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CONTENTS Volume 13, Number 2



GOVERNOR'S MESSAGE	»» 3
EXECUTIVE DIRECTOR	>>> 5
GOVERNOR-ELECT	»» 6
VICE GOVERNOR	»» 7
AROUND THE CD	»» 8
EDUCATION NEWS	»» 9
MEMBERSHIP MOMENTUM	»» [[
CAPITAL RECORD	»» 3
FAMILY TIES	»» 15
SERVICE SHOWCASE	»» [7
KIWANIS CHILDREN'S FUND	»» 19
OUR FIRM FOUNDATION	»» <u>2</u> 1
EYE ON KI	»»23

COVER: Tuckahoe Kiwanis member Joe Stankus brought "Santa" to the children during the Kiwanis Club of Mathews "Breakfast & Donuts with Santa" Event.





In October 2023 the Kiwanis Club of Lynnhaven (represented by Nancy Simonelli. left) presented a \$2,000 check to the principal of Lynnhaven Elementary School, Dr. TaShenna Wiggins, to use for students' immediate needs.



2023-24 LEADERSHIP INFORMATION

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Governor's Message C. ERIC LAMB, 2023-24 GOVERNOR



TIME TO CELEBRATE AND REFLECT

Happy Holiday Season Capital Family,

How is it the Holiday Season already? Didn't we just have summer like three weeks ago? This particular time of year is so important to any organization - but especially one with a focus on Kids such as Kiwanis has.

It is a time to celebrate and reflect, a time to set goals and a time to determine a new path. It always amazes me how a child can take a box of crayons and blank paper and make a masterpiece, one that is celebrated by many. We as adults often need directions or permission to lend color to our blank paper. This season let's think about putting color on our paper for the upcoming year.

Celebrating is easy. Look at all the accomplishments, the happy times, the new members, the fundraisers, the friendship-building moments and everything that is positive. I encourage every club member to celebrate something about Kiwanis this season. Were you part of a successful event? Did you help bring in a new member? Did you help lead a fundraiser that took your club in a new direction? Make a list and put it in a place where you can see it often.

Celebrate your Kiwanis work and share your list with two people: 1) a Kiwanis friend; and 2) a non-Kiwanian. The Kiwanis friend will celebrate with you and share ideas while the non-Kiwanian will often ask questions. This could be a chance to bring a new member into the family. I often like to say "Not Yet-Kiwanian" instead of non-Kiwanian. Remember the No. 1 reason people don't join Kiwanis is because they are not asked.





Reflecting has always been something I enjoy. I am a ponderer, a person who often thinks too much. I analyze, look at all sides of the box. I am often described as taking all the crayons out of the box and arranging them in a pleasing way before I start. Another way to say it would be that I am a puzzle-solver. I like things that make sense; I like things to fit together in a clear way instead of all jumbled.

Reflection is important because without it we cannot effectively decide if what we are doing is working. My club has come to know "The Good, The Bad and The Ugly" meeting. What is working GOOD; what went BAD (and should be replaced by something better next time); and what was UGLY (let's never do that again).

Looking at these three areas helps us focus our clubs, our social gatherings and our events so that we are maximizing FUN, optimizing results, minimizing stress and burnout.

"Setting Goals" is something I believe in. The end point is more important than the path you follow to get there. Each year I was club president and later a Lt. Governor, I set BIG goals. I didn't always know if they were ultimately achievable, but I understood that if I put them on paper, I was doing a very important part: I was setting a goal.

Having a goal helps determine the next few months' direction. One of my goals this year was to finish 90 percent of my professional recertifications by December 31. I am on track to do that. In the past, it would take me until practically June every two years to recertify. Make a goal; that leads to a plan and that leads to success.

Sometimes, I need to decide that change is needed. Sometimes the path I set for myself or an organization that I am working with has not gone as well as it should have. That is OK! It is perfectly normal when not everything works. The important part is how we respond. What did we learn from the experience and how should we go forward? This time of year is the perfect restart. Take January 1 as a new beginning. The only failure is not continuing. Every inch forward toward the goal is something to be celebrated.



DANIELS, WV MARCH 8-10, 2024

So, let's take our crayons and our blank paper and make a masterpiece and a new "Wild and Wonderful" path into the future.

Midyear conference will be here before you know it. The planning is going well and we have some fun things on tap you will want to be part of. Plan to join us at the Resort at Glade Springs (Daniels, West Virginia) March 8-10.

May you all have a very special Holiday Season filled with amazing memory-making moments.

Yours in Service,

C. Eric Lamb

Notes from the Executive Director

BY PG JEFFREY WOLFF

RUNNING MORE EFFECTIVE CLUB BOARD MEETINGS

Every Kiwanis club has a board of directors to ensure smooth club operations, to lead club initiatives, and to create and uphold the club's vision — all with the club's best interests in mind.

Most of the board's tasks are related to these functions: administration, decision making and strategic planning. Some administrative tasks include:

- Determining the good-standing status of members in accordance with club policy;
- Setting an annual budget (before October 15 each year);
- Assuring the club complies with applicable governmental rules and regulations;
- Overseeing the implementation of club policy (and performing an annual review to make sure it stays current);
- Keeping the club's strategic plan current;
- Assuring the club is meeting its financial obligations, including the annual review of financial statements by either a standing financial review committee or a qualified accounting firm;
- Other duties as assigned to the board in your club bylaws and policies.

The board should meet regularly at a designated place and time. The board may also hold special meetings at the call of the president via a majority vote of the board, provided at least 48 hours' notice is given to all board members of the date, time, place and topic.

The board may meet and conduct business by any method that allows all participants to simultaneously communicate with each other. This may include online technology such as Zoom or conference calls.

However the conversation takes place, participation constitutes attendance. Attendance is important to determine that a quorum was present if any action was taken. For a club board meeting, a quorum is defined as more than half of the board members. Without a quorum present, the board should not take any formal action.

Formal agendas should be provided in advance for each board meeting that spell out exactly what business will be conducted at that meeting:

- 1. Call to Order
- 2. Quorum Determination
 - Consent agenda (officially accepted by the board in a single vote)
 - · Secretary's report and minutes
- 3. Treasurer's report
- 4. Action agenda (each item is voted on individually)
 - · Committee reports that require action
 - · Funding requests outside of the approved budget
- 5. Information agenda
 - Committee reports that do not require action
- 6. Future business
- 7. Adjournment

Robert's Rules of Order Newly Revised should be the parliamentary authority for all board meetings. The purpose of a parliamentary authority is to define the rules related to the orderly transaction of business. All parliamentary authorities are based on the principles of parliamentary law to balance the rights of individuals or groups within an organization's total membership. Ultimately, the will of the majority decides what matters, but only after full and free discussion. It's strongly recommended that the club purchase a copy of Robert's Rules, at least the "In Brief" edition and follow the basic guidelines to ensure that everyone's voice is heard at your meetings.

