

The Capital

October/November 2023

KIWANIAN

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

**Leadership
Transitions**

**Capital Completes
Eliminate Project Pledge**

**DISTRICT CONVENTION
'ONE FOR THE AGES'**



Kiwanis

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COVER: Attendees of the District Convention packed over 2,000 meals for Generosity Feeds on Sunday morning.





Christiansburg Kiwanian Toby Akers and a pirate at Wilderness Trail Festival. Read more about it on page 19.



2023-24 LEADERSHIP INFORMATION

GOVERNOR

C. Eric Lamb
Charlottesville, VA

GOVERNOR-ELECT

Josh Hiscock
Ellicott City, MD

VICE GOVERNOR

Tim Gillette
Tysons, VA

EXECUTIVE DIRECTOR

Jeffrey Wolff
Tysons, VA

IMMEDIATE PAST GOVERNOR

Jennifer Wolff
Tysons, VA

TRUSTEE - BLUE RIDGE

Roger Diehl
Westminster, MD

TRUSTEE - DELMARVA

Charles Marks
Bridgeville, DE

TRUSTEE - HEART OF VIRGINIA

Jamie Moore
Chester, VA

TRUSTEE - NATIONAL CAPITAL

Marie Bowe-Quick
Mitchellville, MD

TRUSTEE - SOUTHEAST VIRGINIA

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Governor's Message

C. ERIC LAMB, 2023-24 GOVERNOR



HAPPY KIWANIS NEW YEAR!!!

It is hard to believe that another new Kiwanis year has come so quickly. A new year always reminds me of a time of rebirth, a time to try new things, a time to grow. Each year we have a choice to make: we can continue on the path that we are on OR we can choose to take a different path.

Being a person who honestly does not like change very much, in my past I often took the path known to me, the path that was comfortable. However, this year is going to be all about Focusing, Understanding and Nurturing.

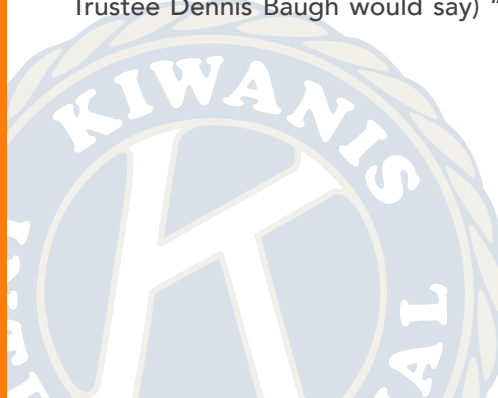
When I teach training workshops about Change Management, I always say this line: "I am a big fan of change as long as it doesn't involve ME"! I have not always been a fan of doing things differently. However, if I am to grow, develop as a person and change the world for our children, I must adapt.

Being able to adapt and be OK with change has made me learn that the possibilities are endless. Those new thoughts, those endless possibilities are what is going to lead Capital District and Kiwanis into our bright and shining future.

I have been sitting in my big chair laying out plans for this upcoming Kiwanis year, writing down ideas, concepts and goals that I am setting for myself. Some of those I have shared with the Capital District Leadership Team, others are personal goals. I have been clear about my three main goals for the year:

- 1) **F**ocus on the Mission
- 2) **U**nderstand One Another
- 3) **N**urture Growth

Together we can accomplish these goals. We must work together; there is no "I" in TEAM. A goal that I have for myself is reaching out to members more, reaching out to those unsung heroes of Kiwanis. The members who do the work everyday in their communities to (as International Trustee Dennis Baugh would say) "SPREAD THE WORD."



That is the real work of Kiwanis, because it all boils down to membership. The more folks we have as members, the more hands we have to do the work.

I say all that to say this: asking friends, family, colleagues to join Kiwanis can incorporate all three of the "FUN" points. We are Focusing on the mission; we are trying to Understand one another and we are Nurturing growth. What better way to accomplish our goal than to work on growth this first month. So, here is the challenge – I am personally asking each of you to invite one person to a Kiwanis meeting this month. Invite them to come listen, be understood and (hopefully) join our team.

I am so excited by this new year and what all it will bring. I would be terribly remiss if I did not give a HUGE shout out and thank you to Immediate Past Governor Jen Wolff. WOW, just WOW, She set goals, worked hard and achieved them. I truly believe the Capital District is in a significantly better place after her leadership. Jen has been a true leader, a listening ear, a supportive backer and an amazing friend to me.

I am honored to follow her as Governor and will do my best to lead Capital as well as she has.

The Capital District is an amazing place filled with people who are dedicated to Improving the World, One Child and One Community at a Time.

We are all lucky to have such an amazing Kiwanis family. Let's remember: WE ARE CAPITAL, WE KNOW OUR MISSION, WE CAN DO THIS.

Yours in Service,



Eric Lamb





Notes from the Executive Director

BY PG JEFFREY WOLFF

HAPPY NEW KIWANIS ADMINISTRATIVE YEAR!

I want to begin my column by thanking those clubs and individuals who donated in September 2023 to our final push for The Eliminate Project. Because of those donations and a gracious match from the 2022-23 Capital District Board of Trustees, we have FINALLY completed our district's \$3,000,000 pledge, meaning that fewer mothers and babies will have to experience loss due to maternal/neonatal tetanus. As Kiwanians, this is something we should be truly proud of!

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

CLUB TREASURERS Now is the time where we close the books on the previous fiscal year (October 1, 2022 - September 30, 2023) and ensure that a complete review is performed by the two or more members of your club's Financial Review Committee (as dictated in the club's mandatory policies - section F). An annual examination of financial records should include, but not be limited to, bank reconciliations, income, disbursements, budgets, balance sheets and income and expense statements for both the administrative and service accounts, and any other financial records or reports of the club. Your club's Board of Directors needs to approve a new budget for 23-24, so don't forget about the KI change that now allows you to get rid of the separate accounts for administrative and service.

CLUB SECRETARIES Please make sure that all of your 2022-23 Monthly Reports were submitted and that you have submitted the 2023-24 Club Election Report. This information is critical to the operation of the District, but more importantly to make sure that the right information is getting to the officers of your club.

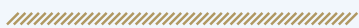
YOUTH PROTECTION October is also Youth Protection Month, so please make sure that you have a program within your club on how to safely work with the youth that need our help the most and that all of your Service Leadership Program Advisors have a clear criminal background check as required.

