

PACIFIC NORTHWEST DISTRICT

Kiwanis **builder**

A quarterly resource to help build clubs and communities

The Power Of Community!

NEW
SUN
DAPPLED
EDITION

“Boosting Your Club”
See Page 8!



Fall 2023

**International Convention
July 3-6, 2024
Denver, Colorado**



WHAT TO PLAN FOR IN 2024



**Mid-Winter & CKI DCON
February 16-18, 2024
Portland, Oregon**



**District Convention
August 22-25, 2024
Wenatchee, Washington**

The **KiwanisBuilder** magazine is produced quarterly by the Pacific Northwest District of Kiwanis International.

Submissions Guide and the Consent & Release Form can be found online at:
<https://k22.site.kiwanis.org/builder-magazine/>

Schedule - (Submission by...)

Winter	January 1	(by Dec 1)
Spring	April 1	(by Mar 1)
Summer	July	(by June 1)
Fall	October 1	(by Sept 1)

www.pnwkiwanis.org

KiwanisBuilder magazine

Nicholas Hafez

Governor

2023-2024

Pacific Northwest District
of Kiwanis International

Submissions to the Editor

mabozak@gmail.com

The information in the **KiwanisBuilder** magazine is for illustrative, entertainment, and discussion purposes only. It is intended to provide general information about the subject matter covered and is provided with the understanding that neither Kiwanis, the contributors nor the designer are rendering legal, accounting or tax advice. You should consult with appropriate counsel or other advisors on all matters pertaining to legal, tax or accounting obligations and requirements. ©2023

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100th Anniversaries

CONGRATULATIONS to the following clubs celebrating their Centennial anniversaries this quarter:

Albany, Oregon
November 14, 2023

Roseburg, Oregon
November 15, 2023

Celebration information has not been received for publication; please contact the clubs.

A special thank you to David Cowan for supplying the photos from District Convention in Portland, Oregon

Cover photo from Adobe Stock #631514591

My mind is full of everything needing to be done in my corner of Kiwanis to get our 2023-2024 year off to a good start; that makes my heart full.

*DCON (District Convention) was jam-packed full of amazing education, presentations, a well-organized delegate session, fabulous food and such a great time with all the activities – so much fun! Check out the review and photos. I hope you'll enjoy getting to know Governor Nicholas a bit better with the **Ask the Governor** page and please send me your questions for him to answer in the next Builder.*

Be sure to look for the continuation of the First Lady's Foster Kids Project, the cool Puzzle on the last page & the new Find Aladdin, the icon for our Arabian Nights theme this year – the first person to send me the page number where he's hiding wins a prize! Congrats to Dave Towne from the Kiwanis Club of Mt. Vernon for finding the July issue leprechaun within a few hours.

And, last, continue to send me your very interesting service and fundraising project articles and any other feedback – it's very welcome. That's it for this quarter – hope you find great ideas to implement in YOUR club!

Melanie Bozak, Builder Magazine Editor 2023-2024 - mabozak@gmail.com

A message from 2023-2024 Governor Nicholas Hafez

You are the “Power of Community”!



As I begin my term as Governor of the great PNW, I wish to thank my class of Lt. Governors and my chairs for stepping up to volunteer their time and talents as they start this new year.

I also thank our Past Governor David Crozier and his class of Lt. Governors and Chairs for their service and leadership. They spent many hours helping the PNW District have a great year.

If you don't know me, my name is Nicholas Hafez. I am your elected Governor of the PNW. I am a retired Pharmacist. During my 36 years as a pharmacist, I always focused on offering the best customer service for all my customers. I am looking forward to offering all of you great service as your Governor.

I will continue visiting our clubs throughout the District. I am looking forward to meeting all our members, listening to your concerns and your success stories!

I currently live in the Hillsboro/Forest Grove area of Oregon; this has been our home since 1988. My wife Maria is the President-elect of the Western Washington County Kiwanis Club, and she is a special education teacher at a local school. She is a proud Kiwanian and she decided as First Lady to continue working with our Foster Children program for a 2nd year.

As we embark on a new Kiwanis year, we are still joyful after all the summer events we witnessed at ICON and DCON. We must not forget our Kiwanis Mission, “Serving one Child at a time in all of our communities” and that we are representing the Greatest Service Organization in the world. The purpose of our Kiwanis organization is to help Children while offering outstanding service opportunities to our members; great fellowship, leadership and education for the betterment of our District.

The membership experience is vital for the viability of our clubs; it will help us to successfully recruit and retain members while offering services as we have fun. As you are working on your yearly Signature Service project and other projects, recruiting members and building clubs in your District, tabulate all your results and compete for a Distinguished Member, Distinguished Club and/or Distinguished Lt Governor Award! It is your opportunity to be recognized for all of the hard work you do, and it is my challenge to all of you. You will all do a fabulous job this year because “Together We Can!” The 2023-2024 Distinguished Criteria are listed in this edition.

It is the excitement as you, your clubs and our SLPs will soar into new heights and render the best service. You are such a dedicated bunch of folks and I love you all! We all love Kiwanis.

You are the “Power of Community.” We are committed to changing the world and we will always be proud of what we can do as Kiwanis Family! Again, I thank you once more for allowing me to serve as your Governor. I am truly honored. See you around.

Yours in Service,

Nicholas Hafez
Governor
njhafez.3@gmail.com
(503) 267-1081



Important Dates for 2024

PNW Kiwanis Mid-Winter Conference
February 16-18 Sheraton Inn-Airport Portland, OR

PNW Kiwanis CKI Convention
February 16-18 Sheraton Inn-Airport Portland, OR

Key Club DCON
March 7-10 Portland, OR

PNW Kiwanis Online Auction
March 15-18 Online

Kiwanis International Convention
July 3-6 Denver, CO

PNW Kiwanis Convention
August 22-25 Wenatchee, WA Conference Center

Find the magic carpet!

The first person to send the page number where the carpet was found wins a prize.

Send your answer to mabozak@gmail.com

2023-2024 Distinguished Criteria

Must be submitted to District Office no later than October 15, 2024

Lt. Governors/Divisions

Requirement - Must meet 6 of the 8 following criteria

- Net growth in the Division (positive growth)
- 100% of Lt. Governor Reports submitted on time
- Visit all clubs, 1x in person, 2x by zoom
- Assist the membership committee by helping to build 1 or more clubs within and/or beyond the Division
- Assist the membership committee by helping to boost 1 or more clubs within and/or beyond the Division
- Assist a Club in building one or more SLPs within and/or beyond the Division
- 2 Members for each club within the division attend Midwinter, DCON or ICON
- 100% of the Division's clubs participate in Youth Protection education

Clubs

Requirement - Must meet 10 of the 14 following criteria:

