SPRING 2014

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Your Official Source for Concentrated Awesomeness Pennsylvania District of Circle K International



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Save the Date!

LSSP

June 17-22

CKI x

June 17-22

Fall Training Conferences



Until We Meet Again

A farewell message from former District Governor Katie Auwaerter

Dear Pennsylvania Circle K,

I can't believe my term as your Governor is already complete! It feels like just yesterday I was crying at King of Prussia, feeling excited and overwhelmed at the year ahead of me.

Though the year flew by, what a fantastic year it's been! The district board did a great job planning multiple district events, such as Fall Training Conference, InterPACK, and District Convention. This year's board really tried to make these events as worth while to the members as possible, so we hope you had a lot of fun and learned more about Circle K! I was incredibly lucky to work with a fantastic group of servant leaders and I hope we remain friends for a long time!

But we can't take all the credit! The 682 members of PA Circle K worked very hard this year, making our jobs easier! When we got together as a district, we did some amazing things; whether performing over 1,000 service hours at InterPACK or making over 250 kits for Caitlin's Smiles at DCON, there is a lot of power in our numbers. And we're just one branch of a fantastic Pennsylvania Kiwanis Family! Our year could not have been as successful without the support from the other branches, so thank you to PA Kiwanis, PA Key Club, and all the other branches of the PA Family for supporting Circle K and strengthening our numbers!

With Heather at the reigns, I know the district is in good hands. And I can't wait to see the Pennsylvania District grow and flourish even more than this year! I'm excited to see all the creative ways that clubs support the new District Service Project, S.M.I.L.E., and help spread a positive message relating to mental illness! Also, with The Eliminate Project coming to a close in 2015, I'm excited to see Pennsylvania Circle K finish strong to help eliminate MNT from the planet! PA Circle K is capable of making an even greater impact on the state of Pennsylvania; so continue to work hard improving the community!

It's been a pleasure serving you as your District Governor, and I cannot thank you enough for giving me the opportunity. I hope you enjoyed this year as much as I did! But just because the 2013-2014 service year is complete doesn't mean I'm done with Circle K for good- and you shouldn't be either! Even if you're graduating, I hope you continue to spread your passion for service wherever you go! While I highly suggest moving on to Kiwanis, even if you don't, I hope you continue serving your communities and making the world a better place.

I gave my heart and soul to Pennsylvania Circle K, and it ended up giving me so much more. Thank you for a wonderful year filled with memories that I will never forget.



Introduction

From: District Governor Heather Christensen

Hello Powerful PACK!

I would like to start by thanking and congratulating past officers on their successful year. The district would not be possible without dedication from each and every one of you, from officers to general members, so thank you very much for choosing Circle K International! I wish all of the new officers the best of luck in our upcoming year. I am here to help make sure you and your club are successful so please let me know if you have any questions.

One of my focuses for the year will be to bring back some of the best traditions of PA Circle K that have been lost over the years, as well as starting new ones. If you had the opportunity to attend District Convention this past year you saw some of these traditions. Some of the traditions are club roll call, the spirit stick, and club mascots. I will make sure that each of these are further explained so that you be involved in the best parts of the powerful PACK!

My next goal for the year is to continue the success we have had with increasing our Kiwanis Family Relations (KFR's). Many clubs were successful last year in improved the relationship between their club and their sponsoring Kiwanis Club. Kiwanis Clubs are a wealth of knowledge since they are familiar with your community, and they are great for networking for your future. I can speak from experience that getting to know your Kiwanis Club members can be a great resource for you personally. I was recently given my internship at an Erie hospital because my supervisor was looking over many resumes when she came across mine and saw that I was a Circle K member. She called me up right away and offered me the internship on the sole fact that she knew I would be a great leader and a go-getter because I am a Kiwanis Family member. Along with getting to know your local Kiwanis club, please reach out to the local Key Clubs and other Circle K Clubs. Key Club members look up to us as role models and we can help them with the college process. Make sure you are working with your fellow Circle K Clubs, as some of you may only be a few minutes away from each other. For those of you that are farther away you can use this District Newsletter to spread the news on your club's event and clubs may travel to be a part of your event! As always, please invite me to your club events and I will try to bring my club members with me, so we can have an interclub!

