisional Membership Coordinator focuses on helping clubs get stronger, either through growth or better retention. That person also serves as the membership chair of the division. We would like to have one in every division but have some gaps. There is a list of the Divisional Membership Coordinators



at the end of this column. If your division does not have a coordinator, please consider stepping up or recommending someone in your division whom you believe would make a good coordinator.

Although Jen's goal is to open seven clubs, we have developed a schedule to open eight clubs this year. Our plan is to open two clubs each quarter. We are well on the way to meeting that goal in the first quarter. In December, we have two club-opening efforts: the Lewisburg/Greenbrier Valley area of West Virginia and the Haymarket/Gainesville area of Northern Virginia. We have teams of Kiwanians working hard on those openings. In the second quarter, we plan to open a club in Mathews County in the Middle Peninsula area of Virginia and a club in the Kiln Creek area of Newport News. Prospects are being identified and teams are being assembled for those openings. The third quarter includes having a club opening in Salisbury on the Eastern Shore of Maryland.

The district has approximately 40 persons trained and certified as Club

Coaches. Their job is to help clubs of all sizes grow and become stronger. If you believe your club could use outside help, please contact your Lt. Governor or Divisional Membership Coordinator and ask for a Club Coach.

The district has approximately 40 persons trained and certified as Club Coaches. Their job is to help clubs of all sizes grow and become stronger. If you believe your club could use outside help, please contact your Lt. Governor or Divisional Membership Coordinator.

We have few people who have been trained and certified as Club Openers. Their job is to help organize and complete a club opening effort. Please contact your Lt. Governor, Dennis, James or me if you are interested in filling these positions.

We are providing on-line training for all club coaches and club openers. Please contact me or your Regional or

Divisional Membership Coordinator to get the registration information for the following scheduled training sessions:

Club Opening – January 3

Club Coaching – February 7

Club Opening – March 7

Let's work together to grow our clubs and our district.

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

View the district membership team contacts on the next page.

CAPITAL DISTRICT MEMBERSHIP TEAM

John Morris	District Coordinator	Richmond	jsmorrislaw@gmail.com
James Shackelford	Asst. DC - Opening	Middlesex	jcs.kiwanis@gmail.com
Dennis Baugh	Asst. DC - Strengthen	Cville/Harrisonburg	dennis.cdkeyp@gmail.com

National Capital Region

Brian Bell	Regional Coordinator	Woodbridge	rbell7696@aol.com
Landus Burroughs	Div. 1 Coordinator	Shepherd Park	burlife@aol.com
Kristina Dlugozima	Div. 2 Coordinator	Tysons	kmsd512@gmail.com
VACANT	Div. 3 Coordinator		

Chesapeake Bay Region

Josh Hiscock	Regional Coordinator	Ellicott City	hiscockj@gmail.com
VACANT	Div. 4 Coordinator		
VACANT	Div. 5 Coordinator		

Mason Dixon Region

Connie Duff	Regional Coordinator	Towson	duffconnie@yahoo.com
VACANT	Div. 6 Coordinator		
VACANT	Div. 7 Coordinator		-
Rick Balzhiser	Div. 8 Coordinator	Winchester	Balzhiser46@comcast.net

Heart of Virginia Region

Barbara Dickinson	Regional Coordinator	Richmond	bldcknsn7000@gmail.com
Susan Knick	Div. 9 Coordinator	Jackson River	seknick@gmail.com
Jamie Moore	Div. 10 Coordinator	Chester	jlmoore7877@gmail.com
Suzanne Dubose	Div. 11 Coordinator	Ashland	kiwanisashlandva@gmail.com

Southeast Virginia Region

Ron McCallum	Regional Coordinator	Middlesex	mc6ram@aol.com
Joyce Allan	Div. 12 Coordinator	Middlesex	jallan8431@aol.com
VACANT	Div. 13 Coordinator		
VACANT	Div. 14 Coordinator		-

Southwest Virginia Region

John Montgomery	Regional Coordinator	Roanoke	jmonty@cox.net
VACANT	Div. 15 Coordinator		
Jerry Jones	Div. 16 Coordinator	Montg-Blcksbg	gmjones@vt.edu
Catherine Cummins	Div. 17 Coordinator	Clintwood	cwcummins0220@gmail.com

West Virginia Region

Nathaniel Kyle	Regional Coordinator		Kyle16@comcast.com
VACANT	Div. 18 Coordinator		
Rayman Richardson	Div. 19 Coordinator	Fairmont	raymanpr17@gmail.com
VACANT	Div. 20 Coordinator		

Capital District Kiwanis is seeking members interested in becoming

CERTIFIED INSTRUCTORS.

Individuals will be trained to instruct incoming club officers each year.



Contact Lynnette Embree
for more information at
info@successforlifecoach.com



Kiwanis
CAPITAL DISTRICT

Education News



WHAT DOES TRUST MEAN IN TERMS OF YOUR CLUB'S LEADERSHIP?

