

The Capital

June/July 2023

KIWANIAN

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

**Leadership Education
Available for 23-24
Club Officers**

**Foundation
Ducky Derby
Raising Funds**

**DCON 2023: INTRIGUE,
INSPIRATION AND FUN
RETURN TO RICHMOND**



Kiwanis

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COVER: Members of Richmond's Little Free Library Committee Jana Rairden, Robin McCallister and Karen Meadows (left to right) shop for books at the Carver Elementary School Book Fair.





The 23-24 Capital District Key Club Board held their spring board meeting and in-person training May 20-21 in Chantilly, VA.



2022-23 LEADERSHIP INFORMATION

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Jennifer Wolff
Tysons, VA

GOVERNOR-ELECT
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Charlottesville, VA

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Tysons, VA

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Westminster, MD

TRUSTEE - NATIONAL CAPITAL
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TRUSTEE - SOUTHEAST VIRGINIA
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Governor's Message

JENNIFER R. WOLFF, 2022-23 GOVERNOR



We Kiwanians have an optimistic view of the world. We work together to make communities better. We believe in the power of *Tomorrow*. A certain plucky orphan from the Great Depression had a similar outlook! There aren't many that don't know the story of Annie and the billionaire Daddy Warbucks who opens his home and his heart to her.

Annie and the other kids were living in an orphanage under terrible conditions, forced to clean and take care of each other, which they sing about in "It's a Hard Knock Life." Even today, living conditions are not ideal for many children. Kiwanis' mission of serving the children of the world is as relevant now as it was during the Great Depression.

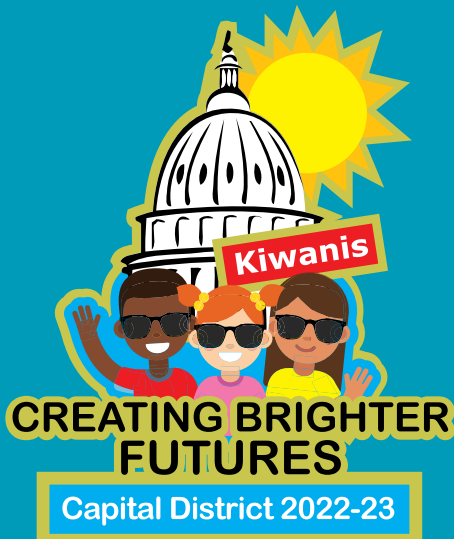
Annie never let her circumstances get the best of her. And neither should we. Every service project we put on, partnership we create, service leadership program we charter, and new member we bring into the fold, is a step toward a brighter tomorrow for our communities and kids. "Bet your bottom dollar that tomorrow, there'll be sun." Give yourself a pat on the back if you can see the connection between this song, and the 2023-24 year.*

We have four months left to do our very best for kids. If your club would like an extra nudge to get you to the finish line, please reach out to me, your Lt. Governor, your divisional membership coordinator, or request a club coach, and you will be on *Easy Street* before you know it!

Let's continue to "Create Brighter Futures," and make sure to register for our District Convention – which will be August 18-20 in Richmond. District Convention is a wonderful tradition where Kiwanians from all across the district have an opportunity to network, exchange best practices, get inspired, and most importantly... have fun! You will come home with great ideas for your club, and wonderful memories. I look forward to seeing you there, and remember... *You're never fully dressed without a smile!*

In Kiwanis Service,


Jen Wolff, Governor



GOVERNOR PROGRESS REPORT

(SEE WHAT WE HAVE BEEN UP TO!)

> NEW REGIONS STARTING OCTOBER 1

To complete the work of our Redivisioning Taskforce, the Capital District Board approved the new names for our updated regions, which will be effective October 1: **Blue Ridge** (4 & 8), **Delmarva** (5 & 6), **Southwest** (15, 16, 17), **Southeast VA** (12, 13, 14), **Heart of VA** (9, 10, 11), and **National Capital** (1, 2, 3).

> DISTRICT STRATEGIC PLAN

The Capital District Long Range Planning Committee is in the process of developing a multi-year strategic plan for our district. If anyone is interested in helping create this plan, please contact Chairperson [Barbara Dickinson](#).

> GET YOUR "GLAD RAGS" ON... DCON IS COMING!

Capital District Convention: Service for the Ages will be August 18-20 in Richmond, VA and is 1920s themed! The DCON planning committee has been working hard to make this a memorable event that you don't want to miss. Read more about it on page 9 and [REGISTER TODAY!](#)

> CLUB BUILDING: 4 COMPLETE!

We are thrilled about our newest club, the Kiwanis Club of Kiln Creek (organized on June 7th), which is the 4th club we have opened this year! Our district goal is 7 new clubs this year. Salisbury, MD is almost complete, and we have 2 more to go! If you would like to take part in one of these fun opening teams, please look to the right for details.



HELP WANTED

Do you know anyone who would be interested in learning more about Kiwanis in the following areas?

Would you like to help open a club in one of these areas?

Catonsville, MD (July Opening)
Greenbrier Valley, WV (September Opening)

Contact John Morris at
jsmorrislaw@gmail.com

We need callers, online researchers, social media gurus, and simply friendly faces that can speak to people about why they love Kiwanis.
No professional sales experience required!





Notes from the Executive Director

BY PG JEFFREY WOLFF

As schools let out for the summer, it is time for our Kiwanis clubs to start planning for the next Kiwanis administrative year.

Club Elections

Your club should have held its Annual Meeting by now and elected its 2023-24 Board of Directors. If you have not done it yet, please take care of this ASAP and report the results in the Secretary's Dashboard (accessible to the President, Secretary and Asst. Secretary). This ensures that your new club leadership will have the necessary access to KI resources and communications as soon as possible.

Club Leadership Education

At the District Level, we just conducted our training of the 2023-24 Leadership Team and at the club level we are starting Club Leadership Education sessions for the incoming president and secretary (but open to all members) all over the district during the next two months. These sessions should kick-off a number of club tasks to get ready for the 2023-2024 year that starts October 1. I encourage you to register to attend these sessions as there are a lot of new things happening in Kiwanis (Kiwanis Engage, changes to club accounting practices, Updates to Distinguished Criteria, Dues Increase and Bylaws Modernization, etc.) Visit the [CLE page on the District Website](#) under Education to register today!

Budgeting

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

Membership

This is also the ideal time to communicate with each of your members and ensure that they will be continuing with their membership after October 1. You don't want to wait until the fall to send dues invoices to your members. This way your club secretary will have time to drop a member who is not renewing their membership before the deadline. Your club should consider implementing "[Two for Two](#)" which creates a culture of continuous recruiting of new people into your Kiwanis club. This gives you more hands for service and fresh leaders to keep your club innovating and compelling to the community.

Member Satisfaction Survey & Community Analysis

The member experience is an important factor in the health and strength of a club. Members want to love every aspect of their club. They want to feel satisfied with the value they get for their time, talent and money. Providing a satisfaction survey to club members and collecting the feedback will help your new board make any necessary changes to the club to improve the member experience. A great resource for this analysis is entitled [Measuring Member Satisfaction](#) available as part of the Achieving Club Excellence (ACE) tools. Community Analysis Clubs should routinely interview community leaders who can provide the information on the needs that the Kiwanis club can focus on. A great resource for this analysis is entitled [Rediscovering Your Community](#), available as part of the ACE tools.

