

# Capital Key

Volume 61 Issue II  
*A Year in Review*



Delaware – Maryland – Virginia – Washington, D.C.

# What's Happening in this Issue?

## Capital District Key Club:

- Events around the Capital District (1)
- Capital District Key Club Executive Board Recaps (2-4)
- This year's journey... as a District Executive (5)
- Governor's Project (6)
- District Project (7)
- Most Memorable Moments (8-9)
- Highlights (10-11)
- Service Project Ideas (12)
- Social Media (13)

## Kiwanis Family:

- International Trustee Update (14)
- International Board Duties (15)
- Capital District Kiwanis Club Update (16)
- Capital District Aktion Club Update (17)
- How can I continue to serve my home, school, and community after high school? (18)

## District Convention:

- What is Tri-K DCON? (19)
- Schedule of District Convention (20)
- District Convention Contests (21-22)

## Key Club Happenings:

- International Convention (ICON) (23)
- Service Partners (24)
- Co- Sponsors (25)
- Preferred Charities (26- 29)
- Key Leader (30)

## Closing Statement:

- A Message from District Webmaster, Hannah Pajewski (31)
- District Contacts (32)

# Events around the Capital District



The Key Club at Stafford had the opportunity to ring bells for the Salvation Army with the Fredericksburg Kiwanis Club on December 23<sup>rd</sup>, 2016. Several members stood outside of Goolrick's in downtown Fredericksburg, attempting to raise money to place in the bright red Salvation Army bucket. Two members brought their instruments and their sound carried around the street, which attracted increased support for the cause. As a whole, the event was a success.

On October 8<sup>th</sup>, 2016 the "2 Crew" joined together for a Division Council Meeting at Bull Run Regional Library. The theme of the Division Council Meeting was Halloween, so Key Clubbers dressed up in their favorites Halloween costumes, and played ice breakers, games, and learned new information from Key Club International and the Capital District.



In Spring of 2016, Capital District hosted another Key Leader in Williamsburg, Virginia. Key Clubbers had the opportunity to attend lectures on leadership. During free time, Key Clubbers had so many chances to spend in the great outdoors of Virginia. The group of students went on a hike, played games, and made a bonfire in their free time. This event is an amazing opportunity to meet new people and unlock your leadership potential.



# A word from... District Governor, Danny Inglis

Hello, Capital Crabs!

This past year, I served as your Capital District Governor. I had such a great year serving all of you and leading your incredible district board. The District Governor of each district leads his/her district and their district board, providing its members the opportunity to serve, gain leadership skills, as well as be informed about Key Club international events, and other service opportunities.



As your District Governor, I was able to accomplish a lot of things this year with help from our district board. Every month, our service programs committee hosted a webinar about various service projects that are happening in our district. I created two newsletters that were distributed to the entire district, and I am currently working on the third. I helped Lt. Governors disseminate information to your clubs and provided them with newsletters articles to share. In January, I hosted a webinar about campaigning at DCON. Throughout the year I worked closely with our district administrator, Mr. Joe Stankus.

This past year I did a lot of travelling as well! I went to San Antonio, Texas to be officially trained as your Governor. I went to ICON 2016 in Atlanta, Georgia with a group of Capital Crabs where we celebrated a year of service and elected the new international board. I attended Kiwanis Family Conference in North Carolina alongside the other district executives and two Lt. Governors. I hosted and led all of the Capital District board meetings throughout the year. I also travelled across the Capital District seeing as many of you as I could at various Divisional Council Meetings. I also attended Key Leader as a student facilitator back in October.

If you have any questions about what I have done during my term, please let me know. You can email me at [inglisdan10@gmail.com](mailto:inglisdan10@gmail.com). I am excited to see all of you at DCON!

Yours in service,  
Daniel Inglis

# A word from... District Secretary-Treasurer Alekyia Bheemreddy!



Hi, everyone!

It's Alekyia here, your District Secretary-Treasurer! It has been a privilege to serve the Capital District this past year, and I've learned so much more about service, leadership, and caring for those in our homes, schools, and communities. I want to take this opportunity to give you all an insight into what my position as Sec-Treas entails, and some of the main responsibilities I've had this year.

Producing minutes, detailed notes of all the happenings at our district board meetings, has been one of my favorite jobs this year. It can seem somewhat daunting at first to be in charge of keeping track of attendance, motions that we make as a board, and other important decisions that we discuss, but once you get the hang of it, it becomes pretty fun.

Another one of my biggest tasks this year has been compiling club officer and advisor contact information and putting it together to form our District Directory. It holds most of the emails, phone numbers, and school addresses of clubs all over our district so that all of you are able to stay connected easily.

The last major point I'll touch is one of the most significant: leading all the Lieutenant Governors on our district board and assisting them in anything they may need. Over the last year, I've had to work closely with Governor Danny and the other executives to assess Lieutenant Governor newsletters, review monthly reports, and make monthly phone calls to check up on divisional happenings. I've been able to form close bonds with many of our Lieutenant Governors and I know my friendships and memories with them will stay with me throughout my life.

Having the opportunity to serve as District Secretary-Treasurer has truly given me the opportunity to expand my perspective and step out of my comfort zone to lead others that are doing so much for our communities. It's an honor that I'll always remember and that I'll always reflect on as being one of the best decisions I've ever made.

Thanks for reading, and if you have any questions at all, please shoot me an email at [bheemreddyalekyia@gmail.com](mailto:bheemreddyalekyia@gmail.com)!

Yours in service,  
Alekyia Bheemreddy

# A word from... District Webmaster, Hannah Pajewski

Hello, Capital Key Clubbers!

It has been an honor to serve on the Capital District Board for two years now, and this year as your Capital District Webmaster! Throughout my term as District Webmaster I have been able to apply my experiences serving as Division 9A's Lieutenant Governor, a social media liaison for a non-profit, and as my high school yearbook's Editor-in-Chief to make the most of my term.

As District Webmaster, I am responsible for maintaining the Capital District's website, [www.capitalkeyclub.org](http://www.capitalkeyclub.org), by updating it with new information from the Capital District and Kiwanis Family branches. So far, I have updated the website 29 times since my term began in April. You can check out my "Webmaster's Write-up" located on the district website to see what I have done this year. Daily, I update the Capital District social media pages with new information, upcoming deadlines, club and division shout-outs and much more! I am also the producer of various Capital District YouTube videos, such as the District Convention Promotional Video and the International Convention Recap.

This year, I was fortunate enough to be able to work along side District Governor, Danny Inglis, and Secretary- Treasurer, Alekya Bheemerddy, leading the Capital District Board of 32 Lieutenant Governors, and communicating with each of them when questions arose regarding the placement of information for the website.

