AIR FORCE

AT A FAMOUS ALBUQUERQUE BALLOON FESTIVAL, LOCAL KIWANIANS HAVE IT MADE IN THE SHADE

WATER WORKS: ADAPTIVE AQUATIC SPORTS

19 THINGS YOU SHOULD STOP DOING IN 2019

IT'S A WASH PROJECT FOR CKI
GIFTS GO FARTHER TOGETHER.

When you give to the Kiwanis Children’s Fund, you amplify your Kiwanis impact. That’s because you’re joining with Kiwanis–family members who have done the same. After all, we do more when we do it together. Let’s reach kids who need Kiwanis — all over the world.

kiwanischildrensfund.org
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PRESIDENT’S MESSAGE

POLY LAT • KIWANIS INTERNATIONAL PRESIDENT

See you in June

Now halfway through our Kiwanis year, many of our districts are holding mid-year meetings where members get a taste of the education Kiwanis has to offer.

It’s good to regroup and assess progress on our goals. We refocus on membership and growth, recognition, celebration and continuity. By keeping continuity in mind, we are reminded that success without succession is a failure!

Kiwanis prides itself on providing a variety of educational opportunities to broaden us individually and as an organization. If you are looking for more after the mid-year meetings, or if your district does not hold them, make plans now to attend our great Kiwanis International convention in June at Walt Disney World® Resort, Florida.

This year we are planning nearly 90 education workshops that will set up your clubs and districts for greater success. There will be programs on membership, effective communications and training for positional leaders such as club president and lieutenant governor. Learn how to make the most from our corporate partnerships, such as literacy awareness with our Penguin Random House/Scholastic alliance.

At the convention, we’ll give ourselves a pat on the back for the positive effect we’ve had in communities. You can return home with a refreshed spirit and tell your neighbors about the impact of Kiwanis through our fellowship, service and signature projects.

After recognizing our accomplishments comes raising the bar for the future. How much better could Kiwanis serve children if we had more members? Served more hours? Gave more donations to the Kiwanis Children’s Fund?

I will be honored to meet and listen to the man who has inspired me and our 2018-19 Kiwanis year: Jim Collins, author of “Good to Great.” Jim’s business principles are guiding us as we take Kiwanis from good to great. Jim will be our opening speaker on Thursday, June 26.

After convention business, we can celebrate our successes and socialize at Poly’s Patio, our own special gathering place at Walt Disney World® Resort. Registration is now open at Kiwanis.org/convention/2019. I hope you’ll join me in Florida for a memorable convention experience!

EXECUTIVE PERSPECTIVE

STAN SODERSTROM • KIWANIS EXECUTIVE DIRECTOR

Don’ts and dos

Certain times present us with obvious moments to stop and take stock. For example, the beginning of a new year. When the calendar page turns to January, it’s only natural to try to get some perspective on where we’ve been, where we are and where we want to go.

But there are times that seem less obvious when it comes to goals and assessments. Take, say, right now.

Already two months of the new year have passed and five months of the Kiwanis year; so, is March the point when your club is expected to stop and see how it’s doing? How about you as an individual member? If you answer no to both questions, I suggest that this may be the perfect time for an honest evaluation.

The strongest clubs and the most effective members periodically look at the goals they’ve set. They even make new ones, depending on current progress or fresh opportunities. In the Kiwanis family, it’s about issues such as club membership, community awareness, service relevancy and more.

In other words: serious stuff.

Such reflection is no less important for individuals. But sometimes it’s best to keep it light — especially if, like me, you’re looking back at your personal New Year’s resolutions. And while you’re chuckling about what you resolved to do, why not laugh about what you shouldn’t do with the rest of the year?

In this magazine, we offer 19 examples for 2019. (See page 32.) You might smile when you also find a few no-nos you’re guilty of. I hope you’ll find food for thought — and some inspiration.

After all, some of the best things we do for kids are “light.” Literally as light as air, in the case of the Albuquerque International Balloon Fiesta. On page 12, you’ll see how the Albuquerque, New Mexico, Kiwanis family meets thousands of spectators — and raises thousands of dollars — at this annual event.

On page 22, you’ll see how multiple clubs are serving kids with disabilities by helping them participate in adaptive water sports.

All together, these clubs represent the best of Kiwanis. For kids who face the most serious challenges, we bring a joy as elemental as air and water. It’s a great reminder of what we can do.

Let it inspire you as 2019 continues.
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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.

Simple kindness

What a great article! I was so excited to see Mr. Rogers’ smiling face when I opened my mailbox. :)

Robin Robinson
Kiwanis Club of Palatka, Florida

Thank you for this, I was feeling pretty depressed when I started reading and good by the time I finished.

Emily

“Kudos to @Kiwanis for a wonderful December magazine. Loved the feature on Mister Rogers and the spotlight on the suicide epidemic in our country.”

Brian K. Root
Kiwanis Club of Greensburg, Pennsylvania

Amazon Prime

This issue with Fred Rogers on the cover and a feature article about him is wonderful and deserves to be read. Rogers is very inspiring, and I’m glad the magazine decided to feature him.

