CULINARY REFUGE

SWISS KIWANIANS SUPPORT A REFUGEE-RUN KITCHEN THAT PROVIDES MORE THAN A HOT MEAL. IT PROVIDES HOPE.
A CLEAR IMPACT IN UNCERTAIN TIMES.

It’s been a year unlike any other. But clubs keep reaching kids — because members keep giving to the Kiwanis Children’s Fund. Even without in-person projects and meetings, grants make service possible. From feeding hungry families to making sure kids can keep learning, Kiwanis causes continue to make an impact. Ever wonder what your gift achieves? As the coronavirus crisis endures, the answer has never been clearer.

THE MOMENT IS URGENT. GIVE TODAY.
kiwanis.org/helpkids
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SEPTEMBER 2020 • VOLUME 105, NUMBER 6

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Mission Statement
The mission of Kiwanis magazine is to empower and inspire Kiwanis members to make lasting differences in the lives of children — and to share their powerful work with the world.

COVER PHOTO BY
Clara Tuma Photography
From the executive editor

Helping Kiwanis clubs and members tell their stories is the best job in the world. I admit it. Kiwanis magazine staff members have the best jobs. And we have you all to thank for that because your projects and stories are always so inspiring.

But we don’t know about your projects unless you tell us or we find out through other means, such as television or newspaper reports. And sometimes we find your stories by accident, or by word-of-mouth.

This month, we feature a story about how the Allentown Kiwanis Club in Pennsylvania responded to the flu pandemic of 1918, sometimes referred to, albeit inaccurately, as the Spanish Flu. This story really hit me for many reasons. I love the detail we found through not only the author’s words and storytelling (he’s a Kiwanian, by the way), but also with old news clippings. As a former newspaper journalist, I was drawn to these old news stories. While reading the description of how the newly formed Allentown Kiwanis Club came together quickly to aid children with sick parents, it ran like a movie scene in my head. I wanted to know more. I searched online for any photos or descriptions from that time of how the flu impacted this small Pennsylvania community. I used Google Maps to find what I thought was the house used to care for the children (below). Being a native Pennsylvaniaian of course fueled my interest to some degree, but really, I wanted to know more about these people and this town. Everyone came together to help. And Kiwanis was there. Kiwanis is always there.

But I also want to tell you how we found this story. A few months ago, Kiwanis staff members called club secretaries to talk to them about how things were going during the current pandemic, if they needed anything or had any questions or concerns. We wanted to let clubs know that we’re all in this together, and that we care and want to help any way we can.

During one of those calls, a club secretary mentioned that her club started at the same time as the 1918 flu outbreak. With the current COVID-19 pandemic, that got us thinking and wondering how Kiwanis responded to a similar situation in the early 1900s. After some investigating, we discovered this story out of Allentown, Pennsylvania, and reached out to the people and this town. Everyone came together to help. And Kiwanis was there. Kiwanis is always there.

Please take a step back in time with us, beginning on page 22. Thanks for all you do to make communities around the world better for everyone. And keep sharing your stories with us at shareyourstory@kiwanis.org. Thanks for reading!

KASEY JACKSON
EXECUTIVE EDITOR
Celebrate your club officers and members with pins that tell the world who they are. Choose from traditional styles or make them smile with something less formal. A portion of every purchase contributes to allowing members to improve communities and the lives of children around the world.

kiwanis.org/store
President’s message

DANIEL VIGNERON
KIWANIS INTERNATIONAL PRESIDENT

I say with confidence that this is a year we will never forget. The COVID-19 pandemic thwarted several things I wanted to accomplish, but more importantly, it has shown me that around the world, our mission prevails. Clubs are very imaginative in their fundraising activities. We have pushed ourselves. We have been able to pivot and use technology so the strength and breadth of our work for children has not been compromised.

So many positive experiences. They really started with the camaraderie at the 2019 convention at Walt Disney World, Florida. Our board installation in Indianapolis was a treat at a venue called Daniel’s Vineyard. At my first board meeting as president, I was a little unsure of how it would go, but I was calmed by the board’s encouragement.

Warm welcomes have been everywhere. It was a thrill to ride the Kiwanis float in the Tournament of Roses Parade in California to start 2020. There I met with other service club presidents to begin a deeper collaboration, so we can continue our important work for communities.

The Asia-Pacific convention in Nepal was a unique experience that got this new district off to an inspirational start. Then we were grounded by COVID-19. Positives outweigh the negatives for the year, but I am disappointed that we couldn’t hold our Kiwanis Africa Conference or join with UNICEF on a site visit to Namibia.

To every Kiwanis club, please remember Res, non verba — actions, not only words. Act with a kind heart and open mind. Listen to others and settle differences. Kiwanis exists as a united organization to serve others.

I thank Stan Soderstrom for his counsel, governors for their teamwork and the Kiwanis staff for its support. Best wishes to President-designate Art Riley and President-elect designate Peter Mancuso. Be well, my Kiwanis friends. Thank you for a year that is a highlight of my life.

Executive perspective

STAN SODERSTROM
KIWANIS INTERNATIONAL EXECUTIVE DIRECTOR

As summer heads into its final weeks, students are settling into their school routines. For many, of course, the circumstances are very different in 2020. But I still find myself thinking at this time of year about Kiwanians’ influence on young people.

I joined the Kiwanis family as a Key Club member. I had some great mentors during my high school years and throughout my collegiate years in CKI. In many ways, they were the kinds of Kiwanians we should all hope to be — dedicated to kids and their communities, and to mentorship that inspires others to engage in service.

But not every young person is that fortunate. All organizations that serve young people encounter a sad fact: example. To our youth members, we’re role models — they take their cues on conduct and service from us. Yes, that results in higher expectations. But true mentors accept high expectations. Meeting them is how we show what service and leadership look like.

I thank the many Kiwanis members who are doing just that. For you and for our youth members, Kiwanis will remain vigilant. I know that you will too. After all, our commitment helps Kiwanis continue to be the organization that young people want and need us to be.

There are adults who sign on to be advisors, coaches and mentors, but then abuse their positions — as well as the youth they’re supposed to serve.

What’s the right way for Kiwanis to prevent this? It begins with high standards, and it continues with demonstrating our commitment to those standards. For example, our Youth Protection Guidelines — a document that every Kiwanis club should require all its members to review each year. There is also our requirement of criminal history background checks for every Kiwanian who works and serves with youth.

Of course, we must also adopt zero tolerance for abuse and misconduct. But we must also, finally, lead by example. To our youth members, we’re role models — they take their cues on conduct and service from us. Yes, that results in higher expectations. But true mentors accept high expectations. Meeting them is how we show what service and leadership look like.

I thank the many Kiwanis members who are doing just that. For you and for our youth members, Kiwanis will remain vigilant. I know that you will too. After all, our commitment helps Kiwanis continue to be the organization that young people want and need us to be.
We are excited to begin our new partnership with Kiwanis International.

Together we launch our unique patriotic fundraising programs that create opportunities for communities to unite as one, raise awareness and instill in our children the values our veterans fought to protect.

Colonial Flag Foundation, an established 501(c)(3) nonprofit charitable foundation, has an experienced team providing guidance and tools that makes this all possible.

IT'S EASY TO GET STARTED!
Contact us today at (866) 375-3524 or visit www.healingfield.org/kiwanis
What’s happening

**TRENDS, TIPS, FACTS AND FIGURES FROM KIWANIS INTERNATIONAL**

**Kiwanis International elects new leaders**

Election results are in for the 2020-21 Kiwanis International leadership team.

