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COVER: Governor Josh Hiscock and Past Governor Brian Bell truly embrace the theme at the Capital District Midyear Conference.



Kiwanis Club of Elkins members working the grill at the Ramps and Rails Festival.



2024-25 LEADERSHIP INFORMATION

GOVERNOR

Josh Hiscock Ellicott City, MD

GOVERNOR-ELECT

Tim Gillette Tysons, VA

VICE GOVERNOR

David Lurie Tysons, VA

EXECUTIVE DIRECTOR

Jeffrey Wolff Tysons, VA

IMMEDIATE PAST GOVERNOR

C. Eric Lamb Charlottesville, VA

TRUSTEE - BLUE RIDGE

Roger Diehl Westminster, MD

TRUSTEE - DELMARVA

Charles Marks Bridgeville, DE

TRUSTEE - HEART OF VIRGINIA

Jamie Moore Petersburg, VA

TRUSTEE - NATIONAL CAPITAL

Marie Bowe-Quick Mitchellville, MD

TRUSTEE - SOUTHEAST VIRGINIA

Missy Zimmerman Williamsburg, VA

TRUSTEE - SOUTHWEST

April Farmer Forest, VA

TRUSTEE - WEST VIRGINIA

Nathaniel Kyle East Huntington, WV

MAGAZINE EDITOR

John Montgomery editor@capitalkiwanis.org

MAGAZINE DESIGNER

Jennifer Wolff

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Governor's Message JOSH HISCOCK, 2024-25 GOVERNOR



FEEL THE MOMENTUM BUILD

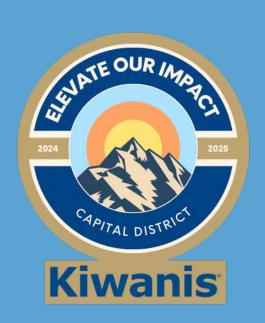
During the dark, cold winter months, it sometimes feels as if our Kiwanis momentum slows a bit. Attendance at meetings dips. The desire to attend service projects slips. Motivation to try something new drops. We find it more challenging to recruit new members, and we find it difficult to engage our current ones.

But with the return of Spring, more hours of daylight, and warmer weather, comes a chance for Kiwanis clubs to regain their momentum. This is the time to capitalize on inviting prospective members to attend our meetings and service projects. The time is right to try a new idea and infuse some creativity into our work in the community. It is the perfect time to get more involved and to encourage other members to do the same. There is no better time than now to infuse fun into our Kiwanis work.

I know this "works" because I have seen it happen.

In March, members of the Capital District of Key Club gathered for their annual District Convention in Crystal City, Virginia. Hundreds of student leaders came together to attend educational workshops, network, share service project ideas, celebrate the conclusion of another service year, recognize achievements, and elect their new district executive officers. Most importantly, they came together as a community to have fun.

I always leave inspired by the courage and tenacity our students exhibit. When students see a need in their school or community, they address it head-on with energy and passion. When they face challenges in planning service projects, they overcome the obstacles through creative collaboration. When they succeed and achieve important milestones, they celebrate and recognize their accomplishments - big or small.





Our Key Club student leaders, like all our service leadership program (SLP) club leaders, are an inspiration and a reminder of why we do the work we do for the children in our community and our world. When we need a little inspiration to refuel our motivation and desire to serve, we must turn to examples like this. May these examples help us to feel the momentum build. Let's harness it and make a difference!

In the months ahead, we will also have the opportunity as Kiwanians to come together as a community to learn, engage, lead, and have fun. Please consider attending the Kiwanis International Convention in Pittsburgh June 25-28. We will elect our new international leaders and consider an important amendment on remote voting, sponsored by our district, which will have an impact on the future of Kiwanis. We need many people to attend in support of this effort. It is unlikely we will have another International Convention within a drivable distance for three or more years. Registration is open, so don't delay in signing up. The early bird deadline is May 23.

From August 22-24, we will gather in Crystal City, Virginia, for our Capital District Kiwanis Convention. Under the theme "You Belong Here," our sessions will focus on how we can make Kiwanis an even more inclusive organization where every individual feels welcomed and valued in service. We will also highlight the 100th anniversary of the founding of Key Club International with a series of speakers that reinforce the importance of supporting our service leadership programs. This event will be a highlight of the summer and promises to be memorable. Registration will open in early June, so mark your calendars and plan to attend.

Come together to serve, celebrate, learn, and engage in the months ahead. I promise that you will feel the momentum build within your club. Use these opportunities to rediscover your love for Kiwanis and serving children in your community!

Joshua V Hiscak

IMPACT CLUB

The Possibility Project is our campaign to build a brighter future for 10 million children by raising US\$25 million for the Kiwanis Children's Fund by the end of the 2027-28 Kiwanis year. It's the first fundraising campaign created solely to support the Kiwanis family and the children we serve. With a commitment to give a per-member average of US\$500 or more over five years, your club becomes an Impact Club. It's recognition for an extraordinary commitment and for the inspiration it provides to fellow clubs and Kiwanians.

NEW CLUBS COMING!

We are looking for volunteers to help in remote and in-person positions!

Please contact Jen Wolff for more information: jen.wolff@capitalkiwanis.org.

East End, VA (Richmond) May 12-15
Bel Air, MD June 16-19
TBD Summer

NEW CLUB ALERT!

Our newest club, the Kiwanis Club of Marshall County, WV, organized on April 10, 2025. Congratulations to the Club Opening Team on a successful build!



BY PG JEFFREY WOLFF

'FORGE THE FUTURE' AT KI CONVENTION IN PITTSBURGH

Spring is here and we are in full bloom with District Events! March saw our Midyear Conference in Cambridge, Maryland, and the annual Key Club District Convention, so now we turn our attention to our 2025-26 Leadership Team Educational Conference in May and the Kiwanis International Convention this June. From June 25-28, we will be in Pittsburgh to "Forge the Future" at the 2025 Kiwanis International Convention.

Registration has been open since Jan. 1 and through May 23 the Full Convention Package cost is \$399. Registration includes keynote speakers, Kiwanis Launchpads, education sessions, the Kiwanis Annual Meeting, the Membership Fair at the Welcome Reception and the Kiwanis Sunset Social. Lunch is also included on Thursday and Friday. That rate goes up to \$499 if you register May 24-June 20 and \$599 if you register on-site.

