Kiwanis goes to WASHINGTON
In California, it’s an annual tradition. More than 7,000 Kiwanis-family members—from K-Kids to Kiwanians—are currently working on nine flower-covered floats, including Kiwanis’ 2013 “A Child’s Magic Carpet Ride.” See Kiwanis service at its prettiest.

Tune in and take a look on January 1 at 8 a.m. PST.

www.Kiwanis.org/rosefloat
Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

December

Contents

DEPARTMENTS

02 | VOICES
President’s message, quotes, letters, executive perspective, what they say

06 | NEWS
Europe’s 50th anniversary, convention news, revised policy

44 | SHOWCASE
Basketballs in Taiwan, judo in France, tetanus talk in Germany

48 | PEOPLE
Santa’s on a mission, wheeled wonders, the spy who loves life

52 | ETC
Giraffe encounter, a matched set, birthdays, centenarians

56 | RETROSPECTIVE
Revisiting 1600 Pennsylvania Avenue

FEATURES

12 | KIWANIS GOES TO WASHINGTON
Our Champions of Change travel to the US capital and discover that DC’s a Kiwanis-family town.

20 | NICE VICES

28 | HOT PROPERTIES
It’s amazing what some clubs accumulate over time.

34 | HOLIDAY REFLECTION
From Australia to Albania, Kiwanis celebrates the holidays with gifts of giving for families and communities.

Kiwanis International Office
3636 Woodview Trace, Indianapolis, IN 46268-3196
800-KIWANIS (in US/Canada), 317-875-8755
Fax: 317-879-0204
Email: magazine@kiwanis.org
Websites: www.kiwanis.org (public)
www.KiwanisOne.org (members)

Future Conventions
Vancouver, British Columbia, Canada, June 27–30, 2013;
To be determined, 2014;
Indianapolis, Indiana, USA, June 25–28, 2015;
Toronto, Ontario, Canada, June 23–26, 2016.

Kiwanis International is published by Kiwanis International, 3636 Woodview Trace, Indianapolis, IN 46268-3196. Return undeliverable Canadian addresses to Kiwanis, 2835 Kew Drive, Windsor, ON N8T 3B7. POSTMASTER: Send address changes to Kiwanis, 3636 Woodview Trace, Indianapolis, IN 46268. All correspondence relating to editorial content, circulation, or advertising should be addressed to Kiwanis Magazine, Kiwanis International, 3636 Woodview Trace, Indianapolis, IN 46268. Telephone: 317-875-8755; fax: 317-879-0204. Member’s annual subscription is $8. Nonmembers may subscribe for $12 per year.

The information in this magazine is for illustrative and discussion purposes only. It is intended to provide general information about the subject matter covered and is provided with the understanding that Kiwanis is not 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.

Copyright © 2012 by Kiwanis International
Object lesson: gifts of the heart

Shining light on the first Object with gifts and gratitude.

The Hindu celebration of Diwali, often referred to as the Festival of Lights, involves “rows of lighted lamps.” The blue and white lights of Hanukkah shine, while Christians welcome their Savior with the brightest lights adorning doors of welcome. In this “season of light,” we are filled with gratitude and gifts.

Thankfully, our organization’s first Object—giving primacy to the human and spiritual over life’s material values—provides a year-long lighted path for all Kiwanians to follow. Pope John Paul II said, “We are at our best and fully human when we give freely our very selves for another.”

The first Object is in our Kiwanis DNA. Selfless service delivers impact in communities in need of more “light.” Like the 14 Champions of Change honored recently by the U.S. White House (see Page 12), we are a network of more than 600,000 Kiwanis-family members who address the lack of shoes, the lack of food, the lack of education, the lack of iodine and the lack of tetanus vaccinations impairing a child’s life.

Amidst an abundance of material gifts this season, Kiwanians observing the first Object will give the gifts of the heart.

I am grateful for those hearts full of grace and souls generated by love.

Tom DeJulio | Kiwanis International President
A stockingful of Kiwanis fun

NEW THIS YEAR!
Send thoughts of peace this holiday season with our dove card featuring “peace” in the eight languages of Kiwanis.

Peace cards 15335 $6 for 12

Peace

PAIX

Vrede

Frieden

Fri

PAIX

Vre

Frij

VRED

Fri

"Peace"

www.kiwanis.org/store

'’Tis the season for stocking stuffers!
Surprise your favorite Kiwanian (or treat yourself) with goodies from the Kiwanis Family Store.

Bookmark 13422 $2

Cable key chain 13423 $4

Luggage tag 13457 $5

Rhinestone brooch 10017 $6

Cufflinks 15909 $8

Pen & pencil set 14525 $2

Paperweight bell 14489 $7
What they say

How does participation in The Eliminate Project fulfill the first Object of Kiwanis?

**Executive Perspective**

**Blessings of the Season**

December. It’s the holiday season. If you observe Christmas, Hanukkah or Kwanzaa, this time of the year is likely important to you. All around the world, decorations go up, festivals are planned and celebrations take place. Food, music and special traditions are usually at the center of our time with family and friends. It’s a magical time of year.

So, you may be wondering, why should the United States White House appear on the cover of Kiwanis magazine’s December issue? That was our question when we considered how to portray Kiwanis at this time of the year. The answer was easy. It’s because Kiwanis being invited to the White House is a big deal.

And the fact that 14 Kiwanis family members were recognized by the White House for their incredible service efforts is an even bigger deal.

We are very proud of these members, and we hope, after you read about each of them (Page 12), you will be too. I’ve never met a humbler, quiet group of servant leaders in my life. Each was recognized as a White House Champion of Change. Each saw a community need and stepped forward to meet it.

Some needs were in their own neighborhood. Some were on the other side of the globe.

Each champion was unselfish in giving of his/her time, talents and treasures. They truly represent the best of Kiwanis-family community impact.

Of course, in this issue, we do dedicate several pages to reflecting on how Kiwanis clubs make a difference for families and children in their communities during the holiday season (Pages 34–41, 45 and 48). It’s fun to see how Kiwanians create Christmas fun in all parts of the world.

But best of all, we justify how some of our favorite vices—chocolate, coffee, a glass of wine, an extra hour of sleep—really make us more productive and healthier (Page 20). I’ve decided to cut these pages out of the magazine and post them on my refrigerator door.

As we prepare to close out the 2012 year, our wishes for you and your club are for continued impact in your community and for the friendships in your club. We hope the season is one of celebration, of appreciation and of caring for family, friends and neighbors in your community.

2013 is just around the corner, but before we tear the last month page from the calendar, let’s slow down long enough to remember why we celebrate this time of year.


May the blessings of the season be upon you.

**Tom DeJulio | President**

“The first Object’s meaning is found in The Eliminate Project, which is making a difference between life and death. No infant should die anywhere on earth from a preventable disease like tetanus. When a mother gives birth, it is a human and spiritual value that Kiwanians prioritize over their material values.”

**Gunter Gasser | President-elect**

“We save newborns. We save mothers. Therefore we strengthen families and we strengthen communities. We avoid sorrow and harm. We create values of life. Yes, with our fight against maternal and neonatal tetanus, we give primacy to the human and spiritual values of life.”

**Peter Mancuso | President, Kiwanis International Foundation**

“The Eliminate Project fulfills the first Object in that it gives primacy to human values by saving or protecting 61 million women and their future babies. It gives primacy to spiritual values by encouraging the formation of intact, healthy families, in which such values often flourish.”

**John R. Button | Vice president**

“There is nothing more human than the bond between mother and child. There is nothing more spiritual than the bond between mother and child. By giving primacy to that bond—preserving it—we are fulfilling the first Object of Kiwanis International.”

**Stan Soderstrom | Kiwanis Executive Director**

**Peter Mancuso | President, Kiwanis International Foundation**
Letters | What do you think?

KIWANIS-FAMILY VALUES
Key Club brings "value" to my life and the lives of 270,000 other members.
Kiwanis' first Object is a joint object of Key Club. The service I do enriches my soul in a way nothing else has. My life is no longer about existence; it's about essence. Searching for life's purpose is relevant to today's generation facing awesome challenges. Happiness in our lives is making a difference, in us and in others.

Rebecca Riley, Key Club International President

WOMEN SPEAK UP ON GROWTH
In the October 2012 issue and on Facebook, Kiwanis magazine asked, "How can Kiwanis continue to increase female membership?" Here are a few samples of the responses:

Encourage more capable women to district and Kiwanis International offices.—Lori Ann Hedinger-Bonomo, Kiwanis Club of Silver City, New Mexico

Adapt flexible meeting styles and schedules that accommodate a wide range of personal commitments.—Catherine McInnes Cantley, Kiwanis Club of Plano, Texas

Women will stay members when the club asks them what they'd like to do for Kiwanis and the club lets them do it and helps them do it.—Julianna Rathonyi, Kiwanis Club of Meriden, Connecticut

Overheard | Quotes from around the Web

“We’ve recruited two new members just from our Twitter & several speakers from Facebook. It’s been a steady success!”

Ypsilanti, Michigan, Kiwanis Club | Twitter

“In a world plagued by narcissism, greed, self-indulgence, thoughtlessness and unbridled rage, Kiwanians take the time from their lives to help others unable to help themselves. We do this without judging others and without seeking glory for ourselves.”

Manolita Holadia
Lynnhaven-Virginia Beach, Virginia | Facebook

“Put my Kiwanis sticker on my phone case.”

