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Kiwanis is a global organization of volunteers dedicated to changing the world, one child and one community at a time.

Get more information about Kiwanis International and Pacific Northwest District projects:
I hope everyone that attended the convention enjoyed themselves. By the time you get this edition, we will be starting a new Kiwanis year and I would like to thank everyone for the good year we just completed. During our travels, Stormie and I were welcomed with open arms throughout the District and we saw first hand the good that Kiwanis does in the PNW, a feeling that will stay with us forever.

I have offered my full support to Governor Pamela, both as the Immediate Past Governor and as the District Growth Chair. Last year was about “Change” and “Thinking outside the Box”. We took on the tough task of financial responsibility and initiating a number of new growth programs in the District. We need to continue to address these issues in the coming year.

As the Growth Chair, we will be pushing the new programs we initiated last year. I hope many of you took advantage of the Family Membership Program and will use it as a recruiting tool for future members.

This pilot program will only survive if we use it to attract new members to the organization. The money you just saved by joining the program will disappear, if we do not show it as a successful membership recruiting tool.

Let’s look forward to a good year under Governor Pamela’s stewardship. Thanks.

Greg & Stormie
The Pacific Northwest District is at the start of our 97th year in Kiwanis! The continuity of Leadership between Past Governor Greg and me has really gotten the PNW’s momentum going strong in a very positive way. We are having fun while accomplishing set goals.

This past year was so enlightening, I have learned so much and met so many amazing Kiwanians. At Convention I mentioned that it was like being at a family reunion, it is so true. The relationships I have built are priceless to me. This is what makes Kiwanis so unique, we care. We care about our world, communities and most important, each other.

Team 212 is my outstanding class of Lt. Governors!

TOGETHER WE WILL move the PNW forward with new membership ideas, service, branding Kiwanis and work on District fundraising. Many of you have asked me what is Team 212 means. Water boils at 212 degrees. Boiling water turns into steam which in turn turns into energy. That is what you will see this year.

Myself as Governor, Past Governor Greg Holland (Growth) and Governor-Elect Bob Munger (Service focused) will be there for you, the member, in any capacity to help you and your Clubs be the most successful you can be. FUN is crucial; if it is not fun we shouldn’t be doing it.

Thank you for your support!
I promise you, we will have a positive, energetic, goal focused year!

Let’s make a Kiwanis impact to our world and communities and shout it from the mountain!

Governor Pamela
2013-14
Keeping children safe on the deadliest night of the year*

Halloween is one of the most popular and anticipated holidays for children – and adults – each year. Popular activities in most communities nationwide include carving pumpkins, wearing costumes, attending parties and trick-or-treating.

Unfortunately, Halloween comes with many dangers, including pedestrian accidents, falls, burns and poisonings. Assuring the safety of every child while participating in Halloween activities should be a priority for parents, grandparents, siblings, friends and neighbors.

When it comes to injury prevention, repeated and consistent messages are the keys to safety. Research reveals that parents often fail to talk to their children each year about Halloween safety. To ensure a safer celebration of Halloween, Safe Kids Worldwide recommends the following tips:

**Pedestrians**
- Children under 12 should trick-or-treat and cross streets with an adult.
- Walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Cross the street at corners, using traffic signals and crosswalks. Watch for cars that are turning or backing up.
- Look left, right and left again when crossing and keep looking as you cross. Walk, don’t run, across the street.

**Drivers**
- Slow down and be especially alert in residential neighborhoods. Children that are excited may move in unpredictable ways.
- Remember that costumes can limit children’s visibility and they may not be able to see your vehicle.
- Reduce any distractions inside your car so you can concentrate on the road and your surroundings.

**Costumes and Treats**
- Decorate costumes and bags with reflective tape or stickers and choose light colored costumes to improve visibility.
- Choose non-toxic face paint or make-up instead of masks, which can obstruct a child’s vision.
- Avoid carrying sharp objects such as sticks, swords, or “wands.”
- Children should carry glow sticks or flashlights. The liquid in glow sticks is hazardous, so remind children not to chew on or break them.
- Check treats for signs of tampering before children are allowed to eat them. Candy should be thrown away if the wrapper is faded or torn, or if the candy is unwrapped.

*According to State Farm, based on a report from the NHTSA: Fatality Analysis of pedestrian fatalities in motor vehicle crashes involving children, occurring between the hours of 4:00 pm and 10:00 pm, on Halloween vs. all other days of the year.
Think you can think like a teenager?

With the increasing focus of our membership initiatives on young people, especially those who are Key Club or CKI alumni, it might be time to look at how – or if – we have the tools to communicate with teens...

For those who cannot comprehend what it is like to be a teen, here’s a short refresher on the “mindset” of a typical high school student born in 1998.

This year’s entering high school Junior class has grown up taking the word “online” for granted. They have no memory whatever of George Herbert Walker Bush as president – as far as they remember, the U.S. has only had two Presidents: George W. Bush and Barrack Obama. Meanwhile, having a chat has seldom involved talking, and they rarely if ever use “snail mail” to send correspondence.

- Princess Diana, Mother Theresa, Jimmy Stewart and Charles Kuralt have always been dead.
- The only significant labor disputes in their lifetimes have been in major sports.
- Google and PayPal have always existed.
- There has never been an official Communist Party in Russia.
- The Rocky Horror Picture Show has always been available on TV.
- Grown-ups have always been arguing about health care policy.
- They have never used a card catalog to find a book.
- No state has ever failed to observe Martin Luther King Day.
- Frasier, Sam, Woody and Rebecca have never Cheerfully frequented a bar in Boston during primetime.
- They won’t go near a retailer that lacks a website.
- Andy Warhol is a museum in Pittsburgh.
- GM means food that is Genetically Modified.
- Refugees and prisoners have always been housed by the U.S. government at Guantanamo.
- Rites of passage have more to do with having their own cell phone and Skype accounts than with getting a driver’s license and car.
- Planes have never landed at Stapleton Airport in Denver.
- They have never needed directions to get someplace, just an address and GPS.
- The Olympics have always been held every two years.
- There have always been economic sanctions imposed against Iran.
- Smoking has never been allowed in public spaces in California.
- They have never seen the Bruins at Boston Garden, the Trailblazers at Memorial Coliseum, the Supersonics in Key Arena, or the Canucks at the Pacific Coliseum.
- They have always been able to plug into USB ports.
- Rap music has always been main stream.
- State abbreviations in addresses have never had periods.
- Colorful lapel ribbons have always been worn to indicate support for a cause.
- Korean cars have always been a staple on the highways.
- Windows 98 and the iMac have always been outdated.

But even with all of the differences in the life experiences of our older members and our younger ones, we can find common ground in the joy we have in serving others. And we can keep in mind that these young people will learn that the years ahead will go even faster and, like the rest of us, they will continue to grow older at increasing speed.
There’s a powerful unity that exists among Kiwanis, its foundation and its Service Leadership Programs, and it should be recognized! Each year in November, more than 600,000 Kiwanis-family adult and youth volunteers celebrate their partnership in community service. The Kiwanis family promotes the ideals of voluntary services as a means to improve lives and give something back to the community.

The Kiwanis family includes adult Kiwanis clubs, Circle K clubs for university students, Aktion Clubs for adults with disabilities, Key Clubs for high school students, Builders Clubs for junior/middle school students and K-Kids for primary schoolchildren.

Host a Family Reunion!

Plan a fun joint meeting or service project with your Kiwanis-family clubs. This is your opportunity to introduce members to your service leadership programs, and get to know the young people in your “family”

- Include your SLP officers in the planning
- Choose a time when the most people can attend.
- Pick an activity, speaker or project that interests and engages all age groups
- Invite and welcome new members
- Take pictures and share them!

Add a few more members to your family tree by chartering a new Service Leadership Program in your community. All the tools you need are available at www.kiwanisone.org
with a “Family Reunion”!