This year, the Capital District delegation will be staying at The Westin Pittsburgh, so your accommodations are right next to the event location. Rooms are available at a negotiated rate of \$199/night. Please book your room online through Kiwanis.org/convention. Do not contact the hotel directly as Kiwanis has negotiated special rates available only through our online booking. Our goal this year is to bring 65 attendees, so register today at https://schedule.kiwanisone.org/Kl2025

Our District dinner will take place, Friday, June 27 at PNC Park in conjunction with Pennsylvania District. At 6:05 p.m., our attendees will enjoy the New York Mets vs. Pittsburgh Pirates baseball game with all-you-can-eat hamburgers, hot dogs, salads, nachos, popcorn, peanuts, soft drinks, and ice cream sandwiches and a post-game drone show. PNC Park is a short 15-minute walk (or even shorter with an uber or Lyft ride) from our hotel. The cost per ticket is \$57 per person and you can register here: https://k03.site.kiwanis.org/2025-capital-district-icon-outing/. Don't wait as we only have 50 tickets to the game allocated to our district.

We will once again be selling our district polo shirt (red with the American flag on the shoulder) for all our ICON attendees to wear at the Business Session this year. If you don't already own one, visit https://capitalkiwanis.org/district-shirt and place your order by May 25 for pickup at ICON. If you want one of the shirts and are not attending ICON, you can still order and it will be brought to the District Convention in August.

There are three amendments this year including our district's submission of remote voting. Make sure that your club elects its delegates to the International Convention and that the club secretary inputs that information in the Secretary's Dashboard.

CLUB ELECTIONS AND LEADERSHIP EDUCATION

Springtime also means club elections. Your club should be holding its annual meeting and electing its 2025-26 board of directors who will take office Oct. 1. We are in the process of putting together the Club Leadership Education (CLE) sessions that will be available across the district to train incoming club presidents, secretaries, treasurers and membership chairpersons. The information will be made available on the district website on the page entitled https://capitalkiwanis.org/club-leadership-education. If you are an incoming officer, make sure you register to attend the CLE in your area, so that you are ready for your role and your club can earn distinguished status next year, as it's a requirement that the president, secretary, treasurer and membership chairperson (even if you have served in those roles before) take the CLE.

If you have any questions about the International Convention, please let me know. For more information about the CLE, you can contact Leadership Development and Education Chairperson Samantha Bosserman.

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

From the Governor-Elect

BY TIM GILLETTE

CONVENTION SEASON PAYS DIVIDENDS

Greetings Capital District! To quote the great New Jersey-born poet, Jon Bon Jovi, "whoa....we're half way there!" We've reached the halfway point of the 2024-2025 Kiwanis year. What a busy past couple of months it has been.

In February, I had the pleasure of attending the CKI Capital District Convention. It was great spending time with college students from across the District, hearing about their accomplishments for their year. The students engaged in fellowship and education throughout the weekend. On Sunday morning, I had the pleasure of retiring their current officers and installing their new officers.

In March, I attended the Key Club Capital District Convention. This was my first Key Club DCON, and it exceeded expectations. Students and advisors from across the District had a great time learning from each other, seeing old friends, and making new friends. The Saturday night dance was a fun time, closed out with hundreds of people singing along to "Country Roads." I had the pleasure to install the new Key Club officers on Sunday morning.

The highlight of the event for me was the Service Fair. Not only did I get to see examples of the great things our students are doing, but I was fortunate to staff the Kiwanis table with Governor Josh. We talked to dozens of students who were interested in hearing more about what Kiwanis does, and how they could become Kiwanians in the future.

Lastly, the Capital District Kiwanis held our Midyear Conference in Cambridge, Maryland, from Feb. 28–March 2, as detailed elsewhere in this issue. The facility was beautiful, a luxury resort on the banks of the Choptank River. Attendees were able to enjoy the facilities while engaging in fellowship, education, and hospitality. We'll be at the same facility next year, so if you missed out this year, you'll have the opportunity to experience this wonderful property.

As Governor-Elect, I have a lot of planning to do to prepare for next Kiwanis year. The past few months have been spent building a support staff to help clubs succeed. Almost all of the 2025-26 committee chair positions have been filled.

The 2025-26 Lt. Governors, and newly elected Trustees, will meet May 2-4 in Virginia Beach. The group will learn



the ins and outs of their positions, learn best practices on how to nurture clubs, and have some time for a little fun in the sun.

As the weather begins to get nicer, Kiwanis clubs should look for opportunities to get out in the community. Partner with a local parks and recreation department to see if there's anything the club can do to help get ready for spring and summer. Parks are always looking for volunteers to help spruce up the grounds. While you're out and about doing service, make sure to wear Kiwanis-branded gear and display your club information. If you're cleaning up a park, perhaps you can set up a table in the park to talk to prospective members. The more we get out and serve our community, and brag about it, the more likely we are to attract new members.

As events fill up this summer, I hope to travel around the District as best as I can. I look forward to seeing as many Kiwanians as possible!

(Tim Gillette, from Tysons, is the Capital District Governor-Elect for 2024-2025.)

From the Vice Governor

BY DAVID LURIE

SPRING IS HERE; ARE YOU READY FOR THE FUTURE?

With the cherry blossoms having come and gone; and the return of way too many tour buses, we all know that Spring has arrived in the Washington, D.C. area. We can put away the heavy coats, start doing lawn work and enjoy the beautiful weather.

April is also a momentous time for us in Kiwanis as it represents a key milestone in our year. We are halfway through the 2024-25 administrative year. It is a suitable time to reflect on what we have done so far, see how we are doing in achieving our goals, and most importantly, plan for our future.

April and May represent election season in our clubs. We hold our annual meetings to review what we have accomplished – but also to elect our future leaders. While most people are concerned about who will be Club President and Lt. Governor come Oct. 1, 2025, clubs should also make it a priority to be putting in place the members who will follow them in October 2026. I am a firm believer in the need for planning and preparing when assuming a leadership role.

The respective roles of Club President-Elect and Lt. Governor-Elect seem like they are so far away, but I can tell you in my experience it comes faster than you think. I have always looked upon the fact that these are not one-year terms but three-year commitments – a year to plan and learn, a year to serve, and a year to advise the person who follows you.

That is the reason I am encouraging clubs and divisions to find those who will be serving not only as their leaders for 2025-26 but also for those who will serve in the 2026-27 year. The 2025-26 year should be spent not only planning for a year of serving, but also learning and supporting what will be accomplished during the 2026-27 year.

Now back to the present – we have a lot of activities coming up. Governor-Elect Tim will be gathering his leadership team the first weekend of May for in-person training. Our Club Leadership Education (CLE) training will be coming up during the months of June and July. This is not only an important session for



Club Presidents, but also for the club's officers and membership chair. Even if you are a returning officer and do not think you need training (I'm looking at you, club secretaries and treasurers), you should plan to attend. There is always something new to learn and your experience is always helpful for those who may be new to their positions in the coming year.