Kevin Vankham
High Tech High Key Club, San Diego, California

Vienna beckons

Next March, Kiwanis celebrates 50 years in Europe with a four-day anniversary party in Vienna. And you’re invited.

Vienna, Austria, is famous for many reasons. Most notably, boasting the likes of Mozart, Beethoven, Haydn and Strauss, it is one of the world’s most culturally important cities. Its architecture, boys’ choir, horses, the world’s oldest zoo and lush parks and gardens are just a few of the attractions that draw about 5 million tourists to the “City of Music” every year.

It also is the birthplace of Kiwanis in Europe, giving members one more reason to visit Vienna in 2013.

Vienna-Europe I, which was organized on February 25, 1963, as Europe’s first Kiwanis Club, invites members worldwide to a four-day golden anniversary celebration, March 14–17. In addition to opportunities to see the city’s countless cultural treasures, the club has made arrangements for a Vienna Boys’ Choir concert, an evening at a typical Viennese wine tavern, a performance by the Lipizzan horses at the Spanish Riding School and guided tours of the Vienna Museum of Fine Arts, the National Library and the historic city center.

The host club also has arranged travel packages with discounted prices for air travel, hotel accommodations and tours.

For more information or to plan your attendance at the 50th anniversary celebration, visit www.vienna2013.org.
To date, 11 women and men have announced their candidacy for the Kiwanis International Board. Most of the positions will be elected at the 98th Annual Kiwanis International Convention in Vancouver, British Columbia, Canada, June 27–30, 2013.

- **President (one to be elected):** Gunter Gasser, Austria District.
- **President-elect (one to be elected):** John R. Button, Eastern Canada and the Caribbean.
- **Vice president (one to be elected):** Susan A. Petrisin, Michigan, and Sjoerd Timmermans, Netherlands.
- **Trustees-United States and Pacific Canada Region (five three-year terms to be elected):** Charles D. Baker, Utah-Idaho; Patricia “Patti” Barsotti, California-Nevada-Hawaii; Kevin Dean, West Virginia; Patrick R. Ewing, Pacific Northwest; Marc H. Litwack, New Jersey.
- **Trustee-Asia Pacific Region (one three-year term to be elected at the 2013 Asia-Pacific convention in Hiroshima, Japan, March 7-9, 2013):** Jose Ramon “Ike” S. Altavas, Philippine South; Naohiro Kiyoshige, Japan, and Florencio C. Lat, Philippine Luzon.
- **Trustee-Europe Region (one three-year term to be elected at the 2013 Kiwanis International-European Federation convention in Berlin, Germany, May 30–June 2, 2013):** Marcel Kreienbühl, Switzerland-Liechtenstein.

For more information about the candidates, consult www.KiwanisOne.org/convention.

**Candidates declaring for Kiwanis board**

Register for the 2013 Kiwanis International convention and become eligible to take part in monthly prize giveaways. Prizes include:

- A whale-watching journey.
- A zip-lining adventure through majestic old-growth forest.
- Tours of Whistler, British Columbia, a resort paradise that hosted the 2010 Winter Olympic and Paralympic Games.
- A seaplane ride above the convention host city, Vancouver, British Columbia.
- A one-night stay for two at the Hilton Whistler Resort & Spa.

February’s grand prize is the 2013 Experience Pass: Enjoy complimentary entry for you and a guest to all the top attractions and tours in Metro Vancouver.

Visit www.KiwanisOne.org/convention for more details and the online registration form.

**Take a chance at Vancouver giveaways**

Prizes include:

- A whale-watching journey.
- A zip-lining adventure through majestic old-growth forest.
- Tours of Whistler, British Columbia, a resort paradise that hosted the 2010 Winter Olympic and Paralympic Games.
- A seaplane ride above the convention host city, Vancouver, British Columbia.
- A one-night stay for two at the Hilton Whistler Resort & Spa.
Show you care

This year, the 25th year of women in Kiwanis, make a special effort to honor the women who make a difference in your club and community.

It’s exciting to present Legion of Honor 25-year pins to those women who have been dedicated members since 1987 (and even before).

But Kiwanis has many other extraordinary women who haven’t been around as long. Honor them with I CARE certificates.

I CARE stands for Integrity, Compassion, Accountability, Respect and Excellence. Recognize women in your club and communities who possess and demonstrate these qualities. Find I CARE certificates at www.KiwanisOne.org/women.

2014 convention site to change

The Kiwanis International Board of Trustees voted at its October meeting to change the venue of the 2014 Kiwanis International Convention from Macau to another destination.

Stan Soderstrom, executive director of Kiwanis International, says the board is working to keep the location in the Asia-Pacific region.

“As 2014 is the 50th anniversary of the first Kiwanis club in Asia-Pacific, the Kiwanis Board feels the event should remain within the region if possible,” Soderstrom says.

A new site may be finalized by the January board meeting.

Update your bylaws

The Standard Form for Club Bylaws have been revised to present clubs with fewer rules and more options, plus new policies that can be adapted to each club. During the 2012–13 Kiwanis year, all clubs are required to update their bylaws to be in compliance with the new standard form. Preview the new bylaws and review frequently asked questions at www.KiwanisOne.org/newclubbylaws.

ON THE WEB

Webinars

Log on and learn

There are a host of new webinars on the schedule for the next several months. Here’s a list of what you can expect to find December through February.

December 4 at 8 p.m. Be significant
December 11 at 8 p.m. Membership committee II
December 18 at 8 p.m. Reveal your growth potential: Stay flexible
January 8 at 8 p.m. Tremendous tips for sponsoring a new club
January 15 at 8 p.m. Let’s give ‘em something to Tweet about
January 22 at 8 p.m. Developing leaders
January 29 at 8 p.m. Tombstones or stepping stones: What’s our future?
February 5 at 8 p.m. Filling SLP sponsorship
February 12 at 8 p.m. Kiwanis One Day: New ideas for public awareness and growth
February 13 at 7 p.m. Retroalimentación efectiva
February 19 at 8 p.m. Clean your filter
February 26 at 8 p.m. How to prospect for members

All times are shown in Eastern Standard Time.

For more information, log on to www.KiwanisOne.org/webinars, where you also can review past forums in the “Archives” section.

Toolbox

Membership Update Center makeover

Reconstruction of the Membership Update Center for Key Club, CKI and Aktion Club means that advisors can save time with bulk adds and deletes. Other aspects of the club’s basic information—such as meeting location, officers and club website—can also be easily updated. All the new and updated records are connected to the Kiwanis International database, continuing to bring the entire Kiwanis family of programs into a single unified system.
HERSHEY’S TRACK & FIELD GAMES

HAVING FUN WITH EVERY RUN, JUMP & THROW...

For more than 30 years HERSHEY’S Track & Field Games has inspired confidence, teamwork and achievement.

Share in the Happiness of HERSHEY’S Track & Field Games by working with a Key Club to organize a 2013 event in your community.

www.hersheystrackandfield.com

A proud co-sponsor of Key Club International
Kiwanis revises policy

At its October 2012 meeting, the Kiwanis International Board revised the following policy to read:

B. INTERNATIONAL ADMINISTRATION

11. Club Member Accused of ‘Conduct Unbecoming’

If an allegation of ‘conduct unbecoming a member of the Kiwanis family’ is made against a member of a Kiwanis club, the club shall follow the process generally described below, as further defined in Kiwanis International procedure.

The president of the club (or secretary, if the president is accused) shall immediately request from Kiwanis International a copy of the detailed procedures to be followed and shall appoint a special investigator who will conduct an investigation and produce a report summarizing his findings. If the investigation report concludes that there is a reasonable basis for the allegation, the president shall notify the accused member and refer the matter to the club board to conduct a hearing. The board shall then meet and report its decision whether the accused member did or did not engage in ‘conduct unbecoming’ and, based on that decision, the appropriate disciplinary action, if any, as follows: informal counseling, a verbal reprimand, written reprimand, suspension from office or club membership or removal from office or club membership. The determination of the discipline should be based on the seriousness of the unbecoming conduct. All disciplinary actions shall be documented in club records. If a member is removed from the club for ‘conduct unbecoming,’ the club shall notify the district governor and district secretary as a matter of record.

If either the accused member or the investigator believes some part of the investigation or determination process was faulty, either party has the right to appeal the board’s decision to the club membership. The appeal shall be heard at a special meeting of the club members in good standing. The decision of the club membership to uphold, reverse or change the board’s decision(s) shall be final.

If, at any point during the ‘conduct unbecoming’ process, possible criminal wrongdoing is discovered, the matter shall be reported to the proper authorities.

All materials, facts and information related to the investigation, determination and appeal (if any) shall be kept confidential at all times by any parties or persons involved in any part of the process.

The club shall retain all official records on the matter (allegation report, investigation report, hearing record, board report and appeal record if any) as long as required by local law, and shall send a copy to Kiwanis International, which shall be retained in a confidential file.

A club shall discipline any member whose conduct is finally determined to be ‘conduct unbecoming a member of the Kiwanis family,’ or else the club shall be considered out of compliance with acceptable standards of Kiwanis International and may have its charter suspended or revoked as provided in the Kiwanis International Bylaws. (See also Procedure 344 at www.KiwanisOne.org/procedures.)