A great deal of conflict can be avoided, by a few simple measures such as:

- never conducting business without a quorum present;
- having the board chairperson (usually the club president) stay neutral on discussion topics and just moderate the meeting;
- facilitating discussion evenly between pro and con

From the Governor-Elect

BY JOSH HISCOCK

NEXT (KIWANIS) YEAR IS NOT THAT FAR AWAY...

Greetings, Kiwanians!

While the current Kiwanis year is just getting started, plans are already underway for the 2024-25 administrative year which launches October 1, 2024. District leaders are beginning to set goals, examine trends and metrics, design new initiatives, and draft plans to ensure that all Kiwanis clubs and members find success in the years ahead. The process resembles assembling a large puzzle, with each task being just one portion of the overall effort. There is one critical piece of the puzzle missing thus far. That piece is YOU!

If you want to be part of the action in the year ahead, now is the time to share your interest. Many divisions are searching for Lt. Governors. Several district committees need new, energetic members – and in some cases a chairperson, too. If you would like to step forward and share your skills, experience, and interests in some way, please complete this brief survey.

Rest assured, completing the survey does not commit you to a role. It does not lock you into being a district volunteer in 2024-25. In fact, it does not obligate you to ever take on a volunteer position within the Capital District. What completing this brief survey does do is let your Kiwanis leaders know what talents you have and how you might wish to put them to use in our organization in the future when the time is right for you.

Trust me, I know many of you are already overcommitted to the important service work your club is doing in your local community. However, it is critical that all Kiwanians have an opportunity to share their skills and participate in leadership opportunities at the district level. These roles provide a chance for personal growth, professional growth, and leadership development, as well as the opportunity to effect meaningful change within Kiwanis. New ideas and new feedback from new voices propel us forward to becoming a more inclusive organization that better represents our clubs and our communities. Kiwanis needs this now more than ever before.

Please take a moment to complete the survey. Should you have any questions about getting more involved, do not hesitate to reach out to learn more. The best way for us to ELEVATE Our Impact is to do it together as a team. (See the previous issue of The Capital Kiwanian to review what the letters of the acronym ELEVATE stand for.)

May we travel through the holidays with grace and show kindness to those with whom we interact. Wishing you all a happy, healthy, and safe holiday season with those you love

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

RUNNING MORE EFFECTIVE CLUB BOARD MEETINGS (continued)

arguments on matters;

- making sure that the same person doesn't speak twice on a topic until everyone else who wishes to speak on the topic has done so;
- ensuring the board isn't re-doing committee work at the board table – if the board doesn't like any option submitted by a committee, they should refer it back to the committee with notes;
- always clearly re-stating motions prior to any vote.

If your club ever has a question about proper parliamentary procedure or how your club board should operate, please do not hesitate to reach out to me.

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

From the Vice Governor

BY TIM GILLETTE

'WEALTH IS NOT POSSESSION BUT ENJOYMENT'

Greetings Capital Kiwanians! It's hard to believe that we're almost a quarter through the Kiwanis year, and a quarter through my term as Vice Governor.

It's been a busy first couple of months. One of my home clubs, the Leesburg club, puts on the longest running Halloween Parade on the East Coast. Thousands of local children lined King Street as dozens of organizations drove their floats and tossed candy to the attendees. Kiwanis members from across Northern Virginia helped provide logistical support during the parade and it was a huge success. My other home club, the Tysons club, spent time collecting and bagging hundreds of pounds of candy that was shipped overseas to our armed forces.

In November, I attended the Fall Membership Rally for Circle-K at the Front Royal 4-H camp. The students participated in a Scavenger Hunt, workshops, and did a service project. I was impressed by the dedication of these future leaders, who took time out of their busy schedules to participate in the weekend's events.

On an administrative side, I've been participating in many calls on a variety of topics. The mid-year committee, chaired by Dave Laraba, has been busy planning The Wild and Wonderful Midyear Conference, the first Capital District conference to be held in West Virginia. The membership committee, through the leadership of John Morris and James Shackelford, has already had a successful new club build in the Rockbridge area of Virginia. The membership team has been meeting to look at new, innovative ways to help increase membership in the district.

It's interesting being the first Vice Governor of the Capital District. You have the opportunity to set a precedent for future vice governors, but you don't have the privilege of having a predecessor to ask for advice.

My philosophy so far has been to divide my three years into understanding, planning, and executing. Year 1 is a year of understanding. My goal is to listen as much as possible to understand the issues facing the clubs in the district. Year 2 will be a year of planning. After understanding the issues, we need to formulate plans of action, build teams, and prepare for the following year. The final year will be a year to execute. The plans will be put into place, teams will act, and hopefully leave the Capital District in a better place than it was.

The holiday season is among us. Throughout the Capital District, Kiwanians will gather to serve, gather in fellowship, and to reflect on the last year. I encourage everyone to reflect on why we are Kiwanians, and as we gather with our friends and family who are not Kiwanians, share the great things we're doing. Tell them about the meal packing event, or the Little Free Library you helped build. Show them pictures of a happy scholarship recipient, or the new playground that was built in your town. Invite them to a meeting or to a service project.

I'd like to close with a quote from Henry David Thoreau: "I am grateful for what I am and have. My thanksgiving is perpetual... O how I laugh when I think of my vague indefinite riches. No run on my bank can drain it, for my wealth is not possession but enjoyment." I hope everyone considers their membership in Kiwanis as personal wealth, and enjoys serving the children of the world.

Corey, Natalie, and I would like to wish everyone a happy holiday season, and a prosperous New Year!

(Tim Gillette is on schedule to serve as Capital District Governor in 2025-26. He is an active Kiwanian in two clubs, Leesburg and Tysons.)

Around the CD

A compendium of news briefs regarding recent happenings throughout the Capital District. Should you have an item you would like to share in a future issue of The Capital Kiwanian, please email it to: editor@capitalkiwanis.org

Win-win situation for Lynchburg, Williamsburg clubs

The Kiwanis Club of Lynchburg and the Kiwanis Club of Williamsburg have developed a win-win fundraising project in the fall, with 2023 being especially profitable. Selling shrimp has been a fundraising (and tasty!) venture for both clubs for several years.