On the horizon, there is also the International Convention coming in late June and our own District Convention in August, so there are busy times ahead for us – when you add in all our service projects and club events. I know I am looking forward to getting out across the District to attend as many events as possible.

Thanks again for all you do for your clubs and your communities. We are there every day for them and hope we will be there for many years to come.

(David Lurie is on schedule to serve as Capital District Governor in 2026-27. He is an active Kiwanian in Tysons.)



SPRING INTO SERVICE: FRESH IDEAS FOR COMMUNITY IMPACT IN APRIL AND MAY

BY CARRIE WAGNER

As the blossoms begin to thrive and warmer weather invites us outside, it's the perfect time for Kiwanis clubs across the Capital District to energize their service efforts. Spring is full of opportunities to engage with our communities and elevate our Signature Projects.

Not only is it a wonderful way to strengthen relationships and unite generations, but it's also a fantastic opportunity to get the Kiwanis name out in the community, promote your club, and attract new members who love making a difference in the lives of children and their local communities.

One of the greatest benefits of service is how it brings people together. As we volunteer and help our communities, we are also strengthening bonds, building friendships, and uniting generations. Working alongside our Key Clubs and other youth groups can enhance these efforts, inspire future leaders and demonstrate the power of collaboration. And don't forget—promote your events before, during, and after to build visibility for your club and attract new members. Use hashtags like #KiwanisVolunteers, #ReadySetGo, #kidsneedkiwanis, and #kiwanisneedsyou to spread the word.

7 POSITIVE WAYS VOLUNTEERING MAKES US HEALTHIER AND BETTER PEOPLE

Volunteering not only is about helping others; it's also about improving ourselves. Here are seven ways volunteering makes a positive difference in our lives:

I. Boosts Mental Health: Acts of kindness and community service release endorphins, improving mood and reducing stress. It's a natural happiness booster!

2. Builds Social Connections:

Volunteering helps us meet new people, strengthen existing relationships, and expand our social network.

3. Promotes Physical Activity:

Many volunteer activities encourage physical movement, such as community clean-ups, gardening, or organizing events.

4. Enhances Skills and Confidence:

Working on projects builds leadership, communication, and organizational skills, boosting self-confidence.

5. Fosters Gratitude and

Perspective: Serving others helps us appreciate what we have and develop a more compassionate outlook.

6. Creates Community Pride: Being part of something bigger than ourselves strengthens our sense of belonging and purpose.

7. Inspires Future Generations:

Setting an example of service encourages youth to follow in our footsteps and make positive changes in the world.

PARKS & TRAILS BEAUTIFICATION

Partner with local parks departments or community groups to clean and beautify public parks, trails or playgrounds. Plant flowers, repaint benches, or organize clean-up days. If your club is involved in creating community spaces like the Playground on the Greenway project, this is a great way to emphasize the importance of accessible, beautiful areas for everyone.

Additionally, many Parks & Recreation departments host fun community events like Kids 5K Runs, Kids Mud Runs, or Kids Color Runs. Partnering with them to provide volunteers or help with logistics can be a fantastic way to promote Kiwanis, build relationships, and show your support for youth-oriented activities.

Getting Started:

- Contact your local Parks & Recreation department to find out about areas needing attention or upcoming youth events.
- Schedule clean-up days and invite your Key Clubs to participate.
- Provide supplies like gloves, garbage bags, and tools. Encourage everyone to bring friends.
- Offer your club's support to existing events by providing volunteers or assisting with event setup, water stations, or cheer zones.

SPRING BOOK DRIVES & LITTLE FREE LIBRARIES

Host a book drive to collect and distribute books to libraries, schools, or shelters. Take it a step further by organizing storytelling events at parks or libraries, featuring Kiwanis volunteers reading to children. This initiative also pairs well with giving away books at community events or setting up book exchange boxes in public areas.

Another great idea is to build a Kiwanis Little Free Library and partner with a local elementary school, church or YMCA to install it out front, promoting literacy all year long. This could be a fun group project for your club to build and decorate together.

If you already have Little Free Libraries, consider sprucing them up with fresh paint, replenishing them with new books, or planting flowers around them to make them more inviting. Also, think about promoting your Little Free Libraries — does your community know where they are? Why not organize a Reading Day at a YMCA, Public Library, or Boys and Girls Club to promote literacy and your club's ongoing commitment to the community?

Getting Started:

- Reach out to schools, libraries or shelters to determine book needs.
- Coordinate with Key Clubs to organize collection points.
- Plan storytelling sessions where Key Club and Kiwanis members can participate as readers.
- Build, maintain and promote Little Free Libraries in your community.
- Host a Book Drive and host a book reading at the library.

ELEVATE YOUR KIWANIS PANCAKE BREAKFAST

April is a popular month for Kiwanis clubs to host their annual Pancake Breakfasts. Why not take yours to the next level and make it a community event to remember?

Ideas to Enhance Your Pancake Breakfast:

 Partner with local schools, libraries or community centers to provide a fun breakfast for children and families.

- Invite your Key Clubs and local youth groups to help serve, greet guests or entertain with live music or skits, face painting for the kids.
- Set up a Kiwanis Information Booth showcasing your club's projects and membership opportunities.
- Offer "To-Go" pancake boxes for busy families who want to support the cause.
- Host a Raffle or Silent Auction featuring donated items from community businesses.
- Promote the event on social media with engaging visuals and your event hashtags.

INTERCLUB VOLUNTEER EVENTS AND COMMUNITY COLLABORATIONS

Have you reached out to another Kiwanis club in your area? Consider teaming up for a larger project and hosting an interclub volunteer event. Collaboration with other clubs can enhance your impact and strengthen relationships between members.

Think about local opportunities such as:

- Children's Museums, Art Centers or Community Theaters: Is there a project that needs yard work, painting or general maintenance? Consider organizing a joint workday followed by a social gathering to build friendships.
- Pet Shelters: Many animal shelters need volunteers for special projects or events. Spend a day walking dogs, cleaning facilities or helping to organize supplies.
- Community Centers and Non-Profits: Work together with other clubs to host a health fair, literacy event or food drive.

- Baseball Game Working the snack bar together and serving dinner afterwards to the players and their families.
- Community Events Volunteer at an outdoor concert and then spend time after the event catching up and socializing.

Getting Started:

- Reach out to neighboring Kiwanis clubs to discuss collaboration opportunities.
- Identify local organizations that could benefit from volunteer help.
- Plan a project that includes social time to help build relationships among club members.

