A date with HISTORY

A KIWANIS DINNER FEATURES GUESTS FROM THE PAST

BONE STRUCTURE: RETURN OF THE MAMMOTH

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JANUARY/FEBRUARY 2019 • VOLUME 104, NUMBER 1

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

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Walt Disney World, Florida, USA, June 27–30, 2019
Indianapolis, Indiana, USA, June 18–21, 2020
Salt Lake City, Utah, USA, June 24–27, 2021
Minneapolis, Minnesota, USA, June 22–25, 2023

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PRESIDENT’S MESSAGE
POLY LAT • KIWANIS INTERNATIONAL PRESIDENT

Celebration for a new year

It is the new year and that means one of my favorite things — time for celebration! This month Kiwanis International celebrates its 104th anniversary. On January 21, 1915, the first Kiwanis club was started in Detroit, Michigan, United States. It was founded on the principles of fellowship, business connections and community service.

Not long after Kiwanis got its start, Detroit Kiwanians were looking for a project in which they could help an underprivileged child. They learned of a boy named Walter, whose mother could not provide appropriately for her son. Kiwanians found their project and, ultimately, the mission of our organization. Club president Don Johnston said helping Walter was the best thing that ever happened to their club.

With a focus on service and more than a century of helping kids, Kiwanis has grown into one of the most respected service organizations in the world. Though times have changed there is continuity in our mission, now positioned as “Serving the Children of the World” and in our social media culture, 

EXECUTIVE PERSPECTIVE
STAN SODERSTROM • KIWANIS EXECUTIVE DIRECTOR

9-to-5 Kiwanis

In a recent conversation with a Kiwanis colleague, I realized how my membership in Kiwanis takes much more of my time than I had realized — or was willing to admit.

My club activities involved a couple meetings a month and perhaps a project or other activity. Three to four hours max. I’m guessing most readers would point to a similar time commitment. After all, we are volunteers here. We can put in as much or as little to be a Kiwanian as we want.

If our Kiwanis clubs were storefront businesses, we’d have our open sign hanging in the window from 9 a.m. to 5 p.m. each day, if that much. Remember, as Kiwanians, we can put in as much or as little effort as we want.

But here’s where the conversation got interesting. In our instant gratification economy, it might demand that, they also determine delivery hours for goods and services. For most Kiwanis clubs, the customers are the children, the youth, the seniors and the families we help in our communities. While we might think our work is limited to those few hours of the school day, our park clean-up benefits picnickers and hikers for days and weeks, and the playground we built is being played on virtually every daylight hour for years to come. I recall delivering beds to a family with four children who previously had been sleeping on the floor.

Years later, while I slept, those mattresses continued to provide comfort. And of course, the tetanus immunizations and clean birthing education we are funding through The Eliminate Project take place in virtually every time zone of the world, 24/7.

My realization was that Kiwanis service doesn’t fit neatly into a 9-to-5 box. It may be delivered initially during some convenient time frame, but the impact of our service continues around the clock.

Being a Kiwanian actually is a 24-hours-a-day, 7-days-a-week experience. While the communities we serve may demand that, they also need that. And that should be OK. After all, we’re here to serve, and that’s what Kiwanis service looks like.

The next time you serve as a Kiwanian, take time to reflect on who, how and when the service recipients will benefit. Thank you for serving.
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Letters

READERS OF KIWANIS MAGAZINE AND ITS BLOGS RESPOND TO RECENT FEATURES. JOIN THE CONVERSATIONS AT KIWANISMAGAZINE.ORG OR EMAIL MAGAZINE@KIWANIS.ORG.

Five favorite fundraisers

I just wanted to share a fundraiser the Mount Sterling, Kentucky, Kiwanis Club has that tops your list. It is a formal gala. This year was our 5th annual event. We have 300 attendees and raise a gross amount of US$57,000 with a net of $44,000. We are a town of 7,000 and club size of 60.

As an aside, our only other fundraiser is a pancake breakfast. We had about 800 guests and grossed $16,000 this year while netting $12,000.

Not bad for small town folks.

Darrell Mandrell
Kiwanis Club of Mount Sterling, Kentucky

The Kiwanis Club of Wood River Township, Illinois, is a club of 49 members, and we have had a fundraiser for more than 30 years, which has become a hometown tradition to a great deal of people. We have four BBQs each year, cooking more than 3,000 pounds of pork each time and serving a total of 1,200 hot dogs in three days. We take in more than US$20,000 each cook.

We have a cook on the Saturday before Super Bowl. We cook about 1,500 pounds of pork, and we sell the chopped pork in pounds and roasts. We average more than $6,000 for one day. We also sell our homemade BBQ sauce.

Bill Jacobs
Kiwanis Club of Wood River Township

For 62 years, the Kiwanis Club of Mendon, Michigan — a village of 900 and a club membership of 20 — has produced the Kiwanis Showboat. It’s a variety show of local talent featuring music and comedy. This year’s show will mimic “The Muppet Show.”

Three nights of shows grossed more than US$10,000 this past year in ticket and advertising sales, which provided us with $8,500 in project money.