Leonard Rubenstein
Kiwanis Club of Indianapolis-Broad Ripple, Indiana

This is Kiwanis in the truest meaning. I like the idea of activities that are fun to implement and bring joy to others. I will save the article and the pictures and share them proudly with other Kiwanis members during our Christmas dinner. These kind of activities inspire Kiwanians to do even more.

Ernesto Gnepf
Kiwanis Club Stäfa, Switzerland

It is not only in Guajira and the Amazon, but all the Kiwanis clubs of the Colombia District are involved with Christmas projects. Many of the resources are obtained by Colombian companies and through the resources of the Kiwanis clubs. This year, we have the added responsibility of serving Venezuelan families who came to our country due to the conflict in their homeland. Many children need a roof, a place at school and markets. They arrived in our country and they touched our Kiwanis hearts.

Lilian Garzon Vargas
Kiwanis Club of Solymar-Barranquilla, Colombia

It’s wonderful to see the children’s smiles.

Liliane Roux
Pornichet, France

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Lilian Garzon Vargas
Kiwanis Club of Solymar-Barranquilla, Colombia

It’s wonderful to see the children’s smiles.

Liliane Roux
Pornichet, France
Bone structure

Excellent work.

Ninfa B Araúz G
Kiwanis Club of San José, Panama

Bravo. A great idea. Congratulations.

François Barré
Kiwanis Club of Chateaudun, France

The Pont à Mousson Club (France) sends you its most sincere congratulations for the implementation of this wild project. It proves that, when we believe in something powerful, we can achieve. What a beautiful image for us Kiwanians.

Joël Mahieu
President, Pont à Mousson Club

Cover design

After reading the letter to the editor in the December 2018 issue about the cover, I had to respond also.

Put the word Kiwanis back horizontal on the top of the magazine.

Put our motto Serving Children of the World horizontal in contrasting colors so it can be read.

Anyone with or without 20/20 vision has trouble reading the cover.

Robert L. Beers
Kiwanis Club of Coquille, Oregon

A date with history

When I received the January/February 2019 of Kiwanis magazine, I wasn’t quite sure what I saw on the cover was real. An organization whose main, if not only, goal is the support and nurturing of youth allows a photo on the cover of a man openly armed with guns, especially in the plague of mass shootings, I feel that this photo, by itself with no context, is more than just insensitive.

Kiwanis should not be associating itself with the use of firearms, and for the first time in over 20 years I have belonged to Kiwanis I was ashamed. This action was untenable, and I hope I am not the only one who has expressed dismay at what you are putting out there.

Tom Keitel
Kiwanis Club of Castle Rock, Colorado

Wonderful article.

Barbara A. Lohr
Kiwanis Club of Wheeling, West Virginia

Your front cover disturbs me greatly: a picture of a man openly armed with two guns. In most countries of the civilized world he would be arrested immediately. How does that picture fit with the motto “Serving the Children of the World”?

I realize that the magazine is published in the United States, but it is distributed to Kiwanis clubs throughout the world. Your editors should be given sensitivity training.

Murray Borndahl
Kiwanis Club of Ingersoll, Ontario

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. At that time, the only mounted mammoth skeleton in Europe was on display in St. Petersburg, Russia. 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...
What's happening
TRENDS, TIPS, FACTS AND FIGURES FROM KIWANIS INTERNATIONAL

Funding for playgrounds
Kiwanis partner Landscape Structures will again sponsor the Legacy of Play contest, now in its sixth year. Clubs have the chance to win US$25,000 in playground equipment and create a lasting legacy of play in their community. The contest will begin April 12. Watch kiwanis.org/legacyofplay for more information.

Correction
A news item in the December 2018 Kiwanis magazine (“Tickets to the Kingdom”) gave the wrong dates for the 2019 Kiwanis International Convention. The dates are June 27-30.

March for Babies
Join March for Babies and help give all moms and babies a healthy start in life. Sign up today at marchforbabies.org/kiwanis and register your club. Money raised is a lifeline for babies in the neonatal intensive care unit, connecting them with the critical treatments and care they need. The community you’re joining helps moms at every stage, from preconception to annual family walk day. The research you fund will help every mom and baby for generations to come.
The number (and counting) of outfits Mickey Mouse has in his closet at Walt Disney World® — everything from a scuba suit to a tuxedo. We hope to see you in Florida this June for the 2019 Kiwanis International Convention!

### Happy 80th anniversary, Kiwanis Children’s Fund

It began in April 1940 with a donation of 25 Canadian silver dollars from Walter Zeller. Today it’s a way for the Kiwanis family to reach children worldwide. The Children’s Fund helps serve children near and far by focusing on causes Kiwanians are passionate about: club and district service projects, service leadership programs, disaster relief and our global health campaigns to eliminate maternal and neonatal tetanus and iodine deficiency disorders. Ongoing support ensures the Children’s Fund will make a difference for kids who need Kiwanis most. Visit kiwanischildrensfund.org.

### See you in Florida!

Registration is now open for the 2019 Kiwanis International Convention at Walt Disney World® Resort in Florida. Book now! The registration fee will increase on April 5. All events will be held at the Coronado Springs Resort unless otherwise noted. For more information, visit kiwanis.org/convention/register.
Summer travel time
Did you know your membership includes benefits to help you travel — for less? Check these out as you plan your summer vacations.

