

Official Newsletter of Capital District CKI

CAPITAL COURIER

Volume 54 | Issue 2 | July 2015

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CKIx Recaps

International Board

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Editor's Welcome

Greetings Capital Crabs, and Welcome to the International Edition of the *Capital Courier*. With CKIx (Circle K's International Convention and Large-Scale Service Project) about a month behind us, I wanted to focus on the International elements of our organization for this edition. Inside, you'll find introductory articles from our International representatives, a few updates on our subregion, including a spotlight on New England District Governor Karl Uzcategui, and recaps from CKI members and Key Clubbers who celebrated Kiwanis's 100th Anniversary in Indy. If you missed out on all of the excitement, this edition of the *Courier* will definitely fill you in. Hope you enjoy it!

Yours in Service and Sunshine,

Matthew W. Johnson
 Capital District CKI Governor



July Capital District Goals Update



Kiwanis Family Events

1.1 out of 5
events per club



Eliminate Fundraising

\$2.50 out of \$10
per member



Membership

780 out of 800



Interclub Events

.66 out of 3
events per club



Service Hours

5.84 out of 25
hours per member



Club Building

30 out of 32



Service ~ Fellowship ~ Leadership

CKIx: The Ultimate 6-Day Experience

Kaleb Carter

George Mason University CKI President
Laws, Regulations, and Awards Chair

CKIx was an outstanding experience: the 100th celebration of Kiwanis International, the culmination of Key Club, Circle K and Kiwanis, and the magnificent site of Indianapolis. CKIx 2015 gave me the opportunity to meet new people and build strong bonds with other Circle K members from across the country. My experience at the conference was so great that I am even going to visit my new Circle K friends from California later this summer! But the conference was only half of the fun.

The Large Scale Service Projects (or LSSP for short) gave us the opportunity to serve the greater Indianapolis community: folding linens at the local Ronald McDonald House, painting fire hydrants and surveying local abandoned houses and churches. At the LSSPs we bonded even more with our team members. CKIx was overall a phenomenal event not just for me, but for the Capital District as well. We received several awards and two of our very own members were elected to the International Board! CKIx was a such a fantastic event, and I am extremely grateful to the Kiwanis Club of Tyson's Corner/McLean for helping me get there. I encourage everyone to consider attending CKIx 2016 next year; in Toronto, Ontario!



CKIx: The Ultimate 6-Day Experience

Colin Welzenbach District Secretary-Treasurer

As a first time CKIx attendee, I didn't know what to expect from this event I've heard so much about. However, what I received, both physically and mentally, could never have been expected and will never fade. Upon arriving in Indianapolis, I was greeted with open arms, bright smiles, and an immense passion for service.

Over the course of the week, I made friends with my group members from the Large Scale Service Project, caught up with other members that I've become extremely good friends with, gained valuable information from the workshop sessions, ate half-priced appetizers at a really cool Brew House in Downtown Indianapolis, used Uber for the first time ever, and got to serve the community in a way that I never imagined.



Throughout the time that I've spent as a member of the Kiwanis Family, there are very few times that I get to speak directly to members of the community I serve, or witness the gratitude that they have. While shoveling dirt and weeds from the curbs in a City Beautification Project (hang in there, it's actually more glamorous and fun than you may think), a member of the neighborhood came out and began speaking to my LSSP group. Something that she said will stick with me for years to come: "I always thought this generation didn't care, but to see you guys out here serving because you want to, and not because you have to... It humbles and inspires me." And that is when I realized that this is the reason I serve – for the people.

CKIx wasn't just a week-long conference; it was an experience that I will remember for the entirety of my Kiwanis career. I encourage every single member to consider attending a CKIx convention while a member of this great organization. You will leave with new ideas and a passion for service even larger than what you arrived there with.

Capital District International Awards



Capital District
2014-2015 Distinguished District

VCU CKI
GEM: 5th Place, Ruby Division
Service Week: Platinum Division

Jennifer Wolff
Circle of Service Award Recipient

Ben Romano
2014-2015 Distinguished Governor

Introducing the 2015-2016 Circle K International Board

Racheile Ricklefs International President

Hello Capital District!

For those of you that I did not have the opportunity to meet at CKIx, my name is Racheile Ricklefs, and I was elected to serve as your 2015-2016 International President. When my CKI journey first began three years ago, I could never have imagined that it would bring me here, and I could not be more excited. During my time in Circle K, I have had many wonderful opportunities and experiences. Some of my favorite CKI experiences include Leadership Academy, volunteering with my local Kiwanis club, building a playground, and getting to hangout with all the great people that I've met.