Dale A. Eickhoff
Kiwanis Club of Mendon, Michigan

Building for the future

Restoring the South 10th Street Park is such an amazing gift to the Coos Bay, Oregon, community! It is not easy to do all of the legwork, fundraising and refurbishing of a park such as this one. I want to say thank you to the Marshfield High School Key Club members for all your dedication and hard work. Great job!

Logan Whitsitt
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Key Club was born in 1925. It was a pilot designed to bring some of the “key” students of California’s Sacramento High School into a club that would develop leadership skills and character through students helping others. It was intended to be a positive alternative to the high school “fraternities” of the day, many of which were identified as sources of bad life habits like smoking and drinking. The high school leaders quickly became role models among fellow students and became the start of something that would engage and empower millions of young leaders for many decades.

By 1944, there were 81 Key Clubs, and 44 were in Florida. G. Harold Martin, a Fort Lauderdale judge, Kiwanian and early Key Club advocate and champion, delivered remarks to the 6th annual convention of Florida Key Clubs, justifying why Key Club was a valuable way to develop youth leaders of the day.

Martin described youth as having three qualities: independence, self-reliance and being experimental. He observed that youth leaders, despite all their good qualities, showed a tendency to “revolt against convention and the weight of external authority.” He said that the youth, being independent, wants to “know if what he does will work and if he can get away with it.” Martin observed that in being self-reliant, the youth “likes to think for himself … and in doing things, he wants to be a success.” And he noted that in being experimental, “he will experiment with danger, with sex, with drinking and smoking. It is youth’s way of learning about life and adjusting himself to it. He wants to build on his own experience and not that of others. To youth, it is more exciting to re-discover known facts than to start with them.”

Martin drew these comments to a conclusion, saying: “For the most part, these are admirable qualities. They contain great hope. But they also contain grave danger. For these youthful qualities lack one essential ingredient. They need direction.”

Although he didn’t use the term “student-led,” he clearly made the case for this idea, laying the foundation of present-day Key Club leadership development. In Martin’s own words, the reason we have structured the Key Club leadership model is “to give direction to these great qualities of youth; to make those qualities effective in a constructive way.”

Students leading students is now embedded in every club and every service leadership program Kiwanis delivers for students. In the clubs, divisions, districts and in the international organizations, the students elect their leaders. That’s the first requirement for being student-led. If adults are choosing the officers, the prerequisite isn’t met. Student-led means students leading students, but it does not mean students having complete control.

Secondly, being student-led includes learning. They are students not just because they are school-age, they are students of leadership. Learning develops leadership skills such as planning,
cooperation, public speaking, time management, relationship building, conflict resolution, respect for others, communication, pursuit of excellence … everything that contributes to personal development as well as learning to be part of a community. Student-led requires learning that produces personal growth in the youth leader — and that the youth leader accept that responsibility and demonstrate willingness to grow.

Third, being student-led requires adequate adult mentoring. Counselors, advisors, teachers and Kiwanis members all can provide this, but mentoring calls for more than reading from a how-to manual. It needs to be real life, real time and reality-based. The youth leader isn’t expected to know everything. Remember, the second requirement is about learning.

The mentor’s job is to manage those aspects that exceed the skills, maturity or legal restrictions for the youth, especially since he or she is usually a minor. The adult mentor’s responsibility should also minimize any negative, long-term consequences that could follow the youth into adulthood.

But this does not mean the mentor’s job is to insulate the youth leader from failure. There is tremendous learning in making mistakes and accepting accountability. There is a critical balancing act that should take place in the student-led arena between succeeding and failing — between trying ideas and expending too many resources without a return, and showing independence and self-reliance while accepting help and support.

Finally, there is one other critical idea that is part of being student-led, which ties back to the first requirement. Youth leaders are leaders by virtue of being selected by their peers, but it the outcome of an election as an officer or the appointment as a committee or work group chair. But the fulfillment of the leadership role should strive to meet the standards of both servant leadership and ethical leadership. Servant leaders lead by sharing power and authority, putting the needs of others first and helping followers develop and grow through the leadership experience. The ethical leader demonstrates honesty, transparency and integrity in the exercise of leadership. The student-led leadership model should develop and integrate both leadership styles.

The attributes described by G. Harold Martin almost 75 years ago don’t seem so far off from many of the ways an adult might describe today’s youth leaders. They are indeed independent and self-reliant, and they do experiment. The addition of digital devices, social media, campus violence and 24/7 access to information makes student-led seem so much more challenging. But the basic principles have not changed. Kiwanis continues to develop very talented, creative, passionate youth leaders, and service is a way for them to feel empowered and engaged. Identifying leadership opportunities and developing leadership skills remain the essential elements for any student-led effort.
What’s happening
TRENDS, TIPS, FACTS AND FIGURES FROM KIWANIS INTERNATIONAL

**Got a great signature project?**
Calling all signature projects! Kiwanis International again is looking for the best candidates for its Club Signature Project Contest. The deadline to enter is March 4. Winners will be announced at the 2019 convention at Walt Disney World Resort in Florida. Learn more at kiwanis.org/signatureprojectcontest.