Incoming Board Planning Retreat

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

Officer Installation

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

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

From the Governor-Elect

BY ERIC LAMB

SPREADING POSITIVITY AND GOOD ENERGY

Dear Amazing Capital Kiwanians,

I can hardly believe that we are more than two-thirds through the 2022-23 year. As I have traveled throughout the district this year, I have been simply amazed. Amazed by all the projects I have seen, all the pancakes I have eaten (all were yummy), all the "Smiling Kiwanis Faces," and, most notably, the ENERGY!

Capital District is simply buzzing with all kinds of good news. The question is: What is causing this new found energy?

I firmly believe that positivity and good energy spreads and that energy allows us to have the courage to try new things. When positive vibes come from the Leadership Team, they spread throughout clubs and consequently catch on with members. We need to remember that we want Kiwanis to be a good thing. Why not try and send a positive email or give an encouraging phone call to a fellow member appreciating something he or she did?

I actually did that this week. My mom was on a couple-day trip with some friends in Winchester. She texted me a picture of a store front featuring a Kiwanis sign advertising the Old Town Club. I called the Old Town Club president, Tim Shamblin, and thanked him for the work his club is doing to make Kiwanis visible in that community. He assured me that he would tell the club. A chain reaction began: Mom, me, President Tim, Old Town Club...and so on and so on. Who knows what amazing things will result because of the passing of this positive energy? Let's be intentional about creating positive chain reactions.

I also believe that little wins can turn into big successes. Every single pancake breakfast I have attended has generated larger numbers than last year. Club meeting attendance is growing; new projects are forming; returning projects are gaining new life. All these things add up to BIG SUCCESS! When big things are happening around our communities, people take note and they want to know what is going on.



This is the point where I ask: "Do you have your Kiwanis Elevator Speech ready?" All this renewed energy leads to initiating membership conversations with potential Kiwanians.

District membership numbers are well ahead of where they were at this time last year. Has the positive energy, renewed projects and community focus led us to this growth? I believe that the answer is "yes." Governor Jen and the Membership Team have done an amazing job this year spreading positive energy and new community focus in "NOW KIWANIS COMMUNITIES." That was not a typo.

I do not limit this to "new" Kiwanis communities – because with renewed energy, longstanding clubs qualify as well. We just simply need to find those members who are willing to do the work to turn every community in the Capital District into "NOW" Kiwanis communities.

If we think positively, do positive things and show our community why Kiwanis should spread, then the energy won't be stopped. It can't be stopped. We will continue to grow. We will succeed. Let's work hard to make sure every community within Capital is transformed into a "Now" Kiwanis community.

As always, I am humbled to work with you all and I am proud to call Capital District my home. Your hard work inspires me daily.

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

Around Capital

EMMA LAND OF ROANOKE WINS \$5,000 KIWANIS SCHOLARSHIP

The Kiwanis Club of Roanoke has announced that Emma Land has been chosen to receive the club's first environmental scholarship for area college students majoring in an environment-related field. The \$5,000 award was presented to Land at the June 14 meeting of the club in Charter Hall in Roanoke's Market Building by Club President Ben Spiker.

Land, a Raleigh Court neighborhood resident, attended Patrick Henry High School. She graduated last month from Roanoke College with a B.S. degree in Environmental Studies. The Kiwanis scholarship will help her pursue an M.S. in Forestry and Natural Resources at the University of Georgia beginning this fall.

Land worked close to full time to fund her college education. She volunteers on stewardship efforts throughout the Roanoke Valley, including as a Trail Maintainer for both the Roanoke Appalachian Trail Club and the Nature Conservancy. As a Virginia Master Naturalist, she has assisted with stream monitoring, leading guided hikes, and invasive species removal.

The \$5,000 Roanoke Kiwanis environmental scholarship was open to all Roanoke students currently attending one of four designated local colleges or universities and majoring in an environment-related degree. An applicant had to be a graduate of a City of Roanoke or Roanoke County public or private high school and attending Virginia Tech, Hollins University, Roanoke College, or Ferrum College. The award criteria focused on financial need, academics, experience in environmental protection or natural resources management, and goals after graduation.

The Kiwanis Club of Roanoke has a membership of 150 and is currently the largest club in the Capital District. It meets weekly in Charter Hall on the third floor of the Roanoke City Market Building and guests are welcome at its midday Wednesday meetings. The Kiwanis Club of Roanoke has been serving the Roanoke community for more than 103 years.



WILLIAMSBURG TRAVELED THE WORLD WITH MONTHLY THEMED LUNCHES

Williamsburg Kiwanian Carol Copenhaver said she first got the idea for a monthly themed lunch during the pandemic to try to make socially distanced, masked meetings a little more fun. The club has now traveled around the world to about 20 places, winding up the culinary tour May 31 with a delicious chicken curry and rice dish from India, served family style. Thanks to Carol for a great idea that made Kiwanis even more fun!

(Reprinted from the June 7 Williamsburg Kiwanogram, a weekly publication edited by Greg Davy.)

BEVY OF ACTIVITIES FOR TOWN CENTER

It was an active 10-day period in the middle of May for Town Center Kiwanis. During that window, the club was involved with four projects:



May 13: Town Center Kiwanis and Knights of Columbus teamed up to feed everyone at a Special Olympics event. The field included 300 athletes from Virginia Beach, Chesapeake, Norfolk, Hampton and Newport News. The total number of lunches served approached 500.

May 17: The TC Kiwanis Club/AidNow Golf Tournament was held. Excellent weather cooperated -- and a great time was had by all. The Bayside High School Key Club stopped by for a couple of hours to help out.



May 20: The TC Kiwanis Club and Bayside High School Key Club teamed up at the Marlin Fest. Kids enjoyed spinning the wheel to win either (a) a card to sign that announced socks and hygiene items were being donated in your name to the Seton Youth Homeless Shelter -- or (b), win candy.

May 23: The club conducted scholarship interviews at Salem High School in Virginia Beach.

--Submitted by Kimberley Temple

NEW CASTLE COUNTY POLICE AWARDS IN APRIL



Betty Olmstead and Officer Mackenzie Carter, New Castle County Officer of the Year



The yellow lab that was part of the New Castle County police team

DCON 2023: INTRIGUE, INSPIRATION AND FUN RETURN TO RICHMOND

BY JIM DONOHUE

The 103rd Annual Convention of Capital District Kiwanis convenes Aug. 18-20, 2023 at the Marriott in downtown Richmond. Over three days, Kiwanians hailing from Virginia, Maryland, Delaware, the District of Columbia and West Virginia will celebrate the convention's theme of "Service for the Ages." Inspiring speakers, educational workshops, a volunteer service opportunity and uniquely special evening events headline the agenda.

"Our district conventions have a wonderful history and tradition of local club support and networking among members," says District Governor Jen Wolff. "We share best practices. We learn from other clubs. We promote ideas and creativity. We renew our commitment to serving children. And, we have fun! Our convention in Richmond is one you don't want to miss."

On Friday, Aug. 18, the registration desk will open, various committees will hold meetings, while exhibitors and the Caring Corner will set up. The full convention begins that night in a "very mysterious way" at dinner, where we will all become sleuths to find out "whodunit" in very cool 1920s style. Regional hospitality suites will open after dinner to help settle any frazzled nerves.