As an Executive Board member, I am responsible for assisting the District Governor in various executive tasks, such as Monthly Division Newsletter Evaluations to make sure each Lieutenant Governor is communicating information to their division, monthly phone calls, and writing articles for monthly Executive Newsletters.

Not only did I have the opportunity to serve the Capital District Webmaster this year, but also had the chance to attend so many wonderful events hosted by Kiwanis braches. In April 2016, I had the opportunity to attend Kiwanis District Convention as an Intern with six other board members. In July, I attend International Convention as a Delegate for a second time with a bus full of Capital District Key Clubbers! Finally, my favorite event that I attended over my term as Webmaster was Kiwanis Family Conference. I had the opportunity to participate as a Student Facilitator leading a group of 30+ Kiwanis Family members.

Serving as District Webmaster this year allowed me to expand my creativity, meet new people, and do my favorite thing in the world - serve my home, school and community!

I look forward to seeing many of you at District Convention next month!



Yours in Service and Friendship,  
Hannah Pajewski

This year's journey...  
as a **District Executive!**



District Webmaster, Hannah Pajewski, Secretary-Treasurer, Alekya Bheemreddy, and Governor, Danny Inglis pose for a picture at Kiwanis District Convention in April, where they were interns for the convention.



Secretary-Treasurer, Alekya Bheemreddy Webmaster, Hannah Pajewski, and LTG Caroline Johnson pose for a picture at the May Board Meeting.



In August, Governor, Danny Inglis attend LeadCon in Indianapolis, Indiana along with the International Board and all District Governors.

# Governor's Project: Help End Hunger

## A Message from Governor, Danny Inglis:

Hello, Capital District!

Help End Hunger is the name of my Governor's project; a project aimed to help those in our schools and community who are victims of the hunger epidemic. However, the only requirement is that clubs had to work with another branch of the Kiwanis Family. Approximately 16 million children in America are malnourished, with my project I anticipate that some of those children and families are able to find their next meal thanks to Key Club. I hope that you all participate in this project!

Yours in Service,  
Governor Danny Inglis

### What are the rules when participating in the Help End Hunger Project?

There is only one rule that you have to follow in executing this project; another member of the K-Family must be involved in the project. By working with your K-Family, you all are able to better understand just how big Kiwanis is and how so many people are dedicated to service.



### What does my club need to do when we have participated in Help End Hunger?

If you have participated in the Help End Hunger Project, visit <https://tinyurl.com/HelpEndHunger> to receive recognition at District Convention.



# District Project: Children's Miracle Network

## Do you know what the District Project is?

This year, the Capital District is very proud to announce that the District Project is Children's Miracle Network Hospitals (CMNH).

CMNH raises funds and awareness for 170 member hospitals that provide 32 million treatments each year to kids not only in the United States, but also in Canada. It was established to help children by actively supporting improved health care for millions of young people.

Your donations matter! There are so many children who are waiting for help. Your club can participate by completing fundraising events that benefits CMNH. Bake sale? Red solo cup donations? Raffle tickets? Any fundraising event will help CMNH. Service projects are great as well. Gather your club members and make no-sew blankets or non-slip socks. These are little things that will make children happy!



## Where are Children's Miracle Network Hospitals in the Capital District?

John's Hopkins Children's Center  
Baltimore, Maryland

Children's National Health System  
Washington, D.C.

Children's Hospital of The King's Daughters  
Norfolk, VA

University of Virginia  
Charlottesville, VA

Children's Hospital of Richmond at VCU  
Richmond, VA

Carilion Children's  
Roanoke, VA

Central Lynchburg General and Virginia Baptist Hospitals  
Lynchburg, VA

## What are projects that Key Clubbers can participate in?

- Pageant for Miracle Kids
- Cook off/eating contest
- Sports tournament
  - Soccer, Dodge ball, or Tennis
- Fun Run
- No-Slip Sock Making



# Most Memorable Moments

This is a very special addition of the Capital Key because it is the last one of the 2016-2017 Key Club year, so we wanted to share some memories and stories of why Lt. Governors fell in love with this wonderful organization, called Key Club!

## **Lieutenant Governor Alexander Lin's Most Memorable Moment:**

I'd say my favorite Key Club memory was when we hosted a Walk-A-Thon for The Eliminate Project. I was hesitant at first to take the role, but I ended up being the Co-Chair for the Sponsorship committee with a friend. This event really propelled me into the Key Club world through realizing an international perspective of how my actions can affect the lives of others. From this experience, I was not only able to come out of my shell by taking risks and talking to business, but also learned more about the administrative side of these kinds of large-scale service projects. In the end, we ended up fundraising over \$1,000 for The Eliminate Project. The reason why you may not be able to see me in the photo below is because I am actually one of the people wearing the frog costume (which I enjoyed thoroughly even though it was very sweaty).



## **Lieutenant Governor Saad Fakhari's Most Memorable Moment:**

Hello, Capital Crabs!

My name is Saad Fakhari and I am the Lieutenant Governor of Division 6B, which is in the Baltimore County area. My favorite memory during my term would have to be when the Capital District Board met for the first time. It was fun to get to know everyone for the first time and learning more about them. Through icebreakers and board bonding activities, I learned a lot about everyone, including the adult committee. One thing that stood out was seeing a room full of passionate Key Clubbers who were ready to serve their homes, schools, and community. This really helped during the course of my term because the board was like family and I knew I could talk to anyone about anything. I know that I have truly made friends that will last a lifetime.



## Lieutenant Governor Tea Le's Most Memorable Moment:

Conventions are one of my favorite parts about Key Club! The opportunity to be surrounded by tons of like-minded and passionate people who are all jazzed about the same thing I am is a feeling unlike any other! However, those who have attended a convention previously will understand that though it's amazing being there, having to share a handful of elevators among hundreds of people all needing to go to different places at the same time is not enjoyable to say the least. When stuck in the herd waiting for an elevator, your options are either to stand patiently and get stuck at multiple levels trying to get to your destination (and be semi-on time) or truck up the innumerable flights of stairs in your formal or business attire to try to beat the clog.



At my first International Convention (ICON), my three roommates and I were stuck in this exact situation. After waiting for the only two elevators that were going where we needed, surrounded by what felt like over a thousand people, myself and one other roommate decided to take the plunge and walk all 26 flights to our room, betting to the other two that we would beat them. Now, it's important to note that although we weren't in business or otherwise restricting clothing/footwear, my roommate is a track goddess, whereas the farthest I try to walk per day is from my room to the kitchen.