**This is unusual!**
Planning for the 2019 Kiwanis International Convention will require close attention if you want to make the most of your experience. New this year: morning speaker sessions. Make sure to double-check the convention schedule before making your travel plans. We will kick things off early on Thursday. See the schedule at kiwanis.org/convention/schedule.

**Jim Collins to open convention**
“Good to Great” author Jim Collins will open the 2019 Kiwanis International Convention. Collins has authored or coauthored six books that have sold more than 10 million copies worldwide. He has invested more than a quarter century in research about what makes great companies tick. In addition to his work in the business sector, Collins has a passion for working with cause-driven nonprofits. He will speak to convention attendees Thursday morning, June 27.
Happy birthday, Kiwanis!
Time flies when you’re having fun and doing good! How is your club celebrating Kiwanis International’s 104 years?

Former Eagles guitarist scheduled
We might be in Florida for the 2019 Kiwanis International Convention, but former Eagles guitarist Don Felder is bringing a bit of the U.S. West Coast — along with fan favorite “Hotel California” — to our East Coast destination. Come dance along (and bring your best air guitar) during the gala celebration on Saturday, June 29.

Keeping promises
Promises still matter, and a handshake still means something. That’s the message Alex Sheen will share with attendees at the 2019 Kiwanis International Convention at Walt Disney World Resort in Florida. Sheen is the founder of because I said I would, a nonprofit organization dedicated to the betterment of humanity through promises made and kept. Sheen will share some of his kept promises and encourage and inspire you to make and keep a promise of your own. Sheen will speak during the Opening Session on June 27.
Prepare to do some business

It's time to learn about the candidates who will appear on the ballot for the Kiwanis International Board at the 2019 convention in Florida.

Once you know who the candidates are, you'll want to make sure your club has delegates who can vote. And you'll want to be familiar with the proposed amendments and resolutions.

Learn about the candidates, amendments and resolutions, as well as how to represent your club as a delegate by visiting kiwanis.org/convention/elections.

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Marilou Wayburn was just a girl when she was shooed off the sidewalk outside of Lucy Stump’s home.

“I was kind of cranky and got mad at the kids skating by,” says Stump, a widow who opened her hat shop after moving to Farmington, New Mexico, in 1897.

Wayburn, now 86, flashes a knowing smile.

She remembers Stump. In fact, she remembers many of the people in Greenlawn Cemetery tonight — the living, the dead and the living who tell stories of the town’s early settlers.

But Lucy Stump isn’t Lucy Stump at all. That’s actually Wendy Schmidt (above, at right), who portrays the shop owner as part of an annual fundraiser called Dining with the Dead, which is hosted by the Kiwanis Club of Farmington Rio del Sol, New Mexico.

More than 350 people fill the cemetery on this warm September evening, filling their bellies with barbecue before being guided through the plots for a living history tour with a dozen local actors and Kiwanians playing a range of characters, many of whom are buried here. Including Lucy Stump.

“This event honors the legacy of Farmington,” says Kiwanian Gene Schmidt, who originally came to the event as a guest and is now in the cast. “People come and listen to stories of the people who built this town into the community it is today. In this cemetery, every stone is a living legacy to the past.”

Wayburn, an author and local historian, sits in her walker and fans herself with the event’s printed program. More than 30 people are in the first tour group. And like Wayburn, many have ties to the stories being told tonight.
“That’s my great-grandfather,” remarks one woman after the first tour stop. She’s talking about Bell Hudson, who rode with Pat Garrett’s posse and was friends with Billy the Kid. Tonight, he’s portrayed by Realtor Chuck Holmes.

“My whole family is buried here,” says Tanis Harris, who grew up in Farmington and is returning to the event for a third year. “Six generations. I wanted to see what their story was before they were laid to rest here. And it’s for a good cause.”

Indeed, Dining with the Dead has become a signature event for the club and sells out every year. It supports a number of projects, including clothes, shoes, coats and books for children, as well as a new garden for kids with cancer.
“It’s part of the story of our country. These women were tough. They were independent.”
— Judy Castlebury
“Any kind of living history connects people to the past in a way a book cannot.”

— Steven Clark
“This year sold out sooner than ever before,” says Charley Tyler, who plays cattleman Hiram Washington Cox. “We easily could’ve sold out two nights. People enjoy coming to hear about their history.”

Some of the characters enjoy local fame, like Ike Stockton. Portrayed by Tony DiGiacomo, Stockton was one of the most famous cattle rustlers in the U.S. West and allegedly had more newspaper stories written about him than Billy the Kid. But many others were everyday people. These first Anglo “pioneers” endured months-long journeys in covered wagons during the late 1800s and early 1900s to settle the territory after the Civil War.

“There’s a certain grit that people who settled in the West had to have,” says Rebecca Morgan, who played Agnes Miller Furman, the first non-Native American baby born in the Farmington area. “There were ordinary women doing extraordinary things.”

Judy Castlebury agrees.

“It’s part of the story of our country,” says Kiwanian Castlebury as she portrays Susannah Rhoades, her own great-great-grandmother. “These women were tough. They were independent.”

As those on the tour learn, the pioneering women of the West were, in many ways, ahead of their time. Stump, a widow, opened a hat shop after moving to Farmington in 1897. Others founded schools and churches, and some even found themselves in positions of power.

