



Workshops

9am – 9:30am – Kiwanis is a Verb

Keynote – Motivational Session, Past Kiwanis International President Jane Erickson

Listen up Kiwanians.....this is a CALL to action! Now that we are coming back to our service and leadership activities, let's explore what motivates each one of us and calls us to service. There are some amazing opportunities out there. How can we harness our all of our pent up energy over the past year and a half and use that for new projects, new fundraisers, and new Kiwanis adventures? Let's explore how we can take action and serve the community and our children better than ever.

9:40am – 10:10am – Kiwanis is a Conjunction

Representation Matters, Eric Lamb

How can we be Kiwanians AND do our best job serving our community? Kiwanis Clubs need to foster relationships with the people in our clubs and in our communities. We need to include people with different views, thoughts, and ideas. It's all about representation and education. Let's explore why representation matters in your Kiwanis journey and how it will benefit your club members to embrace the differences in all of us.

10:20am – 10:50am – Kiwanis is a Pronoun

Service Leadership Program (SLP) Core Values, Justin Garrow, Jenn Hiscock, Jamie Moore, and the CKI Executive Board

SLP Programs represent some of most motivated people in the Kiwanis family. THEY do this while living and breathing our Kiwanis core values. Join our panel as they discuss some of these principles relating to our K-Kids, AKTION Club, Builders Clubs, and CKI programs. The panel will discuss the following values as they relate to each Service Leadership Program:

1. Character building: The ability to do the right thing, even when it might be the unpopular choice
2. Leadership: The ability to listen, communicate, serve, and guide others
3. Inclusiveness: Accepting and welcoming differences in other people
4. Caring: The act of being concerned about or interested in other people or situations

11am – 11:30am – Kiwanis is a Noun

Human & Spiritual Values, Past Governor Carolyn Richar

It takes a VILLAGE of VALUES. Humans live best in a village, which can also be very challenging due to the differing values of community members. Be a part of the *Kiwanis 2021 - 2022 Village of Values* – a monthly program featuring human values that reach across our many religions and cultures. Learn more about how your club can use this program to introduce your members to the ways different cultures celebrate these human values, to speakers who can help our clubs bring these values to life in our clubs, and the service project ideas that bring these values to life in our communities.

11:40am – 12:10pm – Kiwanis is an Interjection

Ah Ha! My Kiwanis Moment Panel, Caren Schumacher

An interjection is a word added to a sentence to convey an emotion or a sentiment such as surprise, disgust, joy, excitement, or enthusiasm. Well, what does an interjection have to do with membership? This session will feature Kiwanians from around the Capital District sharing their Kiwanis “**Ah Ha!**” moment. Their message of why they joined Kiwanis and why they have stayed a member through the years will inspire you and be a reminder of why we dedicate our time and talents to serve children and make a difference in our communities.

12:20pm – 1:45pm – Fellowship Luncheon

2pm – 2:30pm – Kiwanis is an Adjective

A Cool & Dope Update, Cavanaugh Bell

The young service leader is back! Cavanaugh has been busy since we talked to him at the Mid-Year Conference. The Gaithersburg native was honored with a Governor’s citation for his work to help those in need during the coronavirus pandemic and for his anti-bullying campaign. He will give us an update on his service projects and the non-profit he founded a called “**COOL & DOPE**” – an acronym for “Considering Others' Obstacles in Life and Dish Out Positive Energy.” Its mission is to end bullying worldwide by 2030. Come check out what this young leader – and friend to Kiwanis – has to say!

2:40pm – 3:10pm – Kiwanis is an Adverb

How We Modify, Tim Gillette

The definition of an adverb is a word or phrase that modifies or qualifies an adjective, verb, or other adverb or word group, expressing a relation of place, time, circumstance, manner, cause, degree, etc. Kiwanis Clubs are already engaged in MEANINGFUL service, fundraising, membership recruitment, etc. How can we improve upon these? This workshop will take a look at what our Kiwanis Clubs are currently doing, how we can modify it, and how to become more creative. This workshop will teach us to look at things from a different perspective and use the PAGES framework to help us achieve new objectives.

3:20pm – 3:50pm – Kiwanis is a Preposition

Kiwanis is About You, Rhonda Vrell

Are you WITH Kiwanis? Kiwanis is about you. Kiwanis is about your Club. Kiwanis is about your community. Join us in a conversation about showcasing your pride in our organization and how to relate it to others. Remember....never end a sentence with Kiwanis. Always start it with Kiwanis!