- Positive growth (+1) by September 30th, 2024
- Actively help sponsor a new Kiwanis club
- Club membership chair submitted to KI
- Club contact information is reviewed and updated annually
- President, Secretary and Treasurer complete CLE training
- 90% of club members participate in Youth Protection education
- SLP advisors' background checks are current
- Club is represented at 2 major events of the District: Midwinter, DCON or ICON
- Participate in 10 Inter-clubs and attend 75% of their Divisional DCMs
- Have a Signature Project and submit it to KI by the January deadline
- Actively help build one or more SLPs
- Sponsor an orphan SLP in their division and provide funds to it
- Have a line item in their budget to donate to one or more District projects
- Have a line item in their budget to donate to the Kiwanis Children's Fund

Members

Requirement - Must meet 6 of the 8 following criteria:

- Complete Youth Protection training
- Sponsor at least 2 members to join Kiwanis
- Purchase an Outreach medallion
- Contribute financially by \$10.00 or more to any District Project (counts for each of the 3 projects: KCCP, SIGN, SOS)
- Contribute financially by \$10.00 or more to either the Canadian Foundation or the Pacific Northwest Foundation
- Contribute financially by \$10.00 or more to the Kiwanis Children's Fund
- Participate in at least two club service projects
- Participate in one District/Division service project

Criteria for the Website and Publication Judging for club and division awards is being reworked for 2023-2024. When completed, which is expected to be in October, it will be posted on the PNW website under the Awards tab. Please watch the website and please hold your submissions until the new information is completed and posted. Thank you!

DO WE HAVE ADMINISTRATIVE FUNDS, SERVICE FUNDS OR JUST KIWANIS FUNDS?

Do we have administrative funds, service funds or just Kiwanis funds?

The answer to this question could be yes to all three. I know that this topic is creating a wide variety of conversation, discussion, and opinions. It also has generated a lot of misinformation. I will attempt to clarify what is creating all the confusion.

First let me explain, the term “service funds” has been used interchangeably as meaning welfare funds or public funds or community funds depending on whom you are communicating with or the emphasis an individual wants to place on it. For the purpose of this article, I will use service funds, since that is the last officially designated term to be used by Kiwanis International and expressed in bylaws. Service funds are those monies raised from community members which may include Kiwanis members. Some clubs have policies where donations from their club members may be designated as administrative funds.

Secondly, “administrative funds” are those monies given to the club by members. These can include happy bucks, 50-50 raffles, dues payments or other sources where the general public is not solicited for contributions.



For many years, Kiwanis International has required clubs to separate the funds they hold into two designations - service funds and administrative funds. This has been widely interpreted in the United States to be a requirement of the IRS. With many people questioning this as an IRS requirement, Kiwanis International formed a committee to determine the validity of that interpretation. The report of that committee determined that, in fact, it has never been a requirement of the IRS to maintain separate funds, but a policy of Kiwanis International. After receiving the committee report at their October 2022 meeting, the International Board voted

to no longer keep a strict requirement of maintaining separate funds; but chose rather to allow clubs to have an option as long as they remain in compliance with local laws, regulations and requirements where the club is located. International staff was directed by the Board to make any necessary changes to policies and documents that are appropriate. I am sure these will be communicated as time allows for the changes. There is no mandate or requirement for clubs to make any changes at this time. This simply allows for some changes to occur if appropriate and a club chooses to do so.

A little history of the use of service funds is appropriate here. For several years now, Kiwanis International has suggested that service funds could be used to pay for at least a portion of insurance costs because the insurance was to protect the youth we serve. They have also suggested that costs associated with meetings containing an educational or training element would fit this same reasoning to be paid from service funds. Many clubs are already doing this, and the KI Board has now given official blessing to doing so; as long as they remain in compliance with local laws, regulations and requirements. This is part of the past several years of granting of more autonomy to clubs around the world to match local norms and customs. Here in the Pacific Northwest District, our clubs need to be in compliance with national, province and state requirements that may be different for our individual clubs since we are an international district in multiple states and provinces.

My bottom-line recommendations for clubs at this time are as follows:

1. Do not get too excited that your club has to change how their finances are handled.
2. Local club boards should look at what fits their communities best with logical discussions based on facts and not emotion-driven fears of change.
3. Develop a club policy on how you would promote the raising of funds in your community. Have solid consensus for communicating exactly how funds raised will be spent and what expenses are acceptable to be paid from the monies raised. If there is any doubt, do not promote a project/event as “100% monies raised will be spent on one single project.” This is not unusual for nonprofits. (As an extreme example, I know of one nationally recognized organization that spends 80% of the funds they raise to promote raising more funds for their stated cause.)
4. Understand that every club does not have to do things the same way.
5. If your club needs help to navigate any potential changes you might look at, Member Services at Kiwanis International can help you through the process.
6. Above all considerations, we should remain transparent with our membership and community in general as to how we invest in the lives of the youth and others we serve.

Some clubs may say we are comfortable with the way we handle finances and need no change, while others may wish to tweak their processes for accountability and make some minor changes. Either approach is acceptable as long as the club follows their local norms and remains transparent in the process.

-Roger Bell, PNW District Laws & Regulations Chair



We Are Best When We Work Together

The 2023-2024 Membership Team has decided to split the district north and south to make the work easier to manage and easier for more members to help by working locally. We believe working in areas will help to assist our clubs to grow and to open some new clubs in areas that we determine have the best potential to start strong and grow.

We have a smaller club opening goal – 8 this year -- from Governor Nicholas and we have a large club boosting goal of 16 or more. And... we have a plan for how we might be able to do that. It will take all of us, committing to a small role to make it happen.

You may ask, what is a club boost? The short answer is it's whatever the club that's requesting help would like to do in order to 'boost' their membership – from recruiting in the community; to organizing a community meeting introducing people to the club and what they do; to all things in between or in combination. We assign a coach/mentor to meet with the club in person or via zoom to determine what the goals are and how to go about accomplishing them.

So that's where you as a PNW Kiwanian come in. We already started introducing this concept to a few clubs two months ago and are working on a list of clubs that will follow. So, just two things we ask you to do:

1. Ask your club to complete the Club Boost application on the district website at [Club Boost – Pacific Northwest District \(kiwanis.org\)](https://www.kiwanis.org/Club-Boost-Pacific-Northwest-District).
2. Tell us you'll help the team in your area with new clubs and/or boosting clubs by sending us your name, club, and contact information. We'll train and help you!

Very important: we ask that **ALL** PNW clubs appoint and report their Membership Chair(s) to KI so that we get those names and make contact with them to send information about our monthly Membership Chair zoom meetings and updates about helping grow their clubs.

Together, we will build Kiwanis in the PNW and build the membership in our clubs to make them stronger with more hands to serve our children and communities in every area of this large & amazing district.

Melanie Bozak
District Membership Coordinator WA/ID/BC/AK

Membership and Making it Yours

Club boosting is a focus in the coming Kiwanis year. There are clubs that are struggling and need help, and we are here to assist in any way we can. This is about your club, your community, and the youth you serve. Picture, if you can (apologies to Rod Serling) a community without you, without the legacy you leave behind, or the youth you have yet to reach with Service Leadership Programs. Can you see how the community will be just a bit less without Kiwanis in their lives? Your club has built a legacy over its lifetime, please don't let it dwindle and die.