Ada Ivie Burdick worked at her husband’s law office before becoming one of the first female judges in the area, despite not having been to law school. She held many political offices and eventually retired as a United States commissioner in 1936 after serving 22 years in office.
“She was a smart lady,” says Lauren Harris, who portrayed her. “I admire how outspoken she was. She always did what was right. “And it is so cool — almost spiritual — portraying a person at their resting place,” Harris says. “I’m trying to keep her memory alive. I feel very honored.”

Steven Clark, who plays homesteader Charles Holiday McHenry, feels similarly. “Any kind of living history connects people to the past in a way a book cannot,” he says. “There’s something compelling about taking people to a slightly sacred space; something theatrical but that has a lot of heart. We get to see how the past reverberates throughout our community.”

Cast members and guests alike leave the experience with a better understanding of the women and men who laid the foundations for the city they now live in. “I came because I knew so many of them,” says Wayburn, reflecting on her own past. “But I learned so much tonight.”

As the sun sets and candles are lit for the remaining groups making their way through the cemetery after dark, club Secretary Jill McQueary, who leads the event, is thinking about pioneers to portray next year. Several attendees already have given her ideas or made requests.

“It is wonderful when community members ask us to portray their family members,” she says. “That’s the highest compliment that anyone can give us.”
“It is so cool — almost spiritual — portraying a person at their resting place. I’m trying to keep her memory alive. I feel very honored.”

— Lauren Harris
When a group of workers stumbled upon a pile of bones during a Belgian construction project on a late-February evening in 1860, they at first tossed them away as rubbish. Night was fast approaching, and the bones, resting 10 meters deep in the ground, impeded their progress of digging a diversion canal for the Nete River in the Belgium city of Lier.

Some of the excavation team, though, must have taken a closer look in the fading daylight and realized that these weren’t just any bones. They were the bones of a woolly mammoth, a lumbering, thick-furred herbivore mammal that began a march toward extinction more than 10,000 years ago. The workers began collecting the specimens, eventually excavating remains from three woolly mammoths. One of those skeletons — a male that died when it was about 35 — was nearly complete.

The latter discovery piqued the interest of staff at the Royal Belgian Institute of Natural Sciences, nearly 50 kilometers away in Brussels. Not about to miss out on a rare opportunity, the Royal Belgian staff decided to create their own exhibit. The bones left Lier never to return, and in 1869 the institute proudly unveiled the only mounted mammoth skeleton in western Europe.

For a while, the mammoth of Lier was a local legend, with the
story of the historic discovery taught to school children and recounted by parents. But by the 21st century, Lier was known for its tourist-friendly features like the iconic Zimmer clock tower, which displays 13 clocks marking time on all continents, tides, moon phases and more. Few Lier residents had even heard of the mammoth.

Bart De Bie wanted to change that. During his 2017-18 term as president of the Kiwanis Club of Lier Twee Neten, he suggested an idea: Bring the mammoth back. Well, not literally. The skeleton has been a staple at the Royal Belgian for 150 years. What De Bie had in mind was a re-creation of the structure, to be placed in the City Museum of Lier so that school children and other area residents could learn about this forgotten piece of history.

“It’s a huge animal,” De Bie says. “Children will be amazed when they see it.”

So De Bie and his fellow Kiwanians considered the possibilities for creating an accurate mammoth model, one that would be 5 meters long, 3 1/2 meters high and 2 meters wide. At first, they thought about requisitioning an artist to sculpt the skeleton in bronze, but the cost (around EUR500,000) was much too steep. Next, they considered a wooden sculpture, but the result would not have been as detailed as they wanted.

Then they thought of Materialise, a Brussels-based, worldwide 3D printing powerhouse. Known for its innovations in software, the company prints a wide variety of products for industries ranging from aeronautics to health care to athletic footwear. With capacity to print substantial structures, it often turns out dashboard, bumper and other sizable prototypes for auto manufacturers.

“It’s old and new comes together,” explains De Bie. “The old is...
the mammoth, and we’re going to re-create it with the new 3D technology printing.”

The Kiwanians approached Materialise’s staff, who agreed to take on the challenge. The company already had tackled some pretty impressive projects, including replications of Egyptian pharaoh King Tutankhamun’s remains, the ice mummy Ötzi, and an elaborate crown used in the movie “Black Panther.” It had not, however, taken on one so large — literally — as re-creating a mammoth skeleton.

“This is a first for us,” says Kristof Sehmke, corporate communications manager for Materialise. “It’s the biggest thing we’ve ever printed, definitely in size. So it’s quite unique, even for us.”

The club approached the mayor of Lier with its proposal and received an enthusiastic response. Lier would donate €25,000 to the project’s €100,000 cost, and the mayor promised to give the mammoth a prominent place in the City Museum — if the Kiwanis club could provide the remaining funds. When others learned of the project and its price tag, more than a few had their doubts.

“No one believed that we could bring such a huge sum together,” De Bie recalls. “But I said, ‘Whoa. Nothing can not be done.’ I believed in (the project) very much.”