Ideas for family service projects

Here are a few “intergenerational” service project ideas to help get you started:

**GO GREEN AT A PARK OR SCHOOL**
- Plant trees or bulbs
- Pick up litter
- Improve the school grounds
- Rake leaves for an elderly or house-bound neighbor

**ORGANIZE A DRIVE**
- Collect food, warm clothing, or personal care items for the needy and deliver to local shelters.
- Hold a stuffed animals drive. Donate the collected animals to your local police station or fire station. A teddy bear can be a comfort to children in times of distress
- Collect old clothes, wigs, scarves, hats, halloween costumes, etc. and donate them for a dress-up area at a daycare or family shelter
- Collect pencils, colored pencils, crayons, markers, glue, glitter and other craft supplies for a school, children’s hospital or family shelter
- Organize a “read-a-thon” or a book drive
- Collect fun children’s band-aids for your local children’s hospital: (Band-Aid, Curad and Nexcare are some of the best.) Current favorites are Scooby Doo, Sponge Bob, Dora the Explorer, Spiderman and Batman. Latex-free band-aids are helpful.

**GET “CRAFTY”**
- Make centerpieces, holiday cards, birthday cards, placemats or notes for assisted living facilities, children hospital wards, or meals-on-wheels
- Make warm scarves by buying lengths of micro-fleece and simply cutting them into strips. The end is then cut into fringe. The fleece doesn’t unravel so it doesn’t need any sewing. All you need is approximately 8 to 10 inches wide by 3-5 feet in length.
- Another idea for micro-fleece is to make lap blankets for adults and children in wheel chairs – donate them to your local care facility, rehabilitation center or hospital
- Visit a retirement /assisted living home and play card or board games, perform skits or sing some songs. Bring along cookies or some other snack as an extra treat to share!

**CREATE CARE PACKAGES**
- For men and women in the armed services:
  - **Food.** Prepackaged and unopened. (don’t send home-baked goods since shipping times may be longer, and these foods may spoil.) Food items that are good to include are beef jerky, canned potato chips, chewing gum, hard candy and sunflower seeds. Plastic food containers (Glad, Ziplock) in which to store leftovers. Do NOT send pork or pork products.
  - **Toiletries.** Send items for both men and women. Soap (and washcloths), shampoo and conditioner, deodorant, chapstick, baby wipes, foot powders and toothpaste/toothbrushes are always good items to send. Put items that may open or leak in Ziploc bags so that there will not be a mess if something opens!
  - **Morale Boosters.** Games, letter writing supplies (paper, pens, and envelopes), sports balls, Frisbees, playing cards, or anything else that service members can use to pass the time. Make sure to include the batteries if you are sending a battery-operated game. Holiday items such as decorations, stockings, candy, and patriotic flags are always good things to send. Stuffed animals are also welcome, as soldiers sometimes give them out to children in their area.
- For a children’s hospital, or a family shelter:
  - Books. Activity books, word search and mad lib books, human body books, pop-up books, I Spy/Look-A-Likes/Where’s Waldo books, talking books, Spanish books, vinyl books, coloring books and crayons (new or gently used only)
  - Small stuffed animals (brand new only)
  - Bubbles and flavored bubbles
  - Lullaby music or sing-a-long music
  - Chapstick (variety of flavors)
  - Clear plastic shoebox size containers for craft storage and organization
  - Craft supplies. Colored pencils, crayons, markers, glue, glitter, tape, paper, construction paper
  - Decks of playing cards - regular, Uno, etc.
  - Hair care items (brushes, combs, ponytail holders, clips)
  - Party packs of Play-Doh

These are suggestions only, and may not be appropriate in all cases. Check with the facility or organization you’re planning to serve, and follow their guidelines for activities and donations.
Cancer-free.

The goal of the Kiwanis Children’s Cancer Program is realized for a 23 year-old patient at Seattle Children’s Hospital.
"I was drawn to the field of pediatric oncology because of the kids. It is an honor to be involved with patients and their families as we work toward curing their cancer."

– Rebecca A. Gardner, MD
Assistant professor, University of Washington Department of Pediatrics, and Seattle Childrens Hospital attending physician

In September 2012, researchers at Seattle Children’s Hospital received approval to conduct a trial of cancer immunotherapy treatment for children and young adults with relapsed acute lymphoblastic leukemia (ALL) from the U.S. Food and Drug Administration (FDA).

“Less than 40% of patients with relapsed ALL typically survive, so it’s imperative that we find new paths to a cure,” notes Rebecca Gardner, M.D., who leads the trial. “Ultimately, we hope to apply this same type of therapy for patients with many types of cancer.”

Lynsie Conradi of Bellingham, Washington was a 23-year-old suffering from her second relapse of leukemia, and had just discovered her cancer was resistant to chemotherapy. She was given a 20 percent chance of survival without a new treatment plan. When presented with the opportunity to participate in a cellular immunotherapy study, she eagerly signed up. She began the treatment in early July, 2013.

Cellular immunotherapy uses the patient’s own blood. T-cells are isolated and treated with a manufactured gene. According to Gardner, “That new gene enables the T-cells to recognize the cancer as foreign and bad, and then triggers the T-cell to kill the leukemia cell.” It specifically targets the cancer without the harsh side-effects associated with other forms of treatment.

Seven days after the new treatment began, Lynsie Conradi’s leukemia was gone.

“Results show that Lynsie has had a positive response to the T-cell therapy and, at this time, we do not detect any leukemia cells,” said Dr. Gardner in a press release.

“The T-cell therapy will change the way we treat cancer,” Donna Rainford, Lynsie’s mother, said in the release. “Watching Lysn suffer from the effects of chemo almost two weeks after it’s all done makes me thankful that it will soon be a thing of the past,” she said. “Bring on those T-cells as part of the normal protocol for other cancer patients!”

Even the doctors were stunned with the results. “This is really amazing. I mean this is the sort of result that we wait around all of our careers to see, to see this kind of dramatic response that we couldn’t have hoped for even five or ten years ago,” said cancer specialist Dr. Doug Hawkins.

The next step for Lynsie is a stem cell transplant, with the aim of clearing the cancer from her body. The goal of the immunotherapy cancer trial was to get her to this stage.

“Personally, I do feel that this is a very promising therapy,” Gardner said. “But we have to have a little bit of restraint because the results out there are very preliminary… but there is a lot of excitement in the field.”

“Children’s is the only pediatric center west of the Rocky Mountains to have this capability, and we are unique compared with trial centers across the country because we have our own manufacturing facility on site that will prepare the immunotherapy treatment,” the hospital explained in a press release.

Every penny raised for the Kiwanis Children’s Cancer Program helps fund fellowships for pediatric cancer research in the Pacific Northwest

You can support the research that starts in our own backyard and improves the lives of children around the world by supporting the Kiwanis Children’s Cancer Program. Please contact Greg Smith, District Chair, to get details and tips on ways to help: pogster1@yahoo.com

KCCP currently supports fellowships in pediatric oncology and hematology at Doernbecher Children’s Hospital in Portland, OR, Seattle Children’s Hospital and BC Children’s in Vancouver, BC.

Are you a current or retired Washington State employee? You can now contribute to KCCP through your State payroll giving program. Just load in our Charity Code – 1481372, either online or by paper form, to designate a contribution per pay period, or as a ‘one-time’ gift, and it will automatically be deducted from your pay and submitted to the PNW Kiwanis Foundation on a quarterly basis.
The hard facts about bicycles & safety

There are so many great reasons to ride a bike: fun, freedom and exercise, and it’s good for the environment! The downside is that many people are so busy having fun, they forget to be safe. More children between the ages 5 and 14 are seen in emergency rooms for injuries related to bicycling than any other sport.

88% . . . Properly fitted, a bicycle helmet can reduce the risk of severe brain injury by 88%.

45% of children under the age of 14 report that they usually wear a bike helmet.

A bicycle safety fair is a great way to serve the children in your community, get some great publicity and have a lot of fun! Activities can range from bicycle handling skills to skills exhibitions by professional riders.