The registration desk reopens at 7 a.m. Saturday. Exhibits will be ready for visitors and the Caring Corner will have its gift baskets on display with plenty of raffle tickets ready to sell. Following a buffet breakfast, there will be four educational break-out sessions coordinated by Governor-Elect Eric Lamb and then our Fellowship Luncheon. Rogena Woods-Mitchell, Club Opening Specialist at

Kiwanis International, will give the keynote address. Her topic? *Putting the Spark Back in Membership*. And Ro has certainly added her spark in helping the Capital District open five new clubs this year.

Saturday afternoon the District House of Delegates first session will convene and the Capital District Kiwanis Foundation will hold its Annual Meeting.

Then at 5 p.m. the action starts at the Governor's Reception Casino Night. Wear your 1920's best, bring your "play" money and hit the tables – the blackjack and poker tables, that is – along with roulette and craps. Buy more play money to benefit The Eliminate Project, buy Ducky Derby tickets to benefit pediatric trauma centers throughout the district and step up to the cash bar that will be available.

The Governor's Gala Dinner follows and we'll be "Puttin on the Ritz" with 1920s glitz, glamor and entertainment. Presentations will be made by District Governor Jen Wolff, CKI District Governor Nazira Djor and District Key Club Governor Erina Haque.

Sunday, Aug. 20 will open with the convening of House of Delegates II at 8 a.m. The Inspirational Breakfast and Transfer of Power will follow. The speaker will be Brian Tenclinger with an address entitled *Volunteering: The Freedom to Do Something Important*. Brian is president of the new Short Pump (VA) Kiwanis Club formed two months ago with 23 Kiwanians. In his day job, he serves as Volunteer Engagement and Education Director for Sigma Phi Epsilon Fraternity in Richmond. He had previously been Area Director Manager, Global Membership and Education at Kiwanis International in Indianapolis.



The convention concludes with a "Generosity Feeds" volunteer service project opportunity. We will pack more than 2,000 meals for Richmond-area children.

None of this will be possible without you in attendance and the support of our sponsors. So, register today at capitalkiwanis.org/dcon. And recommend a sponsor – or become a "Friend of Kiwanis" [sponsor yourself](#).

As Governor Jen says, "We'll have fun and the 1920s-themed convention in Richmond is one you do not want to miss."

(Jim Donohue serves as president of the Kiwanis Club of Richmond and is an integral part of the leadership team putting together this year's district convention.)



SERVICE FOR THE AGES

103RD ANNUAL
CAPITAL DISTRICT KIWANIS
CONVENTION 2023

1920s Gala & Casino Night
Educational Sessions
Murder Mystery Dinner
Onsite Service Project
and so much more!



Save the Date: August 18 – 20, 2023

Location: Richmond Marriott

It'll be the cat's pajamas!

Education News

SUMMER IS OPPORTUNE FOR KIWANIS TRAINING

Dear Capital Kiwanian,

Welcome to summer! I remember as a child looking forward to summer, so I could spend my days doing what I wanted – playing with my friends, riding my bicycle, reading and spending time with my grandparents and cousins.

You may be asking what summer has to do with Kiwanis. Great question!

Summer is when we have our Club Leadership Education (CLE) training and our Capital District Convention.

If you are an incoming officer and have not received notification of the CLE training in your division or region, the link to the current CLE schedule can be found in Executive Director Jeff Wolff's column elsewhere in this edition. We will also be offering CLE training at our convention in August as well as a couple of district-wide trainings via Zoom for presidents and secretaries. We will get the word to you on when those trainings will occur.

Most clubs are a little less busy during the summer than the other nine months of the year. Members take vacation and life seems just a little slower.



Summer is also a good time to have a new board member orientation and for the incoming president to confer with their officers and board members about plans for the coming year. Summer is a great time to dream...

As an outgoing president of my club, I welcome suggestions on how we can improve our club meetings, our service projects and increase our membership. If you have ideas, please share them with your incoming president. I feel confident that they will look into your ideas with their officers and board members. Sometimes all it takes is a spark of an idea that turns into a

great service project or increases membership in our clubs. Please don't hold back with ideas. We need them!

I wish you and your families a fantastic summer, doing all of those things you love to do and make you happy.

Yours in service,

Lynnette Embree,
Kiwanis Club of Winchester
District Leadership Development
& Education Coordinator

"If you have ideas, please share them with your incoming president. I feel confident that they will look into your ideas with their officers and board members."

From the Kiwanis Children's Fund



BY PG DENNIS BAUGH

HAS YOUR CLUB MADE ITS ANNUAL GIFT?

Your Kiwanis club changes children's lives. That's why you and your fellow members joined – to make a difference in your community. In the past, your club has *extended* its impact to kids around the world.

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

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

- **Health and nutrition.** For babies and young children, nutrition is key to brain development and preparing kids for their school years. The Children's Fund has helped clubs from Florida to Nepal and Uganda to Ohio, making sure kids get nutritious meals.
- **Education and literacy.** Children who aren't proficient readers by third grade face a lifetime of challenges. Around the world, the Children's Fund supports book giveaways, tutoring programs and other club services that promote literacy.

- **Youth leadership development.** From elementary school to college, students develop their skills and become the next generation of leaders – thanks to Kiwanis Service Leadership Programs, which are supported by gifts to the Children's Fund.

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

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

Your club's gift helps support the causes we all share. It's a crucial way to meet kids' needs and expand their possibilities — right from the start.

(Past Governor Dennis Baugh is Capital District Chair for the Kiwanis Children's Fund.)



JUNE

Service Theme: Safety

National Safety Council (NSC) established June as National Safety Month in the United States.

In-Person Service Ideas

- Host event for child safety – fire, water, poison control, etc.
- Bike-riding training and resources for families, free bikes and helmets if possible.
- Distribute summer safety information to children at local schools to bring home to their caregiver.
- Donate babyproofing items to local non-profit organizations that serve families.
- Teach or sponsor a babysitting class for middle school aged children, like through SafeSitter.

Speaker Ideas

- Firefighters groups – common causes of fires and prevention, ways to help improve safety for children and adults.

Diversity, Equity, & Inclusion Monthly Consideration

Spouses and Partners

Many Kiwanis clubs like to invite spouses and partners to attend club meetings, service projects, and special events. Be sure to use inclusive language when introducing these individuals. All too often, we default to the use of terms such as wife or husband, and do not take into account more inclusive terms such as partner. Not everyone is married, and we do not want individuals in our club who are unmarried, or their partners, to feel unwelcome.

Partnership Ideas

SafeSitter

Safe Sitter® is a non-profit organization dedicated to teaching youth life and safety skills for when they are home alone or babysitting.

[Learn more.](#)

Spotlight

Nationally, June is also LGBTQIA month, or "Pride." Identify ways for your club to support vulnerable youth.

Human & Spiritual Values

Focus: Family

A family is a group of two or more persons related by birth, marriage, or adoption who live together;

Club Ice-Breakers

- Which of your family members had the most impact on your life and why?
- Who is your most interesting ancestor?
- What family hardship/challenge taught you an important lesson for life?
- What is your favorite family tradition?

Speaker Ideas

- TED TALK:
[Young wife shares experience of living in love with husband who is dying.](#) (16 min)
- Local Family Counselor – possible topic: how to live within a challenging family – for those of us with families that are not healthy.