- **Kiwaniis Travel**: A partnership with Collette that can save you up to US$600 per trip. Collette has 168 tours traveling to 59 countries across all seven continents.

- **Emergency Assistance Plus**: While you and your family travel, purchase this protection to cover costs your health insurance would not cover, such as medical evacuation. Yearly rates start at US$114. This includes any travel outside your home state for the entire year.

- **Hilton**: Members can reach Hilton Honors Gold status with the exclusive Fast Pass to Gold program.

- **Avis Budget Group**: Take advantage of at least 5 percent off when renting a vehicle.

- **ProtectAmerica**: While you’re away, your home is protected. Members save 20 percent off top rated home security packages.

Discover more member benefits and partners at kiwanis.org/partners.

Governor Michiels mourned
Kiwanis International mourns the death of Jaak Michiels. The governor of the Belgium-Luxembourg District died January 11, 2019. He was a member of the Kiwanis Club of Ghent Seaport, Belgium.

Michiels joined Kiwanis more than 40 years ago and served in various roles, including club president and lieutenant governor. He was chosen as the governor-elect in September 2017 and began serving as district governor October 1, 2018.

The 68-year-old dedicated this Kiwanis year to being “a window on the future” where all children thrive, prosper and grow.

He is survived by his wife, Linda.

Important dates
- **March 4**: Club Signature Project Contest entries due
- **March 4-8**: Aktion Club Week
- **March 18-22**: Builders Club Week
- **April 5**: Kiwanis International convention registration increases
- **April 12**: Legacy of Play contest begins
We’ve saved so many lives already. Now, the crucial part: reaching mothers and babies in some of the world’s most dangerous areas. Don’t rest — this is the critical moment. Help eliminate MNT from the face of the Earth.

Kiwanis.org/TheEliminateProject
The rising sun shoots stripes of soft pinks and blues from Albuquerque’s eastern horizon where the Sandia mountains emerge from the night’s shadow. Cued by the dawn, tongues of yellow and orange flames fill nylon bags with heat, causing the bags to bob upright, reaching seven stories high. And higher. They are yellow, red, purple, blue, orange… each hue soaking in the early morning’s luscious light. Then, they lift. One by one. Then, by the dozens, they rise into a now-glowing New Mexico sky. Ten, 60, 100 and more. Many more. A mass ascension at the Albuquerque International Balloon Fiesta is a sight to behold. Promoters say the fiesta, with more than 600 hot air balloons, is the most photographed event in the world and estimate that 25 million pictures are taken during its nine-day run. It’s no wonder that camera-maker Canon is the presenting sponsor of the annual spectacle, which draws pilots and visitors from around the world. Of the 900,000 crew members, vendors and camera-aiming gawkers at Balloon Fiesta Park that week, about 250,000 have face-to-face encounters with Kiwanis.
On a cool October day in 1972, 13 balloons gathered in a mall parking lot. The annual fiesta quickly grew to become the world’s largest ballooning event. As the event expanded, planners needed help handling the thousands of spectators. So, in 1979, the Albuquerque Kiwanis Club started directing parking lot traffic and selling tickets.

Though they no longer park vehicles, the club continues to coordinate ticket sales, with assistance from other area Circle K, Key Club and Kiwanis clubs.

“We raise anywhere from US$65,000 to $90,000,” says Treasurer Jeff Rowe, who estimates the volunteers sell 250,000 tickets
every year. “Over the time we’ve been involved in this, we’ve raised upwards of $1.5 million, which is returned to the community as charitable help for kids.”

To show their appreciation for being included in the event over the past 40 years, Albuquerque Kiwanians marked their club’s 100th anniversary with a $100,000 gift to the festival and Fiesta Park: a K.I.S.S.

Located at the edge of a field where marching bands practice, Little Leaguers play ball and Scouts train, the Kiwanis International Shade Structure provides a large shadow of relief from the intense sun. With its seven 10-inch-thick steel masts grounded and connected 13 feet deep, it’s a place of safety during lightning storms. Because the club sells engraved paving bricks that are laid beneath the structure, it’s a fundraiser too. And, with a Kiwanis-family logo on each of the seven sails that stretch and spiral from mast to mast, it’s a prominent, year-round PR display.

The day ends with another gorgeous New Mexico sunset. Darkness settles onto Fiesta Park, and 600 balloons wobble upright again. Illuminated by their burners, the tethered envelopes glow in a stunning ground-level light show. The crowd wanders among the “shapes,” appreciating the artistry of Vincent Van Gogh’s face, laughing with the grinning “Pigasus” and sharing Star Wars trivia as they gaze at a towering, menacing Darth Vader.
Scott Leason was a young U.S. Navy veteran in July 1993, working the graveyard shift at a convenience store, when a robber shot him in the head, blinding him in both eyes. Growing up in southern California, Leason had always been an enthusiastic participant in outdoor sports, including surfing and waterskiing. After the shooting, he believed his activities would be greatly curtailed, leading to depression and anger. Then he heard about the sport of blind waterskiing. Intrigued, he tried it and found a new goal: to qualify for and compete in the U.S. Disabled Waterski Nationals. That’s when he turned to the Mission Bay Aquatic Center in San Diego, California, and its adaptive sports programming.

“He found solace and normalcy in being able to access waterskiing,” says Kevin Waldick, the center’s assistant director. “Since he started training here, he’s competed in international competitions, and he’s completed an Iron Man.”