The personal relationships you have created and nurtured in the local community are important. They, with just a bit of effort on your part, can create and reinvent your Kiwanis club in ways you haven't even imagined.

To accomplish this goal, we need your help. We are looking for a few positive-minded Kiwanians in every community, town, village, and wayside. Kiwanis members who want their legacy to continue, to keep your community vibrant and energized, and to reach just a few more youth that desperately need our help. It will not be simple or easy, but I strongly believe that it is worth the effort. Are you up to the challenge? Together, we can improve the world, one community and one child at a time.

Lonnie Johnson
District Membership Coordinator OR/CA

CONTACTS:
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MELANIE BOZAK, DMC NORTH
mabozak@gmail.com (360) 531-1329

Monthly KI Training starting in October for Club Openers and Club Coaches: contact us for dates and further information. JOIN OUR TEAM!

A message from 2023-2024 Governor-Elect Vicki Frucci

Key Elements for Our Future



Congratulations Governor Nicholas Hafez and your Team!

I want to thank my campaign teams for all they did to promote me, such as storming brains, printing info sheets, staffing the display table, wearing baseball uniforms, running a baseball toss tournament, and then chatting with other Kiwanians along the way. Thank you PNW Team Leader Cindy Crowther with her teammates Gloria McGlothlen, Debbie Johnson, Gary Jespersen, Mike Frucci, and Ginger Flynn, along with our Division Greater Spokane Team Leader Kea Woodfill with her teammates Denny Woodfill, Teresa Venne, Chuck Richardson, and Val Workman. Also, a big Thanks to George Cadman for nominating me and Cindy Crowther for seconding the nomination. Greatly appreciated.

Thank You PNW District for all the support for rita Schwarting and myself during our campaign runs. From the first time we spoke at the same event, we encouraged and pushed each other from then on. With our tour guides Jim Schwarting and Mike Frucci at the helms, we crossed the District, listening and speaking to some very impressive clubs serving their communities.

Thanks to all who made the trip to Portland to vote. It was great seeing more people return to the convention. I'm honored to have been elected and look forward to working with the incoming leaders to ensure the focus areas I ran on can be effectively incorporated with the strategic plan to best fit our members and organization. As a reminder, those areas were "Developing Members and Leaders, Protecting our Youth, and Preparing and Addressing Change." These elements are key to an impactful and sustainable organization in the future.

This coming year as Governor-Elect, I'll be helping Governor Nicholas and his team deliver their action plan, while our team will be preparing to hit the road running in 2024-25.

Yours in Service,

Vicki Frucci

Governor-Elect

mvm101@comcast.net

SIGNATURE PROJECT CONTEST 2024

Signature projects show the impact a Kiwanis club can have on a community. From playgrounds and parks to festivals and fundraisers, signature projects are the hallmarks of what Kiwanis clubs are known for in their communities.

Kiwanis International will host the eighth annual Signature Project Recognition Program for clubs and districts in 2024. There are two groups, based on club size. Each group is judged separately, and the top 10 finalists are determined for each group. The top three selections from each group will be recognized as the gold, silver, and bronze winners at the 2024 Kiwanis International Convention.



Clubs must submit their project details using the online form found on the KI website in January 2024. (2024 Signature Project Contest | Kiwanis International) The KI website will be updated this Fall with the entry information and the fillable form, so watch for that information to come out to each club. The entry is sent to the district for judging and selection of our Group I and Group II projects that will be entered into the 2024 Signature Project Contest. The questions to be answered on the form may also be found on the above website.

ASK THE GOVERNOR

This is a new column this year to allow our members to get to know the Governor and ask questions about anything on their mind related to district leadership & Kiwanis in general. (Please send your questions for the Governor to the editor at mabozak@gmail.com) ~Editor

WHERE DO YOU CALL HOME AND WHAT IS IT LIKE?

Forest Grove, Oregon is our home and has been for the past 6 years. We moved away from Hillsboro after 30 years, seeking a little calmer town where we can retire and be closer to the beach house. I am of Lebanese-Greek descent. Both of my parents' families immigrated from Greece to Lebanon at the end of the 19th century. My immediate family left Lebanon to move to the US in the 1970's because of the turmoil in Lebanon. I moved at first to France while I waited for my immigration documents, then my parents followed me.

WHAT ARE YOUR NON-KIWANIS ACTIVITIES?

My favorite hobby is spending time at the beach house in Pacific City where the family house is. Maria's father built that house almost 50 years ago. I enjoy my walks on the beach with my wife Maria and the kids. I enjoy sitting home on the coast and reading history books or watching DVD's. I enjoy shopping with Maria, which is unusual for many men. I love to travel nationally and internationally. I am on the Forest Grove School District budget committee and was for 15 years on my Greek Orthodox Church board of directors.

WHAT ARE SOME THOUGHTS YOU WANT TO SHARE ABOUT KIWANIS?

Kiwanis has been part of our family since 1982. I joined CKI when I was at the university. My wife Maria is President-elect this year of the newly formed 4 years ago Western Washington County Kiwanis club in Forest Grove. The kids were part of Key club and CKI when they were at the high school and in college. They went to many events with us as they were growing up. I love our Kiwanis Signature projects because they show off our club and what we do in front of our community.

Many people join Kiwanis because of these projects and that's why I always promote the Signature projects because they attract members to our club which increases our membership, thus increases our Service potential. Just to let you know, Maria decided to follow in Mary Crozier's footsteps and will continue with the Foster Parents project with emphasis on Disabled Children. Maria is a Special Education teacher at a local Hillsboro school.

DISTRICT SECRETARY JOB NOTICE

Our district secretary/administrator, Delanie Delimont, will be retiring in January 2024. She will continue as a Kiwanis member in her local club, so it won't be a final farewell. The search for her replacement will start in October by Non-Profit Professionals based in Portland, OR. It is anticipated the placement will occur in January, to allow Delanie time to provide training. This will be a .5FTE for the district secretary/administrator position. The position is hybrid, however, the person selected must be able to be at the district office every week. If you are interested in learning more please contact Delanie Delimont at dsec@pnwkiwanis.org.

Kiwanis

Pacific Northwest

Nicholas Hafez, Governor 2023-2024

"Power of Community"



PNW Kiwanis 2023-2024 Goals

Membership-Driven, Service-Focused & K-Family-Oriented

Membership-Driven

- Open 6-8 clubs this year
- Net positive gain of members by the end of the year
- Encourage appointing Membership Chairs in our clubs and identifying a committee to meet periodically
- Identify with our Lt. Governors the clubs which need to be boosted
- Work the 2x2 process to bring in more members

Service-Focused

- Clubs in our District identify a Signature Service Project, apply for a grant from our PNW Kiwanis Foundation or Canadian Foundation and seek recognition from KI to boost the PNW image
- Participate in one or more additional service projects in our communities above what they normally participate in during a year
- Clubs will show our Kiwanis branding (name & logos) during all activities and service projects
- Participate in Kiwanis One Day in October

K Family-Oriented

- Circle K administrators will visit local Colleges and Universities to rebuild Circle K and identify possible locations to build new Circle K clubs
- There will be NO orphan Key clubs in the PNW District
- Kiwanis clubs will sponsor Builders clubs in our communities to the Pre-Covid level

Education and Succession Planning are also Integral to the 2023-2024 Goals

- Provide Quarterly virtual CLE (Club Leadership Education) along with the In-Person session at DCON
- Provide Succession Planning by having exit interviews with our leaders from the club to division to district levels to determine what's next on the leader's agenda



2023-2024 Membership Webinar Series

Two For Two | Lt. Governor | Club Membership Chairs

Kiwanis International will offer quarterly webinars on Two For Two, membership topics for lieutenant governors, and best practices for club membership chairs. Topics will be announced later. Please mark your calendar to join us.