Quotes/Invocations/Prayers

- Give us wisdom to make the best choices for our family. Give us grace to trust in you even when we don't see immediate answers. Give us hope to carry on in spite of the circumstances around us. We thank you for hearing and answering our prayer. We thank you for your constant care and peace. In your name, Amen.
From <https://www.happierhuman.com/prayers-family/>
- Lord, help us to be thankful for one another. Help my children to be thankful for each other, for our family to be grateful for each member and to pray for one another continually. Our gratitude for one another will bind us together as a family, and our prayers for each other will further unify us in gratitude and love.
- Marie Osborne
- "In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony."
- Friedrich Nietzsche
- "Family isn't always blood. It's the people in your life who want you in theirs; the ones who accept you for who you are. The ones that would do anything to see you smile and who love you no matter what."
- Anonymous



JULY

Service Theme: Babies and Young Children

The mission of Kiwanis is “Serving the Children of the World” and what better way to serve than babies and young children?

Resource guide by Kiwanis International is [here](#).

In-Person Service Ideas

- Host a drive (or create a wish list to benefit a local organization) of baby supplies, board books, and activities to support baby development like tummy time support products and tactile and music toys
- Support babysitting certification courses to ensure local teens understand safe practices with babies
- Partner with local organizations serving homeless and/or low-income people and identify areas of support for parents of babies and young children
- Create activity kits for parents to do with their children (Play-Doh, finger paints)
- Distribute supplies for instructions on easy at-home fine motor skill development activities, for example: <https://www.hellowonderful.co/post/kitchen-whisk-baby-fine-motor-sensory-activity/>

Speaker Ideas

- Childhood development experts – i.e. college professors
- School Guidance Counselor – what are the challenges regarding bullying in schools today and how can Kiwanis help?

Diversity, Equity, & Inclusion Monthly Consideration

Flexible Meetings

As we emerge from the COVID-19 pandemic, almost all of our Kiwanis clubs are returning to in-person meetings. However, do not forget that many of your members may travel for work, may have families or family commitments, may have demanding jobs, or may face health concerns that make their attendance at meetings challenging. Consider the value of continuing to offer hybrid meeting options to keep all of your members connected and engaged. Discuss strategies for how to implement this flexibility in a consistent way.

Partnership Ideas

March of Dimes

Kiwanis family members partner with March of Dimes by raising thousands of dollars annually to give every baby a healthy start.

[Learn more.](#)

Landscape Structures

Think of the impact your club could have in your community constructing a playground. Use our Playground Planning Guide to help your club get started.

[Learn more.](#)

Human & Spiritual Values

Focus: Favor

Favor: approving consideration or attention

Club Ice-Breakers

- What qualities of life do you favor?
- Who favored you – paid special attention to you – as a child and how did this affect you?
- What hobby or sport do you “favor” and why?
- What are your favorite animals – perhaps as a pet – and those in the wild?

Speaker Ideas

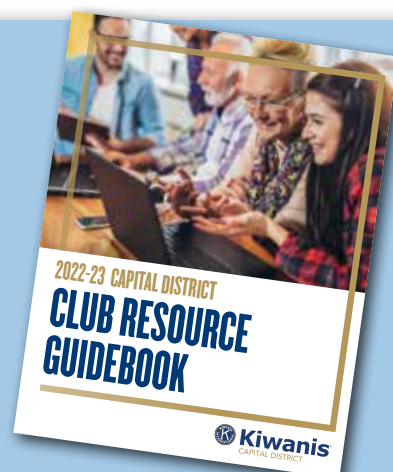
- Local veterinarian/shelter director – what are the challenges in your local area for pets?
- Local Conservation area director – what are the challenges in your local area for wild animals/insects?
- Local Parole officer – how can people who have served time in prison be successfully reintegrated into our communities as accepted and productive citizens?

Quotes/Invocations/Prayers

- “Seek not the favor of the multitude; it is seldom got by honest and lawful means. But seek the testimony of few; and number not voices, but weigh them.”
- Immanuel Kant
- “I have friends in overalls whose friendship I would not swap for the favor of the kings of the world.”
- Thomas A. Edison
- **Invocation:**
“God - we know you have no favorites - you love all. May we open our hearts to your love. May we not let favoritism keep us from showing favor to all your children and animals throughout the world. May we especially reach out to all your children locally and internationally who feel forgotten and unloved. Amen.”
- Rev. Carolyn Richar

**Have you seen the District
Club Resource Guidebook?**

[Download it here.](#)



Membership Momentum

WHY OPEN A NEW CLUB?

BY PG JOHN MORRIS

I am asked that question every time we open a new club. Local clubs are concerned that we are spending our time and resources competing for the very prospects they want for their club. I understand the frustration of clubs which want to grow and are not happy we are creating other clubs in their area. However, opening new clubs is vital to the health of Kiwanis and of our communities and does not negatively impact existing clubs.

In the first place, Kiwanis International and the Capital District have been shrinking over the years in both clubs and members. Based on the natural issues that accompany life and jobs, we will continue to lose some members. We have not been replacing those members as fast as we have been losing them. The best and most efficient way to reverse the negative membership trend is to open new clubs. Remember, building new clubs is how Kiwanis expanded from one club in Detroit to having clubs all over North America and around the world.

In addition, the club-opening process does not impact or diminish existing clubs. Rather, it focuses on building clubs in areas that are not being served, that need additional Kiwanis help, or that need an alternative to how your club operates. Your club is undoubtedly doing great work for your

community, but no club can possibly meet all the needs of your community.

Furthermore, there are many people in your community who would like to provide service to your community, but your club is not a good fit for them. No matter when your club meets, that time will not work for many people. This does not mean that there is anything wrong with your club. It just means that one size does not fit all. New clubs are just an additional way for Kiwanis to grow and to serve the children of our communities.

We have not forgotten the need to strengthen our existing clubs and to help them grow. Kiwanis has numerous resources to help existing clubs grow. In addition to such membership growth initiatives as Two for Two, the district provides club coaches to help clubs find ways to grow. Kiwanis International has numerous resources for club strengthening that can be downloaded or viewed online at www.kiwanis.org/membership or by going on the Kiwanis International website and clicking on "Member Resources" and then "Membership & Education."

Finally, if a new club is being opened in your area, it is in the best interest of your club to get involved in getting it established. Frequently, working on opening a new club also results in discovering people interested in Kiwanis who fit your club better than the new club. In other words, you are advertising and recruiting for your club when you are recruiting for a new club. The new club can also become involved in your projects as the two clubs work together. More hands for service means more service is being performed.

Having members involved in the opening process will educate your members on how to grow your club. Your members can apply the lessons learned in recruiting for the new club to recruit new members to your club.

The process used in opening clubs is very similar to the process used in Kiwanis' Two for Two strategy. We make a special effort to identify 200-300 persons or organizations to contact. We have volunteers call those prospects to set up appointments for teams of two Kiwanians to meet with them and to get referrals. Our recruiters go to those appointments to attempt to get the prospects to join. Two for Two uses the same process, just generally with fewer prospects. The key to a successful recruiting effort is often finding a large enough pool of prospects. Working on a new club opening team will expand your members' knowledge of where and how to look for them.

I have never considered myself a good salesman or recruiter. However, as I recruit members for new clubs, I find myself becoming much more comfortable recruiting. The experience can only help me recruit better for my club. The same experience will help you and your members become better recruiters and increase your club's membership.