Bios

Jane Erickson, Past Kiwanis International President



Jane Erickson is a Past Kiwanis International President (2016 – 2017) and International Vice president (2014 – 2015). Jane has been a member of the Bellevue-Offutt Kiwanis Club for more than 20 years. Before that, she was a member of the Fort Dodge (Iowa) Noon Club, where she served as distinguished Club President. She's been a K-Kids advisor for almost 20 years and was a Kiwanian of the Year (2007 – 2008). Erickson served on the Kiwanis International Foundation Board of Trustees and was also its President. She continues to be a facilitator for Kiwanis Key Leader and is a recipient of Circle K International's McKittrick award, a Diamond-level George F. Hixson Fellow, Tablet of Honor recipient, Founders Circle, Kiwanis International Foundation's Heritage Society member, and Walter Zeller Fellow. Outside of Kiwanis, Erickson is owner of The Wellness & Training Works. She is a member of St. Mary's Catholic parish, the Bellevue Drug and Alcohol Prevention and Education Commission and a mentor with Teammates, a school mentoring program. Jane also keeps herself very busy with five children and seven grandchildren!

Eric Lamb, Lieutenant Governor & LTG Class President



Eric Lamb is a native of Charlottesville, VA and has lived there his entire life. He started his career as a teacher and then was promoted to a school Administrator in a public school that was the hub for special needs and International students. His last year in the school system, his school had 47 different native languages represented. Eric also has degrees in Sociology, Psychology and Restorative Justice. Eric is also a highly sought after consultant for Non-Profit organizations. He has dedicated his life to service and to asking the difficult questions of *why* and *how*? Why are things done this way – and how could things be done better? He is often accused of being “an out of the box” thinker. Eric joined Kiwanis 5 years ago and served as club president for 2 of those years. He is in his second term as Lt. Governor.

Justin Garrow, Kiwanis Kids District Administrator



Justin Garrow is a member of the Canton-Fells Point Kiwanis Club, of which he is the Immediate Past Club President. He will be serving as the Kiwanis Kids District Administrator (2021 – 2022) and the CKI North Division Zone Administrator next Kiwanis year as well. He has also been elected as the PLG in Division 14 (now Div 4) for the 2012 – 2013 Kiwanis year. In his career, Justin has spent almost two decades working in 'Before and After School' Programming. He is currently working for the Y of Central Maryland as a BASE Site Manager. In his spare time, Justin serves as an Interim Commissioner on the Baltimore City LGBTQ Commission.

Jamie Moore, Lieutenant Governor



Jamie Moore is a member of the Chester, Virginia Club. He is the current Lieutenant Governor of Division 10 (2019 – 2020 & 2020 – 2021 Kiwanis years). Jamie also spends his time serving as the current Builder's Club Chair. In his spare time, he has spent 18 years as a Teacher in four schools. He is currently teaching at Petersburg High School and has held that position since 2016. He is no stranger to giving back to the community through his teaching and Kiwanis experiences.

Jennifer Hiscock, Capital District Aktion Club Administrator



Jenn Hiscock can be found at any time with a smile on her face and a positive attitude! She is a go-getter and is always putting others before herself whether it be through her involvement in Kiwanis, the 4-H program, or in her job as a Special Education teacher. In her professional life, Jenn is entering her 10th year as a high school Special Education teacher in Montgomery County, Maryland where she serves as a College and Career counselor for students with disabilities. Teaching has been a dream of hers since second grade and once she started volunteering with a therapeutic riding program in sixth grade, she knew Special Education is where her heart laid! Jenn loves going to work every day! When not at school, she is very involved in her Kiwanis Club, serving as Club President, a Key Club Zone

Administrator, Regional Membership Chair, and serving as the Capital District Aktion Club Administrator. However, Kiwanis is not the extent of Jenn's volunteer commitments, as she also serves in many volunteer roles for the Maryland and Carroll County 4-H program. There is no such thing as free time in Jenn's life, but when she has a spare minute, she loves to spend it with her chocolate lab, Belle or running!