Lynchburg coordinates a trip to Maine to pick up the product in early November and then Williamsburg picks up their allotment from the Lynchburg club after the return delivery.

Williamsburg lobster sales chair Mike Lewis reports his club sold more than 500 lobsters this year, paying Lynchburg a \$1 premium per lobster as a transportation fee.

It's a classic case of clubs working together to benefit their respective communities.

Kiwanis and Rotary join forces

The Kiwanis Club of Bethesda (MD) held its traditional Thanksgiving meeting on November 21, joining the Bethesda-Chevy Chase Rotary Club for a joint luncheon. Combined attendance exceeded 40. The keynote speaker was Mark Shriver, president of Don Bosco Cristo Rey High School in Takoma Park, whose uplifting message focused on a common theme heartily endorsed by both organizations: service and giving back. The tradition of the two clubs meeting together at Thanksgiving goes back several decades.

Selling ads to boost admin budget

The Kiwanis Club of Williamsburg is now actively selling advertising to its membership in its weekly newsletter, the Kiwanogram, to help underwrite the club's administrative budget.

For a business card-size ad, the cost is \$20 per month, which averages less than \$5 per issue, billed in six-month increments. A \$40 ad (double the size) is also available. The concept has multiple benefits – providing an affordable advertising opportunity as a member benefit and helping the club at the same time.

New book club comes to the Star City

The Roanoke Kiwanis club has recently started a book club where members (and prospective members) are invited to chat for approximately one hour once a month to discuss recent (or longtime) favorite book titles and genres. The first meeting was deemed a success as seven participants met for an hour. Board member David Hartman is serving as project chair.

The club held its initial meeting in mid-December via Zoom to set up general parameters. Rather than reading one book together, the group has decided to share individual recommendations with the entire group. The January gathering will be held at the South County Library on Merriman Road in person, January 31 from 5:30–7 p.m. Refreshments will be shared as well.

December reminders from the Governor

In his column emailed to district Kiwanians in early December, Capital District Governor Eric Lamb urged our members to focus on three points this busy holiday season:

- 1) The Kids... They are the primary reason we do the work we do, and that is the important work of Kiwanis. What specifically can you do, not just through Kiwanis, to help children in your area?
- 2) The Gratitude... Send a note to the person who sponsored you into Kiwanis and let them know how much it has meant to you.
- 3) The Legacy... In this holiday season, consider making a gift to your club's foundation to ensure it continues to help children in the years to come. If your club does not have a foundation, consider making your gift to the Kiwanis Capital District Foundation.

Education News

GET TO KNOW YOUR TEAM

BY SAMANTHA BOSSERMAN

Many people shutter at the phrase "icebreaker" even without considering the idea of it being cold. Icebreakers are those little activities where a facilitator or team leader asks you to tell the group something about yourself, participate in an activity, or something else that some find uncomfortable or painful.

I am a bit biased because I could do icebreakers all day, but there is some value in getting to know your team members in Kiwanis and icebreakers are a quick and easy way to accomplish this goal.

Whether you call them warm-up activities, icebreakers, or a getting-to-know-you exercise, the goal is the same: get to know your fellow team members to help your team develop and grow. For anyone who has worked on a team at work or in school, you may not see your Kiwanis team as one that needs developing.

You may only see each other once per month and your paycheck does not depend on it, so why put in the work? A strong Kiwanis team can produce even stronger results for your community, which in turn benefits more children.

Let's unpack that a bit. Kiwanis clubs are led by their officers. Club officers conduct the business of the club through board meetings and committee meetings. Decisions are made at the board meetings that help direct the club and its members throughout the year. The members do the work and serve the children of the community. If the club officers do not have a good understanding of each other and cannot function as a team, what do you think the outcome of those decisions will be?

If the club and its members do not have a clear direction or strong leadership, what impact will that have on the community? Club board members could be spending their time arguing and gossiping rather than planning impactful events for the club. Club leaders could be shutting down ideas from club members that prevent those ideas from serving the children. What is the first step in building a functional, high performing team? Get to know each other; as a human first, Kiwanian second.

So now that we have determined the why, let's work on the how. At each board meeting, have someone plan an activity to help to get to know each other. There are so many great options out there, so do a little Googling and find some! Below are a few good ones that I have used in the past with teams.

What is your Why?

Ask: why did you join Kiwanis and why are you still a member?

First/Last.

Ask: what was your first car/job/concert/Kiwanis service project and what was your last or most recent of each.

Guess Who?

Ask each member to write down on an index card something unique about themselves. Collect the cards and read them out loud while the group guesses who wrote what.

Five Things in Common.

Break the group into pairs and ask each pair to come up with five things they have in common that do not include the obvious (where they live, that they are in Kiwanis, etc.). Ask each pair to share with the group.

Speed Networking.

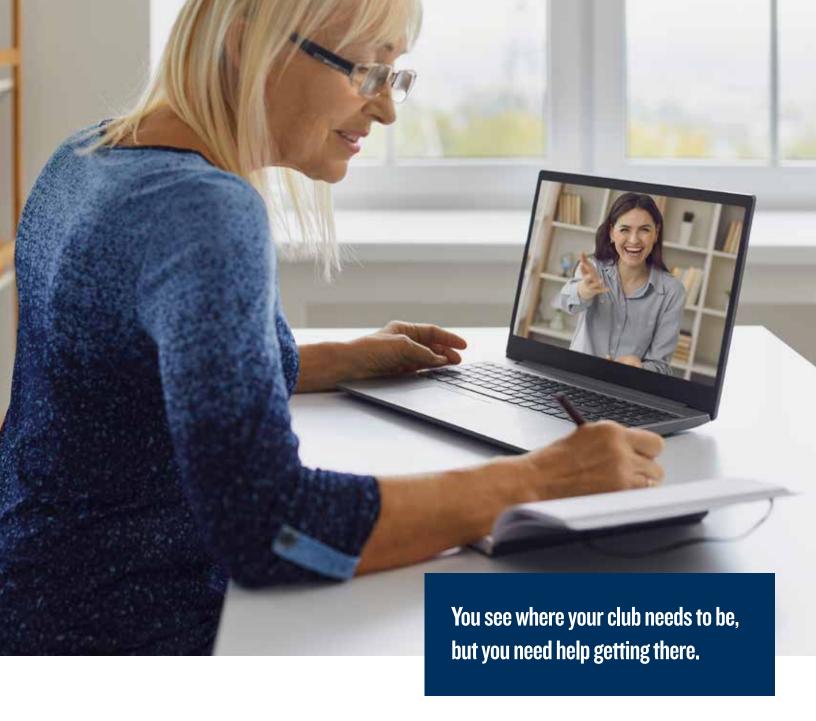
If you do not have a speaker for a meeting, you could conduct a "speed networking" exercise with your members. Have half of the members sit and the other half rotate every two minutes and do some speed networking. Come up with a list of questions. (I am happy to send you a list I have used in the past if you email me.) Encourage quick getting-to-know-you conversations.