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



JOSH HISCOCK

Candidate for Governor-Elect


KIWANIS ACHIEVEMENTS

- Kiwanian of the Year, Kiwanis Club of Ellicott City (2019-20, 2020-21, 2021-22)
- Capital District Key Club: Kiwanis Advisor of the Year (2020-21)
- Kiwanis International Distinguished Club Member (2020-21, 2021-22)
- Opened the Kiwanis Club of Capital – Next Generation e-Club (2020)
- Kiwanis International Ruby K Award – Sponsor of 24 new Kiwanians
- Capital District Kiwanis Foundation Life Member

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 joshforgovernorelect@gmail.com



KIWANIS EXPERIENCE

CLUB

- Member, Kiwanis Club of Crofton (2010-2012)
- Member, Kiwanis Club of Tysons (2012-2016)
 - President: 2014-15
- Member, Kiwanis Club of Ellicott City (2016-Present)
 - President: 2017-18, 2022-23
 - SLP Committee Chair: 2020-21, 2021-22, 2022-23
 - Kiwanis Advisor: Key Club at Glenelg HS and River Hill HS
- Member, Kiwanis Club of Capital-Next Generation e-Club (2020-Present)
 - Membership Chair: 2021-22, 2022-23
 - Club Coach: 2020-Present

DISTRICT

- Chesapeake Bay Regional Trustee (2020-2023)
- Chesapeake Bay Regional Membership Coordinator (2021-Present)
- Kiwanis Cmte. on Diversity, Equity, Inclusion & Belonging (2021-2023)
 - Member: 2020-21
 - Chair of Committee: 2021-23
- Lt. Governor, Division 4 (2019-2020)
- Club Opener & Club Coach (2019-Present)
- Youth Protection Manager (2018-2022)
- Key Club Zone Administrator (2011-Present)
- Key Club Assistant District Administrator (2015-2022)

INTERNATIONAL

- Chair, Kiwanis International Visionary Leadership Team (2019-2021)
 - Responsible for the creation of Kiwanis Amplify
- Key Leader Lead Facilitator (2008-Present)

PLATFORM

Kiwanis must work diligently to be the most unstoppable service organization in every community. To be unstoppable, we need to do better. We need to do better as individuals, as clubs, and as an organization. We must take intentional, strategic, and collaborative action to Elevate Our Impact.

Encourage collaboration between clubs, divisions, and regions
Leverage opportunities to improve diversity, equity, and inclusion
Expand the growth and support of service leadership program clubs
Vocalize the needs and concerns of non-traditional clubs, such as e-clubs
Augment opportunities for greater hands-on service
Target the growth of Kiwanis in strategic new communities
Engage members in meaningful education and leadership experiences

Our Firm Foundation

News from the Capital District Kiwanis Foundation



This year, the 'ducks' are swimming online

NEW!! The ducks have spoken and are now swimming completely online. The Capital District Foundation's largest fundraiser happens at the Capital District Convention in August. All proceeds support our designated pediatric trauma centers spread throughout the district.

We encourage all Capital Kiwanians to buy chances to win one of our prizes and to sell tickets to family, friends, neighbors and business associates. Who wouldn't want to win one of three large cash prizes or more than a dozen \$50 gift cards!? Tickets for this raffle are not tax-deductible.

To purchase tickets, simply scan the QR code nearby or visit <https://go.rallyup.com/capitalkiwanis>, select the number of tickets you would like to purchase, and follow the checkout prompts. Then you're ready to win!

Should you have any questions, please contact Charles Marks at charles.marks4@verizon.net.

– Submitted by Jessie Richards, Division 4 Promotions and Marketing Chair

Scan QR Code to
enter



Or visit <https://go.rallyup.com/capitalkiwanis>



Caring Corner Basket Raffle at DCON

The CDKF needs baskets for the annual Caring Corner Basket Raffle that is conducted during the Capital District Kiwanis Convention on August 18—20, 2023.

- All proceeds from the raffle will benefit the eleven pediatric trauma centers that the Capital District Kiwanis Foundation will support during the 2023-2024 year.
- Baskets should be brought to the District Convention and given to the CDKF beginning at noon on Friday, August 18, 2023.
- The drawing will take place at 3:00 p.m. on Saturday, August 19, 2023.

Questions??

Contact Larissa Cason at
larissa.cason@mac.com





DIAKONIA THRIFT STORE LEADER ADDRESSES OCEAN PINES

Worcester County (Maryland) is blessed to have Diakonia helping to take care of people facing housing crises. The organization has an emergency shelter available as a stopgap measure while finding permanent housing for those in need.

Diakonia, a Greek word, translates as "Service to Others," an organization in concert with Kiwanis.

Funding and support are provided by various sources, one of which is Diakonia's Thrift Store located in West Ocean City. Thrift Store Coordinator Dawn Wise (pictured below with Kiwanian Bob Wolfing) was the guest speaker at the April 26 Greater Ocean Pines-Ocean City weekly meeting. She detailed the operation, including what items they accept and how the public can donate and volunteer.

Diakonia picks up furniture donations locally but all other items are accepted by drop-off at the Donation Center behind the store on Wednesday through Friday from 10-3, when the store is also open. The store is open on Saturdays, but donations are not accepted then.

– Submitted by David Landis



Happy Anniversary

Organization dates

April

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

July

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

Welcome to Kiwanis! (April 2023 - May 2023)

Alexandria: Christopher Van De Moortel, Alston A Waller

Fairfax: Monica Lawson, Mr Brad C Mayfield, Ann H Rourke

Haymarket-Gainesville: Karl Davis, Terri Davis, Kimberly Goodwin, Joshua Quill, Reverend Sean Rousseau, Anthony P. Toth

Leesburg: Mrs Viktorija Borisova, Lydia Brown, Mr Aziz Jardani, Antonia Jeffries-Jardani, Ms Maggie Wilson

Crofton: David M Rodriguez, Gene Stull

Accomack, Onancock: Hilario Del Peral

Bridgeville: Mr Robert J Bagwell

Chincoteague: Kristin Pascual, Matthew Pascual

Greater Ocean Pines-Ocean City: Mr Jose R Alvarez, Geoffrey R Goodson, John W Hanberry, Mr James W Ulman

Blue Ridge, Winchester: Debera Taylor

Shepherdstown: Ms Jody Cullen, Mrs April E. Leonard

Jackson River Area: Ms Barbara Smith

Waynesboro: Dr Ryan Barber, Ms Tia Brown, Mr Robert S Gibb, Jessica Smith

Chester: Liz De la Rosa

Ashland: Phillip Cobb

Midlothian-Chesterfield: Mr Aaron Andrew A Dick

Richmond: Virginia R Bacon

Grafton: Ms Brandy N Palazzone, Ann H Thomas

Short Pump: Alisa Anderson Gregory, Heather Cooper, Reggie Crawford, Barbara Fritzman, Sabrina Jordan, William H. Lee, Anthony Meyer, Zeke Misko, Teresa M. Pesetti, Krista Rodgers, Heidi Sauter Barshinger, Angela Shirey, Frederick Elton Shirey, Jody R Smart, Tracy H. Temple, Brian Tenclinger, Jan Van Hove, Debbie Wright, Tippy Tongvichit

Williamsburg: Paula English, Timothy English, Zach Kirkpatrick, Sarah Sheldon

Smithfield: Mr Theo Cramer

Virginia Beach Virginia, Town Center: Ms Bernie Neighbor

Lynchburg: Ms Morgan Hall, Ms Morgan Kreutz, Richard Neth

Roanoke: Keith E Hartman

Abingdon: Mr Gary B Cox, Mr Bryson Senter

Christiansburg: Nikki Bowers, Alan Parrish

Montgomery County-Blacksburg: Mrs Jean Hanigan, Dr James F Marchman

Wythe County: Ms Jessica A Rehmann

Haysi: Ms Cynthia K Newberry, Ms Marlene Owens

McClure River: Mrs Stephanie D Edwards

St Paul-Castlewood: Mr Chad Monday

Wise: Ms Kendall Rainey

Wellsburg: Mrs Sandra Kemp, Aimee M Livingston



Kiwanis
Capital District

Update to Capital District Kiwanis Bylaws

At the request of Kiwanis International, at its May 20, 2023 regularly scheduled Board of Trustees Meeting, the revised District Bylaws proposed by the Committee on Bylaws & Policies were adopted by a unanimous vote.