Membership webinars will take place at 8:00 p.m., Eastern on the third Wednesday of each month—the webinar in December will take place on the second Wednesday.



	Membership Webinars	Date and Time
October	Two For Two Registration – https://kiwanis-org.zoom.us/meeting/register/tZYkf-ysqT4qGtD8gUqnT7imO80cteUpZcS0	Wednesday, October 18, 2023, 8 p.m. Eastern
November	Lt. Governor Registration – https://kiwanis-org.zoom.us/meeting/register/tZ0kf-qurzwqGtD4prIFUgqwG9rjl_vF373Y	Wednesday, November 15, 2023, 8 p.m. Eastern
December	Membership Chair Registration – https://kiwanis-org.zoom.us/meeting/register/tZwvc-urpz0pE9ZPiatvy2KrzVJ1wj9CPz-	Wednesday, December 13, 2023, 8 p.m. Eastern
January	Two For Two Registration – https://kiwanis-org.zoom.us/meeting/register/tZAKde2vqz0oHtCHO6Kk6872CBXOPEAbf2mO	Wednesday, January 17, 2024, 8 p.m. Eastern
February	Lt. Governor Registration – https://kiwanis-org.zoom.us/meeting/register/tZYvc-2przkjHNYvhMRoANRCDBq7uYOKJ2OI	Wednesday, February 21, 2024, 8 p.m. Eastern
March	Membership Chair Registration – https://kiwanis-org.zoom.us/meeting/register/tZcudeirqDgiE9OMUIlrH57-C7B_96-SSCg	Wednesday, March 20, 2024, 8 p.m. Eastern
April	Two For Two Registration – https://kiwanis-org.zoom.us/meeting/register/tZAvce-gqDwvGNPCXBqeUvoovmvmOLGdQDZL	Wednesday, April 17, 2024, 8 p.m. Eastern
May	Lt. Governor Registration – https://kiwanis-org.zoom.us/meeting/register/tZAsduCsrTlvG9Ske3e2TgXyzpJMtIswilt6	Wednesday, May 15, 2024, 8 p.m. Eastern
June	Membership Chair Registration – https://kiwanis-org.zoom.us/meeting/register/tZUtdauspiwpHtBUkh-vUH_dEHJrm-GYVQxX	Wednesday, June 19, 2024, 8 p.m. Eastern
July	Two For Two Registration – https://kiwanis-org.zoom.us/meeting/register/tZcoce2grzovGdxt5sM1uybMtXUqsMwax-V9	Wednesday, July 17, 2024, 8 p.m. Eastern
August	Lt. Governor Registration – https://kiwanis-org.zoom.us/meeting/register/tZ0ocOyhqDsoG9GWw3RKIMYBBzRRUTz4SyYK	Wednesday, August 21, 2024, 8 p.m. Eastern
September	Membership Chair Registration – https://kiwanis-org.zoom.us/meeting/register/tZUvcu6tqDwrHdHv8QRqFu49Zq7BXsPjJTX5	Wednesday, September 18, 2024, 8 p.m. Eastern

ONLINE RESOURCES

kiwanis.org/twofortwo | kiwanis.org/clubstrengthening | kiwanis.org/membercommittee



WE NEED

YOU!



Your PNW District Membership Team Needs YOU to Help Us Grow!

**MONTHLY ONLINE TRAINING STARTS IN OCTOBER.
CONTACT A DISTRICT MEMBERSHIP CHAIR BELOW IF YOU'LL JOIN US!**

Our Focus is on Member Retention & Growth!

We need to fill many openings for Kiwanians to step up and help us increase our "Hands for Service" by working in your local area of our district. All it takes is a passion for our Kiwanis mission and the desire to share what we do!

If you can spare a few hours, we have these positions to fill:

- Serve as a club or division coach, working with Lt. Governors
- Make telephone calls (with a script) to set up appointments
- Work with the membership team to meet with potential members
- Serve as mentors to new members
- Apply your technical skills to help with social media setup, PR work, graphics, and more

Did You Know?

Every new member adds an average of 206 hours of service to kids and communities!

PLEASE SAY YOU'LL HELP!

2023-2024 PNW Membership Co-Chairs

North

Melanie Bozak
mabozak@gmail.com
(360) 531-1329

South

Lonnie Johnson
damaro@budget.net
(541) 659-1832

SERVICE LEADERSHIP PROGRAMS

PNW KEY CLUB UPDATE

Throughout the past few months, PNW Key Club has taken part in a number of impactful social and educational events. From District Board bonding to inter-division mingling, our Board and District-wide Key Clubbers have been busy participating in summer service and establishing meaningful connections with their Kiwanis-family counterparts.

In early July, over 50 PNW Key Clubbers attended the 2023 annual Key Club International Convention in Anaheim, California. During the PNW District Tour and the convention itself, attendees visited Santa Monica Pier, spent a day at Disneyland, elected the new Key Club International Board (including our very own immediate past Governor, Kyle Hanson, elected International President) participated in workshops, voted on the KCI proposed amendments, and much more. We had a large increase in attendance at ICON this year and were pleased to see such strong PNW Key Club representation at the international level.

Following ICON 2023, in August, the PNW Key Club District Board had our second quarterly board meeting of the service term which took place at Kiwanis Camp Wa-Ri-Ki in Washougal, WA. Officers and Lieutenant Governors conducted official business, participated in team-bonding activities, selected our DCON 2024 logo design contest winner, and prepared for our District fall rally, also known as Key Club Days. This board meeting was incredibly successful and filled with spirit, leadership, and fun; we cannot wait to meet again for Fall Board 2023. Take a look at our Summer Board 2023 Recap Instagram Reel [HERE!](#)



Shortly after our Summer Board meeting, in August four PNW Key Club Lieutenant Governors accompanied the Executive Committee to PNW Kiwanis DCON 2023 in Portland, OR. Participants had a blast exchanging ideas and experiences with other members of the Kiwanis-family through presentations, workshops, the facilitation of a Miracle Minute, meeting with the PNW Circle K Executive Committee, and much more.



Finally, the PNW Key Club District Board has been hard at work planning and executing our fall rally, Key Club Days 2023. Key Club days are split into two separate events for the purpose of member accessibility - Key Club Day North and Key Club Day South. These events consist of both a virtual and in-person component with the virtual event being education-based and the in-person event promoting Key Club spirit and socialization.