That being said – after 26 painful flights, we made it to the room and were, lo-and-behold, *the first ones there!!* And despite our panting and aching legs, we decided to have a little fun by hiding in the dark room to scare our other two roommates when they finally arrived. Luckily it took them such a long time, we were able to get our breathing under control and hang out for a bit (those elevator wait times are no joke). When we finally heard their voices coming closer and heard the door open up, jumping up and scaring them while recording their reaction was and continues to be my most memorable moment over my term. It perfectly captured the heightened joy of my roommates, and never ceases to remind me of a life-changing week spent with some of my absolute favorite people, while also delving deeper into the wonderful world of Key Club!

## Lieutenant Governor Sydney Hamrick's Most Memorable Moment:

It has been very easy to get caught up in the responsibilities of being Lt. Governor and lose sight of why I joined Key Club in the first place. As my term wore on, I felt more stress than excitement in doing the tasks I used to look forward to doing. My passion for service and my job as Lt. Governor were re-energized the first time I did a club visit.

In early December, about three quarters of the way through my term, I spoke at Chantilly High School, to the biggest congregation of Key Clubbers I'd ever seen at a meeting. After stumbling through the bulleted notes I had written on my phone earlier in the week, a young Key Clubber came up to me to ask more about DCON and my position as Lt. Governor. We spoke for about ten minutes and she emailed me about a week later inquiring about running for Lt. Governor. It reminded me of why I love Key Club so much and why I will always, always have a conversation with someone about anything Key-Club related.



# Capital District Highlights:

## Division Highlights

### Division 6B:

Every year Division 6B hosts a divisional project called Grassroot soccer. This is a soccer tournament that helps benefit the Grassroot organization, which strives to educate the youth in Africa about HIV/ AIDS prevention through the universal game of soccer. On average we have about 70 participants attend. During our tournament we have practice rounds then a bracket style playoff for the three levels: Beginner, Medium, and Advanced. We have breaks for food and a guest speaker from the Grassroot organization who talks to all the participants. After the tournament, we have the award ceremony, in which winners are given prizes. We have 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners. In past years we have raised close to \$2,000. To get involved is easy! You can come to the actual event and play in the tournament. You can also be part of the volunteer and coordinating team. This team is in charge of preplanning and putting on the actual event. If you have any questions, please feel free to email Saad Fakhar at [Saad.Fakhar.12@gmail.com](mailto:Saad.Fakhar.12@gmail.com)



**By: Lieutenant Governor Saad Fakhar**

### Division 12A:

On November 19<sup>th</sup>, Division 12A held a dodge ball tournament to raise money for this year's District Project, The Children's Miracle Network. The tournament was called "Knock Out Illness," and three of the five schools in Division 12A participated. Our tournament had seven teams of five people so we had a significant amount of people attend the tournament. William and Mary's Circle K group volunteered as referees while the Kiwanis Club of Williamsburg, Virginia provided concessions for spectators and team players.

Together this tournament raised around \$400 that was donated to Children's Miracle Network Hospitals. We not only raised more money than the original goal, which was \$200, but we also succeeded in raising awareness of children illnesses. The entire Capital District had the opportunity to either go to a local Children's Miracle Network Hospital or raise money for the organization and my schools chose to donate money.

This dodge ball tournament had a great turn out for the first go around, so my new Lieutenant Governor has chosen to carry out this new annual event. The tournament proved to be a great way to participate in the District Project for the schools in my division.

**By: Lieutenant Governor Savannah Lodwick**

# Club Highlights:

## W.T. Woodson High School:

W.T. Woodson High School in Fairfax, Virginia has had an amazing year of service! They have been hosting a blood drive through INOVA hospitals for many years, and this year was the best one yet! 166 units of blood were donated, which will go on to help save up to 498 patients!

Woodson Key Clubbers bake homemade breakfast goodies for patients to stop by and pick up in the morning before they donate and goodies for after they donate. Right now, Woodson's board is planning another blood drive for this spring! Woodson also participates actively with their Kiwanis club and the community. Earlier this year, they volunteered at the Bull Run Festival of Lights, serving hot

apple cider with Kiwanians. They work with community organizations like the Katherine Hanley Shelter, Braddock Glenn Senior Living, INOVA hospitals and Britepaths by providing donations, volunteers, and making cards and products for residents.

All of Woodson's officers stay on top of their tasks: replying quickly to emails and messages, passing along information to their members, attending division meetings and trainings, and upholding Key Club values. Congratulations, Woodson, for an excellent year. We all look forward to what you do next!

**By: Lt. Governor Sydney Hamrick**



## Saint Mark's High School:

The St. Mark's High School Variety Show is one of the most successful fundraisers from Division 6A. The St. Mark's High School Key Club hosts a variety show every year, collecting funds for the preferred charities of Key Club. They encourage their fellow classmates to showcase their talents and help their communities by doing so simultaneously. Last year, the show raised over \$4,000 in profits. The show continues to excel every year, and makes Key Club known throughout the school and community. The St. Mark's Variety Show is a promising source of funds for the Key Club and never ceases to impress.

**By: Lieutenant Governor Priyanka Bheemreddy**



# Tips and Tricks for your Club!

## Service Projects:

Planning service projects for larger clubs doesn't have to be as hard as it looks with 100+ members. In some ways, having a bigger club can be beneficial to the organization your club is helping at the time. Some ideas for larger clubs to implement with their clubs would be to have a **trunk-or-treat** at the school parking lot or **holding a large-scale car wash**.... On the school parking lot!



A trunk or treat event is where people get to decorate their cars and for a fee, get a parking spot at your school, and pass out candy to the kids who come dressed up in their Halloween costume

- Typically, you would invite local elementary schools by sending their administration flyers and information about the project. This would be best done around Halloween time!
  - A car wash works best when many people are involved. You will need people to help wash the cars, direct the cars to a spot for washing, and to hold up signs.
  - For smaller clubs (less than 100) some service projects are **bake sales** or going to a **nursing home to volunteer**.
  - Bake sales to raise money for any charity can be something a smaller club could do more easily. It would be a lesser hardship to get everything organized and make sure all the food is approved and does not contain anything that can cause medical issues for those who will be around the goodies.
- Most nursing homes can't host as many people, so this service project is best done with smaller clubs. For the elderly at the nursing home, having a calm, small group of Key Clubbers would be a great spirit booster.

Any club, *big* or *small* can make dog toys for the ASPCA or any animal shelter organization. Making dogs toys takes no money at all. All you need are old t-shirts and pairs of scissors.

- First cut the neck and the sleeves off the shirt
- Cut the shirt into strips horizontally
- Braid three strips of the shirt together- make sure it's tight!
- Tie them off at the end
- There's your dog toy!