No substantive changes to the bylaws were included with this update, but merely changes in language dictated within the revised Standard Form for District Bylaws updated by KI in January 2023.

Under Article 13, Section 3 of said Bylaws:

If the Kiwanis International Bylaws are amended in such a way that necessitates revisions to the Standard Form for District Bylaws the District Board shall amend the district bylaws at the next regularly scheduled board meeting to reflect such revisions and shall inform clubs and members.

All Capital District Kiwanis Clubs are hereby notified that the Board of Trustees took this action. You may view the revised bylaws here: <https://dwyq4sa1lz55y.cloudfront.net/uploads/sites/36/2023/05/Capital-District-Bylaws-as-amended-05-20-2023.pdf>

May



Rob Dodd Jr., Kiwanis Club of Fredericksburg, VA

"Rob Dodd is in the middle of his 5th term as President of the Fredericksburg club. During Rob's term this year, the club has had many accomplishments including a 100th anniversary celebration, dedication of a new playground, and an exhibit in the Fredericksburg Museum. Rob also served as an active member of the Mid-Year Committee, and was recently elected Lt. Governor-Elect for Division 2. Thanks for being awesome, Rob!"



Kiwanis Club of Bridgeville, DE

"The Kiwanis Club of Bridgeville is a fantastic club that has really interesting projects to help the community. They are currently refurbishing fifty large Christmas tree decorations that they put up on light posts throughout the Town of Bridgeville. They also operate a BBQ Chicken Stand each weekend from April to October, which raises funds for community needs -- the most recent being tornado disaster relief. Their can-do spirit and ability to partner with area organizations makes this club our club spotlight of the month!"

June



Rick Gonzales, Kiwanis Club of Chesapeake, VA

"Rick Gonzales was an integral part of helping the children at Portlock Elementary School during COVID with picking up and distributing food, books & games, providing social activities weekly. Rick continues to help his Kiwanis club at fundraisers like the pork butt sale and annual shrimp fest, as well as preparing & serving food at Ronald McDonald house, providing books to teachers to augment their classroom libraries, and so much more! You can see Rick wearing his Kiwanis shirt while volunteering somewhere in Chesapeake every week!"



Kiwanis Club of Fairfax, VA

"The Kiwanis Club of Fairfax, VA does a great job of coordinating with their Key Clubs for project efforts. Together they manned a cakewalk booth at the Fairfax Chocolate Lovers Festival, and work on their service project: Meals 4 Young Minds throughout the year, which helps to fight food insecurity of children on the weekends when they do not attend school."

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

Family Ties

Key Club ERINA HAQUE, GOVERNOR

Hello Kiwanians!

As we near the end of the first quarter of the Key Club year, the Capital District Key Club Board has been busier than ever. Throughout April, we worked to fill positions for the divisions without a Lt. Governor through an LTG-at-large application process. Seven students were selected, three of whom became LTGs for their home divisions. We also selected a District Editor: congratulations to Hailey Reynolds from Division 8-A.



With a full board, we held our first virtual training session for Lt. Governors on May 16 over Zoom. We also had our spring board meeting and in-person training May 20-21. During the first day of our board meeting, adult committee members held numerous training sessions and team-building activities, including a blanket activity, a presentation on professionalism, and an overview of the Kiwanis Family.

In an effort to increase the amount of service that we as servant leaders perform, we will be incorporating more community service into each of our board meetings. Our service project for this meeting was tying food bags for the Society of St. Andrew. On the second day, we finished off training and held our first official board meeting session for the year, introducing our District Project and the Governor's Project. Newly assigned committee members and chairs also had some work time to go over expectations for the year. Overall, we had a successful first board meeting.

The Governor's Project this year is going to be called Expanding Equity. As a part of this initiative, we will strive to improve Diversity, Equity, Inclusion, and Belonging (DEIB) within our district through board and club-level initiatives. For example, we implemented a new language services committee on our district board that will work to bridge language barriers. To ensure that all board members have a clear understanding of DEIB, we will be hosting a required board training session specifically on this topic – the date soon to be determined.

Please feel free to reach out to me anytime at erina.keyclub@gmail.com. I am so excited to see what comes next as we strive to better our communities, nation, and world.

Yours in friendship and service,

Erina Haque

CKI NAZIRA DJOR, GOVERNOR

Greetings, Capital District!

Welcome to the sunny days we've all been waiting for. I hope everyone is making the most of the beautiful weather by enjoying leisurely strolls and delightful picnics. Summer holds great promise for Capital District CKI as we lay down a strong foundation for the upcoming school year.



Let's take a moment to reflect on the spring semester. I had the privilege of attending Governor/Administrator training at Kiwanis headquarters, where I acquired invaluable knowledge, information I can't wait to apply in our district. We also organized our first spring officer training since 2019, which turned out to be a resounding success. We had representatives from four different schools, a total of approximately 25 students.

As we embark on this new year, Capital District has set some ambitious goals. Our primary aim is to increase membership by a minimum of 7 percent by March 31, 2024, while maintaining at least 18 clubs in good standing and actively working toward building or reactivating one additional club. Another focus for our board is to enhance district participation and event attendance, fostering stronger relationships among our board members and with our respective clubs. Lastly, we are determined to raise \$1,800 for the Brick-by-Brick UNICEF project by March 31.

I am eagerly looking forward to attending the International Convention in Minneapolis at the end of June. This will provide opportunity to connect with fellow CKI members and Kiwanians, while further my developing my leadership and fellowship skills. The Kiwanis Family Weekend in August promises to be an exciting event on my summer calendar as well.

With a multitude of thrilling events on the horizon, I am filled with anticipation for the remarkable months ahead, sharing them alongside our Kiwanis family. Please don't hesitate to reach out to me anytime at capitaldistrictgovernor@gmail.com.

Yours in Service,

Nazira Djor

Service Showcase

FAIRMONT PROVIDES PLAYGROUND SURFACE FOR HOPE

BY OTHA BRITTON

When the Kiwanis Club of Fairmont was bequeathed a \$5,000 donation from someone who was not a Kiwanian but who knew of the excellent community service work of Kiwanis, the club immediately knew what to do.

The club decided that the funds should be spent improving the playground at the Fairmont facility of HOPE Inc., which provides support and shelter for victims of domestic violence and sexual abuse. Although the facility already had good playground equipment, the surface was hard dirt and inappropriate for a playground for young children. A total of \$6,800 of materials was required for the new surface project, so an additional \$1,800 was needed.

