ONE WORLD ONE TRIBE

CELEBRATING THE WAYS WE ARE ALL SO VERY DIFFERENT — BUT BETTER YET, THE WAYS WE ARE ALL SO VERY MUCH THE SAME.
Kids need Kiwanis. When you give to the Kiwanis Children's Fund, you help us reach them when they need us most. Warm coats when the temperature drops. Lifesaving vaccines before a child is born. Fresh food even when it's not in season. Make a gift today — and change lives all year long. Let us show you how.

KIWANIS.ORG/HELPKIDS
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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.
he Kiwanis International Office, there’s a man who sits outside the fast food restaurant Chick-fil-A almost every day with a cardboard sign. On it, he’s written that he needs help. He also has a shopping cart filled with what looks to be everything he owns. If someone gives him food or a wave, he smiles a beautiful, shy smile.

His name is Arnel. Here’s how I know.

Several winters ago, I saw him sitting there in the snow. I had to know how he was doing. I wanted to know more about him. His story. So I pulled into the parking lot, got out of my car and walked toward him. He looked startled as I knelt next to him and said hi, introduced myself and asked his name. That started a conversation.

He told me he had done some time in prison. He’d never known his father. His mother had died while he was in prison. He didn’t get to say goodbye. Now he was living in a shelter whose staff was helping him get on his feet and find work. I asked him what he needed most at that moment.

Boots, size 10. XXL long underwear. Maybe some XL gloves. I thanked him for chatting and said goodbye.

I drove across the street to Walmart and bought him boots, wool socks, gloves, long underwear, a large bath towel, blanket, pocket hand warmers, soap, beef jerky, a fleece-lined hoodie and a winter hat. I went back to the same parking spot, popped the trunk and walked toward him with several bags. We went through them together. He just smiled and was so thankful. Stunned, really. I noticed in his cart he had several gifts wrapped in Christmas paper that he hadn’t even opened yet. All from people who drive by, he said.

As I left, I told him I’d wave every time I drove by. “Ma’am, thank you,” he said. “Nobody has ever asked me my name.”

Sometimes we need to ask about things like that — even simple things like names. Because we all have a name. Because we’re all human. And we all deserve compassion. Thank you for reading this issue, which reminds us all that we’re part of the same “tribe”: the human tribe. We are all part of the same race: the human race.

KASEY JACKSON
EXECUTIVE EDITOR
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
- Planet Fitness
- 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!
President’s message

Kiwanians’ service gives lasting value to each community. As president of Kiwanis, I see current projects and programs — and a horizon filled with potential. Kiwanis clubs’ literacy efforts give preschool children a head start on a lifetime of education. K-Kids and Builders Club offer leadership experience that orients members to a lifetime of service. And Key Club has long shaped national and international leaders’ understanding of service leadership.

These are only some of the ways Kiwanians invest in a future that offers greater development of youth and adult leaders, Kiwanis signature projects that address new needs in every community, youth programs that reach more kids, the adoption of new technology by the entire organization and worldwide brand recognition.

To achieve this future, members must concentrate on expanded membership, stronger districts, increased diversity, effective partnerships and greater philanthropy. Kiwanis must also embrace continuity of leadership at every level.

Leadership collaboration is what ensures our initiatives’ success. In fact, this teamwork is currently yielding more club formats, innovative leadership programs and a vision for the Kiwanis Children’s Fund. And it will soon produce new opportunities for youth members and ways to attract younger members.

In the hands of committed members, the future is limitless. Such members understand the meaning of service. They see how it impacts kids’ potential — and ours. Now is the time to commit your talents to building the future of Kiwanis.

Executive perspective

When the tide rises, all ships rise together. It’s a basic truth — within the Kiwanis family, and beyond it as well.

Over the last several months, I’ve been meeting via Zoom with senior leaders of Rotary International, Lions Club International and Optimist International. Our discussions sprang from an understanding, early in the pandemic, that we were in these strange times together. We all saw the need to share and learn from each other.

As we’ve done so, I’ve seen that the lesson expands endlessly, to all of humanity. In fact, this issue shows how connected we really are: one tribe, as the feature that begins on page 12 puts it. And on page 27, you can read about the universal need for compassion among the human tribe — including even the necessity of cultivating it, which is a core aspect of human survival.

Of course, connection matters to Kiwanis clubs as well. Our resources can be resources for each other. If you don’t know the other clubs in your community, go find them! With technology, it’s easier than ever. You might even realize you know some of those clubs’ members — and can share ideas, resources, meeting speakers and more.

You can even work with other service organizations. If someone can’t join or stay in your club for specific reasons, refer them to one of those clubs. Do it for them, and they might do it for you.

After all, it’s better to keep people connected to service than to let them drift away. As the last year has reminded me: We can all work together to make the tide rise.
We’re saying thanks with FREE SHIPPING!

JUNE 20-26 2021

During the week of the 2021 Kiwanis Education and Leadership Conference, all members will get free shipping on orders from the Kiwanis Store!* It’s our way of showing how much we appreciate you. And it’s your way to save money when you buy Kiwanis-branded items.

kiwanis.org/store

*Domestic shipping only. International shipments not included.
What’s happening
TRENDS, TIPS, FACTS AND FIGURES FROM KIWANIS INTERNATIONAL

Key dates in June and July

June
Kiwanis International-European Federation Convention, Zürich, Switzerland [3-6]
Kiwanis International Board meeting (virtual) [16]
Kiwanis Children’s Fund Board meeting, Salt Lake City [23]
United Nations Public Service Day [23]
Kiwanis International Education and Leadership Conference, Salt Lake City [24-26]
Circle K International Education and Leadership Conference, Salt Lake City [24-26]
Kiwanis International Council, Salt Lake City [26]

July
Kiwanis International Office closed [5]
Key Club International Summer Leadership Conference [9-10]
Kiwanis International Office in Ghent, Belgium, closed [21]

Look ahead to back-to-school
The beginning of summer means vacation time for kids and families. But it’s also time to start preparing to meet kids’ needs when back-to-school season starts. Kiwanis has you covered. Check out some of the resources available now:

• **Kiwanis Warehouse.** Operated by Kiwanis partner DollarDays, it’s your place to get school supplies, backpacks and more at wholesale and bulk prices.