FOOD DRIVES & COMMUNITY GARDENS

Spring is a great time to host food drives to replenish local food banks. Also, consider starting or supporting community gardens where volunteers can plant, maintain and harvest fresh produce for those in need. It's a hands-on project that provides tangible benefits for the community.

Does your local hospital have a garden that needs support? Your club could volunteer to plant vegetables, weed or pick and package produce to be distributed or sold at a market or health class. Reach out to the community organizer or contact at the hospital to find out how you can help. They may also need volunteers to deliver food boxes to elderly residents or those who are unable to travel.

Getting Started:

- Coordinate with food banks or community gardens to identify needs.
- Involve Key Clubs in organizing donation collection or assisting with community gardens.



 Promote community garden projects with educational workshops led by experienced gardeners.

READY, SET, GO!

Shareyourstories and photos of Springthemed projects on social media using the hashtags #Kiwanis Volunteers, #Ready Set Go, #Kidsneedkiwanis, and #kiwanisneedsyou. Email photos and stories to carriemwagner@gmail.com or tag the Capital District Kiwanis Facebook page. Ready, Set, Go!

This spring let's build momentum toward our Signature Project Contest in January. Share your stories and photos of these Springthemed projects on social media using the "#KiwanisVolunteers" and "#ReadySetGo" hashtags. And don't forget to plan ahead for the upcoming educational seminar and Zoom series May 18 to enhance your service efforts and plan your calendar for your new year.

Together, we can make a powerful impact on our communities by working side-by-side and inspiring one another.

SHARE YOUR STORIES & PHOTOS!

I would love to see all the amazing work your clubs are doing! Please email your event photos and stories to carriemwagner@gmail.com or tag the Capital District Kiwanis Facebook page when you post. This is a great way to showcase your projects, promote your club, and inspire others to join in the fun.

Let's spread the good work of Kiwanis and make sure everyone knows what we're all about. Use hashtags like #KiwanisVolunteers and #ReadySetGo #Kidsneedkiwanis and #kiwanisneedsyou when you share your success stories.

(Carrie Wagner is President of the Kiwanis Club of Waynesboro in addition to serving as district service and signature project chair.)

Around the CD

What follows is 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

MIDDLE SCHOOLERS ADVOCATE GOOD MENTAL HEALTH

May is Mental Health Awareness Month, and the Kiwanis Club of Washington, D.C., regularly invites the Capital District's middle schoolers to join in on the celebration, with our annual Mental Health Writing Contest.

From perseverance and self-care to goal-setting and resilience, good mental health is important for everyone.



It is also important to understand what mental health is and how to improve one's mental health. Many middle school students no doubt have experienced different situations that have grown and tested their mental health, and they can share their experiences in meaningful ways.

With our annual competition, now in its third year, we ask these students to think about those experiences and reflect on what mental health lesson they would share with an elementary school student. Their task is to develop a short children's book that can teach a young child about a specific aspect of mental health that they think is important.

This year's deadline for submissions is May 2 and all submissions are reviewed by members of our Kiwanis club. To foster a continued love of writing, winning entrants receive a party at their school with their friends, teachers and family members; professionally published copies of their book; and gift cards to their favorite stores or restaurants. We also present additional copies of the winning students' books to the school library and local public library branch for inclusion in their collections. Past winning texts have included: "Pencils Are Like Friends," which focused on how we may lose or gain friends throughout life like we do with pencils; and "Lonely Gabi," about supporting new students in your class or at your school.

Those throughout the Capital District who are interested in learning more about this project or how you can support our efforts, contact club Vice President Zach Lowe at zdlowe0@gmail.com.

-Submitted by Zach Lowe, Kiwanis Club of Washington D.C. Vice President





SUPER START FOR NORTH SUFFOLK

The Kiwanis Club of North Suffolk chartered in early July last year has been virtually unstoppable ever since. If you want inspiration, I recommend you follow them on Facebook; you will truly be in awe. https://www.facebook.com/profile.php?id=61563386745389

They had their Charter Brunch Celebration this past February. There were 66 attendees on hand, including Governor Josh Hiscock, Past Governor Eric Lamb, and Vice President Dave Lurie. It was quite an event filled with celebration and fellowship. You can find this club participating in so many service projects: National Night Out, Crowns for Gowns, The Great Suffolk Cleanup, Girls on the Run 5K, Morning Law Foundation Gift Card Giveaway, Community Walk for the Homeless in Suffolk, and several more activities.

They have started attending area interclubs, they are getting ready to sponsor a Key Club, they are working on a scholarship program, and they are constantly emphasizing membership recruiting. This is a small club (15 members) filled with "movers and shakers" seldom seen. Can you tell they're proud? I am as well.

-Submitted by Kimberley Temple

KIWANIS CLUB OF CHESTER PARK RIBBON CUTTING

April 2, 2025 was a historic day for our club. The ribbon-cutting ceremony for Kiwanis Park, a project years in the making, finally took place. This historic property was once the location of the Chester Hotel in 1857, which later became the Chester Female Institute, and it served as a school until 1890.

After many years of it being idle, two Chester men, Courtney Wells, a realtor, and Wesley Burton, a contractor, acquired the property. After their plans fell through, Dr. Joseph C. Hillier, a founding member of the Kiwanis Club of Chester, and Capital District Governor nearly 40 years ago in 1985-86, convinced them to donate the land to the Kiwanis Club with the hope of it becoming a park.

Over time, as the club members aged and were unable to maintain the land, it was donated to the people of Chesterfield County in 2008. Jim Ingle was elected as Representative of the Bermuda District, where the land is located and learned of the desire for it to become a park. Due to his diligence and, with assistance from the Parks and Recreation Department of the County, the dream became a reality.

As Chairman of the Board of Supervisors, Ingle and Dr. Hillier cut the ribbon for the new Kiwanis Park, which will have four plots for gardens, a walking trail and space to sit and enjoy nature. A happy resolution for all!

-Submitted by Pat Dvorak, Kiwanis Club of Chester





ELKINS KIWANIS CONTINUES TO GIVE BACK

The Elkins Kiwanis Club stays busy yearround with various projects, keeping its members actively engaged.

In the spring, Elkins Kiwanis is firing up its five-foot-long charcoal grill at the annual "Ramps and Rails" Festival, grilling their famous "rampburgers." The club arrives with 1,500 burgers pre-made by a local slaughterhouse; they usually sell out in a four-hour window. The club also sells drinks to complement dishes from other festival vendors.

Also in the spring, the Randolph County "Hooked on Fishing, Not on Drugs" expo is an educational initiative that aims to help prevent children's drug abuse. The club gives away cotton candy to attendees, often distributing more than 1,000 bags.