And yes, in 2008, Leason qualified for the (US) Disabled Waterski Nationals; today, he’s the reigning silver medalist in both the slalom and trick categories.

Leason’s participation at Mission Bay got a big boost from the Torrey Pines, La Jolla Kiwanis Club, which helps fund adaptive sports equipment and instruction. And stories like his illustrate why such programming is so important.

According to disabled-world.com, studies have shown that people with disabilities who participate in adaptive sports are less stressed, more independent and less dependent on medication for pain and depression. They also achieve more academically and professionally.

A 2017 report published in the Health and Quality of Life Outcomes journal reported that adaptive sports participants experience positive effects on self-esteem, self-efficacy and a sense of belonging.

Like the Torrey Pines club, Kiwanis clubs in Michigan (left) and Florida have made the most of their waterside locations to support H2O-based adaptive sports programming. And they’re making a difference in the lives of participants ranging from children to seniors.
Twice a year, in May and July, a group of excited young people arrives at Chinook Pier in Grand Haven, Michigan, in the early morning hours, ready for adventure. Soon, each child, teen or young adult — along with a parent, grandparent or other guardian — will board a professional charter fishing boat. By 6 a.m., those boats will set out for the waters of Lake Michigan, and the young guests will get down to business, competing to see who can bring home the biggest catch in the Tri-Cities Kiwanis Salmon Tournament.

How big?
The coho salmon in Lake Michigan can weigh up to 16 pounds, and a steelhead trout can reach the 18-pound mark — not exactly like reeling in a bluegill at the local fishing hole. But these young people know how to fight. All of them are current or immediate past patients of either Helen DeVos Children’s Hospital or Mary Free Bed Rehabilitation Hospital in Grand Rapids. Some have experience with both facilities.

“Some of these kids are pretty sick,” says Amy Urick, the tournaments’
coordinator and a member of the Tri Cities, Grand Haven-Spring Lake Kiwanis Club. “But most are nearing the end of their care or are past active treatment entirely when they fish with us. Or they have a lifelong disability rather than an acute disease.”

The charter boats accommodate guests in non-motorized wheelchairs, so those with mobility-limiting conditions such as spina bifida can get in on the action.

The “Patient VIPs,” as Urick describes them, get to keep whatever they catch. And in addition to an award for the largest fish, prizes also are distributed through a lottery system using the fish tags that identify each salmon hauled aboard.

The tournaments’ reach extends beyond the participants, however. Through sponsorships, the events raise funds for pediatric care and Child Life programs at North Ottawa Community Health System and for children’s hospitals in Michigan, including DeVos, Mary Free Bed and St. Jude Children’s Research Hospital. In 2018 alone, the tournaments brought in US$40,000 for the organizations.

And then there are the intangible benefits, which, Urick stresses, can’t be underestimated.

“Our events also offer a valuable bonding experience with a parent, sibling or other relative, or even a chance to form friendships between patients. Sometimes these impacts go further than we could ever imagine.”
The Mission Bay Aquatic Center was created under a banner of diversity, so it’s not surprising the facility has been a pioneer in adaptive sports. Launched in the 1970s by Associated Students of San Diego State University and University of California San Diego Recreation, the center was designed to make water sports accessible to those who couldn’t otherwise afford lessons and equipment. In the 1980s, the staff received a grant from the United States government to develop water-sports opportunities for people with disabilities.

“The very first accessible water ski for people with disabilities was actually built here,” says Assistant Director Waldick. “It started with water skiing, and then it went to kayaking to sailing. And now we have about 800 people a year and their families coming through.”

The center’s programming takes two tracks: activities designed specifically for people with disabilities and inclusion options, which allow those with disabilities to participate in a regularly scheduled class alongside their able-bodied peers. That’s where the Torrey Pines, La Jolla Kiwanis Club comes in, as the title sponsor of inclusion.

Thanks to the club’s support, the center can provide facilitators for 45 to 50 weeks a year. Kiwanians also have funded some of the adaptive-sports equipment, which often must be custom-made and therefore carries a hefty price tag. As a result, doors open to those previously denied such an experience, and the results can be transformative.

“Everybody knows the value in physical activity and recreation for able-bodied persons,” says Waldick, “and it’s even more important for people with disabilities who may have more limited opportunities. So when they come along, it’s a pretty profound experience.”

San Diego, California Photos by Mission Bay Aquatic Center
It’s a quiet morning at the Youth Sailing Foundation, nestled on the shore of the Indian River Lagoon in Vero Beach, Florida. But that’s unusual for this 10-year-old nonprofit formed to offer free sailing lessons to children without financial means to pay for them.

In 2018, the foundation added adaptive sailing to its offerings when volunteer Dick Gates donated three boats designed especially for that purpose. Outfitted with a deep cockpit, side-by-side bucket seating (in two of the vessels), joystick steering and added stability measures, the boats provide an environment that allows sailors with disabilities to feel safe, secure and confident.

“And the boats are fully self-tacking” explains Stu Keiller, the foundation’s executive director. “You don’t have to touch the sheets or the sail.”