BY LYNNETTE EMBREE

It's a simple five-letter word. Trust.

But is it really a simple five-letter word?

According to the Merriam-Webster dictionary, trust can be a verb and it can be a noun. As a noun, these are the first definitions that appear:

a
: **assured** reliance on the character, ability, strength, or truth of someone or something

b
: one in which confidence is placed

As a verb, these are the first definitions of the word:

a
: to rely on the truthfulness or accuracy of : **BELIEVE**

trust a rumor

b
: to place confidence in : rely on
a friend you can trust

c
: to hope or expect confidently

We often say that we trust our leaders, our president, president-elect, vice-president, secretary, treasurer and board of directors. I'm curious then as to why we attempt to second-guess them. I'm curious then as to why we attempt to second-guess them. Did we not elect these folks to be the leaders of our club? What changed between their election and them serving in office? Perhaps they know information that they aren't able to share with the general membership.

I am often fascinated when members don't like a decision that the board and officers have made. There seems to be an undercurrent to get other members on board (no pun intended) and petition the board of directors and officers to get the initial decision overturned. If we have trust in our board and officers, why do we feel it necessary to let them know that "they made a mistake" in their decision-making process?



Is it necessary to ask questions? Absolutely!! It keeps the board and officers on their toes. What if the member doesn't like the answer he or she is given? Certainly, everyone is welcome to their own opinion; however, at what point does a member begin to distrust the leaders of their club? It's a fine line, in my opinion. Simply because a member doesn't like a decision the board made or the explanation of the decision, isn't reason to distrust the leadership.

Perhaps we need to be more selective of the folks that are asked to serve on the board of directors or as an officer of our clubs. Isn't it also fascinating that members want to let our leadership know that they would have made a different decision and when it is suggested that they go through the chairs or serve on the board, they say no?

Do we trust the leaders of our clubs and our organization? Hopefully. Do we always have to agree with every decision? No. How might we let our leaders know that in the future, a different decision could be made? One way is to get involved in a committee of the club, division or district. Attend conferences. Attend webinars on a topic that is unfamiliar. What if we all expand our knowledge? Wouldn't our clubs, divisions, and district be better?

Trust is a simple word. Do you trust the leaders of your club? Perhaps letting them know that you support them instead of only sharing negative comments could go a long way.

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

Our Firm Foundation



News from the Capital District Kiwanis Foundation

CELEBRATING OUR GOLDEN ANNIVERSARY

BY ED DALEY

The Capital District Kiwanis Foundation board held its quarterly meeting Nov. 19 via zoom and made several important decisions:

The board awarded three club grants: Front Royal received \$1,500 for the 2022 Backpack Program; Toano received \$500 for the Bright Beginnings Reading Program; and Carrollton received \$3,000 for Free Libraries with Buddy Benches.

The deadline for applications to be submitted for the next round of club grants is March 15, 2023. All applicants must apply on the website.

The foundation continues to support 11 pediatric hospitals throughout the Capital District. Each hospital currently receives \$3,000 annually which is used to support the children and their families while they are staying in the hospital. Each respective CDKF division director can tell you when checks will be presented.

CDKF is celebrating 50 years of serving the children and communities in the Capital District. We have a variety of anniversary gifts for sale. The merchandise makes great speaker or member gifts. We have travel mugs, stemless wine glasses, mason jars, whiskey glasses, polo shirts, commemorative anniversary pins, and banner patches. The order form (with pictures) is also available on our website.

The Capital District continues to honor the pledge to the Eliminate Project. Last year the Foundation donated \$25,000 to help with this \$3 million pledge made a decade ago. This year the foundation is supplying mason jars for clubs to use at meetings to collect change and/or donations to "Eliminate the Eliminate." All funds collected will be sent to the CDKF Treasurer to donate to the project. Please visit the CDKF table at Midyear 2023 in Crystal City to get your jar. There is only \$75,000 (about 2.5 percent) remaining to complete the pledge.

The foundation board voted to send every club who submits its annual club donation between Sept. 1 and Dec. 31 a 50th anniversary banner patch. If your club is planning a donation this fiscal year, why not submit it before the end of the calendar year?

The Capital District Kiwanis Foundation appreciates all clubs and members who support the foundation. The funds continue to support very worthwhile projects in the communities, just they have for the past half-century.

Visit our new website: capitalkiwanisfoundation.org

Follow us on Facebook: Capital District Kiwanis Foundation

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



From the Kiwanis Children's Fund



BY PG DENNIS BAUGH

KIWANIS CHILDREN'S FUND DISTRICT GRANT PROGRAM

The District Grant program provides short-term grants to qualifying Kiwanis districts to address the unmet needs of children around the world.