Throughout the school year, the club is visible at local elementary school carnivals, community-sponsored Christmas events, Halloween events and other children's activities, usually distributing cotton candy. It's club policy not to directly profit from the

sales; instead, the money is donated to the sponsoring organization.

For eight days during the first week of October, the Mountain State Forest Festival takes place in Elkins. Kiwanis teams with members of the Elkins High School Key Club running the Korn Dog wagon, the club's biggest fundraiser of the year. The wagon is what you would anticipate at a carnival: selling drinks, corn dogs, and fresh-cut French fries. This past October, the club sold 9,000 corn dogs and two tons of potatoes, earning a cool \$25,000.

"Treasure on the Mountain" is a fundraiser for the Snowshoe Foundation that is held at Snowshoe Ski Resort. The club takes its wagon to the top of the mountain and gives corn dogs to the attendees. In turn, the Snowshoe Foundation pays the club for its services.

Elkins Kiwanis recently agreed to take over "Project Graduation" for Elkins High School. Already familiar with the event due to previous involvement, the club will take its casino-type games and allow graduates to play for chances to win prizes. The club prepares for approximately six months. It's yet another opportunity for the club to give back to the community.

-Submitted by Rachel Varner







From the Kiwanis Children's Fund

WE'RE WAITING FOR THE NEXT BIG DONORS...

BY PG JOHN TYNER

OK, fellow Kiwanians, "us cats" are keeping your seats warm for YOU, the next group of big donors for The Possibility Project. When you are recognized for your good deeds toward funding grants for our fellow Kiwanis clubs around the world, we'll give you these comfy chairs to join the rest of us who are working to complete our on-going grants for supporting the children of world.

We recognized the following folks at our District Midyear conference in Cambridge, Maryland, for continuing our great work as Capital District Primary Supporters for THE POSSIBILITY PROJECT since the campaign kicked off Oct. 1, 2022.

Committed Impact Clubs

Arlington, Bethesda, Poquoson, Rockville, Westminster, Wheaton-Silver Spring

Committed Cornerstone Society

Art & Vickie Riley, John Tyner II, Linwood Watson, Jeffrey & Jen Wolff

Wil Blechman Fellowship

Ed Daley, Roger Diehl, Bill Herrmann, Edward Kennedy, Renee Mackey

(Please note: the following Blechman Fellows joined at ICON 2022 before the official TPP kick-off: Dennis & Darlene Baugh, Brian & Diana Bell, Douglas Holroyd, Angus Lamond, Art & Vickie Riley, John Tyner II, Linwood Watson, Jeffrey & Jen Wolff and Scott & Missy Zimmerman.)

George Hixson Fellowship

35 individuals representing 24 clubs have donated since the official TPP kick-off.

Other Club Support

As you know, the underlying lynchpin for supporting the Children's Fund programs is our clubs' annual donation (formerly annual birthday gift) which most of our clubs send in early in our administrative year. Some clubs add our \$365 program (a dollar a day), personal gifts at some level from members, club recognition or honor gifts for members and/or community leaders. You should also be aware that, wonder-of-wonders, our annual worldwide KCF Giving Day raised more than \$187,000 with 52 donations coming from Capital! By the way, sometimes whom exactly to credit is not known; not all donations are trackable as to intent because members don't always tell their clubs what they plan to do.

Long story short, however, I'm glad to say that almost all clubs within the district have contributed some amount to the Project since we started – only 25 clubs are still thinking about what to do. As of March 1, the Capital District has raised just shy of \$500,000.... and we have several clubs who are considering pledging as Impact Clubs.

Let's recall why we're doing all this fundraising to benefit our Kiwanis grant awards program. In communities around the world, the Kiwanis Family changes children's lives. Our clubs and their members conduct service projects. They hold fundraisers. They donate to the Children's Fund, specifically for the Possibility Project, providing much-needed grants in amplifying their impact to reach children wherever there are Kiwanis clubs. We help young people develop mentally, physically and emotionally – throughout childhood and into adulthood.

In other words, kids need Kiwanis. And now we've defined our commitment to them. The three causes that our members' activities support are: (1) health and nutrition; (2) education and literacy; and (3) youth leadership development. Of course, each cause is important. But these causes, all together, form a continuum of impact. That's because the work we do in each one helps provide a head start on success in the next.

I am delighted to tell those of you who watch with bated breath about our efforts to raise enough donations to be able to come close to fully funding all the great grant requests we receive each grant cycle. You can join our tremendous effort as we get ready to attend ICON in Pittsburgh June 25-28 and then be part of our next level of donations to be announced at DCON in Crystal City August 22-24. Decide what you and/or your club would like to do and see me or your Division Champion for the specific details that will work best. Call or email me for details at (301) 468-2146 or at tyner@ taliesan.com.

I hope you have been reading these articles in each issue of the online Capital Kiwanian to see the marvelous success the grants have been able to fund. Let's keep cooking with our efforts and make sure that each of our clubs donates something this year to help sweeten the grant award pot. (And you should consider submitting your own application to support your own program...)

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

NEW ARRIVAL

Congratulations to Leadership
Development & Education
Coordinator Sam Bosserman
and her husband David on the
arrival of their son, Beckett David
Bosserman. Beckett was born on
April 2, 2025 at 7:24am, weighing
9lbs 3oz. and 20.5 inches long.



Self Care

IT'S OK TO *NOT* FEEL OKAY: YOUR FEELINGS ARE VALID AND MATTER

BY JENN HISCOCK

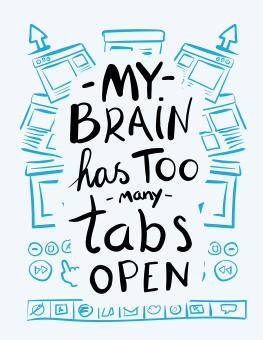
As we hit the halfway mark of the Kiwanis service year, many volunteers are beginning to feel the cumulative impacts of their service projects, leadership commitments, the rush to plan those year-end large-scale service projects, all while starting to plan for the 2025-2026 Kiwanis year simultaneously.

While volunteering is a noble and fulfilling way to give back to the community, it's also important to acknowledge that it can sometimes take a toll on our mental and emotional well-being. Volunteer burnout is real, and it's okay to not feel okay. Your feelings are valid and deserve to be acknowledged, as our service to the community will only be as strong as we are physically, emotionally, and mentally well.

Overwhelmed and Exhausted – Even Without a Clear Reason

It's easy to brush off feelings of exhaustion or being overwhelmed as a simple result of busy schedules. But sometimes, these feelings are deeper than just being physically tired. Volunteer burnout can manifest in emotional exhaustion, a sense of being stretched too thin, or a lingering feeling that you're unable to recharge. You might not even have a specific reason for why you're feeling drained, yet the fatigue and stress still feel all-consuming.