• **Reading is Fundamental.** Through this Kiwanis partner, club members can volunteer to be a guest reader at school and community events, host a book drive, access RIF resources for mentoring, order RIF books and conduct a RIF fundraiser.

• **BUG and Terrific Kids.** Help schools celebrate students with these Kiwanis programs. Purchase a Bring Up Grades, or BUG, kit for a school near you — and even partner with the school to distribute awards to the kids who maintain or improve their grades. To help students modify their behavior and become the best version of themselves, purchase a Terrific Kids kit for a school.

For more information about Kiwanis partners, go to kiwanis.org/partners. To order materials for the Kiwanis programs, go to kiwanis.org/store.
That’s how many Kiwanis clubs entered the 2021 Signature Project Contest — a 10% increase over last year. And it was an international increase, with 30% of entries coming from clubs outside the U.S.

Get a Children’s Fund Ready-Made Meeting Kit

The Kiwanis Children’s Fund, the fundraising and grantmaking arm of Kiwanis International, supports club, district and international projects. So they’ve recently introduced the Ready-Made Meeting kit to help clubs structure a meeting around the Children’s Fund and all it does.

With content that includes information and activities, the kit is a ready-made way to show members how they can extend their impact, develop fundraising skills and more.

The kit includes informational and inspirational videos, along with materials that help conduct activities and discussions regarding the Children’s Fund — including service stories, myths and realities, and tips from Children’s Fund staff.

Digital resources are also available to help answer members’ questions about grant proposals, effective fundraising events, membership growth and more. Find the new kit at kiwanis.org/readymademeeting.

Prorated dues to replace new member fee next Kiwanis year

A simplified dues policy for new members begins October 1. On that date, the new member fee of Kiwanis International and all Kiwanis districts will be eliminated. Instead, anyone who joins a Kiwanis club during the Kiwanis year will be charged prorated dues and fees, based on the month they join. On each subsequent October 1, all members will then be assessed the annual dues-and-fees amount.

The elimination of the New Member Fee was decided by the Kiwanis International Board in October 2019 to take effect on October 1, 2021.

Kiwanis International uses the proceeds from dues and fees to fund meeting expenses, membership materials, shipping and other expenses. English-speaking members in the U.S. and Canada are also charged $8 annually for Kiwanis magazine and $17 for liability insurance and Directors & Officers Insurance. Those fees will also be prorated for new members.
Kiwanis News

Congratulations to all the Kiwanis club finalists in the 2021 Signature Project Contest. The top three selections from each tier will be recognized as the gold, silver and bronze winners during the 2021 Kiwanis Education and Leadership Conference.

Tier 1 finalists (27 or fewer members)
- Kiwanis Club of Centennial Hills, Nevada, USA: Color Walk/Run and Car Show
- Kiwanis Club of Windsor, Ontario, Canada: Back-To-School Program
- Kiwanis Club of Venice, Florida, USA: Every Kid Needs Pajamas and Books
- Early Riser Kiwanis Club of Worthington, Minnesota, USA: All-Inclusive Playground at Chautauqua Park
- Kiwanis Club of East Farmingdale, New York, USA: Green Dreams
- Kiwanis Club of Silverdale, Washington, USA: Monthly Food Drive for Central Kitsap Food Bank
- Kiwanis Club of Jenkintown, Pennsylvania, USA: Sunset 5K Run
- Kiwanis Club of Candelaria, Philippines: Hand Washing Facilities and Safe Drinking Water
- Kiwanis Club of Pleasant Grove, Dallas, Texas, USA: Jerry’s Dream Camp
- Kiwanis Club of Racine, Wisconsin, USA: Bring Up Grades Program

Tier 2 finalists (28 or more members)
- Kiwanis Club of Oceanside Pacific, California, USA: Beach Fun Day
- Kiwanis Club of Roanoke, Virginia, USA: Kiwanis Centennial Playground
- Kiwanis Club of Providence-Mon-tego Bay, Jamaica: Breast Cancer Awareness 5K Walk/Run
- Kiwanis Club of Port Charlotte Sunrise, Florida, USA: Sunrise Kiwanis Shoes for Kids
- Kiwanis Club of Garmisch-Partenkirchen, Germany: Triple Prevention for Children and Adolescents
- Dawn Busters Kiwanis Club of Metairie, Louisiana, USA: Annual Turkey Fry Fundraiser
- Kiwanis Club of Sioux Falls, South Dakota, USA: Kiwanis Pancake House
- Kiwanis Club of Fairfield, Iowa, USA: Kids’ Day Parade and Pancakes
- Kiwanis Club of Canlubang, Philippines: Garden and Children’s Playground
- Kiwanis Club of Calgary, Northmount, Canada: Christmas Gift and Toy Project

For more details, go to kiwanis.org/signatureproject.

Landscape Structures offers speakers bureau

Through its new speakers bureau, Kiwanis International partner Landscape Structures Inc. now offers virtual presentations for club meetings.

Presenters from LSI are available to talk about inclusive play and playgrounds. Kiwanis clubs can start — or continue — the conversation with a choice of topics:
- What can our club do to support inclusive play?
- Play it cool: Have fun in the sun with shade.
- Spray parks A to Z.
- New trends in playspace design.
- Maximize club dollars to make a big impact through play.

To learn more about LSI or to request a speaker, go to kiwanis.org/lsi.
Follow Kiwanis International on social media!

The Kiwanis family has clubs around the world. Thanks to Kiwanis International's social media accounts, you can keep up with what's happening — no matter where it's happening.

On all our platforms, you'll find great stories from other clubs and districts. You'll see videos that inspire and inform. You'll get news and updates about Kiwanis events. And more.

So follow us and "like" our posts. And remember to share them with others! These days, the internet is often the first step in a person's journey to Kiwanis club membership.

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The emotive beauty and grace of the human face, in all its diversity, will never cease to inspire me, but it’s the enduring spirit of our collective tribe of humanity that will always certainly amaze me. One of the many things I have learned during my years of global travel as a documentary photographer is that no matter how distinct we may be from each other in appearance, we have universal desires and concerns. Our needs are actually quite simple: to love and be loved; to have a useful place in our society with some meaningful and fulfilling occupation; work that will put food on the table and enough money in our pockets to get by; and education, health and safety for ourselves and our families. The freedom to be oneself is a right that creates the exquisiteness of the human race.