One Kiwanis member, who is also on the board of directors of the Marion County Parks and Recreation Commission (MCPARC), recommended that a grant proposal be written to that board. Club member Ray Richardson developed the proposal and MCPARC agreed to provide the funds. With the money in hand, HOPE purchased 85 tons of pea gravel and the retaining border for the project, and MCPARC agreed to provide the equipment



Pictured are Fairmont Kiwanis Club members Otha Britton, Budd Sapp, Amy Richardson, Richard Bowyer (club president), and Ray Richardson. Also pictured are MCPARC employees Tina Mascaro, Ryan McDonald and Ben Smith, and HOPE administrative assistant Dawn Biafore (third from the right). Photo supplied by the *Times West Virginian*.

and labor needed to install the new materials. This meant no cost to HOPE or the club.

After a few months of planning and getting the materials delivered, HOPE saw the completion of the project as several workers from MCPARC finished the installation. This project was made possible by the cooperative effort of the Kiwanis club, HOPE, and MCPARC – a great example of the community working together to improve the lives of children.

HOPE staff member Dawn Biafore said, "This is just something we'd never been able to do on our own and to have the community support us that way is just wonderful."

Fairmont Kiwanian Richardson, a past governor of the West Virginia District, obtained a sign to hang on the fence which surrounds the playground, and the dedication of the new playground surface was recently held.

PROTECT YOUTH IN YOUR CARE.

866-607-SAFE (7233)



BOOK FAIR PROMOTES LITERACY AT CARVER ELEMENTARY

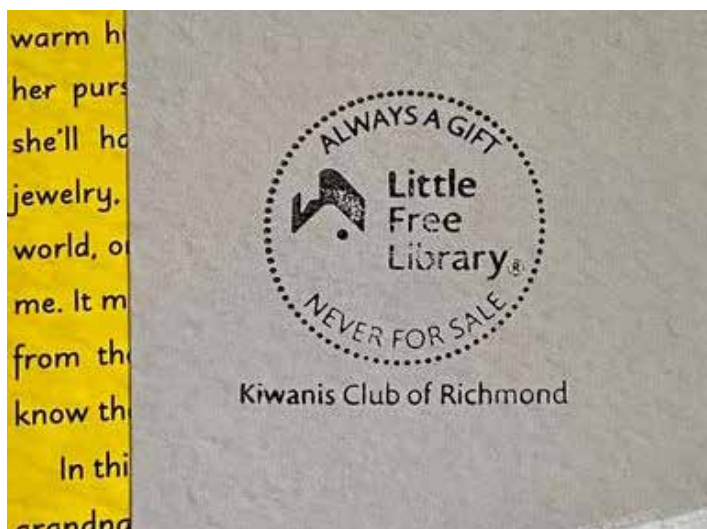
BY JIM DONOHUE

The Kiwanis Club of Richmond is committed to giving Richmond children easy, free-book access. Club members are helping to put books in the hands of those who need them the most: children who have limited access in their underserved communities. The Kiwanis-sponsored Little Free Libraries at Carver Elementary School are helping to get their scholars reading for the simple joy of it.

As the committee brainstormed ideas for how to extend the Little Free Library project at Carver, the idea was put forth by co-chair Karen Meadows to sponsor a free book fair to be held during the last week of March. The idea began to percolate among the club members and literacy partners within the school. The result was a proposal for a one-time, school-wide book fair sponsored by the Kiwanis Club of Richmond and produced by the Little Free Library Committee. The club's board of directors and the school administration gave their enthusiastic approval.

In keeping with the motto, "Always a Gift, Never for Sale," the LFL committee wanted to provide one age/grade appropriate book to each scholar without conditions. No Carver scholar would have to earn or purchase a book at the book fair, but would have the opportunity to get one book of his or her choosing to take home, keep and cherish.

The committee purchased 400 books to be distributed during the two-day event. The books were carefully curated to offer diverse stories written by diverse authors. The committee believed it to be important that the students see themselves in the books provided.



Each of the 400 books purchased for the Carver Elementary School Book Fair in Richmond bore this stamp



Richmond Kiwanians Jim Donahue and Bob Priddy admire a display of books at the club-sponsored Book Fair

The end result? A wonderful time was had by all in attendance. The primary grades, K-2, enjoyed music by Kiwanian Bob Rogers and read-alouds, riddles, and rhymes before selecting a book of their own to take home and keep. "It was a pleasure to volunteer at this wonderful event," Rogers said. I enjoyed playing music and singing with the children, and was particularly delighted when several of the children wanted to read to me the first page of their selected books."

Club member Janet Goin said, "I very much enjoyed being a part of the book fair. It was especially wonderful to see the joy in the faces of the children as they picked their own book to take home."

Bestselling children's book author Amanda Lynch was a very special guest. She read from books she had written as grades 3-5 watched and listened with rapt attention. Their questions and comments revealed a high level of engagement with the author and her stories.

Cantrise Mayfield, Carver Elementary assistant principal, told the Little Free Library team of Richmond Kiwanis, "Your dedication to literacy and the amount of love you have for our children is immeasurable. Thank you!"

(Jim Donohue is president of the Kiwanis Club of Richmond.)

Eye on KI

Here is some recent news distributed by Kiwanis International:

WAYNESBORO TAKES MAJOR STRIDES WITH FREE LIBRARIES

Youth who are successfully learning and reading are more likely to fulfill their potential – and to become leaders. That’s why one of the Kiwanis causes is education and literacy.

There are countless ways to help prepare students for the life ahead. For Kiwanians, they include mentoring, stocking classrooms with supplies, starting or continuing a Kiwanis Service Leadership Program (SLP) club and making opportunities more accessible to kids of all backgrounds.

Waynesboro (Virginia) Kiwanis opened Little Free Libraries at three schools in April – all on the same day! The ceremony marked the completion of a project led by club member Jessica Blythe, whose passion for literacy and education inspired fellow Kiwanians and local businesses to mentor area students, all of whom helped build the libraries.

Waynesboro Kiwanis was joined on April 12 for ribbon-cutting ceremonies by representatives of the various organizations that made the project a community effort. In addition to club members (including President Marcia Geiger), the ceremony included employees of Mathers Construction Team and the president and directors of On The Road Collaborative, a local company

and a career exploration program, respectively, both of which were instrumental in the hands-on work and mentoring.

Local educators were also in attendance, along with representatives of the Greater Augusta Regional Chamber of Commerce, the Waynesboro City Schools superintendent and school board members.

With Little Free Library, a Kiwanis International partner, Kiwanis clubs make books available in locations through their communities. Thanks to the partnership, clubs can get help with the construction and stewardship of the organization’s Little Free Libraries while supporting the Kiwanis cause of literacy and education.

The Waynesboro club took that concept a step further – not merely by opening three new Little Free Libraries at once, but by using the project to deepen community engagement with service and education.

In Waynesboro, students at Kate Collins Middle School can enroll in On The Road Collaborative and spend 10 weeks participating in career exploration after school. With coordination from Blythe and her fellow Kiwanis club members, the students worked each week with a different team member from Mathers Construction to learn about design and budgeting. The project then

culminated in a two-week “build” of the Little Free Libraries, which are located at William Perry Elementary, Kate Collins Middle School and Waynesboro High School.

Kiwanian Blythe spearheaded the project. As an employee of Mathers Construction and a former educator, she was uniquely positioned to bring key people together.

“This project wouldn’t have happened if Jessica hadn’t led the effort with Mathers,” said Lt. Gov. Samantha Bosserman, also a Waynesboro Kiwanian.