When this happens, it's important to listen to your body and your mind. Your emotions and mental health are trying to tell you something – it's okay to acknowledge that you're struggling and to take a step back. You're not failing; you're simply being human... While Kiwanians are superheroes within our local communities, we do not have everlasting batteries – we need a recharge at times!



Mental Health Struggles Are More Common Than You Think

While it may seem like burnout or mental fatigue is something experienced by only a few people, the truth is that mental health struggles are far more common than many realize. According to a recent survey, nearly 1 in 5 adults in the U.S. report experiencing some form of mental health challenge. Volunteers, especially those who dedicate a significant amount of time to service, are not immune to these struggles. The pressure to always be "on," to give 100 percent, and to balance personal and professional responsibilities can lead to feelings of anxiety, stress, and even depression.

Reaching Out for Help and Practicing Self-Care

One of the most important things you can do when experiencing volunteer burnout is to reach out to someone you trust. Whether it's a friend, a family member, or a colleague, sharing your thoughts and feelings can provide relief and help you process your emotions. Sometimes, simply talking through the

feeling of being overwhelmed with someone who listens without judgment can make a huge difference.

Additionally, practicing self-care is essential. It's easy to let self-care slip when you're focused on others, but it's vital for your well-being. Find activities that bring you joy, whether it's taking a walk in nature, reading a book, or indulging in a hobby that makes you feel fulfilled. These moments of self-compassion can help you regain energy and perspective, giving you the strength to continue helping others.

Reaching Out for Support Is a Sign of Strength, Not Weakness

Finally, it's crucial to recognize that reaching out for support is not a sign of weakness—it's an act of strength. Asking for help doesn't diminish your value or your contributions as a volunteer. In fact, it shows self-awareness and resilience. You are more equipped to serve others when you prioritize your own health and happiness.

In our culture, there can sometimes be a stigma around mental health struggles, especially in roles where helping others is central. But it's important to remember that taking care of yourself is not only okay, but necessary for long-term success in your Kiwanis club work.

As you continue your Kiwanis efforts during the next half of our service year, remember that your mental health matters just as much as the work you're doing. If you're feeling overwhelmed, you are not alone. Seek help, prioritize self-care, and give yourself permission to rest. Your well-being is just as important as the difference you are making in the world. After all, when you feel better, you can give your best to others.

(Jenn Hiscock is the Capital District Mental Health and Wellbeing Committee Chair for 2024-25.)

Membership Momentum



TOGETHER WE THRIVE: BUILD. NURTURE. RETAIN.

BY ALISA DICK

As members of Kiwanis, we know the impact of service – the smiles we inspire, the hope we offer, and the connections we create. However, none of it happens without YOU! This year, we've focused on a powerful strategy that starts and ends with people: Build. Nurture. Retain.

These three simple words are the foundation of our membership vision, and they only work when each of us leans in.

BUILD

Who do you know that would make a great Kiwanian? A neighbor, a coworker, someone in your church or PTA group? Our community is full of people looking for a purpose – we just need to ask. Every new member brings new energy, new ideas, and new opportunities to service. Let's commit to inviting others into the Kiwanis experience. Growth starts with an invitation!

NURTURE

Welcoming someone into our club is only the beginning. Let's make sure new members are seen and heard, and become involved. And more importantly, that they believe it! Whether it is sitting with someone new at a meeting, inviting them to help with a project, or sharing the history

of one of our traditions – those little gestures go a long way in making a lasting impression. We all remember how it felt to be the "new person." Let's make sure everyone feels like family from day one.

RETAIN

Retention is about relationships. It's about checking in on each other, offering support, celebrating milestones, and reminding ourselves why we joined in the first place. Life gets busy, and sometimes members drift away – not because they don't care...but because they don't feel a connection. Let's change that...reach out, re-engage, and remind one another that we belong here and that our presence matters.

YOUR ROLE IS ESSENTIAL

Every member plays a role in building, nurturing and retaining our club's strength. Your voice, your service, your leadership – it all contributes to something bigger than any of us can do alone.

Let's continue to grow together...support one another... and make certain that we are not just surviving...but THRIVING!

On behalf of the Membership Team, we all wish you a happy Spring and continued success as we work together to grow Kiwanis.

(Alisa Dick, from the Kiwanis Club of Midlothian-Chesterfield, is currently the membership coordinator for the Capital District.)



Scenic backdrop, inspiring speakers combine for memorable weekend

BY JOHN A. MONTGOMERY

When you consider the vast geographic scope of the Capital District of Kiwanis (nearly 80,000 square miles) and a combined five-state (including the District of Columbia) population approaching 20 million people, it seems at first blush as if the options for hosting Kiwanis conventions and conferences in our part of the world must be nearly unlimited.

Not so fast, my friend – if you take into account the hard parameters.

Factor in imperative considerations such as (a) affordability, (b) our organization's specific needs, (c) the tourist attraction element, and (d) the hotel's proximity to the membership base, the workable meeting options shrink dramatically. We also strive to rotate regions that are hosting the meeting on a regular basis, an important factor to be sure. It's not an easy job for our executive director, the governor and the district board of trustees to undertake.

Fortunately, years of practice have eased the complexity of the task – and multi-year contracts are often booked accordingly. It seems that the brain trust hit a home run this time – the group gathered Feb.28-March 2 for the first time in Cambridge, Maryland; the host facility was the Chesapeake Bay Golf Resort & Spa.

Located on the Eastern Shore of Maryland, admittedly Cambridge is a substantial distance from many Kiwanis clubs within the district. Consider that it is more than 500 miles from Wise, Virginia to Cambridge, for example, farther than it is from Raleigh to New York City. It is a drive of more than eight hours each way. But for those who made the trek this year, the payback was worth it. Look for attendance numbers to mushroom next March as word gets out about what a grand time was had by all and we return to the resort.

Governor Josh Hiscock described the facility in the last Capital Kiwanian as "stunning," and it would be hard to disagree. Friday morning's board meeting, the first official conference gathering, was held in the Lantern Room on the facility's sixth floor, and the panoramic view of the Choptank River from the property's meeting room was breathtaking.

Combined with the attraction of offseason rates, the scenic river setting, and comfortable seasonal weather, the backdrop for a good time was definitely evident – and the conference committee, headed by Michelle Yuth of the Next Generation E-Club, was up to the challenge to produce a program to match.