The foundation had one barrier, however. It needed an Americans with Disabilities Act-compliant gangway to help participants access a recently installed 60-foot floating dock. When Keiller, a member of the Vero-Treasure Coast Kiwanis Club, shared details about the adaptive sailing program with his fellow members, they immediately decided to fund the ramp.

It wasn’t long until the first class of sailors, ranging in age from 12 to 61, set out for the lagoon waters. “They were very nervous, very anxious about getting in the boat,” Keiller says. “And within a few minutes, they saw the boat was not going to tip over. All of a sudden, that sailboat is leaning into the wind and going. It’s a tremendous sensation.”

Class participants loved the experience so much that attendance for the multiweek course was 100 percent. And by its conclusion, two mariners had progressed beyond the joystick system.

Gates, a former Midwesterner who taught himself to sail and has delivered yachts to exotic destinations, saw the results. “They were using both the steering and the main sheet. They were doing the whole thing. And they were just so proud of themselves. They start out and it’s like, ‘I don’t think I can do this. I don’t think I want to do this.’ And then pretty soon, it’s, ‘Hey, I’m just as good as anybody else, and I can do this.’”

Vero Beach, Florida Photos by Molly Dempsey
FORGET NEW YEAR’S RESOLUTIONS. HERE ARE 19 THINGS YOU SHOULD STOP DOING IN 2019.

Story by Tony Knoderer • Illustrations by Curtis Billue
We’re a couple of months into the new year. If you’re a resolution-maker, you’ve made yours. And probably broken it. (We’re just being realistic, statistically speaking.) Now it might be best to drop the focus on those big, yearlong tasks you said you’d do. Maybe take a different approach.

At Kiwanis magazine, we’re instead offering 19 things to stop doing in 2019. Maybe you don’t need to worry about all of them. But we all have our shortcomings, right? Look at the list. When you see one that hits home, maybe tell yourself to STOP.

**BLAMING “KIDS” FOR BEING ADDICTED TO SCREENS.**

Kids these days live with their faces in their phones. Here’s a lesser-known fact: You do too. We love to blame youngsters for stuff we’re also guilty of. (Honestly, how many people your age could find Bolivia on a map?) But the next time you’re in public, look around. You’ll see people of all ages — younger and older — scrolling and texting. And then, let’s face it, you’ll go back to your phone.

According to market-research group Nielsen, American adults spend more than 11 hours per day watching, reading, listening to or simply interacting with media.

**LEAVING VOICE MAILS.** Speaking of phones: As long as you’re using yours, why call and leave a message for someone whom you could just text? A text is quick. Go with the more efficient option when it makes sense. Need to tell someone what time the Kiwanis project starts? Text. If someone wants to hear your voice, they’ll probably text you to tell you to call. This is how it’s done now. Seriously.

But always, always call your kids and grandkids, no matter how many times they tell you to text. There are exceptions to everything.
TELLING PEOPLE WHAT TO DO.
All right, fine — but technically this list is telling you what not to do. And we’re distinguishing here between, say, getting things done and micromanaging how they’re done. Effective people — not to mention leaders — know the difference. So do the people around you. Stop and think: Are you the type who offers advice that makes something easier or better, or are you someone who simply needs to control things?
Did you know: Micromanagement is the top complaint people have about their bosses. And research by an instructor at Harvard Medical School has proved that micromanaging bosses can make employees physically ill.

REFUSING HELP. On the flip side, there’s the inability to take advice. Or, worse, to accept help. Whether it’s a small observation or professional expertise, everybody needs assistance with something. If your time as a Kiwanian has taught you anything, it’s that. So, take the hint. Consider how much better are people’s lives — and the world around them — because they stopped thinking of themselves as “proud” and started being open to help.
TALKING LIKE A YOUNG PERSON NEAR A YOUNG PERSON.

You’re probably doing it wrong. How do we know? Because you’re an adult — you have all the street cred of the vice principal “rapping” to the students at a pep rally. (Admit it, you don’t even know if it’s called “street cred” anymore.) An updated vocabulary will not save you. Quite the opposite, actually. In fact, times haven’t changed much on this one. How cool did you think your parents were when they tried to talk like you and your friends? The teen version of you likely rolled your eyes too.

Take our advice and you’ll be made in the shade, daddy-o.

RUSHING THROUGH YELLOW LIGHTS. Take it as a metaphor, if you wish: Stop ignoring the moment in front of you in your hurry to get to the next thing, which you’ll also want to rush through. Always good advice. But also feel free to take it literally: Stop rushing through yellow lights! You’re endangering yourself and anyone with you — not to mention the other people rushing through. Metaphorically, literally … just stop and slow down.

Every year, the U.S. Department of Transportation reports approximately 2.5 million intersection accidents: 50 percent are serious collisions and about 20 percent are fatal.
APOLOGIZING WITHOUT APOLOGIZING.
If you’re sorry and want to say so … say so.
Not sure? Don’t believe you’re wrong?
Do not split the difference with the “Sorry if you were offended” routine.
An apology-sounding sentiment is not an apology. It’s an obligation, and it sounds like it. Move the situation forward. Apologize — or start a longer discussion if that’s what’s called for. Anything else will leave you at square one, with a little fresh resentment thrown in.

According to psychologist Harriet Lerner, research suggests that women overapologize and men don’t apologize enough. She adds that apologizing to your children shows you are strong and value fairness.