- Get police departments involved in your safety fair and offer bicycle safety inspections, helmet fittings, and classes on riding etiquette and rules of the road. Check with hospitals in your area to see if they have goodies like sunscreen samples, chapstick or other “give-aways.”

- Bicycle shops in your community can be invited to give bicycle tune-ups, teach classes on maintenance and repair, or set up booths with gear. As a sponsor, perhaps they would donate door prizes or stickers.

- Local bicycle riding groups might be engaged to set up bike “rodeos” or obstacle courses, races for different age groups, or exhibitions.

- Look for a retailer who is willing to donate a bicycle (or two) to raffle off. Look for donations or sponsors to purchase free helmets for low-income children.

The Kiwanis Club of Troutdale received a grant from the PNW Kiwanis Foundation for their 2013 bicycle rodeo – read the story on page 28 of this issue.
Your PNW Foundation gives back

At the PNW Kiwanis Foundation board meeting in August, we approved five grants totalling $6,500, for projects ranging from Aktion Club leadership conference to book drives and school supplies.

Lilac City Aktion Club
Airfare to the Aktion Club leadership conference in Indianapolis – $1,500.

Kiwanis Club of Sandy, OR
AntFarm equipment and supplies – $2,000. AntFarm is a culturally safe and healthy community space utilized for networking, support, and learning. AntFarm was established to engage youth in experiencing the outdoors and the natural environment. These outdoor classrooms create impactful, lasting, healthy, educational and recreational experiences.

Kiwanis Club of Salem, OR
Priority One Book Drive – $1,000. As of April 17, 2013 the Salem Kiwanis Club has donated 8,277 books for 2,159 children at 36 locations in and around Salem Oregon.

Kiwanis Club of Sammamish, WA
Boys & Girls Clubs of King County – $1,500. Boys & Girls Clubs of King County gives kids a place to call their own, where they can have fun, get a hot meal, be creative, be a part of a team, get help with homework . . . or just hang out with friends. They offer safe, fun, inclusive and inspiring places that kids and families can count on, every day. Thirteen locations with open doors throughout King County give space for children and teens to learn, create and attain their best in academics, athletics and more.

Kiwanis Club of Pullman, WA

If you are interested in applying for grant money for your project, please submit your application by February 1, 2014. The application form and instructions are available on the Foundation website: www.pnwkiwanisfoundation.org.

$6,500
The amount of grant money given out by your PNW Foundation in August, 2013.

Total amount disbursed by the Foundation in grants and scholarships since 2002:

$281,532 USD
Steve Emhoff

Steve, known affectionally to some as Captain Jack Sparrow, lives and breathes Kiwanis. He joined the Kiwanis Club of Yakima in 1978. Steve tells the story about “one day a State Patrolman named Woody Woodmansee walked into the shop and said, ‘Let’s go to lunch’ - that was my invitation to Kiwanis.” Ten years later he served as President of the Yakima club, and ended his term with a membership of 125.

Steve was elected Governor at the 90th District Convention in Vernon, British Columbia and served as Governor of the PNW District in 2005-2006. He led the District to the first positive net growth it had experienced since 1991-1992. The net gain of 564 members represented a net growth of 5.25%. As Governor, the Kiwanis energy he generated was quite incredible, and the end of his term did not mean an end of his commitment to children and his community.

“IT was Steve’s commitment to “The Team’ that really impressed me. It wasn’t ‘all about him.’ It was all about ‘The Team.’ That leadership trait still attracts many new people to District leadership.”

In 2008, Steve helped form the Kiwanis Club of Cascadia, the District’s first internet-based Kiwanis club. Sponsored by the Sisters, Oregon Kiwanis club, Cascadia was formed to support Service Leadership Programs at the District level. Steve served the club as Charter President for its first two years, earning Distinguished status from Kiwanis International for 2009-2010.

During Steve’s 35 years in Kiwanis he has achieved perfect attendance every year and has also recruited over 100 members into the organization.

Steve is a Diamond 4 level George F. Hixon Fellow with the Kiwanis International Foundation. His first level was presented to him by his class of Lt. Governors for being their class President. He is a recipient of the Kiwanis Foundation of Canada Mel Osborne Fellowship and the PNW Kiwanis Foundation Helping Hands Medallion – Bronze level. He was presented with membership in the Carthage-Pullman Society by the PNW District of Circle K International. He is a Level 5 member of the PNW District Outreach program.

Steve has long enjoyed working with youth. He is a past Boy Scout Master and worked for many years with the Yakima Campfire Council, including serving on its board. Steve also is active with his local Harley owner’s group, helping to collect toys and deliver them to children in need. (Who knew Santa rode a Harley!)

A pivotal moment in Steve’s life was when his youngest son, Jason, was involved in a fire that killed four of his fellow firefighters located within feet of his position. While fortunate to survive, Jason suffered burns over 40% of his body and spent the next 2-1/2 months at Harborview Medical Center in Seattle.

While Jason was still in the hospital, Steve learned about Camp Eyabsut, a camp run by the Northwest Burn Foundation (NWBF) for burn survivors aged 7 to 17 years. Steve has long been an active supporter of the camp, where his son became a counselor. Steve served on the board of the NWBF for ten years, including three years as president.

Steve continues to provide distinguished service, not just to Kiwanis but to a variety of other professional, youth and philanthropic organizations.

He has been recognized many times by the Yakima Association of Realtors (YAR) for his community service and his service to the local, state, and national levels of the realtor association. Steve currently serves on the Washington Association Professional Standards Committee and has served for 23 years on the YAR’s Grievance and Professional Standards Committees.

Steve continues to provide distinguished service, not just to Kiwanis but to a variety of other professional, youth, and philanthropic organizations. The respect that people have for Steve’s service and leadership extends far beyond his Kiwanis Club and the Pacific Northwest District. He is truly worthy to be named the 2013 recipient of the Jack Delf Distinguished Service Medal.
In 28 countries around the world, maternal and neonatal tetanus (MNT) can quickly turn the joy of childbirth into tragedy.

MNT kills one baby every nine minutes. Its effects are excruciating. Tiny newborns suffer repeated, painful convulsions and extreme sensitivity to light and touch. There is little hope of survival. And tetanus kills mothers too.

MNT is caused when tetanus spores, found in soil everywhere, come into contact with open cuts during childbirth. The disease strikes the poorest of the poor, the geographically hard to reach and those without health care.

Can MNT be stopped?
Yes! MNT is highly preventable. Just three doses of a 60-cent vaccine protect mothers, who then pass on the immunity to their future babies. Together, Kiwanis and UNICEF can stop this disease.

Why hasn’t MNT been eliminated already?
UNICEF has helped to successfully eliminate MNT in many countries. But in 28 countries, it still strikes babies and mothers who have little or no access to health care because they are poor, live in remote areas or are caught in humanitarian emergencies.

What will it take?
More than 100 million mothers must be immunized. This requires vaccines, syringes, safe storage, transportation, thousands of skilled staff and more. It will take the dedicated work of every member of the Kiwanis family.

Why focus on this issue?
It is unacceptable that innocent newborns and their mothers suffer and die from MNT when it can be prevented so easily. This is also an amazing opportunity to reach the poorest, most neglected mothers and babies with lifesaving health care. Developing delivery systems for MNT vaccines will blaze a trail to provide additional desperately needed services to these marginalized families.

At the Kiwanis Internation Convention in 2010, the Eliminate project was chosen to be the Worldwide Service project. As an organization we committed to raising $110 million USD by the year 2015 to fulfill the promise to rid the world of MNT.

What is the Eliminate partnership?
Hand in hand, Kiwanis and UNICEF will eliminate MNT and change the world. Kiwanis’ commitment, vision and strength in reaching communities and leaders will help wipe out this cruel, centuries-old disease and pave the way for other interventions. UNICEF has staff working in the most isolated corners of the globe and an unbeatable supply chain.

