

Capital City Kiwanis Club

Club #5153, Division 3
Chartered Aug. 31, 1959

Golden Corral, Noon on Monday
1630 North Monroe Street
Tallahassee, Florida 32303

Kiwanis

International



Kiwanis International is a global organization of members of every age who are dedicated to changing the world, one child and one community at a time.

Tales for Tots Reading Program

Jim Ledbetter read Puff the Magic Dragon to the kids at Betton Hills Preparatory School and they danced to the included CD on March 16th. The students also recited the Pledge of Allegiance and sang the Star-Spangled Banner.



Recent Speakers

March 14th – Mudasser (Pakistan) International Students Month

Pakistan is bordered by Afghanistan and Iran in the west, India in the east and China in the far northeast. There are 4 major provinces, or states, in Pakistan – Balochistan, Khyber Pakhtunkhwa, Punjab, and Sindh – with many different cultures and languages and different local communities. Sixty different languages are spoken in Pakistan, with Urdu as the national language and English as the official language. A major holiday in the country is the day of its independence from the United Kingdom on August 14, 1947. Mudasser noted that education was not widespread until 10 years ago, and he went to Peshawar for school, as there were no educational opportunities in his hometown. Mudasser is studying electrical engineering at FSU.



March 21st – Lorena (Venezuela) International Students Month



Venezuela, from the Italian for “Little Venice,” borders Colombia to the west, Guyana to the east, and Brazil to the south. Its major exports in the past were agriculture and tourism, but now are mainly oil and petroleum products. Lorena has Spanish, Italian, and German ancestors and is from Caracas. She went to law school for a year in Venezuela before moving to Panama on her own at 17. She enrolled at the FSU-Panama campus and was involved in student government there. She came to the U.S. and FSU to continue her education and expand her opportunities. She will graduate this semester and helped create the Venezuelan Student Association at FSU, which focuses on helping educate people about her home country and move it forward.

Prez Sez

Some concerns and considerations regarding the situation in Japan...

Japan is experiencing some monumental issues after the earthquake and subsequent tsunami. If those two events were not terrible enough, there is an ongoing and expanding release of radiation in the atmosphere. This has already affected car imports & the pieces/parts needed to assemble and maintain cars here.

Concern is growing as wind, water & weather spread the radiation throughout the area - food & drinking water are testing positive for radioactivity.



CCKC, President Ben Graybar

Some info from Bloomberg regarding radiation (Friday):

In a nuclear accident, radioactive isotopes including iodine-131 and cesium-137, which are normally contained inside the fuel rods, may be released into the atmosphere as gases or particulates if the rods are damaged. These can be inhaled or ingested through contaminated food or water.

Q: How is radiation harmful?

Both beta and gamma rays can pass through human tissues, where they collide with other atoms, breaking up molecules and potentially damaging the DNA inside cells. When the body tries to repair the damage, mistakes may be made, creating the potential for cancer. Although the physical half-life of cesium-137 is 30 years, its biological half-life can be measured in weeks. High-energy gamma rays from cesium-137 inside the stomach or intestines may enable it to irradiate the body, and some material may be incorporated in bone and other tissues.

Q: What is Kiwanis doing about it, & what can you do to help?

The Kiwanis International Foundation has made available \$20,000 to the Japan District for disaster relief. "Our hearts go out to our Japanese Kiwanis members during this difficult time," said John "Jack" Harten, president of the Kiwanis International Foundation. "The Japan District has always been one of the strongest supporters of the foundation's mission, and we felt it was our turn to support them during this disaster."

The foundation is prepared to provide additional funding for disaster relief needs in Japan and will work with Kiwanis clubs and the Japan District to identify those needs.

The foundation is accepting unrestricted contributions for disaster relief. To donate, visit www.kiwanis.org/foundation or mail contributions designated as "disaster relief" to Kiwanis International Foundation, 3636 Woodview Trace, Indianapolis, IN 46268.