Undaunted, De Bie, some fellow club members and the Lier mayor set out on a day of fundraising. They approached three companies; two immediately agreed to donate, for a total of €50,000.

“We said, ‘OK. This is going to be a reality,’” De Bie says. “When Materialise got the go-
ahead, staff formed a plan of action. Re-creating a mammoth, even with modern technology, is no easy task.

“It’s not just ‘Here’s the file, push the button and here’s your mammoth,’” explains Sehmke. “It’s a really big team with engineers, specialists, designers and manufacturing people.”

Fortunately, the Royal Belgian Institute of Natural Sciences had already scanned each of the skeleton’s 320 bones, and paleontologist Mietje Germonpré, who specializes in Ice Age mammals, agreed to consult with Materialise. A team of engineers visited the Royal Belgian and, computers at hand, sat with Germonpré in front of the original skeleton to study how all the bones interconnected.

The consultation also gave the team a unique opportunity. The original skeleton is missing a few bones, including the left tusk, and its upper jaw is broken. In addition, knowledge of mammoths has improved since the 1860s. Specialists now know that the tail is longer and the spine’s slope different than the mounted original depicts. Through the 3D printing process, new bones could replace the missing and fractured ones, and individual bone designs could be altered to be more anatomically correct.

“This,” Germonpré notes, “was a very ambitious project.”

Armed with the knowledge gleaned from Germonpré, the engineers turned their attention to mounting the new skeleton. The original used a custom iron support system, which kept the display sturdy but was also in plain view. The Materialise team designed an interior-mount method made of carbon and then integrated entrance and exit holes in each bone’s design for a less visually distracting approach.

“You hardly can see any of the connectors between bones,” says Sehmke. “You can see the full size of the skeletons and the bones without seeing all the support structures. It’s really impressive.”

Compared to the planning and design work, the actual 3D printing process was hands-off. The engineers’ digital design files directed the 3D printers’ actions. The printing itself occurred in a large, liquid-resin-filled tank. The surface on which the bones were printed first received a layer of UV-sensitive liquid polymer. A UV laser then moved over the surface in the design designated by each digital file, hardening the liquid into a shape. The remaining resin in the tank stayed fluid in form.

“There was a lot of interest, much more than we expected, by the local and national press and television. Two national TV stations brought it in the news at prime time.”

— Bart De Bie, 2017-18 president, Kiwanis Club of Lier Twee Neten
raised from the tank. Exactly how slightly did that object lower?

“The resin layer is only one-tenth of a millimeter thick,” explains Sehmke. “So vertically, we can do about 10 centimeters per day. We had nine machines running 24/7 to print all of these bones.”

In a serendipitous coincidence, the machines to which Sehmke refers are called Mammoth printers, some of the largest 3D types in the world. The printer bed itself is an impressive 2,100 by 700 by 800 millimeters — what Sehmke calls “about the size of a bus stop.”

It took a full month to print all 320 mammoth bones — the tusks alone required 10 days. And then each printed piece needed to be finished with a combination of paints, textures and lacquers to transform it from semi-transparent plastic to believable bone.

Before transferring the bones to the City Museum of Lier, the team did a trial assembly run at Materialise. They then disassembled the skeleton and carefully rebuilt it at its new location.

On September 27, 2018, the Kiwanians and the City Museum hosted the skeleton’s debut in front of an eager crowd. Anticipation for the unveiling had been building for weeks, thanks in part to Sehmke’s communications team at Materialise.

“My marketing folks, they told me, ‘Hey, we’re going to print a mammoth. Do you think you can do something with that?’” Sehmke says, chuckling. “Yep. I think I can.”

“There was a lot of interest, much more than we expected, by the local and national press and television,” says De Bie. “Two national TV stations brought it in the news at prime time. One, three times. And one local TV station. All the newspapers were there too.”

The mammoth of Lier had come home. And what De Bie had once called “a story that nobody knows anymore” now had a happy — and memorable — ending.
NEW YEAR, NEW VIEW

HAVE A HAPPY, HEALTHY NEW YEAR:
6 STEPS TO PUT YOURSELF ON A POSITIVE PATH IN 2019.

Story and photos by Nicci Micco
If you vowed to get healthier once January rolled around, it’s probably not the first time. This year, set yourself up for success by aligning your aims with what truly motivates you, choosing what feels good and celebrating your victories, big and small. Here’s how.

EAT BETTER.

EXERCISE MORE.

GO TO BED EARLIER.

CREATE A MISSION STATEMENT
Taking stock of our values, goals and personal strengths can help us prioritize time and energy in healthy ways. Grab a pen and some paper and get down a game plan. Try this:

- Write down your number-one get-healthier goal. Want to exercise more often? Why? For more energy? To keep up with children? Dig deeper to get at the heart of what you really want.
- Name three of your top qualities — superpowers that will help you reach your goal.
- Create a mission statement with this formula: “I will use my [superpower 1] + [superpower 2] + [superpower 3] to [goal].” For example: “I will use my creativity, sense of adventure and encouraging nature to organize group outings that leave me feeling energized.” Edit until you love your words. Post your mission where you’ll see it often.