Corrections

Following are corrections from the October 2012 Kiwanis magazine:

- The “What They Say” column incorrectly identified Kiwanis International Foundation President Peter Mancuso.
- In the page 23 directory of past Kiwanis International presidents, Anton J. “Tony” Kaiser’s Kiwanis Club of Ewing Township should have been listed in New Jersey, not New York.
A gift is a great way to end a year.
And an inspired way to eliminate a disease.

Throughout 2012, our Global Campaign for Children has gathered strength and spread inspiration. This year is coming to a close—but you can keep the momentum going. Remember to support The Eliminate Project as you plan your year-end giving. Help cap off a successful year, and give a boost to our new Year of Participation. And help Kiwanis, in partnership with UNICEF, protect the connection between mother and child.
Get started and give securely at www.TheEliminateProject.org.
Kiwanis goes to Washington

AT THE INVITATION OF THE WHITE HOUSE, 14 CHAMPIONS VISIT THE US CAPITAL AND MAKE A PLEASANT DISCOVERY: DC’S A KIWANIS-FAMILY TOWN.

When the United States White House invited Kiwanis to Washington, D.C., this past September, the whole family showed up. Emily Lang, for example, was there. The fifth-grade K-Kid, who reads to struggling first-graders, shared the spotlight with the Spitlers, a Kiwanis couple who built a school in rural Cambodia.

Representing every branch of the Kiwanis family, 14 “Champions of Change” were honored during the two-day event. But, as noted throughout the program, their stories are only samples of countless life-changing deeds performed by nearly 600,000 members worldwide.

“The work of Kiwanis International is invaluable to our communities here and abroad,” said Jon Carson, deputy assistant to U.S. President Barack Obama. “The Kiwanis International champions ... are examples of everyday citizens who step forward to change their communities and be a part of the solution to today’s challenges.”

In addition to a White House tour, the champions attended White House staff briefings, participated in panel discussions, met government leaders at a congressional reception and dined with D.C. Kiwanians. At every occasion, they discovered they were among family. U.S. senators to White House fellows greeted their guests with declarations of kinship: “I was in Circle K.” “My father was a Kiwanian in the Philippines.” “I credit Key Club for introducing me to my wife.”

When the Kiwanis family goes to Washington, it’s just like coming home.

After a White House tour, Kiwanis champions paused for a photo op outside 1600 Pennsylvania Avenue, before moving to the Eisenhower Executive Office Building, where they participated in panel discussions about global, local and youth service.

At the previous evening’s congressional reception, 2011–12 Kiwanis International President Alan Penn (at far right) welcomed government leaders, including U.S. Senator and Key Club alumnus Richard Lugar.
Arriving from communities across the United States, Kiwanis’ champions met D.C. hospitality everywhere they went. At Thursday’s congressional reception, area Kiwanians mingled with their guests (right), before changing venues for a Washington Kiwanis Club party at a nearby restaurant. Friday, White House Fellow and Past Key Club International Vice President Felice Gorordo (below) opened the afternoon’s panel discussion with a welcome and introductions.

With Key Club and Kiwanis membership in his bio, U.S. Senator Bill Nelson (right, on the left) attended Kiwanis’ congressional reception. 2012–13 Kiwanis International President Tom DeJulio presented Nelson with the Kiwanis Humanitarian Award in recognition of his advocacy for children’s issues. During his high school years, the senator served as Key Club International’s 1959–60 president.
Kiwanis takes great pride in the strength of its Service Leadership Programs that span generations, an attribute that was on full display throughout the Washington visit. Posing in front of the White House North Gate are elementary, middle school, high school and university students, as well as Aktion Club and Kiwanis club members. Also evident was the variety in which the Kiwanis members serve. Their stories of advocacy, generosity, mentoring, leadership and hands-on compassion prompted praise and comments about collaboration, specifically with The Eliminate Project, the Kiwanis family’s campaign to eliminate maternal and neonatal tetanus.

“It has been a great pleasure to watch the dedication and the professionalism of your club members all around the world,” Deputy Administrator for USAID Donald Steinberg said in his remarks to the champions. “One of the things it has taught me is that no government, no private group alone has a monopoly on ideas, on financial resources, on ground truth or moral authority. We are much better when we work together, and I’ve often believed that groups like yours represent the eyes, ears and the conscience of America in the international community.”

★ Danny and Pam Spitler, Kiwanis Club of Phoenix, Arizona

For the Spitlers, business success and a love for travel have created opportunities to change children’s lives. A year after they married in 2004, Danny and Pam traveled to Cambodia, where a tour guide, Chea Sarin, told them of his dream to help children in his country. A friendship developed, leading to the founding of the Spitler School in Ang Chagn Chass, Cambodia.

“Our lives are continually blessed and uplifted by the infectious smiles we see on the faces of hundreds of young children—children who are receiving a primary education in one of the most impoverished countries in the world,” the Spitlers write in their Champions of Change blog. (See also “Leap of Faith,” June 2011 Kiwanis magazine.)
Robert L. “Bob” Moore, Kiwanis Club of Venice, Florida

Robert L. Moore is a member of the original Kiwanis Worldwide Service Project team. He worked with UNICEF and Kiwanis to raise awareness and funds to virtually eliminate iodine deficiency disorders. The successful campaign changed the future for millions of children. Because of his work in this effort, Moore became a proponent of delivering micronutrients to children and women of childbearing age in developing nations. In addition to his continuing work with Kiwanis, he currently serves as chairman of the Board of the Micronutrient Initiative.

“Visiting more than 35 countries (as a member of the IDD campaign team and the Kiwanis International Board) reinforced my conviction that we all have a responsibility to improve the lives of children no matter where in the world they live,” Moore says.

John Mayfield, Kiwanis Club of Cheatham County, Tennessee

In November 2011, Mayfield traveled with a Kiwanis delegation to Sierra Leone to see firsthand how Kiwanis and UNICEF were working together to eliminate maternal and neonatal tetanus. The experience bolstered his commitment to The Eliminate Project, to which he has made a US$100,000 donation.

“In the town of Bo, Sierra Leone, we visited a pilot program ... where adolescent girls received their tetanus vaccinations. I held four girls’ hands while they got their shots. Some were scared and others were brave, but all of them realized the importance of this vaccine. That experience will stay with me the rest of my life.” (See “Sierra Leone Snapshots,” April 2012 Kiwanis magazine.)

Susan Hennum, Kiwanis Club of Garland, Texas

Since 2000, Hennum has brought together the two organizations she loves—Kiwanis and Buckner International Shoes for Orphan Souls—to collect hundreds of thousands of shoes for children in orphanages.

“I am very blessed to have been a private adoption. I can’t imagine being in an orphanage and relying on others to supply you with clothes and shoes. I think this is why I love this program so much. ... It’s just a simple program—starting with one step or one shoe at a time,” Hennum writes.

This year, Hennum’s program has collected more than 5,000 shoes and US$3,000 in donations.

Sheena Curley, Kiwanis Club of Knoxville, Tennessee

Represented by Mark Brackney

Curley has spent the past 37 years teaching and working with special-needs and at-risk children and their families, focusing for the past 19 years on children and women affected by addiction. For the past two decades, she’s given her vacation time to work as the director of the Kiwanis Fresh Air Camp, an overnight camp where underprivileged children create arts and crafts, build friendships and enjoy athletics, games and other physical activities.

“We can only change the world by helping our children grow in God’s love and in a world where people care,” Curley writes.
**Sanjuana Zavala, University of Texas-Brownsville, Texas, Circle K Club**

When it comes to service, Sanjuana gets creative. As a CKI member, she led a crayon-recycling effort, inspiring Brownsville’s elementary schools to donate used or unwanted crayons, which were then sorted, peeled, melted and molded into stars, soccer balls, planets, letters of the alphabet and other fun shapes as new crayons for children in need.

“When I was growing up, my mom would create five to six baskets with all the ingredients needed to make a Thanksgiving meal. We would then take the baskets to Matamoros, Tamaulipas, and give them to families in need. She saved up money from her paychecks to give back. She loved Thanksgiving and wanted everyone to have a Thanksgiving meal,” Zavala remembers.

**Jeffery M. Woods, Kiwanis Club of Ruston, Louisiana**

Staff Sergeant Woods is the unit supply sergeant for Headquarters Support Company, 527th Engineer Company, Ruston, Louisiana, of the 225th Brigade, Camp Beauregard. He’s also a passionate member of Kiwanis. In appreciation of his experiences as a Circle K member, Woods pays it forward as a Kiwanis advisor to the Grambling State University CKI Club and as a Terrific Kids coordinator for I.A. Lewis School in Ruston.

“I feel God has given me a gift to reach out to any community to make a positive change in an individual or family, and I feel that Kiwanis gives me opportunities to use that gift,” Woods says.

**William Beard, Kiwanis Club of Frankfort, Indiana**

Retirement has not slowed Beard’s resolve to serve others. He continues to make big things happen in his hometown, leading, for example, a US$4 million campaign to bring the first YMCA to his home county. He also thinks big beyond Frankfort, inspiring fellow members to raise money for The Eliminate Project.

“As a result of my club’s involvement in the Worldwide Service Project during the 1990s, we raised $1,000 per member to ensure thousands of children half a world away would have iodized salt, which is a key factor in preventing mental disability,” Beard says.