These portraits represent unguarded moments in the lives of a few of the people I have photographed from our remarkable human tapestry. Some are celebrating significant events, while others are living out ordinary days. Others are simply struggling to survive. Many are from countries where lives are in flux or changing due to war, natural disaster or the inevitable rapid progression of modernity. Most are surprised that I wanted to stop and photograph someone who is, in their culture, considered an ordinary-looking person.

From tribes in Africa to nomads in Asia and survivors of conflict and disaster, families and individuals around the world have graciously opened their homes and hearts to me. I have discovered that the ones who have the least are often the ones who share the most. I find compassion in what can seem to be a world of chaos. The planet can seem so vast, with numbers almost too large to comprehend. But when you capture the look in someone’s eyes, an intimate stare or a knowing glance, that person’s situation becomes a shared experience, a personal connection. The eyes are what draw us in and connect us. These eyes seem to radiate a dignity, a claim for a right to be seen, no matter their circumstances.

The following portraits are a celebration of the universal human spirit within us all. It is what bonds us as humankind, a continued thread, as together we continue this journey on the pilgrimage of life.

**Woman with blue eyes in Port-au-Prince, Haiti, 2010**

I was photographing the heartbreaking decimation of Haiti after a devastating earthquake killed 300,000 people. As I was leaving yet another pile of rubble, this woman passed by. Her striking beauty among such devastation was like seeing a lotus flower blossom from the mud.
Because of the death of her husband, this woman is now beholden to her sister’s husband. As I moved around the cities and countryside, women threw their burkas over my head to cover us. Ensconced in our secret tent, they would kiss me three times on my cheeks and thank me for coming. I was often invited back in their homes, where I would share a cup of cardamom tea and trade stories.

I spotted Hally walking home from school and was drawn to her beautiful eyes. Her hair was up in a knot, and she was wearing her crisp plaid school uniform. In broken Spanish, I asked an elderly woman at her home whether I could take a photo of the little girl who turned out to be her granddaughter. “Of course,” she responded and unleashed Hally’s waterfall of beautiful hair. The strong gaze that held mine looked far older than her 9 years.

This young boy is in traditional dress to celebrate his heritage for the new year’s pow wow celebration. The harsh reality is that most who reside on the reservations now live below the poverty line. Many hogans have no running water or electricity. Jobs in the vicinity are scarce. Vehicles have a difficult time accessing the hard-to-reach, snow-covered plains, forcing many families to hunker down at cheap hotels in town for the winter. Still, the Navajo tribes proudly preserve their culture and instill a sense of identity in their children.
COVER STORY

Woman with hennaed hands in the Thar Desert, Rajasthan, India, 2011 (above)
This Hindu woman is tending her camels in the Thar Desert. She has decorated her hands with henna in order to receive blessings for the upcoming religious holiday.

Monk in Sershul, Kham, Tibet, 2006 (right)
Buddhism is the backbone of Tibetan culture. More than 6,500 monasteries were destroyed by Chinese infiltration, and the Tibetans have since struggled to rebuild their unique culture and identity. The Dalai Lama, the spiritual and political leader of the Tibetan people, escaped into exile to Dharamshala, India. He is still highly revered, and more than 130,000 refugees have since crossed the borders to follow him.

Hmong hill tribe girls in Sapa, Northern Vietnam, 1996 (pages 18-19)
A number of hill tribes, a majority of them Hmong, reside in Sapa. The Hmong originated in China 300 years ago and are animistic, meaning that they place their faith in the spirits of their ancestors and in nature.

Girl from Hamer tribe holding a gourd in the Omo Valley, Ethiopia, 2006 (right)
Duka is returning home from the market with her sister. There are more than 200,000 people among the 50 tribes in the Omo Valley, which has been a declared UNESCO World Heritage Site since 1980. Each of the tribes has its own costumes, traditions and language.
Three men in turbans in Pushkar, Rajasthan, India, 2011 (left)
Thousands of people were swarming the streets and heading to the banks of the Pushkar Lake for a holy dip on full moon day. I pressed myself against the wall to avoid being crushed. I looked across to see these three men, who appeared undeterred by the crowd and somewhat entertained by my predicament. The colors are delicious in Rajasthan.

Man with blue eyes in Sinai, Egypt, 2009 (right)
I was photographing a bakery in Sharm El Sheikh on the southern tip of the Sinai Peninsula when this young man, covered in white flour, emerged from the back room. He immediately stood out because of his piercing blue eyes and shock of red hair, an unusual look for this area. The story in his face is a reminder of the well-traveled ancestors who journeyed this path before him, offering another way of celebrating the visual diversity of our human tapestry.

Man from Drokpa tribe wearing flowers in Dahanu Valley, Ladakh, northern India, 2006 (left)
For generations, this small group of men and women had traditionally worn elaborate flower arrangements on their heads. The first time I went to photograph in this area, the locals were working in the fields, singing and plucking apples from the trees. Women stopped to pass me flowers from their headdresses. When I returned three or four years later, very few people continued to wear their flowered hats. In a desire to dress in modern Western clothing, many villagers have taken to wearing baseball caps. It’s a shame they don’t have mirrors in their homes to appreciate how beautiful they actually looked.
In Japanese culture, geisha are very highly respected female artists and performers. It is a geisha’s job to entertain clients with her elegant beauty and talents. Komono is still a young apprentice, or maiko, and has long dreamed of becoming a geisha. As part of her training, she’s committed to five years of intensive study in formal arts such as dance, music and poetry.

The annual tribal gathering for the Pushkar Camel Fair in the Thar Desert of Rajasthan attracts cattle traders, merchants, dancers, artisans and musicians. Pilgrims flock to the Brahma Temple during the November full moon, which is considered the most auspicious time to bathe in the holy waters and be released of sins.