Art Riley, *Capital District*, was elected president of Kiwanis International, Peter Mancuso of the *New York District* was elected president-elect and Bert West of the *Rocky Mountain District* was elected vice president during the Kiwanis International Council, held July 25 due to the cancellation of the 105th Kiwanis International Convention.

“In the coming year, I will work to transform Kiwanis through membership growth, more focused youth leadership education and greater attention to diversity and inclusion,” says Art Riley, 2020-21 Kiwanis International president.

In addition to Riley, Mancuso and West, Kiwanis International’s new officers for the 2020-21 year include: Kip Crain, trustee, *Ohio District*; Chuck Fletcher, trustee, *Kentucky-Tennessee District*; Michael Mulhaul, trustee, *New Jersey District*; Michel Fongue, at-large trustee, *New Zealand-South Pacific District*.

Trustees from the Asia-Pacific District were elected during the Asia-Pacific District Convention held in Nepal in March. They are Buheita Fujiawara of Tokyo, Japan, and Wilfredo G. Aguilar of Koronadal City, South Cotabato, Philippines.

Council also voted to memorialize past Kiwanis International presidents who died the previous year, including Ray Lansford, 1984-85; Frank DiNoto, 1986-87; Anton “Tony” Kaiser, 1987-88; Dr. John Button, 2014-15; and Florencio “Poly” Lat, 2018-19.
CKI elects new leaders

The 2020-21 Circle K International Board was elected in July during the virtual conference CKI Next.

President — Tana Early, Alabama District
Vice president — Joey Cain, New York District

Trustees
Ethan Arredondo, Texas-Oklahoma District; Kaitlyn Carroll, Florida District; Tyler Kearns, New York District; Maria Landron, Florida District; Hannah Spargur, Minnesota-Dakotas District; Mackenzie Steele, West Virginia District; Tommy Thach, California-Nevada-Hawaii District; Austin Underwood, Ohio District.

Key Club International elects new leaders

The 2020-21 Key Club International Board was elected during the virtual Summer Leadership Conference.

President — Alex Drahos, Nebraska-Iowa District
Vice president — Caroline Bushnell, Rocky Mountain District
Trustees
Emma Brainard, Indiana District; Emma Chang, California-Nevada-Hawaii District; Marissa Ding, Minnesota-Dakotas District; Salma Eldeeb, Florida District; Glory Kalu, New Jersey District; Melanie Kim, Georgia District; Lena Oswald, Illinois-Eastern Iowa District; River Pease, Michigan District; Jordan Reichhardt, Rocky Mountain District; Andrew Watson, Southwest District; Eddie Wei, Nebraska-Iowa District.

New partners
Three new partners can bring value to your club — or to you:

• Colonial Flag Foundation, a new alternative for fundraisers. Clubs can seek sponsors for Healing Field® and Field of Honor® flag display events, all of which allow social distancing during the events. (U.S. only.) Information available at healingfield.org.

• PerkSpot, a one-stop online shop with discounts in 25 categories. Information available at kiwanis.perkspot.com.

• VSP Vision Care, which offers vision care for employers, members, Medicare-eligible adults and Medicaid members. The program offers more than 68,000 VSP practices ready to provide Kiwanis members with eye exams, lens and frames (U.S. only). Information is available at vspdirect.com.
Kiwanis Family Store refresh
The Kiwanis Family Store site is getting a refresh. As a result, the Kiwanis Family Store site will require all members to log on and create a new account. Previous account information will not be available.

The Kiwanis Family Store features hundreds of products to support your club. Branded items range from literature and recognition materials to gifts and project supplies.

Shop new items like face masks, jewelry and apparel. Create your new account today and get going on your club projects.

Shop and double your impact
A portion of proceeds from Kiwanis-branded merchandise sales is returned to Kiwanis International. Every purchase from ShopKiwanis.com and the Kiwanis Family Store helps Kiwanis members improve their communities and the lives of children around the world.

Legacy of Play Contest
Kiwanis International teams up with Kiwanis Partner Landscape Structures to give one Kiwanis club US$25,000 of playground equipment. The Legacy of Play Contest, now in its seventh year, celebrates our shared belief that investing in communities through legacy signature projects is important to the success of a Kiwanis club. And with its emphasis on inclusive play, Landscape Structures helps Kiwanis achieve our goal of bringing play to all children.

Important 2020 Legacy of Play Contest dates:
August 10: Contest opened
September 10: Last day for entries
September 14: Voting opens
September 27: Voting closes
October 5: Judges vote
October 7: Winner announced

Medicare coverage review
For members in the United States, Kiwanis has partnered with eHealth, a licensed health insurance agency, to provide a free, no-obligation review of your Medicare coverage.

eHealth helps people find Medicare insurance that works for their personal needs. Research, compare and enroll in Medicare plans that cover the costs of your doctors and prescription drugs and that are accepted at your pharmacy.

eHealth’s mission is to help Kiwanis members find affordable Medicare coverage through powerful website technology and consumer advocacy. The company can also provide personalized customer assistance that helps you meet your coverage needs.

For more information, go to ehealthmedicine.com/kiwanis. Or you can call them toll-free at 855-917-0119.
Spark Hours of Imaginative Play

Give kids ages 5 to 12 the opportunity to explore a forest canopy branch by branch with the new Tree Tops playstructure. Beyond the normal ups and downs of traditional tree climbing, this wondrously abstract playground design allows kids to navigate across wiggly bridges, roar down two different slides and so much more. Learn more at playlsi.com/great-designs.

As playgrounds open back up, keep your community safe with a Play Healthy™ Hand Sanitizing Station. Learn more at playlsi.com/play-healthy.
CULINARY REFUGE

SWISS KIWANIANS SUPPORT A REFUGEE-RUN KITCHEN THAT PROVIDES MORE THAN A HOT MEAL AND JOB TRAINING. IT PROVIDES COMMUNITY AND HOPE.

Story by Julie Saetre • Photos by Clara Tuma Photography

The picturesque city of Basel, Switzerland, nestled beside the Rhine River, seems custom-designed for postcards and travel blogs. Known as Switzerland’s cultural capital, Basel features some 40 museums inside its borders, along with performing arts venues and renowned architecture both modern and historic.

One of the most well-known of the latter is the SBB Railway Station, built in 1854 and redone in the early 1900s. Located in Basel’s city center, it was hailed as “a world reserved for travelers” — but by the 21st century’s debut, it had also become a shopper’s haven, filled with boutiques, eateries and services (insurance, currency exchangers, travel agencies and more).

Tucked behind the bustling border station in a quaint two-story structure is another area eatery, Restaurant du Coeur. Inside its cozy kitchen, a diverse collection of chefs creates a tapestry of international cuisine: specialties from Turkey, Tunisia, Italy, Greece, Spain, the Middle East. They work seamlessly, efficiently, amiably.

But behind the culinary prowess, the shared camaraderie and
the warm smiles lies a less sunny mix of turmoil, struggle and uncertainty. The chefs at Restaurant du Coeur are refugees who have fled home countries marred by political unrest, poverty and war. And with the help of the Kiwanis Club of Basel-St. Alban, they are learning skills highly valued in this cultured city — with the hope they can one day put the past firmly behind them and settle in as citizens.

Kiwanian Claudia Adrario de Roche is their strongest advocate. Basel is the perfect setting for Adrario de Roche. Born in Austria, she studied voice and archeology, going on to sing on stages in some of Europe’s most storied cities: Brussels, Cologne, London, Paris. But she is well aware of those living in a city’s shadows, and addressing
their needs fuels her passion for service.

In 2005, the SBB Railway Station began attracting not only local shoppers and eager tourists, but homeless individuals seeking shelter from the rain, snow and cold that accompany a Swiss winter.