Key Club Day South 2023 took place in August at Oaks Amusement Park in Portland, OR. Over 170 PNW Key Clubbers joined us for an introduction to our District Project, a keynote speaker, and workshop breakout sessions. From attendees meeting new members and joining their Lieutenant Governor in divisional spirit chants, through our Back-to-School Drive and Miracle Minute, we were able to raise over \$750 for our 2023-2024 District Project: The SEAD: End Youth Houselessness Initiative. Read more about the project [HERE](#). We welcomed over 315 in-person attendees for Key Club Day North in September at Wild Waves Amusement Park in Seattle, WA with the same agenda.

-Nola Stenstrom, PNW Key Club District Governor

SERVICE LEADERSHIP PROGRAMS

CIRCLE K UPDATE

This last August, the Pacific Northwest Circle K District Board had the great opportunity of attending the Pacific Northwest Kiwanis DCON. The few days we had together were full of fellowship, service, and passion. One of our favorite moments was the service project during which all K-Family came together and cleaned the “Free Bikes 4 Kidz”.



We also enjoyed talking about how all that our district has been doing these past few years. With a big focus on recruitment and retention, we are always working on supporting our clubs, whether they are active, reactivating, or even becoming brand-new charters. It has been a year of big growth for us, and we cannot wait to see what the future months hold.



Of course, we also wouldn't be able to do what we do without the important and necessary support and guidance from PNW Kiwanis, our CKI administrator Ann Penner, and assistant administrator Lisa McCoy. We want to thank the PNW Foundation for its support through the Outreach fund that provides us with crucial resources. Thank you, Pacific Northwest Kiwanis, and we cannot wait to enjoy fellowship and serve with you again.

-Anastasia Argat, PNW CKI District Governor

K-KIDS UPDATE

K-Kids Vision: To develop competent, capable caring leaders through the vehicle of service.

I am excited to hear of all the great service opportunities our elementary students will provide in the up-coming months ahead. With your help we can build the next generation of leaders. Helping students to learn new skills through service. Your impact in K-Kids service program helps students stay in school, achieve their goals and build strong ties to their communities.

If you have not contacted your faculty advisors now is the time! To ensure a successful year of service:

- Get in touch with your school advisors and make sure they are up to date with their background checks.
- Attend the next meeting to make sure officers know what is expected of them when serving in their role.
- Explain to all members what Kiwanis is about and their connection between their K-Kids club and your Kiwanis Club.
- Offer assistance for club organizing, fund raising and project ideas.
- Invite the school advisor to your Kiwanis club meetings. Have them present their plans for the year.
- Invite your Kiwanis club members to K-Kid meetings, and projects.

I enjoyed our District Convention in Portland and meeting some of our K-Kids advisors. I also heard from several clubs that have worked hard at securing faculty advisors to start new K-Kids Clubs this fall. Hopefully, this translates to a GREAT start for 2023-2024.

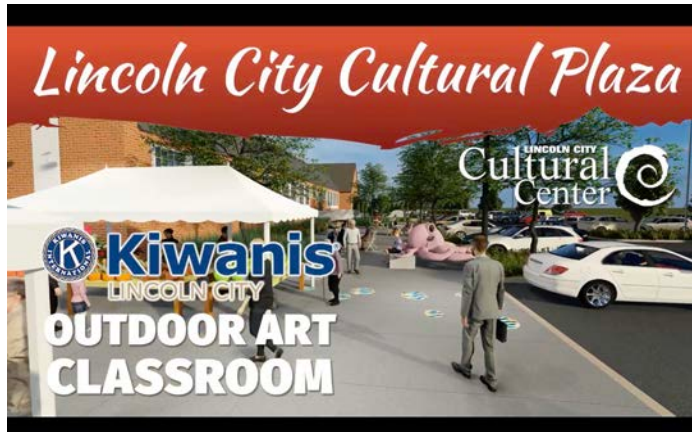
If you have any questions or comments, please contact me:

Debbie Johnson
PNW K-Kids District Admin
bass.girl@budget.net
(541) 659-3621

CLUB SERVICE SHOWCASE

Lincoln City Cultural Plaza

In the fall of 2019, we were offered an opportunity for our local Kiwanis group to help, in some way, with the future plans for a Lincoln City Cultural Center (LCCC).



As stated on their website, the LCCC project will transform the outdoor space around the historic Delake School building, turning the grounds into a pedestrian-friendly plaza filled with dedicated installments of public art, gathering spaces with seating and brick patios and spaces for outdoor arts education, connected by a meandering pathway. The LCCC Board of Directors has been working on the Plaza design since early 2018, using a community-based process to gather feedback and design comments from the stakeholders, members, general public, and major partners. The design will not only be useful, but an artistic and beautiful enhancement to Lincoln City, created in collaboration with the community.



I accepted the challenge and took it upon myself to see what we could accomplish. I began by writing a grant proposal to the Pacific Northwest Kiwanis Foundation. We received

a grant for \$3,000. We put up \$5,000 of designated funds to ask for the grant and just this past week our budget committee approved another \$2,000 for a total of \$10,000 set aside for this project. The goal of the grant proposal was to create an interactive art piece that will create a gathering place for families and children. Signage at the cultural center would present an opportunity to educate our community about what our Kiwanis Club does and how our service to the children of our community are front and center in our mission. Our hope is that this will inspire others to join that mission.

Since we are a small community, I thought it was important to involve local artists in our project. We met with Dreamland Skateparks, a local company that makes world-class skate parks all around the world. We also met with Joanne Daschel, a local mosaic artist. Our vision is to create an Octopus sculpture that one can climb upon and sit under with tentacles that run through the concrete pathway where families can gather and tables to be set up for outdoor art classes.

The children's classroom area will feature the octopus structure and also 22 mosaic bubbles of differing sizes that represent living organisms and creatures found in our ocean.

~Joan Prins, Kiwanis of Lincoln City





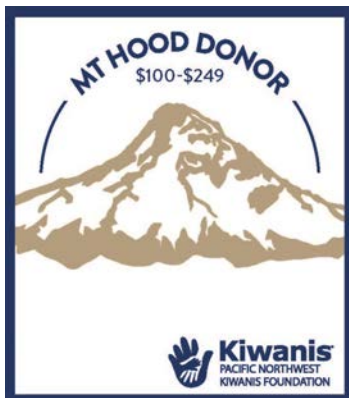
The PNW Kiwanis Foundation has announced a couple new programs to enhance your club and your personal donations to “Help Make Dreams Come True” for Key Club and CKI students, and Kiwanis Clubs.



WHAT ELEVATION WILL YOUR CLUB ASCEND TO FOR THIS YEAR?

The Foundation will recognize your annual Kiwanis Club contributions with a club banner patch and notation in the Builder. Banner patches (shown below) will note the year the donation is made.

Please include the PNW Kiwanis Foundation in your annual budget.



\$1.00-\$249 Donation



\$250-\$499 Donation



Over \$500 Donation

HAVE YOU STRUGGLED WITH IDEAS FOR HOLIDAY GIFTS FOR FAMILY AND FRIENDS?