Families living in the Rio Grande Valley are burdened with poverty at a rate that’s double the statewide average, with more than 42% of children living in poverty. This family lives well below that indicator, and their oldest daughter has recently been diagnosed with clinical depression, causing an extra stress for which they lack health insurance.
Alison Wright, a cultural and social documentary photographer, travels to all regions of the globe photographing indigenous cultures and people while covering issues concerning the human condition. Wright is a contributor to numerous outlets, including National Geographic, Outside, Islands, CNN, The Travel Channel, Discovery, Smithsonian, UNICEF and The Children’s Defense Fund. She was recently named a National Geographic Traveler of the Year as someone who travels with a sense of passion and purpose. She is a recipient of the Dorothea Lange Award in Documentary Photography for her work on child labor in Asia, a two-time winner of the Lowell Thomas Travel Journalism Award and an Explorers Club Fellow. Wright’s life was nearly cut short by a horrific bus accident on a remote jungle road while she was on assignment in Laos. This life-changing experience, along with her work in post-disaster/conflict areas, inspired her to connect photography and philanthropy by establishing a nonprofit called Faces of Hope, which globally supports women and children’s rights by creating visual awareness and donating directly to grassroots organizations that help sustain them.
When the pandemic changed the world in March 2020, members of the Kiwanis family jumped into action, finding ways to serve first responders, those isolated by or vulnerable to COVID-19 and those suddenly in need of life’s basics: food, shelter, supplies. They did, basically, what our Kiwanis family members always do: show compassion.

“The definition of compassion is the recognition of another’s suffering with the motivational desire to alleviate that suffering,” explains Dr. James R. Doty, a clinical professor of neurology and the founder and director of the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University in California.

Outside of the Kiwanis universe, however, human behavior in 2020 was a lot less reassuring. Yes, we saw much bravery and selflessness on the pandemic’s front lines and behind the scenes — but we also saw egregious examples of hoarding food and supplies, violating health regulations and finger-pointing. Add those behaviors...

Story by Julie Saetre
to the toxic environment swirling around national and global politics, and compassion sometimes seemed hard to come by.

“People were afraid and anxious,” Doty says. “They felt threatened, and as a result, instead of being more open, inclusive, thoughtful and kind, they actually resorted to not being their best selves.”

A quick perusal of just about any social media site is enough to make anyone feel a bit hopeless that our divides are too large to bridge. Fortunately for all of us, compassion is hardwired into humans. Those who study it say we can cultivate it to create a kinder, gentler world.

“Compassion as an important human value has been recognized thousands of years ago,” says Thupten Jinpa, president of the Compassion Institute in Half Moon Bay, California, and the principal English translator to the Dalai Lama since 1985. “That’s why it is the foundation of all teachings in all religions.”

It’s also at the core of human survival. Unlike other species that raise offspring over a period of weeks or months, humans must nurture their children for close to two decades, ideally forming close bonds and developing important social skills. Parenting involves endless amounts of patience, endurance and sacrifice — for years. And yet, it’s often described as a most rewarding experience.

“When we care for another, one releases in their brain a neurotransmitter, or hormone, called oxytocin,” Doty explains. “Many people term that the ‘love’ or ‘caring’ hormone. When that is released, it engages the reward and pleasure centers in your brain. It was very important to our survival.”

Compassion kept the human species alive in the days of our hunter-gatherer ancestors, he adds. “If a member of the tribe was hurting, in pain, suffering, if we did not respond to them, it put the entire group at risk. So it’s another significant motivator for us to care for others.”

That same instinct, however, also contributes to the conflicting behaviors that seem to have been exacerbated since March 2020.

“Bonding within the tribal community is very important. And the tribal identities are defined by differentiation from other tribes,” says Jinpa. “So what we are seeing in this pandemic situation is whether that more compassionate nature comes out or whether that more tribal nature comes out.”

The good news is that we have the ability to determine which instinct will win out. And when we choose compassion, the result does more than improve the lives of others. It also makes us healthier, happier humans.

“Science demonstrates that when one is compassionate to another, this actually, in a positive way, affects your physiology,” says Doty. “Your cardiac function is improved. Your blood pressure’s improved. Your immune system is boosted. The level of stress hormones is diminished. The production of inflammatory proteins is diminished. And of course, these are associated with chronic disease states. So when you’re compassionate, it both has a positive effect on your peripheral physiology and also a positive effect on your brain.”

Look at it as the tale of two nervous systems. The sympathetic nervous system is associated with our “flight, fight or freeze” response to a threatening situation. The parasympathetic nervous system, meanwhile, helps us to “rest and digest.”

As parents have discovered, caring for others and alleviating their suffering — being compassionate — releases oxytocin, which in turn activates the parasympathetic nervous system. And that helps us make the world a better place.

“It’s the system in which we have access to those parts of our brain called the executive control areas,” Doty says, “and that allows us to be much more thoughtful, have access to prior experience and memories and be more creative. Plus we’re also much more
“SCIENCE DEMONSTRATES THAT WHEN ONE IS COMPASSIONATE TO ANOTHER, THIS ACTUALLY, IN A POSITIVE WAY, AFFECTS YOUR PHYSIOLOGY.”
open, thoughtful, honest and inclusive when we’re in that mode.”

But how do we jump-start compassion? In the face of direct suffering, it’s automatic. We see someone fall, two cars collide, a deck collapse, and we immediately react by running to the person, calling emergency services or rushing to pull away the rubble. But being proactively compassionate takes a bit more work and a broader outlook.

“We can choose compassion as our perspective to relate to others and situations,” Jinpa says. “Pay more attention and awareness to how compassion arises and focus more on making conscious decisions to bring compassion as an attitude in a situation. Because whenever we confront a challenge, even though it is a split second, we do have a choice. And at that moment, what mechanism we choose, whether we choose the mechanism of defensiveness and fear and denial, or whether we choose a mechanism that opens up and seeks connection and nurturing and soothing, makes all the difference.”

A great place to start: Take lessons from children. In 2012, a study led by Lara Aknin at the University of British Columbia in Vancouver, Canada, found that toddlers as young as 2 were happier giving treats to others than receiving treats themselves. And it even applied when they engaged in what Aknin termed “costly giving” — forfeiting their own treats to another.

“With children, their natural compassion is much more fresh and palpable,” Jinpa says, “because that’s when the social nature is very, very evident. As we grow up and become more educated, we tend to emphasize our independence and the rational aspect of who we are.”

Tura Foster Gillespie of Arlington, Virginia, works to foster that compassionate nature through her project Teaching Cultural Compassion.

“Before we can truly learn about and honor cultures outside our own, we must first learn to see all humans with dignity and respect,” she writes on her website (teachingculturalcompassion.com).