How they're funded

Grant awards equal 5 percent of a district's total undesignated giving from the previous Kiwanis year. This includes gifts from individuals, clubs and other entities within the district to the Children's Fund.

For the last fiscal year, the Capital District did very well in Total Giving. Clubs gave \$41,551, individual members gave \$44,685, and \$570 was contributed by other means. This total of \$86,806 put us in fifth place in Total Giving. Let's strive this year to exceed this total. All of our giving comes back to our communities to help the children we serve. Kids need Kiwanis, KIDS need you!

What they support

Districts have plenty of freedom to determine the best use of their grant. Each district chooses how to utilize its grant funds to support activities within at least one of the following Children's Fund cause areas: health, education and youth leadership development.

Qualification

Districts must qualify each year to apply for district grants. You can learn more about the qualification process by visiting the KCF website <https://www.kiwanis.org/childrens-fund/grants/district-grant-program/terms-and-conditions-for-district-grants>

How districts request funds

This grant program is by invitation only. Application information is sent to Children's Fund district chairs for eligible districts once final grant award amounts are available. The Children's Fund district chair applies for and administers the grant on behalf of their district.

(Past Governor Dennis Baugh, Kiwanis Children's Fund District Chair, can be reached at dennis.cdkeyp@gmail.com or (540) 820-8498.)



SUPPORT THE KIWANIS CAUSES.



Kiwaniis
CHILDREN'S FUND

HERE'S WHY YOUR CLUB GIFT MATTERS.

With your club gift to the Kiwanis Children's Fund, your club amplifies its impact. That's because your gift helps Kiwanians around the world reach more kids. Consider just a few examples:



HEALTH AND NUTRITION. In Pennsylvania, the Kiwanis Daybreak Club of the Poconos provides annual Thanksgiving meals — serving 160 children and their families in the community. In 2022, many families are facing a further obstacle: the increasing cost of food. **A grant from the Children's Fund is helping the club purchase and package more food** for distribution to families during this time of rising costs.



EDUCATION AND LITERACY. The Kiwanis Club of Scicli, Italy, is working with other volunteer organizations to support construction of a school in Madagascar. One club member even travels between Scicli and Madagascar to collect donations and oversee construction. **With a grant from the Children's Fund, the club can now purchase key items** such as chalkboards, tables, chairs and school supplies.



YOUTH LEADERSHIP DEVELOPMENT. In 2021-22 alone, the Children's Fund awarded nearly \$100,000 in grants to support youth leaders. **\$40,000 of these funds provide scholarships to promising young high school and college students** — including Key Club member Sofia Pantoja.

Overall, the Kiwanis Children's Fund granted

**\$1.6
MILLION**

throughout 2021-22,
impacting more than

**270
THOUSAND**

kids around the world. It wouldn't be possible without gifts from clubs like yours.

Thanks to you, my dream is a possibility. Your generosity has inspired me to continue working to aid others and give back to my community. I hope one day I will be able to support students' dreams and goals just as you have done for me.

Sofia Pantoja
Otay Ranch High School KIWIN's
Chula Vista, California



**HELP DREAMS COME TRUE
FOR MORE KIDS.
MAKE A CLUB GIFT TODAY.**

kiwanis.org/clubgift

Capital Record



Legion of Honor

The Kiwanis Club of Towson-Timonium (Maryland) presented Jay Huff a 50-year Legion of Honor framed certificate on Oct 26. The 94-year-old club also inducted two new members at the same meeting.

Condolences

Ellicott City (Maryland) Kiwanis member Frank Kelly passed away in early December. Frank had lung cancer and entered hospice just a few days prior to his passing. He was a member of Kiwanis for 20 years. Frank helped connect Ellicott City Kiwanis with Deaf Camps, an organization his home club continues to support annually.

New Builders Club chartered

The Kiwanis Club of Woodbridge (Virginia) is proud to sponsor a new Builders Club this fall. Potomac Shores Middle School in Dumfries was chartered Oct. 14. Past District Governor Brian Bell is the current Woodbridge president. Christy Bosch will serve as club advisor.

Stutzman honored

Chesapeake Kiwanian Courtney Stutzman was selected as a "Top 40 Under 40" honoree by Hampton Roads' *Inside Business* in late October. Courtney, a 10-year member of her club, is a past club president and currently serves as co-treasurer. She is a vice president of Old Point National Bank. She told the publication that (Kiwanis Club of Chesapeake) "takes pride in making a difference for the children in our area."