"Immediately, conflicts between travelers, security and homeless people started up," Adrario de Roche recalls.

While some simply wanted the homeless to find shelter elsewhere, Adrario de Roche instead wanted to make a difference.

"You cannot send anybody away without showing him a way," she says. "This sentence is so simple and so true. We could only calm the conflicts by presenting a solution to our homeless persons — concretely, finding a place for them where they were welcome."

So in 2006, Adrario de Roche joined with two other women to found Soup and Chill just a few hundred meters from the rail station.

"We hired a very miserable room — we had no money to pay for a better one — and opened
the door. The name Soup and Chill says almost everything: People get food and a place for spending a few hours without stress and without all the dangers of life in the street.”

From November through March, Soup and Chill opens for four hours each evening, providing free coffee, tea, juice and soup to anyone who visits. In return, guests help prepare the soup and beverages, serve and clean up — all while following Adrario de Roche’s three rules.

“No sexism, no racism and no violence. Everybody respecting these basics and behaving in a respectful way with other guests and staff is welcome.”

Before long, she had recruited the help of her fellow Kiwanians, led by André Eschler, the founder of the Kiwanis Club of Basel-St. Alban.

“I wanted to make our club better known in Basel for addressing social deficiencies,” he says. “Our club has dedicated itself to the Soup and Chill project.”

Each winter day, Soup and Chill welcomes some 100 guests in an upgraded location. In 2012, friends of the Kiwanis Club of Basel-St. Alban — the oldest Kiwanis club in Switzerland — celebrated the
club’s 100th anniversary by donating furniture and kitchen equipment for the enhanced space.

But Adrario de Roche wasn’t ready to stop there. Since the kitchen and dining areas aren’t in use until 3 p.m., and not at all in the warmer months, she decided to reach out to another group in need: refugees.

In 2019 alone, 14,269 refugees applied for asylum in Switzerland. They come from Eritrea, Afghanistan, Turkey, Syria and other countries in crisis. But once they arrive, they often find themselves in limbo, caught in governmental red tape and limitations on employment.

“The asylum laws, and therefore the opportunity for young people to find employment, are extremely difficult — and difficult to understand — in Switzerland,” explains Adrario de Roche. “Asylum seekers wait for the first decision, then for the second, which can take years. And they cannot take on ‘normal’ work during this waiting period. However, the longer they do not work, the harder they are to integrate into a work process.”

So once again, she set out to find a way. In 2016, she helped found Restaurant du Coeur. By November 2017, the “culinary social program” had been recognized by the cantons of Basel Stadt and Basel-Land as an employment program for asylum seekers. Refugees are allowed to work at the restaurant under the direction of a permanent staff provided and paid by the private “Freunde von Soup&Chill” group. Refugees receive a very low wage through the cantons.

“Refugees coming to Europa/Switzerland bring with them their recipes, their talent for cooking and presenting nice food to friends and guests,” Adrario de Roche says. “Lots of refugees have made the long journey for getting out of the hell of war or undemocratic systems, as well as for finding a better life.”

Refugees like Selam, who fled her home country of Eritrea with her husband, only to be separated from him in the Libyan desert. After making the crossing to Lampedusa, an island off the coast

CONTINUED ON PAGE 49
A HISTORY OF SERVICE

DURING THE FLU PANDEMIC OF 1918, KIWANIANS IN ALLENTOWN, PENNSYLVANIA, OPENED A TEMPORARY HOME FOR CHILDREN WHOSE LIVES WERE AFFECTED BY THE ILLNESS.

Story by Frank Whelan

October 8, 1918, was undoubtedly among the most difficult days of Woodrow Wilson’s presidency.

That morning, U.S. Army Chief of Staff General Payton March, a native of Easton, Pennsylvania, came to Wilson with an alarming report. From all over the country, young men in military training camps, men he had called into the military to fight World War I, were sick — and many were dying — from an influenza pandemic. Camp commanders were suggesting that troop deployments be slowed until the crisis had passed.

Wilson admitted to March that he recognized the gravity of the situation. But with a major German offensive underway and American troops fighting valiantly against it, any attempt to slow the troop buildup now would be seen as a sign of weakness both by the Kaiser Wilhelm’s Germany and the Allies. So, along with ordering increased health precautions, the president decided the troop deployments to Europe would continue.

Perhaps to break the tension and stress at the close of the meeting, March heard Wilson repeat to himself a sobering rhyme then making the rounds of the country: “There was a little bird / its name was Enza / I opened up the window / and in-flu-enza.”

What, you might ask, does the great flu pandemic of 1918 — which killed between 50 million and 100 million people (estimated at 3% of the world’s population) — have to do with the Allentown Kiwanis Club? As it happens, the club was born that same year. And the historical record shows that...
KIWANIS ESTABLISHES
PROTECTIVE HOME

Because of the severity of the epidemic in
Lobeth and its surrounding
Kiwani's Red Cross and Motor
Mansion AS
Emergency Hospital
Kiwani's Red Cross and Motor
Messenger Head
Splendid Movement

17 CHILDREN IN THE
TEMPORARY HOME
Still Great Need for Bedding,
Etc., at Home Established
by Kiwanis Club

A. G. SAEGER MANSION AS
EMERGENCY HOSPITAL

City's Newest Charity a Most
Worthy One and Deserving
of Support.

“FLU” EPIDEMIC IS NOT A JOKE

With
There,
and Five
Stories.

EIGHTEEN CHILDREN ARE
CARED FOR AT NEW HOME

CHILDREN'S HOME TO BE ESTABLISHED

KIWANIS CLUB GIVES
$500 TO EACH HOSPITAL

KIWANIS DECIDES UPON MAKE-
Saeger Home Selected

Spanish Influenza
Is Epidemic Here

To Prevent
Influenza!

Kiwani's Red Cross and Motor
Messenger Head Splendid
Movement

CHUBER'S HOME TO BE ESTABLISHED

KIWANIS DECIDES UPON MAKE-
Saeger Home Selected

Influenza, Pneumonia,
The Grip

INFLUENZA SUSPENDS ALL
GATHERINGS

City Authorities Meet and
Take Action Demanded by
Imminent Spread of
Infection

A. G. Saeger mansion as
emergency hospital.
Kiwani's Red Cross and Motor
Messenger Head Splendid
Movement.

Eighteen children are
cared for at new home.
City's newest charity a most
worthy one and deserving
of support.

"Flu" epidemic is not a joke.

With there and five stories.

Kiwani's Red Cross and Motor
Messenger Head Splendid
Movement.

Kiwani's decides upon make-
saeger home selected.

Spanish influenza is epidemic here.
To prevent influenza!

Kiwani's club gives $500 to each hospital.

Kiwani's decides upon make-
saeger home selected.
Notice to be Sent to all Newspapers and Kiwanians.

Because of the necessity arising out of the Spanish Influenza Epidemic in Lehigh County and numerous requests to the Allentown Kiwanis Club, it has been decided to establish a Children's Temporary Protective Home in the Saeager Building, Fourth and Walnut Streets, Allentown, Pa. for the proper protection of children who are now subjected to the germs of Spanish Influenza through illness in their homes or through unsanitary conditions that may prove fatal to such children if they are not removed.

Up to the present time, requests have been made, through reliable sources, for the proper care of children and in order to finance this undertaking, arrangements are under way for the receiving of funds by public donations or by the willingness of individuals to obligate themselves for the care of one or more children for a long period of time as is necessary to continue the temporary home.

