



The Newsletter of The Capital District Circle K International

The Capital Courier

Coming together, looking to the future, building on the past, making a difference today.

After the sun, sand, and some rain.

By Taryn Friend
Mary Washington College

Daunting rain clouds loomed over the First Landing campground in Virginia Beach as two Mary Washington girls pulled into the campsite and were

“Since we were forced to entertain ourselves we got to know each other better and develop a deeper understanding for life’s little quirks, like 39 year olds that happen to look 29.”

promptly greeted by the bundle of glee that is Matt Brent. It was now 5 pm and we had been driving for more than 5 hours (surprisingly one of the shortest drives of those in attendance) only to find out that we were the first to arrive at the summer social. Throughout the night, other Circle K’ers from the Capital District and farther trickled in to the campsite, delayed by rain and traffic.

Although the forecast was gloomy, we all still held high hopes that the weather gods would smile upon us this weekend. Well, it seemed someone forgot their sacrifice because right as 10 o'clock rolled around the rain started to pour. Well, you can't say we weren't warned.

The rain ruined any hopes for a campfire or cookout so people decided to fend for themselves; some people got dinner, some went to the strip and others sat huddle in a circle surrounding themselves with umbrellas at the campsite talking the night away. Eventually we retreated into our tents for a good night's sleep...or so we thought.

As daylight broke we tried to snuggle deeper into our sleeping bags only to realize our tents had become kiddie pools. Gradually the rest of

the 23 Circle K'ers woke up and were also greeted by a soggy surprise. And the rain kept falling. We decided to make the most of our trip so we set out to local malls, movies and some even to the beach figuring if they're already wet, so why not go what they came for?

Since some of us weren't born with gills, sleeping in the 1 inch of water covering the floor of our tent was not a possibility. So a few Circle K'ers resorted to renting a hotel room while others braved the elements in their tents or cars. On Sunday, as we were packing and getting ready to leave, the sun actually began to shine and those of us left got a chance to play in the water or walk along the beach.



In spite of everything, I think its safe to say that a good time was had by all, whether it be swimming in the ocean in scorn of the rain, cruising the strip for places to eat, making bets about whether or not Matt Brent was going to wet his pants if 50 people showed up or reading Trivial Pursuit cards in a damp tent with new found friends. I think the trip would have been better if the weather hadn't deterred some people, but the camaraderie would have been lost. Since we were forced to entertain ourselves we got to know

each other better and develop a deeper understanding for life's little quirks, like 39 year olds that happen to look 29.

Inside this issue:

The Capital Currents	2
Service Initiatives	3
The K Files: Committees Edition	5
Kiwanis Konnection	6
PCM: Not just a meeting anymore!	8

THE CAPITAL CURRENTS



Progeria Bowl-a-Thon: Keeping the Momentum Rolling.

Shannon Lawson, Progeria Coordinator

On Saturday, June 23rd, more than 20 members of the K-family came together in Sterling, Virginia to raise money for the Progeria Research Foundation. This foundation was the focus of the Capital District Circle K's 2000-2001 Project TEAM, a call to simply raise awareness about a disease that may not be famil-

iar to many.

The Capital District of Circle K sponsored its first-ever bowl-a-thon to raise money for the founda-

K-family helped to take the next step — from raising awareness to raising funds.

FACTS

Hutchison-Gilford Progeria Syndrome is a terminal, genetic condition characterized by the accelerated aging in children.

The symptoms found in young children include short stature, hair loss, arthritis, osteoporosis and heart disease. Amazingly, the brain is unaffected and these remarkable children are recognized for their intelligence. The average life span is a short 13 years and death is caused by heart disease or stroke. There is presently no treatment.

tion. Members of the Capital District of Kiwanis and Key Club joined Circle K'ers as well as a good number of White House Fellows and the President of the Progeria Research Foundation, to bowl the afternoon away.

The most inspiring part of the day? Having the opportunity to meet Sam, just one of the little boys afflicted with Progeria. He was smart and funny...and he probably bowled better than most of us (with just a little bit of help, that is)! At day's end, we had raised over \$1100 for the foundation. Circle K wants to thank everyone that came out to help, or donated money to the cause. If you weren't able to help before, it's not too late!