EXISTING MEMBER DUES As the dues amendment proposed by Kiwanis International failed in June, our dues remain unchanged from last year. Here is what your club will be billed at the end of October for each of your existing members: \$52 Kiwanis International Dues, \$22 Kiwanis Liability Insurance, \$8 Kiwanis Magazine, \$32 Capital District Dues for a total of \$114 per member. The only exceptions would be Life Members of Kiwanis International (who are exempt only from the \$52 KI Dues) and Former Service Leadership Program Members in their first two years of Kiwanis membership who are exempt from both the \$52 KI Dues and the \$32 Capital Dues.

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

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

From the Governor-Elect



BY JOSH HISCOCK

KIWANIS CAN BE AN UNSTOPPABLE FORCE OF NATURE

Greetings, Kiwanians and friends! The new administrative year is off to a fast start. Let me thank you for your support as I begin my term as Governor-Elect. The next 12 months will be filled with preparation for the 2024-2025 year. It will be a year of celebration, growth, learning, and transformation for clubs in the Capital District. This is a journey we will take together, and I am excited to witness the outcomes.

World events – and even everyday life events – can feel incredibly unpredictable these days. You need only turn on the television to watch the news for a few moments to be reminded of this. No one is certain when a natural disaster, like an earthquake or flood, will devastate a community. No one is certain when a fire will leave a family without a home. No one is certain when a change in the economy will leave an individual without consistent employment.

No one is certain when a child will leave school on a Friday afternoon without the food they need for the weekend. Every moment in life can be a moment of uncertainty. A single instant can change your life and throw it into a state of flux. Challenges in our world, in our communities, and in our personal lives often feel like an unstoppable force of nature.

I believe that Kiwanis can also be an unstoppable force of nature. We can mobilize quickly and address issues within our communities. We can rally together to support families in need. We can collaborate to solve problems. We can muster support for children who are facing food insecurity. We can mentor and uplift individuals of all ages and all levels of ability who need support, encouragement, and love.

We can provide attention to every individual and remind them of their worth, their potential, and their importance. We can draw attention to issues of inequity and inequality that permeate our organization, our community, and our

world. Challenges in our world, in our communities, and in our personal lives may feel like an unstoppable force of nature, but they do not need to be.

As Kiwanis members, I think we must work diligently to be the most unstoppable service organization in every community. However, to truly be unstoppable, we need to do better. In the years ahead, I propose that we Elevate Our Impact in seven key ways.

Encourage collaboration between clubs, divisions, and regions to elevate our fellowship;

Leverage opportunities to elevate honest dialogue and decisive action around improving diversity, equity, inclusion, belonging, and accessibility within our clubs, Kiwanis, and our communities;

Expand the growth and club-level support of service leadership program (SLP) clubs to elevate our support of youth and adults with disabilities;

Vocalize the needs and concerns of non-traditional clubs, such as e-clubs, to elevate inclusion;

Augment opportunities for greater hands-on service to elevate our social impact;

Target the growth of Kiwanis in strategic new communities to elevate our physical presence;

Engage members in meaningful education and leadership experiences to increase retention and elevate our leadership pipeline.

In the year ahead, I will outline the intentional, strategic, and collaborative actions our clubs can take to elevate our impact. I look forward to working with Governor Eric and Vice Governor Tim to create seamless plans that move the Capital District forward in critical ways. It is a pleasure and a privilege to serve you, and I look forward to partnering with you to elevate our impact.

(Josh Hiscock, from Ellicott City, MD, is the Capital District Governor-Elect for 2023-24.)

From the Vice Governor



BY TIM GILLETTE

A WORD FROM A NEW VANTAGE POINT

Greetings fellow Kiwanians and Happy New Year! It is an honor and a privilege to serve as the first Vice Governor of the Capital District.

As Kiwanians, it's important to share our Kiwanis stories with others. My Kiwanis story began in 1993 at Public School Twenty in Jersey City, NJ. A dedicated teacher, Ms. Pam Gardner, was looking for a way to help provide additional leadership education to her students.

Ms. Gardner started the very generic "Peer Leadership Club," where she encouraged kids to take ownership in their school and surrounding community. The club, comprised of seventh- and eighth-graders, grew rapidly and provided mentorship to the lower grades, and engaged in meaningful service projects in the community. Soon after its formation, Ms. Gardner was able to partner with the Kiwanis Club of Jersey City, and the club dropped the generic name and became a Builders Club.

Shortly after moving to Northern Virginia, I met my future wife, Corey. She was a member of the Kiwanis Club of Tysons Corner/McLean. After attending a few meetings, socials, and service projects, I turned in my membership application, and officially became a Kiwanian.

The Vice Governor has two very important roles. The first is to use this time to prepare for the eventual term as Governor. While October 1, 2025 seems like a lifetime away, it will be here sooner than you know it. On day one, it's my goal to have a team of committee chairs, Lieutenant Governors, and Board of Trustees who will hit the ground running to serve you, the Capital District Kiwanians.

The second role is to serve as a counselor to the administrators and committee chairs of our Service Leadership Programs (SLPs). These programs are Kiwanis Kids, Builders Club, Key Club, Circle K International, Aktion Club, and Key Leader. In future articles, I will highlight a specific program and share some of the respective program's history.

When I ran for Vice Governor, I decided that my theme would be "Lead With Purpose." Purposeful leadership is about making decisions that are in line with your values and beliefs, and creating a culture of excellence where teams feel motivated and supported to achieve their best. As I mentioned in my speech during House of Delegates in Richmond, we see purposeful leadership across the district. As Kiwanians, we should share more of our Kiwanis stories so those we surround want to join us in the great things we're doing.

The world distributes talent equally, but it doesn't distribute opportunity equally. As Kiwanians, it's our purpose to help bring opportunities to those that otherwise would not have it. We do this through the service projects we sponsor, the scholarships we hand out, and the mentorship that we provide. As a seventh-grader, I was fortunate to have a Ms. Gardner, and I want to ensure future kids have a Ms. Gardner as well.

I'm excited to see what the next few years will bring. I'm looking forward to working with Governor Eric, Governor-elect Josh, Immediate Past Governor Jen, and the rest of the Board of Trustees to have a great year!