Well, how about a gift in honor of a loved one to the PNW Foundation. It is as simple as sending the Foundation a donation with your name and the name and address of the person you are honoring. That will ensure the Foundation can send you a tax receipt and the honoree a holiday message acknowledging that a gift has been given in their honor. By contributing to the Foundation students receiving scholarships and Kiwanis clubs receiving grants will benefit from your generosity.

Information will be sent out to the Kiwanis clubs as we approach the holiday season.



CLUB SERVICE SHOWCASE

Corks and Kennewick Kiwanis Club

Chartered in December 1926, the members of the Kiwanis Club of Kennewick have been committed to helping our community. Kids are our mission and our passion, and we turn that passion into action. This was further demonstrated by our Cork Sculpture project. The idea for this creative project especially appealed to Kiwanis Club of Kennewick members as being a project that each of our nearly 100 Club members could participate in – designing, engineering, gathering corks, gluing corks, painting, updating the website, and more.



Starting in early January 2023 to gather ideas for the sculpture, the sculpture design took shape, and many leaders were recruited. The centerpiece is a Ferris Wheel, featuring details of our many Club programs and completely made from wine corks. In 3 months, many thousands of corks were applied. In all, we collected nearly 13,000 corks, but only applied just over half as we learned more about applying them. During the sculpture meetings, Kiwanians worked hard on the sculpture, shared a meal, discussed Kiwanis projects, and socialized. Our records indicate that almost 80% of our Club members participated in our sculpture project and 100% had fun! Featured club programs inspiring the design of our Cork Project submission included the Benton Franklin Fair and Rodeo!

On the Ferris Wheel, the cornerstone element of our cork sculpture, each of the buckets highlight one of the many programs the Club supports in the community helping children and families. Finley Food Bank, Girls on the Run Sponsor at Amistad Elementary School (AES), I Take Responsibility Football at AES, Kennewick American Youth Baseball League Sponsorship, Kid's Fishing Day for AES students, Outstanding Orcas Pod Booster Club at AES, Pen Pal Program at AES, and Student Scholarships!

In the lower left-hand corner of the sculpture is a baseball field. Kiwanis Club of Kennewick is recognized as the longest sponsor of a youth baseball team in our area – over 50 years. The totem pole located alongside Camp Kiwanis, who was the driving force behind the creation of Camp Kiwanis in Columbia Park, a major asset for youth and community activities and built by volunteer labor led by Kiwanis Club of Kennewick. Oversight of the Camp was later turned over to a foundation formed by all Tri-City Kiwanis Clubs.

Thank you to the Kiwanis District Leadership for developing this project. The project allowed club members to work and socialize together as well as reflect on the many projects and programs where our passion has been turned into action.

Time spent on this project was very meaningful and fun for our Club members as we got to know each other better, we strategized ideas about additional Kiwanis projects we'd like to do in our community, and we truly built a cohesive Club of outstanding Kiwanis volunteers. We see our use of the sculpture as a very important marketing piece for our Club too. With our 100-year anniversary coming soon, we brainstormed many ways to use this cork sculpture to further promote our efforts and recruit many new members to our Club. There are many needs in our community, but through the heart and service of many volunteer Kiwanians, we know we can accomplish a lot!



When it came time for awards to be presented, we first heard the non-automated 1st and 2nd prize winners, followed by the automated 1st and 2nd prize winners. In both cases, we were not mentioned as a winner until the final grand prize – the Governor's Award winner! The Kiwanis Club of Kennewick had 9 members attending the Convention and we were all honored and proud to receive this prestigious award as a group. Thank you, Governor David Crozier and First Lady Mary for providing this awesome project!

Education - Chair Vicki Frucci on CLE

As your Education Chair, I am excited to report on the work our instructors delivered this year. I'm going to focus this article on the PNW Club Leadership Education (CLE) program.

Our District has a team of certified instructors who can deliver the following topics. Of course, each instructor has their expertise, but they can also cross-train many of the other topics as needed:

Programs, and Target Audiences

Club Leadership Education (CLE)
Delivering President, Secretary, Treasurer,
Membership Chairs/Committees and Youth
Protection Role instruction

Instructors

Roger Bell, Melanie Bozak, Lonnie Johnson,
Jackie Sue McFarlin, Robert Munger, and Vicki Frucci

Since COVID, we've been delivering 2 Virtual CLE sessions (June and July), and 1 In-person during the same week as the District Convention in August. This year we trained 84 individuals from 25 different clubs. We had 236 clubs at that time which means 90% of our clubs didn't send any leaders to Club Leadership Education this year.

Needless to say, we have much more work to be done. However, for those who think you've already been to the training and heard it all, Kiwanis International developed a 201-level training for repeat CLE leadership role trainees. This training focuses on more advanced training the repeat leader's role will need.

ANNOUNCEMENT: With the need for more training delivered efficiently, whether virtually or in-person, we are also recruiting additional instructors. We will be working with them alongside existing instructors during this next year to give them a good start and become a part of our team. If you or someone you know would like to be considered for one of these positions, send me an "email of Interest" and we can start from there. Thanks in advance for your interest in expanding and strengthening our team of valued instructors.

-Vicki Frucci – Education Chair – mvm101@comcast.net

District Convention Highlights



Governor 2023-2024
Nicholas Hafez

Governor-Elect 2023-2024
Vicki Frucci

The \$3 per member district convention assessment proposal passed the House of Delegates and will replace the previous \$50 per club assessment starting October 1, 2023.

DCON Premiere Awards

Governor's Cup

Delanie Delimont, Greg Holland, Teresa Venne

Jack Delf

Cindy Crowther

Mel Dennis

Gary Brackett

Lee Price

Devon Felsted



What an amazing District convention we had in Portland August 18-20th. I'd like to thank all the attendees who supported the PNW District Outreach Fund. With your generosity, we raised a total of \$6,479.00 through our ticket sales for auction items, Outreach medallions, pins, and miscellaneous items!

Your contributions will be used to support our Service Leadership Partners (SLP) officers and directors for events such as district conferences, conventions and other selected expenses.

If you would like to learn more about our medallion program, please send me an email at dmsmith3031@gmail.com.

-Darlene Smith - PNW District Outreach Chair

CLUB SERVICE SHOWCASE

100-Year-Old WWII Veteran/Kiwanian Receives Purple Heart Award 78 Years Later

Harvey Drahos, a 100-year-old WWII Army veteran, is the last surviving member of his unit that fought in the Battle of Okinawa in April 1945. He served in the 96 INF Division (“The DEADEYES”) in the Pacific Theatre—serving from March 1943 through his honorable discharge in February 1946. He received multiple medals and commendations as a result of his valor and bravery--- The Bronze Star, World War



2 Victory Medal, Combat Infantry Badge, Asiatic-Pacific Campaign Medal with 2 bronze service stars, Good Conduct Medal, Presidential Unit Citation, American Campaign Medal, Philippine Liberation Ribbon and The World War 2 Honorable Service Button. But missing from this collection was the Purple Heart award.