Believing every public spirited and charitably inclined person will be in perfect accord with this undertaking, we respectively ask you to contribute generously in this most worthy cause, making donations payable to John R. Halwig, Treasurer, Young Building, Allentown, Pa.

Mrs. John F. Saeager has donated the use of her home free of charge, and we are most deeply indebted for this most noble contribution.

We desire to thank the following for their contributions:

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<td>J. Lawrence Huling</td>
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A messenger was dispatched to President Taft at the Hotel Traylor, noted the Morning Call, and the following acceptance came back. ‘I accept the honor you have done me with grateful appreciation. William H. Taft’.

When the pandemic hit Allentown, its newest Kiwanians were on the forefront of fighting it. By their quick thinking and willingness to put service to the community first, Kiwanis Club of Allentown members saved the lives of many and rescued innocent local children who might otherwise have died.

No one could have suspected that the Allentown Kiwanis members would be playing this role when they first stepped on the stage on Saturday, January 9, 1918. ‘Allentown Has Kiwanis Club,’ read the headline in the Morning Call that day.

The first official meeting of the Allentown Kiwanis Club was held at 11:45 a.m. January 17, 1918, at the Hotel Allen.

Before the flu arrived in Allentown, perhaps the most dramatic thing to happen to the Kiwanis club occurred on March 15, 1918. ‘Allentown Has Kiwanis Club,’ read the headline in the Morning Call that day.

The first official meeting of the Allentown Kiwanis Club was held at 11:45 a.m. January 17, 1918, at the Hotel Allen.

Former president William Howard Taft was paying a visit to Allentown to buck up the morale of the U.S. Army Ambulance Corps drivers in training at Camp Crane, the name the Army gave to the quarters they had set up at the Allentown Fairgrounds.

At a Kiwanis lunch meeting that day, the Rev. Simon Sipple, Kiwanis chaplain and pastor of Zion’s Reformed Church, presented a motion inviting Taft to become the Allentown Kiwanis Club’s first honorary member. It was immediately approved.

“A messenger was dispatched to Mr. Taft at the Hotel Traylor,” noted the Morning Call, “and the following acceptance came back. ‘I accept the honor you have done me with grateful appreciation. William H. Taft.’”

But far from Allentown, events were taking place that would shape the future.

The exact source of the flu is still debated today. In 1927, after much research, Dr. Richard Shope of the Rockefeller Institute claimed that pigs at the Cedar Rapids Farm Show in 1917, carrying a parasitic lugworm that sheltered the flu virus, first transmitted the influenza disease to humans. Other researchers trace it to hogs in southwestern Kansas.

The first reported U.S. case was in March 1918 at Fort Riley, Kansas. An outbreak also began in Europe at roughly the same time, making it difficult to track its origins. Alarming to doctors was that a large number of normally healthy young people were dying from the influenza. It was not at all odd in that pre-antibiotic era for people to die from influenza, but it was usually the elderly, not young people.

The first account of the flu to hit the Lehigh Valley was reported in an Associated Press story that appeared in the Morning Call on September 13, 1918. It appeared under the headline “Spanish Influenza Imported Into America.”

The report mistakenly labeled the illness as Spanish in origin, an error that has stuck. But there’s a reason why it was dubbed the Spanish Flu. Spain, being one of the few neutral countries in Europe during World War I, made no attempt to censor its press, so the first accounts of pandemic came from there.

The article added that the flu had ravaged German, French and British armies and had just begun to be seen in U.S. Atlantic coast cities. Among other misinformation, the article confidently noted that it was “short lived” and “of virtually no permanent serious results.”

But a few weeks later, the flu was taking a heavy toll. At Boston’s Camp Devans Army clinic, built to hold 2,000, about 8,000 soldiers were dying from influenza. On one September day alone, 90 men died. Army doctors were helpless, noting that the victims’ lungs were virtually dissolved by the disease.

In Philadelphia, so many telephone operators became ill that
there was virtually no phone service in the city. More than 5,000 people died in Philadelphia in one day. Many children became “flu orphans,” having lost both their parents. Fearful relatives, afraid the children were carrying the disease, often refused to take them in.

Allentown Mayor Al Reichenbach received health bulletins from the federal government and immediately mobilized the standard precautions taken to quarantine the ill in his city of almost 74,000. But when new directives arrived on October 9, 1918, he thought their demands that theaters, church services and public meetings be discontinued were too extreme. Allentown was a clean city, he noted.

But while the mayor’s civic pride was admirable, the influenza paid no attention to municipal borders. Hospital beds were filling up that October, and Allentown doctors could not stand up under the strain.

On October 16, 1918, the Allentown Kiwanis Club decided to take action. Member Charles Kline, a civic-minded merchant, called the club’s leadership to a meeting at his home.

At the suggestion of Bruce Traylor, the men pledged US$500 — not a small sum in 1918 — to aid the city. Two days later, the Morning Call noted that following a meeting at the Hotel Traylor, the club’s leaders had reached an agreement with the Army doctors at Camp Crane.

The Army would staff a flu clinic for the public. It would operate between the hours of 9 a.m. and 9 p.m. “to administer to persons ill with the disease who cannot promptly get the services of their regular physician.” The article added that “motor messengers” were available to take the doctors to the homes of those too ill to leave them.

But the Allentown Kiwanis Club decided to do more.

“Kiwanis Establishes Protective Home” read the article in the October 29, 1918, issue of the Morning Call. At the urging of Kiwanis President Bohnet and Charles Kline, Mrs. John F. Saeger, a civic-minded member of one of the oldest families in Allentown, offered her former mansion at 4th and Walnut streets — which is still there today — for the establishment of what would be called the Temporary Children’s Protective Home.

Rather than let “flu orphans” wander the streets to die as they were doing in Philadelphia, the Allentown Kiwanis Club decided to create a refuge for them. Soon donations of mattresses, sheets, blankets and pillows for the home were piling up at the doors of club members.

The business leaders of the city opened their wallets in support as well. Samuel Traylor gave $1,000 and General Harry Trexler pledged to give $500 a month for every month it might be needed. By this estimate, Trexler’s total donation was $2,000.

The home opened on October 31, 1918. That same day, city health officials reported a monthly total of 3,000 recorded cases of influenza for the city, with 996 still active. Allentown’s working class 6th Ward alone had 476 cases and 33 deaths.

The home’s first occupants were 18 children, most from the working class areas of Allentown. They ranged in age from a week to 13 years. The newborn’s mother had died three days before.

The Morning Call noted that
“entire families of children from motherless homes” were welcome. Among the cases was one of four children whose father was in the hospital and whose mother, the newspaper noted “had gone insane through worry.” “Through fear of influenza, all relatives had abandoned them,” it reported.

Upon arrival, the children were greeted by Miss Elizabeth Engleman, the trained nurse who supervised the home. Along with a full-time cook was a staff of female volunteers, many from affluent local families. The Saeger mansion had 26 rooms. Some were transformed into large play areas for the children. Five were transformed into dormitories where they could sleep.

Along with money, which arrived in amounts from 50 cents to $1,000, blankets and all sorts of clothing flooded in. The Cameron Piano Company donated two large “talking machines” (phonographs) and a large selection of classical music and recorded nursery rhymes.

In early November, the Lehigh Valley was receiving the full brunt of the epidemic. “Quarantine Ban Continues Indefinitely,” headlined the Morning Call. Despite pressure from what the newspaper called “the amusement and liquor interests,” the city council refused by a slim majority to defy state and federal health officials and lift the ban.

Churches, schools, saloons and theaters were closed. Factories that were essential to war production, including Traylor Engineering and Manufacturing and Bethlehem Steel, were going full tilt. But they were among the few places where people were allowed to crowd together.