By: Lieutenant Governor Manasha Bhetwal

# Website and Social Media Sites



Check out the Capital Website, at [capitalkeyclub.org](http://capitalkeyclub.org)! The website is so easy to find resources for clubs, Key Clubbers and Advisors to use at meetings! You can view information about the District Project, Governor's Project, and the Service Partners of Key Club International!



**Instagram, Snapchat and Twitter:**  
**Facebook and YouTube:** Capital District Key

@KCCrabs



Don't forget to follow us on social media! The Capital District social media sites are update daily with information.

# A word from... International Trustee, Audrey Dilgarde

Greetings and salutations,  
Capital District!



My name is Audrey Dilgarde and I have the pleasure and honor of serving the Capital District as your International Trustee. To start off, I'd like to mention a few facts about me: I currently live in Colorado, which is a lovely landlocked state in the West, and I'm a high school junior attending Conifer High School in Conifer, Colorado. Besides my trustee duties, I'm usually busy adventuring around Colorado with my friends or working at the cutest Italian restaurant in the entire state, JJ Madwell's.

In regards to my trustee duties, thus far I have been an active member of the Committee of Growth and Communication, which is one of three standing committees on the International Board; the remaining two being the Committee of Service and Education and the Executive Committee. My committee, the Committee of Growth and Communication (CGC), has been working on reaching out to International Districts and ensuring that international members feel included in the overall organization.

Also, as trustee I've been busy working with the three districts I've been assigned (Capital, Michigan, and Montana) and meeting any needs they have or requests they have of me. Besides working with the three districts and being an active member of the CGC, I also attend International Board meetings where me and the rest of the International Board work on all things Key Club International.

All in all, being an International Trustee means attending lots of meetings, both with District Governors and the International Board, which may sound a little tedious, but the meetings are loads of fun and a lot of really great things/ideas come out of them.

Thank you for reading and I can't wait to meet some of you at District Convention in March!

Thank you,  
Audrey Dilgarde



# International Board Duties:

## A Message from International Trustee, Clifford Young:

Key Club International (KCI) is a unique organization comprising of different levels and offering leadership positions on each. The Key Club International Board is comprised of the International President and Vice President, and 11 International Trustees.

The KCI President is responsible for supervising the work and activities of Key Club International. Essentially, this individual works on long-term initiatives that will improve Key Club for the better. Additionally, this person is responsible presiding over the International Convention at the end of their term and all International Board Meetings during the year. The President is also the chair of the Executive Committee, which is tasked making fast paced decisions, handling any disciplinary action, and regulating the International Board.

The Key Club International Vice President shares a lot of the same roles as the President. This individual is responsible for completing the above tasks in the absence of the president and supporting the president in any way possible. He or she chairs at least one international committee, supports all other committee chairpersons, and performs duties and attends events as deemed necessary by the international president and the board of trustees.

Key Club International Trustees define the administrative policies of the organization. This means that we interpret the meaning of the bylaws to tackle current issues and to decide on our next initiatives. Also, each board member must serve on at least one international board committee. On these committees, we carry out our directives, which are set by the president. Additionally, trustees act as liaisons between our three districts and the International Board. Specifically, trustees work with the leadership of the districts they are assigned. Trustees work to keep our districts informed through updates, newsletters, and any other method of communication. Trustees also keep in constant contact with our district governors.

All of these positions require lots of effort and passion. If these two are present, any Key Club member in good standing can perform well in these roles. However, most KCI Board members have held leadership position before serving their terms. For me, I served as a Club President, Lieutenant Governor, and an International Trustee before this year.



I hope this sheds light on the roles of the Key Club International Board!

Yours In Service,  
Clifford Young  
International Trustee (2015-17)  
Georgia, Florida, and Caribbean Atlantic  
cliffordyoung@nydkc.org"



# Capital District Kiwanis Update

## A Message from Capital District Governor Kelly Boswell:

Hello Key Clubbers,

Just like you, we are getting all geared up for our 99<sup>th</sup> Annual District Convention, in Baltimore, March 17-19. This year's focus is on Kiwanis International's strategic plan, the Kiwanis I-Plan. This plan is designed for each district and club to use as a guide to create their own plans and choose their own paths toward accomplishing common goals. The plan focuses on four goal areas-or priorities- that will help clubs, and districts and our overall organization thrive for years to come as a positive force for good in the world.

- **Inspiration:** Kiwanis inspires and engages men, women, youth, corporations, other nonprofits, partners and communities to make the world a better place for children to thrive. Belonging to Kiwanis means being a part of a massive force for positive change in the world.
- **Impact:** Kiwanis is best expressed through meaningful service in communities around the world. When we work together and with other organizations to address important needs for children, we change lives, build stronger communities and even improve our own lives.
- **Image:** Kiwanians are the most effective "advertisements" for Kiwanis. We represent our image in living color, wear our brand and share our message with the world. That's why it's important for our many Kiwanis voices to "sing from the same songbook" when it comes to brand guidelines and messaging. That's also why it's important to empower members and clubs worldwide with the training and tools they need to share Kiwanis' story as one, unified voice.
- **Investment:** Kiwanis does amazing work in the world. When we make wise financial investments, find opportunities to turn profits into service, pool our financial and volunteer resources, create efficient structures and make processes easy and affordable, we can build our capacity to do even more for the children of the world.



That's it in a nut shell. Of course, convention isn't all work, what fun would that be? We have lots of exciting new events for all Kiwanian to participate. I know that everyone is talking about our joint luncheon on Saturday. This will be an opportunity to get to know other members of our Kiwanis family from around the District.

We are showing positive growth. Since October 1<sup>st</sup>, we have increased our membership by 280 new members. That's 56,000 lives that we are impacting in our District. We are looking forward to opening several new clubs this year too. More hands mean more service.

The 102<sup>nd</sup> Annual International Convention this year is in Paris, France. We are pleased to announce that our very own Arthur "Art" Riley is running for International Vice President. Mr. Riley is a member of the Westminster Kiwanis Club; a Past Governor of the Capital District, Current International Trustee, and he has held several district positions. His platform is "A Bold Kiwanis Future" – Build Partnerships/Service/Growth. His campaign committee has been hard at work in getting his message out to everyone. He's our own Mr. Kiwanis.

Like Key Club, we are busy all over the District with service projects, fundraising, fellowship and friendship. Let's energize the dream that every child is happy, healthy, safe and loved. Don't stop what you are doing...you are making a difference.