For Blythe, it was an opportunity to serve the community, but also a way to involve local students in the project – in ways that had a lasting impact.

“We wanted to make sure the final product was meaningful,” Blythe said. “We wanted something the students could see and be proud of.”

Waynesboro Kiwanis had enjoyed a productive relationship with Little Free Library even before the recent trio of openings. Dating back to 2018, the club had previously placed five Little Free Libraries.

(See the story on the previous page on the Kiwanis Club of Richmond’s recent success in setting up a free library area as well.)

ELEVEN BENEFITS OF VOLUNTEERING

The world has many urgent issues – food insecurity, wars and conflicts, infectious disease, water shortages, extreme poverty. In recent times, the number of people who need a helping hand has only increased.

Clearly, volunteering matters. But the benefits go far beyond altruism. A growing body of research shows that it provides many benefits, some of which are surprising. Here are 11 of them.

- 1. The power to change lives.** Whether you're collecting supplies for a food bank to feed malnourished children, building a home for a family or fostering or adopting an abandoned or abused pet, you're making a tangible change in a person's (or animal's) life. Even better, you're also giving them hope.
- 2. The ability to involve more people.** When you volunteer, you're raising awareness for an organization and its cause. And you often mention your service to friends and family – perhaps even without noticing you're doing it. You might even post something about it on your social media platforms, which spreads the word. That can encourage more people to get involved.
- 3. A physical feeling of satisfaction.** There's scientific evidence that volunteering positively affects your body. Studies show that when people donate to charity, either financially or through volunteering, they trigger the mesolimbic system – the portion of the brain responsible for feelings of reward. The brain releases feel-good chemicals, stimulating you to perform more kind acts. Psychologists call it "helper's high."
- 4. New friends and stronger friendships.** When you help others, you give off positive vibes, which can rub off on peers and improve your friendships, creating strong, lasting bonds. For instance, if you're volunteering to mentor children, chances are good you'll meet people who care about young children. Volunteering is an excellent way to find your "tribe."
- 5. Connection and confidence.** Silence the inner voice that's saying you're not enough! People who volunteer have been found to have higher self-esteem and overall well-being. Experts explain that the more connection you feel, the higher your self-esteem.



- 6. Social and networking skills.** Volunteering is a social activity – so it can build up your list of important contacts. For example, the people you volunteer with are great candidates for recommendation letters. After all, these are the people who have seen you interact with others and handle new challenges.
- 7. A readiness to take on the world.** People who participate in volunteer work feel rewarded, more fulfilled. Volunteers report that helping others enriches their sense of purpose and empowers them.
- 8. Values to schools and employers.** Volunteer experience can set you apart from other applicants for jobs and colleges. Your volunteer experience tells them that you are ambitious, care about your community and are willing to put in the work that brings change.
- 9. A chance to pay it forward.** Simply seeing someone help another person gives us a good feeling. And that inspires us to do something altruistic ourselves.
- 10. A sense that you have more time.** Volunteering won't literally give you more than 24 hours in a day. But it makes those hours seem more fulfilling. In fact, research shows that those who volunteer their time feel like they have more time.
- 11. Feelings of gratitude.** Helping others is a wonderful way to gain perspective on your own situation, and that can make you more appreciative.

Are you ready to benefit from volunteering? A Kiwanis club is a great place to find those opportunities. Members provide service in their communities, which helps others and teaches valuable leadership skills.

MEMBERSHIP BENEFITS CAN VARY AMONG AGE GROUPS

When Kiwanis has asked about the biggest challenges that arise within an organization, people of all ages have said that it's feeling respected and valued. Let's take a look at different membership segments:

YOUNG PROFESSIONALS

Benefits:

- New friends
- Connections with mentors
- Skills to add to a resume
- Self-confidence

Want more young professionals to join your club? For people starting their adult lives and careers, new connections are very appealing. Hands-on service appeals particularly to recent graduates looking for inexpensive ways to connect with their communities. In fact, service that presents a physical challenge to older members can help ensure a role for younger adults right away. And don't forget a Kiwanis club's networking opportunities.

BALANCING ACT

Benefits:

- A larger purpose for a busy life
- A jolt to the usual routine
- Activity that cuts the risk of heart disease and stroke
- Fellowship that aids mental health

Want more 40- and 50-somethings to join your club? At the stage of life where family and work responsibilities are increasing, time is limited. In addition to the satisfactions of service, relaxed attendance requirements and flexible meeting times can be a big plus. And don't forget: midlife crises are real. Changing lives and connecting with people are powerful routes to adding or restoring a larger meaning to busy lives.

EXPERIENCED LEADERS

Benefits:

- New uses for existing skills
- Opportunities to learn from younger members
- Opportunities to mentor others
- Immediate importance of community connections

Want more experienced leaders to join your club? From committee posts and officer elections to fundraising programs and service projects, clubs need leaders. People with experience are ideal – both in official positions and simply as fellow volunteers. Many are looking to mentor, so let them know about SLPs or even about young adults in the club itself. And if they want to learn a thing or two, interaction with younger members can be an ideal new outlet.

LAST MINUTE OPPORTUNITY TO ATTEND ICON VIRTUALLY

You can still participate in the fun and fellowship of the 2023 Kiwanis International Convention from the comfort of your own home.

The virtual registration package includes access to live or recorded remote viewing of 15 sessions, including:

- 2023 Education and Leadership Conference Kickoff
- Cultivating Community Launchpad
- Empowering 21st Century Teens
- Fostering Impact keynote by chef and TV host Andrew Zimmern
- Selected membership growth presentations
- Positive Youth Development presentation

The International Convention opens Thursday, June 21.

FACEBOOK MARKETING FOR MEMBERSHIP EVENTS

THE CHALLENGE: For generations, Kiwanis clubs have relied on traditional methods to find the people who want to help meet the needs of kids in the community. But inviting friends, family and colleagues to join Kiwanis has its limits.

THE DETAILS: Friendship groups are becoming smaller. Approximately 25% of people report having six or more close friends. Thirty years ago, that number was nearly 50%. And 15% of men — 10% of women — say they have no close friends at all.* Kiwanis clubs must expand the way they find people who have a heart for improving communities. Advertising is an additional opportunity to reach more people. Social media advertising can be a cost-effective medium.

THE SOLUTION: Capital District Kiwanis will provide a Facebook Marketing Specialist to set up a two-week advertising campaign to generate membership interest leads that will lead up to a club's membership event. Those who are interested in making a difference in the community will complete a form with their contact information. That information will be shared with the club to foster a relationship with the potential new member.

THE FINE PRINT: Clubs that are engaged with the campaign will be the most successful at finding others who want to improve the community. Assemble a team to respond to inquiries, follow up with people who make comments and send Facebook Messenger chats to people who like the ads. Clubs will also have to provide \$100 to \$200 in funding to pay Facebook for the ads.

**Survey Center on American Life: May 2021 American Perspectives Survey*



To request a Facebook ad campaign for your club's upcoming membership event, visit:
capitalkiwanis.org/facebook-marketing-request/

NEED FUNDING? APPLY FOR A CLUB GRANT.

LET US HELP YOU SERVE KIDS.



For the Kiwanis Children's Fund, a grant is a form of collaboration. When a Kiwanis club has a gap in its funding for a service project, a club grant can help fill it.



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CHILDREN'S FUND