Carolyn Richar, Past Capital District Governor



Carolyn Richar has been a member of the Kiwanis Family since joining Circle K International as a freshman at Emory University in Atlanta, GA. The wonderful support of Kiwanians throughout her 5 years in CKI made joining Kiwanis a priority in her life. She was proud to join the Fairfax Kiwanis Club in 1989, serving as a Club President four times, Lieutenant Governor, in various District Committee Chairs, and as Governor of the Capital District. Carolyn will serve as the District

Chairperson for Human and Spiritual Values Committee in 2021 – 2022. Outside of Kiwanis, Carolyn works full-time for Capital Caring Health, using her background as an RN and a Minister to focus on clinical services and quality development. She also serves part time as the Associate Pastor of Bethel United Church of Christ. Carolyn is married to fellow Kiwanian, David Diesselhorst. She and David have three adult children. When she has a few free moments, Carolyn enjoys singing, reading, hiking with her two German shepherds, gardening and chocolate!

Caren Schumacher, Capital District Membership Coordinator



Caren Schumacher was born in Washington, D.C. and spent her life in the Maryland and Virginia suburbs until 21 years ago when she and her husband relocated to Williamsburg, VA. Caren spent her career as a National Trade Association Vice President and in 2018 retired from her 16-year tenure as Executive Director of the Historic Virginia Land Conservancy. A member of the Kiwanis Club of Williamsburg for the past 20 years, Caren has served as Club President and on the club's Foundation Board. She is a two-term Lieutenant Governor, served as Capital District Public Relations Chair, is currently the Capital District Membership Coordinator, and Certified Club Coach and Opener. Caren is a proud recipient of a Hixon Fellowship and a Walter Zeller Charter Member. She is also a member of the Capital Legacy e-club. Volunteering has always been a priority for Caren, who serves on other Boards in her community and beyond. She is a past recipient of the Reston Citizen of the Year Award and the Fairfax County Citizen of the Year Citation. Caren has been married to Ed (also a Kiwanian) for 54 years, and they have 3 grown children and 6 grandchildren.

Cavanaugh Bell, Founder Cool & Dope Non-Profit



Cavanaugh Bell is the 8-year-old Chief Positivity Creator of the bullying prevention nonprofit, Cool & Dope. With a mission to end all bullying worldwide by 2030, Cool & Dope creates family volunteer and activism opportunities to empower youth to speak up and to speak out. For the pandemic, Cavanaugh used his life savings to make care packs for senior citizens and was able to quickly mobilize global donations to create the Love is Greater Than COVID-19 Community Pantry that has served 12,000+ people since April 2020, including sending \$32k of critical COVID supplies and food to the poorest community in the Nation, the Pine Ridge Reservation in South Dakota. Cavanaugh has been awarded a Congressional Certificate of Recognition by House of Representative David Trone, been named a 2020 CNN Young Wonder, and the National Action Network's 2020 MLK Award Recipient – as well as has had his work acknowledged by Maryland Governor Larry Hogan, President Trump, and Vice President Kamala Harris.

Tim Gillette, National Capital Trustee



Tim Gillette is a member and Distinguished Past President of the Kiwanis Club of Tysons, VA. Tim served as Past Lt. Governor in 2016 – 2017 and was elected Class President. Tim is currently the Trustee representing the National Capital Region (Divisions 1, 2, &3). Tim has been a member of the Tysons Club since 2010 and was a Builders Club member at P.S # 20 (now Maya Angelou School) in Jersey City, NJ. Professionally, Tim is a Finance Manager at CARFAX, Inc. in Centreville, VA. Tim is currently pursuing a Master of Business Administration at the University of Illinois at Urbana-Champaign, specializing in Creativity & Strategic Innovation. Tim lives in Ashburn, VA with his wife Corey (also a Kiwanian) and four-year old daughter Natalie. Fun Fact: Natalie is a Kiwanis New Year baby, born on October 1, 2016

Rhonda Vrell, Kiwanis International Area Director



Rhonda Vrell has worked in the Global Education and Membership Department at Kiwanis International since 2005. During this time, she provided education, support and mentorship to Districts, Divisions, and Clubs on opening clubs, inviting and retaining members, leadership principals, and establishing strong clubs. Rhonda received a Bachelor of Science from High Point University. As a resident of North Carolina, Rhonda is exciting to – again! – be working with the Leaders and members of the Capital District.