She does so through children’s picture books. During her time as a student at Wesley Theological Seminary in Washington, D.C., from 2013-2016, she worked at a bookstore to help put herself through school. One day, while covering the children’s section for a colleague on break, Gillespie met a customer who would set Teaching Cultural Compassion in motion.

“I was approached by an African-American mom who just looked distraught and looked at me and said, ‘Don’t you have any books that look like my kid?’”

Gillespie helped her customer search through all the children’s titles, but they were only able to find two books — both written in the 1960s.

“There is absolutely zero reason, 50 years later, I couldn’t come up with something better,” Gillespie says. “That’s not OK.”

She made it her mission to locate quality children’s picture books that represent the experiences of a diverse group of kids.
and organize those titles in a searchable online database. Today, that book search features more than 1,000 titles, with more added daily, and Gillespie spreads the word on why these inclusive stories are so important.

“Kids need to see themselves in books,” she says. “And kids need to see kids who are not like themselves as the heroes of books as well, so that we can all see the unique dignity in humanity, in ourselves and in each other. We need our kids to know that they can save the day, but we also need them to know that somebody who doesn’t look like them can also save the day too. Knowing that someone who doesn’t look like them can also be the hero helps them make that assumption about people in their world that don’t look like them. Anybody can save the day.”

Adults, she finds, are every bit as interested in reading these stories. Diverse picture books can even open doors to discussing issues of inclusion, equity and compassion that otherwise might be difficult to approach.

“Picture books are the lowest common denominator as far as empathy,” she explains. “Seeing someone who is ‘the other’ in a children’s picture book is much easier to find empathy, because it is also the least threatening of any encounter you can have with the other. And seeing something from a kid’s point of view is also always going to be easier to find empathy, because that assumption of innocence is there. So it’s easier to find the empathy, even for adults, reading picture books. There’s a lot of growth that can happen there.”

And with that growth comes the opportunity for adults to practice compassion in their own lives, even in a world where conflict seems to thrive.

“You have to be able to sit down and have a civil conversation and then listen and ask about why somebody feels this way, let the person express themselves,” says CCARE’s Doty. “Then you’re able to understand the lens through which they see the world and be sympathetic to that. I think that’s really the thing that’s going to change the world.”

“Sharing the story of compassion is a powerful one,” Jinpa says, “because this is something that is a natural part of who we are. We may choose to elevate or choose not to elevate it. That’s up to the individual. But it is there.”
Better you, better me, better world.

No matter where you are in the world or what you’re doing, you can always spread compassion.

You have the power to change the world for the better. One moment at a time. One interaction at a time. All it takes is some intention and practice.

Even if you don’t have time to help stock the shelves at the food bank or have money to donate to the village with no running water, you always have compassion. Simple acts of kindness and compassion, toward yourself and others, make a difference. The more compassion you give yourself, the more compassion you’ll be able to offer others.

Story by Georgianna Lee • Illustrations by Kateryna Kovarzh
Ready to start growing your compassion muscle? Give these a try:

Choose your words wisely. Words matter. What you say to yourself is powerful. It can raise you up or bring you down. If you wouldn’t say it to a friend or a loved one, don’t say it to yourself. Try asking: What’s something kinder that I could say to myself right now?

Give yourself permission to be human. It’s OK to not “have it all together.” It’s OK to cry. Or feel angry and jealous. It’s OK to mess up. These are all human experiences. Bringing warmth and kindness to these very human parts of yourself makes it easier for you to accept and understand others when you see these parts in them. That’s where true compassion comes alive.

Shift your expectations to match reality. You wouldn’t expect your car to offer you a safe and smooth ride with a flat tire, would you? Yet, you expect yourself to perform and achieve at the same level no matter how you’re feeling or what you’re going through in life. The bigger the gap between your expectations and your reality, the bigger your frustration. Take a look at what’s going on in your life right now and change your expectations to fit your reality. Set yourself up for success!

Let people help you. Asking for help can feel really hard. We think we should be able to do it all ourselves. Yet, there are people who want to help and support you. I bet you’ve said no to them many times. It’s time to start saying yes to help! You know how good it feels to help others. Learn to let them give to you. Also, the next time you receive a compliment, say a loud and proud thank you and let their praise sink in.

Learn to forgive yourself. We can be so hard on ourselves and the people we love. As you learn to be more forgiving of yourself, it’ll feel easier to offer your forgiveness to others. We’ve all made mistakes. We’ve all been unkind. The important thing is to take responsibility and do better in the future. Endlessly shaming yourself doesn’t make the world a better place. So practice forgiving yourself and take action to repair what you messed up.

Share your heart with others. Tell others what you appreciate about them. Remind them of what you’ve learned from them. Share how they’ve inspired you. Your words have the power to lift someone’s spirits and change your day too! Choose someone to appreciate today. You might even inspire them to share their heart with someone too.

See the innocent child within. We were all innocent as children. We wanted to be held and loved. We wanted to play and discover our world. When you’re upset with someone, try to imagine them as a young child. See their innocence. And allow that to help you tap into...
a softer part of your heart. (The next time you’re having a hard time, practice seeing the innocent child in you.)

Celebrate yourself.
What’s great about you? What do others admire and love about you? What are you proud of yourself for? Take time each day to give yourself some love and appreciation. Practice being your own cheerleader! The more you own your greatness, the more you can share it with the world.

Turn your judgments into curiosity.
When you notice yourself judging someone, ask yourself: What might they be going through? How might they be feeling? What are they needing and not getting that’s led them to act this way? Curiosity helps us move past surface behaviors to see the person behind the actions. To see their vulnerability. It reminds us that underneath it all, we have more in common than we realize. (When you’re judging yourself, practice being curious.)

Look for the good intentions.
When someone messes up, challenge yourself to look for their good intentions. It doesn’t mean that you’re OK with what they did. You might need to set some boundaries or tell them how they impacted you, but doing so from a place of seeing their good intentions makes these moments more peaceful. (When you mess up, practice seeing your own good intentions.)

Remember, doing new things feels awkward and it takes practice. Over time, you’ll notice how good it feels to be kinder to yourself. The kindness and compassion you show yourself ripples out to others. And that’s how you create change, one compassionate moment at a time.

