

Empire State Kiwanian

New York



October 2010, Volume 10-11, No. 1

New York District Kiwanis Foundation

Make Your Club Stronger

And complete the Governor's Project in the Process

In our early years we learned there are tools. Everyone uses tools. Rakes and hammers, pens and pencils, computers, dental and surgical tools, automobiles, telephones and even satellites. Obviously the list is endless. We use "tools" daily in our personal and professional lives. Without them we could not do the things we wish to accomplish.

Have you ever watched an engraver cutting a die for a dollar bill or a skilled craftsman building a fine piece of furniture? They each use specialized tools. They have the tools, a design to follow and most importantly, a goal. All of this is coupled with a single purpose and the confidence they will produce a masterpiece.

Governor

Michael Malark



The motto "we build" comes from a definition of the word Kiwanis. Last year the 2009-10 board was named "Bookers Builders". Kiwanians are known as builders and to build our clubs we need tools.

This year we have a project known as the "Top Flight Club". It utilizes six simple tools to encourage club and membership growth. Each section or

"tool" acknowledges members, increases public awareness of Kiwanis through public relation efforts, training club leaders, gives new members an outstanding orientation, encourages membership drives, and raises awareness of Kiwanis in the communities we serve.

We also have the specialized tools to grow our Kiwanis Clubs. The "Top Flight Club" project is a set of tools, coupled with your singleness of purpose and confidence, which will build a masterpiece for the children in your community and around the world.

A copy of the Governors Project "The Top Flight Club" will be mailed to each club secretary. It also is posted on the New York District web site at: www.kiwanis-ny.org



Make Your Club "Top Flight"

This year's Governor's Project is an opportunity for the district's clubs to join the Top Flight Club by completing six projects which also will strengthen their clubs and allow for more public service in the future.

Clubs will receive a banner patch with spaces for each of the six patches representing each part of the project. It is shown below. At left is the patch with all the pieces filled in.

The Top Flight Club was designed to recognize clubs that are making efforts toward acknowledging members, increasing public awareness of Kiwanis through public relations efforts, training club leaders through Club Leadership Education and New Member Orientation, and most important acquire new members through Membership Drives and increased awareness of Kiwanis within the communities we serve.



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Happy 10th anniversary Aktion Club.

On Oct. 1, 2000, Aktion Club officially became a Service Leadership Program of Kiwanis International.

The very first Aktion Club was started in Florida by George Swartout, the 1988-89 Kiwanis Governor. Today the Aktion Club concept has spread throughout the world. Currently, there are 467 clubs and 9,425 members worldwide.

Our New York District Aktion club has provided many hours of community service as part of the estimated 92,484 hours of service documented each year by Kiwanis International. We have adopted soldiers, given out flags for Memorial Day, collected happy quarters for the new "Eliminate

Aktion Clubs

Debra Rothman



Project", volunteered at Ronald McDonald House, helped out with food drives and assisted many of the Kiwanis Clubs with their projects.

Sleeping Children Around the World is Aktion Club's service initiative. The New York District has collected over \$1,000 in the past four years. It has kept our members focused on fund raising efforts for this most valuable

charity by providing thousands of bed kits to children in underprivileged countries around the world.

Congratulation and thanks to all who have been involved including the members, the advisors, the sponsoring clubs and the agencies that support individuals with disabilities. Thank you for your dedication, leadership and countless hours of service. The New York District has doubled the number of Aktion Clubs in the past four years and would not be where it is today without the efforts of our members in this great district. If your club does not currently sponsor an Aktion club, and you are interested, please contact me.

Here's to many more anniversaries Aktion club!

Before we start our new Kiwanis year, I would like to thank the Franklin Square Kiwanis Club from the LISC Division for starting a new K-Kids club.

The most important news that I have is that our International Vice President Tom DeJulio went to New Zealand and was successful in getting them to start a K-Kids. Folks, that is absolutely awesome! Many thanks and kudos to Franklin Square and Kiwanis International VP Tom!

As we begin a new year under the leadership of Governor Mike Malark, we are encouraging you to consider starting a K-Kids in your community. Remember, it can be in a library, house

K-Kids

Mickie Leamey



of worship or a school. This of course is one tool to get Kiwanians involved and also motivate new members.

Thanks to our sponsored youth, our Tony Palangi Fellowship program has been very successful.