It is also important that the club gets to know new club members. Make sure your new club members have the opportunity to share a little about themselves at a meeting. Assign a mentor to help orient the new member and encourage the mentor to make an introduction at an upcoming meeting. Make sure to introduce yourself one-on-one to the new member to help them feel welcome and learn a little more about them.

There are so many ways to get to know your fellow board members and club members, you just need to make a commitment to do it. Be intentional about getting to know each other, plan time for it on the agenda and make sure it is not skipped.

Don't forget, icebreakers are more than just trust falls and two truths and a lie (although those are both good ones); they are a way to get to know your team to strengthen your work, and produce even stronger results for the children of your community.

(Samantha Bosserman is the 2023-24 Leadership & Education Coordinator for the Capital District.)



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 <u>Assistant Membership Coordinator Dennis Baugh</u>.



Membership Momentum

HELP YOUR CLUB BECOME STRONGER

BY PG JOHN MORRIS

Do you feel your club is struggling? Are you having trouble recruiting new members? Are you concerned your club is not having the impact on the community you would like to see? Are your members not happy?

If you answered any of those questions in the affirmative, your club probably needs strengthening. This is a common concern and one the Capital District wants to help you resolve. Indeed, Governor Eric Lamb has made it a priority of his year to strengthen our clubs.

Club Coaches

International Trustee Dennis Baugh of the Charlottesville club is the Assistant District Membership Coordinator for Club Strengthening. He has a team of almost 50 trained club coaches on standby to help you determine how best to strengthen your club. Your Lieutenant Governor and your division's membership coordinator can also help you find a good coach for your club or otherwise help you strengthen your club. They will guide you through the various tools and strategies available to help you help your club.

ACE Tools

The best place to start strengthening your club is to use Kiwanis International's Achieving Club Excellence tools, better known as ACE tools. These tools can be found on the Kiwanis International website at Kiwanis.org/members/club-toolbox, and then as Achieving Club Excellence tools under Club Strengthening Resources. The website lists potential concerns you may have about your club and then shows you which among 10 ACE tools apply to your specific concern.

A good first step is to use the Measuring Membership Satisfaction tool. It suggests several ways you can measure the satisfaction your members have with how the club is operating. It is important to know if your members believe your club is addressing their needs and the needs of the community. It could be the way you are operating or the specific projects you undertake that are the cause of dissatisfaction. If so, change the way you are operating or serving the community. Don't feel you have to be stuck in your traditional way of operating.

Times change and so do the desires of members and the needs of communities. Just because you have been doing something for many years does not mean you need to keep doing it. This does not mean you have been wrong in the way you do things; it just means that the old way may no longer be the most effective.

The next step is to analyze the needs of your community. What you are doing may no longer fill an important need in your community. Society may have changed in a way that prevents your projects from being effective. There is an ACE tool for that: Rediscovering Your Community. That tool leads your club through the process of learning what the community needs from your club and what the community will allow your members to do. It also puts you in touch with community leaders who can help you find new projects and often new members.

These are only two of the 10 ACE tools. Check them out. See which tools apply to your circumstance. Do not be afraid to analyze what you have been doing and how you have been doing it. Your club may need to change in order to become stronger.

Recruiting New Members

Consider using Kiwanis' new Two-For-Two approach. It can be found at Kiwanis.org/members/club-toolbox/ and then as Two-for-Two under Club Strengthening Resources. This is a strategic recruitment method that can be used by all clubs, whether small or large. It involves two club members being assigned to focus on recruiting two prospects each month and then to actively recruit those two prospects.

This method has the advantage of being simple and providing a workable plan for growth with accountability. It does not always result in new members, but it gets your club to focus on recruiting. Kiwanis International has found that, statistically, clubs that use the Two For Two method add members at a dramatically higher rate than clubs that do not use it.

Whether you use the Two For Two method or not, you need to develop a plan to recruit new members. Do not rely on just asking your members to invite their friends. Create a list of potential targets. Referrals from the community leaders would be a great start. Focus on the type of person who



would be a good fit for your club. For instance, if you have projects that involve your local schools, look for recently retired teachers and educators who may have much more time on their hands coupled with a love of students. Recent retirees or empty-nesters may be looking for something meaningful to fill the new-found free time in their lives.

Look at the list of occupations on Kiwanis' Roster Analysis Worksheet which can be found at kiwanis.org/members/club-toolbox and then as Roster Analysis under Sustaining Clubs. That will give your club ideas of additional members who may complement your membership.

Be strategic in your recruiting. If you are looking for younger members, find out what works for them and do it! The types of meeting used by many of our clubs may not appeal to younger prospects.

If your club is predominated by aging members, consider the "decade rule": recruit prospects who are about 10 years younger than your average member. That way, your prospects will reduce your average age while bringing in members that are more likely able to relate to your existing membership. These new members can then apply the decade rule in their own recruiting to recruit even younger members.

Start new projects that you can "sell" to your recruits. For example, start a reading program at a local elementary school. Ask non-Kiwanians to help you with that project by reading to one of the classrooms. Most people want to make a positive difference and, if you show them how they

can do that, you will likely have a new member. Your club may want to focus on a single emphasis, such as literacy or food insecurity. By having a specific focus, it may be easier to recruit members who share that focus or concern.

If you have prospects that cannot come to your meetings because of work or family obligations, consider creating a club satellite that will accommodate their schedule or meet electronically. Not only would that avoid the conflict, those prospects might appreciate a Kiwanis experience that does not include so many meetings yet enable them to serve the community. This option might also be attractive to existing members who have not been active lately because of the difficulty of attending your meetings or projects.