Georgianna Lee is a counselor and coach whose passion is to help people cultivate self-acceptance, self-compassion and nervous system regulation skills so they can move through life with more ease and courage. She supports parents in creating strong and healthy relationships with their children so each child grows up with a deep sense of self-worth, confidence, trust in those who love them and in the world. Georgianna is the proud mama of two boys. Her magical places are the forest and the ocean, where she goes to connect with the beauty of the world and her feisty and sweet little inner child.

For more information, visit georgiannalee.com.
A peaceful passion

A CONVERSATION WITH KIWANIAN AND NOBEL PEACE PRIZE NOMINEE RAVEEN ARORA.
Interview and photos by Gail Mooney

Raveen Arora had a humble start to life in Calcutta, India. Today, this member of the Kiwanis Club of Tempe, Arizona, is dedicated to serving others and reminding us that we are all part of one race: the human race.

Arora has won numerous national and international awards — including the MLK Diversity Award, Don Carlos Humanitarian Award and the Mother Teresa International Service Award.

But it’s the work with hunger and food insecurity right in his hometown of Tempe that makes him most proud.

“We can help them, one kid at a time,” he says.

Satish Lakhotia, director of Alliance Clubs International, says Arora’s work the past 18 years on the drug and crime-ravaged Apache Boulevard in Tempe has brought great change.

“His empathy, kindness, compassion and respect have made the area crime free, drug free and incident free,” Lakhotia says. “His summer hydration project started in 2003 has now mushroomed into a full-blown countywide program that saves lives during the brutally hot summer months.”

Arora’s passion for helping others has earned him prestigious leadership roles with several national professional organizations and Arizona associations. And as founder and CEO of Think Human, Arora leads the organization in global conversations designed to demonstrate the practices of empathy, inclusion and humane thinking to humanize communications in the workplace, social settings and relationships around the globe.

“Raveen Arora has done so much to foster international peace and international friendship — not only in his native India, but also in his beloved America and around the world,” says Richard Neuheisel, former president of Tempe Sister Cities.

Arora is currently working with Kiwanis International to expand and grow Kiwanis in India.

With all of this work and these accolades,
it may not be that surprising to
learn that Arora has been nom-
inated by several organizations
and people for the Nobel Peace
Prize. Nobel winners will be an-
nounced in October 2021.

“As governor of the South-
west District of Kiwanis, I am
extremely honored to endorse a
fellow Kiwanian and friend, Mr.
Raveen Arora, for the award,”
says Donald Townsend. “Raveen
is the epitome of a servant leader
who gives of himself to make the
world a better place.”

Arora recently spoke with
journalist Gail Mooney about his
life and his purpose in this world.
This is an excerpt of their conver-
sation.

Kiwanis magazine staff

Gail Mooney: Tell us about yourself.
Raveen Arora: I am human. Nothing
human is alien to me. I’m a refugee
child born in India. My parents were
displaced from their own country.
When India was split into India and
Pakistan, 14 million people were
displaced. A million perished in four
months. My dad had to play dead
in the last refugee train so that he
could just stay alive. My mother was
carrying me. I was born in a servant’s
quarters in Calcutta. That’s how I
came into being.

My whole beginnings and evolu-
tion started in the slums of Calcutta.
That’s how I came into being.

My whole beginnings and evolu-
tion started in the slums of Calcutta.
We had nothing. Dad had only the
shirt on his back and did menial jobs
to be able to provide food. I remem-
ber seeing my mom add water to the
milk, stretching it so she could feed
us. It pains me to remember how
every weekend I had to walk three
miles to a ration shop, which was
under the American USA PL 480 plan,
to get basic staples, a kilo of flour and
milk powder to sustain ourselves. I
realize now they were not dispensing
food, they were dispensing poverty.

My grandfather had a great influ-
ence on me. He once said, “You don’t
have to be outstanding in life, but
must be able to stand out in life.” He
said, “When you were born, you cried
and we rejoiced, but you have to live
your life in such a way that when you
pass on, we cry and you rejoice.” That
became my mantra.

GM: How did you become the per-
son you are?
RA: One episode stands out that
made me who I am. I wanted to
play cricket and went to the lawns.
The guard said, “You Indian?” I said,
“Yeah.” He said, “Little guy, do you
see the sign, Indians and dogs not
allowed? You can’t go in.” So I asked a
boy, “Am I a dog?” He said, “You must
create respect with each other.” The
British did not respect the Indians.
Indians and dogs were not allowed.
Even though it has changed, it
created such a metamorphosis in
me. I have to stand out. I must be
different. I will be different. We are
going to have the hard times in life,
but remember: When money is lost,
nothing is lost. When health is lost,
something is lost. But the day you
lose your character, everything is
lost. So build your character. That
created a passage for me. Whatever I
did, I did with a passion. That passion
became my purpose in life, to treat
people with humility and respect.

When I was little I never had new
clothes. My parents couldn’t afford it.
One time I wanted new shoes. I woke
up one morning and saw a pair of
sparking black shoes. I thought I got
new shoes. I put them on and said,
“These are my old shoes.” My dad had
just shined them. I got upset and ran
down three flights of steps, kicking
things until I got out to the street. I
saw a lady pushing a pram with a kid
in it about 4 years old. I said, “Mam,
can he play?” She said, “No, he can’t
play because he has no feet.” It was
like a bolt. Here, I’m complaining
about shoes and this kid has no feet.
That was a turning point in my life.

Sister Teresa came to class one
day and said, “How many of you can
donate a rupee?” One rupee was not

“My grandfather had a great influence on
me. He once said, “You don’t have to be
outstanding in life, but must be able to
stand out in life.”
I wanted to give." She said, “That is your lesson in life.”

I was a very bright student and I became a good speaker, an elocutionist. One day I came running up the stairs with a trophy and I said, “I won.” My father and grandpa were sitting there and just kept sitting there. They didn’t care. After 10 minutes I said, “Don’t you guys get it? I am indispensable to my school and my team. We’re going to go to the All-India Finals.” My grandfather gets up. He takes me by the ear and drags me out onto the balcony and asked, “What do you see outside there?” I said, “I see a graveyard.”

He said, “What do you think all those things are?” I said, “They’re dead people.” He says, “Exactly. They also thought they were indispensable when they were alive. You will learn to be humble. You will learn to do the best you can. You are not indispensable.”