Lastly, with this being the final year for the Eliminate Project, I will be pushing it with full force and taking it on as my Governors Project! I plan to have fundraisers throughout the year with all Kiwanis Family branches, as well as fundraisers at our district events. Please let me know if you and your club are interested in creating an Eliminate Project because I would love to help any way possible and attend the project! If you need information on the Eliminate Project please let me know.

I look forward to working with all of your this year! I hope to visit most of you as I travel across the state for various events. Please let me know if you have any suggestions to make this year better, and as always please let me know if you have any questions!

Yours in friendship and service, Heather Christensen

2014-2015 District Board

District Treasurer Jonathan Mostafa

Jonathan Mostafa is current student of the University of Scranton majoring in Political Science. He is a 7th year Kiwanis family member with previous positions has Key Club Treasurer and Black Diamond LTG.





District Editor Shedane Shaw

"Hey Circle K! I am very excited and ready to get my creativity flowing this upcoming year as District Editor. One of my favorite quotes is "The real world is the possibility of our consciousness so share your heart and mind whenever it is possible" which pinpoints why I have a passion for service!"

Liberty Lieutenant Governor Jacklyn Briguglio

"Hi! I'm Jackie Briguglio. I am going into my fifth year at Drexel University studying Chemical Engineering. I have been involved with Circle K since my freshman year and I have loved every minute of it. Serving as President of Drexel University Circle K, I learned a lot about organizing events and inspiring members. Some of my biggest accomplishments was raising the membership by about 10 members and getting a group to attend DCON after a long Drexel absence. I extremely excited to be working of the members of the Liberty Division. Make sure to check out the Liberty Division Facebook group for frequent updates on how to improve your organization!"



Three Rivers Lieutenant Governor Emily Croll



"I'm a rising junior at Duquesne University, where I'm a Finance and Accounting major. My hometown is Zelienople, PA, about forty-five minutes away from Duquesne. I joined Circle K because my friend dragged me to a meeting freshman year and I absolutely fell in love with it. On campus, I'm also involved in the American Marketing Association and Gamma Phi Beta sorority. I'm OBSESSED with Doctor Who and Supernatural, and I have an unfortunate Netflix addiction. I'm a huge hockey fan, and I'm a hardcore Pittsburgh Penguins fan. I'm really bad at crafting, and riding the city bus freaks out, even though I do it multiple times a week



The 52nd Annual Pennsylvania District Convention was held in the city of Hershey on March 28-30, 2014.

2014 PA Circle K DCON Awards Winners

Glen & Sally Stevens Outstanding Faculty Advisor - Thomas Purce of West Chester University

George McCutcheon Outstanding Kiwanis Advisor - Andrea Rusinko of West Chester Kiwanis

David H. Baker Jr. Outstanding Kiwanis Family Relations - West Chester University

Best Sponsoring Kiwanis Club Award - West Chester Kiwanis

KFR (Kiwanis Family Relations) Award -Penn State University-University Park

Interclub Award - West Chester University

Club Scrapbook Award

1st Place-West Chester University 2nd Place- University of Pittsburgh- Oakland

3rd Place- Duquesne University

Club Video Award-

1st Place-Susquehanna University

Club Website Award

1st Place- Mercyhurst University 2nd Place- West Chester University 3rd Place-Shippensburg University Jack P. O'Carroll, Jr. Outstanding Club Treasurer **Award**- Katy Wendekier of Duquesne University

Kevin E. Thomas Outstanding Club Secretary -Kimberly Ames of West Chester University

Willi Schaefer Outstanding Club Vice President Award- Hannah Cawoski of Duquesne University

Dr. James A. Hallman Outstanding Club President - Ashley Schmidt of West Chester University

Thomas A. Muchler Outstanding Member -

Kaitlin Shartle of Penn State University -University Park

Club Newsletter Award-

1st Place-West Chester University 2nd Place- Mercyhurst University

3rd Place- Penn State University- University Park

Outstanding Club T-shirt Award-

1st Place-Mercyhurst University 2nd Place- West Chester University 3rd Place- Drexel University