**Sanford Tollette, Kiwanis Club of Little Rock, Arkansas**

In 1988, Sanford Tollette transformed a summer camp for underprivileged kids, expanding it into a year-round program called the Alternative Classroom Experience. Today, Joseph Pfeifer Kiwanis Camp helps 150 at-risk kids each year turn their lives around through an intensive residential educational program that focuses on academic performance, problem-solving, crisis management and personal responsibility.

“I am so humbled by this Champion of Change award. Reflecting on my life as a child of the (US) South, born in the bed of my family’s home in 1951, I never thought I’d achieve anything other than survival, let alone any awards for my work,” Tollette writes.
★ Brenda Batschelet, Raccoon Valley, Iowa, Aktion Club

Like many people, Batschelet is shy by nature, but she blossomed into a leader when she took on a key role in organizing her Aktion Club’s involvement at an American Cancer Society’s Relay for Life event, creating posters, scheduling popcorn sellers and donations.

“It's been nice to hear from others that they have seen the positive changes in my life. People notice I'm less shy. Being a leader has helped me speak in front of people with a lot more confidence. My parents notice too. They say now that when I'm involved in Aktion Club service, I don't know what ‘no’ means,” Batschelet says.

★ Josie Grant, Francis Scott Key High School, Maryland, Key Club

Motivated by her young cousin’s illness, visiting other family members in hospitals and seeing pediatric patients, Grant established her own foundation, Josie’s Smiles for Pediatrics, in hopes of making pediatric patients smile. She was 13 years old at the time. Through Josie’s Smiles, she has coordinated the donation of more than US$26,000 worth of items for pediatric patients. She’s also inspired the involvement of others, including thousands of dollars worth of items from her fellow Key Club members.

“Here is who I am: just a girl trying to make a difference in the world,” Grant writes in her Champion of Change blog. “Following high school, I plan to attend college and major in nursing ... becoming just a woman trying to make a difference in the world.”

★ Bradley Blizard, Lucy Ragsdale High School, Jamestown, North Carolina, Key Club

In 2009, Blizard rallied fellow members of the Jamestown Middle School Builders Club to volunteer as Miracle League baseball buddies. Now a high school sophomore, he has recruited his Ragsdale High School teammates to pitch in, and next season, he plans to extend his volunteer recruitment efforts to all of the area high school teams.

“It’s easy to take for granted the body I use daily, the blessings I have been given and the hardships I haven’t faced,” Blizard writes. “I am so thankful I got the chance to set up an ongoing volunteer opportunity so other Builders Club members can witness a smile on a kid’s face as he or she swings a bat, throws a ball or makes a play.”

★ Emily Lang, Crescent Harbor Elementary, Oak Harbor, Washington, Kiwanis Kids

Lang fills her days with service—to children and adults alike. A fifth-grade student, she has served as chairman of the school’s Fill The Bus food drive and president of her school’s K-Kids club. In addition, she’s been awarded the Bronze Junior Girl Scout Award and volunteers as an assistant to her school’s kindergarten teacher. During lunch recesses, you’ll find Lang reading to first-grade students or serving as a “shelf elf” in the school library.

“To me, kindness is just one small action. A smile for someone on a gray day. Helping a teacher with her tasks. Holding the door for another. Picking up trash at the local beach. Just one good deed. Anyone can do it,” Lang says.

★★★ CHAMPIONS OF CHANGE ★★★
Every afternoon at 3, Vicki treats herself to chocolate. Just a nibble. She confesses it’s her guilty pleasure. But should she feel so guilty?

Not the least bit.

Turns out Vicki’s daily dose of chocolate is actually good for her health. And of course, there’s no shame in practicing good health.

Chocolate is just one seemingly bad-habit indulgence that’s gotten a bum rap. Others, including sleeping in, coffee, partying, sun and wine are all proven to be beneficial to the partaker’s health—under the right circumstances and with attention to common sense, of course.

“As they say, everything in moderation,” says Gary Rogg, MD, assistant professor and assistant director of the department of medicine at Montefiore Medical Center and Albert Einstein College of Medicine, Bronx, New York.

So, kick back in your hammock with a cup of coffee or glass of red wine and read on. And if you happen to fall asleep mid-read, don’t sweat it—it’s good for you. Just be sure it’s a high-quality power nap.

A chocolate a day keeps the doctor away
Chocolate—that is, dark chocolate that contains at least 75 percent cacao—can be the way to go if you want it to sweeten your health.

Too good to be true?

“Eating a little dark chocolate every day is linked to lower blood pressure and decreased chance of stroke,” Rogg explains. “It contains flavonoids and helps the flexibility of blood vessels.”

(Flavonoids, which can also be found in tomatoes, apricots, blueberries, raspberries, strawberries, black beans, cabbage, onions, parsley, pinto beans, tea and red wine, contain antioxidant and anti-inflammatory qualities.)
It can be a boon for mental health too. According to the CNN Health article, “America’s Healthiest Pleasures: 10 ‘Vices’ That Are Good for You,” published in August 2010, a 2009 study found that “eating 1.4 ounces of dark chocolate a day for two weeks reduced stress hormones in highly anxious people.”

Rejoice, and pass the dark chocolate, please.

You snooze, you … win
To sleep, perchance to dream, is sometimes viewed as a weakness. Those who turn in before the 10 p.m. news or wile away the wee morning hours in slumber instead of up-and-at-em in the office are tagged as sloths and slackers. But maybe they’re just health smart.

“Sleep. Now there’s a real irony,” Rogg says, “because one of the worst industries for sleep is health care. It’s almost frowned upon.”

But study after study, he says, point to the benefits of catching the right number of Z’s—and the dangers of even slight sleep deprivation.

“Proper sleep leads to lower blood pressure and less chance of developing diabetes,” he notes among the benefits of getting enough sleep. Not enough sleep, he says, can even have deadly consequences. He points to a recent University of Alabama, Birmingham, study that examined sleep’s role in stroke instances. Over three years, the study followed the sleep habits of more than 5,000 people who were at low risk of stroke. The study found that those who slept six hours or less each night were more likely to have a stroke.

“These were people who were doing everything else right for their health,” Rogg cautions.

He recommends seven to eight hours of sleep per night, minimum.

Is there such thing as too much sleep? Possibly—if it’s indicative of a physical or mental disorder.

“Sleep can be a symptom—either too much or too little—of some kind of mental health diagnoses, such as major depression and bipolar disorder,” says Kimball Richardson, a licensed mental health counselor at the St. Vincent Stress Center in Indianapolis, Indiana. “It’s a symptom that really needs to be paid attention to. If you can’t seem to get out of bed in the morning and face the day, that’s when it could indicate a mental health issue.”

Good to the last drop
If the “aroma’s calling you” for a java fix, don’t fight it. Answer the call. Help yourself to your favorite roasted bean brew, and congratulate yourself on making a healthful choice. Celebrate with a square of dark chocolate.

According to a February 2006 Harvard Medical School Harvard Health Letter article, coffee may reduce risk of liver cancer, type two diabetes and Parkinson’s disease (though it only seems to protect males from Parkinson’s).

And both caffeinated and decaffeinated coffee is high in antioxidants.

While coffee appears to be another beneficial habit disguised as a vice, again, moderation is the key. In a May 2010 article, “Coffee and Health: What Does the Research Say?” at mayoclinic.com, Mayo Clinic preventive medicine specialist Donald Hensrud, MD, praises the health benefits of coffee but also cautions, “Heavy caffeine use—on the order of four to seven cups of coffee a day—can cause problems such as restlessness, anxiety, irritability and sleeplessness, particularly in susceptible individuals.”
Let’s hear it for the girls (or guys) night out
“Research shows us that one of the traits that makes people resilient—and resilience means having the ability to bounce back from adversity—is a social support network,” Richardson says. “And for older adults, that’s the number-one thing.”

Plus, since healthful behavior can be influenced and encouraged by friends, physical health benefits can be a side effect.

In other words, friendships aren’t fluff; they’re important to your health. When you and your friends get together to blow off steam, enjoy a meal together, work at a Kiwanis service project, knit, discuss books, tinker with an old car or do whatever it is that you enjoy doing together, you’re being kind to your body and mind.

“When you get around other people—especially friends who are nonjudgmental—it’s extremely helpful,” Richardson says. “If you don’t interact with anyone else, you only get one perspective on what’s going on in your life. This is especially important when you’re stressed out, because your ability to be cognitively flexible decreases.

“What we tell patients is that you don’t always necessarily have to participate. Sometimes just the act of being around other people is helpful. It can get you out of the routine you might be stuck in.”

Besides, being with friends simply feels good.

“Nobody seems to measure the value of happy,” Rogg says. “And being happy is important to our health.”

Nothing like the sun
No doubt there are serious health risks linked to sun exposure, but that doesn’t mean the sun’s rays
have no redeeming qualities (beyond, well, making it possible for people, plants and animals to exist on the Earth).

Says the CNN Health article: “Sunshine is the ultimate natural antidepressant, triggering our bodies to nip production of the sleep-stimulating hormone melatonin so we’re alert, energized and ready to face the day. Exposing bare skin to the sun also triggers the synthesis of vitamin D, a hormone that may reduce your risks for cancer, heart disease, fragile bones and other problems.”

There is some thought that with the increased fear of getting cancer from sun exposure, we may be protecting ourselves to such a degree that with our sunscreen and long sleeves, we might actually be also blocking out vital sun benefits, like vitamin D.