GIVING UNWANTED NICKNAMES.
People who don’t go by Buddy or Dude notice when you call them “buddy” or “dude.” It might even sound suspiciously like you’ve forgotten their names. Or you just don’t care. There’s a surprisingly fine line between friendly and overbearing. In fact, bestowing generic nicknames can seem more like a dominance maneuver than a friendly gesture. Be honest: How important have you ever really felt when someone called you “chief”?
Do this instead: At your next Kiwanis club meeting, ask members if they had a childhood nickname. You’ll get some funny answers for sure!
TAKING YOURSELF TOO SERIOUSLY.

It might simply mean accepting that another person could have a good idea. Or it could simply mean cutting yourself some slack. Either way, see your flaws and strengths as part of the larger world. Then contribute. Be part of the group. Do your best where you can, for whomever you can reach.

IGNORING THAT PAIN.

On the other hand, don’t take specific parts of yourself too lightly. Particularly when one or more of them is causing you pain. After all, pain means something is wrong. Sure, it might be minor — but you don’t know that until someone says so. Someone knowledgeable. (We’re talking doctors here.) Don’t treat aches like bees — they won’t go away simply because you ignore them.

Some common — but possibly serious — pains you should never ignore: sudden severe headache, severe stomach pain, pins and needles in your feet, swelling and pain in one leg, sudden difficulty breathing.
EXPECTING IMMEDIATE RESPONSES.
Technology sure has put our communications into hyperspeed, but it also increased the volume of messages we receive. Remember, people receive a ton of emails, texts and phone messages every day. It may take them many minutes to find your note. Or maybe they’re busy with work or their families. Or they’re on vacation, happily disconnected on some remote island paradise. Let ‘em be.

WASTING TIME. There’s no shortage of advice out there on procrastination. We’re here with a big-picture reminder: Kids need Kiwanis. That means you. How much of 2019 have you already spent on the internet or in front of the TV? (Or, um, making lists.) Meanwhile, the clock ticks. An hour becomes a day, and the day becomes … well, as the writer Annie Dillard once put it: “How we spend our days is, of course, how we spend our lives.” Spend yours fruitfully.
WASTING TALENT. Everybody has something they’re good at. Some lucky folks do it every day. But many don’t — because of limited time or personal circumstance. If you’re in the latter group, don’t give up. Making your talent even a small part of your life is a nice little jolt of fulfillment. Find the time. It beats that gnawing feeling that you were meant for something else.

And who knows … being a part of your Kiwanis club might be the exact talent you need to express.

SAYING “YES” TOO MUCH. You’re a Kiwanian, so you know: It’s nice to be nice. But pleasantness, like candy, can be a good thing you come to regret if you partake in excess. In the long run, what’s worse: an honest “no” or a “yes” you can’t fulfill? Agreeing to something is different than doing it well or at all. Remember, limits enhance efficiency. Don’t be afraid to draw a few.

ACTING ON IMPULSE. We all value what comes naturally. But there’s often a difference between an instinct toward generosity and an impulse to act or respond. Let’s face it: The latter doesn’t always lead to good things. Especially if you’re sending an angry text or email — or reacting verbally to something. But even a generous impulse can have long-term consequences you didn’t intend. Don’t confuse backsliding — or backing down — with thinking things through.

Never send your first draft. If you must, initially let your sarcasm and anger flow in a cathartic vent; then, edit your message as if you’re the recipient. And destroy the original!
REASONING WITH UNREASONABLE PEOPLE.
There are folks who just will not believe sensible things. Even worse, not all such people are 2 years old and 2 feet tall. The good news: You’re not responsible for them. We can’t offer any surefire ways to get an adult to chill out. But we will offer this reminder to save you time and sanity: You can’t reason someone out of an opinion they haven’t reasoned themselves into. Don’t try.

BELIEVING EVERYTHING YOU READ OR HEAR.
But wait! What if you’re the unreasonable one? Next time you encounter an outlandish headline or rumor, take a second look. Or get a different perspective. Maybe it’s harmless to believe your least favorite actor or politician is a space alien. But it’s the plausible-sounding stuff that does damage. For instance, parents who won’t vaccinate their kids — and spread illness through a community. Spread reason instead.

Don’t know right from wrong? Check snopes.com when you question the validity of a “fact.”
REFERRING TO EVERY GOOD QUALITY AS A “SUPERPOWER.”

You know what’s super? Helping people in need. Raising money for a children’s hospital. Running faster than a speeding bullet. But showing up for work or starting a meeting on time? Sure, it’s good to do the stuff you’re supposed to do. But calling it “super” (or a “power”) inflates the grade. And it devalues what’s truly super. Such as changing lives or improving a community. Or leaping tall buildings in a single bound.

Idea: As an ice-breaker or to start your next Kiwanis meeting, ask everyone what they would choose as their superpower.

COMPLAINING.

OK, complaining too much. The world offers plenty to gripe about, so you won’t dodge every temptation. But the next time you’re on the verge, step back and ask yourself: Is this something to bemoan, or to solve? And isn’t addressing things the reason you joined Kiwanis? You’re here to change the world. So do it!