On November 4, 1918, the newspapers reported about 29 children at the Kiwanis home. It listed the donations of money and goods. Members of Kiwanis were giving their time also. Several used their large touring cars to take groups of the children and staff for rides into the country.

It was also beginning to look like the flu was in retreat, but not quite ready to surrender. Theaters had reopened, as had churches, but the schools were still closed. On December 2, the Morning Call ran a large article on the Children’s Home. It included a photo of the children in front of the residence. Some of the babies were being held by the volunteers.

That Christmas, the children received toys and dinner thanks to the Kiwanis members.

The last week of 1918, the Allentown Kiwanis Club voted in a new board. Former president Boehner announced at the meeting that, at the request of the national leadership, he was going to travel to report on the club’s activities during the influenza epidemic. Their efforts had attracted national publicity.

At the Allentown Kiwanis Club meeting of January 16, 1919, Vice President Lawrence Rupp announced that the Temporary Children’s Protective Home would be closed. Parents who had survived took their children home. The rest had been taken in by other family members.

After a tumultuous history-making first year, the Allentown Kiwanis Club settled down to more “normal” activities. But it is doubtful that those they saved in 1918 ever forgot.
WHAT ARE YOU DOING FOR YOURSELF, YOUR COMMUNITY, YOUNG PEOPLE?

On the following pages, you’ll find some information, inspiration and examples for getting yourself in shape, inside and outside, to become a more engaged part of the world — and even a more effective Kiwanian.

Stories by Kasey Jackson and Vicki Hermansen
STAY ACTIVE

**be mindful**

BREATHE, READ, TAKE CHANCES AND HAVE FUN.

Staying active typically means keeping physically fit with exercise or some kind of athletic endeavor. But there’s an important component to staying active that most people neglect: keeping your mind active.

In fact, exercising your brain may be one of the most important exercises a person can do.

“Our brains continually change and build new connections throughout our lifetime,” explains Lori Desautels, assistant professor in the College of Education at Butler University in Indianapolis, Indiana. “You’re never too old to do this because brains are built from experiences. And if there are no new experiences, brains will atrophy.”

For Kiwanis club members who are devoted to service, Desautels says it’s important to remember to take time for yourself. Adults in the workforce with busy social and volunteer lives often put their needs last.

“Compassion for yourself, self-care, is anything but selfish,” she says, noting it’s important to keep yourself fresh. “If you’re too tired, you will have little to give.”

Desautels suggests these methods to initiate self care for your mind and soul:

- **Bring novelty to your life.** When you step outside your comfort zone, you invite activities that stimulate thinking. That includes doing things that at first might feel uncomfortable. Activities could include art, needlework, crochet or music. These activities help to calm stress response systems.

- **Read, study and learn.** Read books of interest, study different places and try new technology. Curiosity and anticipation are important to keeping minds active, and because our brains are wired for survival, we are motivated for the next new experience.

- **Take a breath.** Breathing is one tool that can regulate your nervous system. We often take shallow breaths and don’t pay attention to our breathing. Take three deep breaths with an extended exhale and lower your heart rate and blood pressure. Desautels suggests this exercise twice a day.

- **Try mindfulness.** Use focused attention practices as mindful exercises and incorporate your breathing. Sit or lie quietly and focus on a stimulus such as music or even the sound of birds for 90 seconds. This exercise will cleanse your body of negative emotions. Don’t have a sound you like? Try it with the tastebuds, and put a grape, raisin or gum in your mouth. Focus on the taste and achieve the same results.

- **Have fun!** Fun comes from two things: interests and passion. Tap into what interests you and what you’re passionate about, something you love but don’t take the time to do. Try cooking or baking.

- **Get out of your rut.** Change up your routine. Humans are such habitual beings, doing the same things the same way, over and over.
Janie Wright (left) had a good life, and she knew it. But she also had a nagging feeling she could make it better if she could just find the courage within.

Wright, an architect in her early 30s from a small town in the United States called Waverly, Tennessee, discovered a love of travel early when she studied abroad during college. Once she caught that travel bug, it never really went away. As time passed and friends were creating solid careers, getting married and having babies, she realized that wasn’t the life she wanted for herself — at least not yet. She had several years of work under her belt by this point, but she longed to somehow bring together her passions for travel, architecture, design and yoga to create an environment where she could finally truly thrive.

She knew she’d need to be bold and brave if she were to pull this off.

And she was.

It started coming together after a yoga teacher training exercise in 2016.

“At the end of the training, I was asked to write down a five-year plan for myself,” she says. “They told us to really ‘reach for the stars.’ I wrote all about how I wanted to travel the world and lead yoga retreats, I wanted to use my design training for good and I wanted to help people see that a different life was possible.”

Wright felt overwhelmed. “I knew I had a story to tell,” she says. “When was I going to do it and how? I had to make it happen. I had been brainstorming for months at this point about how to do this, what I wanted to say, who I wanted to be. It was big, bigger than I could allow my little small-town heart to imagine, mostly for fear of dreaming too big and ultimately being let down.”

She decided to start small. “I started by setting a somewhat attainable goal for myself,” Wright says. “I will leave the country once a year for an international trip. This was going to ensure that I got to experience the joy of traveling that I had missed for so many years.”

When a yoga retreat in Thailand was advertised, Wright decided to go, and add Bali as a side trip. She wanted to stay awhile, so she researched design firms in Bali to make it a bit of a work trip as well. Maybe she could land an internship, she thought.

“I came across a design firm called IBUKU, and the tagline was ‘magical spaces inspired by nature,’” she says. “I was quickly brought back to reality after finding out that it is very rare for foreigners to find work in Bali. I would have to enroll in an unpaid internship program. The thought of that was so scary. How could I go from having an eight-year career as a licensed architect to working for free? After much debate, I went for it. I still applied to IBUKU in hopes of something coming through, but I had resigned to the fact that I was going to do the internship for a different company and that was it. That was going to be my way of living in Bali for a few months.”

To add to the excitement, she also signed up for yoga training in Bali, because, as she says, “How can I go all the way to Bali and NOT do this?”

It’s now more than a year later, and life certainly has changed a lot for Wright.

The unpaid internship fell through.
But she was able to complete the Jai Wellness Ayurveda and Yoga Teacher Training in Bali.

And even as a foreigner, she was invited to an interview at IBUKU. That was followed by an 11-day training called Bamboo U, where she learned about sustainability, bamboo architecture and construction.

And then she got the job.

Things were falling into place. But staying on course while chasing her dreams wasn’t always easy.

“I felt so far out of my comfort zone and also had the familiar voice of ‘Who are you to be here?’ and ‘Why do you deserve to be here?’ These voices are crippling.”

So how did she fight back against the forces trying to make her fail?

“I have to be honest when I say that every single day is a challenge,” she admits. “I’ve worked insanely hard to get to this point. I’ve taken huge risks to get here.

“I have days where I fight it and struggle, where I feel I don’t know myself anymore, because so much has changed that I barely recognize myself. Other days, I can’t imagine how I could ever go back to living the way I was before. I experience familiar anxiety and depression over missing my family and friends and not knowing what is coming next, or even what I want that to be. Again, the uncertainty is loud.

“My life here is anything but normal, which in a way is what I’ve always dreamt of. I continue to meet wonderful people from around the world and learn new things every day. I’m continuously challenged and have things to overcome on a daily basis.