Kelly Boswell  
Governor  
Capital District Kiwanis  
#kidsneedkiwanis

# Aktion Club Update

Aktion Club is the only service club for adults with disabilities and has more than 12,000 members worldwide. This is the fastest growing branch of the Kiwanis family in the last 5 years! Aktion Club is founded on the four core values of character building, leadership, inclusiveness, and caring, which helps to accomplish the mission of "providing adults living with disabilities an opportunity to develop initiative, leadership skills and to serve their communities."

George D. "Jake" Swartout, 1988-1989 Governor of Kiwanis International's Florida District, organized the first Aktion Club for adults who live with a disability in Putnam County, Florida, in 1987. Aktion Club became an official Service Leadership Program of Kiwanis International on October 1, 2000. Today, there are clubs in Canada, Barbados, Malaysia, Jamaica, Bahamas, Philippines, Australia, and the United States.

A Kiwanis club can form an Aktion Club by enlisting interest from a supporting organization. Examples of organizations in your community could include the local ARC, Easter Seals, Special Olympics, or Centers for Independent Living. Once an agreement is in place, the Kiwanis Club is encouraged to underwrite chartering costs and provide a Kiwanis advisor to the club, just as you would with any SLP. Key Clubs and CKI clubs often get involved with Aktion Club, providing excellent role models. Joint sponsorship, where multiple branches of the Kiwanis Family come together to charter an Aktion Club, is a winning combination.

Within the Capital District, Aktion Club members stay busy with service projects such as making arts and crafts with assisted living members, collecting canned goods for local food banks, assembling welcome bags for newborns at their local hospital, ringing the bell for the Salvation Army during the holidays, and making holiday cards for local senior centers.

*Did you know that Key Clubs are able to assist in chartering an Aktion Club?* It is a tremendous opportunity for your members to work with others in their local community! If you are ready to make a meaningful, life-changing impact, co-sponsor a new Aktion Club at a local agency that supports adults with disabilities. A Key Club or CKI club can register with Kiwanis International as a co-sponsor along with the sponsoring Kiwanis club. By being a co-sponsor, the Key Club or CKI club establishes the right and responsibly to fulfill the obligations of sponsorship, along with the Kiwanis club. The joint effort

can be one in which everyone learns from each other and a meaningful relationship evolves, as well as it is a wonderful way to bring together the various branches of our K family.

If you are interested in learning more about sponsoring an Aktion Club, becoming involved as a member of the Capital District Aktion Club committee, or have an idea of how to further educate Kiwanis and SLP members about the value of having an Aktion Club in your community, please feel free to contact Jennifer Hiscock at [hiscockjenn@gmail.com](mailto:hiscockjenn@gmail.com).



**By: Aktion Club Committee Chair Jennifer Hiscock**

# How can I continue to serve my home, school, and community after high school?

Each year Key Club alumni worldwide join Circle K International (CKI) to continue serving the children of the world and to grow as leaders.

If you're looking for a way to continue your involvement in community service, look into CKI. CKI is the world's premier collegiate service organization. CKI boasts a membership of more than 12,600 members on more than 500 campuses around the globe. In college, you'll find that many clubs and organizations promote volunteerism and community involvement. In fact, many universities have adopted a service learning program.

However, these programs, clubs and student organizations don't offer the blend of service, leadership and fellowship that you'll find in CKI.

Circle K'ers are committed to service as an important element of club activities. If you are interested in learning more about the opportunities for CKI membership on the campuses you are considering attending, please send an email to [circlek@kiwanis.org](mailto:circlek@kiwanis.org)

Visit the Circle K International website for more details, <http://www.circlek.org>



# What to Expect at District Convention this Year

This



year's convention is a Tri-K meaning that there will not only be Key Clubbers there, but Circle K International and Kiwanis members as well! This special convention plays in perfectly to our decades theme.

So who is able to come to DCON? If you are a dues paying member of either Key Club, Circle K, or Kiwanis, you are eligible to come to DCON and we highly recommend it. Coming to DCON allows you to mingle and network with other clubs from around the entire Capital District that includes Delaware,

Maryland, Virginia and D.C. You will also have the

opportunity to elect your District executive officers for the next service year. In addition, you can attend leadership workshops that can help provide the knowledge needed to know your role and make your club more effective. Most importantly, DCON is just a lot of fun! When I went my freshman year, I remember becoming inspired enough to go back and pursue other leadership roles within in my club and even at the District level. Key Club has provided me so many opportunities, and I look forward to going back to DCON more and more every year.

This year's convention will run from March 17th-19th and it will be held at the Hyatt Regency in the Inner Harbor. The hotel is beautiful, and usually the weather is warm enough to take walks in the Harbor during the day and evening. If you haven't already registered, go to your club advisor in your school to pick up a registration packet and figure out who else from your school is going. The registration deadline is February 10th and we wouldn't want you to miss out on your opportunity to attend DCON. On behalf of the entire District Board, we cannot wait to see you at DCON!

**By: Co-District Convention Chair Nick Leahy**



# District Convention Program of Events:

## Friday, March 17

2:00-7:00 p.m.

Conference Registration	Atrium
Hotel Key Distribution	Lobby
Credentials Registration	Atrium
Contest Registration	Atrium
Souvenir Distribution	Atrium
Social Room	President
Luggage Storage	Conway
Conference Office	Office, Floor 2

8:00 p.m.

Opening Session with CKI Constellation Ballroom

10:00 p.m.

Advisor/Adult Meeting Chesapeake A/B

10:00-11:30 p.m.

Meet and Greet

10:30 p.m.-11:30 p.m.

Advisor Hospitality Harborview

10:30 p.m.-11 p.m.

Credentials Registration Harborview

10:30 p.m.

Candidates' Meeting Pratt/Calvert

11:00 p.m.

New Lt. Governor Meeting Chesapeake A/B

12:00 a.m.

Curfew for all (Please be quiet and respectful.)

## Saturday, March 18

7:30-8:00 a.m.

Credentials Registration Harborview

7:30-8:10 a.m.

Continental Breakfast Constellation Foyer

8:15-10:30 a.m.

Division Caucus Sessions

Nominating Conference will be held at the conclusion of each Division Caucus Session

10:45-11:15 a.m.

Workshop Session 1/Contests

11:20-11:50 a.m.

Workshop Session 2/Contests

12:00 p.m.

Nominating Conference Results Announced in Constellation Ballroom (optional attendance)

12:30-2:30 p.m.

Banquet Lunch with Kiwanis & CKI at the Baltimore Convention Center (seating assigned)

2:50-3:20 p.m.

Workshop Session 3/Contests

3:25-3:55 p.m.

Workshop Session 4/Contests

4:15-5:15 p.m.