Happy Anniversary

December

- Marion, VA 1922
- Towson-Timonium, MD 1928
- Westminster, MD..... 1931
- Clintwood, VA 1937
- Chincoteague, VA 1946
- Loch Raven, MD 1950
- Hampden-Midtown, Baltimore, MD ... 1952
- Virginia Beach, VA..... 1954
- Severna Park, MD 1955

January

- Huntington, WV 1919
- Portsmouth, VA 1920
- Lynchburg, VA 1920
- Norton, VA 1921
- Radford, VA..... 1923
- Dover, DE 1935
- Bridgeville, DE 1939
- Bethesda, MD 1945
- Eastern Branch, Washington, DC..... 1949
- Northern Neck-Kilmarnock, VA 1989
- Blue Ridge, Winchester, VA 1990
- Grafton, VA 1991
- Downtown Hampton, VA..... 2009
- New Kent, VA..... 2019

Welcome to Kiwanis!

(October 2022)

- Caroline Lightner Jones, Southwest Waterfront
- Shawn Livingston, Crofton
- Kim Grimes, Waynesboro
- Christine Hoskins, Toano
- Elisabeth Moss, Toano
- Frederick Sanborn, Toano
- Kathryn Karabin, Williamsburg
- Kimberly Mills, Williamsburg

November



Cynthia Gray, Kiwanis Club of Roanoke, VA.

“Cynthia, a longtime member of the Kiwanis Club of Roanoke, leads a brigade of volunteers who have provided the care needed to get our inaugural Kiwanis Nature Park Wildflower Pollinator Garden off to a thriving start! These plantings are the first element of the future Kiwanis Nature Park, the signature project of the Kiwanis Club of Roanoke. Cynthia has a wealth of knowledge AND a willingness to invest her treasured talents in this high need neighborhood. Cynthia Gray and her brigade of Kiwanis Club of Roanoke volunteers are truly making an important difference in the community. Kudos to Cynthia Gray for her leadership!”



Kiwanis Clubs of Colonial Capital, Toano, and Williamsburg

“These three clubs have made ‘collaboration’ their watchword. To date each club named has participated in the planning and funding of the Williamsburg Regional Library’s Kiwanis Kids Idea Studio and the Kiwanis Kids Train. All three clubs are now on board for the Kiwanis Kids Idea Studio Phase 2: a Natural Landscape Playground accessible from the Kiwanis Kids Idea Studio. Once again there will be plenty of hands on work to do and a lot of fundraising, too! These three clubs prove that we are #strongertogether.”

December



Lynnette Embree, Kiwanis Club of Winchester

“I vote for Lynnette Embree for Kiwanian of the month due to her leadership taking over as club president for a second year in a row due to the death of the incoming president. Running that club is a big job and she did it without hesitation. She also chaired and presided over the 100th year of Kiwanis Club of Winchester in 2021 and has organized Salvation Army Red Kettle Bell Ringing for the club, amongst many other things. She has the heart of a Kiwanian.”



Kiwanis Club of Greater Ocean Pines-Ocean City, MD

“The only thing that outmatches the tremendous amount of activity that the members of the Kiwanis Club of Ocean Pines-Ocean City accomplish is their impressive efforts in public relations. This club oftentimes sends out multiple press releases in a week, and keeps it consistent with their social media outreach as well. They know how to spread the word about Kiwanis!”

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

Service Showcase

ANSWERING THE CALL

Crofton Kiwanis member John Hill is pictured in front of Giant Food on Dec. 3 at the Salvation Army of Annapolis red kettle raising holiday money for needy families. Crofton Kiwanis volunteers are ringing the bell at Giant Food for 28 hours over four pre-Christmas Saturdays.



SNACK BAGS FILL IMPORTANT NEED

One of the organizations the Kiwanis Club of Midlothian-Chesterfield supports is Communities In Schools. Their mission is to surround students with a community of support, empowering them to stay in school.

Some of the elementary schools Communities In Schools supports serve lunch very early or late in the day. In those schools, many of which are located in low-income neighborhoods, students are often not in a position to bring something from home. Snack bags help fill that need.

On Oct. 25, following the Kiwanis meeting, 21 Kiwanis members prepared 550 snack bags for those students. According to Kiwanian Wayne Compton, "it was fun, it was fellowship and, most importantly, it helped fill a critical need for kids in underprivileged situations."

Kiwanis makes a difference!



HOLIDAY SPIRIT THRIVES IN OCEAN CITY

It's already been a very busy holiday season for Ocean Pines-Ocean City Kiwanis.

Two annual drives were coordinated in November, collecting coats and toys, respectively, from club members. More than 350 coats and three SUV loads of toys were contributed.

Worcester County "Giving Other Lives Dignity" (GOLD) Program Coordinator Taylor Carly and Executive Director Nicholas Cranford are pictured with a portion of the toys after they were delivered by Kiwanians.

On Nov. 23, the club met with K-Kids from Showell Elementary, their parents and teacher Evy Collins to decorate two trees for the community Christmas Tree Display prior to the area's Lighting Ceremony held the Saturday after Thanksgiving.

The K-Kids (pictured) decorated their tree and also helped the Kiwanis Club finish its tree. Most of the ornaments were made by the K-Kids, including those on the Kiwanis Club tree.