This upcoming year will most definitely be filled with adventures, service, and growth. Throughout the year, I am hoping to see our organization grow exponentially in terms of chartering new clubs, seeing district membership increase, and building stronger relationships with our international clubs and alumni. Not only that, but I am excited to work with each of you to accomplish these goals. I am anticipating an awesome year and look forward to what the future brings. If you have any questions throughout the year, feel free to contact me at racheilericklefs@gmail.com



This is my Gnomeo!

Introducing the 2015-2016 Circle K International Board



Jessica Davis International Vice President

Hello my dearest Capital Crabs!

My name is Jessica Davis, and I have the privilege of serving as your 2015-2016 International Vice President. I am very excited to be working with you all this year and cannot wait to see what amazing things will come out of the capital district! A little about me: I am a Policy Analysis and Public Management Master's student at Indiana University-Purdue University Indianapolis. I am also a graduate assistant for Community Service and Civic Engagement including advising our alternative break program on campus. **Cause it's all about that service, no trouble.** I truly love and appreciate the experiences I have had the opportunity to partake in within CKI, and I am enthusiastic to have another year working with such an awesome group of individuals.

This year I would like us to start building a strong foundation of organization. We'll achieve this through utilizing the great works of our districts, strengthening our established clubs, and expanding our clubs outside of North America. As an international board, I would like for us to be more than just a picture and words behind an email to a member; I want to ensure that there is a real connection between the international level and the members. Please feel free to reach out to me at any time at jdavis.m14@gmail.com.



Introducing the 2015-2016 Circle K International Board

Calvin Charles
International Trustee At-Large

FROM THE CAPITAL DISTRICT

Greetings Capital District!

My name is Calvin J Charles III. This past International Convention, I had the honor of being elected as your International Trustee at-Large. My position works alongside the clubs outside of Canada and the United States, representing these non-districted clubs and non-sub-regional districts.

Throughout the year, I will be working to keep clubs abroad connected with the International level and with you. Did you know we have clubs across the world? However, what are they doing? Where are they at? My main goal for this upcoming year is to display the service and growth in Circle K International beyond our front door.

I will be working with various international committees to translate resources, build new clubs, and aid in extending a hand to our international family. If you are interested in learning and getting to know more about these clubs abroad, I encourage you to email me at internationaltrustee@circlek.org.

I can't wait to hear from you!!



A Final Farewell from 2014-2015 Subregion F Trustee

Kelly Chan
Immediate Past Subregion F Trustee



Hey Capital!

Now that the 2014-2015 CKI service year is officially over, I wanted to take the time to thank you all for contributing to this memorable and inspiring year. I will never forget my experience at your fall K-Family board meeting and your Fall Membership Rally where I met so many members, made smores, went on a scavenger hunt, engaged in service, and talked about CKI for hours. I also enjoyed reading e-mails from each of your lieutenant governors, giving me the chance to learn more about each club. I was particularly impressed with all of your socials and fundraisers dedicated towards The Eliminate Project.

Of course, I am glad that I had the chance to meet so many of you in Indianapolis for CKIx a few weeks ago and that we got to grow even closer. I felt that this end-of-the-year face-to-face interaction really pieced together the whole year perfectly. Congratulations on all the awards the Capital district received, especially for being recognized as a distinguished district. Congratulations to all candidates who ran for international office and special congratulations to your 2015-2016 Subregion F Trustee, Vy Tran, and to your 2015-2016 International Trustee-At-Large, Calvin Charles. For those of you who weren't there or whom I have yet to meet, I encourage you to attend next year's CKIx in Toronto, Ontario and I hope I see you there! While my term has ended, you are all encouraged to continue contacting me at kelchan.cki@gmail.com, as you wish!

Yours in Subregion F pride,

A handwritten signature in black ink that reads "Kelly Chan".

Kelly Chan



A Brief Bonjour from 2015-2016 Subregion F Trustee



Vy Tran
Subregion F Trustee

FROM THE CAPITAL DISTRICT

Hello, Capital Crabs!

My name is Vy Tran and I was recently elected to serve as your 2015-2016 Subregion F International Trustee during this year's Circle K International Convention held in Indianapolis, Indiana! I oversee Subregion F, comprising of the Eastern Canada District, New England District, New Jersey District, New York District, and Capital District. I have been involved with the K-Family for over 5 years, as a Key Club member and then as CKI member.

Just like you, I am from the Capital District! I am currently in my junior year of college as a business accounting major at the University of Maryland, College Park. My favorite color is rainbow and I love Despicable Me Minions. For fun, I enjoy sleeping, netflixing, designing graphics/website templates, and making new friends. My favorite service projects include teaching and playing with kids!

My goal is to keep you informed about the international level of CKI and support your Capital District Board in any way that I can. I am very excited for the opportunity to work with all of you this service year, and really hope that we'll become the best of friends.