According to Ellen Hendriksen, a clinical psychologist at Boston University’s Center for Anxiety and Related Disorders, it’s best to complain with a purpose. Otherwise, complaining can make you sick. Really!
It’s a WASH Project

CKI RAISES FUNDS FOR UNICEF.

Story by Danielle Castonzo

March means more than a second-semester respite for some students. While many of their classmates may only associate water with sunny beaches, CKI members are focused on water issues in underdeveloped regions of the world.

During March Water Madness, CKI clubs raise money for and awareness of the WASH Project, an initiative by UNICEF that stands for “water, sanitation and hygiene.” UNICEF works in more than 100 countries to improve water and sanitation services and improve hygiene practices.

At the University of Houston in Texas, the CKI club plans to launch a weeklong initiative in collaboration with the University of Houston’s UNICEF chapter. Members will build on the success they experienced during a similar partnership in 2018.

During one week this past March, CKI members distributed more than 100 water bottles along with information about WASH and water scarcity, held a fundraising bake sale, screened an informational movie about water scarcity and hosted a social media competition using WASH trivia.

But they didn’t stop there, says Alex Le, the CKI club’s president. They also planned a 6K mini-marathon on campus to correspond with a district-wide effort.

“My favorite part of WASH Week was actually an overlapping initiative that our district was promoting,” Le says. “Each day of March, people from around the district challenged each other on...
social media to run a 6K, or 3.71 miles — which is the average distance that women in developing countries have to walk to obtain access to clean water — in an effort to raise awareness and funds for the WASH Project.”

The club also started a GoFundMe account, which raised US$155. That in turn allowed them to fund enough purification tablets to create more than 100,000 liters of safe water for families in Haiti, a country still recovering from a 2010 earthquake and subsequent cholera epidemic. Close to 70 percent of the Haitian population lacks direct access to potable water, Le says.

“The GoFundMe aligned with Circle K International’s goal of targeting Haiti’s emergency needs to reach 200,000 people in cholera-affected areas with a complete WASH response package,” he says.

The club’s efforts don’t lapse during the other 11 months of the year. The WASH Project is a five-year CKI signature project, and the University of Houston club stresses year-round service. CKI member Rene Andrade believes in the power of that message.

“We take too many things for granted,” she says. “Something as valuable as water can be treated as plentiful here, but we don’t stop to think about how it’s a luxury for all those people around the world. I want to stay involved, because even if we can’t solve the problem entirely, we can still make a small difference in at least one person’s life, and it’ll be worth it.”
Rochester, Minnesota, averages 13 inches of snow every December, but it’s never stopped the Kiwanis Hockey Festival from heralding the winter holidays. Now approaching its 27th year, the event has brought Kiwanis in touch with nearly every family in the city.

The festival centers around a high school hockey tournament that’s run from top to bottom by members of four Kiwanis clubs: Rochester, Rochester-Sunrisers, Rochester Golden K and Rochester Day Makers.

Deep in serious hockey country, these clubs have to know what they’re doing.

“The clubs bring in all the referees, make arrangements with the facility, schedule the games, get the trophies, plan the ceremonies and ensure everyone’s safety. We have to manage the event and everyone’s expectations,” says Randall Schmidt, 2017-18 lieutenant governor of Division 7 in the Minnesota-Dakotas District.

Seven Kiwanis members work for 10 months recruiting regional teams, organizing sponsors and selling advertising. At the tournament, which takes place the week of December 25, 50 club members sell tickets, staff the penalty box, move nets, oversee locker rooms and more.

In 2017, more than 60 corporate sponsors and advertisers provided financial support and staff help. The event has grown enormously since the early 1990s, Schmidt says, when the clubs envisioned it as a way to fill “a quiet period in town.”

“We have a large number of hotels because the Mayo Clinic is here, so we leverage this quiet time for increased utilization of hotel rooms and businesses. While they’re here, visitors spend over US$400,000 in Rochester,” Schmidt says. “It’s also a way for hockey teams to stay in town with family during the holidays, yet still compete with teams from around the region.”

In 2017, the cost of the project was $31,700, while gross revenue was $46,900. Over 25 years, the event has raised $650,000 for the clubs involved, funds that are divvied up based on participation. Proceeds have funded scholarships, Key Clubs, meals and more.

Schmidt says the event has made Rochester and its clubs a close-knit community.

“I’ve really enjoyed how this event brings the clubs and members together,” he says. “I’ve met so many people from other clubs that I wouldn’t have had the chance to know otherwise, and the same with people in the community. I’ve made some great friends through this project.”
The idea to restore New Zealand’s Waharoa Cemetery came about almost by accident, says Jim Kyle, a member and past president of the Kiwanis Club of Matamata.

Waharoa Cemetery is the final resting place for many of the early settlers and founding fathers of Matamata and Waharoa. It has about 80 grave sites, with the earliest dating back to April 16, 1879.

Possible cemetery-related projects lay dormant for quite some time. But then fate intervened in the form of a new club member, Justin Scelly, who had ancestors buried in Waharoa Cemetery.

Unbeknownst to the club, Scelly had begun a one-man project of spraying weeds at the cemetery. But that wasn’t all that needed attention. Over time, neglect had settled in. The cemetery officially closed in 1959, but not before sparks from a passing steam engine set the grounds on fire, destroying all the wooden crosses that identified the buried.