Single Service Award

Bronze Level- University of Pittsburgh- Oakland Silver Level- West Chester University Gold Level- Duquesne University



Ron and Luida Shearer Unsung Hero Award

Black Diamond- Larissa Hoffmann of University of Scranton

Colonial- Kelsey McCabe of Shippensburg University Keystone- Taylor Leonard of Penn State University-University Park

Liberty- Greg Cajka of University of Pennsylvania Snowbelt- Sarah Whitaker of Mercyhurst University Three Rivers- Erin Hayden of Duquesne University

Outstanding Club Achievement

Bronze Level- Penn State University- University Park Silver Level- West Chester University Gold Level- Duquesne University

Outstanding Growth Award

Philadelphia University

MILE Award

Duquesne University

Roll Call Award- Penn State University- University Park

Robert M. Cassel Outstanding Committee Chair Award

Christine Lentz of West Chester University

Ted Brookhauser Outstanding District Board Member Award

Heather Christensen of Mercyhurst University

William Brandamore Fellowship Award

Nataline Nguyen of Penn State University-University Park

Early Bird Dues Status

Duquesne University
Mercyhurst University
Philadelphia University
University of Pittsburgh Greensburg
University of PittsburghOakland

Big Ten Award

Duquesne University
Mercyhurst University
Philadelphia University
Susquehanna University
University of PittsburghGreensburg
Thiel College

Service Level Achievements 2013-2014

Drew Bever Sarah Sprauer **Emily Croll** Katie Kerrigan Alexandria Brant Evan Kohl Nataline Nguyen Katie Larsen Amanda Sloan Kelly Garis John Anderson Matt Kocher Lauren Herneisey **Taylor Spencer** Erin Reigle Kimberly Ames Laura Brickett Ashlev Schmidt Heather Christensen Chris Prestridge Jackie Briguglio Sarah Griggs Shedane Shaw Al Matsanka Mark Giovinazzi

Duquesne University Duquesne University Duquesne University Duquesne University Penn State University Penn State University **Penn State University** Shippensburg University West Chester University West Chester University **Duquesne University Duquesne University** Penn State University Penn State University Shippensburg University West Chester University **Duquesne University** West Chester University Mercyhurst University Shippensburg University **Drexel University Drexel University Drexel University Drexel University Drexel University**

Bronze Level Service Achievement Silver Level Service Achievement Gold Level Service Achievement Gold Level Service Achievement Diamond Level Service Achievement

Honored/Distinguished Officers 2013-2014

Jackie Briguglio Evan Kohl Katie Larsen Laura Brickett **Ashley Schmidt** Michael Catherman **Emily Kappauf** Hannah Cawoski Katie Clark Elizabeth Fleming Alexandria Brant Megan Miller **Kimberly Ames** Gina Bryson AJ Matsanka Ionna Trindle Katy Wendekier Katherine Kauffman Kayla Pfab Theresa Kelly Kristin Yeager

Drexel University Penn State University Shippensburg University **Duquesne University** West Chester University Shippensburg University West Chester University **Duquesne University** Shippensburg University Penn State University Penn State University **Duquesne University** West Chester University Shippensburg University **Drexel University** Shippensburg University **Duquesne University** Penn State University **Duquesne University** West Chester University Shippensburg University

Honored Club President Honored Club President Honored Club President Distinguished Club President Distinguished Club President Honored Club Vice President Honored Club Vice President Distinguished Club Vice President Distinguished Club Vice President Distinguished Club Vice President Honored Club Secretary **Honored Club Secretary** Distinguished Club Secretary Distinguished Club Secretary Honored Club Treasurer Honored Club Treasurer Distinguished Club Treasurer Honored Club Editor Honored Club Editor Distinguished Club Editor Distinguished Club Editor

Distinguished Club Members 2013-2014

Emily Atton Duquesne University Liz Benoit **Duquesne University**

Chuan Phongphothichitkin **Duquesne University** Megan Tomasic **Duquesne University**