“EACH DAY, WRITE DOWN ONE NEW THING FOR WHICH YOU ARE GRATEFUL.”
GET EXCITED ABOUT EXERCISE

You know physical activity is good for you. Still, getting it done is tough. Why? A study in “Neuropsychologia” suggests that it takes more brain power to choose active behaviors over sedentary ones. Override the urge to lounge by making exercise more compelling. Try this:

• Increase the reward. Walk to a nearby coffee shop or nature trail instead of just circling the block.

• Raise the stakes. Register for a fitness program that commits you to a series of classes. Or sign up for a challenge — a walk, a run, a bike ride.

• Recruit a friend. Getting fit is more fun with a friend — perhaps a four-legged one. And you may be less likely to bail if someone else is counting on you.

NURTURE YOUR SOCIAL NETWORK

Surrounding yourself with people who support you — in good times and bad — may help your health, according to research out of the University of North Carolina at Chapel Hill. Try this:

• Plan regular get-togethers. Start a book club or dinner club. Host family dinners or game nights.

• Connect with your community. Join a gym. Volunteer at the food pantry. Get involved with local government.

• Text. Stay close with friends and family near and far by exchanging short, frequent messages.
FILL UP ON NOURISHING FOODS

Instead of focusing on what you shouldn’t have, front-load your diet with satisfying, nutrient-rich foods. (See “Get bowled over,” page 50.) Chances are, not-so-healthful choices will drop down to a less-prominent role in your eating patterns. Especially if you keep them out of the house. Try this:

- **Eat the rainbow.** Packing your plate with a colorful mix of vegetables and fruit will help you get a wide range of nutrients and feel-full fiber. Keep it easy by stocking the fridge with no- or low-prep options: pre-washed greens, snap peas, cherry tomatoes, citrus fruits, apples, etc.

- **Balance it out.** Including a protein source (chicken, fish, tofu, yogurt, eggs) or a tablespoon or two of fat (nuts, salad dressing) in each meal gives it longer staying power.

- **Make smart swaps.** Try quinoa in place of white rice; whole-grain toast in place of a bagel. When a craving strikes, ask yourself what you really want. A sweet? Try yogurt with berries. If you just want something to munch on while you watch TV, try replacing your pretzels with carrots sticks or apple slices.
CULTIVATE YOUR SENSE OF PRESENCE

Practicing yoga or meditation can improve brain function and increase energy levels, according to a recent study from the University of Waterloo in Ontario. Preliminary research suggests meditation also may help keep aging brains healthy. Try this:

- Find a comfortable seat. Close your eyes and focus on your breath. When your mind wanders, simply refocus on your breath. Repeat this process for five minutes.
- Do yoga. Find classes near you, download the MIND-BODY app or try the free videos on Yoga with Adriene (yogawithadriene.com).
- Unplug. For an hour or two each day, stash your phone and other devices out of reach. Tune in fully to the people and experiences around you.
LOOK FOR THE LIGHT

Research shows that glass-half-full folks tend to be happier and healthier. But when the news is depressing and even happy social media posts can make us feel “less than,” staying positive requires more than a Pollyanna perspective. Try this:

• Consume inspiring stories. Follow Upworthy (upworthy.com) on social media. Watch movies about compassionate leaders, like “Won't You Be My Neighbor?” about Fred Rogers.

• Buy yourself flowers. Frame a photo that makes you smile; place it where you’ll see it often.

• Note the good. Each day, write down one new thing for which you are grateful. Be specific. (“I’m thankful for how kind Jon is to my parents when they visit” versus “I’m thankful for Jon”). Capture progress toward your goal, and use these victory notes as inspiration to keep you going.

Nicci Micco has a master’s degree in nutrition, with a focus on behavior change, and is a certified yoga teacher. She lives in Vermont with her husband and two boys and heads up marketing for Mamava, a start-up that supports breastfeeding mothers.
ednesdays are special at the World’s Largest Laundromat. At 5 p.m., 40 pizzas are delivered to the front desk of the Berwyn, Illinois, business. Slices are handed out until they’re gone. Nearby, a magician juggles colorful scarves. The sounds of children’s play overwhelm the hums and swooshes of more than 300 dryers and washers in this cavernous 13,500-square-foot building.

Families arrive at the laundromat, largely on foot, from Berwyn, a densely-populated, working-class suburb on Chicago’s southwest side. They come, of course, to clean clothes, but also because the World’s Largest Laundromat offers much more.

“Before, I didn’t like coming to do laundry,” says David Duarte, a father of two young daughters. “But there are a lot of things to do here for the kids.”

Adults have perks too, such as free coffee, donuts and pizza.

“We come here and spend money, and (the laundromat) gives back,” Duarte says.

At 6246 Cermak Road, Duarte and others have found a welcoming community that gathers around a mission that goes beyond clean clothes. Near the front desk, for example, in the

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**Fluff, fold and FOCUS**

A MOVEMENT TO CREATE LITERACY CENTERS IN LAUNDROMATS IS SPREADING INTO KIWANIS COMMUNITIES.

*Story and photos by Alyssa Schukar*
area where the magician entertains kids, is the literacy center, a space designated for kids to play and read while their parents wash, dry and fold laundry.