I would like to remind Kiwanians to

consider honoring someone in your club, division or for that matter a community person through this program. It only costs \$400 and you receive a banner patch, lapel pin and a beautiful certificate.

This award not only recognizes a well deserving person but it also helps the Foundation and reminds us of a Past Governor who not only gave of himself but was proud to be a Kiwanian and devoted twenty-three years to our sponsored youth.

So, please let us keep this program going.

Let's have a positive attitude and a great new service year.

2010-11 Events

Nov. 12-13, 2010:
Key Leader, Silver Bay

Nov. 19-21, 2010:
Tri-K, Albany

Feb. 24-27, 2011:
Mid-Year Conference, Albany

March 18-20, 2011:
Circle K Convention

July 7-10, 2011:
International Convention,
Geneva, Switzerland

Aug. 10-14, 2011:
District Convention, Westchester Marriott, Tarrytown

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How do ticks spread disease? Ticks transmit pathogens that cause disease through the process of feeding. Depending on the tick species and its stage of life, preparing to feed can take from 10 minutes to 2 hours. When the tick finds a feeding spot, it grasps the skin and cuts into the surface. The tick then inserts its feeding tube. Many species also secrete a cement-like substance that keeps them firmly attached during the meal. The feeding tube can have barbs which help the keep the tick in place.

Ticks also can secrete small amounts of saliva with anesthetic properties so that the animal or person can't feel that the tick has attached itself. If the tick is in a sheltered spot, it can go unnoticed.

A tick will suck the blood slowly for several days. If the host animal has a blood borne infection, the tick will ingest the pathogens with the blood. Small amounts of saliva from the tick may also enter the skin of the host animal during the feeding process. If the tick contains a pathogen, the organism may be transmitted to the host animal in this way.

Please note that, after feeding, most ticks will drop off and prepare for the next life stage. At its next feeding, it can

Pediatric Lyme Disease

DPG John Gridley



then transmit an acquired disease to the new host.

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The way we see ourselves determines how we behave. "A picture is not only worth a thousand words, it is the parent of a thousand deeds."

People act out the images they have of themselves. If given the choice of picturing yourself, what would your image be? Would it be of one who has heard and keeps hearing a persistent calling to putting their belief into action?

Following your calling means fulfill-

A few new clubs were built in the month of September as the year of Bookers Builders came to an successful end.

Club # 2: The Kiwanis Club of the US Fund for UNICEF was formed on Sept. 14 with 28 members

Club # 3: The NY Young Professionals was formed on Sept. 9 with 25 members.*

Club # 4: The Suffolk East Young Professionals was formed on Sept. 28 with 25 members.*

Club # 5: The Kiwanis Club of Endi-

Human and Spiritual Values

Rev. Rosita George-Williams



ing your purpose. As you begin this new Kiwanis year, do so with new resolve to

New Club Building

DPG Joe Eppolito



cott was formed on Sept. 29 with 25 members.

Club # 6: The Kiwanis Club of Vestal-

follow your calling. Be reminded of what your commitment to Kiwanis means. Through the path of your faith, engage yourself in being a true worker of good. Open your heart and mind to a deeper understanding of who we are and what we do.

We are Kiwanians. We have been called to serve the children and the community. We have been called to change the world-one child and one community at a time. Follow your calling.

Endwell was formed on Sept. 29 with 25 members.

Club # 7: The Kiwanis Club of Binghamton was formed on Sept. 30 with 25 members.

* The NY Young Professionals and Suffolk East Young Professionals are internet based clubs that are part of the Suffolk East Division.

The first new club of the year, East Greenbush in the Van Rensselaer Division, was organized in March.

Congratulations to those who worked hard to build these clubs!



Peach Festival Brings Crowds to Lewiston

The 53rd annual Lewiston Kiwanis Peach Festival took place Sept. 10-12 in Lewiston.

The Niagara County Aktion Club had the honor of leading off the parade for the annual event, shown above.

At left, District Secretary Ann Sewert and Gov. Michael Malark try some Peach Shortcake while Kiwanians working the booth watch.

The annual Peach Festival attracts thousands of people each year.

Bill Risbrook Elected Governor-Elect

At the 2009-10 District Convention in Binghamton, Bill Risbrook, a member of the Kiwanis Club of Cambria Heights, was elected governor-elect for the 2010-11 year.