To serve is beautiful, but only if it is done with joy and a whole heart.

- Pearl S. Buck

Service Update

District Secretary
Shannon Lawson

Congratulations, Circle K'ers!! You are on a great start to reaching our service hour goal for the year!

At present time, you, the members of the Capital District of Circle K have completed...

3,297.25 service hours
almost 14 % of our goal of 24,000 hours by April 1st!

Keep up the good work—and remember to report any service hours that you've done over the summer so that YOU can help us reach our goal! Thanks!

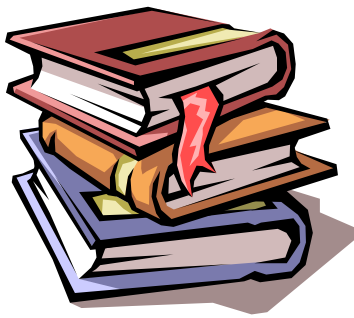
**Send your donation to
The Progeria
Research Foundation
P.O. Box 3453
Peabody, MA 01961-3453**

Mark that you're donating in conjunction with Circle K's Bowl-a-thon. We all thank you!

**For more information
www.progeriaresearch.org**

The Capital District Service Initiatives

Have you ever thought what it would be like if you picked up a book and it meant nothing? What if you couldn't appreciate the eloquent words of Shakespeare, the silly prose of Dr. Seuss, or even this wonderful Capital Courier! Thousands of children living all throughout our world are living in that situation; they cannot read, do not have access to books and literature, or haven't had a proper education. Children living right in this area are struggling to read and comprehend simple books.



Well, we in the Capital District have decided to take action. For this year's District Project, we will be focusing on Children's Literacy. Countless opportunities exist within this extensive project- open a book and change

the world for a child, construct a reading library within a homeless shelter, conduct a book drive, make bookmarks, the possibilities

A Year in the District Project -- It's time to CARE

by Jacob Kaskey

are truly endless. Individual clubs can create or become actively involved with tutoring or mentoring programs in local school districts. This is a great opportunity to have a proven impact upon the lives of children. After spending some time reading with a child, you will see

changes and notice the immense influence you are having on that child.

We are given a wonderful opportunity this year to truly touch a child's life. As a district we will

be providing clubs with countless resources, manuals, project ideas to implement tutoring programs, and so much more. We are already

actively planning a weekend lock-in event to promote this project and plan literacy events. Also, mark your calendars early for a large-scale district service weekend in early 2002. Pack your bags for DC and look forward to a weekend of literacy events, topped off with some very special guests.

It's time for Circle K'sers to CARE about "Children's Advoca-

You can truly change someone's life by opening a book.

cacy and Reading Education." You can truly change someone's life by opening a book. Get excited, get pumped, get ready to read! Our year in service has just begun!

Awareness and Prevention under the Sun

by Kate Richards

It's summertime and we all know what that means: fun in the sun. While you are having fun in the sun, did you remember to protect yourself and your skin from the Sun's harmful UV rays? If not you are probably increasing your risks for melanoma skin cancer. Wondering why there is an article in the Capital Courier about melanoma?

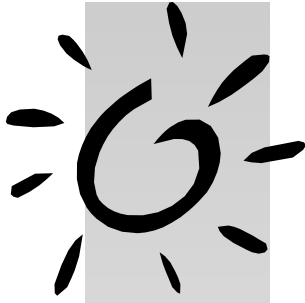
The answer is the District Board adopted Melanoma as its awareness project for the 2001-2002 year. Melanoma is the malig-

nant type of skin cancer. One person in 75 will develop melanoma over his or her lifetime. Right now melanoma accounts for 4% of skin cancer BUT it accounts for 79% of skin cancer deaths. If you are thinking that just because you are young, you stand less of a chance of getting melanoma cancer, think again. Melanoma is the one of the most common cancers of people less than 30 years old.