The Harvard Medical School’s June 2004 Family Health Guide article “Benefits of Moderate Sun Exposure” recommends a middle ground of using a sunscreen with a sun protection factor (SPF) of at least 15 and wearing a hat and shirt mid-day.

Cheers to wine
Wine is another guilty pleasure that contains flavonoids and antioxidants. Studies have shown that drinking wine can reduce the risk of heart disease and some cancers, plus slow degeneration from Alzheimer’s and Parkinson’s diseases.

So, raise a glass to wine. Better yet, enjoy it with friends and dark chocolate outside on a beautiful sunny day.

But, like other nice vices, remember to raise your glass in moderation. Health benefits of wine seem to stop at no more than two glasses per day for men and one a day for women.

“There’s really no proven benefit beyond one glass,” Rogg says. “Plus, it can have a toxic effect on the liver.”

And Richardson cautions, “Anything that begins even as a healthful habit can become an addiction. If you get to a point that you can’t function without doing a certain routine—whether it’s drinking a glass of red wine after work or exercising, that’s a problem. You need to be able to be flexible.

“When a habit begins to interfere with your personal relationships and with your ability to have a productive work life, that’s when there’s a problem.”

KM

---

**Be guilty of pleasure**

For better health, Gary Rogg, MD, assistant professor and assistant director of the department of medicine at Montefiore Medical Center and Albert Einstein College of Medicine, Bronx, New York, prescribes a dose of some kind of pleasure to be taken daily, and as needed.

“Do not let a day go by where you don’t have pleasure,” he says. “If it’s sleeping a little more or going out with friends, you need to have pleasure every day. That endorphin release that comes from the pleasure center in the brain is really key to lowering heart disease and stroke.”

In fact, Kimball Richardson, a licensed mental health counselor at the St. Vincent Stress Center in Indianapolis, Indiana, adds that the very act of thinking about what you can do for yourself is healthful.

“Most people don’t think about ‘what makes me happy’ or ‘what do I need to do to take care of myself today and what kind of relaxation or coping skills do I need,'” Richardson says. “Even just thinking about and choosing what it is that you want to do for you is healthful.

“When you’re able to give back to yourself, you can more fully give to others.”

And if your guilty pleasure just happens to be good for you after all, even better. Congratulate yourself for practicing healthful habits, and be sure to give yourself a reward.

Chocolate, perhaps?
Hot Properties

Most clubs start life with just a banner, gavel and gong as their only possessions. Along the way, however, it’s amazing what else they pick up.

One of the first orders of business for the first Kiwanis club—Detroit Kiwanis Club No. 1—was to find a permanent meeting place. Initially, many members wanted a place of their own, but the founders quickly determined that a clubhouse was one expense they could do without. As time moved on, however, clubs began to pick up a few possessions: pancake griddles, sausage sizzle grills, parks, even campgrounds. The Kiwanis Club of Trenton, Ontario, owns a movie theater (See “Where Kiwanis Meets,” February 2011). In Australia, a Kiwanis bus, purchased to transport senior citizens on field trips, shopping sprees and other outings, spawned the organization of the Kiwanis Club of Bus Service Operators. The Kiwanis Club of Amigos-Nogales, A.C., Mexico, owns and operates a health clinic. Malaysian Kiwanians have six centers and a national headquarters to assist families of children with Down syndrome. The Kiwanis Club of Paulding County, Ohio, transformed an old armory on the town square into a community center for youth programs.

Kiwanis magazine couldn’t visit every Kiwanis-owned park, BBQ stand and building, but for this issue, photographers visited three Kiwanis properties. Take a look.

Established by two brothers prior to the Great Depression, Granite Falls, Minnesota’s popcorn stand is a local institution. “No one in Granite Falls is old enough to remember the exact year the stand went up,” KARE 11 TV reported this past May. The Granite Falls Kiwanis Club took over ownership of the stand in 2011. From 7 a.m. to 9 p.m. seven days a week during summer months, Kiwanis members sell popcorn and root beer, generating US$10,000 annually for community-based youth programs. Photos by Laura Jill Photography
The "Kiwanis train" huffs and puffs its way around Meadowlake Park in Enid, Oklahoma, carrying an average 15,000 passengers a year along 1.2 miles of tracks, trestles and a tunnel. The engine and three cars are owned and operated by the Kiwanis Club of Enid, alongside a carousel, kiddie cars and mini-airplane rides. The club, which purchased its first engine in 1955, has been busy in recent years, replacing most of the track's 6,900 ties and overhauling the current locomotive. "Thank you for all that you do, Kiwanis," a fan posted on the club's Facebook page. "Some of my earliest memories are on that train." Photos on this page by Dane Tate.
Long before the Kiwanis Club of Kopavogur-Eldey took over ownership, this rectangular structure had earned a spot in Icelandic history as the original store for what is now one of the nation’s largest hardware companies. The building quickly claimed a place in Kiwanis legend when it was offered to the club for 1 króna (about a penny) with the condition that it be moved across town and placed on a new foundation. "This was done," reports member Óskar Guðjónsson, "but at the expense of becoming a police record. Club members, whilst under cover of darkness, were caught removing traffic signs and street lights. But in the end, all went well, and the house has served members well."

Photos by Snorri Gunnarsson
Kiwanis clubs the world over serve their communities all year long in many ways. But during the holidays, Kiwanis members find themselves extra busy, planning festivities not only for their own families but also for families in their community who need a little extra attention and love.

Whether caroling, planning a holiday party or collecting donations of food and clothing to ensure children are warm for the winter, Kiwanis clubs continue to step up to make a difference in the world, bringing a bit of joy and a sparkle to many eyes for the holidays.

**Story by Nicholas Drake**

**Carols and ‘cue in Mooroopna**

True barbecue lovers know no boundaries when it comes to cooking up an epic feast atop fiery coals. Spring, summer, winter and fall are all fair game for the tasty wonders culled from the mighty barbecue flame. ‘Tis the season, any season, rain or shine.

In the southeastern Australian community of Mooroopna, barbecue is front and center for a group of individuals who go by the name Kiwanis. Many a service project features food from “the barbie” to spice up the main event. One such event is the annual holiday get-together to sing Christmas carols with the local community.

On the Recreation Reserve off of Midland Highway near the John Gray Oval, more than 1,000 celebrants gathered in 2011 for Carols By Candlelight, presented by the Kiwanis Club of Mooroopna. Singers, choirs and bands led the joyous occasion, which began at dusk and ended more than four hours later.

“This was the 27th annual Mooroopna Kiwanis Carols in the Park,” says Murray Shields, Mooroopna Kiwanis Club secretary. “Planning for the event started months beforehand. We contacted primary and secondary schools to invite students, reached out to various

Music and candlelight ceremonies are traditional features of holiday celebrations around the world. Australian Kiwanians add another Christmastime favorite—barbecue—to its annual Carols by Candlelight production (left and opposite page), which attracts more than 1,000 guests. Photos by Rick Connors Photography
 artists in the community to join us and worked with the Greater Shepparton City Council to organize everything at the location. We ran print, radio and television ads promoting it. We had a television sports personality serve as master of ceremonies.”

Along with caroling and barbecuing, this past year’s holiday happening featured face painting for the kids, candle sales for souvenir seekers, brass bands for music lovers and a Christmas message from a religious leader for the spiritually-minded. There was even a special appearance by popular Aussie country music singer Reg Poole.

“On the day of the carols, there’s a job for every Kiwanian,” Shields explains. “Setting up the stage, erecting shelters for the barbecue, collecting chairs for the bands and choirs to sit on and preparing for the candle sales—there’s a lot do. Our club had 18 Kiwanians putting everything together.”

Among the many songs heard by revelers at the 2011 event were the reverent—“Silent Night,” “O Come All Ye Faithful,” “We Three Kings”—as well as the not so reverent—“Jingle Bell Rock,” “All I Want for Christmas Is My Two Front Teeth,” “Rockin’ Around the Christmas Tree.” To top it off, the gathering ended with the traditional, elegant “Amazing Grace.”

“The event is very well received,” Shields says. “The opportunity for the community to celebrate Christmas in a noncommercial way is one of the things I like best. I also enjoy the students from the schools who are able to showcase their talents. And it’s nice to see their enjoyment in being able to do so.”

**Toys and treats in Waushara**

“If it wasn’t for this project, our children would not have a Christmas.”

In the central Wisconsin county of Waushara, Terri Hoople talks about the stark challenges she and her husband, James, had putting together a holiday celebration for their two young children in 2011. Faced with the prospect of a Santa-less yuletide, the couple was drawn to an outreach project they thought might help their family share in the spirit of the season.

“It’s not about us,” Hoople says. “It’s about the kids.”

The endeavor Hoople credits with creating lasting memories
for their children is the Waushara Community Christmas Project, an annual food and gift drive to help underserved families in the area.

“The project is really a wonderful event,” says Jane Erickson, 2011–12 president of the Wild Rose, Wisconsin, Kiwanis club. “Children get their pictures taken with Santa, and they are usually dressed up for the occasion. It is so nice to have that one-on-one connection with the families that we are honored to assist. It is truly wonderful.”

The whole thing gets started several weeks before what’s known as Distribution Day, when all the food and gifts are presented to the families. Along with Kiwanians from Wild Rose, members of the Kiwanis Club of Wautoma, Wisconsin, join with members of the Key Club of Wild Rose High School and the Wautoma Rotary Club to gather the goods.