Service Fair Atrium

5:15-7:30 p.m.

Free Time / Dinner on Your Own

8:00 p.m.

Awards Session Constellation Ballroom

(Doors open at 7:45 p.m.)

10:00 p.m.-11:30 p.m.

Dance

Columbia/Frederick/Annapolis/Baltimore

Advisor Hospitality Harborview

12:00 a.m.

Curfew for all (Please be quiet and respectful.)

## Sunday, March 19

7:45 a.m.

House of Delegates

Columbia/Frederick/Annapolis/Baltimore

9:45 a.m.

Farewell Session Breakfast Constellation Ballroom

(Doors open at 9:15 a.m./Open Seating)

11:15 a.m.

2017-18 District Board Meeting

Columbia/Frederick/Annapolis/Baltimore

12:00 p.m.

Hotel Check-Out

# Contests

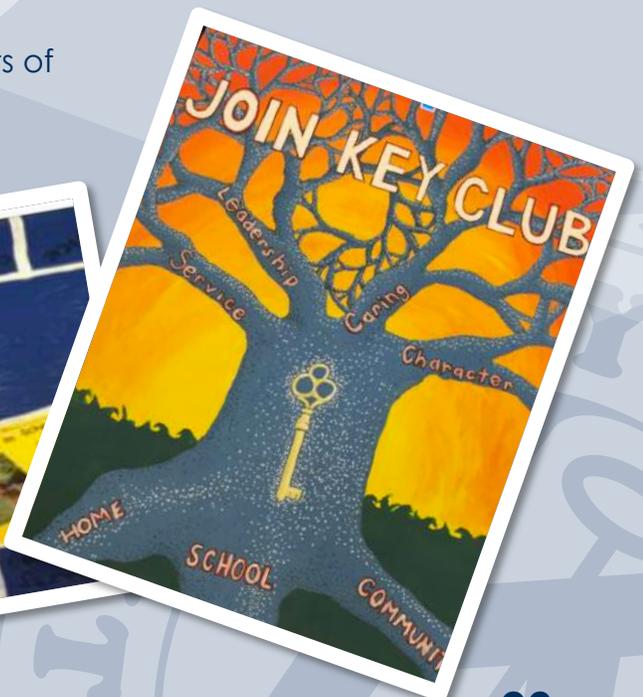


DCON Contests are a great way to showcase the talent and service of your club and members in front of the whole Capital District and are a perfect way to end your Key Club year! DCON contests are crucial to recognizing the service and hard work of Key Clubs all across the district as an end-of-the-year celebration. Participating in these contests will allow you to proudly represent your clubs in front of thousands of people all across the district. It is not only rewarding to watch people admire your creations and work, but it is also a great way to end the Key Club year. You may even get the opportunity to compete at the International level!

**Here is the link to the overall contest forms:**

[http://www.keyclub.org/Libraries/Governance/Guide\\_Key\\_Club\\_Guidebook.sflb.ashx](http://www.keyclub.org/Libraries/Governance/Guide_Key_Club_Guidebook.sflb.ashx)

- **Annual Achievement Form (Required)**
- This is a required form that every club must fill out.
- [http://www.keyclub.org/Libraries/Contests\\_and\\_Awards/Form\\_Annual\\_Achievement\\_Report-Fillable\\_16-17.sflb.ashx](http://www.keyclub.org/Libraries/Contests_and_Awards/Form_Annual_Achievement_Report-Fillable_16-17.sflb.ashx)
- **Club Poster Contest: Digital and Non-Digital**
- Create a poster that symbolizes the values of Key Club in creative ways through a digital or non-digital poster!
- [http://www.keyclub.org/Libraries/Contests\\_and\\_Awards/Form\\_NonDigital\\_Digital\\_Poster\\_Contest\\_2017.sflb.ashx](http://www.keyclub.org/Libraries/Contests_and_Awards/Form_NonDigital_Digital_Poster_Contest_2017.sflb.ashx)
- **Club Video Contest**
- Videos are perfect ways to tie in all aspects of your club's service into a couple minutes.



- **Major Emphasis Award**

- The Major Emphasis Award is given to the Key Club, which, through its unselfish efforts, has produced during the year the best Major Emphasis Project.
- [http://www.keyclub.org/Libraries/Contests\\_and\\_Awards/Form\\_MEP\\_Involvmt\\_Rpt\\_Cover\\_Sheet\\_2017.sflb.ashx](http://www.keyclub.org/Libraries/Contests_and_Awards/Form_MEP_Involvmt_Rpt_Cover_Sheet_2017.sflb.ashx)

- **Single Service Award**

- Have one service event that is your club's "crown jewel"? Then this is the perfect medium to showcase it! This Single Service Award program shall provide recognition to individual Key Clubs for their single best service project.



- **Oratorical Contest**

- Prepare a speech to present to the District!
- **2017 Topic:** The *three domains* of the Key Club experience are Heart to Serve, Call to Lead and Courage to Engage. How do these domains shape the membership experience for a Key Clubber?
  - If you win, you will be able to present it in front of the whole audience at DCON!

- **Essay Writing Contest**

- *Do you love writing? Do you want to express the values of Key Club to the whole District through an essay?*
  - Then this is the perfect contest for you!
  - Prompt for the essay will be given at DCON and you will get a certain amount of time to complete it.
  - Will take place during workshops
- **Talent Contest**
    - Ranging from comedic talent to instrumental talent to vocal talent, this contest is the perfect way to touch the heart of people or make the audience laugh!

- **Club Scrapbook Award: Traditional and Non-Traditional**

- numerous services events your club has done in the past year through colorful decorations, stickers, etc.



**By: Lieutenant Governor,  
Rachel Park**

# International Convention: San Antonio, Texas

A Message from International Trustee Clifford Young

Hey, Capital District!

As the end of the service year draws near, District Convention is sure to be a fun and exciting time. In just a couple of months, Kiwanis Family members will descend on the city of Baltimore and engage in a weekend of celebration of the past year and set goals for the upcoming year. Just like how the Capital District gathers in March for District Convention, the members of Key Club International join in July for the International Convention (ICON).



International Convention is similar to District Convention except on a larger scale. You'll get the opportunity to meet members from not only your district, but also from all over the country and even the world. Additionally, you will get the chance to share innovative service project and fundraising ideas, listen to amazing speakers, learn about servant leadership, and elect next year's Key Club International Board. International Convention is definitely a blast and every year our convention city adds a little spice.

This year, the 74th International Convention will be held in the one and only San Antonio, Texas from July 5 to 9. The Capital District Tour dates may differ, but the dates provided are those of the convention itself. San Antonio offers a plethora of sites including the world-renowned River Walk, the historic site of the Alamo, and La Villita, San Antonio's first neighborhood.