“I’ve complained about not being able to meet people my age here, but honestly, in my life I’ve learned more about myself from people who aren’t like me than the ones I’ve met who are. I believe this is how we grow. I hope to spend the rest of my time in Bali finding people to connect with who aren’t at all like me, as that is the beauty of this place. People come from all over the world to feel the spirit of ‘Mama Bali’ and to heal for many different reasons.

“My advice for anyone who is pining over whether to chase a dream or goal is to ask yourself, ‘What does my soul crave?’ and ‘What am I willing to risk to find out if it’s possible?’

“In order to start living the life I’ve dreamt of, I had to give up everything that was comfortable to me. I had to take major risks and am still in the middle of writing my story. I’m not even close to stopping now and I’m doing my best to trust myself and let the universe guide me, as it has done so well over the past year.”
Does your Kiwanis club sponsor youth in our Service Leadership Programs? If not, you should. Tremendous learning and growth occurs through this mentoring relationship, for both the youth and the adults.

Here's how to start a club:

**Step 1:** Decide where the club will be hosted. Most clubs are school-based; however, you can sponsor a community-based club by partnering with libraries, Boys & Girls Clubs and other organizations.

**Step 2:** Ensure you have funds in your budget. Chartering fees range from US$300 to $600.

**Step 3:** Identify one or more members to be the Kiwanis advisor, someone who has an interest in service or leadership development and will be available for meetings.

**Step 4:** Meet with the school or site administrators to introduce the program and see if they are willing to be a host. Ensure they understand their commitments, namely the appointment of a faculty or staff member to be the club advisor.

**Step 5:** Help the host site recruit charter members and officers.

**Step 6:** Complete the charter petition, membership roster (excludes K-Kids and Builders Club) and submit fees. The club can start meetings and projects while you wait for this to be processed.

**Step 7:** Have a ceremony once you receive your official charter.

Here are the basic expectations:

- Become familiar with our Youth Protection Guidelines and make sure the advisor has fulfilled the background check requirement.
- Maintain an expense line item in your budget and ensure all dues and fees are paid.
- Ensure club officers receive proper training and offer access to training opportunities.
- Build a relationship by attending club meetings and events, hosting or participating in joint activities and inviting members to your organization’s meetings.
- Build a relationship with the school/host site, which includes regular meetings with school leaders or facility staff.

**Note:** Kiwanis International is preparing for the unique 2020-21 school year and the challenges it brings, such as online learning and limited in-person activities. Visit kiwanis.org/clubs for links to SLP clubs, where you’ll find information about online meeting kits, online service projects and more.
If you’re reading this, there’s a very good chance you’re already active in your community. Great job! But maybe you could do even more.

Has your club considered taking part in a community needs assessment? If you have, that’s great. If you haven’t, or if it’s been a while, we recommend that you take a look to see where your club could have the greatest impact in your community.

Kiwanis International offers the community needs assessment online at kiwanis.org/AceTools.

Does your club have a signature project? Signature projects provide valuable and needed service to a community. They elevate awareness of Kiwanis, engage current members and remind them why they joined Kiwanis. Additionally, signature projects can increase membership. Don’t forget to invite and involve potential new members in your club’s next signature project.

A signature project is one that includes all of the following criteria:

- Recurring: At a minimum, the project should take place annually.
- Brand enhancing: The project should be designed to elevate the Kiwanis brand in the local community with opportunities for public relations activities, such as using the Kiwanis name on the project, media mentions, etc.
- High impact: The project should have a demonstrable positive impact on the community; this impact should be measurable in monies raised or children served.
- Membership focused: The project should support opportunities to strengthen membership and develop new partnerships.

**TIP:** A good question to ask when identifying a signature project: “What community activity or event is my club known for?”

**ASSESS LOCAL NEEDS AND THEN MAKE A BIG IMPACT.**
Now that we’ve addressed some ways to keep your mind fit and your spirit fresh, let’s get back to the body — and the ways physical fitness influences our mental strength.

There are several ways to keep your body active — some you don’t even think about. While many of us, all over the world, are staying home more than usual due to the pandemic, we shouldn’t allow that to keep us from getting some exercise.

Try some of these simple ways to get moving. And remember, always check with your doctor before starting any new exercise plan.

**Walk outside.** Get in some steps around the neighborhood. Consider buying a pedometer. Or use your phone’s step-counting feature to track your progress.

**Take the stairs.** If you have the option of stairs anywhere you happen to go, take them. Skip the elevator. If you have stairs in your home, set a goal to go up and down them a certain number of times a day. Safely, please.

**Rely on the old classics.** You don’t need a gym to work out. And you don’t want to push too hard. Start with what you can, whether it’s small sets of jumping jacks, push-ups, sit-ups, lunges or squats. Or try simple stretches. Every movement matters. The key is to make them all count.

**Stretch and then stretch some more.** Lie on the floor and stretch. Roll side to side. Pull your knees to your chest. Stretch your arms in the air. Stretch your ankles and wrists. Work your way from head to toe, stretching each part of your body slowly and smoothly. Pay attention to your breath. Relax.

**Suck in that gut.** Remember, your core strength determines the health of so many parts of your body. Doing the dishes? Suck in your gut and tighten those muscles. Sitting at your desk? Pull in your belly button. Put your shoulders back. Focus on your posture.

**Take a hot bath.** A recent study found that taking a hot bath can burn as many as 130 calories. Even if you don’t believe that, it still feels good and is a nice gift to yourself after a hard day of work and exercise. Relax. You’re worth it.
The best Kiwanis clubs consistently add new members. After all, fresh energy and novel ideas are the lifeblood of successful service. That’s why attracting people to Kiwanis is one of the primary responsibilities for clubs — and a hallmark of those that last.

The process doesn’t end with successful recruitment. What happens when new members arrive?

Parades and brass bands aren’t necessary. In fact, some clubs have figured out that a personalized touch can make a bigger first impression than the greatest fanfare. Objects as modest as aprons and cards are creative solutions to a key practical matter: inspiring new members to keep coming back.

A welcome that works

An apron isn’t meant to be fancy or showy. It’s useful, functional — it has a job and does it. That might make it seem an odd choice as the centerpiece of an important ceremony. But for the Kiwanis Club of Independence, Ohio, that’s part of the point.

Since the club itself was chartered in 1952, a Kiwanis apron has been presented to new members at induction ceremonies as a symbol of the work they are about to join in.

“In those days, it was a symbol that Kiwanis was a working organization,” says Edie Schilla, current club secretary. “I knew one of the founding members, and that was the thing: ‘We work.’ Members knew they were expected to do service and be on committees.”

The club doesn’t just offer the apron as a symbol of service and effort. Each of the other members signs it — a way of saying that...
they’re all in it together.

Of course, that’s also a good way for the inductees to start pairing names with faces. During meetings in which new members are inducted, an apron-signing session is one of the last activities. Veteran members give their autographs, introduce themselves and discuss club matters with the newcomers.

“They come up to the table — we have markers and pens to use — and they can introduce themselves, shake hands, whatever,” Schilla says. “The committee members get to introduce themselves too.”

She chuckles. “And maybe recruit a little.”

**Meaning for members**
The Kiwanis Club of Monticello, New York, also welcomes new members with signed aprons — and the signing helps serve the same familiarizing function. In Monticello, however, the new members approach the others.

The club likes to call in the lieutenant governor for its installation ceremonies, says Kathy Garlick, the club’s secretary. “Usually right after the lieutenant governor installs (the new members), they go around and get the apron signed,” she adds.

“Everyone gets a chance to socialize — to talk about how long they’ve been in the club, the time when they were installed.”

The apron itself doesn’t have a symbolic intent in Monticello, but in practical terms it offers the same reminder: Kiwanis service is about volunteer work. After all, the aprons come in handy at club events.