Learn more about how your club can support the Kiwanis International worldwide service project at: www.theeliminateproject.org – or contact District co-chairs Gail Spurrell [ctyanke123@gmail.com] or Matt Gregory [mollytaffy@msn.com] for ideas, materials and speakers.
Willing to climb a mountain to save lives

What an experience!!!! Saturday, August 24, 2013, after three months of training, two months of fundraising and days of anxious anticipation, the day was here. I was picked up by our guide, Brian Muller, a 25 year old from New Jersey. The climbing party consisted of Peter and Phil from the UK and Tom from Houston. All in their late 20’s early 30’s and just a wonderful bunch of guys.

We started out at the Baker Lake trailhead (at about 2,500 ft elevation) hiking to our base camp at 6,800 ft. It was overcast and drizzling. I thought to myself, this is going to make for a lo-o-o-ong hike – but I was ready for the challenge.

About 30 minutes into our hike it stopped raining and although it remained overcast, it was a perfect day for hiking.

The hike to base camp was long and arduous over tough terrain. The scenery was gorgeous but with a 50lb pack it was a real test of my stamina and strength. Four hours into our hike and with about a mile to go I was wearing down. My legs were good but the higher we climbed the more out of breath I got. The last couple of hundred yards was slow going mainly because it was packed snow and ice. But, at last, after five hours of hiking, we reached base camp. I could finally drop my pack!

We set up camp and had dinner (boy was I hungry). Brian was not only a superb and knowledgeable guide, but a great cook. After dinner we had a one hour intense course in ice and snow climbing (self arrests with the ice axe, crampon walking and roping up). Brian planned for us to summit Mt Baker the following morning, less than 12 hours after reaching base camp. Only 4,000 more feet to go!!

Looking around at my team, I now had to make a decision whether or not I could realistically make it to the summit with less than 12 hours rest. With all of my training and planning, I had come all of this way and now the moment of truth was before me. Could I realistically make the summit without jeopardizing my team’s chances? The answer was—NO. My legs were fine but my lung capacity wasn’t as strong as it should be.

I think Brian was more disappointed than I was. But I was fine with my decision: I had climbed higher than I had ever climbed and had given it my best effort. This year was not the year. The next morning dawned with a beautiful clear blue sky, and the summit of Mt Baker staring me in the face. There She was in all her glory. So close and, yet, so far. Maybe another year.

All morning I watched teams descend one after another. At about 11:00 I could see my team descending. They reached camp about 1:30, exhausted but ecstatic that they had reached the summit. After hearing their stories of how difficult it was not only going up, but coming down, I knew I had made the right decision.

That evening as the clouds rolled in Brian cooked pizza for dinner in the vestibule of the tent. What a treat and what an enjoyable end to the day, sitting around in a warm tent getting to know each other while it drizzled and blew outside. The day ended with the sky clearing enough to watch a beautiful sunset over the San Juan Islands.

Fortunately it didn’t rain and we had a very enjoyable walk down. A lot less strenuous than the walk up! I enjoyed the fact that I was able to make it to base camp, enjoy two days on the mountain and be healthy enough to enjoy my walk back out.

I didn’t make the summit as I’d hoped, but I realized, through all of this, that it was the journey that was the most important part. The people I met, the experiences I had, and the wonderful support and encouragement I received along the way. AND the fact that I raised over $8,000 for The Eliminate Project, which will provide thousands of unborn babies with a chance at a better life. I will cherish the wonderful memories of this whole experience for years to come.

- Vaughn Hagen

Vaughn Hagen, Kiwanis Club of Bellingham, attempted the summit of Mt Baker to raise funds for the ELIMINATE project.
Jeffrey Wolff, The Eliminate Project vice chairman overseeing Service Leadership Programs for the campaign, reflects on his trip to Cambodia, a small country in Southeast Asia, to witness the efforts of UNICEF and the government to improve child health.

If you look through the images we use to promote The Eliminate Project, you’ll notice they revolve around the mother and child, naturally, because that is the connection we are protecting. However, this isn’t the complete story. What we don’t see has been cropped out—the fathers, brothers, grandfathers and uncles.

In February, I was extremely fortunate to be part of a delegation that visited the Kingdom of Cambodia. We were given the rare opportunity to see many UNICEF programs throughout the country. On our second day, we visited the Veal Ang Popel Health Center in the Kampong Speu province.

While visiting the health center, I noticed that most of the men were clustered together under a tree, off to the side of the facility. With an interpreter, I spoke with these men to find out their thoughts. Most were husbands, but there were also some brothers and uncles. Some had traveled long distances by motorbike or taxi from their villages to ensure that their wives’ or sisters’ needs were being met. They were very thankful that organizations like ours were helping ensure that babies were being born with a healthy start. Many of the men were taking time off from work to make sure that the women received the necessary care.

We need to work together as a global community to ensure that children everywhere have a healthy start in life.

As a relatively new dad myself, memories of the prenatal visits to the doctor are still pretty fresh. I vividly remember the concern I always felt in the back of my mind that the pregnancy was progressing along safely and that both my wife and baby were healthy. These men were no different. It was clear to me that they had similar concerns about their wives and the health of their children.

Health centers like this one are where women come to receive prenatal care and to deliver their babies with a trained birth attendant. In 2007, only one in five women in Cambodia would travel to a health center where a trained professional would deliver their child. Instead, they would deliver at home, often in unsanitary conditions and by an unskilled traditional birth attendant. These babies and mothers would be at risk for tetanus and other diseases. Now, thanks to the efforts of UNICEF and Kiwanis, four out of five babies are being born at health centers, and their mothers are receiving vaccinations and prenatal care.

Even though the state of prenatal care has improved and more babies are being born healthier in Cambodia, there is still a long way to go. We need to work together as a global community to ensure that children everywhere have a healthy start in life.
Re-member
Tools to renew, re-engage and retain club members

This Kiwanis year, make it a priority to refresh your club. Is your membership diverse? Are your meetings engaging and productive? Are your service projects meaningful? Ask your club members what they think. Resources and fresh ideas, designed to excite members and impress prospects, are available on the Kiwanis International website: www.kiwanisone.org.

Make your club about service. Don’t forget: members join to do service—6 million hours of service each year! Find out what service needs exist in your community and what type of service interests your members. Conduct the Community Analysis within your community to help you ensure your club’s projects and services are still needed and identify new initiatives your club can support.

Sponsor a Service Leadership Program club to inspire your young-at-heart members. If you already sponsor an SLP, get them involved in your service projects – and help with theirs! Host a special event to honor youth and mingle with their parents – invite grandparents, teachers and school administrators to learn about Kiwanis, too.

Invite families to attend service projects. Long work hours and hectic schedules leave little down time for today’s families. When you offer members a chance to serve alongside their spouses and families, you are more likely to fill your volunteer sign-up sheets. Plus you’ll give guests a taste of Kiwanis—and maybe even inspire them to join.

Re-involve. Kiwanis clubs often lose members who don’t feel engaged in club activities—and then drift away because nobody attempts to contact them and get them involved again. Try one or all of these five suggestions as part of your club’s member retention campaign:

- Create a “buddy system” to pair active and inactive members. Club buddies can serve to mentor new members, or give a gentle tap to someone who doesn’t participate regularly.
- Plan a special “Homecoming” meeting to celebrate your club history and success. Invite current, former and prospective members!
- Schedule a service project with Kiwanis Family members.
- Offer transportation to the next club meeting or activity.
- Send “we miss you” postcards to any member who misses two meetings in a row.

Reconnect. Members leave clubs for many reasons – job changes, family issues, health issues, etc. At one time all of these people joined your club for a reason. Why not reach out and try to reconnect with them? At the very least you may learn something about your club that needs attention.

Walk the talk. Love your club? Share it! Nothing inspires members – or attracts a new member – like a HAPPY member. So don’t forget to spread the word about what you love about your club. Whether it’s service, fellowship, leadership – or some combination of them all – make sure to share your story.

Stay flexible. The more flexible you are, the more attractive your club will be to members. Try starting a club satellite for the young professionals in your club. Ask your Key Club to babysit during meetings or projects to allow parents with small children to be more involved. Consider meeting at an “off time” once in awhile.