And consider this morsel: Gary Christensen of the Wautoma Kiwanis Club has co-chaired the event with Rick King of the Wautoma Rotary Club for the past 28 years. Think these two friends, businessmen and well-known community leaders know how to put this thing together by now? After nearly three decades, it’s like clockwork.

“For several weeks before Distribution Day, members of the Key Club hold a food drive,” says Joan Laabs, Wild Rose Kiwanis Club secretary. “In addition, a wide spectrum of churches, schools, farmers, grocers, businesses and generous individuals provide hundreds of much-needed food, monetary donations, gift items and toys.”

Once everything has been donated and sorted, the volunteers get together and pitch in to bundle everything up for the special holiday presentation.

“This past year we spent several days wrapping more than 1,000 donated toys,” Laabs says. “We also filled hundreds of food and gift boxes. Families receive Christmas food boxes packed with turkey, chicken, apples, oranges, potatoes, onions, squash and of course, Wisconsin milk.”

All of that hard work by so many volunteers leads up to the moment of impact.

During Distribution Day this past year, more than 400 families-in-need were warmly welcomed to Waushara Industries building, a business supporting the cause. Huge boxes filled with toys and...
other gifts were handed out to 800-plus children.

Of course it wouldn’t be Christmas without Jolly Old Saint Nick making an appearance. Santa Claus arrived and listened to the wishes of the children.

“The jolly man’s annual appearance is truly a signal for joyful expectation,” Laabs says.

If that sounds like a lot of holiday service for one 30-member club, it’s only a sample of the Wild Rose Kiwanians’ busy schedule. In the midst of festivities at a tree farm, members ring bells at Salvation Army collection kettles, while families hunt for perfect Christmas trees and shop for wreaths and other decorations.

But there’s more! The club’s also busy planning a birthday party at Wild Rose Manor nursing home. With December 25 so near on the calendar, they serve Christmas cookies alongside birthday cake and invite kindergarten children to sing carols.

“Very inspiring,” says Laabs.

Terri and James Hoople and their children know what she means.

Singing and fundraising in Schärding

When you live in a country known for giving the world stunning choirs of beautiful music, it may not be so easy having your own voice heard above the mix. Yet small victories are always satisfying, especially when your family, friends and community support you.

In the northern Austrian town of Schärding, boys ages eight to 15 years practice singing holiday songs in the tradition of the world-famous Vienna Boys Choir. Their goal is not so much yearning to be part of the popular touring choir, it’s to entertain and uplift their community with the songs of Christmas that have long been a part of their country’s history.
“We organized a concert with the local St. Florianer Boys Choir,” says Thomas Reiterer, immediate past president of the Kiwanis Club of Schärding. “It’s the second year that we’ve organized the event, and we plan on doing it again this year.”

Along with singing traditional and famous Christmas songs, the choir staged a little play featuring the nativity scene that’s part of the story of Jesus Christ’s birth more than 2,000 years ago.

“The concert took place at the main church of the city of Schärding,” says Reiterer. “There was a typical Christmas atmosphere, and all of the guests were very impressed. In a sense, it’s children singing for children.”

Approximately 300 attendees showed up for the 2011 concert to hear the boys sing as a group and as solo singers. In addition to providing the Schärding community with the sounds of Christmas, the Kiwanis club raised funds by selling homemade fruit punch in front of the church prior to the performance.

“It was a good chance to communicate what Kiwanis stands for,” Reiterer says. “We raised about US$4,000 from the sales, which we used for charity projects throughout the year.”

And so the tradition of Austrian choir singers continues. In Schärding, it’s the chance to hear young boys join together in song and in holiday celebration.

Gifts and parties in Koplik

Watching Christmas through the eyes of children is truly one of the great joys of the holiday season. Their innocence, wonderment, anticipation, joy and occasional mischief bring about a wide range of emotions from parents and onlookers who treasure the youthful interpretation of the season.

In the northwestern Albanian city of Koplik, a group of kindergarteners gets invited to a special party to celebrate Christmas on the eve of the big holiday. The December 24 gathering has been organized by the Kiwanis Club of Koplik, which has put together the party as the first of its kind.

“We wanted to offer a nice gesture for the children because they do not often have opportunities to share in such events,” says Fatmir Shpellzaj, secretary of the Koplik Kiwanis Club. “The foundation of our club is and will always be to help the children because they are our future.”

And so as Koplik Kiwanians were busy planning for their own families’ Christmas celebrations, 12 club members spent Christmas Eve throwing a party for Koplik kindergarteners.

More than 120 students, parents, teachers and municipal leaders attended the event.

“The children received gifts of clothing, including boots, caps, and T-shirts,” Shpellzaj says. “There was great interest from the public, because such a thing has never been organized. It was broadcast by a television station in Koplik, which interviewed various guests at the event.”

The Kiwanis club plans to continue the event as a holiday tradition. In Koplik, Albania, the youngest celebrants of Christmas now have warm clothes to enjoy the magic of the season. KM

Kiwanis magazine welcomes you to share your 2012 holiday stories for possible use in next year’s December publication. Whether your Kiwanis club celebrates Christmas, Hanukkah, Kwanzaa or any other traditional end-of-year holiday festivity, please take a few minutes to provide us with details and photos of your events. Send information to shareyourstory@kiwanis.org.

Koplik Kiwanians make sure the holidays are warm for kindergarteners in their area of northwestern Albania. The club donated clothing and boots to the children during a special Christmas Eve party. The club plans to make it an annual event.
At the Kiwanis International Foundation, we know what your gift can do. We’ve seen it. Your generosity helps sustain the Kiwanis family’s work, often in ways that would otherwise remain beyond club and district resources.

For instance, our foundation helps reach children near and far—with grants for service projects in local communities. That means a gift can make a difference in your own hometown, and it can reach children in other parts of the world. Our foundation extends your Kiwanis impact.

Thanks to gifts from Kiwanians like you, we also provide grants that support Kiwanis Service Leadership Programs for children, young adults and adults who have disabilities. In addition, gifts help fund our foundation’s scholarship programs for young members of the Kiwanis family.

That’s what makes the Kiwanis International Foundation special. When you make a gift, we make it work. And then you see the results.
Dibleys share life, love and giving

Troy and Paula Dibley are young adults, but Kiwanis is already a big part of their lives. In fact, Service Leadership Programs were Troy and Paula’s introduction to the Kiwanis family—and to each other. So it makes sense that the now-married couple would be loyal members of the Kiwanis International Foundation.

“That relationship with Kiwanis was cemented at a very early age,” Troy says. “Freshman year of high school, getting involved in Key Club—I was hooked. That was all made possible through the foundation.”

Paula also joined Key Club in high school. During those years, her mother died. “It was at that time that I really threw myself into the Kiwanis family,” she says. “They were my family.”

Commitment to service and fellowship made Paula and Troy seem destined for each other when they met in 2004—while attending a Kiwanis-family conference as CKI members.

“I needed to be with somebody who felt the same way about making a difference and giving back,” Paula says. “We’re on the same page about so many things.”

The couple recently moved to Salisbury, North Carolina. They’re already involved with Kiwanis there. Troy still works in Washington, D.C., where he remains active with the DC Metro Young Professionals and Washington clubs. In both places, the Dibleys see Kiwanians help local children—and how our foundation helps reach them.

“That’s the critical piece—a gift feels both local and global,” Paula says. “The foundation is a perfect example of being able to do both.”

Read more about the Dibleys at www.kiwanis.org/foundation.

Heritage Society gets an update

With a planned gift to the Kiwanis International Foundation, you make generosity a part of your legacy—and you become a member of the Heritage Society. Recently, we updated our criteria: A planned gift of US$10,000 or more must be documented for a donor to be honored as a new Heritage Society member. (Those who became members before October 1 will continue to be members regardless of their gift amount.)

The update helps ensure our foundation’s ability to support Kiwanis International’s mission. For more information, including options that fit your circumstances, go to www.kiwanis.org/foundation/plannedgiving.

Ocker’s inspiration

Why I give

As the year ends, many people are deciding which organizations to make a part of their 2012 philanthropic budget. Sharon Ocker of the Morningside Kiwanis Club, Sioux City, Iowa, shares why he and his wife Donna make annual gifts to the Kiwanis International Foundation.

“We have given to charities of all kinds for many years. We just feel good about doing so. We have been blessed in many ways, though our income has always been moderate.

“The hardest thing is to decide on the recipients—there are so many good causes, but we just can’t give to all of them.

“The purpose of a foundation is to help people in a special way that a club could not usually do by itself. Kiwanis uses its funds wisely, spending very little on administrative costs so that nearly all of the money goes to those who need it. We like that very much.

“We do enjoy the benefits of the tax advantage that occurs when we file, but that is really not an important consideration. The guiding principle for deciding who to give to is very simple: We give to groups that are helpful to people in need. When we are convinced that they are on the up-and-up, we do what we can.

“God has blessed us with a good life and enough income to help others. We give out of thankfulness to Him.”

—Sharon Ocker

Kiwanis International Foundation
Hoop dreams

CHILDREN ARE ALL SMILES AFTER RECEIVING DONATIONS OF BASKETBALLS FROM THE TAIWAN KIWANIS CHILDREN FOUNDATION.

Children in Taiwan focus a lot of time on their studies. But Kiwanians there want to make sure they’re keeping their bodies—as well as their minds—active.