In service,
TRG

(Tim Gillette has just completed a three-year term as district trustee from the National Capital Region.)



DISTRICT CONVENTION ‘ONE FOR THE AGES’

BY JOHN A. MONTGOMERY

To summarize the Capital District Kiwanis 103rd annual convention held in Richmond August 18-20 in one succinct statement, consider this:

It was an energized gathering of representative engaged Kiwanis members throughout a 5-state region, meeting in a central location, committed to transferring leadership responsibilities to a new year's team; enjoying plentiful educational and fellowship opportunities; recognizing recent achievements; and all the while remembering our sustained commitment of offering support and assistance to youth, the elderly, the environment and others in need within our individual communities.

The convention was a celebration of the past Kiwanis year – outgoing governor Jen Wolff’s humble but

moving address on Saturday night highlighted many significant team accomplishments that underlined her theme (“Creating Brighter Futures”). The weekend concluded Sunday with incoming governor Eric Lamb laying out his team’s objectives, his plans, his hopes and dreams for the coming year, keeping an eye on Focusing on the mission, Understanding one another and Nurturing growth (“FUN”).

The styles of our most recent governors are quite different, but clearly complementary: Jen comes across as prepared, measured and controlled, carefully presenting her well thought out words with a smile, while Eric often shoots from the hip with reflexive and enthusiastic exuberance. One thing this convention emphasized was working together; we are open to all points of view and welcome diversity.



“Service for the Ages” was the 2023 district convention theme -- with a fond, appreciative memory of the past and a respectful, optimistic nod to the future. Board and committee meetings dominated Friday’s activities, with the evening event including a 1920s murder mystery dinner, where attendees “solved the crime.”

Saturday morning’s educational programs included 13 different sessions – ranging from club leadership training, to communications, to SLP

Continued on next page

programs, to community partnerships, to trading “best practices” among those clubs who were willing to share. Rogena Woods-Mitchell, a club opening specialist from Kiwanis International, was the luncheon keynote speaker. Our district opened seven new clubs this year, meeting Governor Jen’s goal and ranking us near the top of the Kiwanis district list. Rogena was a big part of our success.

The Saturday afternoon House of Delegates session included an annual report from Capital District Executive Director Jeff Wolff, who presented remarks on the state of the district. Financially, we continue in good standing.

The Ducky Derby fundraiser generated more than \$13,000 this year, an outstanding total considering it was all done online for the first time. More than 50 raffle baskets were distributed through the Caring Corner Saturday afternoon as well. Proceeds from both the Ducky Derby and the Caring Corner go to the Capital District Foundation.

Saturday evening included a casino night cocktail party, where nearly all attendees were decked out in 1920s apparel and “gambled” with play money. The Governor’s banquet featured a formal entrance by district leadership, entertainment from violinist Daisake Yamamoto (see sidebar), and speeches from our district SLP governors Erina Haque (Key Club) and Nazira Djor (CKI).

Governor Jen’s rousing summary of a most successful year was greeted with a standing ovation as the banquet came to a crescendo. She then presented past governor John Morris, who has done such an outstanding job as district membership chair for multiple years, with a George F. Hixson Fellowship from Kiwanis International.





Regional hospitality suites were once again opened after the banquet and welcomed convention attendees and their guests.

Sunday's Houses of Delegates session featured nominating speeches and candidate remarks from candidate for Governor Eric Lamb (Charlottesville), candidate for Governor-Elect Josh Hiscock (Ellicott City), and candidate for the newly created position Vice Governor Tim Gillette (Leesburg). All were unopposed and thus elected by acclamation. Columns from each of these three leaders are included in this issue of the Capital Kiwanian, articles which address our leadership's intentions for the new year.

After the elections, breakfast featured an inspiring motivational message on volunteering from Brian Tenclinger, a former Kiwanis International executive who now serves as Education and Engagement director for Sigma Phi Epsilon Fraternity. Brian is also president of the Kiwanis Club of Short Pump, based in a Richmond suburb, a club which was chartered in 2023.

Sunday's business session included addresses from Jen and Eric; the retirement of outgoing officers and the installation of new ones; the transfer of banners to new home clubs; and the passing of formal district resolutions.

The weekend concluded with a service project, where convention attendees assembled prepackaged 2,000 meals for Richmond-area children through the Generosity Feeds program.

CONCERTMASTER YAMAMOTO PERFORMED AT SATURDAY NIGHT'S GALA

The convention's Saturday night Governor's dinner was unique in two ways: the 1920's convention theme was on full display; many Kiwanians were dressed in styles of that bygone day. And in a solo performance just for this convention, Richmond Symphony Concertmaster and violinist Daisuke Yamamoto provided the evening entertainment.

He did not disappoint; the reviews were universally positive.

Described as exhibiting "immense virtuosity and probing musicianship," Daisuke has been Concertmaster since joining Richmond Symphony in 2013. In addition, he has performed with numerous orchestras, under well-known conductors, in famous concert halls.

Daisuke also is part of our extended Capital District Kiwanis family. Now raising a small child, he and wife Avanti have "paused" their active membership in the Richmond Club. Avanti nonetheless continues as Key Club faculty advisor at Atlee High School. She has previously served as Lieutenant Governor for District 11 and its Richmond-area clubs and in leadership roles for Capital District Key Club. As a student at VCU a few years back, Avanti's leadership skills took her all the way to CKI District Governor.

Daisuke's solo performances with Richmond Symphony have included Vivaldi's "Autumn" from The Four Seasons," Ravel's "Tzigane," and the theme from "Schindler's List" for a Holocaust Remembrance Concert.

He has performed with The Cleveland Orchestra, the New World Symphony, the Spokane Symphony, and the Louisville Symphony Orchestra among many others. Venues have included Carnegie Hall, Severance Hall in Cleveland, Japan's Suntory Hall and Festspielhaus in Germany. Conductors he has performed under include Michael Tilson Thomas, Fabio Luisi, Nicholas McGegan and Robert Spano. He has also collaborated as a chamber musician with the Jasper String Quartet, Tokyo String Quartet and others.

—Jim Donahue, Kiwanis Club of Richmond



Education News

MEET SAM BOSSERMAN, THIS YEAR'S LD&E COORDINATOR

Hello Capital Kiwanians! I am excited to serve as your Leadership Development and Education Coordinator this year. Since you will be hearing from me on "all-things education" throughout the year, I thought this would be a good time to introduce myself.

