



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.



The Capital District United and Focused

As I write this the United States of America, and even more close to home, our District is facing a tragedy, an extreme blow to our security and feelings of protection. Words are hard to come by when I think of what to say to each of you, in trying to deal with this type of situation.

You and the members of your club take volunteerism to heart, constantly trying to help wherever you are needed. You may be asking yourself right now, what can we, as Circle K'ers possibly do to help in this situation?

We can FOCUS- focus your thoughts and prayers on the people affected by this tragedy. Pray for peace of mind for those who lost relatives and friends, pray for national and world protection.

A more tangible effort could be giving blood...many schools in light of these events may run blood drives, as much will be needed in the care of those injured.

The safety of each of you is in my thoughts and prayers. If we come together to help each other through this, we will make it through!

*Sincerely, Tara DiSciullo,
Capital District Circle K International Governor*

We can FOCUS- focus your thoughts and prayers on the people affected by this tragedy. Pray for peace of mind for those who lost relatives and friends, pray for national and world protection.

Here are three ways that all clubs can consider:

- Set up donation cans around campus, labeling them "Kiwanis International Foundation 911 Victims Children's Fund" Information found on the last page of this issue
- Pass out or sell (with the money going to the 911 fund) white ribbons, to symbolize peace, hope, and support for the families and the victims themselves, and for our country.
- Support blood drives on your campus or in your community, or try to set up a CK sponsored blood drive. For members that are unable to give blood, money donations are always accepted by the American Red Cross can go to www.redcross.org and look up info for your local American Red Cross.

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THE CAPITAL CURRENTS

Service Update

District Goal: **24,000**
Service Hours to Date
4,886 20.35 percent

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

The District Progress

Dues Process Explained

By Dustin Bonat, Treasurer

As membership recruitment starts gearing up for the year, you may find yourself wondering about how the dues paid membership works this year. Well, life has gotten a little easier and you now send all dues (both district and int'l) to international. But how much are dues? Dues are \$25 per member with a breakdown of \$18 for int'l and \$7 for district.

NOTE: It has come to my attention that all forms that were received by the clubs state that the dues for district are \$7.50, but this is not the case. They are still \$7. There is another error, which is the date that dues are due. See the "important dates" below for the correct information.

For those clubs that are able to achieve 20 members by Nov. 1, even if you are still getting membership dues, make sure to send in your membership list to be eligible for the Early Bird Dues award. And when you get your 20 members, don't stop there! Go for thirty, then forty, then your entire school! Let everyone know Circle K is the best organization of its kind out there.

Important Dates:

- Oct. 1** – CKI Dues Collection Starts
- Nov. 1** – Early Bird dues deadline*
- Nov. 30** – Dues are due on this date*

*Envelope must be postmarked on these days.

In April, the district board set 5 challenging goals for the Capital District, but we knew with hard work, they were all within our reach. It's now nearing October, almost half way to April 1, and where do we stand? All I can say is, working together, we as a district can reach the finish line!

Since April 1, this district has completed over 4000 hours of service, and the majority of those months school was not in session! Just think all the service opportunities there are in your campus communities this fall! To reach our goal of 24,000 service hours, each of you only has to complete 23 hours of service! If we all work together, we CAN do it!

Promote new service projects and motivate other members to get involved! Over the summer, your district board has been working to strengthen clubs in the district and there are also several new club opportunities, including Hampton University, George Mason University, Virginia Commonwealth University, and Emory and Henry University, all with strong potential. However, even with all this work by the district board towards our membership goal, you make the real difference. Your work recruiting new members and retaining them through enthusiasm is what truly makes us the 2nd largest district in CKI!!

Do you know about all the scholarship and award programs through the Capital District and CKI? If not, you will through a workshop at FTR and information in coming mass mailings. These programs are out there, all you have to do is take advantage of them!

Kiwanis family relations are of utmost importance this year. I know clubs are already doing service and attending meetings of their local K-Family branches. Look for even more ways your club can get involved with your local Kiwanis, Key Clubs, and Builders Clubs. Did you know that a CK club can sponsor a K-Kids?! Invite those organizations to your events and attend theirs as well. Let's make Capital a Family!

We are well on our way of having an outstanding year in Circle K, making a huge impact on the world around us and spreading the word about Circle K.

- Tara DiSciullo, District Governor

Let's work together to truly SHINE at the finish line!

Fall Training Rally

By Justin Garrow

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Goshen, Virginia

Fall Training Rally is an event held every October in Goshen, VA. It has two main purposes and goals; to help inform Circle K'ers of what is going on and how to make the most of their year in Circle K; and to make sure that everyone there has fun!