Ocean Pines also held a very well-attended community "Breakfast with the Grinch" event on Dec 3. Pictured are (L-R) Barbara Peletier, batter mixer and sausages cook Dave Landis, The Grinch, and pancake flipper Mike Castoro.



Family Ties

CKI AKILAH RICHARDS, GOVERNOR

Greetings, Capital Kiwanians:

During this season of dues collection, we are seeing many exciting developments. Clubs are finding new leaders and strengthening recently restarted clubs and I am confident that we will see membership increase and thrive throughout the rest of the year.



With that said, I encourage all of you to reach out to your CKI clubs and ask them if they have a Spring Recruitment plan in place. For clubs that have already seen a membership increase, continue to encourage them to recruit and retain members with extraordinary service. I'm a strong believer that "people join people" and increasing our membership makes our service more impactful.

To further increase Kiwanis Family interaction, we are unveiling a Kiwanian Speaker Series for our CKI club meetings starting in January. We invite Kiwanians to speak on a variety of topics including Finding Your Purpose, Goal Setting, and relating to specific professions. Kiwanians can sign up to speak with any club in person or virtually and are not limited to CKI chapters that their club sponsors. We appreciate any information and mentorship that Kiwanians can offer, so if this interests you, please reach out to CKI Administrator Catie Dugan-Vargas or me. Creating these long-lasting connections keeps the Kiwanis Family strong.

I would also like to cordially invite you to CKI's Annual District Convention at Kiwanis Midyear Convention in Crystal City, Virginia on March 3-5. Our DCON theme is "Service for All," and we'll be recognizing clubs and members with awards; curated workshops; a large scale service project; fundraising; and elections of the 2023-2024 District Board. This is our largest event of the year and you won't want to miss it!

Happy holidays!



Key Club IZZA AHMAD, GOVERNOR

Happy Winter Everyone,

As the seasons change and the weather is getting colder, Key Clubbers across Capital have been starting up coat drives, collecting canned food donations, and doing so much more. On Nov. 19-20, the Capital District Board came together and held its November board meeting in Virginia.



During this meeting, we had the opportunity to film the DCON 2023 promotional video, discuss leadership opportunities for underclass students, receive updates from other K-Family branches, and address upcoming DCON Awards competition and how to participate. We were also able to review our current membership status and update our goals accordingly. We ended the meeting by revealing the official DCON Logo and tasked each committee with its respective duties.

On Nov. 30, we hosted a Capital District Kiwanis Family DEI Workshop. It was a very successful undertaking in which guest speakers talked about a number of essential topics.

December is a really busy month for Capital as we are sending out award information and seeking potential Lt. Governor successors for each of our divisions. We recently welcomed a new Zone Administrator, Casey Haines, who will be in charge of overseeing Divisions 3A and 3B. At our final board meeting Feb. 4-5 in Virginia, we will grade all entries submitted for awards consideration. Entries are due Jan. 22.

Until next time, we are all here to help each other and grow as a family! You can reach me by email at izzahmadkeyclubgov@gmail.com, or by phone at (301) 232-2232. Stay Crabby!

Yours in service and friendship,



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



IS YOUR COMMUNITY READY TO START AN AKTION CLUB?

BY JENNIFER HISCOCK

Aktion Club is the only service club for adults with disabilities and has more than 12,000 members worldwide. This is the fastest growing branch of the Kiwanis family over the past eight years. Aktion Club is founded on the four core values of character building, leadership, inclusiveness and caring, which help to accomplish the mission of "providing adults living with disabilities an opportunity to develop initiative, leadership skills and to serve their communities."

George D. "Jake" Swartout, 1988-89 Governor of Kiwanis International's Florida District, organized the first Aktion Club for adults who live with a disability in Putnam County, Florida, in 1987. Aktion Club became an official Service Leadership Program of Kiwanis International on Oct. 1, 2000.

In our part of the Kiwanis world, Aktion Club is quickly growing. Within the Capital District, Aktion Club members stay busy with service projects such as making arts and crafts with assisted living members, collecting canned goods for local food banks, assembling welcome bags for newborns at local hospitals, ringing the bell for the Salvation Army during the holidays, and making holiday cards for local senior centers.

A Kiwanis club can form an Aktion Club by enlisting interest from a supporting organization. Examples of organizations in your community could include the local ARC, Easter Seals, Special Olympics, or Centers for Independent Living. Once an agreement is in place, the Kiwanis Club is encouraged to underwrite chartering costs and provide a Kiwanis advisor to the club, just as you would with any SLP. Key Clubs and CKI clubs often get involved with their Aktion Club, providing excellent role models.