I am a member of the Kiwanis Club of Waynesboro where I have been active since 2012. My first introduction to the Kiwanis Family was as a member of my Key Club in Fishersville, VA and then as a member of the CKI Club at the University of Mary Washington.

It was in CKI that I learned of the Capital District and served as a District committee chair and then as District Editor. My Kiwanis resume includes district committee chair, Key Leader chaperone, Kiwanis Amplify participant and mentor, and most recently the 2022-2023 Lieutenant Governor of Division 9.

You may have also heard me present at International Convention, District Convention and Midyear events. I am always up for putting together an exciting PowerPoint presentation, which I suppose is why Governor Eric asked me to step into this role.

In my suddenly decreasing amount of spare time, I love to travel and visit Smith Mountain Lake with my husband David and fur-child Olive.

In my real-world life (yes, life does exist outside of Kiwanis) I provide education, training and services to public school boards across Virginia. A part of what makes this work successful is the opportunity for networking and idea sharing among peers. This is something I hope to bring to the Capital District this year.

Your Lieutenant Governor will be setting up Division Council Meetings (DCMs) which are a great first step in connecting with those in your division, and I would like to take that learning a step further with opportunities for you and your club leaders to network with other leaders across the District. Stay tuned for more information on this.

I would love to hear your ideas for Leadership Development & Education. This position exists to help our Kiwanis clubs thrive, so it is important that you have feedback and input on what types of material and training is offered throughout the year. You may have heard of or attended Club Leadership Education Training (CLEs) throughout your tenure in Kiwanis. These sessions are facilitated by our amazing Certified CLE Instructors across the District and will continue for 2024. It is important that club leaders receive this foundational training to start off their year on the right foot. Additional information will be available in the Spring on training sessions for 2024.



I am always just an email away, so please do not hesitate to reach out with any ideas or questions that may pop up. I can be best reached at sam.kiwanis@gmail.com. I look forward to working with you all in the upcoming months.

(Samantha Bosserman, from the Kiwanis Club of Waynesboro, is the 2023-24 Leadership Development & Education Coordinator for the Capital District. She served as Lt. Governor class president last year.)



DISTINGUISHED

AWARDS 22-23

Do you have an outstanding member in your club that should be recognized for their dedication? Nominate them for the **Distinguished Member** award!

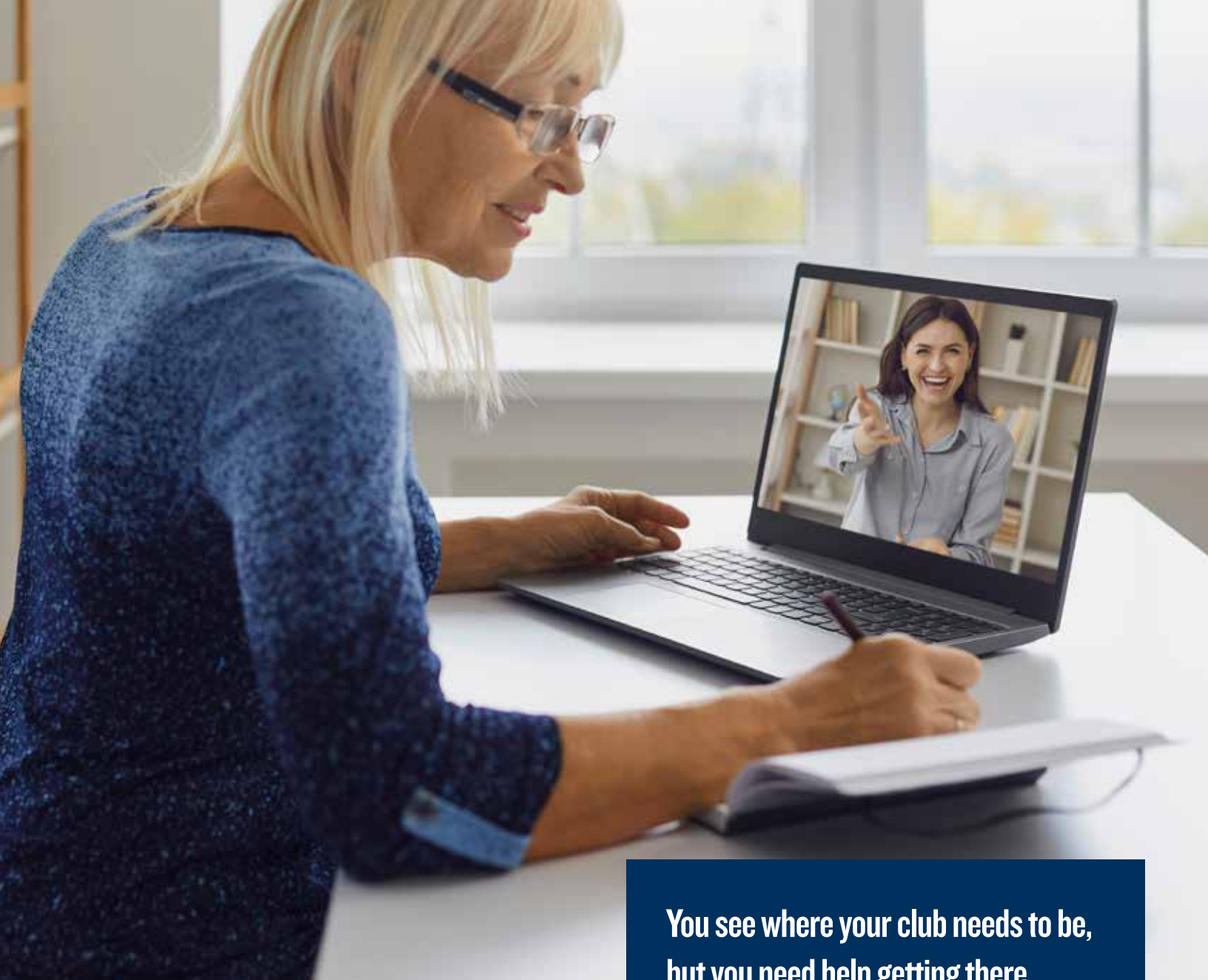
Has your club checked all the boxes to be recognized as a **Distinguished Club** this year?