Membership Chair

Finally, your club should have a membership chair. That person is in charge of leading the club in its membership efforts and keeping it focused on membership. This person is not expected personally to retain all of your existing members or to recruit all of your new members. Rather, their job is to organize, lead and manage the club's strengthening efforts and membership growth plan. It's acceptable to split this job between retention and recruiting.

The Capital District wants to help you strengthening your club. Contact your Lieutenant Governor, Division Membership Coordinator, Governor Eric or me if you would like that help. Good luck in your strengthening efforts.

(John Morris currently serves as Capital District Membership Coordinator.)

Capital Record





A TRIFECTA FOR OCEAN PINES!

December 13 marked a great meeting for the Kiwanis Club of Greater Ocean Pines-Ocean City, MD, as three new members were inducted. Pictured (left to right) are Kiwanian Jan Wolfing, new member Tim Kartisek (sponsored by Jan), new member Dick Keiling (sponsored by Kiwanian Jim Ulman), new member Sue Breazeale (sponsored by Jan) and Jim Ulman. The Ocean Pines club has a current membership of 40, +3 for the year, one of the biggest gains thus far this year within the Capital District. See www.kiwanisofopoc.org for more information about the club.

-Submitted by David Landis

Happy Anniversary

Organization dates

December

Marion, VA	1922
Towson-Timonium, MD	1928
Westminster, MD	1931
Clintwood, VA	1937
Chincoteague, VA	1946
Loch Raven, MD	1950
Hampden-Midtown, Baltimore, MD	1952
Virginia Beach, VA	1954
Haymarket-Gainesville, VA	2022
	1416

Januar

	Januar y	BBB
	Huntington, WV	
j	Portsmouth, VA	1920
	Lynchburg, VA	1920
Ž	Norton, VA	1921
į	Radford, VA	
Š	Bridgeville, DE	1939
į	Bethesda, MD	1945
	Blue Ridge, Winchester, VA	1990
	Grafton, VA	1991
	Downtown Hampton, VA	2009
	Mathews, VA	2023



WANTED: A FEW GOOD KIWANIANS FOR AN OPPORTUNITY TO SEE THE WORLD!

Do you enjoy learning about Kiwanis' impact around the world? Would you like to see what other clubs do to serve their local community? Are you looking for new and innovative project ideas? Then this may be an opportunity for you!

Annually, Kiwanis International hosts a signature project contest that encourages clubs to demonstrate their impact on the local community, whether it be a service project or fundraiser. A signature project is what a Kiwanis club is best known for! This will be the eighth year of the contest and each year, the submissions become more and more competitive. The contest will officially kick off in late January of 2024 and more information will soon be available to all clubs.

At this time, the Capital District of Kiwanis is looking for members to serve on the Signature Project contest committee during February-March of 2024. Those who step forward will receive submitted applications from our district to read, review, and score electronically from the comfort of their home. This is an opportunity that all Kiwanis members are encouraged to participate in.

Committee Members Needed!

Volunteers are needed throughout the Capital District to serve on the Signature Project contest committee for 2024!

If interested, email Jenn Hiscock at hiscockjenn@gmail.com

If you would like to volunteer to serve on the committee and to review our Capital District nominations, please email committee chair Jenn Hiscock at hiscockjenn@gmail.com by January 15. Thank you to everyone for considering this opportunity to become involved at the district level.

YOUTH PROTECTION STARTS WITH YOU

Keep Your Club Compliant.

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

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

Family Ties

Key Club Erina Haque, Governor

Hello Capital Kiwanians:

As I look back on 2023, I couldn't be more grateful for the community this position has given me. Thank you for continuing to serve others during this time of year, and for continuing to support the future generation of service-oriented individuals through Key Club.



In October, we had a successful Capital District Key Club Fall Rally at Kings Dominion in Doswell, Virginia. With more than 300 registered, it marked a strong return to pre-pandemic Fall Rally traditions. Members participated in fun activities like T-shirt signing, competing in a trivia Kahoot for prizes, and hearing from Dave Slack from the Virginia Department of Forestry to learn more about how we can support reforestation efforts. We then raised over \$300 during a miracle minute for our District Project partnering with One Tree Planted, an international non-profit organization that plants one tree for every \$1 donated. After the morning session, we enjoyed the amazing rides Kings Dominion offers, as well as the Halloween Haunt.

In November, we held our second diversity, equity, inclusion and belonging (DEIB) board training session led by a professional facilitator, Prince Botchway. This enabled us to learn how we can be constructive upstanders when we see microaggressions and implicit bias.

Soon thereafter (Nov. 18-19), the Capital District board held its Quarter 3 District Board Meeting in Chantilly, VA. LTGs learned about election procedures, attended the International Global Engagement Rally, and filmed our DCON promotional video. We also had lots of fun participating in a white elephant gift swap and eating at local restaurants.

On December 10, our District Executives held our first session of the Running for Higher Office Webinar. International Trustee Alex Trinh joined us to talk about his experience on the I-Board. We will have our second session in January.

Our district board committees have been working diligently with District Convention (DCON) coming up in April 2024! Our new DCON Chairs, Riya Mahale and Cheri Brown, have been leading our Convention and Events committee in District Convention planning. Our theme this year is Service Rocks! In this musicthemed convention, we will be incorporating various genres of music to strive for an inclusive environment and give everyone the opportunity to express their tastes in music. Our Communications committee did an incredible job writing the script for our District Convention promotional video and will be continuing to work on creating future promotional materials. Our Language Services committee will be striving to create a more equitable DCON registration process by creating summary sheets of the registration forms in various languages. Our Service Programs committee is planning a DCON service project in partnership with an organization called Operation Smile.

Outside of DCON planning, the Member Services committee has been working on creating a district chartering guide that can be used as a resource for future lieutenant governors.

Lastly, our Kiwanis Family committee has been planning a Kiwanis Family webinar that will take place January 7, 2024 at 2 p.m. Attendees will have the opportunity to hear from featured speakers, including former Key Club International Trustee and Kiwanian Liz Moore, Kiwanis Governor Eric Lamb, CKI Governor Nariza Djor, and myself. All members of the Kiwanis Family are welcome. You can RSVP here.

If you have any questions at all, please reach out to me at erina.keyclub@gmail.com. Let's make 2024 a year to remember.

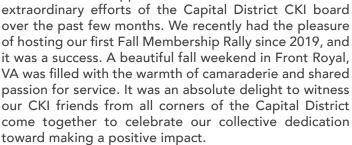
Yours in Friendship and Service, Erina Haque

CKI NAZIRA DJOR, GOVERNOR

Greetings Kiwanians!