Every year there are workshops, icebreakers, information sessions, service projects, and much more to help you learn more about how the Circle K organization works.

For entertainment and fun there is

always a bonfire, skits, free time, alumni making us sing for our food, and plenty of bonding experiences. At the bonfire every year we have s'mores and an auctions of the District Board members and the chance to buy your favorite ones!

So all in one weekend you learn a ton while at the same time have loads of fun and having an experience you will never soon forget!



Getting a CLUE on Circle K

Who did it? How did they do it and where was it done? Find out the answers to these questions plus find out much, much more at this year's Fall Training Rally in Goshen, Virginia!

Come get a CLUE on Circle K from October 5-7. The fun weekend starts promptly at 9pm on Friday for learning, friendship, camping, and the beginning of a great weekend called "Who dunnit? Getting a CLUE on Circle K!"

During the weekend you'll learn more about the District Project and Project TEAM, upcoming events in the District and in other clubs, and how to make the most of your Circle K year.

Everyone will get the chance to meet other Circle K'ers from Virginia, Maryland, Delaware, Washinton DC and more - including our new International Trustee!

Also be sure to bring some

money for so you can all bid on your favorite board members at the auction and help raise funds for the District Project, Literacy.

Also be sure to bring your creative juices for the skits on Saturday night! Now I bet you are all thinking, "Wow, a weekend with so much stuff to do has to cost a bundle!" - NOT SO!

The entire weekend only costs \$20 OR (a BIG emphasis on or!) if you bring a children's book or books the cost will go down to only \$18! (And no, children do not like to read college textbooks!) :-)

If you have any questions about the weekend, contact your division's lieutenant governor, they'll be more than glad to help! So come to Goshen, have fun, learn a lot, and be able to answer the questions who did it, how was it done, and where!

Dare to C.A.R.E. Weekend

By Justin Garrow

Are you ready to Dare to C.A.R.E.? On October 26 and 27, Mary Washington College will be hosting a District wide Lock-in!

This over night event is almost purely social and that means...FUN! What do I mean *almost purely*? Well, for the event, you can raise pledges for how many hours you plan to stay awake or just get flat pledges. All of the money raised will go towards our District Project in January, the C.A.R.E. Campaign where we will be building a book shelter for the needy in Washington D.C. to help illiteracy.

The Dare to C.A.R.E project will have plenty of fun things to do - things like, movies, sports, lip syncing contests, and much more! So clear your calendars and stop on down to Fredericksburg, VA for an event of fun!

FTR Service Project

Book Collection / Registration Break
Bringing in book (s) suitable for children up to 13 years old will reduce registration fee from \$20.00 to \$18.00

School Supplies Drive
Bringing in NEW school supplies (paper, notebooks, pens, pencils, erasers, scissors, etc.) and get entered in a contest for a really cool project

On going Project
At the crafts / magazine table there will be bookmarks to be colored and donated

Service Hour
We're going to be reading children's books onto tapes for the Virginia School for the Deaf and Blind in Staunton, Virginia

CRABS in Buffalo

By Julia Schmitz, Circle K Vice-President
Sweet Briar – Foothills Division

Did you hear that the C.R.A.B.S. took over Buffalo? At International Convention, we were welcomed to Buffalo as soon as we stepped off the plane with electronic signs that said “Welcome Circle K International Convention!!” Once we made it to the hotel, we began the conference with an enthusiastic opening session. All of the Districts celebrated, proudly showing off a variety of Spirit items. The Capital District was heard chanting C.R.A.B.S., while wearing bright blue shirts and hats with the coveted five pins to trade with other districts.

After the opening session, the C.R.A.B.S. headed back to the suite that they shared with Indiana (one of our brother districts for the year) and played Twister, listened to music, and just got to know each other. Indiana was a great group of people, and I am glad that we got to spend time with them throughout ICON.

Between workshops, we were introduced to the city by Justin Garrow, Harbor Front LTG (aka Garrow), resident of the great city of Buffalo. He gave us helpful hints like making us aware of the all-familiar mistake of calling spicy chicken wings, “Buffalo Wings.” For as Garrow pointed

out, chicken wings in Buffalo are inherently “Buffalo Wings.” We averted many tourist traps with his guidance of pointing out restaurants to try on our down time in addition to preparing us for the multitude of one-way streets that we were to get lost on. The Capital District owes our Buffalo Resident a big thanks for all of the work that he did in organizing the District’s arrival and departure times even though he did manage to lose Radford. ☺

On Monday, we were able to take full advantage of our free time and really turn it into an International Convention when we crossed the border into Canada. The majority of the district carpooled together to see Niagara Falls from both the American and Canadian side. After a fun filled afternoon of feeling the mist on our faces, we donned our hats and gloves for caucusing. Only C.R.A.B.S., Indiana, and New England are crazy enough to wear winter

gloves in the beginning of August. People were dressed from ski outfits to a complete Santa Claus suit. We questioned the candidates for International office as well as having a mini pizza party.