Membership is more than a number. It’s the future of the organization you love.
What do you value most about your Kiwanis club? Whatever it is, members make it happen. So make membership growth a priority. For your club. For your community. For the future of what you love.
Spreading the Word

District Bulletin & Brochure Competitions

Let me introduce myself. I am Margie Swanson, a member of the Kiwanis Club of Cedar Hills in Beaverton, Oregon. Recently Governor Pam Smith asked me if I would consider taking on the task of being the next newsletter judge. After considerable consideration and a review of what I felt were my qualifications, I happily accepted the offer.

Before becoming a Kiwanian, I was a member of another organization for 30 years. As a novice editor with no prior writing experience, I won the “large club” class of newsletters for four consecutive years. After “retiring” from being editor, I was asked to be a newsletter contest judge. In that club we utilized a point system to hopefully remove any subjective opinions and allow us to judge all newsletters large and small under the same criteria. My intention is to institute a similar system making a platform at which all newsletters will be judged equally. I intend that each newsletter will be judged as though I were a new or prospective member of your club seeing it for the first time.

Please, all clubs should enter the contest. I don’t want to hear “I am just a little club.” If you have all the information your membership needs to know, that is what is important. Remember size does not matter. I hope you folks inundate me with your newsletters and brochures.

In addition to your club members, you should include your Lt. Governor, District Governor, and the PNW District Office in your distribution. Also consider your Lt. Governor-elect and the Governor-elect and anyone else you think may be interested. E-mail a copy to each of the clubs in your Division and to the newsletter judge. You need to do this each month as you are judged monthly. If you cannot e-mail your newsletter in PDF format you must snail mail a printed copy to the judge.

Newsletters are a very important tool of communication; not only for club members, but also for prospective members. Every club should also have a brochure as well.

A good place to display your newsletters would be at events such as See’s candy sales or a pancake breakfast. Have a supply of newsletters alongside your brochures to promote your club and Kiwanis as the important communication tools they are.

And, you Lt. Governors, you’re not off the hook. You also need to have a newsletter educating everyone with the details of the projects, meetings and endeavors for each of the clubs in your Division.

This will be fun for me and I look forward to reading each and every one of your newsletters. I need many more newsletters than Peter had as a judge this past year. A committee has been developed to help me in judging the newsletters. I promise that my committee and I will be impartial and judge all newsletters fairly.

– Margie Swanson
PNW District Newsletter Judge
Almost all Kiwanis clubs sponsor an SLP club and do projects with youth. When we work with and mentor youth during projects and activities, their care and welfare are being entrusted to us.

It might be hard to believe that a troubling incident involving a youth and/or club member(s) could happen in any club or community. But there are countless examples in all places, with all types of youth service organizations. Every member has to know how to protect the youth with whom we interact and ourselves because:

- There are more than 300,000 members of the Kiwanis youth programs that Kiwanians sponsor and interact with.
- Child abuse has become a significant social problem. One incident can seriously harm a child for a lifetime.

Avoid risk and protect our youth

Kiwanians in particular have good reason to act with the highest standards. If we want to be the premier provider of youth service clubs and programs, we need to hold ourselves and our fellow members to the highest standards of conduct and awareness. And then there’s the best reason of all: It’s just the right thing to do.

Youth Protection Guidelines were first introduced by the Kiwanis International Board of Directors in January 2007. Since then, updates have been made to ensure Kiwanians adhere to the best practices when working with youth. The most recent changes were implemented on October 1, 2013. The guidelines protect both our youth and adult members and outline expectations for adults working with people under age 18. Each club should review and follow these guidelines, there are no exceptions. Keep in mind that if something doesn’t feel right, don’t do it!

Learn more about Risk Management

The complete Youth Protection Guidelines and many other Risk Management resources are available online at www.kiwanisone.org, including materials on background checks, D&O insurance, Best Practices for Clubs, and Sample Club Policies.

Schedule a training workshop

Contact Claudell King, 2013-14 District Chair for Youth Protection, at claudellking@charter.net to schedule a workshop at your Division Council Meeting and/or Regional Conference. Materials are also available from Kiwanis International to implement a training session within your club.

Training will help you understand Kiwanis International’s Youth Protection Guidelines. You’ll also learn to make choices and decisions that protect you and the youth you serve, identify suspected child abuse and troubling behavior, know your responsibilities if you suspect abuse and respond appropriately if a child discloses abuse to you or if you witness troubling behavior.

The Definition of Risk Management: “Use common sense and think ahead”
Our Kiwanis One Day (and a Half)  
– SARDIS, BRITISH COLUMBIA  
What do you do when your original plan for Kiwanis One Day falls apart? This was the dilemma facing the Sardis Kiwanis club at the beginning of April. We were also really challenged as we had already committed to two other project for the same weekend.

We dug deep and realized that our planned service at the beginning of May for the B.C. Cancer “Relay for Life” event was the ideal venue. They needed our help to feed relay participants and event volunteers.

Working collaboratively with the event coordinator, our Kiwanians arranged to have our food trailer on site plus an additional BBQ for the two meals we were going to serve. The crew also had to acquire the meat (steak or chicken) and salads for the Friday supper. The ingredients for the pancake breakfast and snacks were provided by the relay event team. The trailer was also stocked with our usual offerings of hot dogs, hamburgers, fries and soft drinks.

The BBQ crew served supper from 6-8pm. The trailer provided meals to those who had not pre-ordered food until midnight, and also ensured that coffee, water and snacks were always available for relay participants.

The next morning at 5am, a crew was back to start cooking the pancake breakfast. Now you understand the reason for the title of this piece! In total, 14 members gave their time, serving over 80 suppers and 100 breakfasts. We did make a difference in ensuring the success of this worthy Cancer fundraising event.

Raising Money for Africa  
– MISSION, BRITISH COLUMBIA  
Most kids spend their summers playing with friends, going to the pool, camp or family vacations. This summer the Makin kids and their friends in Mission, B.C., decided they wanted to raise money to help a child in Africa.

A suggestion of a donation for a pediatric SIGN Nail inspired them to make a selection of bracelets and bookmarks which they then sold in front of their home.

At the end of the day, the young philanthropists had raised $101.93 to help a child in Africa walk, through the SIGN program.

Many thanks to the Makins and their friends for all their hard work!

These kids keep kids safe and “advertise” Kiwanis  
– LA CONNER, WASHINGTON  
Our club had a dory boat as a float for the past few years, but it was sold as a fund raising project. This left us with no Kiwanis float to cuse during the various functions of La Conner (Skagit Valley Tulip Festival Not-So-Impromptu Parade, and 4th of July Parade).

One member donated the use of his 8-foot trailer. The decoration of the trailer sparked activity from its members to build panels; each depicting a child looking over a fence. They hung from the sides of the trailer, and presented openings between the children’s heads for real children to put their heads and cheer the crowds, but keep them safe while riding.

Another member, a former Disney artist, directed the painting, and gave life to the panel kids with expressions in their eyes and on their faces.

The panels are versatile, allowing us to hang them on a trailer for a float, hang them from a frame attached to our tent during Hot Dog sales, or hang them on tables at other fundraisers.

Branding is extremely important in a community, and consistency in the logo and image reinforces the Kiwanis presence and message of who we are. We call the panels “The Kids.”

La Conner Washington Kiwanis are celebrating their 35th anniversary.

Illahee Builders Club recognized for service to school district  
– FEDERAL WAY, WASHINGTON  
On May 16, 2013 the Builders Club at Illahee Middle School was recognized by the Federal Way School District when the Board of Education held its Recognition Night.

Members of the Board Claire Wilson and Danny Peterson presented Certificates of Achievement to Jim Knapp, Federal Way Noon Kiwanis Club Past President and Builders Club Kiwanis Advisor; Maggie Pierce, Builders Club Faculty Advisor; and 31 past and present members of the Builders Club for their special recyle project held during the lunch time in the cafeteria.
Illahee Builders Club continued

The club members, by educating the students on how to separate their garbage from what is recyclable and garbage, reduced the garbage by seventy (70) percent saving the school money and reducing the items going to the landfills.