When Tom Benson took over ownership of the laundromat in 1999, he discovered that parents were frustrated that their children lost so much of their reading skills over the summer. Many families speak Spanish at home, so their children don’t speak, hear or read English during the three-month break.

In response, Benson established a foundation called the Benson Family Trust, which pairs with Awake, a literacy agency offering summer reading lessons to children. Lisa Polderman, who serves on the board of directors for Awake, says students from low-income communities are particularly vulnerable to falling behind during the summer.

“Two kids who ended the school year in the same place could be as much as six months apart in their achievement when they go back to school in the fall,” Polderman says.

In Berwyn, she notes, a high number of students are not meeting the state standards for reading.

“That creates a really strong need to have instruction-based programming during the summer,” Polderman says. “Those summer months are really crucial for kids to maintain and grow their skills.”
Benson recently sweetened the deal by instituting the Read-to-Ride summer program. Each time a student reads a book, they’re entered in a drawing for a chance to win a new bike. Similarly, the Write-to-Ride program is a story-writing contest for junior and senior high school students, with prizes such as bookstore gift cards and a bicycle.

“I’m really grateful that we have a business in Berwyn like the laundromat that sees this kind of community involvement as essential both to their business and as essential to the community,” Polderman says.

For owner Benson, it just makes sense.

“If you’re part of the community, so many other good things happen,” he says.

After learning about Benson’s literacy program, Kiwanis clubs in Florida, Ohio and Pennsylvania (see page 40) have established laundromat-based reading centers.
Laundry and Literacy

KIWANIANS IN PHILADELPHIA RUN A FREE READING PROGRAM FOR A CAPTIVE AUDIENCE — KIDS AT A LAUNDROMAT.

Story by Nicholas Drake • Photos by Sarah Puleo

Round and round they spin. Wash. Rinse. Dry. Fold. For children, laundry can bleach the fun out of everything. There must be a way to make it fun. Books! Are books the answer?

“They love it,” says Gretchen Dlugolecki, past president of the Kiwanis Club of South Philadelphia, Pennsylvania.

She’s talking about a club project that sets up book corners in area laundromats, where parents can read to their children. It’s supported by ReadyNation, a U.S. council that prepares children for success in education, work and life.

The council worked with Kiwanis International’s 2017-18 Young Children: Priority One Committee to spread the word about a Coin Laundry Association campaign titled Wash Time Is Talk Time. ReadyNation funds provided rugs, shelves and books for the South Philadelphia program.

“It benefits children ages three through 12 and parents of all ages,” Dlugolecki says. “We collect used books from libraries and schools, and through our Kiwanis partnership, Scholastic provides books to us when we ask.”

The project also is building a strong bond within the young, two-year-old club.

“We have definitely been brought closer together because of this project,” Dlugolecki says. “It also helps draw more interest from others to join us.”
Ask any child what the ideal day would include, and hula hooping, miniature train rides, tasty food and face painting probably would rank high. All can be found at Stand for Children Day, an annual event in Bowling Green, Kentucky, that has become a staple for families in Warren County.

The Kiwanis Club of Bowling Green co-sponsors the event, which hosts more than 50 businesses and organizations and brings in roughly 1,300 attendees.

The event began in 1997 with the goal of entertaining the community’s children while making their families aware of the area’s many available resources.

“This is an event that brings local agencies, organizations and businesses together to say to the children of our community that we care,” says Lisa Rice, the Kiwanis club’s 2017-18 president. “Every participant has a booth with a fun activity for children manned by adults giving their time to these children. It is also an opportunity for agencies and organizations that service children to let parents and caregivers know what services are available to them.”
This year, for example, the Bowling Green Human Rights Commission offered coloring books that provided information on discriminatory housing practices. Organizations such as the Barren River District Health Department and the Girl Scouts of Kentuckiana, among dozens of others, also did outreach.

“This is not a fundraiser for our club, but it is near to our hearts for a couple of reasons,” Rice explains. “First, it does raise money for Community Education, which serves thousands of children in their after-school programs. This is just one way we have found to support the children of Warren County. Another reason this event means so much to so many of us is that it was started and championed by former Kiwanian and president of our club Anne Grubbs.”

Grubbs passed away several years ago, but members agree that she epitomized what it truly means to be a Kiwanian. It’s people like her and events like Stand for Children Day that remind the Bowling Green Kiwanians just how important children are and just how much supporting them pays off.
Very special sauce
BELGIANs SERVE UP FOOD, AWARDS — AND THEIR POPULAR FRIES — AT SPECIAL OLYMPICS.
Story and photos by Fabienne April


From behind the table, the cashier casts a worried glance at the long line of customers, shakes her head and replies, “Sorry, we’re all out of Andalusian sauce.”

On this last day of the Special Olympics competitions, Kiwanians have been churning out batches of golden fries nonstop. The fry stand is the most popular of several Kiwanis booths, save, perhaps, the beer stand. There’s no doubt this is Belgium.

Each year for the past 20, the nonprofit association Agir et Participer (Take Action and Participate) has mobilized Belgium’s edition of Special Olympics. The group is composed of Kiwanians from across the Belgium-Luxembourg District. National competitions like these are held worldwide, adding up to more than 100,000 Special Olympics events annually. The Belgium-Luxembourg District raises more than €700,000 each year to finance the event, as well as other district projects.