Here is what you can do to help prevent melanoma skin cancer: *continued on page 4*

1. **Avoid spending long periods of time in the sun (especially during the hours of 10am and 3pm when the UV rays are the most harmful)**
2. **Wear sunglasses**
3. **Wear protective clothing**
4. **Try to limit your expose to UV rays**
5. **Wear sunscreen of at least a SPF of 15**
6. **Finally check your skin and have your doctor check your skin for any changes.**





Awareness and Prevention under the Sun

Continued from page 3

try to avoid spending long periods of time in the sun (especially during the hours of 10am and 3pm when the UV rays are the most harmful); wear sunglasses; wear protective clothing; try to limit your expose to UV rays; wear sunscreen of at least a SPF of 15 and finally check your skin and have your doctor check your skin for any changes.

Since melanoma can take the form of a mole, there is the ABCD rule for determining the difference between a mole and melanoma.

A = Asymmetry
one half of the mole does not match the other half

B = Border irregularity
the edges of the mole are ragged or notched

C = Color
the color over the mole is not the same.

D = Diameter
the mole is wider than 6 millimeters.

If you are not sure then ask your doctor or dermatologist. The earlier that the melanoma is caught the better off you are. Lookout for more information about melanoma skin cancer during the upcoming year.

If you want to learn more about melanoma skin cancer then visit your doctor or dermatologist or the following websites.

American Cancer Society
www.cancer.org

The Melanoma Research Foundation
www.melanoma.org

Just remember to protect your skin!



The Capital District Year

October 5th-7th

Fall Training Rally, Goshen, Virginia
Come join in learning about Circle K, broadening your Circle K fellowship, and having an all round good time.

Contact your Lt Governor with questions.

October, TBA

Reading Lock In to support our District Project- Fredericksburg, Virginia
Contact Justin Garrow (arrow@udel.edu)

October 20th

University of Delaware Annual Hayride
Contact Justin Garrow (arrow@udel.edu)

Early November

Virginia Tech Formals
Contact Shannon Lawson (shlawso2@vt.edu)

Late November

Towson University's Rock'n'Bowl
Contact Justin Garrow (arrow@udel.edu)

Late November

University of Delaware Turkey Dinner
Contact Justin Garrow (arrow@udel.edu)

January 18th-20th

Ya'll Conference, St. Petersburg Beach, Florida
A weekend where the summer districts get together for leadership development, service and fellowship! A great time!

Contact your Lt Governor

Late January

Project CARE—building reading centers in DC to support our District Project
Contact Jake Kaskey (jtkaskey82@yahoo.com)

February 15th-17th

District Convention, Charlottesville, Virginia
The ultimate Circle K experience!
Contact your Lt Governor

Mid March

George Washington University's Lost in DC Scavenger Hunt
Contact Potomac Lt Governor Jake Kaskey

Late March

Spring Training Rallies

The **K** Files — District Committees —

Kate Richards

Laws and Regulation

Hey y'all. Your Laws and Regulations chairperson (you might also know me as Glory Division's Lt. Governor) says hello. So you just might be wondering what it is that the Laws and Regs chair actually does. Good question. I'm responsible for making sure that the Policy Code and Bylaws that Capital District works under are up to date. Let me tell you that the policy code and bylaws are not exciting reading material. Not only am I responsible for those two things but I also have to make sure that the district awards are current.

My main goal for this year is to make sure the policy code; bylaws and awards are up to date. I also want to keep not only the district board informed of changes that need to be made but also the entire district. Should you have any questions what so ever please feel free to ask me. So while the material might not be exciting it is important. It is also important that Capital District has a good set of policy code and bylaws that reflect the current times and are flexible enough to change when it is necessary. Here is a question to you: do you know if your club's bylaws and/or policy code is current? While I take care of the district's bylaws and policy code, why don't you take care of your club's?

Matt Brent

Historian

Greetings to one, greetings to all! You folks know me as Matt Brent, Chesapeake Division Lieutenant Governor. However, I'm serving a dual role and am also the District Historian for the year. Since being appointed, I've been looking forward to documenting the many events of Circle K with photography. I'll be needing your help to do this! If your club is sponsoring an event, or just doing an everyday project, let me know! I'd love to try to attend. Though there may be times when I cannot be there, don't let that discourage you and keep you from submitting photos to me. I'm always available, and you can reach me via email at crclkg@yahoo.com. We've got a great year ahead of us! Help me capture those moments you want to remember forever!