I cannot wait to see you in the beautiful San Antonio for a week of celebration of our accomplishments over the past year and goal-setting for the upcoming year!

Yours In Service,  
Clifford Young  
International Trustee (2015-17)  
Georgia, Florida, and Caribbean  
Atlantic  
cliffordyoung@nydkc.org"

# Key Club Co-Sponsors

## Rustic Pathways

Rustic Pathways is Key Club's co-sponsor. They provide quality travel and service programs for students and educators. They're also redefining how to integrate education, travel, and philanthropy. Their mission is to empower students through innovative and responsible travel experiences to positively impact lives and communities around the world.



Their vision is to create a world where 1) travel is accepted as an essential part of everyday education, 2) travel is a model of sustainable development, 3) all people are connected by a shared humanity and all decisions are made with a global perspective. Rustic Pathways believes that travel provides a unique environment for learning. Their programs are designed to encourage critical thinking; learning moments and opportunities for growth are intentionally built into the programs.

Through the programs they facilitate life-changing educational experiences for students and use travel and philanthropy as a means to achieve sustainable development in the places they visit. They are also committed to supporting local economies and minimizing their environmental footprint during travel. They do this by monitoring waste, water, and energy use across their base houses so they can establish targets to reduce use on an ongoing basis.

"I went on the Thai elephant conservation project trip. It was really cool because everyday we got to take care of our elephants which I really enjoyed. We also went to a lot of temples and even got blessed by monks one day. I met a lot of new people who I'm still friends with now. I learned a lot about Thai culture because it is a lot different than American culture" –Helen Moreau, 12<sup>th</sup> grader. You can find more information on their website: [www.rusticpathways.com](http://www.rusticpathways.com)

**By: Lieutenant Governor An Dinh**



# Service Partner

## Thirst Project



### What is the Thirst Project?

Thirst Project is the worlds largest youth water organization. As Key Club International's newest service partner, they exist to build freshwater wells in developing countries through the education and activation of students. This year, Thirst Project will travel across the country speaking to middle school, high school, and college students about the global water crisis on their school tour. Thirst Project would **LOVE** to visit your school and share more about the global water crisis.

### Thirsty 30 Campaign:

Key Club is teaming up with Thirst Project to dominate the global water crisis! In January, Key Clubs from all around participate in Thirsty 30.

Clubs can participate in in **Thirsty 30 Campaign** yearlong. Clubs will collectively commit to raise money for clean water projects, especially in Swaziland. Feel free to join in the fun anytime before the official launch in January!



### How can your club organize the Thirsty 30 at your club?

#### Here are three easy steps!

1. Complete clean water fundraising domination in thirty days starts with identifying how many people you want to participate!
2. Have each club member pick an envelope with a number on it. The number they choose is the number committed to raise that amount of money!
3. Now each club member has 30 days to fill the envelopes and bring them back!

#### Tips about the Thirsty 30:

- 20 envelopes is \$210
- 50 envelopes is 1,275
- 100 envelopes is \$5,075
- 150 envelopes is \$11,325 (that is almost a Swaziland Well!)

Well!)

If five clubs each gave out 20 envelopes, that is already \$1,050 raised for clean water projects!



# Preferred Charities

## Eliminate:

Through The Eliminate Project, Kiwanis International and UNICEF have joined forces to eliminate maternal and neonatal tetanus—a deadly disease that steals the lives of 34,000 innocent babies and a significant number of women each year.

We did it! We reached our fundraising goal, raising US\$110 million in cash and pledges since 2010. However, our job is not done yet. Now, more than ever, we are determined to finish what we started. Mothers and babies in 18 countries are depending on Kiwanis. They're waiting for us to fulfill our pledges—so we can turn promises into funding; funding into vaccines; and vaccines into lives saved and futures protected. The end of this disease means the beginning of better health for so many of these families.



Kiwanis offers a special thank you to our dedicated campaign volunteers and donors for their passionate and generous efforts to save and protect mothers and babies.

Although the Capital District has shifted its focus toward different preferred charities this year, the Eliminate Project will forever have a place in our hearts! Make sure your club is still fundraising, so that Key Club International can reach its pledged goal. There are many ways for your club or division to get out there and help. For the past two years, my division has hosted the Division 15B Talent Trumps Tetanus Show that brought together different talents in our area to perform. All of our money raised through ticket sales and donations was given to the Eliminate Project.

Another way that your club can raise money is through Trick-or-Treat for UNICEF. Every year Key Clubbers ask for people's seemingly useless change to collect during the autumn season. On Halloween Key Clubbers will go Trick-or-Treating to ask people to donate to the Eliminate Project. This is one the many ways that we raise a lot of money for the Eliminate Project. You can even hold fundraisers at restaurants like Chic-fil-a, Applebees, and Chipotle in your area!

I hope you can implement some of these ideas club, and help us raise some money for the Project!

**By: Lieutenant Governor Norah Mulinda**

in your home  
Eliminate



# Preferred Charities

## UNICEF

### What is UNICEF?

UNICEF, the only organization of the United Nations dedicated exclusively to children, works with other United Nations bodies, governments and non-governmental organizations to assist in children's needs through community-based services in primary health care, basic education, and safe water and sanitation in more than 150 developing countries. UNICEF shares the Kiwanis family's global commitment to children and has provided its extensive resources and leadership to assist in the Worldwide Service Project to virtually eliminate Iodine Deficiency Disorder (IDD) from

the globe.



### How Key Club Helps:

Since 1994, Key Club has been Trick-or-Treating for UNICEF and over the years has raised nearly US\$5 million for iodine deficiency programs worldwide and HIV and AIDS programs in Kenya and Swaziland. Now it's helping The Eliminate Project. The Kiwanis family, in partnership with UNICEF, is working to eliminate maternal and neonatal tetanus through The Eliminate Project. How? By raising US\$110 million by 2015.

Find out how you and your club can help save or protect millions of women and babies. Learn how to take part in fundraising and advocacy efforts.