Recent Guests



March 14th – Tony Shah (*Kim Orloff*)



March 21st – *Lewis Johnson* brought two of his children, *Alexis* and *Stanton*.



March 14th – *Lake Jackson Inter-club* poses (*Harbert Smith*, *Dave Shoemaker*, *Wayne Clemmer*) while *Kim Orloff* lurks in the background.

PCI

JIM WYLIE

Enhanced

Financial
Services

Howard Eisenman

Kiwanis Objects

The six permanent Objects of Kiwanis International were approved by Kiwanis club delegates at the 1924 International Convention in Denver, Colorado. Through the decades, they have remained unchanged.

- * To give primacy to the human and spiritual rather than to the material values of life.
- * To encourage the daily living of the Golden Rule in all human relationships.
- * To promote the adoption and the application of higher social, business, and professional standards.
- * To develop, by precept and example, a more intelligent, aggressive, and serviceable citizenship.
- * To provide, through Kiwanis clubs, a practical means to form enduring friendships, to render altruistic service, and to build better communities.
- * To cooperate in creating and maintaining that sound public opinion and high idealism which make possible the increase of righteousness, justice, patriotism, and goodwill.

Kiwanis Fundraisers in Tallahassee

Killearn Club – Annual golf tournament at Killearn Country Club on Monday, May 2nd. Entry fee is \$100. Pre-tournament putting contest is an additional \$10.

Lake Jackson Club – “Cabaret” at Tallahassee Little Theatre on April 14th at 7:30 PM. Tickets are \$20 and also help fund Godby Key Club. Contact Dave Shoemaker at 850-339-0355 for tickets.

Southside Club – Dine in or carryout at Genghis Grill on Thursday, March 31st from 11:00 AM – 10:00 PM, tell them you are supporting Kiwanis, and 20% of your bill will go back to the ELIMINATE Project.

Service & Fundraising Information

Pop Top Tabs and Hotel Freebies

Place pop top can tabs and any hotel freebies in the container in the storage cabinet or distribution to Ronald McDonald House. POC: Bob Henderson

Meals on Wheels Roster – ROUTE G5

Please place the date of service on your calendars. If for some reason you find that you are unable to deliver the route, try to arrange a swap with another club member.

Please be at Elder Care Services, 2518 W. Tennessee St., by no later than 11:00 on your assigned date. Earlier is better! Remember we have to deliver the meals no later than 12:30 to meet Federal guidelines. Call 245-5932 if you have a conflict. For those of you who are new members, please see Fred Williams for information concerning the meals route. Thanks!

March 30th – Tom Duggar

April 6th – Larry & Judy Chambers

April 13th – Rick & Jessica Minor

April 20th – John Ryan

Tales for Tots

Volunteer Reader Schedule

March 28th – OPEN

April 4th – Bill Rogers

April 11th – Jim Wylie

Kiwanis One Day Project

TMH Pediatric Unit Toy Delivery

Saturday, April 2nd 10:00AM

Meet in Atrium

Capital City and Bradfordville Clubs Pancake Breakfast

Saturday, April 9th, 8:00 AM to 10:00 AM

Applebee's - 1400 Village Square Blvd.

Tallahassee, FL 32308

FDOA Miracle League Kickball Game

Saturday, April 9th 1:00 - 3:00

Miracle Field at Messer Park

SSF Education for Life 5K Race

Sunday, April 10th 3:30 – 5:00

FSU College of Medicine

Lincoln Key Club ECHO Fundraiser

6 on 6 Soccer Tournament

Saturday, April 16th 12:00 – 3:00

Lincoln High School

Vidalia Onion Sales

Expected delivery April 30th

5lb bags = \$5; 10lb bags = \$10

Preliminary orders due April 18th

Final orders due April 25th

Division 3 Council Meeting

Monday, April 11th 7:00 PM

Faith Funeral Home

6972 Florida/Georgia Hwy

Havana, FL 32333

Board Meetings

The CCKC Board of Directors last met on March 7th. The next meeting is April 4th. The board meets on the first Monday of every month, 5:30 P.M. at Margaret Lynn Duggar's office, 1018 Thomasville Road (the rear of the Monticello Office building). Meeting minutes are posted on the CCKC web site. Members are encouraged to attend BOD meetings.