Harvey was only 22 when he first set foot on Okinawa alongside his fellow soldiers of the 96th Infantry Division. When the battle finally ended, thousands of soldiers in his division lost their lives. Harvey himself was wounded by shrapnel fire during the Battle of Okinawa; he was given Last Rites at an Army Field Hospital. He was convinced he would not make it out alive. He suffered direct shrapnel wounds, a concussion, TBI, etc. “I told the good Lord, “If I can survive this, I’ll dedicate my life to helping people,” he said. “And that’s what I’ve done.” Following his Honorable Discharge from the Army, Harvey kept that battlefield promise. He has managed emergency services, legally represented patients, helped assist other veterans, helped to activate a military service center, flew Search and Rescue (SAR) for the USAF Auxiliary, served/presided on countless community and state boards and foundations and has been a proud Kiwanian

member for 53 years. He has served as President for several Kiwanis Clubs and as a Lt. Governor. He remains an ACTIVE member of the Kiwanis Club of North Thurston in Lacey, Washington.

For the 78 years following completion of his military service, Harvey has been plagued with the consequences of clerical and bureaucratic errors that caused him to not receive his VA benefits, endure decades-long delays in receiving his earned medals, and not receiving his Purple Heart. Many of these oversights and omissions are directly attributable to the fire that destroyed millions of permanent military records housed at the National Personnel Records Center in St Louis, MO in 1973. His original military records were destroyed and he was informed that they could not be restored. Since then, Harvey has tried to get justice through three US Representatives and two US Senators, as well as multiple veteran’s organizations to no avail-- until now.

In October 2022 Harvey requested that his friend and fellow Kiwanian, Karen Schoessel, assist him in yet another attempt to rectify his military records to ensure his long-delayed awarding of the Purple Heart would end. On Veterans Day, she shared the volumes of documentations with US Representative Marilyn Strickland’s team who doggedly pursued his case through all the appropriate military and political channels—to no avail. More denials.



CLUB SERVICE SHOWCASE

Then, after covering his 100th birthday celebration, a local media outlet published the story of Harvey's quest to receive the Purple Heart. That story was viewed by Rishi Sharma who travels the world interviewing WWII combat veterans (Remember WWII with Rishi Sharma); his website and YouTube channel are dedicated to preserving the stories of thousands of Allied combat veterans. Rishi flew to Lacey in July to interview Harvey about his WWII experiences and his inability to have his military records reflect his battle injuries that justify awarding the Purple Heart. At the same time, the Olympian newspaper reported on Harvey's decades-long pursuit to obtain the award. That article received country-wide recognition resulting in an outpouring of support for Harvey. Rishi's video coverage went viral; people from all over the country started a public pressure campaign on Harvey's behalf. From Boy Scout troops to Department of Veterans Affairs individuals, people all over the country reached out to support Harvey. Letters and emails deluged Pentagon personnel. Karen established communication with the leadership points of contact there and, once again, resubmitted the documentation for Military Records board approval.

On 29 August, the news came that the documentation was approved by the Military Records Review Board and that Harvey would FINALLY receive his Purple Heart! Persistence prevailed in the end. Harvey was "over the moon" to hear the good news: "Due to the fact that all the records were lost, misplaced and burned, it's really difficult to prove that you were even there. But now that it's all finished, I am very, very happy," he said. "I'm just blessed and surprised and it's an absolute miracle." To Drahos, the award is a personal recognition of his contributions during WWII; his amended records will preserve his legacy. He looks forward to sharing with his children, grandchildren, and great grandchildren, many of whom are unaware of the extent of his service.

A special celebration to honor Harvey's receiving the Purple Heart is planned...complete with WWII Army jeeps, locals in WWII uniforms and countless friends who are thrilled to see Harvey finally receive his long-overdue recognition.

-Karen Schoessel, North Thurston Kiwanis Club

Kent club supports the Kinship Program

Our club did support a Foster Care non-profit, 'Kinship Program' in 2022-2023; our friend Kimberly Nyland is CEO. The program supports family members who had children left in their care by other family members, mostly because of drugs, mental health issues, illness, and other reasons. Oftentimes, it's a financial burden on Grandparents, Aunts, Uncles, and others.

Our Club offered support by adopting a couple of families for both Easter and Christmas. We also supplied them with an entire meal for their Monthly support meeting where adults and kids come together for a meal, then break out into separate groups. Kids have a fun game or art fun, while the parents learn coping skills and share stories.

This was such a worthwhile project, we will be continuing this again for 2023-2024; thank you, Mary, for the idea and your leadership.

-Vivian Bruns, Youth Services Chair, Kiwanis Club of Kent



Thank you to the PNW Kiwanis! First Lady Mary hosted a "Cozy Drive" at the annual district convention to benefit youth living in foster care. Kiwanians donated ten large bags of pajamas, hats, gloves, scarves, and other cozy clothing items to keep our youth warm this fall.

NOTE: THE FIRST LADY'S FOSTER KIDS SUPPORT PROJECT CONTINUES FOR YEAR 2023-2024!

Please continue to send in your club project updates to First Lady Maria Hafez for our future Builder issues.

She can be reached at njhafez.3@gmail.com.

The PNW 2023 DCON in Portland



Photos courtesy of David Cowan



The PNW 2023 DCON in Portland



More photos can be found at:

<https://www.dropbox.com/sh/0zmsehC0qjxjftd/AAAD5407-Mn25zLGdIRS0Anea?dl=0>

CLUB SERVICE SHOWCASE

Camp Kiwanis 2023 News

I scream! You scream! We all scream for ice cream at Camp Kiwanis organized by South Bend Kiwanis! In fact, ice cream-making was just one of the amazing activities at Camp Kiwanis during its run from June 19 to June 30—two weeks of wild and educational fun for South Bend School District students. Camp Kiwanis 2023 was the second annual day camp put on by the South Bend Kiwanis Club in partnership with South Bend School District. This year, Camp Kiwanis served 91 campers in grades K-8 and employed 18 young adults as counselors.

During Week 1 of Camp, 45 community volunteers taught classes and led activities including: coding, survival skills, solar ovens, construction, oyster life and oyster art, soccer, basketball, football, gardening, sewing, food preparation and nutrition, art history, painting, Zumba, bike safety, first aid, flower arranging and wreath-making, public transportation 101, Spanish 101, Spanish bingo, photography, drama, and flaming bubbles. Wow, lots to do!

Week 2 was a field trip week, featuring a walk through the ancestral lands of the Chinook Nation, as well as visits to the Willapa Players Playhouse, the Odd Fellows Cemetery, the Pacific County Courthouse and 911 Dispatch Center, the Pacific County Historical Society, the Northwest Carriage Museum, the Port of Willapa Sea Scouts headquarters, and the Willapa Seaport Museum. One group of campers got a lesson in budgeting from Security State Bank staff. Week 2 ended with a splash, literally, and a mind-bending magic show, followed by South Bend Fire Department's famed "Wall of Water."