Shannon Lawson

Service

Hey, Circle K! For those of you that don't already know me, I hail from the mighty school of Virginia Tech. In addition to serving as your District Secretary this year, I am also challenged and honored to be your District Service Chair! This is my second year in this position (I was also Service Chair during the 1999-2000 Circle K year) and I can't wait to help all of you embrace service in the Capital District this year! My main responsibility this year is to come up with meaningful service projects for Fall Training Rally and District Convention—so if you have suggestions, don't be shy! We've got some sweet district projects lined up—the CARE campaign and Project TEAM are sure to be great successes. I can't wait to meet you soon...and share in some great Capital Service!

Nick Jabbour

Convention

Hello, Capital District folks! My name is Nick Jabbour, and I am the chair of this year's District Convention. I am a senior at the University of Virginia, where I am double majoring in Government and Bioethics, and I am originally from Bethesda, Maryland. I have been a member of the Circle K Club at UVA for three years now, including serving as Vice President during

my sophomore year and President during my junior year. I am thrilled to be able to plan this fabulous event for the District!

This year's convention will take place February 15-17, 2002, at the delightful DoubleTree Hotel in Charlottesville, Virginia. The hotel has a number of amenities and is located within close distance of

Charlottesville's numerous historic attractions. I am working hard to make sure that it is the best convention ever, and you should be receiving information about it shortly after school begins. We have already selected a keynote speaker and are working on numerous other convention details. It looks as though the cost will be about \$110 per per-

son, but the numbers have not yet been finalized.

I am looking forward to seeing everyone in Charlottesville for the convention, and I am so excited to be organizing this event. If you have any suggestions for the convention, please do not hesitate to contact me by e-mail at nickj@virginia.edu.

Matt Wilkins

Membership Development and Education

Hey Everyone! My name is Matt Wilkins and I am currently a sophomore at Virginia Tech studying Statistics. I'm sure of my future plans but would either attend graduate

or acquire a job in data analysis or surveying. I am originally from Woodbridge, VA (a town south of DC famous for Potomac Mills Mall).

My plans for this year are simple. Clubs need to make Circle K more enticing to prospective members. They also need to link Circle K more to Key Club since there

are many Key Clubbers who do not move on the Circle K. I know this is a lofty and hard goal to reach but it is very attainable.

WANTED

**Writers
Artists
Contributors**

The Capital *Courier* Opportunities

***You've seen the Newsletter!
So why not be a part of it!***

If you are a Circle K Member or Circle K Alumni or Kiwanis Member. This is your opportunity to let your "voice" be heard.

**CONTACT:
Lance Mailem
The Capital Courier Editor
lmailem@vt.edu**

Got a story to tell? Or a service project to promote? This is the place to *promote, communicate, and motivate*. So what are you waiting for?



Kiwaniis KONNECTION

Greetings Capital District Circle K'ers, allow me to introduce myself...my name is Heather Wilford and I am serving for a second year as your District Administrator.

As a former Circle K'er and now Kiwanian, I am looking forward to having a great year with the best district in all of International! I am a 5 year Kiwanian with the Tysons Corner, VA Kiwanis Club, formerly with the Fairfax, VA Kiwanis Club where I was a Distinguished Club Secretary. I am currently serving as the Interclub Chair for Tysons. I am also involved with the Circle K Alumni Association here in the Capital District as well.

I was born and raised in the Chicago suburbs (made it hard to move over 700 miles away from the only place you had ever lived!); moved to Northern Virginia a little over 5 years ago and currently live in McLean-Tysons Corner area in



Northern Virginia. In my real job, I am a Policy Analyst in the area of Public Health with a medical specialty association in Washington, DC. My association represents over 16,000 board-certified pathologists and is the premier association for Pathologists to join. Ironically enough, the headquarters

office is located of all places back in Northern Illinois! Small world isn't it!