You can review the criteria and complete the forms here:

<https://capitalkiwanis.org/recognition/>

**To nominate your club or a member,
please complete the form by October 31, 2023.**

Contact [Jen Wolff](#) with questions.



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

Membership Momentum

LET'S HAVE ANOTHER SPECTACULAR YEAR!

BY PG JOHN MORRIS

It is exciting to be entering a new Kiwanis year. We have new leaders at all levels of Kiwanis. We have new divisions and regions in the Capital District. What has not changed is our need for growth. We need to strengthen our existing clubs by retaining existing members and adding new members. We also need to open more new clubs.

In the last issue, I wrote about what a year we were finishing! Behind the leadership of Governor Jen, we experienced excellent growth. We opened seven new clubs: Haymarket-Gainesville, Mathews, Kiln Creek, Short Pump, Salisbury, Catonsville and Greenbrier Valley. We gained about 650 new Kiwanians last year, including about 140 in the new clubs. That means our existing clubs added more than 500 new members. As of the time of writing this article, we do not know how many drops there were in September, but we hope to end up with a net gain in membership.

We need to do as well in Governor Eric's year. He has already identified seven potential locations for opening new clubs. The first will be in Lexington in Division 9, which should be opened in November. We are building a team of Kiwanians in that division to help make that new club a reality. We will not stop with Lexington. If you know of an area in Delaware, Maryland, Virginia, West Virginia or the District of Columbia that needs a Kiwanis presence, please let us know.

Kiwanis International provides us with resources that should help our clubs strengthen themselves. Retention of existing members by making your club experience meaningful to them is the first step to growth. There are numerous excellent ideas on the Kiwanis International website to help your club become stronger, including the Achieving Club Excellence (ACE) tools. These can be downloaded or viewed online.

Another resource is the Membership Inquiry. Whenever someone goes to the club locator on the Kiwanis International website and looks at the information on a particular club, Kiwanis International sends the District leadership a notification about the prospect. This notification is called a Membership Inquiry. The Membership Inquiry is forwarded to the Lieutenant Governor and Divisional Membership Coordinator of each club researched. They in turn either

contact the prospect directly, particularly if more than one club was researched, or forward it to a leader of the named club. These people who are looking at the information on the KI website about your club are frequently interested in joining your club. Consider them low-lying fruit. If your club is notified that someone has looked up your club's information, please follow up immediately. We received Membership Inquiries involving more than 100 potential new Kiwanians last year and a number of them joined. There is no easier way to recruit than to contact someone who is looking for you!

I encourage all clubs to focus on growth throughout the entire year. More members mean more hands for service, potential new leadership and a strengthened financial situation for your club. Consider using the "Two for Two" process. Kiwanis International has advised that clubs that have used the Two for Two method have experienced twice the growth rate of other clubs that have successfully recruited new members. Try it, it works!

The District provides club coaches who help clubs find ways to become stronger and grow. These coaches are experienced Kiwanians who have been trained to help you strengthen your club. Just let your Lieutenant Governor, Divisional Membership Coordinator or me know that you would like some help getting stronger and/or growing.

I was privileged last year to have a wonderful group of Kiwanians volunteer to serve on the District Membership Team. Some of them have moved on to bigger and more important positions, including two of our Regional Membership Coordinators, Governor-Elect Josh Hiscock and Vice Governor Tim Gillette. Many of the other members of last year's team have agreed to serve for another year. I will be filling out the vacant positions in the next few weeks. If you are asked to serve in one of those critical positions, please say yes. If you know someone you believe would be a good member of the membership team, please let me know.

Please encourage your fellow club members to actively recruit new members, to make membership in your club more meaningful, and to help us open a new club in your area. With your help, we are going to have another spectacular year under the leadership of Governor Eric!

(John Morris continues as Capital District Membership Coordinator. Five years ago, he served as district governor.)



CONVENTION RIBBONS FROM A CENTURY AGO

Your editor visited a Roanoke estate sale a couple of weeks ago and came upon a rare find – DCON and ICON delegate ribbons from the 1930s. They once belonged to Norman McVeigh, president of the Roanoke Kiwanis Club in 1933. McVeigh, founder of the Roanoke grocery chain Mick-or-Mack, attended many Capital District Kiwanis conventions over the years and evidently kept his bling. One of the badges was from the Kiwanis International convention held in Los Angeles in 1933, 90 years ago! The DCON ribbons included Baltimore, Lynchburg, Washington and Roanoke, all among the 10 original clubs within the Capital District, and most of which are still active today. McVeigh, who died in 1974, was one of 10 Roanoke Kiwanians who launched the local club’s foundation in 1955.



Happy Anniversary

Organization dates

October

Crewe, VA.....	1924
Manassas, VA.....	1924
Chesapeake, VA.....	1927
Midlothian-Chesterfield, VA.....	1950
Northwest Washington, DC.....	1955
Mercury 64, VA.....	1962
Gloucester, VA.....	2008

November

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



VIEW THE DISTRICT YEAR IN REVIEW VIDEO HERE!

PICTURES GALORE!

If a picture is indeed worth a thousand words, Susan Corrigan of the Kiwanis Club of Winchester has just published a novel...

Susan, editor of the Winchester club's monthly newsletter, the *Kiwanis Kourier*, ran more than 150 photographs in the October issue. It's a great "snapshot" of what the club is all about.

The issue includes headshots of all 103 presidents who have served the club during its history as well as an array of photos from the club's recent installation of 2023-24 officers and candid shots from a recent Firepit Friday Social.

If you would like to see a copy of her most recent newsletter, please email Susan at editor@winvakiw.org.



GETTING IT RIGHT....

In an effort to strive for accuracy, the Capital Kiwanian will print corrections in ensuing issues when errors are called to our attention.

At least two mistakes appeared in our August/September issue:

The sponsoring club of the new Mathews Kiwanis Club is the Kiwanis Club of Middlesex, although Williamsburg Kiwanis was well represented at Charter Night in July.

The Southeast Fishing Clinic held at Buckroe Beach in July attracted more than 250 kids and 50-60 volunteers. Those numbers were reversed in our last issue.

We regret the errors but thank sharp-eyed readers for pointing them out. – Ed.