We, the members of the Federal Way Noon Kiwanis Club, were very happy that our Builders Club in its second year had come up with a project that was good for the school and environment. It is projects like this that help the community and build confidence in the students that their projects can make a difference.

Jim Knapp
Federal Way Kiwanis Club
Illahee Builders Club Advisor

Kiwanians gather yearly in July for Kamp Howie retreat

Did you go to Kamp Howie this year?

For the past 4 years my wife and I along with two other members from our Greater Federal Way Club have taken a weekend to go to this amazing retreat. Kiwanis International has suggested that there is great benefit to be had for Kiwanians by having social times to get together and enjoy each other’s company. This happens in spades at Kamp Howie for those who go. The only thing wrong with this weekend is that not enough Kiwanians take the time to go.

The retreat is the brain child of Howard Montoure of the Meridian-Kent Club in Div. 32. Howard was Lt Gov of Division 32 in 1989-90. He is also an Honorary Member of the Renton and Greater Federal Way Clubs, is a regular attendee of the Div 32 DSM’s and has pioneered several positive changes that have strengthened the Division and Kiwanis experience.

Howard has five acres in Salkum, WA about 10 miles south of Chehalis. He has turned it into a fun and comfortable place for Kiwanians and their families to eat, drink and have a good time.

Howard is known to like a party and a good time to share these with friends. Is this because he is a good guy or because he has a heart for service? Both are true of Howard so it’s hard to say.

Come and enjoy Kamp Howie next year and find out how much fun Howard has in mind for you and your family. You will be glad you did.

Wayne Triplett
Lt Gov Div 32. 2012-2013

2013 Law Enforcement Camp another rousing success

The 2013 Washington State Kiwanis Law Enforcement Youth Career Camp was held July 7-13, 2013, at the WSP Academy in Shelton, Washington. We started with 24 cadets - 11 girls and 13 boys - and ended with 24 cadets. No one dropped out or was dismissed.

Student cadets learn a variety of law enforcement skills, while also learning discipline, leadership, and teamwork. Student cadets also learn what life is like in a real police academy, while having fun meeting like-minded students from throughout the state. Classes included:

- Mason County Sheriff’s Office SWAT (special weapons and tactics)
- Pierce County Sheriff’s Office Air Support Unit
- Kent Police Department and Mason County Sheriff’s K-9 patrol units
- A visit to the Department of Corrections facility in Shelton
- FBI Evidence Recovery Team skills
- Fish and Wildlife enforcement
- Emergency Vehicle Operation
- Interviewing and Oral Panels

Students attending the camp are sponsored by their local Kiwanis Clubs for $500 each. In addition, the Waterfront Satellite Club of Olympia Kiwanis and the Shelton Kiwanis Club both provided meals for the camp students and counselors on the weekend.

At the camp this year we were once again fortunate to have a great cadre of volunteer counselors and instructors including: Corporal Brent Dell, WSP and Shelton Kiwanis; Sheriff Casey Salisbury of Mason County and Shelton Kiwanis; Trooper Robert Taylor, WSP; Officer Sharon Schnebly, Pullman Police Department; Jan Britt, Retired Captain, WSLCB and Olympia Kiwanis; Officer Heidi Lambly, Pullman Police Department; John Weidenfeller, Thurston PUD and Olympia Kiwanis; Deputy George Oplinger, Thurston County Sheriff’s Office; and Mark Couey, Chief of Investigations, Washington State Insurance Commission.

2014 camp scheduled for July 20-27

Beginning in January, 2014, check out the WSP website for the application form! If you know of a high school junior or senior who might be interested in a career in law enforcement, tell them about this camp and encourage them to apply.
“Little Free Library” opens to rave reviews
– FIRCREST, WASHINGTON

The Kiwanis Club of Fircrest held a grand opening for its first “Little Free Library” on August 14, 2013. Officiating at the ribbon cutting ceremony was Mayor David Viafore and Division 34 Lt. Governor, Gini Dryer-Dow. The rain did not dampen the excitement!

The children of this small city enjoy playing and reading while visiting the popular “Tot Lot” – an enclosed playground in the center of town, donated and supported by the Fircrest Kiwanis Club. The library is filled with children’s books to read there or take home. The only rules are: Return it, or share it. Leave another in its place.

The LFL movement started in 2009 in Wisconsin and is now worldwide. The Fircrest club is very excited about this project and looking forward to opening more libraries in the near future. For more information about LFL please visit their website: www.littlefreelibrary.org

Key Clubbers share their PNW Spirit at club meeting
– OLYMPIA WASHINGTON

Key Club Division 38 Lt. Governor Kevin Zhang gave a report on the 2013 Key Club International Convention at the July 22nd meeting of the Olympia Kiwanis Club. Thirty high school students from throughout the PNW attended the convention in our nation’s capital the first week of July, 2013.

Kelsie Hoppes from Astoria, Oregon was elected as a Key Club International Trustee from the PNW District. Our Key Clubbers participated in a Kids Against Hunger service project while there, and helped to package food. One million packages of food were prepared which will feed over 6 million people!

The PNW “Elk Ears & Antlers” were visible as a symbol of the PNW District.

Covered pavilion dedicated to long-time club member
– PASCO, WASHINGTON

In a ceremony on Thursday, August 15, the Pasco Kiwanis Pavilion at Memorial Park was dedicated to retired Tri-City Superior Court Judge Duane Taber.

“The Pasco Kiwanis are celebrating their 88th anniversary this year,” said Taber, chairman of the committee overseeing the shelter project. “We looked around the city and found we had not left our imprint on anything so decided to build the shelter.” Taber, who has been a Kiwanis member for 32 years, was born in Pasco in 1925, the same year the Pasco Kiwanis Club was established.

The shelter is paved with bricks engraved with the names of people and businesses that donated to the project. It is the first of many upgrades at Memorial Park, which will include updated playground equipment, rubber surfacing and a walking path.

Pasco City Councilman Al Yenney says the project took nearly two years and faced several hurdles, including $1,800 in damage by vandals before donor names could be sandblasted into the sponsorship bricks. A Kiwanis member stepped up the next day and presented a check to cover the cost.

YOUR PACIFIC NORTHWEST KIWANIS FOUNDATION

Clubs helping kids.
The impact of annual club gifts

We know how your club’s annual gift can improve children’s lives. We’ve seen it happen. Through the PNW Kiwanis District Foundation, your club supports programs and projects that would otherwise remain beyond the resources of Kiwanis-family clubs.

In 2012-13, your foundation supported individual club projects and the Kiwanis Children’s Cancer Program, Kiwanis Service Leadership Programs, and District scholarship programs to help young people achieve their higher-education goals.

Please consider an Annual Club Gift of $6 or more per member during the 2013–2013 Kiwanis year... Gifts of all sizes are gratefully accepted and extend your club’s impact on the lives of children.

www.PNWKiwanisFoundation.org
**Deer Park Key Club and Kiwanians March for Babies**

— Deer Park, Washington

Earlier this year the Deer Park High School Key Club decided to participate in the Spokane March of Dimes - March for Babies. Their goal was to raise $500. As part of their fund raising campaign, club members elected to walk in honor of Weston Schneider, grandson of Deep Park Kiwanis Club members Bob and Carolyn Schneider. Weston was born on 12/12/12, eleven weeks premature. On April 27th, 22 Key Club members, their Faculty Advisor and Deer Park Kiwanis member, Adeline Frost, Kiwanians Bob and Carolyn Schneider, and Weston’s aunt and four cousins walked the three mile course along the Spokane River from Gonzaga University to River Front Park. Everyone had a great time.