This past May, Kiwanians operated one tent each in the towns of Tournai and Mouscron, where they served everything from juicy hamburgers with sautéed onions to pizza, fricandelles sausages, colorful fruit tarts, white sausages, monastic beers and, of course, the king of Belgian snacks: potato fries. These popular treats typically are served with a generous side of mayonnaise.

In addition to serving food and drinks, Kiwanians step up to the podium to present medals to athletes, who proudly wear their Kiwanis-branded awards. The Kiwanis Club of Mouscron, like other Belgian clubs, sponsors several disabled children and adults. The club covered registration fees for 73 athletes and made sure two participants were dressed for the games.

“It’s not easy for these athletes, as gymnastics outfit manufacturers don’t always take into account the shape of their bodies,” says Mouscron Kiwanis Club President Pascal Marey. “So our club jumped in. We were happy to provide made-to-measure gymnastics leotards for the two young ladies.”

The Special Olympics event represents months of preparation and public recognition of these athletes’ perseverance. Concentration, jitters, pride, fear, disappointment, joy, camaraderie make them feel alive and that they matter.

This year, Belgian Prime Minister Charles Michel led the opening ceremonies, and Prince Laurent, brother to Belgium’s King Philippe, attended and wore a Kiwanis T-shirt. Overall, approximately 300 Kiwanians volunteered their time for the games.
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ELIMINATE
maternal/neonatal tetanus

SHOWCASE

BIRTHDAYS

These clubs observe 25th, 50th, 75th and 100th anniversaries during the months of February and March.

100TH—1919
Brandon, Manitoba, February 7
Elyria, Ohio, February 10
Richmond, Virginia, March 6
Brantford, Ontario, March 8
Regina-Wascana, Saskatchewan, March 11
San Antonio-Bexar, Texas, March 19
Lincoln, Nebraska-Lincoln Center, Nebraska, March 21
Eau Claire, Wisconsin, March 22
New Orleans, Louisiana, March 29

75TH—1969
Bronson, Michigan, March 9
Five Towns (The), Long Island, New York, March 21

50TH—1969
Central Tehama County, Los Molinos, California, February 27
Westosha, Salem, Wisconsin, March 27
Atascadero, California, March 31

25TH—1994
Bullhead City, Morning, Arizona, February 1
Fraubrunnen, Switzerland, February 7
Wattwil-Toggenburg, Switzerland, February 8
Santa Susana, Simi Valley, California, February 8
Mersch Uelzechtall, Luxembourg, February 14
Prostejov, Czech Republic, March 1
Milipitas, California, March 1
Rocklin, California, March 3
Eastman-Dodge County, Georgia, March 7
Wyoming Area, Pennsylvania, March 16
Oensingen-Bechburg, Switzerland, March 22
Lausanne-Lac, Switzerland, March 29
Gilbert, Arizona, March 29
PROVEN PROGRAMS. FRESH NEW LOOKS.

Bring Up Grades and Terrific Kids have new designs! In elementary schools, each program is proven — with Kiwanians helping kids improve their grades, behavior and more. Now each kit includes materials that look as good as they work. Get new-look items for a new generation of students!

Find them all at kiwanis.org/store. Just type the program name into the search bar.
Get bowled over

A NUTRITIONIST SHARES A RECIPE TO INSPIRE YOUR NEW YEAR’S RESOLUTION TO EAT BETTER. Recipe and photo by Nicci Micco

If you’re aiming to eat healthier and do fewer dishes, look no further than “The Bowl,” a flexible formula that accommodates almost every kind of eater. Ingredients can be batch-prepped ahead and are 100 percent interchangeable with whatever you have on hand.

Start with a base.
Amount = ½ to 1 cup
Try: Rice (brown, wild or black), quinoa, farro, couscous, bulgur, roasted potatoes.
Or skip the starchy and make a base of kale or another hearty green.

Pick a protein.
Amount = 2 to 3 oz, total
Try: Baked or grilled salmon, chicken, tofu or lean beef; a fried egg, beans (black, kidney, garbanzo)

Add a rainbow of vegetables.
Amount = Go for it
Try: Endless options include broccoli, green beans, carrots, red peppers, shredded cabbage, tomatoes, spinach.

Top with accoutrements.
Amount = a tablespoon or two
Try: Chopped nuts, seeds (pepitas, sunflower seeds), avocado chunks, olives

Finish with flavor.
Amount = sparingly
Try: Salsa, soy sauce (low-sodium), sriracha
IT DOESN’T TAKE A LOT OF MONEY TO SHOW A LITTLE PRIDE.

The Kiwanis Store offers a wide variety of branded items — some for less than US$5. After all, we want everyone to show their Kiwanis spirit. So we offer all kinds of products, for all kinds of budgets. Come and see!

KIWANIS.ORG/STORE
WHAT'S YOUR STORY?
If your club has a success story, simply email a summary and a few photos to shareyourstory@kiwanis.org to be considered for possible future use in Kiwanis International publications.

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