Risbrook, a former lieutenant governor of the Queens East Division, defeated Michael Siniski of the Kiwanis Club of Sayville.

During his time as a Kiwanian, Risbrook has built three new Kiwanis Clubs and a Key Club. A member of Distinguished Past Governor Peter Mancuso's board, Risbrook was honored as a Super Distinguished Lieutenant Governor.

Bill's partner, Dr. Lavonia Francis, has been a Kiwanian for nine years; she currently is a member of the Kiwanis Club of Hempstead. She is senior director of nursing for Ambulatory Care at Mount Sinai Hospital in New York City.



Above, Bill Risbrook receives the congratulations after his win. Lower left, he thanks the delegates for their support. With him is his partner, Dr. Lavonia Francis.



Kiwanians Support Project

Teen-age girls from the Owego area appealed to Kiwanians at the convention to support their efforts to send personal care items to soldiers in Iraq and Afghanistan. Shown below at the microphone is Brianna Cart, the organizer of Angels Over Iraq and Afghanistan; behind her are some of the group's active

members.

Kiwanians attending the luncheon donated \$800 to the effort, enough for the group to send 300 gift bags to troops. More information, including how to support the project, can be found on the group's web site, www.angelsoveriraq.org.



Sexton Receives Christiano Award

Edward Sexton received the Gerald Christiano Distinguished Service Award during the opening session of the convention in Binghamton.

Sexton was honored for his service to the district and to the district foundation.

The award is presented by the Past Governor's Council to recognize a person for years of service to the district; past governors are not eligible for the award.

More information, including a list of past winners, is available on the district web site, www.kiwanis-ny.org.

The award is named for Past International President Gerald Christiano.



Above, left, are KPTC Service Leadership Committee Members with KPTC President Joe Corace and KPTC Service Leadership Liaison Rich Santer. Above right is KPTC Service Leadership Committee Key Club Chair LTG Domenick Pesce and Committee Member LTG Stephanie Salinas enjoying the Black & White Ball.

15th Annual Black & White Ball Supports KPTC

Officers and members of the KPTC Service Leadership Committee enjoyed the elegance of this year's Black & White Ball while doing their part to make the evening a success.

In attendance were KPTC Service Leadership Committee Circle K Chair Gov. Rickie Santer, Key Club Chair LTG Domenick Pesce and Secretary Christina Principato. In addition, committee members Circle K First Lady Lauren Sacks, Key Club LTG Stephanie Salinas, Circle K LTG Kristin Leverone, Macarthur Key Club

President Becky Hopkins and NCC Circle K member Nick Spitaletto were also present to celebrate KPTC's success.

KPTC Service Leadership Committee members helped KPTC President Joe Corace distribute commemorative lapel pins recognizing KPTC's 20 years of life saving work.

During the awards portion of the program, Circle K KPTC Service Leadership Committee Chair Gov. Rickie Santer received a Diamond KPTC Fellowship recognizing his efforts as KPTC

Service Leadership Committee Chair, his work with the Safe Kids program and his donation of \$10,000 to KPTC as the winner of the National Volunteer Leader Award through the University of Phoenix and the Daily Points of Light organization.

The KPTC Black & White Ball was a tremendous success thanks to the KPTC Foundation Board, the KPTC Service Leadership Committee, the many sponsors who took ads in the program and all those who attended the gala event.



New K-Kids Chartered

Sixty people attended the Charter Night for the Franklin Square K-Kids in September. Pictured are: front row, from left: Treasurer Casey Nedelka, Erin DaGrossa, Joseph Moryl, President LizAlexia Papadoniou, Lauren Ammendolea, VP Adriana Marchetti, Secretary Lisa Sullivan and Kristen Sullivan. Back row: K-Kids Advisor Jina Papadoniou, Service Leadership Administrator Rich Santer, Key Club Lt. Gov. Domenick Pesce, Long Island South Central Lt. Gov. Tony Genova, Franklin Square Kiwanis Club President Frank Ammendolea, Franklin Square Club Secretary and Franklin Square K-Kids Advisor Julie Davis-Olson.

This past June, Kiwanis International celebrated the success of its first Worldwide Service Project which eradicated Iodine Deficiency Disorder. The campaign which began in 1994 raised more than \$100 million and brought iodized salt to more than 100 countries around the globe. This campaign has been hailed by UNICEF and the World Health Organization as one of the greatest health victories in history.