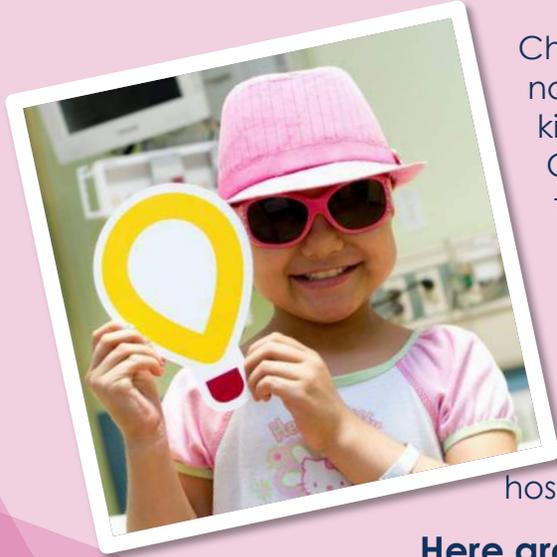
**By: District Webmaster Hannah Pajewski**



# Preferred Charities

## Children's Miracle Network Hospitals

### What is the Children's Miracle Network Hospitals (CMNH)?



Children's Miracle Network Hospitals (CMN Hospitals) is a nonprofit organization that raises money to benefit hospitalized kids while increasing awareness of its member hospitals. All CMN Hospitals contributions directly benefit hospitals, helping to purchase up-to-date equipment, train staff, conduct life-saving research, implement outreach programs and provide health care for children whose parents can't afford to pay.

### How can Key Club Help?

There are so many different ways that Key Clubbers can help, from fundraising to making slip-free socks, to hosting a Fashion Show.

### Here are some service projects you can start in your club!

**Stalling for Spare Change:** The more money the school raises, the longer class is stalled for that day. So classes will be delayed 1 second for every \$.50 raised. If the school raises \$1,000, that is 2,000 seconds (33 minutes and 33 seconds).

**Music Lessons for Miracles:** Kids that can play certain instruments offer to teach other students for a donation to the hospital.

**Fashion Show/Auction:** Get clothes donated by students, families, etc. (like prom dresses, or even regular clothes) and have patients from hospitals model them. Another version of this could be a "Men's Fashion Show."

**Movies for Miracles:** Host a movie night in the gym or on the football field. You can't require tickets or donations for the movie (copyright laws), however you can ask for donations and/or sell concessions for cash.

# Preferred Charities

## March of Dimes



Every minute a baby is born too soon. Every day, 72 babies die due to preterm birth complications. All year long, **YOU** can make a difference for all babies. The mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth, and infant mortality.

### How Key Club Helps:

Since 1978, Key Clubs have been making a difference for babies everywhere. Key Club members, like you, continue to support the March of Dimes all year long by hosting service projects, raising funds and educating your community about the crisis of preterm birth. Honor the 15 million babies born too soon worldwide this Fall by Coloring Your School Purple to help end Prematurity during Prematurity Awareness Month in November. In the Spring, continue your efforts with March for Babies – our signature fundraising event.

### 10 Baby Steps:

Celebrate World Prematurity Day on November 17<sup>th</sup>, 2017 and throughout the entire month of November by participating in 10 Baby Steps! Help your school host an event to raise awareness about premature birth. Be sure to Like March of Dimes Team Youth on Facebook and share your event details and pictures to the page! The first 200 registrants will receive a prematurity awareness package to help make your event a huge success! Not only that, you will have the chance to win recognition across the country for your event! Go to [www.marchofdimes.org/schools](http://www.marchofdimes.org/schools) to register your event.

### Sign Up for a Prematurity Awareness Event Package:

- You get a free T-shirt for a club leader, balloons, and stickers for the first 200 clubs to sign-up.
- After the first 200 sign-up, everyone will receive an email with helpful event guiding information.
- The National Youth Council will reach out to your club to give you ideas and personal assistance.



# Key Leader Weekend Leadership Program

## A Message from Lieutenant Governor Maegan Richards:



Hey, Capital District! My name is Maegan Richards and I am the Lieutenant Governor of Division 15A. I have also had the amazing honor to serve as the 2016-2017 Capital District Key Leader Ambassador. Key Leader is an event that is very close to my heart, as it was the first thing I ever did in Key Club.

The next Key Leader will be in Williamsburg, Virginia at the Jamestown 4H Camp from April 28-30, 2017. It is open to all students, whether they are in Key Club or not, grades 8-12. Registration is now open at [www.key-leader.org](http://www.key-leader.org). The registration fees are as follows: Non-Key Club participants \$250, Key Club members \$225 and Student Facilitators \$175. To apply to be a student facilitator, you must have attended at least one Key Leader event in the past. The price may look expensive, but there is a plentiful number of ways to raise money to attend.

## How can your club fundraise to attend Key Leader?

Your club can host a car wash, a silent auction. There are so many different fundraising projects located on [www.capitalkeyclub.org](http://www.capitalkeyclub.org)! Another way to fundraise is to ask your Kiwanis Club to sponsor you or grant you a stipend to attend- and, to return the favor attend one of their meetings after the event to show them everything you've learned and how you can better the community around you.

Key Leader is a great opportunity to make new friends and to build your team and leadership skills. I have made so many of my best friends and great connections in the past from participating in this amazing event. Without Key Leader, I would have no clue of what servant leadership is, which is to put others first and listen to others to make a collective decision that is best for everyone. It is always such a great opportunity to see my old friends and to make new ones. There are students from all different types of backgrounds that attend who sometimes speak different languages! I have learned so much from Key Leader and I would want nothing more than for others to see the same impact that Key Leader can have. Please promote this event around your school and get other students excited to attend because it is open to all students grades 8-12. I hope to see you all there!

# A message from... District Webmaster Hannah Pajewski

Hey Everyone!

It has been such an honor and privilege to have the opportunity to create and publish the final addition of **Volume 61** of the **Capital Key**. I hope that you enjoyed reading this newsletter, please remember to forward it to **all Key Clubbers**, like your friends in the Capital District, so that they can be updated with **new information** from Key Club International and the Capital District, just like you! I look forward to seeing everyone at District Convention in just over one month! Don't forget to look at the **contests**, so that you as an individual Key Clubber or your home club can be recognized at District Convention. Don't hesitate to contact me via email, [hnp.hpajewski@gmail.com](mailto:hnp.hpajewski@gmail.com)

Yours in Service and Friendship,

District Webmaster Hannah Pajewski



# District Contacts:

**Governor, Danny Inglis**

[inglisdan10@gmail.com](mailto:inglisdan10@gmail.com)

**Secretary-Treasurer, Alekya Bheemreddy**

[bheemreddyalekya@gmail.com](mailto:bheemreddyalekya@gmail.com)

**Webmaster, Hannah Pajewski**

[hnp.hpajewski@gmail.com](mailto:hnp.hpajewski@gmail.com)

**District Administrator, Joe Stankus**

[keyclub@verizon.net](mailto:keyclub@verizon.net)



# Capital Key

## Volume 61 Issue II



Created by: District Webmaster,  
Hannah Pajewski