Camp Kiwanis was free of charge for all campers, due to the generosity of these wonderful donors: Ben Cheney Foundation, the Sierra Pacific Foundation, Shoalwater Bay Tribe, Alliance for a Better Community, South Bend Schools Foundation, and Teen Advocacy Coalition of Pacific County. The South Bend School District, Pacific County Voices Uniting, and Penoyar Law Offices provided staff, spaces, and resources. Without all of this support, Camp Kiwanis would not have been possible. Camp Kiwanis is an example of what can result when fired-up community members partner with caring donors and service organizations to enrich the lives of local children. Three (ice cream) cheers for Camp Kiwanis 2023!

~Sandra Moser, South Bend Kiwanis

Moses Lake Kiwanis Club at Work this Summer

Nine of the fifteen Moses Lake Key Club members, and a few nonmember friends, helped serve food and drinks to spectators at the annual Monster Trucks Show in the Moses Lake Kiwanis food booth, located on the rodeo grounds. Money raised will be used primarily for Moses Lake Kiwanis scholarships for Key Club seniors graduating from Moses Lake High School and to pay expenses for officers to attend Key Club Pacific Northwest DCON.



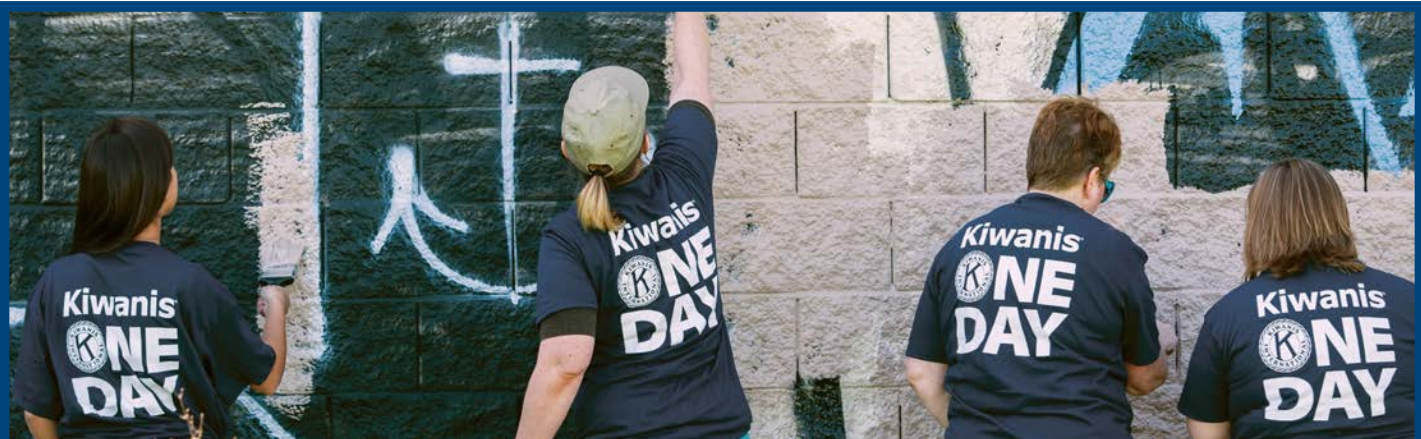
Also, Kiwanis Club members served food and drinks to Roundup visitors in the Kiwanis food booth on the grounds of the Moses Lake Roundup in August. The above photo shows Kiwanian Matt Killibrew serving a customer. The money raised will also be used for high school scholarships, Key Club DCON expenses and other such causes. Moses Lake High School Key Club members, as well as friends and family members, help with food preparation.

~Louis Logan, Kiwanis Club of Moses Lake



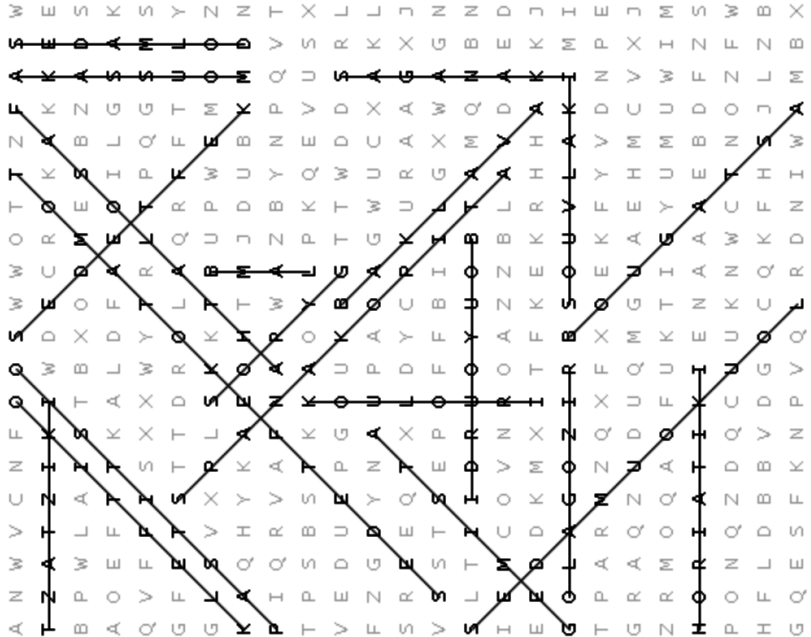
Online
AUCTION
March 15-18, 2024
Building A Better Tomorrow!
<https://www.32auctions.com/PNWKaucaion2024>
 Join us for our online auction by signing up to receive auction updates now. Work with your club/division to put together a travel package that can showcase your community with overnight stay and activities to share with our Kiwanis family. For info email davecindy.crowther@gmail.com

Next District Auction in March – Time to Get Ready
 Proceeds from the Annual District Online Auction are used to support education of our Kiwanis clubs and members throughout the Pacific Northwest. It also helps keep our District dues from increasing. Since this is a virtual auction, we like to build auction packages for people to have experiences and get-a-ways. A club can work together and create a destination package that includes hotel stays, restaurants, and experiences. Or, you may have something that works well in a virtual environment like a cooking class people can sign up for. This is an opportunity to showcase your town and its uniqueness. This is a fun way to come together as our Kiwanis community and share new experiences with each other. Please start thinking and planning for your auction item. Contributions and gifts to the Kiwanis District office are not deductible as charitable contributions for federal income tax purposes. See the link on the PNW website (<https://k22.site.kiwanis.org/online-auction>) We're grateful for your support!



Kiwanis One Day - Oct. 28, 2023

FIND-A-WORD solution...don't peak. Puzzle is on page 26.



KIWANIS FIND-A-WORD GREEK AND DELICIOUS!

A N W V C N F O O S W W O T T Z F A S W
 T Z A T Z I K I W D E C R O K A K K E E
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Loukoumades
 Moussaka
 Gemista
 Tzatziki
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 Koulouri
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Rizogalo
 Gyros
 Lamb
 Kleftiko
 Horiatiki
 Baklava
 Saganaki

Tomatokeftedes
 Bouyourdi
 Keftedes
 Dolmades
 Pastitsio
 Souvlaki
 Spanakopita