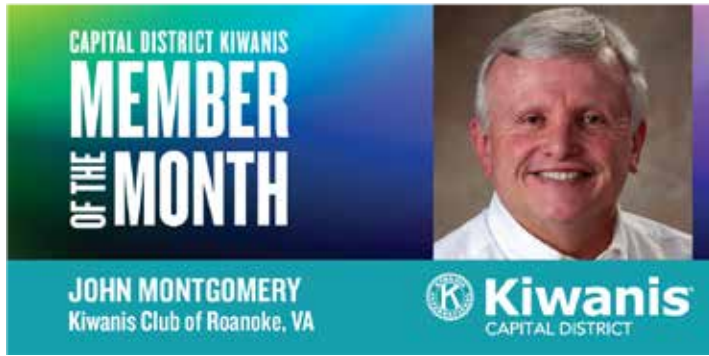
MUSEUM MATERIAL

The Kiwanis Club of Fredericksburg observed its 100th anniversary earlier this year. As part of the continuing celebration, the Fredericksburg Area Museum has installed an exhibit paying tribute to the club's impressive history. Division 2 held its August DCM at the museum and attendees toured the museum.

--Submitted by Past Division 2 Lt. Governor Kaitlyn Blume



September



John Montgomery, Kiwanis Club of Roanoke, VA

“John joined the Kiwanis Club of Roanoke in 1997 and a year later was invited to join the board. He served as a distinguished Club president from 2004 to 2005 and four years later he served as his division’s lieutenant governor. John has held the position of secretary/treasurer for the club for many years and during the past year, he has also served as editor of The Capital Kiwanian. From 2018 to 2021, he also served as the Southwest Virginia Region trustee. He is always willing to help with a local, Division or District project and lend a helping hand or provide guidance to anyone who can use his expertise. This is also demonstrated by his serving as an educator within the Division and District. John is always the humble gentleman and truly exemplifies the definition of service to others.”

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



Kiwanis Club of Tysons, VA

“In addition to a full slate of ad-hoc service projects this year, the Kiwanis Club of Tysons resumed its Safe Sitter babysitter training in full force which was submitted to KI as a Signature Project having graduated now over 1000 students since they began the project. They helped support the new Kiwanis Club of Haymarket/Gainesville by inviting them to partner on their annual summer fundraiser -- concessions at 8 concerts at Jiffy Lube Live. The club celebrated its 25th anniversary as a Kiwanis club this June with the official announcement that they are launching their first massive-scale fundraising project, an annual Kiwanis Polar Dip event in Reston, Virginia on February 10th, 2024. This event, previously named the Virginia Polar Dip benefiting Camp Sunshine has raised \$1,000,000 in its previous 18 year run. The club has done a couple of large meal-packing projects for Food for Others this year and has also increased its membership by 30% so far with a few more prospects still in the pipeline. They continue to support an impressive 9 service leadership programs.”



Family Ties

Key Club ERINA HAQUE, GOVERNOR

Hello Capital Kiwanians:

Happy fall! With spooky season coming around, the Capital District Key Club board is very excited to be hosting our annual Fall Rally at Kings Dominion October 21. This year will mark our return to the traditional Fall Rally location since the start of the COVID-19 pandemic. Inspired by our District Project (Earth Awareness), we will have guest speakers from an environmental organization, hosting a gardening supply drive; and we will have fundraising for One Tree Planted, an international non-profit that aims to combat environmental issues through reforestation.



We also recently had our district board meeting at Kiwanis Family Weekend. In addition, Key Clubbers had the opportunity to connect with their Kiwanis and CKI counterparts based on their regions to build a plan for reactivating and chartering clubs. The weekend concluded with a "dog toy"-making service project. Although the storm disrupted our plans for the annual campfire, we still had lots of fun playing games, performing skits, and enjoying each other's company.

The Capital District executive board also held its annual virtual training conference on two different dates: September 17 and October 1. We had 100+ students register for our virtual training conferences. We hosted five sessions to provide service leadership training, one of which was our new member leadership skills session.

The district board committees have also been at work. I thank the Convention and Events committee for their dedication in planning Fall Rally. Our Communications committee has developed two tiktoks/reels promoting Fall Rally, one of which went viral with over 3,000 views on TikTok and 5,000 views on Instagram. The Member Services committee has compiled promotional resources for Key Clubs, and has been working to develop a district chartering/rechartering guide. Our Service Programs and Partners committee has been working on Instagram spotlights for service projects. The Kiwanis Family committee led the games at K-Family weekend, and is planning a Capital Kiwanis Family webinar. Lastly, our new district language services committee has been very successful in translating graphics and posting updates. We have also been in the process of onboarding our language services translators and 1-2 member representatives to each of our district board committees.

As always, I am proud to be a part of such an incredible Capital District Kiwanis Family. Thank you all for continuing to support your communities and Key Clubs.

Yours in Friendship and Service,
Erina Haque

CKI NAZIRA DJOR, GOVERNOR

Hello Kiwanians!

First and foremost, congrats on the new year! It was an absolute delight for me to attend the "Service of the Ages" convention in Richmond in August and have the opportunity to meet so many new faces, many of whom I now consider friends within the Kiwanis family. I am looking forward to the chance to further strengthen our connections and continue our journey of service throughout this coming year.



In addition, I'm thrilled to share that the Capital District CKI clubs have had a fantastic start to the fall semester, from actively participating in club fairs to successfully organizing their initial service projects. It's evident that the energy and enthusiasm are building as we approach our Fall Membership Rally, scheduled Nov. 4-5 in Front Royal. The goal of this rally is to foster a sense of unity within our district, a level of connection we haven't experienced since 2019. We envision a weekend filled with fellowship, service and leadership, and we can't wait to make it a memorable experience for all!

Once again, I extend my sincere thanks to all Kiwanians for your continued support and dedication. Your unwavering commitment is truly the cornerstone of our shared success as we moved forward with the new Kiwanis board taking the reins and the retiring board transitioning into fresh roles. Together, we will continue to nurture and grow the Kiwanis Family!

Yours in Service,
Nazira Djor

Service Showcase



50TH ANNIVERSARY WILDERNESS TRAIL FESTIVAL TURNS OUT RECORD NUMBERS IN CHRISTIANSBURG

On Sept. 16, Main Street in downtown Christiansburg was flooded with thousands of people who came to shop at the arts and craft booths; experience the heritage trade and skill performers demonstrating assorted talents; enjoy live entertainment; take part in the children's area; observe antique and classic cars; and consume delicious food.