GM: Why have you dedicated your life to serving others?
RA: I never forgot my roots. I’d think about what my parents had gone through and the price they paid and asked myself, “Can I make a difference in somebody’s life during my lifetime? Can I be an agent of change?”

“I’d think about what my parents had gone through and the price they paid and asked myself. Can I make a difference in somebody’s life during my lifetime? Can I be an agent of change?”

GM: What are you working on around the world?
RA: I got involved with hunger and addressing food insecurity as this is the most pressing need of society. Poverty was my best friend. I know poverty leads to hunger. Hunger leads to starvation. Starvation leads to other social ills like crime and lack of education. A hungry person does not understand and comprehend right or wrong. A hungry child cannot focus in school and will be tempted to steal. A petty thief can gradually turn into a hardened criminal. Our prison systems bear the brunt.

What I always plead is open a school door so we can close a prison door. You can only open a school door if you have a healthy, nutritionally-well child that can focus on what is being taught. You just can’t open a school door for a kid who does not know and is worried when he will have a full meal again. Parents will send him to school so he can get a free meal.

I was recently in Guatemala City and I saw there were only two food banks. They were giving directly to the families, but they were not able to deal with food insecurity. I could see there was an urgent need to have food banks. They took us to a place called Hope of Life, about 200 miles away. We went to an orphanage for abandoned kids. During our visit, I saw that one kid had not smiled. They told me that he was violent and to stay away because he may bite me. I said, “No,” and I put my hand on his head and in a minute he started smiling. Nobody had touched him before. This kid’s smile was my hope of life.

There are the people right in our backyards that we can help, like the kids in Tempe, Arizona. One out of three is food insecure. That’s where I’m driving my efforts, to find ways to address hunger. Don’t just give them a can of food; give them nutritious food, so they’ll become better students. They’re in a slum. But in the United States of America, in a country where we have everything, we can help them, one kid at a time.

GM: What motivates you?
RA: The trust I have gained of the people motivates me. I’m not driven by material things. Everything I do, I learned from my childhood. I speak the truth. It’s about a servant heart. Do I feel like a servant? Do I feel myself as a servant of the people of the community? Yes, because I’m part of the community. The same blood flows through the veins of every human being. That’s where humanity
The key to being truthful is to be truthful to yourself, your family and society. We may be an insignificant part of society, but we are significant enough. We all matter. If we all contribute in our own small way, being respectful, kind, sincere and truthful and helping others, we can make this world a better place.

**GM:** How do you feel about being nominated for the Nobel Peace Prize?

**RA:** This recognition of the Nobel is the epitome. It completes me and completes my journey. I’m humbled to be in the company of Mother Teresa, Desmond Tutu, Nelson Mandela and his holiness the Dalai Lama and the outpouring of love and support that I’m getting is something that I really don’t deserve. I’m the messenger. And my message is very simple: Lead with humility, because what we do for ourselves dies with us, but what we do for others will outlive us. That is what drives me every day. Not the honors and awards. Those are all decorations, business things. But the mere acknowledgment of being nominated for a Nobel is the epitome of all things, to me. I never thought I’d be recognized for what I was doing because I wanted to do it. Today, when God has given me so much I ask myself, “What can I do? How can I make a difference? Can I help somebody who is in need?” Somebody may just need compassion or kindness because kindness is the only language the deaf can hear and the blind can see.

The 2021 Nobel Laureates will be announced in October 2021.
CLUBS IN ACTION

The best layette yet

KIWANIANS IN NEW CALEDONIA CREATE BIRTH KITS FOR EXPECTANT MOTHERS.
BY LYDIA JOHNSON

Members of the Tiare Paita Kiwanis Club of New Caledonia are giving newborn babies a warm Kiwanis welcome. Since 2017, they have provided expectant and new mothers with blankets and clothing, thanks to the assistance of the “Knitting Grannies”—four knitters from a local retirement village. One of those knitters is a club member who proposed the initial project.

Many recipients are impoverished or lack family support.

“There is always a need in our community for (helping) babies,” says Julien Le Ray, the club’s immediate past president. “It is always good to offer presents to families who welcome a child, especially single mothers.”

Last year, the knitters created 33 birth kits for the Layettes 2020 project, which included a handmade blanket and bag with the Kiwanis logo. Kits also included clothing, diapers, a pacifier and bib, washcloths and breast pads.

The Tiare Paita club spent 60,000 Pacific Franks (XPF) to purchase the birth kit supplies.

Another XPF15,000 funded flower bouquets for the knitters as thanks for their talent, availability and kindness.

The club delivered kits to four sites serving expectant or new mothers: the City of Paita’s social assistance office; the Magnin Clinic in Nouville, a private clinic specializing in the care of premature babies; the maternity ward at the public Medipole Territorial Hospital Center; and Network House, a location serving women who travel from isolated rural or island areas to be near a hospital for assistance before and after childbirth.

The club made sure enough kits were available for current and future moms at each site.

The impact of the project is palpable, says Lani Fuller, the club’s director of the Young Children’s 2020 Commission.

“These meetings allowed a unique and emotional exchange combining sympathy, kindness, laughter, sometimes helplessness but more often joy. And above all, an unspeakable gratitude to (share) the smiles of the mothers and to approach and hug the newborns of this world.”

The best layette yet
Magnetic member pins are now available from the Kiwanis Store. Whatever you’re wearing, show your Kiwanis pride. And make it stick — without making holes. Check out our new magnetic pins today!
Florida club gives health and hope

‘PEDIATRIC HAL’ HELPS NURSES LEARN ON A SIMULATOR.
BY CINDY DASHNAW

The Bradenton Kiwanis Club in Florida never raises a dime. But thanks to a well-maintained foundation, it gives away hundreds of thousands of dollars each year to organizations that serve children. This year, that generosity includes the State College of Florida’s nursing program.

A club grant of more than US$27,000 allowed SCF to purchase an incredibly lifelike mannequin that reacts nearly the same as a real 5-year-old child. Pediatric Hal, as the simulator is called, has blood pressure, heart rhythms, bowel sounds, pupils that dilate, an arm that gives “blood” and much more.

“Normally, nursing students can follow along with hospital clinical rotations to watch nurses treat real patients, but those opportunities have been limited because of the pandemic,” says Lori Stephens Tomlinson, coordinator of grants for Institutional Development at the State College of Florida. “The simulator creates a pretty realistic scenario where students can actually work on ‘patients’ in a safe setting.”