The C.R.A.B.S. also had some great accomplishments during the year. We won the distinguished District Award and the University of Delaware’s club won first place for their Newsletter. Brian, our past Governor, won a spot as an International Trustee. Con-

grats to all for a great year of service.

All too soon, ICON came to an end, but it was in high spirit. At the closing ceremony, we watched a slideshow of the convention to remind us of all the fun times we’d had. We also got insight into the next years ICON to be held in Orlando, Florida. I think we are all counting down the days until we get to explore Disney World together as a District. ICON was tons of fun and I hope to see y’all there again next year!!



46th Circle K International Convention
August 4-8, 2001 • Buffalo, New York

For The George Washington University Circle K, September signifies the start of an action-packed year with its fall highlights: member incentive meetings, service projects, dues collection, and, soon, FTR! This year’s Executive Board has revamped Circle K’s image on-campus by advertising the theme “Circle K: The Alternative”. For members, our Circle K offers them

an alternative to the other GW community service organizations.

Circle K: The Alternative

By Troy C. Dibley, President
George Washington University

Our club presents our members with a variety of large-scale service projects and motivational meetings... far from the humdrum meetings they might be used to in

high school.

However, the overall influence of “Circle K: The Alternative” on the year transcends the definition of a catch phrase or a slogan; indeed, it’s a mission statement. From an October membership incentive meeting to our November “Get Fresh” campaign to our two member induction ceremonies, GWU Circle K (or “GWUCK”, as we like to call it) has dedicated itself to our organization’s ideals.

The **K** Files



Hello Capital! This is your friendly neighborhood International Trustee, Matt Bieber (everyone but my mom calls me Beebs).

I am very much looking forward to working with y'all this year. The first time we will get to actually meet will be at your fall trainer, so I hope to see many of you there.

A little about me: I am starting my fifth (and hopefully final) year at the University of Michigan. I'm majoring in Psychology and Sociology with a minor in Criminology.

When not Circle King, I like to cook, play darts, go water-skiing, and most of all, sit on my

porch relaxing with pals.

Despite the hair and style, I am not in a band (you'd be surprised how often I get asked THAT one;) and my favorite muppet is Floyd - he's the guitar player in the Electric Mayham (you know, the band with Animal).

Aside from the joy of counseling your wonderful district, I counsel Kentucky-Tennessee and Nebraska-Iowa, sit on the Membership Develop-

Hoc Committees such as the Website Committee and LSSP Committee (thanks to those who have already applied!).

I'm something of a goofball, and love nothing more than

I am very much looking forward to working with y'all this year

hearing from members of Circle K. Be it a

Circle K International Trustee Matt Bieber

ment and Benefits Committee and am the Ad Hoc Committee Coordinator (or The Dude, if you are into the whole berevity thing).

The membership committee has been charged with reviewing, updating, improving and adding member benefits this year, so please send me any and all great ideas your club or district has. For example, the M.E.L.T. program and Crabs. Also look for great opportunities to get involved in Ad

friendly hello, good joke or suggestion for improving anything Circle K - I'd love to hear from you! Drop any and all lines (recipies are great too) to Beebs@umich.edu. I'd really like to help out your club and Capital in any way I can this year and really let International know how great Capital is, but I need your-help. So please contact me with good ideas, success stories, and problems I may be able to help with.

Frontier Lt. Governor Ashley Clempner

Hi, my name is Ashley Clempner and I am the Frontier Division Lieutenant Governor for the 2001-2002 Circle K year.

I hope you all had a fun and relaxing summer and are ready for a new year of school and a new year of service. I would like to take the time to tell you a little about myself. I am a freshman at Radford University, where I am a member of the Circle K. In August I attended the Circle K International Convention in Buffalo, New York where I learned how to become an effective member of the organization. I am from Annapolis, Maryland, and have been involved with

the K-Family for 4 years, holding various offices in Key Club at the club, district, and international levels.

At Radford I swim on the Women's Varsity Swim Team and am taking a variety of classes to figure out what I want to do in four years when I am out of college.

I am very excited to be able to serve you this year, as Frontier Division Lieutenant Governor, and can't wait to meet you all at the Fall Training Rally.