At the July 10th Deer Park Kiwanis Club meeting, Kiwanis members had the opportunity to meet Weston Schneider in person. He is healthy and doing fine. Without the research and experience of the March of Dimes, Weston’s story may not have turned out like it has. Oh by the way, the Deer Park Key Club raised over $1,000 for the March of Dimes. Great job!

**Kiwanis teams up with Rotary to raise funds for AEDs in schools**

— Moses Lake, Washington

In July the Kiwanis Club of Moses Lake and the Moses Lake Rotary club joined forces to raise enough money to buy at least one AED (Automated Exterior Defibrillator) for every public and Christian school in the area. The funds came through grants from Kiwanis Foundation, Rotary Foundation, donations and a jointly-sponsored golf tournament at Moses Pointe, which raised more than $9500.

**Kamiah Kiwanis and 4-H to replace community bulletin boards**

— Kamiah, Idaho

My name is Robert West and I am the outgoing Lt. Governor for Division 56. One of the clubs I belong to is the Kamiah Kiwanis club in Kamiah, Idaho. About two months ago we were approached by the Woodland 4-H club wanting to do a club project by fixing up the Kiwanis Bulletin boards in downtown Kamiah.

The club thought this would be a great idea and after checking them we found that we really needed to completely replace them so club members Sam Perkins, my brother Bill West and I rebuilt them and then we had the Woodland 4-H kids paint the Bulletin Boards. Last year when our Governor Pam Smith and Greg were visiting she let me know how great she thought it was that we actually had Kiwanis Bulletin Board in our downtown area.

In July Dr. Joe Suppiger, PhD, and Club President Frances Irwin received their Walter Zeller Fellowship medal from the club’s ELIMINATE Project Chair, Louis Logan.

To celebrate the 100th birthday of Gordon Ebbert, who has been a member of Moses Lake’s Kiwanis Club for 64 years, the club collected funds for a Zeller award for him. (A generous donor operating through Kiwanis International Foundation helped out when the club found it challenging to raise the final $150 for Gordon Ebbert’s Zeller Award.) Altogether the Moses Lake Club has raised over $5000 for the ELIMINATE Project.

**Seen around the District:**

— Yakima, Washington

This bench is at the end of one of the local Greenway trails and is at the corner of a major intersection.
Montavilla Kiwanis earns over $900 with “Happy Birthday Baby” party

– PORTLAND, OREGON

Montavilla Kiwanis believes that Kiwanis clubs Internationally can raise money this same way.

Club members provided the food at no cost to our club so the $18 that we charged for dinner all went to the Eliminate Project.

The menu was: pulled pork on Kaiser rolls, coleslaw, potato/pasta salad, Indian rice, bean casserole, corn, rhubarb cake and ice cream.

We were successful because we invited both Kiwanians and personal friends to our party. Flyers around the neighborhood would bring folks too.

We are passionate about the Eliminate Project and enjoyed this Birthday Party project. Babies will live to see a birthday because of the $1.80 x 500 we raised for tetanus shots!

Kiwanis Club sees need for funds for Boys and Girls Club

– ILWACO-LONG BEACH, WASHINGTON

Our club determined a need to raise funds for the Boys and Girls Club of south Pacific county.

We approached Ciscoe Morris, host of *Gardening with Ciscoe* on KING TV Seattle, about coming to Long Beach and putting on a gardening program to help us raise funds.

We enlisted the aid of the children at the club to make posters to thank all the businesses and individuals who donated money or products, and to start some plants that could be sold at the show. The posters were used to decorate the hall where the program was presented.

The Planter Box Nursery created a plant display on the stage around where Ciscoe would sit. PepsiCo. donated water, and Andrea Patton made her famous pretzels for the patrons. We had a wonderful 3 hour program and book-signing with Ciscoe. All who came were very happy with the program.

We were able to present a check for $5,250 to the Boys and Girls Club – the entire proceeds for the afternoon. These funds greatly enhanced the summer program for the children of the Boys and Girls Club of south Pacific county.

What does it look like when a worldwide commitment becomes a worldwide achievement?

It looks like us!

With 2015 approaching, a new video from The Eliminate Project’s campaign team provides the inspiration every Kiwanis-family member needs – and it offers a timely reminder: this is the moment when we make it all happen.

First woman elected to serve as president of Kiwanis International

Sue Petrisin, a 25-year member of the Kiwanis Club of East Lansing, Michigan, is the first woman elected to serve as president of Kiwanis International—or any of the largest service organizations in the world, including Rotary and Lions International. During the 98th Annual Kiwanis International convention in Vancouver, BC, she was elected vice president. She will serve her term as Kiwanis International president during the 2015-2016 Kiwanis year.

“I am deeply honored to be the first woman elected to serve in this role,” Petrisin said. “Kiwanis has always been about inclusivity and service beyond self. But to be viable in our next century, we need to recognize the differences in cultures, generations and technology that determine how and where we will succeed. We need to again focus our time and efforts on the single most powerful expression of Kiwanis life—our clubs.”

Petrisin has served on the international board for the past three years. She also served as the vice chair of The Eliminate Project: Kiwanis eliminating maternal and neonatal tetanus overseeing activities for Key Club, CKI, Builders Club, Aktion Club and K-Kids.

She is the first person in Kiwanis International’s history to serve as Key Club Governor, Circle K Governor and Kiwanis Governor.

Sue holds a master’s degree in human resources and labor relations and bachelor’s degrees in food science and dietetics from Michigan State University, East Lansing. She is associate director for the Michigan State University Alumni Association. She is active in service to the university and her community.

Mark your club calendar!

97th Annual PNW Convention
August 21–24
in Portland, Oregon!

– Vancouver, B.C. Business Wire
Troutdale Kiwanians hold third annual Bike Rodeo

– TROUTDALE, OREGON

Troutdale Kiwanis Clubs members participated in the third annual Bike Rodeo held at the Troutdale Terrace apartments in June, 2013. With the help of manager Jorgan Shaw and her staff over 75 children were able to learn about bike safety and received new bicycle helmets.

Troutdale Police Department talked to the parents and children about the importance of wearing a bicycle helmet and following all the rules of the road. In addition club members and local volunteers assisted those in need of bicycle repairs. Lots of new tires, brakes and handle bars were given needed tightening and adjustment. The highlight of the day was the official lap around the complex complete with a Police escort- lights, sirens and balloons.

The Kiwanis club received a generous grant from the Pacific Northwest Kiwanis Foundation that allowed for all the bicycle parts and 15 new bicycles to be given away to the children. Club organizer John Leamy estimated that 50+ bicycles were repaired.

Mt Hood Community College Cosmetology students offered free hair cuts to all that required their new summer look. Instructor Dennis D’Angelo along with 5 students from the Cosmetology program provided haircuts for 30 young people. The students really enjoyed helping out and gave them the opportunity to show off their skills and talents.

The genesis of a super hero

– SALEM, OREGON

You’ve heard of Batman and Robin, but did you know that a new super hero team is making regular appearances in Salem, Oregon?

Several years ago Shirley Clemens’ daughter, Debbie Schrecengost, was explaining why Kiwanis clubs save soda can tabs. Her nephew Brian Gustafson, who has Down syndrome, was impressed and wanted ‘to help the sick babies’ whose parents stay at The Ronald McDonald House. He began a mission to collect every tab he could find.

Twice a month the Arc of Marion County holds a dance for teens and adults who have intellectual and developmental disabilities. About 200 people with special needs regularly attend these dances. They drink a lot of soda! Friends at those dances started bringing in tabs for him, too.

He received the West Salem Kiwanis club Good Neighbor Award one year which he is very proud of. His mom made him a special outfit with a cape and hat covered with sewn-on can tabs to match a shirt with the word TABMAN on the front. A super hero was born! Now he proudly stands at the door at dances collecting tabs.

His buddy, Erik Morgan, could see that Tabman needed some help so he asked his parents to make him a hat and shirt with the words CANMAN on them. Erik moves about the room collecting empty cans while promoting the importance of saving them at home.