“We’ve done barbecues, fish fries — we’re always doing something like that,” Garlick says. “Some of the folks who have been with us for years wear theirs.”

Of course, other members prefer to have a well-preserved memento of their first Kiwanis moments. How people use their aprons — or whether they do at all — is up to each of them. Those who wear them to events, Garlick says, find that a signature-filled Kiwanis apron provides another convenience.

“They’re a good conversation starter. Wear it to a fundraiser and people will ask, ‘What is that?’ You tell them, and they start to learn a little about the club.”

When a tradition endures long enough, even the club’s own members can discover how meaningful it is. Four years ago, Garlick says, a past president died in her mid-80s. The club heard from the woman’s daughter, who found a number of Kiwanis items — including the apron.

Back in Ohio, the Kiwanis Club of Independence has also heard from family members of deceased Kiwanians. Relatives are often kind enough to offer certain items back to the club, Edie Schilla says, but there’s an exception.

“It’s usually not the apron they’ll part with,” she adds.
“We did a full review of what works and what doesn’t, particularly when it comes to getting younger members, and that’s why we did what we did.”

“Awards or pins they’ll give back to us. One member’s wife gave us photos — but not the apron.

“You’d be surprised how well the family knows the significance of the apron. I’ve had conversations with daughters of women who helped (the club) when women weren’t involved in Kiwanis. Families just know. It’s amazing how well they do know.”

Building a new custom
The Kiwanis Club of Brantford, Ontario, also knows all about tradition. The club celebrated its 100th anniversary last year. Along the way, longevity has taught them that success is a matter of membership strength — particularly the club’s appeal to younger adults.

For many years, the Brantford club welcomed members with apron signings. But these were builders’ aprons, says Joanne Murray, the club’s membership chair.

“It was back when the Kiwanis motto was ‘We Build,’” Murray says. “It was a sign that we intended to be builders: ‘We build strength in kids.’ But it seemed a little dated when Kiwanis stopped using it as a tagline.”

A change came a few years ago, when the club took a top-to-bottom look at its operations — including the way it welcomed new members.

“We did a full review of what works and what doesn’t, particularly when it comes to getting younger members,” Murray says. “And that’s why we did what we did.”

What they did: start presenting new members with a printed card that features the other members’ photos. As with the Monticello club, new members go to the others for their signatures — a space is provided under each thumbnail photo — and for the get-to-know-you conversations that result.

The card was possible, Murray says, because the club had already gathered members’ photos for its online communications. “We just pulled them off of Portalbuzz,” Murray says. “It was an easy thing to do.”

The card itself is coming in handy even in the midst of the pandemic. In July, the club was planning a welcoming ceremony via Zoom for a new corporate member. The card was still part of the plan — in this case, to be dropped off afterward at the corporate member’s office.

When the pandemic ends, other new members will be encouraged to bring theirs in to get signed. After all, it’s ultimately more than a new custom. The autograph-gathering has been written into club policy.


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Telling stories, changing lives
READING MEETS FUNDRAISING IN A MALAYSIA-WIDE EFFORT.
BY WENDY ROSE GOULD

There’s magic in having your parents read you a book, but to have a celebrity flipping the pages in front of you is special too. That’s precisely what the SaveWithStoriesMY initiative is all about.

The Malaysia-based project was inspired by a similar program in the United States, pioneered by actors Jennifer Garner and Amy Adams. SaveWithStoriesMY is a collaboration between the Kiwanis Malaysia District and three other organizations: AFO Radio, TraqKid (a children’s health, safety and enrichment organization) and marketing/advertising company VGi Transit.

Not only does SaveWithStoriesMY help instill a love of reading in children, but it’s also raising funds to support programs that provide education and lifelong care to children with disabilities.

“This fundraising campaign was initiated by AFO Radio and TraqKid, which both wanted to do something for communities affected by the COVID-19 pandemic,” explains Malaysia District Governor Dr. Laurence Lim. “VGi has helped the initiative gain more exposure. They intended the funds to be used for children’s education affected by the pandemic and, recognizing that Kiwanis has been strong in projects for the kids and governance, approached our club to be the beneficiary of the funds.”

Here’s how it works: Celebrities and other high-profile individuals are invited to tell a story for children and then post it on their social media platforms using the tag #SaveWithStoriesMY, along with a short appeal for a donation. Funds raised through these posts then are channeled into projects that provide educational resources to underserved children and help feed vulnerable families affected by COVID-19.

The target fundraising goal is MYR$100,000. The campaign’s initial stage raised 5% of the target goal. During the campaign’s next phase, the groups will seek corporate sponsorships in an effort to significantly boost the donation drive and help more kids.
FOR ALL THEY DO.

Need to show a committee leader some love or show your outgoing officers how much you appreciate them? Order now while you have plenty of time to get your plaque or certificate personalized.

kiwanis.org/store
During a worldwide pandemic, routine healthcare can become, well, less routine. But maintaining a child’s regular vaccination schedule remains as critical as ever. So when members of the Emporia, Kansas, Kiwanis Club learned that a health center faced a challenge reaching kids who needed help the most, they jumped in to secure healthy futures.

The Flint Hills Community Health Center in Emporia serves the small town of 24,598 and its neighboring counties. But when stay-at-home orders went into effect, standard operations took a hit. “The impact in patient productivity forced a furlough of staff to help offset the financial impact of our organization,” says Flint Hills Community Health Center CEO Renee Hively.

At the same time, the center needed to lead the community’s public health response to combat the novel coronavirus. Stretched thin financially, the center had no funding for its immunization program for children from low-income families. That meant 30 children had to be placed on a waitlist to receive crucial vaccinations. “Providing vaccines for the underinsured and underserved is essential to keeping our community and our children safe from vaccine-preventable illnesses like measles, mumps and rubella, hepatitis A and B, along with pertussis and many more preventable diseases,” says Hively.

Emporia Kiwanis Club President Michael Perigo heard of the need and encouraged Hively to request funding. Club members then voted unanimously to support the program. “We felt like this was a great opportunity for our club to do something that would really make a difference,” Perigo says, “especially because of the COVID-19 pandemic.”

The club donated US$607.50 to cover the administrative cost of vaccinations for the waitlisted children. Funding came from the club’s 2019 Pancake Day event, an annual fundraiser that provides money for charitable donations. “The smiles on the faces of the families that received this benefit speak a thousand words,” Hively recalls.

While this donation is a first, club members welcome the opportunity to support the health center’s future child-related initiatives. All Kiwanians, Perigo stresses, have a responsibility to seek ways to fill community gaps. “Service is not a passive word,” he says. “As a service club, we should have local needs on our radar. Look for unmet needs.”
“EVERYBODY CAN BE GREAT
BECAUSE EVERYBODY CAN SERVE.”
— Martin Luther King Jr.

For many people, a lifetime of service begins in Kiwanis Service Leadership Programs. When your Kiwanis club sponsors a Kiwanis Service Leadership Program, you build crucial skills — in the people who will build a better world. Thank you for empowering leaders of all ages and abilities.

Is your club looking for a sponsorship opportunity?
Get started at kiwanis.org/charter.
Most of us learned how the heart pumps blood and what the pancreas has to do with digestion by studying 2-D illustrations and transparent overlays. After all, it’s not as though teachers can hand out body parts for students to inspect.

Or can they?

Thanks to the Kiwanis Foundation of Easton, Pennsylvania, teachers in the Easton Area Schools District will be doing just that — through a virtual learning tool called zSpace (zspace.com).