A record number of vendors displayed and sold hand-crafted products to shoppers. Many vendors expressed intent to come back next year by pre-registering and paying booth fees in advance.

The children's area traffic was brisk with children enjoying the inflatable bouncy house and slide, face-painting, the cork gun games, a clown, the Christiansburg Aquatic Center's pirate, and the first responders' equipment.

The two entertainment stages drew large numbers to enjoy various presentations by local talent. People lined up to purchase food from 10 vendors offering a large variety of cuisine. Many people participated in the silent auction and the raffles conducted by the Kiwanis Club of Christiansburg.

This event is the largest fundraiser each year for the Christiansburg club and 100 percent of the proceeds go back into the community; most go to children in need of support. The club was founded in 1949 and has added 15 new members this year.



--Submitted by Ernie Wade

LITTER PICKUP IS CLUB STAPLE FOR NORFOLK KIWANIS

Like the spring and fall equinoxes, trash pickups anchor the Kiwanis Club of Norfolk's annual calendar. The club is immersed in Adopt-A-Spot, part of the "Keep Norfolk Beautiful" campaign.

The club's most recent trash pickup was held Saturday, Sept. 30, with members meeting at Doumar's Restaurant at 8 a.m. for breakfast before going to work. In addition to serving a tasty meal, Doumar's allowed the club to use its dumpster to deposit the collected trash at the end of the project.

Going into this fall's project, "Fearless leader" Dave Harlow reported the following statistics:

- The club had conducted 22 trash picks-up since 2014;
- Total number of club volunteers over that time: 285;
- Trash collected: 3,434 pounds;
- Approximate labor savings to the City of Norfolk: \$18,126.

Our Firm Foundation

NEW LEADERSHIP TEAM READY TO ROLL

As we go to press with this issue of the Capital Kiwanian, 2023-24 Foundation President Hiawatha “Hi” Nicely (a dual member of both the Botetourt and Roanoke clubs) is hospitalized with COVID pneumonia, but although he’s is temporarily waylaid, Hi is sending texts and other communications, all the while vowing to be back on his feet soon.

Hi is proud of this year’s Foundation leadership team and sings high praises of his fellow officers: President-elect Dave Laraba, Vice President John Tyner, Immediate Past President Ed Daley, Secretary David Lurie and Secretary Nancy Simonelli, all of whom bring extensive foundation experience to the table. Each officer is elected to a one-year term.

Capital District Kiwanis Officers Eric Lamb (governor) and Jeff Wolff (executive director) also serve in ex-officio positions on the Foundation board.

“As of October 1, we’ve completely overhauled the organization. We’ve reorganized with seven regional directors,” Hi says, comparing the set-up to Capital District Kiwanis. “We still have one coordinator for each of our 20 divisions, but our hope with the reorganization is to invite more club participation with the Ducky Derby, the Caring Corner, and with overall annual giving.”

Hi highlights the work of Nancy, who has developed a training manual for use by division coordinators, and David, who has improved the internal accounting system.

The Ducky Derby this past August was conducted entirely online; tickets were purchased using a QR code. “It was a total transition, no paper at all,” says Hi, an experienced fundraiser who has helped organize several banks in Southwest Virginia during his long career in business. This year’s Ducky Derby raised \$13,395, not bad for the new format. “We fell a bit more than \$1,000 short of our goal,” Hi says, “but we’re now set up for full speed ahead. Longtime Kiwanian and regional trustee Charles Marks has agreed to head up the program again next year.”



The seven regional directors for this year include:

Brian Bell, National Capital Region (Divisions 1, 2 and 3);

Scott Phillips, DelMarVa Region (Divisions 5 and 6);

Sue Vona, Blue Ridge Region (Divisions 4 and 8);

To Be Determined, Heart of Virginia Region (Divisions 9 and 10);

Joann Brooks, Southeast Virginia (Divisions 12, 13 and 14);

Don Witt, Southwest (Divisions 15, 16 and 17);

Larissa Cason (Divisions 18, 19 and 20).

Division coordinators are in the process of being filled.

From the Kiwanis Children's Fund

WE HAVE REDEEMED OUR ELIMINATE PLEDGE

BY PG JOHN TYNER

Thanks to all our members and their clubs and foundations, the Capital District has completed its \$3,000,000 pledge towards fighting Maternal and Neonatal Tetanus affecting mothers and newborn children around the world. We began this effort at our Geneva International Convention in 2011 and have had, over time, donations from every single club in the district -- one of the very few districts who can demonstrate that achievement. We also had 27 legacy model clubs who gave more than \$750 per member during the campaign, plus contributions from Zeller Fellows and many of our sponsored youth clubs.

At the end of the official Kiwanis campaign on 12/31/2020, our district still had \$237,000 to raise to complete our goal. Most other districts were also shy of their goals. What is particularly impressive about Capital is that two-and-a-half years later, as members followed along with progress of eliminating MNT in all but 12 countries, we finished up thanks to all of you. If anyone is interested in the nitty-gritty history of what their club had done within our efforts, I can provide it, but the bottom line is that we are one of only four districts who have completed their pledge!

Here is Kiwanis Children's Fund President Filip Delanote's note of congratulations to Governor Jen on behalf of all of us. As the MNT District Coordinator, I am so proud of all of you!

October 3, 2023

Dear Gov. Jen,

It is with deep gratitude I want to extend my heartfelt thank you to you and every one of the Capital Kiwanians who donated so the district could achieve its pledge to The Eliminate Project. Millions of mothers and their future babies are saved and protected by of the generosity of your members and because of your leadership during your year as governor.

Together, we have achieved so much, and I am proud to share some of our collective accomplishments. First and foremost, our fundraising efforts have been nothing short of extraordinary. Through your combined determination and generosity, we successfully raised and leveraged over \$120 million for The Eliminate Project -- Kiwanis' fight against maternal and neonatal tetanus. The impact of this campaign led to a significant achievement -- an estimated 100 million women receiving vaccines and eliminating the disease in 27 countries. We just learned at international convention in Minneapolis that two more countries -- Guinea and Mali in West Africa -- are conducting their validation surveys meaning, if successful, MNT would remain a threat in only 10 countries globally. This means that countless lives have been saved or protected, and countless families have been spared the agony of this preventable disease. With each donation, together, we are leaving an enduring mark on history.

