



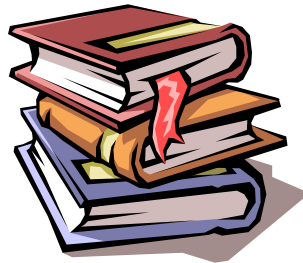
The Newsletter of The Capital District Circle K International

The Capital Courier

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

The Literacy Lock In!

Taylor Scott
University of Delaware



During the weekend of October 26th, four Circle K'ers from the University of Delaware (Tara DiSciullo, Justin Garrow, Taylor Scott, and Dhiren Ponnambalam) journeyed south to Newport News, Virginia for the District Literacy Lock-in at Christopher Newport University. Circle K'ers from Mary Washington, Virginia Tech and Christopher Newport University also came to participate in the Lock-in.

Everyone who came continued the service project that was started at Fall Training Rally, which was taping children's books onto tapes for blind children at the Virginia School of Deaf and Blind.

The main goal of the evening though was to try and stay up until nine o'clock in the morning, however, no one was able to do that! Although no one was able to stay up the entire time, everyone had fun, we played board games, card games, watched a couple of movies and had a great time! Most importantly we raised \$265.78 all to go towards the District Project - Literacy!

Y'ALL

Carissa Copeland, *Towson University*

Last year around mid January I went to Savannah, Georgia for Y'all, a Circle K Convention for districts in the southern half of the US. Although mainly for the southern districts, several northern districts attended.

At Y'all, I went to many fun and interesting workshops, met people from all over the US and explored Savannah. In addition to getting to know people and workshops, Y'all had several different service project options, all around the same time, that you could choose to participate in.

The service project I went to was painting a boys and girls club. I had a good time painting the walls, but it took me awhile to get the paint out of my hair afterwards.

All in all, Y'all was a lot of fun and I encourage everyone to go this year, especially since it is being held in St. Petersburg, FL. The cost is \$137, which includes hotel and registration. So, if you don't have plans from Jan 18th to 20th and would like to spend some time with Circle Kers on the beach come to Y'all.

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THE CAPITAL CURRENTS

Service Update

District Goal

24,000

Service Hours to Date

11293.75 47 percent

Hey Capital!!

Look how far we've come!

After a month full of Fall Festivals and Halloween events on top of our regular projects, we now stand at 11293.75 service hours since April 1st!

That's 47% of our goal of 24,000 service hours. Great Job!!

Shannon Lawson
District Secretary

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

Get the Recognition You Deserve!

Have you ever sat at District Convention, when awards were being given out, and thought 'I wish someone would recognize *me* for the service *I've* done'? Well, Capital District—it's your time to Shine! Consider this *your* official invitation to apply for 2 awards that are recognized on both the District & the International Level. You don't have to be a district or club officer, although you may be, too, to apply—and these awards are two of the most prestigious in all of Circle K International. Below are some requirements:



Service Recognition Award: You should be a member in good standing, of a club in good standing, and complete at least 250 service hours from January 1, 2001-December 31, 2001. Applications are due by January 15, 2002.

Society of Distinguished Collegians: You should be a member in good standing of a club in good standing, attend 80% of your home club meetings, and participate in 60% of your club's service and fundraising projects, over your membership in Circle K. You must also complete 250 service hours over your Circle K career, and have a G.P.A. of at least a 3.0 on a 4.0 Scale. Applications are due by December 1, 2001.

All applications are due to District Administrator Heather Talbert. Her address can be found on the district website (www.cdcki.org), as can the applications for these amazing awards, under the "Convention" tab. If you have any questions or comments, do not be afraid to contact a District Board Officer!

- Shannon Lawson, District Secretary



District Awards: Dare to apply?

By Kate Richards

Hey y'all, convention is just around the corner and you know what that means. It's time to start thinking about applying for district awards.

Now you all should have received a district awards disk either at FTR or from your district officer. Don't worry if you can't find the disk because the district awards are posted on our wonderful website (www.cdcki.org).

The date the awards are due is **January 31, 2002** to our fantastic *District Secretary Shannon*. Need to know her address, well here it is: *401 K Berryfield Lane SE Blacksburg, VA 24060*.

I hope all of you take the time and opportunity to apply for the awards and come to convention to see who receives them. ☺

Capital District Circle K Service Fair



For the first time in history, your club has the chance to display, share and inform other clubs of the Capital District, and beyond, about the service projects and successes your club has had over the past year!