Happy New Year to each and every one of you! As we step into 2024, I am so excited about what lies ahead for our Kiwanis family.

In the spirit of reflection, let's take a moment to appreciate the



I'm thrilled to share that many of our clubs have gone above and beyond, paying their dues before the December 1 deadline and diligently submitting monthly reports. All of this leads us to the highly anticipated district convention

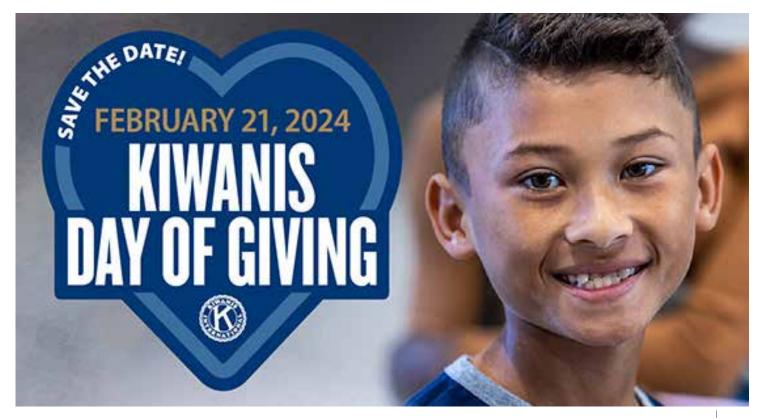


scheduled for February 23-25 in Fairfax. Get ready for a wild weekend of leadership, fellowship and service.

As we embrace the start of the spring semester, let's seize the opportunity to encourage our clubs to continue their recruitment efforts. One of our primary goals this year is to foster significant growth in our membership, and we can't achieve this without the collective support of individuals like you. I urge each of you to reach out to your local CKI club and inquire about their spring recruitment plans. Your involvement can make a world of difference in shaping the future of our organization.

In closing, I want to express my heartfelt gratitude for your unwavering support of Capital District CKI. Your dedication is the cornerstone of our success, and together, there's no limit to what we can achieve. Here's to a year filled with the continued growth of our remarkable Kiwanis family.

Yours in Service, Nazira Djor



Service Showcase

MAKING LEMONADE...

A happy resolution to a difficult situation

Kiwanian Nadine Jacobs, who has recently transferred to the Crofton (MD) club, was understandably saddened when her former club, the Kiwanis Club of Severna Park, turned in its charter earlier this year due to declining membership. But she was also proud to share the following news:

"Below are pictures from the November 30 ribbon-cutting for the new Outdoor Learn & Play Area at the Severna Park Library, thanks to a \$20,000 donation from the Kiwanis Club of Severna Park. After 68 years of community service projects, scholarships, Key Clubs, Apple Sales and friendships, the Club will now live on in a permanent Learn & Play area at the SP Library.

The ribbon-cutting was attended by Anne Arundel County Public Library staff, Severna Park Kiwanis members and County Council members. It was a lovely event!

Samantha Kline, the SP Library branch manager, was excited to be able to provide a music and play area for children as well as expand library use to 24/7, with outside benches and Wifi. AACPL staff and library CEO Skip Auld also are pleased with this project.

Many of you know that the SP club has struggled to attract new members for several years. The small number of remaining members spent the last year selecting our final project. Several ideas were considered but after speaking with the library, it was the unanimous choice. Huge thanks go out to Krista Latchaw, Bill Dehoff and Dave Blanch for their coordination of the library project and the process of turning in our charter. Krista & I have joined the Crofton Kiwanis Club and Rachel Jacobs has joined the Ellicott City Club to continue to support Kiwanis.

Thanks to all for our 68 years of community service! Hope to see you around the Park!"



KIWANIS KLOSET DEVELOPED BY LYNNHAVEN

The Kiwanis Club of Lynnhaven-Virginia Beach has expanded a successful project. During the 2022-23 school year, three club members tutored six first grade students twice a week at Lynnhaven Elementary. Each Kiwanian was assigned two students as part of the Sound Partners Reading Program. Lynnhaven is a Title 1 school for students K – 6th grade.

After meeting with teachers and school administrators, the club has decided to increase its support of Lynnhaven Elementary during the 2023-24 school year. School personnel confirmed that many Lynnhaven students are in need of clothing, personal items and at times, food. The idea of a Kiwanis Kloset was developed.

In October 2023 the club presented a \$2,000 check to the principal, Dr. TaShenna Wiggins, to use for students' immediate needs. The club then received 140 T-shirts and sweatshirts from Wes Brown, chairperson for the Kiwanis Kids Fishing Clinic to initially stock the Kiwanis Kloset. The school had an immediate need for socks and underwear so the club purchased 88 pairs of underwear and 76 pairs of socks to stock the closet.

Stay tuned as this ongoing project continues to accelerate.

— Submitted by Nancy Simonelli





CHRISTIANSBURG TURNS IN RECORD YEAR

Bucking the trend facing many civic groups, Christiansburg Kiwanis completed a record year in membership growth in 2022-23, adding 19 new members, with a net gain of 14. This represents nearly a 20 percent gain over the previous year.

The club, the largest Kiwanis club in Division 16, currently has a membership of 78. The population of Christiansburg is slightly more than 22,000.

In addition to financial support, club members provided 4,660 hours of volunteer service to the community during the 2022-23 year. Among the club's accomplishments:

- Re-establishment of the Key Club at Christiansburg High School, which had been inactive for several years;
- New scoreboards were purchased and installed at Kiwanis Field:
- Twenty-six Kiwanis members recorded perfect meeting attendance;
- Capital District Leadership: Steve Simmons continues to serves as Division 16 Lt. Governor; Bob Lewit currently serves as Capital District Southwest Trustee;
- Alicia Glynn was named Christiansburg's Kiwanian of the Year.

During the year, funds raised for the Service Account exceeded \$79,000. A sampling of the disbursements included:

- The Head Start Backpack Program. Each Thursday, just before the club's weekly meeting, Kiwanis members met at the Head Start building and packed 57 backpacks for the Head Start children. The school's meals program provided food for the children on weekdays, and the Kiwanis Backpack Program provided food on weekends. In support of this program, members procured and inventoried the store food in addition to packing the bags.
- Two Walmart gift cards, in the amount of \$550 (\$500

from the Kiwanis Club of Christiansburg and \$50 from Walmart) were provided to the seven schools in Christiansburg. These cards were used to buy clothing and school supplies for children in need. Once the cards reached a low balance, the club replaced them upon request from the schools.