This past Kiwanis year, the Taiwan Kiwanis Children Foundation donated basketballs to all elementary schools in Taiwan to promote physical education.

“We understand that no matter how developed a country is, in the remote areas there are always people in need, especially children,” says 2011-12 Taiwan District Governor Huan-Kun Hung. “So schools in remote areas were the first priority to receive these basketballs.”

Kiwanis distributed 12,500 basketballs to all 16 Taiwan Kiwanis divisions. Lieutenant governors delivered the balls to clubs, which presented them to city governments for distribution. Many, though, were sent directly to schools.

Government officials were appreciative, and local media gave coverage to the project. But how did the children react?

“When we delivered basketballs to Da-Dun Elementary School, the kids couldn’t wait to try these new toys, especially the basketball team,” Hung says. “Seeing the happy and confident faces of these children, we knew we did the right thing again.”
Give and take

Buy-nothing market helps all walks of life

One family sits cluttered with too much in their home. Too many things. Excess.

The other has hit hard times and needs regular household items many of us take for granted. Things like pots and pans. Towels. Books for their young children.

Members of the Kiwanis Club of South Edmonton, Alberta, recognized this exact scenario in their community and are doing something about it.

The club has staged the Kiwanis Buy Nothing Day Free Market each of the past five years in November. It’s generally timed to “Black Friday,” the day countless people run out to take advantage of deep discounts before the holiday season “in the hope of providing some balance to the day where consumerism is king,” says Deborah Harrop, South Edmonton Kiwanis member.

The project brings together people who have too much stuff and people who need things.

“It has a facet of recycling at the heart of the event,” Harrop says. “Our concept is to provide goods at no cost to those who may be able to use them.”

“Our club does this because we see a need in the community,” says club member Ali Grotkowski. “We have had newcomers to our city who have been thrilled to find basic kitchen merchandise or warm clothing for their families, as the temperatures here in Canada drop to numbers they may not have seen in their previous home. The location is also near a major university, and students are always looking for a bargain.

“Some folks are downsizing because of a move, while others are just de-cluttering or upgrading certain items in their homes,” she continues. “So really, the event serves these folks as well because it allows them to rid themselves of unwanted but still-useful items. It’s not a fundraiser; instead, all who attend are helped either by allowing them to pick something out for free or by allowing them to rid themselves of something useful they no longer want or need.”

Mixed arts

The Kiwanis Club of Ciboure Sud Pays Basque, France, finds fundraising success by mixing music and dance with martial arts. The purpose? To focus on cultures’ similarities, not differences.

“Our second annual Nuit des Arts Martiaux et des Cultures Traditionnelles (Martial Arts and Cultural Traditions Evening) was centered around a demonstration of solidarity between the ancestral disciplines of the Basque Country, Spain, Japan and Brazil,” says club member Marie-Laure Levrero.

The evening opened with the Tamborrada (a traditional Spanish drum performance) by children, followed by karate. Next, the Primaderan choir stirred the audience, who were then delighted by the talents of flamenco dancers, followed by capoeira, aikido and kenpo kai exhibitions (Brazilian and Japanese martial arts). And in closing, enthusiasts of Tito Ugartemendia, a Judo sixth dan, demonstrated the art of Sjlo Judo. —Shanna Mooney
Pennies for the teacher’s pa

The K-Kids at Metter, Georgia, Elementary School are used to giving back. For the past couple of years, the third-graders have held a morning coin drop at the school, with the funds going to St. Jude’s Children’s Hospital.

The coin drive took on extra special meaning this year as the money from the annual fundraiser went to help the ailing father of one of their teachers.

Jeff Henry, the father of third-grade teacher Lane Cardell, is waiting for a kidney transplant. Henry, who is facing a lifetime of medical bills after his surgery, was diagnosed with rheumatoid arthritis when he was just 25 years old. The medications to treat the disease caused high blood pressure, which ultimately led to his kidney disease.

The K-Kids students collected money for about three weeks during their school’s morning drop-off time. On Valentine’s Day, Cardell was called to the office where the students presented her with an envelope containing US$551.

“There were lots of hugs and smiles,” says Kiwanian Tammie Lanier, who is a counselor at the school and the K-Kids faculty advisor.

For Cardell, it was an overwhelming experience.

“I've got chills now just thinking about when they called me to the office and told me about it,” she says. “You wouldn't think that quarters and dimes and pennies could add up to that amount. It was just incredible. It was so humbling to know that many people who don't even know him could be so generous. It was very humbling and moving.”

Henry is still waiting for his transplant, but has been told to have his bags packed and ready to go at any time. The generosity of the K-Kids and the community was moving to him, as well.

“He had very big alligator tears,” Cardell says of her father’s reaction. “His exact words were, ‘Those people don’t even know me.’ I told him, ‘They don’t need to know you. They’re just good people.’” —Michael Jackson

MNT lecture spreads awareness, raises funds

It sure seems to work when recruiting Kiwanis members: You tell people about Kiwanis, and then you ask them to join.

So, that's how Kiwanis members in the Germany District planned to raise funds for The Eliminate Project. And it worked.

Members of the Allgäu-area Kiwanis clubs of Immenstadt, Kempten, Oberallgäu and Oberstdorf (Bavaria, Germany) staged a lecture about MNT and invited Dr. Marita Anwander to tell the audience about her experiences as a Doctors Without Borders volunteer. She described witnessing babies dying horrible deaths caused by tetanus, which she called “Seven Day Death.”

Collectively, the clubs offered € 5,000 as a start-up donation to The Eliminate Project. After the lecture, the tally was € 5,850, showing “we could not only inform a large number of participants about our world-wide project, but also could motivate them to join our efforts,” says the project’s Chairman of International Relationships Peter Wüllenweber.
GOOD IDEAS
The ultimate gift: Consider these ways to include The Eliminate Project in your holiday plans.

Save lives.
Instead of giving presents, make a charitable gift to The Eliminate Project in honor of a loved one. Your gift will help save lives and may provide special tax benefits.

Say "thanks.
Express gratitude to your fellow Kiwanians for their commitment.

Light fires.
Inspire other Kiwanis clubs to get involved. Share your club’s story.

TIP
Saving babies starts with a shot.
A series of three doses of tetanus toxoid vaccine given to a woman of childbearing age prevents the disease in both mother and child. Saving babies starts with syringes. In 2011, UNICEF procured more than 432 million clean, safe auto-disable syringes that can’t be reused. Saving babies starts with tetanus vaccine, which UNICEF procures and transports to countries, towns and villages around the world. Throughout the journey, the vaccine must remain cooler than 46 degrees Fahrenheit for storage—not an easy task in tropical climates.

Often, due to poor road conditions, volunteers and health workers can’t get to the women who need vaccines in a car or a four-wheel-drive truck. Kiwanian Bob Parton experienced UNICEF’s vaccine distribution firsthand on a trip to the Philippines. “They have to get there by motor scooter,” he says. “Picture that: People riding up a mountain path, with cold packs of vaccine strapped on their backs.”

While UNICEF workers transport tetanus shots, they’re fighting other diseases as well. They’re working with local officials, gaining trust. They’re making a difference for moms and babies. They’re keeping families and communities whole. By supporting The Eliminate Project, you are too.

“In the village of Fougou, each woman I spoke with knew more about tetanus than any average person you’ll meet. So much work needs to be done, yet The Eliminate Project’s efforts are paying off. Vaccines are arriving, women and babies are being protected and the most important element—education—is having a tremendous impact.”

—Robert Allen, M.D., Botetourt County, Troutville Kiwanis Club, Virginia, U.S.A., while in Mali, Guinea

The number of countries where maternal and neonatal tetanus remains a threat.

Your gift to The Eliminate Project can help bring this number to zero.

So far, with your help, we’ll save or protect more than 10 million lives through The Eliminate Project. Find out more at www.TheEliminateProject.org/progress.
Joe Mure, a member of the Bensonhurst and Bay Ridge, Brooklyn Kiwanis Club, is an energetic, happy, social, caring man who happens to give away toys and food every December in front of his home in Neponsit, a neighborhood in Queens, New York. Everyone knows him. People are inspired by his giving. He’s, well, very much like Santa Claus.

Mure has made it his mission to spread awareness about juvenile diabetes, a disease that runs in his family. And he does it in the biggest way. After work forced the attorney to miss a Christmas with his young daughter one year, he vowed to never let that happen again. So every December for the past 18 years, he’s had a free, huge party in front of his house (called The Little North Pole), complete with entertainment, food, gifts and a visit from Santa. The only thing Mure asks for? A donation to fight juvenile diabetes.

To date, he’s collected and donated more than US$1 million to fight juvenile diabetes. He also donates money to the Rockaway Children’s Fund, established to benefit children who were affected by September 11, 2001, and the November 2001 plane crash into the Belle Harbor neighborhood near Mure’s home.

“All my friends and neighbors are out here to help,” Mure says. “We’ll have 60 to 70 people unloading trucks of decorations. The more people who get to know me understand me and what I’m doing and want to help. We put a lot of smiles on a lot of faces. That’s what we do.”
People | KIWANIS MAGAZINE

Joe Mure may not look like Santa, but he puts smiles on the faces of thousands each December.