“The cemetery had simply dropped off the radar,” Kyle says. Scelly approached the club with the idea of restoring the abandoned graveyard. In 2016, the club approached Sheree O’Brien of the Matamata-Piako District Council about securing funding, and members began work in 2017.

Step one — under the supervision of club Treasurer and Project Manager Garry King — included further weed treatment, spraying the headstones (which were totally unreadable) and water-blasting and painting the fence. In step two, members removed weeds, reinstalled the ground’s matting (replacing it with a black plastic overlay) and leveled and replaced the soil. Metal chips — 42 New Zealand tonnes’ worth — were brought in to cover the cemetery’s grounds (except for the graves).

In the meantime, club members Heather Bond and Sally Jenkins joined forces with Matamata’s genealogy group and the Matamata Library in identifying those buried at Waharoa, while King ordered engraved crosses with steel bases to mark their graves. As of last September, the club had contributed 602 hours to the project and spent more than NZ$3,200.

“We will stay on to maintain the cemetery,” Kyle says. “Many of our members have donated their own materials and money to support the project. But this has truly been a labor of love for our small club, and what a difference we have made.”

Hallowed ground
A NEW ZEALAND CLUB RESTORES A HISTORIC CEMETERY.

Story by John Simmons
A single-family home near the heart of Kitchener, Ontario, has a history of serving as a place of refuge. Now, it’s become a home for Syrian refugees, thanks to the efforts of the Kiwanis Club of Kitchener-Waterloo and other organizations.

The story starts in the mid-1980s, when the Kiwanis Club of Kitchener-Waterloo purchased the home as a place for troubled youth who had nowhere else to go. Members partnered with Kitchener’s House of Friendship to offer support and counseling services, and the house became known as the Kiwanis House.

In the early 2000s, the Kiwanis club gifted the entire home to the House of Friendship, but members stayed involved with the house and its programs.

When the youth services program no longer was financially sustainable, the home once again needed a purpose, along with numerous renovations.

Enter Reception House Waterloo Region, an organization that works with refugees. Reception House needed a home for a large family. The Kiwanis House had six bedrooms. An agreement was made. House of Friendship turned the home over to Reception House. The Kiwanis Club of Kitchener-Waterloo paid to renovate a bathroom, something a family would appreciate.

Together, the Kiwanis Club of Kitchener-Waterloo, House of Friendship and Reception House welcomed a family of seven who recently had arrived from Syria. Saleh Al Nasser and Awach Ahmad and their five children fled Aleppo in 2012, living in a refugee camp near Beirut for four years before coming to Canada. For the first three months, the family lived in a Howard Johnson hotel, but then Reception House connected them with the Kiwanis House. Now the children have their own bedrooms and return to a comforting home each day after attending school.

“I am so grateful to have an affordable house that gives us the peace of mind that we lost for many years,” Al Nasser says. “I would like to thank everyone who helped me and my family since our arrival in Kitchener. I am looking forward to learning English and helping the community.”

With 20 members, the Kiwanis club is small, but it’s mighty.

Explains member Shelley Des Cotes, “This gives us a chance to find a need and fulfill that need.”

Full house
A KIWANIS PROPERTY PROVIDES DECADES OF SHELTER TO THOSE IN NEED.

Story by Lori Roberts • Photos by Michelle Gibson
Kids need Kiwanis. And sometimes Kiwanians need people who can help us serve them. Kiwanis International has a whole roster of partners whose missions are similar to ours. Team up to extend your reach, increase your visibility — and enhance your club’s next signature project.

Learn about them at kiwanis.org/partners.
BIRTHDAYS

These clubs celebrate 25th, 50th and 100th anniversaries in April 2019.

100TH—1919
Williamsport, Pennsylvania, April 1
Saskatoon, Saskatchewan, April 3
Knoxville, Tennessee, April 5
Chippewa Falls, Wisconsin, April 21
Baton Rouge, Louisiana, April 24

25TH—1994
Hollabrunn-Freyja, Austria, April 7
Greater Seekonk, Massachusetts, April 16
Citta Di Castello, Italy, April 19
Darien, Illinois, April 20
Zurich-Turicum, Switzerland, April 22

50TH—1969
Lakeland, North Webster, Indiana, April 21
Gardenside, Lexington, Kentucky, April 30
Potawatomi-South Bend, Indiana, April 30

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Kiwanians have a diverse range of signature projects, from duck races to baseball to food festivals, that they organize during the year. And sometimes, the events don’t go as smoothly as planned.

Wouldn’t it be great if you could reach in your pocket and pull out a multi-tool to solve the problem? Imagine this magical tool in the field. It’s versatile and convenient, adaptable in a pinch.

What functions would your imaginary multitool have? Let us know at shareyourstory@kiwanis.org.

Go Go Kiwanis Gadget

WOULDN’T IT BE GREAT TO HAVE ONE TOOL THAT DOES EVERYTHING?

Illustration by Curtis Billue
LET’S MEET WHERE IT’S MAGIC.

At Walt Disney World® Resort in Florida, wonders await — from fun and fellowship to a legendary Magic Kingdom® Park. Come join Kiwanians from around the world in the Happiest Place on Earth.

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Kiwanis convention 2019
Walt Disney World® Resort, Florida
JUNE 27-30
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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