At this fair, your club has the opportunity to set up a table, including a poster with pictures, information, etc. regarding the service projects you have been doing this year.

Other clubs will be doing the same. There will also be tables there from the Peace Corps, AmeriCorps, and tables on our District Service Projects, in addition to some different fun tables, and a chance to do a service project at the fair!

The Fair will be on **Saturday** of Convention from **12:30-2:00 pm**. It's sure to be lots of fun!

Shannon Lawson, Service Fair Coordinator

Awareness Project Melanoma

It's wintertime again and you just might be thinking that you don't have to worry about the sun's harmful rays now that summer is over. Think again. Just because you may not be lying out in the sun doesn't mean that you can forget about protecting your skin. The best way to protect your skin, besides wearing warm clothing, would be to buy a skin care product that also has at least an SPF of 15. Remember protecting yourself from Melanoma is a yearlong thing!

42nd Annual Capital District Circle K Convention

*Hosted by the
University of Virginia
Circle K*

**Double Tree Hotel
Charlottesville, Virginia**

**Friday through Sunday
February 15 - 17, 2002**

Convention Committee Chairman
Nick Jabbour
(434) 243-2209
nickj@virginia.edu

Divisional Call



The Harbour Front Division has been keeping busy! On October 27th, the University of Delaware Circle K held its annual Hayride. This year they had over 40 people come to the event with people coming from almost every division and even a group of CK'ers from the New Jersey District! Also, the Towson University Circle K club had its annual Rock'n'Bowl for Cystic Fibrosis. Members of Circle K, the Circle K Alumni Association, Kiwanis, and Key Club made an appearance and helped raise donations for a good cause. This event was in memory of a former Circle K member who passed away from Cystic Fibrosis so it is something that Towson University CK holds near and dear to them. Also, besides these two events, Towson, UD, Hopkins, and Western Maryland have all been hard at work doing service for others - Harbour Front has now done almost 3000 hours of service (GREAT JOB EVERYONE!) :-)

Hey y'all. Just in case you had any doubt, Glory division is out there. J We've had a fun filled semester of meetings and service projects. Some service projects that the clubs have done are playing bingo with nuns, cleaning up roads, working with the Kiwanis clubs on some of their projects and reading to children, just to name a few. For those of you who will be at the Help the Homeless Walk a thon, be on the look out for members of the Glory Division!

The Skyline Division is off to a great start once again this year.

The University of Virginia is busy preparing to host our District Convention in February, as well as continuing to do countless hours of service in the community. Last month UVa completed a display panel which commemorates the lives of those who have died in the recent tragedies. The panel will be displayed in Washington D.C. and New York City along with panels from Circle K clubs from all over International. The club also collected a record 329 lbs. of food from their annual Trick-or-Canning food drive for the Jefferson Food Bank.

James Madison University Circle K is also active in their community. From tutoring at the local Boys and Girls Club to bingo at a local nursing home to helping mentor and play with local Special Olympics children, JMU Circle K always has a great project for their members nearly every day of the week.

Not to be outdone, the small but mighty Mary Baldwin Circle K recently completed a Walk-A-Thon in Staunton, VA to raise money for local charities, and they continue to do great service to a wide range of projects in their community.

The Skyline Division is looking as strong as ever, and we all look forward to seeing everyone from the District in February for Convention right here in our Division!!

The **K** Files

Membership Development and Education

Alden Gross

Your year with the K-family has begun. Aren't you excited?! Well, please contain yourself while I introduce myself to you. My name is Alden Gross, and I have recently been appointed to chair the Membership Development and Education committee for our awesome Capital District of Circle-K. I am a first-year student at the University of Maryland at College Park, double-degreeing in psychology and biology (pre-med). I want to be a psychiatrist someday; Dr. Seuss is my hero. For now though, it's all about Circle-K.

As we step into the future, many things will change; revolution in our age is inevitable. Technological advances, new discoveries, and other miracles--What will the future hold for us? To paraphrase your District officer Matt Brent in one of his articles in the Capital Key 2 years back in his Key Club days, maybe in time we'll be having Universal instead of International Conventions. We may have little green Circle-Kers running around! One thing is for sure though, and that is with nearly 12,000 members running around internationally, our fu-

As we step into the future, many things will change; revolution in our age is inevitable.

ture is only getting brighter.