The light show alone (opposite page) at Joe Mure’s house is enough to put passersby in a holiday mood. But the New York Kiwanian inspires the spirit of giving by closing off the street, setting up a stage and hosting a series of parties for thousands of guests. Children’s choirs (above) and USO shows (below) entertain. At press time, Superstorm Sandy had devastated the East Coast. Our thoughts are with those affected by the storm.
**Wheeled wonders**

People have been underestimating David Mensch since the day he was born and diagnosed with cerebral palsy. Mensch, however, has been exceeding expectations since day one. A member of the Kiwanis Club of Westchester, Bakersfield, California, David and his son, Zach, recently took on a fundraiser that would be a daunting task for anyone: a 295-mile ride to Sacramento to raise money for the Kern Assistive Technology Center (K.A.T.C.). Zach would travel by bike alongside David in his power wheelchair.

The father and son’s goal was to raise money to help K.A.T.C., where David works, purchase new office space and equipment. “I was one of the first assistive technology advocates hired by the Independent Living Center of Kern County and the first throughout California,” David says. Assistive technology is a term that includes assistive, adaptive and rehabilitative devices for persons with disabilities, encompassing everything from curb cuts to speech-recognition software.

“Before I knew of K.A.T.C., my partner and I thought there should be a place where assistive technology should be showcased. We had this wild thought about going to Sacramento to show people how important assistive technology is to people with disabilities.”

That wild idea turned into “David & Zach’s Quest 2 Sac” and US$20,000 in donations (and counting). “We’re buying the different types of assistive technology so people can come in and try the equipment out before they have to buy it,” David explains. “Some of the assistive technology can cost up to $50,000.”

On top of all this, David also broke a world record by traveling 159 miles in one day in his power wheelchair. It will be quite some time before he is underestimated again. —Cathy Usher

**He stood for human rights**

Convicted as a spy and an enemy of Czechoslovakia in 1949, František Zahrádka was 19 years old when he received a 20-year sentence of forced labor by the Communist regime of Klement Gottwald. His crime? Guiding groups of anti-Communists through the Czech Forest into Germany.

His youth spent in Nikolaj, Jáchymov and Vojna labor camps mining uranium, Zahrádka was released in 1962. Ever optimistic, he became an electrician, inventor, film consultant and a member of the Kiwanis Club of Pribram, Czech Republic. Today František (middle) is the proud curator of Pribram’s Museum of the Third Resistance and the recipient of one of his country’s Order of Tomas Garrigue Masaryk, for his contributions to the development of democracy, humanity and human rights. —Nicholas Drake
You have a voice. You have a vote. You have a place in Vancouver.

You have a say in the issues that shape our organization. So lift your voice and add your vote—join us for the 98th Annual Kiwanis International Convention. Experience one of the world’s most beautiful cities. Enjoy the fellowship of people who share your Kiwanis commitment. Energize your club with new information and fresh inspiration.

Shape the future. Share the experience.
Register for the Kiwanis International convention.

www.KiwanisOne.org/convention
As the world’s tallest land animal, giraffes often have their heads in the sky and stretch to reach the things they want. So perhaps it’s fitting that the Birmingham Kiwanis Club in Alabama pulled together to stretch its reach into the community and elevate the organization’s name by underwriting the Kiwanis Giraffe Encounter at the Birmingham Zoo.

“It’s truly been a great project to be involved with,” said Gail Vaughan, the club’s executive director. “The zoo is a natural fit with Kiwanis; we’re both family-focused. And giving to an organization that supports families and education in our community was exactly the major emphasis project our club had been looking for.”

The US$250,000 gift earned the club naming rights to the exhibit, which is part of the zoo’s $16 million Trails of Africa project. It also helped fund the ZooSchool, a weeklong education program teaching seventh-graders math, science, English and social studies skills.

“All of a sudden, the Kiwanis name is visible everywhere—on billboards, on TV and Internet news, and the Community Happenings section of the metro area newspaper,” says Kiwanian Armand St. Raymond. “I never dreamed this project would give us so much name recognition. I hope other clubs in the area will benefit as well.” —Kimiko Martinez
The Schwankes are known throughout the world for their coordination, attending floral association conventions for their business and even being featured in the London Daily Mail.

**Mr. & Mrs. Match**

They say that couples begin to resemble each other after a while. After nearly 65 years of marriage, Mel and Jo Ellen “Joey” Schwanke are well matched, indeed.

Members of the Kiwanis Club of Fremont, Nebraska, the Schwankes have been coordinating Mel’s ties with Joey’s dresses for more than 35 years—even since Joey had some extra fabric from a formal she was having created.

“It was a hit,” Mel says. “I always wear a matching tie and green coat every day plus a red carnation in my button hole.” The couple has 146 matching ensembles.

Joey says they rarely take a break from their coordinated efforts: “We used to, but now when we go out on the street and don’t match, we get scolded.”

—Cathy Usher

---

**Paul Fredrick**

Crisp, comfortable white 100% cotton pinpoint oxford dress shirts in Regular, Big & Tall or Trim Fit at a

**SPECIAL INTRODUCTORY PRICE...**

$19.95

Reg. $49.50-$54.50

Plus, **FREE** monogramming! (a $9.75 value)

**Add this Silk Tie for only $19.95!**

Item #TMG1000 (Regularly $49.50)

More options than you’ll find anywhere else!

**Your Collar Style:** 6 Collar Choices.

**Your Cuff:** Button or French Cuff.

**Your Fit:** Regular, Big & Tall or Trim.

**Your Size:** 14½” x 32” to 20” x 37”.

Specify promotional code **TXHSSK**

New customer offer. Limit four shirts per customer. Shipping charges extra. Cannot be combined with other offers. **Free exchanges. Expires 1/31/13.**

Order Today! Call 800-309-6000 or visit paulfredrick.com/special

---

**Lives Make Life Better**

We’re all busy. Why not take the hassle out of website tasks and club communications?

**Upgrade to the full version of Club Management System now** and save more time. Contact sales@portalbuzz.com.
Birthdays

These clubs are celebrating anniversaries in January 2013. For a complete list of club birthdays, visit www.KiwanisOne.org/birthdays.

75TH—1938
Metropolis, Illinois, January 26

50TH—1963
Southampton, Pennsylvania, January 21

25TH—1988
Monroe, Floral City, Michigan, January 5
Parksville-Qualicum, British Columbia, January 9
Tahiti-Papeete, French Polynesia, January 17
Ironton Area, Ohio, January 27

Centenarians

These Kiwanians are marking their 100th (or more) birthdays:

- **Gordon Zurbrigg** of the Kiwanis Club of Festival City, Stratford, Ontario, turned 100 this past September.
- **William “Bill” Gibbs Jr.** of the San Diego, California, Kiwanis Club will be 102 in October.

Did you help a Kiwanis youth program or Aktion Club collect funds for Trick-or-Treat for UNICEF? If you’ve sent what you raised, thanks. If you haven’t yet, there are two easy ways:

**By credit card:** Call 1-800-KIWANIS, ext. 411

**By check:** Make your check or money order payable to the Kiwanis International Foundation and include your club name on the memo line. Send the funds to:

The Eliminate Project
Kiwanis International Foundation
3636 Woodview Trace
Indianapolis, IN 46268
Attn: Trick-or-Treat

[www.TheEliminateProject.org/trickortreat](http://www.TheEliminateProject.org/trickortreat)

Thanks for helping save moms and babies from maternal and neonatal tetanus.
With optional background checks, it’s easier than ever.

For Kiwanis clubs, trust and integrity are a must. Thanks to criminal-history background checks, club leaders have an option for making sure members meet those standards. Kiwanis International’s relationship with Safe Hiring Solutions gives you access to a secure electronic process. There’s no paperwork for you or your club. So it’s easier than ever to protect the children you serve—along with members’ confidence and your club’s reputation.

Learn more and get started at www.KiwanisOne.org/backgroundchecks.
The September 2012 “Kiwanis Day at the White House” (Page 12) was not the first time a United States President invited Kiwanians to the White House. In June 1936, an estimated 4,000 Kiwanians and guests called on President Franklin D. Roosevelt, assembling on the South Lawn to listen to a short speech and pose for this photograph. Members from throughout the United States and Canada were in Washington, D.C., for the 20th Annual Kiwanis International Convention.

“At the gates, everyone was scrutinized,” The Kiwanis Magazine reported. “Although they were not recognized, hundreds of Secret Service men mingled with the crowds.”

“A little buzz went up from the crowd when a young man in a gray suit came out and looked over the situation,” the magazine continued. “There was a little delay. The president (center on portico) emerged from the left.”

Near him were 1936-37 Kiwanis International President Harper Gatton (left) and Bynum E. Hinton (right), president of the Washington, D.C., Kiwanis Club.

“As a fellow member, I am very happy to greet you,” said Roosevelt, who, at the time, was a member of the Manchester, Georgia, Kiwanis Club. He praised Kiwanians for their service, especially in an area of personal concern: children with disabilities.

Read more about this 1936 “Kiwanis Day at the White House” and President Roosevelt’s complete speech—and view the entire panoramic photograph—at www.kiwanis.org/blog.
Quick and easy club websites

- Fast and affordable
- Simple setup
- No technical skills needed
- Interchangeable designs
- Automatic (no-cost) upgrades

A public website is part of the full version Club Management System.

See how Club Management System can boost your club efforts and save time.

WHAT’S YOUR STORY
If your club has a success story, simply email a summary and a few photos to shareyourstory@kiwanis.org to be considered for possible future use in Kiwanis International publications.