Lastly, I want to thank all of you for your dedication and hard work in growing this amazing organization. I appreciate everything that you do and hope that you continue devoting time in bettering the lives of others. Without you, Circle K International would not be the remarkable organization that it is today, one which constantly inspires, motivates, and develops leaders like us.

Your CRABTASTIC Subregion F Trustee,
Vy Tran



Subregion F
Facebook Page



Subregion F
Facebook Group



Email Me!

F-YEAH: Subregion F Governor Spotlight

Walaa Ahmed
New York District Governor



Karl Uzcategui
New England District Governor



Matthew Johnson
Capital District Governor



Rocky Trifari
New Jersey District Governor



Jordan Dunlop
Eastern Canada District Governor



Subregion F
Facebook Page



Subregion F
Facebook Group



Karl Uzcategui

New England District Governor
CKI Service Committee Chair

Greetings from the Capital City of Rhode Island:

My name is Karl Uzcategui, Governor of the New England District. I have been a proud member of the Kiwanis Family for 7 years starting my freshman year of high school as a member of the Fairfield Warde High School Key Club.

It is with much enthusiasm that I present to you the **SPIRIT** Club Model:

- **Spectacle:** Look at what your club is doing, what makes you different, and what keeps people coming back for more. Embrace the differences that make your club a *spectacle*.
- **Persistence:** Work hard to find the right people. You can't start a project, especially one like establishing a community without a team to foster new ideas.
- **Inspiration:** We all have had individuals in our lives who have taught us about the future, our future. Conceptualize the future as it can be and work towards making it a reality.
- **Remembrance:** *Remember* everything that you have done thus far. *Remembrance* will take the work we do and transcend it into something worth recreating.
- **Innovation:** Do what you love and you will inspire a room full of individuals to do the same. Who doesn't like a speaker that lives what they say and loves what they do.
- **Translation:** Take what you see, know, and do...replicate it. Your ideas are a creation born from your desire to create more **SPIRIT**.

The Kiwanis **SPIRIT** is something that should no longer be the best kept secret, because friends have no secrets.



NJ Kiwanis Family Picnic

On Sunday July 19th, a few District board members had the chance to attend New Jersey's Kiwanis Family picnic. This is the New Jersey District's annual event to bring the Kiwanis branches together for fellowship and service. When we arrived we helped clean up the area beach by picking up trash, branches, and raking up the extra grass. After the service project we enjoyed a barbecue style lunch cooked by the Kiwanis clubs and were able to talk to some people from the New Jersey and New York Districts. Part of the event also entailed a fun sandcastle building competition where Capital brought home the gold with two girls from New Jersey with our Kiwanis family themed sandcastle.





District Large-Scale Service Project and Total K Day

September 26, 2015

Fairfax, VA

Will you be the next Kiwanis Family Olympic Champion?

Fall Membership Rally (FMR)

October 23-24, 2015

Front Royal, VA

We've got some service to now!

Join your fellow Capital District CKI members at our Fall Membership Rally (FMR) taking place October 23-24th 2015 at the Front Royal 4-H Camp. This event is only \$35 and will include workshops, costumes, team building, service opportunities and lots of fellowship! Dress up as your favourite character from the gang or one of the many scary monsters, join us for our annual bonfire and scary skits, and then head back for a great onesie party. Jinkies! You won't want to miss out on all of the great opportunities to meet other CKI members, attend fun and informative workshops, and buy your favourite District Board Member in our annual FMR Auction. C'mon Circle K'ers we've got some service to do now!



CKI FALL
MEMBERSHIP
RALLY

WE'VE GOT SOME SERVICE TO DO NOW!



Fairfax 2015
Kiwanis Family Olympics
District Large-Scale Service Project and Total K Day
Go for Gold with your Kiwanis Family
Saturday, September 26, 2015
Fairfax, VA

Hello Capital Crabs!

Do you love service and meeting new people? Then mark your calendars for this year's District Large Scale Service Project (DLSSP) and Total K Day! This year's event will be held on Saturday September 26th at George Mason University in Fairfax, VA. You will have the chance to meet members from across the Capital District not only in CKI but in Key Club and Kiwanis too. The day will start with volunteering at the Boys and Girls Club of the Greater Washington Area in Woodbridge, VA. Projects could include general cleaning and landscaping, interacting with members of the Boys and Girls Club or fixing up the interior aspects of the building. After the service project we will break for lunch at George Mason and partake in Total K Day: Kiwanis Family Olympics! For K Family Olympics, members will be placed on a team with the other branches to compete in both physical and Kiwanis trivia related activities. Get ready to let your friendly competitiveness out for the Olympics! It is bound to be a blast!

Stay tuned for more information as the event draws near and we hope to see you at George Mason in September!

To get involved in planning the event contact Maggie Wilson, Kiwanis-Family Relations Chair at k-family@cdcki.org or Lotty Lockhart, Service Chair at service@cdcki.org. We would love to have you join our committees and help plan, set up, or share ideas for this event and more.