Brandon Ross Duquesne University Min Pumalee **Duquesne University** Sydney Snyder Mercyhurst University

Nataline Nguyen Pennsylvania State University **Taylor Spencer** Pennsylvania State University Kristine Stryker Pennsylvania State University

Yendri Longoria **Drexel University** Su Wang **Drexel University**

Erin Reigle Shippensburg University Keila Zanella West Chester University Hannah Coble West Chester University Gregory Cajika University of Pennsylvania

Marie Torres University of Pennsylvania





Many of you probably know that Kiwanis International, through a joint project with UNICEF, supports the Eliminate Project. The goal of the Eliminate Project is to eradicate maternal and neonatal tetanus (MNT) across the globe through immunization. But some of you might not know exactly what MNT is, the effect this project is having across the globe, or what you can do to help. This article will provide you with helpful information so that you too

What is Maternal and Neonatal Tetanus?

In many countries, childbirth often takes place in unhygienic situations. Unclean deliveries and improper umbilical cord care practices are one of the leading causes of maternal and neonatal tetanus, along with inadequate immunization services. Babies born with MNT suffer repeated and painful convulsions. They are extremely sensitive to light and touch, which means that they are robbed of their mother's touch. The mortality rate of MNT is extremely high; it was estimated that 60,000 newborns die each year, which is one baby every nine minutes.

MNT is caused when tetanus spores, which are found in soil, come into open cuts during delivery. Unfortunately, unlike smallpox or polio, MNT can never be completely wiped out, but the immunization of pregnant women and those of reproductive age can prevent MNT. This is done through a series of three vaccinations costing \$1.80. As of 1999, fifty-nine countries, located mostly in Africa and Asia, had yet to eliminate MNT. Today, thirty-four of those countries have been able to eliminate MNT, leaving only twenty-five more countries to go. And, as of 2010, there has been a 90% reduction in the mortality rate since 1980.





What Can You Do To Help?

There are many ways that your club can get involved in the Eliminate Project. Here is a list of potential projects, large and small, that your club could undertake.

Host a Movie Night!

In order to do this project, you need to pick a film, time, and date (you can obtain movie rights from www.swank.com if necessary). If your campus has lecture halls, consider hosting it there. Pre-sell tickets and also sell them at the door. You can also buy snacks and drinks and sell them as well. Before the movie, show a promotional video about the Eliminate Project so that viewers know a little bit more about what they are supporting.

"Shots for Shots"

This can be taken in one of two directions. The first idea is to set up a booth selling Jell-O shots (non-alcoholic of course!) in one of the busiest places on campus. If your club can afford it or you can get some prizes donated, then mark some of the containers and the people who pick those ones win something.

The second idea is to host a basketball tournament. This could be played bracket style, like three on three, or you could do something a little different, like some type of shooting competition.

Valentine's Day Candy Grams

Sell candy grams for Valentine's Day! Make small bags of candy and have people write notes to their loved ones. If you have a small campus, you can even hand deliver the candy grams to residence halls or professor's offices! For more ideas, please see:

http://sites.kiwanis.org/kiwanis/en/theeliminateproject/newresources/fundraisingands





What is PACK CASH?

If you haven't heard of Pack Cash then you are truly missing out on a great opportunity for your club.

The 2002-2003 Pennsylvania District Board developed and initiated a service project fund called PACK Cash. This program allows Circle K clubs in the Pennsylvania District to apply for grants that can be used to conduct service projects for which they have inadequate funding. In spring 2003, Edinboro University of Pennsylvania Circle K (Edinboro, PA) became the first club to receive a PACK Cash grant. They held a senior citizens prom for a local nursing home.

If you are interested in applying, applications will be available on the website, once it is launched, until then please ask any board member for an application. When your club has completed the application please send it to the District Governor governor@pacirclek.org) and District Administrator (administrator@pacirclek.org). The deadline for each Circle K year is March 1st but you can apply year-round! When applying for PACK Cash, you can only apply for up to \$2000. This should be plenty of funding to get started on a new service project at your school.