Though it looks like a mere keyboard with an oversized screen, the tool combines augmented reality (AR) and virtual reality (VR) to create lifelike objects. Using a stylus and special glasses, students seemingly pull what looks like an actual heart, for example, out of the screen into the air. Then they move it to examine it from every angle or inspect parts that are normally hidden from view.

The purchase was possible through a US$5,000 grant from the Kiwanis Foundation of Easton via The Foundation for Easton Schools. Biology teacher Carly Egberts spurred the idea.

“The beautiful thing about science is that it’s all around us, and with these new technologies, our students will get to see, touch and manipulate things that have always been intangible,” Egberts says. “We’re officially closer to the year 2050 than 1990, and we owe it to our students to reflect that in our classrooms.”

Easton Area High School students will stand out from their peers with this real-world, hands-on experience, she adds.

“This will prepare them for college and even for their lives outside of school, regardless of the paths they choose. At the end of the day, they’ll just better understand what makes us human.”

The Kiwanis Foundation of Easton funded the zSpace acquisition because the Kiwanians involved encourage students to consider careers in health.

Kenneth Wildrick, the foundation’s president, explains, “The zSpace lab is a very attractive tool for developing curiosity about those fields, and it will provide a strong foundation as students enter college. We love to build in future success.”

While COVID-19 has slowed the process, the lab will be incorporated into Advanced Placement biology and anatomy/physiology classes. More than 300 students are expected to benefit during its first year of use.
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
The Kiwanis Foundation of Jamaica can build a service center on land worth millions of Jamaican dollars, thanks to an immigrant's generosity.

Giusseppi “Pino” Maffessanti, a longtime member and president of the Kiwanis Club of Montego Bay, donated the land in Unity Hall to see a dream come true: the creation of the Kiwanis Foundation of Jamaica Western Regional Kiwanis Service Centre. The land is on the northwest coast of the Caribbean island near Montego Bay, a major port for cruise ships.

A real estate developer known for his philanthropy, Maffessanti came to Jamaica from Italy in the early 1950s with his mother. They joined his Italian father, who had settled in the island nation after being a prisoner of war during World War II. Today, Maffessanti runs the construction firm his father created.

Maffessanti donated the land to the Kiwanis Foundation of Jamaica in 2007 and recently granted official title to the organization. He has made similar generous gestures in the past, once subdividing land he owned and giving parcels to 32 families. Maffessanti earned the Order of Jamaica distinction in 2018 for his contributions to the construction sector, social development, welfare and philanthropy.

Foundation President Abdon Campbell and Montego Bay Kiwanis Club President Teisha-Ann Pinnock led the title-granting process and were on hand to accept the document. Under the terms of the agreement, the Service Centre will include facilities for Kiwanis clubs to hold meetings, functions, training sessions and sponsored community activities. In addition, the Centre will be required to generate income to sustain itself. Groundbreaking is not yet scheduled.
of southern Italy, she was raped, became pregnant and then lost the baby as she traveled through Italy’s mainland. After working at a café in Venice for two years, she learned that her husband had made it safely to Basel. She rejoined him there and began working at the Restaurant du Coeur two weeks later.

Refugees like Bircan, a Turkish woman who traveled to Switzerland with her daughter, a paraplegic after a bombing attack in Syria. Bircan is known as one of Restaurant du Coeur’s most talented chefs, and her wages help her independently support her own needs and those of her child.

Monday through Friday, Restaurant du Coeur serves a lunch of soup, salad, main course and dessert, prepared by the refugees. Ingredients for the dishes come from a food-sharing program that distributes surplus supplies that would otherwise go to waste. The ever-changing menu has no prices; guests choose how much to donate in return for the meal.

In addition to honing their cooking skills, the refugees also receive instruction in the German language and training in key areas of catering, including proper handling of food, punctuality, service standards and workplace dynamics.

“Work takes a central place in every new start,” says Adrario de Roche. “Work brings structure, work creates social contacts, work gives the chance to show your talents — bringing acceptance and success.”

Her theory has proven true. Locals, drawn to the delicious variety of cuisines and the warmth of those who prepare and serve the meals, have made Restaurant du Coeur a popular lunch spot for both business and casual meals. Companies reserve the room for corporate meetings or order catered meals to go. Families celebrate special occasions with a Restaurant du Coeur spread.

Still, the project receives no government subsidies, and donations don’t cover all expenses. So Adrario de Roche is working on other methods to ensure the project’s long-term success.

“We hope to establish a sponsorship system,” she says, “so that we can afford to lead people to independence without endangering the restaurant’s finances. The Kiwanis Club of Basel-St. Alban has committed to helping. And everyone can support this project.”

That’s key, she adds, not just for the future of the restaurant and its refugees, but for a future of building bridges and forming unity in a diverse world that is too often deeply divided.

“We are happy about this success, but what’s even more important is the philosophy behind it. Everybody likes food from different countries, placed together on one board. There are no restrictions, no barriers. A tortilla from Spain is delicious with tzatziki from Greece. Arabic bread is so tasty with olive tapenade from Italy.

“It’s possible on a board. Why isn’t it possible in real life to accept different cultures? Why is it so difficult to appreciate that they are different?”
Handle with care

HERE’S HOW TO PROTECT THE SAFETY OF THE ONES YOU SERVE.

This month, we encourage you to talk about and prepare for Youth Protection Week, October 4-9, during one of your club meetings. Take advantage of the resources and activities available during Youth Protection Week to make sure your club is up to date on training and compliance. Nothing is more important than the safety and well-being of those we serve.

Why youth protection matters:

• One in 4 youth worldwide will suffer abuse or maltreatment. (Source: World Health Organization)

• One in 4 girls and 1 in 6 boys will be sexually abused before age 18. (Source: U.S. National Sexual Violence Resource Center)

• More than 90% of abusers are people children know, love and trust. (Source: Indiana Center for the Prevention of Youth Abuse & Suicide)

• More than 25% of teenagers were bullied in the past month. (Source: World Health Organization)

What to do during the week:

• Dedicate a meeting — in person or virtually — to training members on youth protection.

• Use these resources available at kiwanis.org/youthprotection:
  ◊ Culture of Care Champion: Student facilitator training.
  ◊ How to get your background check.
  ◊ Praesidium youth protection and child abuse prevention training support.
  ◊ Parent and youth resources.

• Familiarize members with Kiwanis’ dedicated, confidential Youth Protection Helpline.

Available 24 hours a day, the helpline is staffed by experts through our partnership with Praesidium. It can be used by Kiwanis family members, parents and advisors. To access the helpline, call +1-866-607-SAFE (7233).

Also watch for special activities and webinars throughout the week for members and club- and district-level youth advisors. Go to kiwanis.org/youthprotection to learn more.
How Can Your Kiwanis Discount Program Serve You?

Announcing your new Kiwanis Discount Program! As a Kiwanis member, you now have access to thousands of exclusive discounts that will help you save time and money when you need it most, which we know can be especially important at a time like this.

Whether you’re seeking reduced costs for groceries, products that align with your health and wellness goals, a way to keep children entertained and educated, or something else, make sure to visit your Kiwanis Discount Portal and browse through the tens of thousands of discounts available to you.

A Look at a Few of Our Many Discounts...

On Food
- Home Chef
- Grubhub
- Pet Plate
- Thrive Market

On Health & Wellness
- Equinox
- Diamondback
- Nutribullet

On Education
- DeVry University
- Knowable
- Rosetta Stone
- TutorMe

On Children’s Products
- CodeWizards
- KiwiCo
- Yumble

Head to kiwanis.perkspot.com to start saving!
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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When you read something you love, pass it on.
#kidsneedkiwanis #kiwanis