Members of the Month

May (right)
June (left)



WHO'S AWESOME?

You're Awesome

SHINE BRIGHT SHINE FAR BE A STAR

Old Dominion University
Dejah Singh

The College of William and Mary
John Nguyen

Virginia Western Community College
Kim Phillips

Hampden-Sydney College
Lucas Staton

Harvard Business School
Tyra Banks

Liberty University
Gaothajing Her

North Shore University
Lindsey Lohan

The College of William & Marry
Colleen Daszkiewicz

University of Virginia: Wise Campus
Elyssa Orquiza

Virginia Tech
Heather Wadsworth

Virginia Western Community College
Mark Carpenter





K-Family Korner: The Key Club International Convention Experience

This past month, 41 of Capital District's Key Clubbers embarked on a trip of a lifetime as we packed into the travel bus and drove 12 hours into the night. We all had various backgrounds, held different positions within the organization, were of all different ages, but we all shared one thing in common - our love for Key Club and our passion for community service. We woke up the next morning to find ourselves at our destination - Indianapolis, Indiana. This city was stunning and the warm welcoming we received from the hosts left a lasting impression. Many of us had been to International Conventions previously held in California, Washington DC and Florida, however our expectations were completely exceeded the minute we walked into our very first general session. Key Clubbers around the world were alongside their Kiwanis Family counterparts with members from CKI and Aktion Club, celebrating the 100th birthday of the organization that started it all, Kiwanis. Sister Sledge got all 8,000 attendees up and dancing as they performed their signature "We are Family", creating a memory that will truly stay with us for a lifetime. Key Clubbers were left with an impending desire to get involved with our local Kiwanis Family counterparts to further serve our communities together and foster growth almost all of our organizations.



KEY CLUB®



Capital District also rocked the International stage this year. Our District Administrator, Mr. Joe Stankus was awarded the prestigious Key of Honor, the most respected award given to any adviser in all of Key Club International. Meade High & Southampton High Key Clubs were recognized as Distinguished Diamond Status and James Wood High School had taken 1st Place for the Original Scrapbook contest for the second consecutive year. We had 8 Robert F Lucas Outstanding Lieutenant Governor Award recipients, a Distinguished District Secretary and a Distinguished District Governor. We further shared our joy on the last day of the Convention as two of our very own, Hojin Yoon and Anastasia Slepukhova, were elected to the offices of Key Club International Trustee.



After five full days of stuffing our bellies with birthday cake, meeting hundreds of new friends, attending workshops, and celebrating a year of successful service, we were ready to head onto our next set of adventures in Ohio. The Capital District headed for Cleveland to visit the infamous Rock and Roll Hall of Fame museum and we finally concluded our tour with a day at America's voted Number One amusement park in the country, Cedar Point! The bond we had cultivated over the week of fun and genuinely was unbreakable and staying goodbye to our newfound friends was the most heart aching experience of the entire trip. But it wasn't really a goodbye, but merely an "Until Later."

Photos from the Kiwanis Centennial Tour ft. Kiwanis International President Dr. John Button and Capital District CKI Board Members



Governor
Matt Johnson
governor@cdcki.org

Secretary-Treasurer
Colin Welzenbach
sec-treas@cdcki.org

Editor
Vacant
editor@cdcki.org

Club Building & Revitalization
Ben Romano
cbr@cdcki.org

Laws, Regulations, & Awards
Kaleb Carter
lra@cdcki.org

Photography Intern
Vacant
history@cdcki.org

Potomac Lt. Governor
Sancho Jacinto
potomac-ltg@cdcki.org

Metro-Richmond Lt. Governor
David Figueroa
governor@cdcki.org

Foothills Lt. Governor
Brian Elliott
foothills-ltg@cdcki.org

Battlefield Lt. Governor
Vacant
battlefield-ltg@cdcki.org

Conventions & Conferences
Ashley Carroll
conconboard@cdcki.org

Long-Range Planning
AbdulBaseer Khan
lrp@cdcki.org

Public Relations
Katlyn Pierre
pr@cdcki.org

Acting Presidential Lt. Governor
Shaanan Wade
presidential-ltg@cdcki.org

Susquehanna Lt. Governor
Elizabeth Rodriguez
susquehanna-ltg@cdcki.org

Tidewater Lt. Governor
Joe Zongolowicz
tidewater-ltg@cdcki.org

District Administrator
Jennifer Wolff
administrator@cdcki.org

Assistant District Administrator
Derek Dupuis
asst-administrator@cdcki.org

Kiwanis Family Relations
Maggie Wilson
k-family@cdcki.org

Membership Development
Elizabeth Heard
mde@cdcki.org

Service
Lottye Lockhart
service@cdcki.org