Last month 14 empty gallon milk jugs filled with tabs were proudly presented to the West Salem Kiwanis Club, and people with special needs in several Oregon counties got to experience that good feeling that comes with doing something for others.

Kiwanis builds a food bank

– SISTERS, OREGON

The Kiwanis Club of Sisters has operated a Food Bank to help people in need in the greater Sisters area since 1983. Last year, over 3,600 clients, including children, were served from the outdated building and storage area.

In early 2013, the club decided to build a new facility. The building project involved removal of the existing pre-World War II garage where Kiwanis presently operates the food bank, and construction of a safe and functional food bank warehouse, office, and reception area on the Kiwanis property at the corner of Main Avenue and Oak Street in Sisters. The overall cost of the project is $125,000.

Groundbreaking took place on May 1, 2013. The Kiwanis Club of Sisters donated $23,000 and had collected an additional $24,000 toward the total cost of the project at that time. In addition, The Roundhouse Foundation pledged to match another $10,000 in donations by individuals or grant sources to help make the new Kiwanis Food Bank building a reality.

The new Sisters Kiwanis Food Bank is expected to be open by October 1, 2013.
# Your District Leadership Team 2013-14

## Officers

**GOVERNOR**  
Pamela Smith  
pspnwgov@gmail.com

**GOVERNOR-ELECT**  
Bob Munger  
robtmunger@aol.com

**IMMEDIATE PAST GOVERNOR**  
Greg Holland  
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**SECRETARY | TREASURER**  
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## Membership

**MEMBERSHIP AND GROWTH**  
Greg Holland  
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**MAS AND SERVICE**  
Caudell King  
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www.pnwkiwanis.org
KiwanisBUILDER quick reference guide to past issues

**Autumn, 2011**
Focus on the Kiwanis Family
CKI, Key Club, Builders Club,
K-Kids and Aktion Club
PNW Kiwanis Partnership Program

**Autumn, 2012**
Changing the Lives of Seniors
Young Children: Priority One
Focus on Membership: Improving Your Club

**Winter, 2012**
Kiwanis Children’s Cancer Program
Project Planning Success: Step by Step
Hosting a Baby Shower for Eliminate
The PNW-Africa Connection

**Winter, 2013**
Why Division Council?
Champions of Change
White House Honors Kiwanis
Anti-bullying Campaign
KiwanisSIGN Program
Marketing Kiwanis

**Spring, 2012**
Key Leader Program
International Relations
Putting the Fun Back in Fundraising
101 Fundraising Ideas

**Spring, 2013**
Human & Spiritual Values
Organizing a Children’s Fair
The Impact of Club Mentors
Next Generation Kiwanis Clubs
Creative Thinking

**Summer, 2012**
Focus on Membership
Hosting an Open House
Encouraging Interclubs

**Summer, 2013**
New Kiwanis Brand Guide
Simple Ways to Serve Everyday
The Kiwanis Children’s Cancer Program – harnessing the power of research
Find the Best Ways to Grow Your Kiwanis Club
The Community Partnership Program is an Awareness campaign that exposes what we do every day in every community to new people and businesses that WANT to participate and be partners with Kiwanis. Please support these businesses and individuals currently supporting kids and their communities through the PNW Community Partnership Program:

CIBC-Wood Gundy ......................... Kamloops, BC
Kamloops Hearing Aid Centre ............ Kamloops, BC
Kipp Mallery Pharmacy ..................... Kamloops, BC
Scott’s Inn ................................ Kamloops, BC
United Steelworkers 7619 ................. Kamloops, BC
Adamson Educational Services Inc. ...... Langley, BC
Action Plumbing & Heating Inc......... Oliver, BC
Amos Realty ................................ Oliver, BC
Buy-Low Foods .............................. Oliver, BC
Canada Post Oliver ......................... Oliver, BC
CIBC ....................................... Oliver, BC
FortisBC Electric .......................... Oliver, BC
Interior Ready Mix Ltd .................... Oliver, BC
Interior Savings Credit Union .......... Oliver, BC
Mike Johnson Excavating Ltd .......... Oliver, BC
Oliver Health Centre ........................ Oliver, BC
Oliver Parks @ Recreation Society ...... Oliver, BC
Oliver Ready Mix Ltd ...................... Oliver, BC
Royal LePage-South County Realty .... Oliver, BC
Shoppers Drug Mart 2125 ............... Oliver, BC
Supervalu .................................. Oliver, BC
Town of Oliver ................................ Oliver, BC
Tru Building Centre ....................... Oliver, BC
Valley First Credit Union .............. Oliver, BC
Watchel Plumbing .......................... Oliver, BC
Luv-A-Rug .................................. Victoria, BC
Mitchell Oaks Apartments ............... Victoria, BC
Gortsema Motors .......................... Grangeville, ID
Super 8 Motel ................................ Grangeville, ID
Sterling Savings Bank ..................... Grangeville, ID
The Clearwater Progress .................. Kamiah, ID
The Hub Bar & Grill ...................... Kamiah, ID
Fisher Pump Supply ....................... Canby, OR
MEC North West .......................... Canby, OR
Ronald A. Chatterton ................. Gladstone, OR
Flying Pie Pizzeria ......................... Gresham, OR
Nancy’s Floral ............................. Gresham, OR
Sweet Bettys ................................ Gresham, OR
Laserwerks ................................. Milwaukie, OR
Sue Chadwick Walker, DMD PC .......... Milwaukie, OR
Amy’s Styles Plus ......................... Oakridge, OR
Gnome-In-The-Woods Construction .... Oakridge, OR
Oakridge Les Schwab Tire Center ...... Oakridge, OR
Oregon Adventures/MBO ............... Oakridge, OR
Saxon Insurance ............................. Oakridge, OR
Suislaw Bank ............................... Oakridge, OR
SVDP ....................................... Oakridge, OR
W&J Towing & Repair Inc .............. Oakridge, OR
James D. Goertz, D.M.D ............... Oregon City, OR
Elmer’s Mall 205 .......................... Portland, OR
Fix Auto Portland East ................. Portland, OR
Gateway Medical Pharmacy .......... Portland, OR
Gresham Tire Factory ..................... Portland, OR
 Gulde & Ortquist, PC ..................... Portland, OR
Majhor-Murray Ltd ........................ Portland, OR
Roland Havens Insurance, Inc ........ Portland, OR
Bliss Nails & Spa ........................... Tigard, OR
Eastside Dental ............................. Troutdale, OR
Gerber Collison & Class ................. Kent, WA
Edward Jones Investments ............. Kingston, WA
Kitsap Bank ................................. Kingston, WA
Kingston Henery Hardware Inc ......... Kingston, WA
The Crab Hut ............................... Kingston, WA
Wetter Family LLC ....................... Kingston, WA
Windermere Real Estate/West Sound, Inc. Kingston, WA
Sound Harley-Davidson .................. Marysville, WA
Captain T’s ................................. Port Angeles, WA
Hallett & Associates, P.S .............. Port Angeles, WA
State Farm Insurance ................................. Port Angeles, WA
State Farm Insurance ................................. Port Angeles, WA
Waters West ................................. Port Angeles, WA
Wenner-Davis Insurance Inc .......... Port Angeles, WA
M&K Osborn Consulting ................. Redmond, WA
ALD Architects ............................ Richland, WA
Arlene’s Flowers & Gifts .................... Richland, WA
Harrington’s Trophies ..................... Richland, WA
Blake, Tile & Stone, Inc ................. Sequim, WA
KC Craven, DDS ............................ Spokane, WA
Evergreen Spinal Health Center ....... Tacoma, WA
Midway Auto Care ....................... Wenatchee, WA
Magill’s Restaurants ..................... West Richland, WA
A-1 Compressed Gases .................. Spokane, WA
Pass it On! When finished reading this magazine, cover the address printed at right with a label indicating your club name, meeting time/location, and contact information. Then give it to a prospective member or leave it in a waiting room.

Because Research holds the answers.

The Kiwanis Children’s Cancer Program
www.kiwanis-kccp.org