Last year there were only TWO schools that applied for PACK cash, so the board would love to see more applications this year. The application is available through your Lieutenant Governor, or if you lack an LTG please refer your questions to Heather, the current governor. Now that the sky is the limit, and money is no longer stopping your club from success, what will you do next?!

Are you interest in being a part of the...



Then join the District Board of the Powerful PACK!

The District Board works together to put resources together to make the clubs more successful, and we plan various training and social events for the district. The current vacant positions on the board are:

- **District Secretary**
- Black Diamond Lieutenant Governor (LTG)
- Colonial LTG
- Keystone LTG
- Snowbelt LTG
- District Events Chair (previously called Con. Con.)
- Kiwanis Family Relations Chair (KFR)
- Membership Retention and Club Building Chair (MRCB)
- · Rules and Regulations Chair
- Service Chair

Please refer to the next page for descriptions of each position. If you have any questions please email Governor Heather at governor@pacirclek.org. If you are interested in applying to be a part of the Powerful PACK's District Board, then follow this link: Application Form. This link can also be found on the District Facebook Page.

District Board Position Explanations

District Secretary: The purpose of the secretary is to be the right hand man of the Governor. The secretary collects information from clubs such as their club contact information and reviews the information submitted in MRF's to report our successes to the international board. The secretary is also essential for taking minutes during board meetings.

Lieutenant Governors: LTG's are the regional representatives for each division. Their purpose is to be the go-to person when clubs have questions or concerns. LTG's plan two division wide service projects during their term, one in the spring and one for the fall.

District Events Chair: Successful district events are essential for a successful year. The events chair will lead district board members in planning Fall Training Conference, InterPACK, and DCON. The events chair will also be a great resource for helping LTG's plan divisional events and advertising these events.

KFR Chair: This chair will focus on helping clubs work with their local K-family branches by providing them with the resources to find the clubs, and example projects.

MRCB Chair: This chair is focused on helping the Powerful PACK grow more and more powerful!! This chair will work to provide clubs with the necessary tools and ideas to grow and retain membership.

Rules and Regulations Chair: This chair is focused on making sure our policy code and bylaws are in compliance of what is stated by International. This chair may also be asked to help clubs that need help with their clubs policy code or by laws.

Service Chair: This chair is focused on promoting the District Service Project by creating materials to distribute to clubs. They may also be called upon to promote other projects, such as The Eliminate Project. They will also be a great recourse to help plan the service sites during InterPACK.

Long Scale Service Project & International Convention

Hello fellow Circle K'ers!

My name is Amanda Sloan and I'm your On-To International Convention Chair! For those of you who are a little confused by the title (I know I was when I first heard it), my duties include organizing and promoting LSSP and ICON. This year our Large Scale Service Project and International Convention will be combined into a six-day experience known as CKIx—which is simply a name change that includes both events. This year, CKIx will be taking place in Nashville Tennessee y'all. Nashville is a perfect location that is home to country music, the Bonaroo Music Festival, and of course, home-style Southern cooking.

Last year was my first time attending LSSP & ICON and it is by far my favorite Circle K experience! ICON is similar to DCON and allowed me to have a say in the "inter-workings" of the organization. There were several important amendments that were being proposed, and the debates became a little heated at times, only adding to the entertainment. Besides the debates, there are also several workshops that allow you to share and gain information from clubs across the country. The workshops this year not only focus on Circle K, but professional and personal development as well.

For those of you who have never participated in LSSP, it is similar to InterPACK and includes a ton of service projects. A few of the projects that I participated in included gardening at the Ronald McDonald house, and building a playground at a local elementary school. Being able to help build a playground was something I could have never imagined seeing myself doing. However, after I was taught how to use a jackhammer, I had no intention of stopping. Not only was LSSP a rewarding experience, it was also a lot of fun!

So remember, this year CKIx is taking place in our Sub-region! We have to represent by sending as many members of the PACK as possible! Also, because Nashville is geographically close it will be much less expensive than it has been in previous years. I would love it if you joined me on this great experience from June 17-22. If you have any questions, or would like any more information on this amazing opportunity, feel free to email me at otic@pacirclek.org

Amanda Sloan

A Grand Hello From The Kiwanis Committee

Greetings on behalf of the Kiwanis Committee for the Pennsylvania District of Circle K International!