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Kiwanis International, District, Division, CCKC Leadership & Information

2010 — 2011

CCKC Officers and Board of Directors

President: Ben Graybar

President - Elect: Jim Ledbetter

Vice President: Dana Dowling

Past President: Larry Chambers

Treasurer: Joe Sanders

Secretary: Donna Wells

Board of Directors:

2009-2011: Judy Chambers, Mickey Moore,
Janet Morgan, Bill Rogers

2010-2012: David Johnson, Kim Ortloff,
Cleve White

2010-2011

Division 3

Lt. Governor: K. Scott Whitehead (Havana)

Lt. Governor-Elect: Tommy Mills (Killearn)

Past Lt. Governor: Donna Wells (CCKC)

Secretary: Donna Wells (CCKC)

Treasurer: Bob Henderson (CCKC)

Florida Foundation Trustee: Larry Spalding (CCKC)

Division 3 Theme: We Serve Children

<http://www.killearnkiwanis.org/divisiii.html>

2010-2011

Florida District

District Governor: Thomas Ramiccio

Governor-Elect: Eddie Lee

Past Governor: Donna Parton

Florida District Theme: Time to Serve

<http://www.floridakiwanis.com>

2010-2011

Kiwanis International

President: Sylvester Neal

President Elect: A. Alan Penn

Past President: Paul G. Palazzolo

Kiwanis International Theme: Year of the Fire

<http://www.kiwanis.org>

CCKC Datebook

Birthdays

Members are encouraged to give a gift equal to their age to the CCKC Foundation or service projects.

March 28th – Bill Rogers

March 31st – Tom Morgan

April 3rd – Ev Anderson

April 5th – Dan Samborn

Wedding Anniversary

April 5th – Jim Davis

April 9th – Judy & Larry Chambers

Kiwanis Membership

March 30th – John Wells (41 years)

April 7th – Jan Morgan (2 years)

Coming soon . . .

Program Coordinator:

April – Fred Williams

May – Early Harris

Weekly Greeter:

April – Early Harris

May – Ev Anderson

Speakers:

March theme is international FSU students

March 28th – Kazakhstan

Maya is a Fulbright Scholar and English teacher.

April theme is Adult Diseases

April 4th – Alzheimer's Disease:

Brooks Johnson, Alzheimer's Project of Tallahassee

April 11th – Adult Immunizations:

Ann Waltz, Leon County Health Department

Current CCKC Projects

1. Roadside Clean-up/Highway Beautification: Quarterly, the club goes out for about 2 hours on a weekend to pick up trash along a dedicated two-mile stretch of U.S. 90 about two miles northeast of I-10.

2. Handicap Ramp Building: At the request of and in collaboration with Ability First, the club constructs ramps for disabled or senior clients with limited access to their house.

3. Miracle League: CCKC, with other Kiwanis Clubs in Division 3, Florida Disabled Outdoors Association, local government agencies, business and private organizations and individuals, supports a special athletic field and activities for children and adults with limited abilities at Messer Field.

4. Pop-Top Tabs/Toiletries: Soda, beer and juice can pop-tops and hotel freebies such as soap, shampoo, etc. are collected and donated to Ronald McDonald House to help support traveling families of seriously ill or injured children in hospitals.

5. Meals-on-Wheels: Each week a club member(s) delivers meals from Elder Care Services to about 10 clients on Route G5.

6. ECHO Food Drives and Feed-the-Hungry: Annually members donate food products for ECHO and once a quarter members provide meal service to the homeless on weekends at First Presbyterian Church.