Yours In Service and Friendship,
Ashley Clempner

Happy First Birthday!
cdcki.org



The Official Website of The Capital District Circle K International is celebrating its first birthday this month and now it has over 5100 hits, plus is now a major source of information for the clubs in addition to the Courier; and additional features will roll out soon with online reporting capabilities for all the clubs to submit monthly report data.

*The District Thanks
Webmaster Jeff Talbert
for all of his hard work!*



Kiwanis Family **KONNECTION**

Capital District Key Club International

GREETINGS CIRCLE K'ers
Thank you for the opportunity to share some personal thoughts with you.

I have been a member of the Key Club Adult Committee for 6 years having serving as the District Administrator from 1996-1999 and again this year. During that time I have been able to observe first hand the growth of both organizations not only in membership, but also in the service projects that are done throughout Capital District.

The best thing about Kiwanis are the Sponsored Youth programs - to be a part of these programs and to see what can be done when people working together set out to accomplish a task is a truly wonderful thing. It is this kind of cooperation and achievement that keeps some of us "older types" from just being more than a card carrying member of Kiwanis.

I look forward to working with the Circle K Board this year. Several of the Board members assisted us at the Key Club International Convention in DC and their spirit and positive attitude left a favorable impression on those attending the convention. I am really appreciative of the time they spent with us in DC.

I wish all of you success not only in your Circle K efforts but also in your academic programs.

Sincerely, Walt Rudy

Capital District Key Club Governor, Lisa Marie Sincavage, is a 17-year-old senior at Potomac Falls High School in Potomac Falls, Virginia. A member of Key Club since her freshman year, Lisa first served as the Key Club Lieutenant Governor of Division 20C for the 2000-2001 Key Club year for which she was awarded the Robert F. Lucas Outstanding Lieutenant Governor Award. Aside from Key Club, she

participates in the National Honor Society, French Honor Society, French Club, Scholastic Challenge, and the Future Educators of America Club. With an interest in biology, Lisa hopes to pursue a career as a geneticist or medical doctor.

Thanks!
Yours in dedicated service,
Lisa Marie Sincavage

Circle K International Zone Administrators

Hi everyone,

My name is Missy Creasy (formally Missy Naylor). I have been a member of the Capital District K-Family for 12 years. I was a member and held various offices as a key Club member in Chesapeake, VA.

I then attended Virginia Tech (GO HOKIES!) and joined Circle K. I served as Frontier LTG two years, District Governor and International Trustee while earning my BA in Political Science and Masters in Urban and Regional Planning.

When I entered the "real world," I joined Kiwanis and have had the honor of bringing down the average age and increasing the female count in 2 Kiwanis Clubs. Also, I served as Kiwanis Advisor for JMU and currently for UVA.

Though I work long hours as a Neighborhood Planner in Charlottesville (a job directly related to my degree, go figure), I love taking the time to assist with sponsored youth in whatever way I can. I look forward to meeting many of you throughout the year!

- Missy C.

I have been a member of the Great Bridge Kiwanis Club in Chesapeake, VA since 1986. I was the Kiwanis District Governor in 1998-99 and have been a zonie since 1999. I am my club's web master (www.greatbridgekiwanis.org), newsletter editor, and interclub chair. I am also the District Web Master (www.capdistkiwnanis.org), a certified Kiwanis trainer and a member of the District Finance Committee. I have spent this year chairing a committee that is rewriting the District Bylaws and Policy Statements. You might say that Kiwanis is a big part of my life.

I am a graduate of the US Naval Academy and retired from the Navy after 21 years of driving ships. Since I retired in 1985, I have worked for a defense contractor and currently work at a Navy Command involved with information operations. I have two daughters, both married and living in North Carolina. One is a horse trainer and riding instructor in the Virginia Beach area, the other is a research chemist in Raleigh. We are expecting our first grandchild in July. My wife of 37 years, Sue, and I live in deepest, darkest Chesapeake where we have a few acres and a few horses.

- Bob Powers

Jennifer Hodorovich, President

Capital District Circle K Alumni Association

Hey there Circle K! I was asked by your illustrious district administrator to drop a line or two giving a bio of myself, so here it is.

For those of you who have no idea who I am, my name is Jennifer Hodorovich and I am currently the president of the Capital District Circle K Alumni Association (CDCKAA).

The CDCKAA was established to provide an avenue for Circle K graduates to stay in touch with each other as well as provide an opportunity to give back to an organization that gave them so much. (Sorry, but just have to throw that pitch in there whenever possible!)