My name is Ken Nguyen, and I am the District Administrator for PA Circle K. I am a member of the Kiwanis Club of Elizabethtown, a past Circle K member, and a past Key Club member. Being a member of the Kiwanis Family comes easy to me as I have always had the sense of community service instilled in me since early grade school. My years in the Kiwanis Family have provided me with an outlet to do what comes natural to me, and what I am passionate about. By serving as your District Administrator, I hope to inspire you to be the natural servant leaders that you are, and to achieve what you hope to achieve and more.

However, I cannot provide guidance and support to you and the District Board of Officers without some help. From the Kiwanis end of things, I have several members on the Kiwanis Committee for PA Circle K. They are to assist your area lieutenant governor by providing guidance with regards to the function of your division, and to also help foster the relationship between your club, your sponsoring Kiwanis Club/Kiwanis Advisor, and your Faculty Advisor. They also provide assistance during the district events: InterPACK in the fall and District Convention in the spring.

Currently, the committee members are as follows:

Black Diamond Division Advisor: Kelly Shaup from the Kiwanis Club of Wyoming Area

Colonial Division Advisor: Vacant Keystone Division Advisor: Vacant

Liberty Division Advisor: Mariza Shavelle from the Kiwanis Club of University City

Snowbelt Division Advisor: Vacant (however, I have someone in mind to fill the position)

Three Rivers Division Advisor: Kristina Badali from the Kiwanis Club of Baldwin

As you can see, there are vacancies for advisor positions for some divisions. If you know of anyone who is passionate about Circle K and the Kiwanis Family that may be a good fit for one of the positions, please ask them about it, and please let me know who that person is!

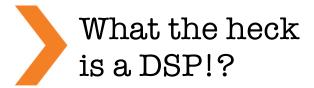
The success of this district over the next year and beyond relies on the teamwork of the Kiwanis Committee and you, the member. Whether you are a club chair, club officer, or an officer of the District Board, you the member hold the power to make this district grow. After all, as it is stated in the Kiwanis Family: One can make a difference. Be the one to make that difference.

Sincerely and yours in service,

Ken Nguyen

kiwanis.ken.nguyen@gmail.com

Are you looking for a way to get involved in our new DSP?!



A DSP is a District Service Project, and it is a project chosen by the District Board for the clubs of the District to focus on for the year.



This year the board has decided to focus on the mental health of our club members, and our communities. We decided to call it: Lets SMILE, Support Mental wellbeing In Life Everyday!



Once the website is launched there will be a short descriptive packet available to inspire you and your clubs on how to make this DSP work for you! The District Board is trying to leave this project as open ended as possible so that you clubs can transform it to meet your interests. Try to create a project to incorporate other branches of the Kiwanis! If you have any concerns, or questions please contact Governor Heather at governor@pacirclek.org

Reminders!

□ Make sure your new officers have submitted their information or the board update form! If you haven't done so yet here is the link! Please ask Governor Heather if you have any questions! <u>Link to GoogleForm to update club officer information</u>	1
☐ If you are interested in ICON, International Convention, make sure you address any questions to Amanda at otic@pacirclek.org	
☐ Are you interested in being trained to be the next greatest	

- □ Are you interested in being trained to be the next greatest leader? Interested in spending a week with leaders from all over the states? Do you like free events?! If you said yes to any of these questions then listen up (or keep reading!)
 - Leadership Academy is a 6-day experience focused on training emerging leaders. Students learn that true leadership is based on servant leadership, which requires leaders to put the needs of others first, and to realize that no matter whether or not you have a title, there is always a need for service to one another and to the world.
 - Each District is given a scholarship to send one member for FREE! So if you are interested please apply at the following link: Application Link
 - o When: July 27-August 1
 - o Where: Morgantown, Indiana
 - o Deadline to apply: July 7
 - Direct all questions to Governor Heather