Ed Nicholas was the club’s charitable committee chair when Tomlinson submitted the grant application. In the 1990s, the club owned a trailer park that it sold to the residents, creating what has become an $11 million foundation that funds several youth-serving projects and organizations each year.

“We target children in our charitable giving, and we like to be creative sometimes — like with a simulator that’s geared toward children. The funds went to a nonprofit, but it wasn’t your typical grant in that we usually give money to agencies that provide direct services to children,” Nicholas says.

Tomlinson adds that the club has supported other pediatric areas of the university.

“We’re producing well-qualified nurses who stay here in Manatee County, so it’s a good investment for Kiwanis,” she says. “I’ve been a big fan of the Bradenton Kiwanis Club for years.”
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Boots on the ground

AFTER TWO DEVASTATING HURRICANES HIT CENTRAL AMERICA, KIWANIANS STEP IN TO HELP.
BY WENDY ROSE GOULD

On November 3, 2020, the devastating Category 4 Hurricane Eta pummeled Central America. Two weeks later, while communities were still reeling and literally picking up the pieces around them, Hurricane Iota, a Category 5 storm, came through.

The storms killed an estimated 270 people and left tens of thousands displaced. Homes, cherished mementos, important belongings and agricultural land were damaged. Throughout Panama, which wasn’t directly affected, Kiwanis clubs mobilized quickly to help.

The clubs coordinated the receipt and delivery of donations — including food, diapers, blankets, clothing and face masks — for the deeply damaged provinces of Chiriquí and Veraguas. Club Kiwanis Metropolitan of Panama City prioritized rubber boots.

“After the hurricane, we sent 250 boots to Chiriquí, which were received by the province’s firefighters,” says Lanny Lowe, the club’s public relations director. “Then, through a video, Colonel Gonzalo Chan, the commander first chief of Chiriqui Regional Zone, thanked us and requested additional boots for their personnel and volunteers.”

Another organization, the National System for Civil Protection, learned of the club’s donation and also requested rubber boots.

The footwear proved vital to rescuers who had to navigate the muddy terrain while traversing the area to reach victims. Many communities had not received any aid at all, including food and water, because flooding and mudslides had made them inaccessible. The only way to reach them was through improvised trail paths that required proper footwear.

News spread, and from there the club effort ballooned into a communitywide mission. People across the country sent cash donations, and along with some prior fundraising, the club allocated a total of US$1,132 to the effort. An additional 236 boots were purchased for a total of 486.

“Now Chiriquí’s emergency relief teams are equipped with boots to not only provide basic assistance, but also to give hope to those in need,” says Lowe.

Recovery is ongoing, but Lowe says that many roads and bridges have been rebuilt. Additionally, the government is buying and dispersing land to those who were hit by the hurricanes, helping them avoid living in areas susceptible to flooding.

“After the hurricane, we sent 250 boots to Chiriquí, which were received by the province’s firefighters. Then, through a video, Colonel Gonzalo Chan, the commander first chief of Chiriqui Regional Zone, thanked us and requested additional boots for their personnel and volunteers.”
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Dreams take flight

A GEORGIA MURAL HELPS STUDENTS SOAR THROUGH THE PANDEMIC.

BY CINDY DASHNAW

Tammy Carden — entrepreneur, coffee shop owner, substitute teacher, film location scout and member of the Warrenton Kiwanis Club in Georgia — knew that internet access didn’t reach many families in her rural, 210-year-old town. So she had been helping students attend classes virtually during the pandemic by using the Wi-Fi at her cafe. But as the kids dealt with this unfamiliar school format, Carden could sense their frustration.

“They weren’t getting into school often enough to feel like they were accomplishing much, and the older ones were upset because they knew they wouldn’t get a prom or graduation ceremony,” she says. “So I said to my husband [Ron Carden, then Georgia Kiwanis Division 6 lieutenant governor], ‘We’ve got to let them blow off some steam. We need to reassure them that it doesn’t matter how or where they’re educated. An education will give them the wings to fly.’”

Standing before the cafe’s nearly colorless outside wall one day, she decided to turn it into a canvas for a mural painted by and serving as inspiration for Warrenton’s young people.

“I asked an artist who happened to be stuck in town because of COVID if he’d design a mural with a wings theme, ‘Let Them Soar.’ Charles Gabel agreed to paint the design like a big coloring book and help children paint the spaces. The kids could learn and express themselves through art,” Carden explains.

They’d need quite a bit of paint to cover the three 8-by-12 sections of wall. When she told the Warrenton Kiwanis Club she had some support but not nearly enough, the club promised to make sure Gabel and the kids had everything they needed.

“The kids even had cinder blocks to stand on so they could reach the top,” Carden says, laughing.

Carden’s timing was serendipitous. Delayed since spring because of COVID-19, the town’s annual arts festival occurred during this project. Working with the town’s vibrant community development initiative, Carden made mural painting part of the festivities.

The artwork was finished in February 2021. The brilliant purples, greens, reds and whites of birds, insects and all types of wings have become a popular backdrop for family and graduation photos.

“At any given time during the day, someone is standing in front of that mural,” Carden says. “It’s become a community thing.”
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Sharing compassion
AN INVITATION FROM THUPTEN JINPA.

Dear Kiwanis members,

The capacity to give and receive compassion is an innate capacity we all possess as humans. And offering, as you all do, your time, effort and expertise in service of children in your communities, you are extending many acts of compassion on a daily basis. Consciously creating personal practices and deliberate actions with the intent of acting with compassion — the recognition and relief of suffering — is a beautiful way to give visible examples which can inspire others to find their own expression of compassion.

We would like to invite you to create a new compassionate initiative that is meaningful for you, which involves extending compassion to someone or a situation in your Kiwanis club. This can be to one individual or to a group. It could also be to yourself. Or you might consider making this an activity that you can design with your sponsored SLP clubs to extend a new act of compassion to the wider community.

The past 15 months have been especially challenging as we all have faced the effects of the pandemic: a pervasive sense of uncertainty, social isolation and economic distress. Sharing your stories of compassionate action with your fellow members would be a powerful way to bring compassion to the forefront and to make it an active force in your continued commitment to service. The work you do is inspirational.

With best wishes,

Thupten Jinpa
President
Compassion Institute

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