- Three \$1,500 college scholarships were awarded to Christiansburg High School students.
- A Christmas party for approximately 60 children is held annually. Normally the club and its members provide toys and clothing with Santa handling distribution at the party. Food and drinks are provided for the children and their chaperones. The pandemic affected the Christmas Party in 2022. Rather than a party, the gifts were picked up by the children at the Christiansburg Recreation Center. With input from the children's parents as to the needs and sizes of the clothing, each club member took a child's name and bought clothing The club funded toys from a want list supplied by the children's parents. Total allocated funds exceeded \$12,000.
- For children who needed assistance for entry fees to participate in sports at the Christiansburg Recreation Center and the Aquatic Center, Kiwanis paid the cost.
- The Club provided annual support in the form of financing and volunteer assistance to Kiwanis Park where an approximately five-acre expansion is underway.

Christiansburg Kiwanis is the promoter of the Wilderness Trail Festival, which is not only the Club's largest fundraising project each fall, but the largest downtown event in Christiansburg, drawing an estimated crowd annually of 8-10,000 attendees. This year's event attracted the largest number of attendees ever.

During 2024, the Kiwanis Club of Christiansburg will celebrate its 75th anniversary. Major plans are underway.

— Submitted by Ernie Wade

From the Kiwanis Children's Fund

CAPITAL CONTINUES SUPPORT BEYOND OUR DISTRICT BORDERS

BY PG JOHN TYNER

Every five seconds, a child under the age of 15 dies, not from a natural disaster or conflict, but from mostly preventable causes such as not having access to safe water, good nutrition, routine health care and immunizations.

No matter where you live, there are children who have no voice in their fate, and communities that do not have the resources to serve them in meaningful or sustainable ways. That's why kids NEED Kiwanis.

For more than 100 years, Kiwanis International has been a global force for good, actively working to address the health needs of children through our worldwide network of volunteers and clubs. At the local and global levels, our members identify those who need us most, then connect and coordinate the right partners, agencies and volunteers to address each cause.

Because of the incredible work of our volunteers, Kiwanis attracts leading humanitarian and civic organizations, allowing us to broaden our reach and impact. Together, we tackle immediate health issues in communities while finding sustainable solutions that will serve them well into the future.

We don't stop at what our volunteers can accomplish today. We are building future generations of leaders to make a difference for years to come. Kiwanis provides mentorship and volunteer experiences to youth so they can serve their communities while developing the skills and compassion needed to address and solve health challenges we can't yet imagine.

Kiwanians believe that every child deserves to be happy, healthy and loved. We know that when we bring the right people together, with one heart and one purpose, we not only bring hope and health to our children, but we will also change the course of history. We did this with our world-wide lodine Deficiency Disorder and Maternal Neonatal Tetanus programs in partnership with UNICEF. Our Kiwanis grant programs, including our highly successful focused micro-grant effort, are becoming more supportive of club efforts as funds are made available through our members' donations.

So you can understand where our funds go, here are two grants enabled through our annual donations to KCF.



Kiwanis Club of Fort Montagu, Bahamas (Eastern Canada and the Caribbean District) – "Meals on Wheels"

In recent years, Hurricane Dorian and the coronavirus pandemic have led to increased unemployment and food insecurity in the Fort Montagu, Bahamas community. A grant from the Kiwanis Children's Fund helped the Kiwanis Club of Fort Montagu take its "Meals on Wheels" project to another level and serve more than 700 people. The goal was to ensure community members would receive hot meals and groceries.

Not only did the club exceed its goal, it also opened the door for expansion. The club recently purchased a "Meals on Wheels" trailer that serves as a statement piece for the Kiwanis Club of Fort Montagu and Kiwanis at large. Club members are now able to easily travel to different parts of the community to deliver hot breakfasts, fresh fruit, water, and juice. The club notes both an increased impact in their project and an increase in the number of Service Leadership Programs interested in helping.



Kiwanis Club of Charlevoix (Michigan District) – "Kiwanis Book Vending Machine"

A Kiwanis Children's Fund grant will help the Kiwanis Club of Charlevoix install a book vending machine at Charlevoix Elementary School. The club will also maintain the stock of books for different reading levels and interests. Teachers, support staff, bus drivers, and other staff at the school are provided with golden tokens to give students as a reward for achieving good grades, good attendance, good behavior, or just generally being a good person. Students can then visit the book vending machine where they can redeem the token for a book.

The club has also ensured that students receive a book through the "Student of the Week" program. Club members have received nothing but positive feedback from school staff and parents.

Each issue of The Capital Kiwanian, I'll try to give you a couple of examples of where our donations have helped.

The Kiwanis mission remains focused on serving children and youth, with the work of the Kiwanis Children's Fund extending the reach of the organization to specific causes that have broad support of the membership and can produce clear, measurable impacts. We are currently organizing an action program for a refocused Kiwanis Children's Fund initiative that enhances our ability to provide essential grants to directly assist our Kiwanis clubs around the world with their own community projects.

Our fundraising activities will focus on that for which our communities will need continuing support.

I ask all of us to remember that while our club and district foundations will have ongoing projects we have supported in the past, please keep in mind that our Children's Fund supports those activities close to our hearts as well – grants to clubs, service leadership programs, disaster relief and global health programs like IDD and MNT, both of which Capital District supported whole-heartedly. We'll keep you informed and thanks for your interest.

I am deeply appreciative of the support that Capital District gave towards at last completing our \$3 million Project Eliminate pledge. Taking advantage of the 2023 Board match to raise the final \$65,000 were 19 clubs, 10 club foundations, 9 individual members and one district from among our 158 clubs representing 13 of our 20 divisions from all 7 of our regions. KCF's President Filip Delanote could not have expressed this better than in his letter I added to our last magazine article. I hope to see many of you at our Midyear Conference at The Resort at Glade Springs in Daniels, WV on March 8-10.

(Past Capital District Governor John Tyner currently serves as district chair for the Kiwanis Children's Fund.)