This year's theme was Disney-oriented. Michelle quoted the animation industry pioneer in her opening remarks inside the printed program: "To all who come to this happy place: Welcome." Michelle summed up the weekend











focus in her opening paragraph: "The midyear conference provides a space to exchange knowledge, strengthen our bonds, and learn from one another."

Michelle's committee was comprised of 21 Kiwanians from throughout the district. The detail of their planning was evident from all the Disney tie-ins to the inclusion of a bag of pretzels compliments of Saturday's luncheon speaker passed out at registration.

"The weekend is not just about business," Josh wrote elsewhere. "There is time to relax, too!" And indeed there was.

Effectively meshing the facility's many amenities with the conference's Disney focus, the experience was memorable. In addition to the district board meeting, Friday's events included the Foundation's board of directors meeting and a Friday dinner recognizing distinguished Kiwanians and clubs from the 2023-24 year.

Program keynote speakers included breakfast's Saturday presenter Caroline Brigham Sorge, a Capital District SLP product who has become an international architectural and development professional a Kiwanis-stoked bent on giving back to the community. Saturday's lunch speaker was Marcus Moore, a successful food-industry businessman who has overcome the potential limitations of autism. Sunday's breakfast was highlighted by the remarks of Nicole Johnson, the founder and CEO of Baltimore Read Aloud. Motivational talks, all.

Sixteen educational workshops broken into four concurrent tracks highlighted Saturday's gatherings. Kiwanians could choose to attend "how-to" sessions tailored toward attendees' respective responsibilities. "Elevate Our Impact" was the theme of the weekend, and

advice on how to do a better job as club secretary, treasurer, president, membership chair, SLP coordinator, and signature project chair were featured. Other topics included How to Better Navigate Artificial Intelligence; Diversity, Equity and Inclusion Awareness; Social Media; and Managing Volunteers.

The fun choices throughout the weekend were great too – Friday night entertainment included Disney Music Bingo followed by adjournment to hospitality suites. Saturday evening featured the governor's reception (with the wearing of Disney costumes encouraged); the governor's banquet; and a "dive-in" movie in the hotel's pool. Sunday's events included a district project after the inspirational breakfast – providing books to children who otherwise might not have access to them.

(John A. Montgomery is editor of the Capital Kiwanian and a former member of the district board of trustees.)

Eye on KI

Here is a summary of recent news and advice from Kiwanis International that can inform your members and help your club run more effectively and efficiently.



A MONTANA KIWANIS CLUB TURNS TRASH INTO READING TREASURE

"Education and literacy" is one of the three Kiwanis causes, and the Silver Bow, Butte Kiwanis Club in Montana found a creative way to bring kids and books together – while helping the environment.

It started when Kiwanis International Trustee Cathy Tutty, a member of the club (and a counselor to the Capital District), purchased a house that came with an unwanted leftover: an old, nonfunctioning refrigerator taking up valuable space in the garage.

"I thought, 'What can we do with it?'" says Tutty. "I didn't want to just take it to the landfill."

Doug Ingraham, a fellow club member who works at an asbestos abatement business, volunteered to remove the refrigerator's freon if a purpose could be found for the appliance. Tutty had an idea: transform the refrigerator into a freestanding "box" – and place it in her front yard.

After the freon and the refrigerator's seal were removed, club members painted the refrigerator in "Kiwanis blue." Then Tutty visited the elementary school just two blocks from her home and asked the librarian whether any of the students would be willing to help personalize the former fridge.

"There were four groups of them," Tutty says. "We got some nontoxic paint, and they put all these differentcolored handprints on it."

The school also happened to be getting a number of new books for the library and donated the older books to Tutty for the box. And when another refrigerator became available from a neighbor's estate, she decided to create a second book box for a local affordable-housing apartment complex.

At the time, the Montana District of Circle K International was in Butte, holding its annual Fall Rally. The CKI members took on fridge-painting duties as a service project. Now the box is available 24/7 outside the apartment complex office.

"All of that got Doug thinking, 'We've got to figure out a way to get books,'" Tutty says.

At the time, Scholastic – a large publishing and education company – was awarding one "book desert" grant to each state in the U.S., with a goal of expanding children's access to reading material. Ingraham applied and received the grant for Montana, gaining access to 1,000 books and an official Little Free Library. He placed that library halfway between a high school and an affordable-housing community.

Tutty occasionally supplements the book supply with additional purchases from Scholastic.

"Every so often, I'll buy \$300 worth of books when they have a special going on," she says, "because you get 20 free books for every \$150 you spend. So then I end up with 40 more books."

As for the box in Tutty's front yard, she also stocks it with fruit snacks and small bubble-blowers in the summer and sports drinks when the weather is cool – adding incentives for kids to stop by and grab a book.

"It's fun," she says. "People say, 'You have a refrigerator in your yard?'"

NEW OHIO CLUB THRIVES WITH ENERGY

It's been only a year and a half since the Kiwanis Club of Greater Ironton, Ohio, held its first meeting but its members have already figured out a few things about attracting new members – and becoming an integral part of the community.

Rather than reinventing the wheel, the club relied on some tried-and-true concepts. An ambitious fundraising project. Community partnerships. Chartering and sponsorship of a local Kiwanis youth program. In general, an attention to needs and opportunities, and the ability to act on them.

When Ironton Kiwanians sought out members for the new club, they used local and online means to get people's attention. But they also benefited from one of the simplest methods of all.

"For me," says club member Brad Bear, "it was because I was asked. Somone showed up. I had been sort of laterally involved with other groups, but no one actually asked me."

While Bear joined because of what he calls the club's "door-to-door" recruiting, he and his fellow members also credit Kathy Moylan, a Kiwanian and an area coordinator, for setting up a public meeting in September 2023 for people interested in volunteer service.

"I saw a post on social media," says Sasha Riley, now the club's treasurer. "When I looked into Kiwanis, I saw it was about serving children. I have a teenager and a preteen, and there wasn't a lot in Ironton at the time where you could give back to kids in the community."

In turn, Riley invited Stephan Harris – who is now the club's president-elect.

"I had moved here not long before I started (with the club)," Harris says. "I had been in a Kiwanis club about 10 to 12 miles down the (Ohio) river, so I wanted to get involved. And I didn't know that many people here at the time."

He and Riley both smile when she recalls her pitch to him. "I said, 'I know a great way for you to meet people.'"

Another effective way to get people's attention, of course, is to work with local schools and do big things for their students. Last year, the Ironton club made an impact by helping Open Door School, a local educational facility that offers services for students whose developmental disabilities are difficult for local schools to accommodate.

Specifically, the club helped raise \$9,000 to help Open Door update its playground and add new swing sets.