Did you know that Key Clubs and CKI clubs are able to assist in chartering an Aktion Club? It is a tremendous opportunity for our students to work with their Kiwanis



Club in order to impact their local community. If you are ready to make a meaningful, life-changing impact, co-sponsor a new Aktion Club at a local agency that supports adults with disabilities. A Key Club or CKI club can register with Kiwanis International as a co-sponsor along with the sponsoring Kiwanis club. By being a co-sponsor, the Key Club or CKI club establishes the right and responsibility to fulfill the obligations of sponsorship, along with the Kiwanis club. The joint effort can be one in which everyone learns from each other and a meaningful relationship evolves, as well as it is a wonderful way to bring together the various branches of our K-Family. Joint sponsorship, where multiple branches of the Kiwanis Family come together to charter an Aktion Club, is a winning combination.

(To learn more about sponsoring an Aktion Club, to become involved as a member of the Capital District Aktion Club committee, or to share an idea of how to further educate Kiwanis and SLP members about the value of having an Aktion Club in your community, contact Capital District Aktion Club Committee Chair Jennifer Hiscock at hiscockjenn@gmail.com.)

Building an Aktion Club Step by Step

A resource for the Capital District of Kiwanis International

1

Secure a Sponsoring Kiwanis Club: Meet with club representatives and explain the mission/core values of Aktion Club. Share how each stakeholder will benefit and what requirements being a sponsor entail. *Remember a Circle K or Key Club can also be a sponsor!*

2

Select a Site: An Aktion Club is sponsored by a Kiwanis Club in conjunction with an agency that supports adults with disabilities or as a community-based club.

3

Meet with Agency Administrator: Contact an agency and meet with the administrator. During this meeting, you should share the relationship of Aktion Club to Kiwanis and the benefits of Aktion Club members to the agency.

4

Secure an Agency Advisor: This person needs to understand the agency policy and client limitations. This person will work collaboratively and closely with the Kiwanis sponsor.

5

Recruit Members: Provide Aktion Club brochures to agency staff members and solicit member names. Schedule a time to make a special presentation about Aktion Club and invite interested clients.

6

Download the Chartering Toolkit: This kit consists of the petition for charter, which must be submitted to Kiwanis International along with a \$600 sponsorship fee. Once submitted, you receive the following: member pins, member cards, banner, gavel, and resources.

7

Officially Organize the Club: The purpose of the organizational meeting is to adopt the club's bylaws and elect the charter officers and directors. The club will also make decisions about the club meeting schedule.

8

Chartering Night Ceremony: Plan a chartering ceremony where members and officers are officially inducted. Remember to invite Kiwanis members, family members, and community leaders.

9

Launch and Support: Review provided resource materials to make sure the club is on track. Work together with club members to devise a calendar of events for the year. Attend all meetings!

10

Promotion: Educate the community about the wonderful service members are completing!

Eye on KI

Here is some recent news distributed by Kiwanis International:

Kiwanis International is governed by a set of rules called bylaws. The bylaws inform and complement the Kiwanis International Policies and Procedures. These documents guide the governance decisions made by the Kiwanis International Board of Trustees.

Documents including the Kiwanis International Bylaws (revised this past October), the KI Policies and Procedures (revised in September), Policy Revisions (adopted previously by the Kiwanis International Board of Trustees), and How to Propose a Bylaw Amendment at the 2023 House of Delegates, convening in Minneapolis in June, are available for your perusal on the KI website.

From time to time, every organization should conduct a comprehensive review of its governing documents and make appropriate adjustments. The last comprehensive review of the Kiwanis International Bylaws was conducted in 1988 and 1989 – more than 30 years ago. A special Governance Committee composed of members from North America, Europe, and Asia-Pacific spent two years conducting a new comprehensive review of the KI bylaws and recommends several changes which have been approved by the Kiwanis International Board. These changes are presented to clubs as a special type of comprehensive bylaws amendment called a revision. The revision was introduced to clubs in 2022 and will be considered for adoption in Minneapolis.

Many of the proposed revisions are cosmetic and not significant. Here is a summary of the revisions that reflect an actual change of practice in some way:

Club Appeal of Disciplinary Action

An appeal process from a club that has had its charter suspended or revoked will be submitted to the Kiwanis International Board rather than the Kiwanis International convention.

Elimination of Interim Status

Interim status will be eliminated. (This is an at-large type membership that allows members who leave one club but plan to join another club within a year to maintain association with Kiwanis by payment of a fee. It has legal challenges associated with it and has not been used since its creation in 2000.)

Kiwanis International Officers' Duties

The stated duties of Kiwanis International Officers have been clarified. The executive director will now be specifically responsible to assure the organization complies with all governmental reporting requirements for finances, taxation, employment and any other areas of operation.

District Governor's Duties

The governor's duties have been reworded, with no change of meaning or implementation.

Kiwanis International Board Voting Details

The process used by the Kiwanis International Board to conduct business without meeting in person has been simplified and is still in compliance with applicable law.