7. Bethany Apartments Support: CCKC supports children of homeless families in temporary housing at Bethany Apartments, including funding, clothing, kitchen utensils, furniture, playground cleanup and maintenance.

8. Bethany Kids Christmas: CCKC, with the Moose Lodge, provides dinner, Christmas stockings and presents with Santa for the kids.

9. Kids School Dictionaries: The club annually provides dictionaries to all 3d graders at Ruediger, Pineview, Chaires, and Woodville Elementary Schools.

10. Ruediger Elementary Terrific Kids Program: CCKC sponsors recognition and mentoring of outstanding pupils ages 6-11.

11. Kids Voting: During general elections, CCKC mans a booth at a selected precinct to help educate kids on the election process.

12. SSF College Scholarships: The club provides 60% of its profits from Football Parking proceeds to the Southern Scholarship Foundation (SSF) to help provide college scholarships for qualified students and funds one student scholarship directly.

13. Ralph Davis Kiwanis House: CCKC, with other Kiwanis clubs, stocks food shelves in January and cleans/maintains this Southern Scholarship House in September.

14. Diaper Drive: In January and June, CCKC donates diapers to Healthy Start for kids ages infant to 5 years.

15. Soldier Care Packages: CCKC periodically sends several packages/backpacks with personal care items to deployed US combat troops.

16. Turn About: CCKC members serve on the board of this private non-profit, family-centered agency providing Child Victim Rapid Response for children who are victims and/or witnesses to violence, and for drug/alcohol rehab for youth and adolescents.

17. Toy Donations at TMH Pediatric Unit: CCKC's Kiwanis One Day Project buys and delivers toys to children receiving treatment at Tallahassee Memorial Hospital's Pediatric Unit.

18. Big Bend Hospice Tree of Remembrance: Members staff the tree for a day, and shoppers donate to purchase an ornament to place on the tree in memory or in honor of a deceased loved one.

19. Lifeline: Members volunteer through Tallahassee Memorial HealthCare Lifeline Services program to install a button-activated emergency services summoning device so those who live alone or have restricted mobility can feel secure in knowing they can summon help when needed.

20. Apples for Teachers: CCKC and Kiwanis Kids recognize teachers and staff at Ruediger Elementary for their service with apples once a year.

21. Tales for Tots: CCKC donates new and "gently loved" books to kids, infants to 5 years old, volunteers to read the books to them, and then gives them the books to keep in order to encourage them to read.

22. Service Leadership Programs: CCKC sponsors Kiwanis Kids at Ruediger Elementary School, Builders Club at Griffin Middle School, and Key Club at Lincoln and Rickards High Schools.

23. ELC Activity Room: CCKC is funding the creation of an Activity Room at the Early Learning Coalition Northwood Office to allow children to have a place to go while their parents are receiving counseling.

Fund-raising Projects:

1. Football Parking: Members park cars at the Southern Scholarship Foundation (SSF) parking lot on Stadium Drive during home FSU football games. CCKC splits the proceeds with 60% going to SSF to help provide college scholarships and 40% to CCKC to support club projects.

2. Vidalia Onion Sale: An annual fund-raiser in which CCKC members sell Vidalia Onions from Georgia in various package configurations during the spring and summer to support club projects.

3. Gourmet Nut Sale: An annual fund-raiser in which CCKC members sell Gourmet Virginia nuts in a variety of sizes and types of nuts (e.g. peanuts, cashews, chocolate-covered) during Nov-Dec to support club projects.

4. Pancake Breakfast: CCKC volunteers cook eggs and pancakes at a local restaurant for breakfast for a modest fee in the first quarter of the year.

5. Alternative Christmas Market: An annual fund-raiser in early December in which the club mans a booth at Christ Presbyterian Church providing shoppers with items supporting a selected club project, such as the Miracle League, from which they can choose to purchase as donations.