"The principal had been aware of Kiwanis, and she reached out," says Sean Davis, current club president. "So we did an onsite visit and listened."

It was an especially memorable moment for Stephan Harris.

"My first meeting was when we saw the plans and the pricing," he says. "It's an ongoing project, and we had a chance to help accomplish the first phase."

In addition, the club intends to help with the upkeep of the mulch around the new swing sets every year – with the club's annual pancake-breakfast event to help with the cost.

The Ironton club's work with the local educational community didn't stop there. Like many new clubs, they have used SLPs to connect with kids and educators alike – and to serve in ways that expand the Kiwanis family.

For instance, the club is currently working through the chartering process for a new Key Club at Ironton High School.

"Our goal was to reach out to the school and get the ball rolling," says club president Davis. "Sasha really took the reins. She educated herself and made it happen."

Riley herself says the potential for a local Key Club was "the reason I joined Kiwanis."

As so often with Kiwanians, a personal connection sparked the initial interest: Riley's daughter is a student at Ironton High School. In fact, she's a member of the school's color guard. As a result, Riley became aware of a need – and that need became a club opportunity.

When the Ironton High School football team was competing for the state championship, members of the marching band and the color guard got to go with them to Canton, where the finals were played. One catch: arrangements had been made for the football team to be fed there, but not the others. The club helped fund their meals by raffling game tickets.

For a new club, it was a small but effective way of getting members involved in the community and putting the club's name into view.

"Our club has done a lot of work getting members out there and networking," Davis says.

Club members have volunteered at traditional community events, such as a local farmers market, but last November they also showed up at the Ironton WizardFest – an event that attracts thousands of people.

"It's for the kind of people who love the Harry Potter books and movies," says Brad Bear, whose involvement with the event made it a natural selling point to his club. "At some point I realized we had more people in our club than were volunteering at this 7,000-person event. You can make yourself visible really quickly. For us, it was a way to make people aware of Kiwanis and what we do. It was win-win for everyone."

It was just one of the moments that made 2024 "quite a year," says club president Davis. "We went from meeting once a month to weekly, and we talked about having a guest speaker every other meeting. It's going pretty well."

One key, he adds, is to focus on speakers who are "geared toward serving youth," or at least civic-adjacent." That includes guests who speak about topics such as food insecurity or work with local branches of programs such as Boys & Girls Clubs and Big Brothers/Big Sisters.

"We keep it topical," Harris says. "It's not just a new business selling its products.

Located in southern Ohio, near the Ohio River – and near the convergence of Ohio's border with Kentucky and West Virginia – Ironton offers access to a larger culture of civic engagement. For instance, the Kiwanis Club of Greater Ironton has participated in a quarterly meeting in which members of various volunteer organizations talk about themselves and what they do. The Ironton club even got two members from the event in December.

The club is particularly looking forward to a mega-mixer when Kiwanis can discuss their collective potential impact with members of Lions and Rotary.

Ironton Kiwanians have already seen how powerfully that potential can

turn into reality. In November, they worked with two other Kiwanis clubs from Ashland, Kentucky, as part of a meal-packing project. In one night, the volunteers cumulatively packed 35,000 meals for kids.

RECOGNIZE SENIORS

Key Club and CKI seniors have worked hard – in school, on campus and in the community. Consider recognizing their accomplishments with a meaningful and memorable graduation celebration.

Celebrate seniors with graduation bundles that include cords, stoles, medallions and other thoughtful gifts that highlight their dedication achievements.

While you're there, don't forget to explore Key Club centennial gear. These special sets commemorate 100 years of Key Club and allow graduates to showcase their pride in being part of this remarkable history.

Encourage your grads to stay connected with the Kiwanis family by learning more about Key Club alumni and CKI alumni opportunities.

THREE P'S FOR MEANINGFUL REFLECTION

To incorporate reflection that adds meaning and deepens learning throughout SLP members' service experience, use the three "P's":

- Preparation: What did students learn from club activities about a community need or issue it wants to address?
- Processing: When students carried out the service project, how did they feel, what did they observe and how did they solve problems?
- Product: what were the results of the project for the community or organization – and how do members know this?

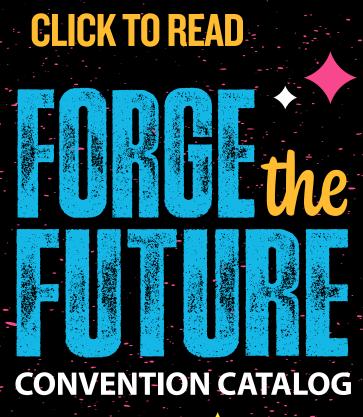
Happy Anniversary

Organization dates

April

| Charlottesville, VA | 1922 |
|------------------------|------------------------------------|
| Elkton, MD | 1932 |
| Ellicott City, MD | 1940 |
| Wythe County, VA | 1948 |
| Mount Airy, MD | 1949 |
| Williamsburg, VA | 1958 |
| Churchland, VA | 1974 |
| Greater Landover, MD | 1979 |
| Montgomery Village, MD | 2003 |
| Strasburg, VA | 2010 |
| Forest, VA | 2018 |
| Short Pump, VA | 2023 |
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| Washington, DC | |
| | 192 |
| Danville, VA | 192′ |
| Frederick, MD | 1922 |
| Harrisonburg, VA | 1922 |
| Seaford, DE | 1923 |
| Suffolk, VA | 1947 |
| Christiansburg, VA | 1949 |
| Rockville, MD | 1950 |
| Crofton, MD | 197 <i>a</i> |
| Old Point Comfort, VA | 198 ² |
| Shenandoah Valley, VA | 198′ |
| Clinch River, VA | |
| Mitchellville, MD | |
| Old Town, VA | 200 |
| City Center Newport News, VA | 2009 |
| | 38866 |















JUNE 25-28



the POSSIBILITY PROJECT



Every day, around the world, children are going hungry. Students are struggling to read. Potential leaders are lacking mentors. And even as Kiwanians serve them, the need continues to grow.

The good news: Through the Kiwanis Children's Fund, just US\$2.25 is enough to address the needs of one child. It's time to put our sense of what's possible into action — and help make the future better for 10 million children around the world.

INTRODUCING THE POSSIBILITY PROJECT.

The \$25 million we raise together will support the mission of the Kiwanis Children's Fund, serving the kids, projects and programs of greatest need.



You're part of a global network — nearly 180,000 Kiwanis club members in 85 nations. Imagine the possibilities if we all come together to make a difference. That's what The Possibility Project is about. **It's the first fundraising campaign that solely supports Kiwanis clubs and the children we serve.** Kids need our help — every day, all around the world. Let's answer the call.