Kiwanis International Board Responsibilities

Wording has been added to specifically state that the Kiwanis International Board has fiduciary responsibility for the organization and is accountable to the membership for the organization's performance.

KI Council

Council meetings may only be called by the full Kiwanis International Board, not by the Executive Committee.

Adjusted the way council may conduct business if a physical meeting is not held.

Council may still amend the Kiwanis International Bylaws in nonsubstantive ways under particular conditions.

KI Convention

Clarified the determination process for the time and place of conventions.

Removed a contradiction about how business would be handled if the annual convention cannot be held any year due to special circumstances.

A provision was added about setting and changing the agenda for special conventions.

Clarified wording regarding registration fees to reflect long-standing practice.

Added an option that resolutions presented less than 90 days in advance may be considered under specific conditions. This agrees with a similar provision for district conventions.



Announcement of Candidacy for Kiwanis International Offices

Candidates for Kiwanis International Board offices must announce their candidacy no later than the convention opening session, rather than the “first business session.”

Vacancy or Incapacity of International President

Filling a vacancy in Kiwanis International president was expanded to include the option of selecting a past president. Until the vacancy is filled, the immediate past president would automatically serve as acting president.

If the Kiwanis International president is incapacitated and unable to discharge the duties of office, a two-thirds confirmation vote by the board would be required before the office can be declared vacant.

If the immediate past president is unable or unwilling to serve as acting president, the board would select a past president to fill that role.

Kiwanis International Board’s Authority Regarding an Incomplete Election

If the election of a Kiwanis International Board office cannot be completed for any reason, the board may fill the office as a vacancy. This agrees with a similar provision for district boards regarding district officers.

Incapacity of a District Governor

A two-thirds vote of the entire district board is required to agree that the governor is incapacitated.

A separate two-thirds vote of the entire district board is now required to determine whether the incapacity still exists before the office may be declared vacant.

These changes agree with the process regarding a vacancy in the office of Kiwanis International president.

Kiwanis International Committees

A standing committee on Membership will be required. (Such a committee is already appointed every year.)

The mandatory composition of some committees was adjusted.

The Past Presidents Committee may hold additional meetings at the expense of its members.

Kiwanis Administrative Year

The definition of the administrative years (vs. fiscal year) will now be clearly stated, rather than inferred.

Best Practices for Accounting and Finances

A provision now states that the organization will adhere to professional practices related to finance and accounting.

Vote Requirement to Amend the Kiwanis International Bylaws

Currently, parts of the Kiwanis International bylaws require a majority vote to amend, while other parts require a two-thirds vote. A two-thirds vote would now be required to amend any portion of Kiwanis International Bylaws. (This is the same vote required to amend the district bylaws or club bylaws.)

INVITE NEW MEMBERS

When you love your club, you'll want to share that experience and invite others to be part of it. After all, 74 percent of members joined a Kiwanis club because someone invited them – and for 48 percent of them, it was a friend or relative.

The best way to attract new people to your Kiwanis club is by grabbing their interest – and respecting their time. Kiwanis International developed the elevator speech to help you. Create your own one-minute speech by thinking of answers to a few simple questions.

Membership benefits

There are lots of reasons to join your club, but here are some of the benefits you can remind your friends, family and acquaintances they'll enjoy as a member of Kiwanis.

As a member of Kiwanis, they will:

- Change children's lives
- Improve the community and the world
- Build friendships
- Enhance their leadership skills
- Develop business contacts

PERSONALIZE PROSPECTS' INVITES

There is no single, "correct" way to invite people to join Kiwanis. Every prospect is different, with different dreams, motivations and belief systems. If you really want a prospect to join your club, don't make the same pitch as the previous one – and the one before that. Tailor your invitation to that person.

Most of us believe that just telling someone about Kiwanis should be enough. Sometimes it works. But often it doesn't. Before approaching a prospect, consider what they may be looking to improve in their life. Then, when setting an appointment to talk about Kiwanis, emphasize how your club can help meet their needs. Some examples:

Helping each other help the community. Instead of leaving individuals to tackle issues alone, Kiwanis clubs connect like-minded people who want to make an impact by helping others.

Identifying New Members

Part of Kiwanis' appeal to potential new members is that it affords them the opportunity to be a part of meaningful, hands-on service experiences. But you should know they also want:

- Service leadership programs
- Reasonable dues
- Few meetings
- Social events
- Their voices to be heard
- Opportunities to be active
- Value for their time and money

Think about friends, family, neighbors, colleagues – anyone who has expressed interest in your club or service activities in the past. Work as a club to identify prospective members on a regular basis. It will take teamwork to strengthen your club.

How do you approach prospective members?