To keep up with growth, however, we must constantly be aware of what is going on around us. We must be prepared to cater to needs and concerns of members. We must find new ways to promote service, leadership, and most importantly, fellowship. And that we will. "Circle K International is college and university student members who are responsible citizens and leaders with a lifelong commitment to community service worldwide." In order to realize this mission and maintain success in service, clubs must continually replenish themselves with the ideas and energy of new members, as well as resources.

That is what the Membership Development and Education committee oversees. Surprise, surprise! As chair for this year, I look forward to listening to any concerns as well as making available resources for programs to attract members and educate current members.

Webpage Committee Chair Derek Beet

Hi my name is Derek Beet. I am the new Webpage Committee Chair.

I am a freshman at Christopher Newport University. I am majoring in Mathematics and becoming a High School Math

Teacher. I am originally from Northern New Jersey, but am currently living in Northern Virginia.

If you have any suggestion or any questions you can email me at dbeet@cnu.edu.



Kiwanis Family **KONNECTION**

*Yep, you read that correctly, **FREE MONEY!!!!**
Now, you are probably thinking to yourself,
“how can I get my hands on **FREE MONEY!**”*



Sponsored by
**Capital District
Circle K Alumni
Association
(CDCKAA)**

Well, simple, apply for the David A. Derbyshire Memorial Scholarship presented to a Circle K'er on behalf of the Capital District Circle K Alumni Association (CDCKAA). Yes, this is just one more way that the CDCKAA helps out the Capital District Circle K'ers.

Through alumni contributions, we are able to offer this scholarship to the Circle K'er who most exemplifies the qualities of Circle K as well as maintains a minimum of a 3.0 GPA. Applications can be found on the CDCKI webpage and are to be submitted no later than January 15th, 2002, and the scholarship will be presented on Sunday morning of the District Convention.

In addition to giving out a scholarship to one lucky Circle K'er, the alumni members have dug even deeper into their pockets in order to provide Service Project Grants to the various clubs throughout the Capital District. Grants may be requested for any amount up to a maximum of \$200 for any project that the club is planning on completing.

All you need to do is fill out the forms (again, these can be found at www.cdcki.org website) and send them in no later than January 15, 2002. Remember to submit descriptions of your project and any additional information that will help the alumni association determine which projects the Service Project Grants will be funding this year.

GOOD LUCK, AND DON'T FORGET TO APPLY!!!!

And, if you should have any questions about any of the forms, please feel free to contact me, Jennifer “HODO” Hodorovich, CDCKAA President.

"Can We Say...AAHHH!!!"

Exams, projects, and presentations got you down? Do you feel like you are just one big ball of stress? Well, you're not alone, welcome to the month of November, a time of year when everything can seem a little bit overwhelming.

Considering this, I thought I would share some of my ideas on what you can do when even your favorite thing called Circle K can't make you smile:

- *Watch your favorite TV show. I know, maybe you should be using that one hour to study or write an email, but maybe that hour will give you a chance to clear your mind to work even later!*
- *Take a trip to Walmart...need I say more? Spending time in the land of cheap stuff can make even the most stressed out person happy! That doesn't work, make a trip to Sam's Club and sit in the massage chair!*
- *Take 15 minutes, grab your favorite stuffed animal, blanket, etc, light a candle, and just listen to music..sometimes quiet time with the one who will always unconditionally love you is just the trick!*

You probably have plenty of ideas of your own, about your "me" time.

Point is, don't forget to take a little time out for "you"!

Tara DiSciullo

Opportunities

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



Happy Holidays!!

Capital District

www.cdcki.org

Capital District Circle K
International Website



Capital Giving Thanks!

I am thankful for wonderful friends and family, and for all of the great people I have met throughout the District. - *Justin Hill*

I'm thankful for lots of things this year, and most of them are not things! For the people who love me and those who have given me the chance to love them, the fact that I have no required classes left to take next semester to graduate, and for the door that opened to me when I joined Circle K! - Tara DiSciullo

I am thankful for being able to have a roof over my head, for having food to eat, for being in school and getting an education; and of course I am thankful that I am in Circle K and been able to meet so many people and I am thankful that Scooby Doo is so awesome!

- *Justin Garrow*

I'm thankful for many reasons. Of course I am thankful for all my wonderful circle k friends. 😊 I'm also very thankful for the fact that I haven't collapsed from sheer exhaustion from writing all of my numerous papers that have been due throughout the semester. 😊

- *Kate Richards*



Have a Happy and Safe

Holiday Season!

The Capital District Circle K International 2001-2002

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