Kiwanians around the globe answered when called upon to help these mothers and babies. The Capital District is no exception. With Capital District's collective giving from clubs and individuals towards The Eliminate Project, I am thrilled to share that Capital ranked in the top 10 most generous districts worldwide. Furthermore, your district is only one of four districts to fulfill their pledge to The Eliminate Project. Your contributions have made a significant impact, and we are deeply grateful.

As we forge ahead, I am confident that you will continue to be the champions of change and will help children in need through your continued support of our Kiwanis Children's Fund. Your compassion and unwavering commitment know no bounds, and we are honored to have you as an integral part of our Kiwanis family. Thank you for being a beacon of light in the lives of children worldwide. Together, Kiwanis makes the impossible possible.

With warm regards and deepest appreciation,



Filip Delanote
President, Kiwanis Children's Fund

Eye on KI

Here is some recent news distributed by Kiwanis International:

7 WAYS TO RECOGNIZE YOUR CLUB MEMBERS

As you are setting up and putting into practice your club's framework for performing community service this Kiwanis year, don't forget to recognize deserving members.

Kiwanis members work hard while serving their respective communities. Kiwanis International wants to help you celebrate them. Plaques, pins and certificates are important, but they are only part of the story. Remember that personalized items take a little longer; allow 6-8 weeks for customized products.

How can you honor your members? Here are a few ideas:

- Host a ceremony. This might be part of your year-end celebration; consider combining it with your installation of officers next fall. Keep careful records this year; involve your committee chairs and encourage them to follow suit. Then, recognize members by having the club president present awards with certificates or appropriate bling or hardware. Ask recognized members to stand when announced.
- Record and share a video. Honor special Kiwanians with a video that explains who they are and why they are being recognized. And thank them for their service. Then share the video on social media. Another option: personalize and post it on your social media accounts.
- Place a yard sign outside members' homes. This is a great way to publicly recognize your Kiwanis club members. For members who don't have a yard, purchase a sign without the base for window display.
- Purchase a recognition plaque. Engrave a plaque with the names of Kiwanis members who have done great service or in memory of Kiwanis members who have passed away.
- Send or give handwritten notes. Personalized notes written by fellow club members are a great way to show how much Kiwanians appreciate each other's service.
- Send or give a postcard or club-personalized gift. Create a postcard with a club photo or have one signed by every member. Another option: have members sign Kiwanis gear such as aprons or hats.
- Create a shadow box. Remind a member of a specific project by creating a personalized shadow box. Gather items from the project and frame them. Check out Kiwanis-branded project supplies for service items you can place in that box.



Beyond the Call

THE PASSING OF A DISTRICT ICON

The Capital District lost an icon from the Southwest Region Sept. 10 with the passing of Abingdon (VA) Kiwanian Jack White.

White's death prompted an outpouring of tributes and anecdotal memories from Kiwanians well beyond his immediate community. The outspoken attorney was never shy in expressing well-researched opinions on a variety of subjects.

Jack, 87, was a Kiwanian for more than a half-century, following his father by joining the Abingdon club in 1964. Jack was well-known throughout the district, serving as a Lt. Governor four times and Capital District regional trustee from 2004-07, the first Southwest trustee following district reorganization nearly 20 years ago.

Jack chaired the district's membership TAG team ("Together Achieving Growth") 15 years ago, and was successful in luring a district board meeting to Abingdon during his tenure. Jack was an unofficial advisor to many Capital District governors, and at one time was a "classmate"

of another Lt. Governor, Art Riley, who eventually became Kiwanis International President.

Jack was an unabashed cheerleader for the region, skilled in various forms of communication. For a short time after college graduation, Jack was a full-time journalist.

Leaving media work to go to law school, Jack became a successful lawyer who eventually started his own practice. At one time Jack's firm employed 14 attorneys in three offices, one of the largest law offices in the state of Virginia west of Roanoke. He was particularly proud of his advocacy for opposing library censorship, and was prominently featured in a 60 Minutes television segment that highlighted this successful opposition.

Jack was actively involved in extracurricular activities within his profession, his community and the Episcopal church.

Jack became technology proficient ahead of the curve and put together a series of recordings, interviewing



prominent Kiwanis leaders both inside and outside of our district.

His survivors include wife, Sylvia, two children, 10 grandchildren, and six great-grandchildren. A daughter, Stacy, preceded him in death.

--JAM

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CHILDREN'S FUND



GIVE TO IMPROVE CHILDREN'S LIVES. ACT TO HONOR SOMEONE'S SERVICE.

A gift to the Kiwanis Children's Fund helps provide grants for local *and* global Kiwanis service projects. **Last year alone, the Children's Fund awarded US\$1.6 million in grants.** That money helped Kiwanians improve kids' lives through the Kiwanis causes: health and nutrition, education and literacy, and youth leadership development.

Your gift can also celebrate people. With these opportunities, we can honor your generosity — or you can honor someone's service. An outgoing club president. A retiring club member. Any Kiwanian or community member who deserves to be celebrated!

George F. Hixson Fellowship



Named for the first president of Kiwanis International, the Hixson Fellowship **honors Kiwanis members that give US\$1,000** to the Children's Fund during the Kiwanis year. More than 200 individuals were awarded this fellowship in 2021-22.

With a Hixson Fellowship, you receive a lapel pin and optional certificate to recognize your support.

Dr. Wil Blechman Fellowship



With a **gift of US\$2,500**, you will be honored as someone who continues the legacy of "Dr. Wil." A Kiwanis International president, a doctor and a Kiwanian for 70 years, he led the creation of Young Children: Priority One, a Kiwanis program that

addressed the needs of kids up to 5 years old — and laid the foundation for international Kiwanis campaigns to come. With this fellowship, you will receive a lapel pin and optional certificate to recognize your support.

Founders Circle

A society of donors whose lifetime gifts amount to US\$25,000, Founders Circle is a longtime goal for many Kiwanians. This honor celebrates those individuals and couples for their commitment to generosity — and includes further recognition levels for gifts up to US\$1 million.



HELP KIWANIS SERVE KIDS — AND THANK THOSE WHO HAVE DONE THE SAME.

kiwanis.org/helpkids



Partnerships Build *play*

Working in partnership with Kiwanis to mobilize philanthropic dollars for play and fitness spaces.