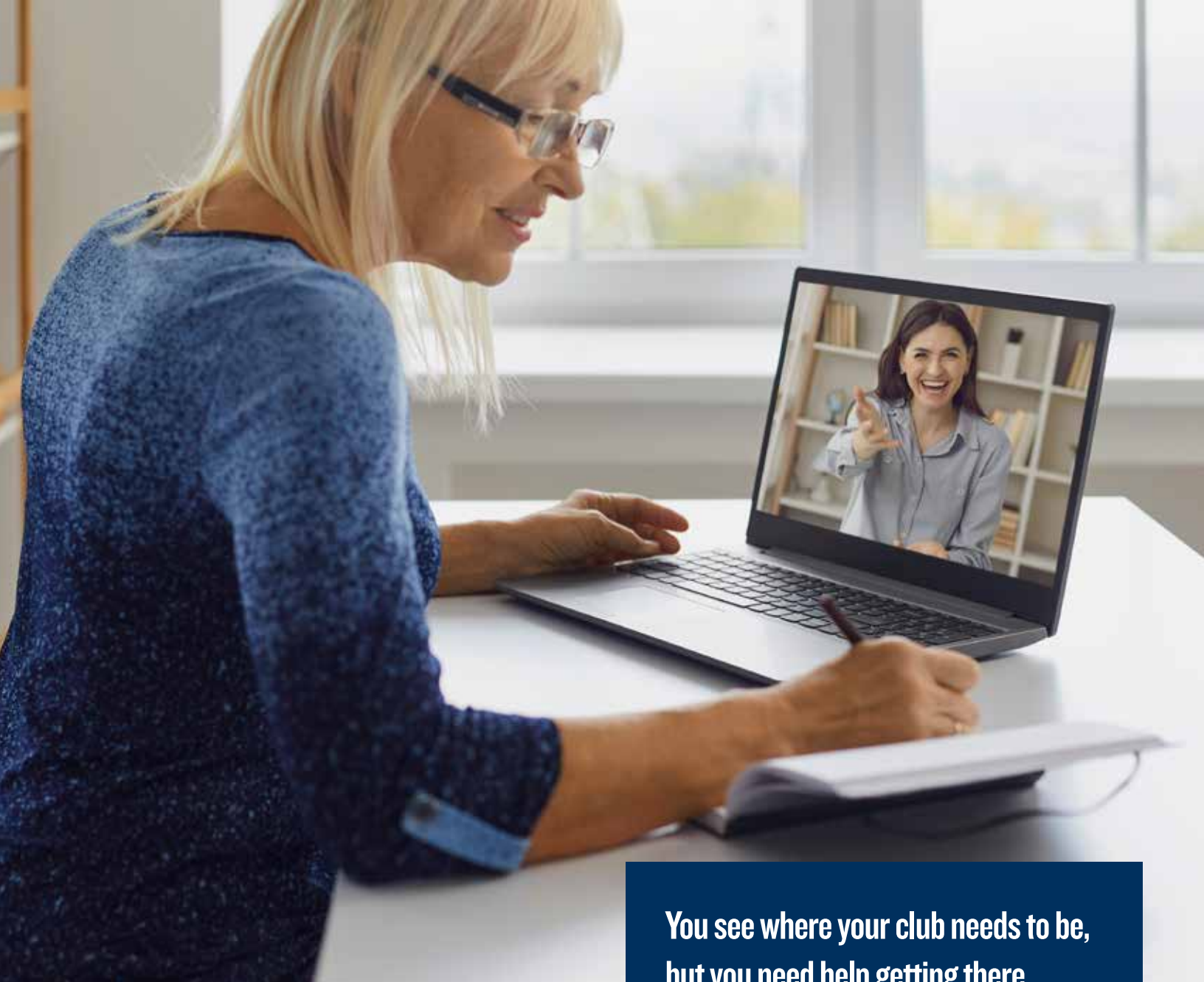
One way of sharing Kiwanis with others is to hold a membership drive. A membership drive focuses the club's efforts on inviting potential members to an event planned just for them.

Three simple steps will help you club to become stronger this year: Prepare, Invite and Follow-up with your guests within a few days of your gathering.

Networking. Kiwanis membership can lead to connections with people you might not have met outside of the club. Some of these connections may even help you get a job or finish a home project. One of them might even become your new best friend.

Engaging with community leaders. Service clubs have regular events such as meetings, presentations and scheduled speakers – so members get chances to engage firsthand with community leaders. Encounters with people responsible for decisions in your area can give you a better understanding of how things get done.

Personal growth. The preceding examples help members build communication skills, work on networking, enhance your time management, get comfortable with public speaking and develop other skills and traits.



You see where your club needs to be,
but you need help getting there.

We have certified coaches ready to help your club reach its full potential.

REQUEST A FREE CLUB COACH

Complete the form at www.capitalkiwanis.org/coaching
or contact [Assistant Membership Coordinator Dennis Baugh](#).



Kiwanis
CAPITAL DISTRICT



YOUTH PROTECTION STARTS WITH YOU.

Keep Your Club Compliant.

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

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



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