Our Firm Foundation

UPDATES FROM THE CAPITAL DISTRICT KIWANIS FOUNDATION

BY NANCY SIMONELLI

- In 2021 the Capital District Foundation established a Sustained Giving Program to ensure our programs can continue to grow. CDF President Hiawatha Nicely was the first to pledge a monthly donation. He has challenged every club and member to join The Hiawatha Challenge.
- Become a Sustained Giver to the Foundation with a donation of \$120 per year or more. Make it a one-time donation or set up a recurring monthly or quarterly credit card charge.
- Use our secure Bloomerang software at https://bit.ly/CDKFsustainer. The simple form lets you indicate how often you'd like to give and your donation will be processed at those times, be it annually, monthly, or some frequency in between.
- Give how much you feel serving children is worth to you. We are grateful to all our donors (remember, a small donation multiplied many times over can become a big lifetime gift). No amount is too small – or too large.
- All donations are tax-deductible.
- Start at https://f03.site.kiwanis.org. If you have additional questions, ask your Regional Director, your Division Coordinator or a Foundation officer.

Now I want to tell everyone my story as to why I am a monthly sustained donor. My nephew and his wife had a baby boy (Finn) on May 3, 2023. Unfortunately the pregnancy wasn't always a joyous time because they found out through testing that their baby had Tetralogy of







Kiwanis Foundation

Fallot. Tetralogy of Fallot (ToF) is a rare congenital heart condition that is present at birth. A baby born with the condition may have four different heart problems. The condition causes altered blood flow through the heart and to the rest of the body which causes low oxygen levels so babies with ToF often have blue or gray skin color. Babies diagnosed with ToF need surgery to fix the heart.

On July 6, 2023 Finn (then two months old) had open heart surgery at Boston Children's Hospital to repair two different heart issues. Again this was a very stressful time for his parents. My nephew is a paramedic, EMT and fireman; his wife is an RN with 4+ years experience working in the emergency room at a local hospital. They understood what the doctors and nurses were telling them. But this was their baby going through this at two months old. Finn remained in the hospital for nine days and then went home with blood pressure medication and a list of instructions. Finn has monthly follow-up visits at Boston Children's Hospital and is doing well.

Even though Finn had his surgery at Boston Children's Hospital, the pediatric hospitals within the Capital District (hospitals which our foundation supports) do the same thing. The hospitals provide counseling to parents, affordable hotels so parents can be near their child, spiritual care providers, a patient advocate, and many other means of support. Please support the Sustained Giving program so your Foundation can continue to support these children in need.

(Nancy Simonelli currently serves as secretary of the Capital District Foundation.)



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



Eye on KI

Here is some recent news distributed by Kiwanis International:

ARE YOU READY TO BECOME A KIWANIS LEADER?

Here are six tips for taking your skills to the next level.

BY ERIN CHANDLER, KI STAFF

Stepping up to pursue a Kiwanis leadership position is not as hard you may think! Whether you're thinking of a role in your club or district, or even at the international level, here are some helpful tips – complete with advice given in Kiwanis magazine over the years by a couple of true experts: Kiwanis International Executive Director Stan Soderstrom and Executive Director-designate Paul Palazzolo.

Assess your leadership strengths and goals.

"Many [Kiwanians] are taking the leadership qualities they've developed and already use into roles that suit them well. And many of them do it even if they haven't held such official titles before." – Stan Soderstrom

There are many different ways to become a leader. In your quest to discover what kind of leader you want to be, it can be helpful to look to others as role models. That's one reason we're providing this publication. It is also important to look inside yourself. What are you passionate about? What motivates you? Which of your skills lend themselves to leadership? You don't have to have held a leadership role before – everyone starts somewhere! Maybe you have learned patience from parenthood, organization from your job or perseverance from your hobbies. Think about how these skills could be useful to Kiwanis.

Attend Kiwanis conventions, read the newsletter and keep up with the blog.

"[A convention] is where you will get the spirit and ideas." – Paul Palazzolo

At Kiwanis district and international conventions, you will have the opportunity to encounter more models

of leadership, hear from experts and talk to fellow Kiwanians about their most effective projects. Between the sessions, the conversations and the energizing atmosphere, you are likely to come home with all kinds of new ideas for your club.

You can also find inspiration through the Kiwanis. org blog, the KI Update newsletter and Kiwanis social media. The blog includes stories of clubs that are making a big difference in people's lives. Update delivers highlights from these stories directly to your email inbox every month. And the Kiwanis accounts on Facebook, Instagram and X (formerly known as Twitter) share stories of club projects that have made the news. You never know when you might find the perfect project for your club.

Get to know your community.

"We needed to cut the cord on tired initiatives and do some new things that were a little more relevant. That is a key word in the Kiwanis world: Your service needs to be relevant to your community." — Paul Palazzolo

Being a servant leader means putting your skills to use in a way that is most beneficial to you community. Your club may have a lot of ongoing projects and ideas for new ones – but what do the people you serve actually need? Has that need changed over time? Talk to them and find out!

Getting to know your community's leaders will also open doors for partnerships that make your projects more impactful. A great way to become a leader is to network with those who have skills and resources that may elevate your club's potential.

Get to know your fellow club members.

"Leadership is as much about the people around you as the qualities within yourself. At Kiwanis International, that's one of the most important aspects we emphasize for members who become leaders within our organization." – Stan Soderstrom

Leadership doesn't mean doing everything yourself. Leaders surround themselves with talented teams of people who can fill their gaps in knowledge, expertise and resources. Get to know the strengths of the Kiwanians around you and get to work building your support team.

Getting to know your club also increases the fun and fellowship you will find in Kiwanis. You might even build lasting friendships!

Build up your communication skills.

"No matter if your club is a good club or a struggling club, take the plunge because your ideas can help turn that around. Kiwanis exists as an association of clubs to help leaders in the pursuit of their vision." – Paul Palazzolo

You have a project idea or a vision for the future of your club – but nothing will come of it unless you convey your message in a way that inspires fellow members. If you appeal to their passions and interests, you are more likely to persuade them to act.

And remember that communication goes both ways – it's as much about listening as it is about talking. Others' concerns and ideas may help refine and improve your original vision.

Look toward the future.

The definition of a leader is also shifting. The challenges may be unexpected, even unprecedented, but it's the flexible leaders who will rise to meet them." – Stan Soderstrom

As you climb the Kiwanis leadership ladder, be prepared to adjust your goals and projects as the needs of your community and your district change. And be sure to pay forward the help you have received by becoming a mentor and leadership role model to others. A key part of leadership is helping people climb the ladder after you.

Top: Paul Palazzolo. Bottom: Stan Soderstrom