As you probably guessed, I was a member of Circle K at the almighty University of Delaware (GO BLUE HENS!) for five years. During that time I served as a general member (the most important position

of all), club secretary, club president, 1997-98 Harbour Front Lt. Governor and 1998-99 Capital District Governor.

Since my graduation from UD in 1999 I have moved to the Baltimore area and am currently employed as a transportation engineer, planning and designing your roadways! Beyond that, I volunteer as a Big Sister through Big Brothers/Big Sisters of Central Maryland (great organization, if you ever have the chance, be a Big), work on the fundraising committee at my office providing volunteer opportunities to those who don't know where/how to get involved, and am a member of the Cockeysville-Timmonium Jaycees.

Well, that's about it for me for right now. Hopefully I'll see many of you at FTR's and joining up with the alumni association in the years to come!

Got questions?

The District Board is here to answer.

Governor **Tara DiSciullo**
Secretary **Shannon Lawson**
Treasurer **Dustin Bonat**

Editor **Lance Mailem**
Lt. Governors
Harbour Front **Justin Garrow**
Chesapeake **Matt Brent**

Glory **Kate Richards**
Foothills **Kathy Pierce**
Frontier **Ashley Clempner**
Potomac **Jacob Kaskey**
Skyline **Justin Hill**

Weekdays after 9pm
Mon-Wed after 9pm
MW 10, T 11p,
THF 6:30p, Weekends
M-TH after 9:30pm

MW after 3pm
MWF after 4pm
TTH after 2pm
Daily after 6pm
MW after 9:30pm
Daily after 9pm
MW after 11pm, T 10p
Daily after 9pm

Opportunities

Want to get more involved in the district? Have webpage skills or love to motivate and educate people? Then the district board has a job for you!

There are currently two open district committee chair positions - *Webpage chair and Membership Development and Education chair.*

To apply, write a letter stating why you feel you would be the best candidate for the position (ie. any skills, talents, or experience you have), why you are seeking the position, and any ideas you might have for work you can do (please specify which position you are applying for)

Please email your letters to Governor Tara DiSciullo (tdisciul@udel.edu) by October 1st!

The Capital Courier

Writers Artists Contributors

This is your opportunity to let your "voice" be heard. 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?

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

www.cdcki.org

Capital District Circle K
International Website

All District Board Member contact information and resources can be found at our official Website. Check it out!



Virginia Maryland Delaware Washington, D.C.

Kiwanis Family United

we remember

Dear Friends in Kiwanis:

The recent horrific crimes against humanity in New York City and Washington have shocked and grieved all the members of our Kiwanis family of service. The victims are not only Americans but citizens of many nations, the followers of different faiths, and human beings of every race, age, and gender. Kiwanians and the friends and loved ones of Kiwanians have been struck by tragedy, and Kiwanians are among those working in the search and rescue efforts to recover survivors.

The International Office has received numerous messages of sympathy and condolence from around the world. Many of those sending messages also ask whether there is anything they can do to help.

The Kiwanis International Foundation has responded by establishing the "911 Victims Children's Fund," which will be used to aid the children of the countless victims. We will work with the New York and Capital Districts and the clubs in the affected areas to ensure that contributions will be directed to the highest and best uses possible.

American Ribbons designed by Alon Cohen
www.people.bu.edu/xrpnt/ribbons/ribbon.html



Please send your contributions to the
Kiwanis International Foundation
"911 Victims Children's Fund,"
3636 Woodview Trace, Indianapolis,
Indiana, USA 46268.

Our prayers go out to all those who are suffering because of these evil deeds. Kiwanis, Circle K, Key Club, Aktion Club, Builders Club, and K-Kids members can demonstrate the opposing power of love through service to those who suffer.

Please join us in serving the children who are truly the most innocent victims of these terrible tragedies.

Kiwanis International

Bo Shafer Brian Cunat
President President-designate

Circle K International

Cindy Brigham
President

Key Club International

Teo Nicolais
President

Kiwanis International Foundation

Thomas Dunham William Martin
President President-designate

The Capital District Circle K International 2001-2002

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Jacob Kaskey
Potomac

Justin Hill
Skyline

Heather Wilford
District Administrator

Jeffrey Wolff
Assistant Administrator

Matt Bieber
International Trustee

Lisa Sincavage
Key Club Governor

Jennifer Hodorovich
President, Capital District
Circle K Alumni Association

John Tyner
Kiwanis Governor

Jerry Peuler
Kiwanis Governor Designate

Dan Warren
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

Fred Terrell, Jr.

Sue Bentley

Missy Creasy



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