I would have to say the best thing that has happened to me since moving to Virginia would be July 15, 1999. Why is that date so significant you ask? Well it's the day I met my fiancé.....who just happens to be the District Mascot and

Webmaster Jeff Talbert. In a little under 3 months from now, we will be getting married in the town I was raised in Lansing, Illinois right outside Chicago. It is sure to be exciting and interesting and probably will produce many quality photos for the Convention slide show so stay tuned and come to convention in February!

My hobbies include reading on the metro (great way to pass time), being outdoors in some capacity, surfing the Web and chatting with friends on-line, and basically relishing any free time that I have! (Free time...what exactly is that!?)

I look forward to another exciting year working with the District Board and also out working with you, the members of this district. Please feel free to call on me anytime! My info is located on the website and hey if a male voice answers... feel free to talk to the Mascot!

Jeffrey Wolff, Assistant Administrator

My name is Jeffrey Wolff and I serve as your Assistant Administrator. It's my job to work with Administrator Heather on the day to day operations of the district and specifically, I serve as the main Kiwanis point of contact for your district convention.

I'm a charter member and Distinguished Past President of the Kiwanis Club of Tysons Corner, Virginia, but I'm also a Circle K Alumnus. Having gone to college in two different districts (Hofstra University in New York and George Mason University here in Capital), I've held most Circle K officer positions, in-

cluding 2 terms as an Lt. Governor and 1 term as an International Trustee.

In real life, I work as the Technology Director for a computer systems integration company in Bethesda, Maryland called PCI. I'm also a recent newlywed (June 9th, to be exact), having just married a law school student I met while in Circle K.

I hope all of you have a great school year and make some great Circle K memories. If you have any questions, please feel free to track me down by phone or e-mail anytime.



Hey Capital District!



PCM: Not just a meeting anymore!

PCM — to presidents, this stands for meetings throughout the year to discuss events and issues with your LTG and other club presidents from your division. To many of you, this acronym may mean little, if anything, at all.

Well, the time has come for PCM to become a household name in dorms and apartments across the clubs of the Capital District!

Throughout the past few months, your district board has been working according to a simple plan: Promote, Communicate, Motivate, or in other words, PCM!

Each one of us uses this philosophy in all our planning, discussing, and working towards making this district the best it can be. We feel this is our job as district officers, to ensure that all of the members are kept well informed and stay enthusiastic about Circle K!

PCM is not just for the

district board- I would like to see every member of Circle K promoting, communicating, and motivating, within your own clubs and outside in your campus community.

Make sure club, division, and district events are **promoted** at meetings, in weekly emails, or newsletters.

Communicate information about Circle K to everyone you meet - tell them what we do and why it is great to be a Circle K member!

You're excited to be a member of Circle K, right?! Then spread that on to others and **motivate** them to be just as active as you are, by becoming a member

or participating in projects and other events.

I am confident that if we all take "PCM" to heart, Capital District Circle K can reach new heights and truly "shine"!!

By Tara DiSciullio, District Governor

**Promote
Communicate
Motivate**

Each one of us uses this philosophy in all our planning, discussing, and working towards making this district the best it can be.

The Capital District Circle K International 2001-2002

- Tara DiSciullio**
Governor
- Shannon Lawson**
Secretary
- Dustin Bonat**
Treasurer
- Lance Mailem**
Editor

Lt. Governors

- Justin Garrow**
Harbour Front
- Matt Brent**
Chesapeake
- Kate Richards**
Glory
- Kathy Pierce**
Foothills
- Jacob Kaskey**
Potomac

Lisa Sincavage
Key Club Governor

- Heather Wilford**
District Administrator
- Jeffrey Wolff**
Assistant Administrator
- Charles Songy**
International Trustee
- John Tyner**
Kiwanis Governor

Jerry Peuler
Kiwanis Governor Elect

Walt Rudy
Key Club District Administrator

John Sandhofer
Circle K Certified Trainer

Hal Jewel
Growth Team Coordinator

Jeff Talbert
cdcki.org webmaster

Zone Administrators

- Bob Powers**
Chesapeake
- Fred Terrell, Jr.**
Foothills
- Sue Bentley**
Frontier
- Missy Cready**
Skyline



Send comments, suggestions, and articles to Lance Mailem at lmailem@vt.edu
Visit The Capital District Circle K International Website at www.cdcki.org