As announced at the Kiwanis International Convention in Las Vegas, Kiwanis is once again partnering with UNICEF to eliminate one of the world's most terrible diseases. Maternal and Neonatal Tetanus (MNT) is a completely preventable killer that claims the life of one newborn baby every nine minutes. It is referred to in the Bible as the "Seventh Day Death." New mothers also fall victim to tetanus.

To prevent this disease, mothers need a series of three vaccinations that cost a total of \$1.80. (That is less than the cost of the coffee you may have ordered at Starbucks or Dunkin Donuts this morning.) Once vaccinated, a mother is protected throughout her childbearing years and passes her immunity to any child she gives birth to for its first two months of life.

Kiwanis International's partner UNICEF has a proven record of success in eliminating MNT in countries around the world. In recent years, UNICEF has eliminated Maternal and Neonatal Tetanus in 19 countries but they need

The recent sad passing of five of our beloved district governors – Anthony J. Palangi (1983-84), James T. Hebron, (1980-81), William L. Martin (1981-82), Dr. J. Donald Herring (2007-08) and Alfred Bevilacqua (1991-92) – has called to mind our entire group of past governors, living and deceased.

Since our New York District was created in September of 1918 we have had 92 district governors, including our incumbent governor, Michael W. Malark. Each of them served for one administrative year except the first, Clarence A. Nelson (Utica) who served until year-end 1918 and then continued in office through calendar year 1919. Of the 92, 20 happily are still with us, and almost all of them continue their dedicated service to Kiwanis at some level(s) – club, division, district and/or international.

The current "dean" of our group of living past governors, i.e. the one who served the earliest, is Stephen H. Hart Jr. (Irvington) who served in 1968.

In some of our contest elections in years past attention was paid (arguably too much attention) to whether a candidate was from "upstate" or "downstate";

YCPO
Rich Santer



Kiwanis and the K-family to make the final fund raising push to eliminate MNT in the 40 developing countries where it continues to kill new mothers and their babies.

UNICEF estimates that 129 million mothers in these 40 remaining countries need to be vaccinated. UNICEF also seeks to eliminate MNT by improving safe birthing practices, partnering with local governments, providing education and opening routes for medical treatment into the "invisible" small villages in these developing countries.

Kiwanis International has pledged to eliminate MNT by raising \$110 million by 2015. All funds raised by the K-family will be channeled to the ELIMINATE project through the Kiwanis International Foundation. (For more information: logon to www.theeliminateproject.org).

This year, Governor Mike Malark is asking the New York District to take the lead in supporting the ELIMINATE Project by re-focusing our service efforts on Kiwanis International's Young Children Priority One (YCPO) initiative.

Because the ELIMINATE Project directly serves mothers and newborn children, it is the perfect place to begin your club's Young Children Priority One service activities. In fact, your club can even participate in Young Children Priority One, contribute to the ELIMINATE Project and support our Service Leadership Programs by making your ELIMINATE Project donation through the New York District of Circle K. As announced by Circle K Gov. Rickie Santer during his address at the NYD Kiwanis Convention in August, the NYD Circle K Governor's Project includes a fund raising component for the ELIMINATE Project. For a \$90 donation, your club receives the NYD Circle K Worldwide Service Project medal to recognize a deserving individual. (For more information on the NYD Circle K Governor's Project and to download a NYCKI WSP Medal Order Form logon to www.nycirclek.org)

During the 2010-11 Kiwanis Service Year, clubs that conduct service projects in any of the Young Children Priority One (YCPO) areas such as Maternal and Neonatal Health, Child Care and Development, Parent Education and Support or Safety and Pediatric Trauma AND support the ELIMINATE Project will earn a banner patch. (For more information on the NYD Kiwanis Young Children Priority One Club Recognition Program logon to the NYD Kiwanis website at www.kiwanis-ny.org or contact NYD Kiwanis YCPO Chair Rich Santer at rs2wldd@aol.com)

District Historian
PIP Anton Kaiser



suggesting perhaps that we should alternate between upstate and downstate in our selection of our leaders. It seems to me we don't hear that very much anymore and, I think that's a good thing.

Anyway, just for the record, among our living past governors I count 18 upstaters and 12 downstaters. Among our deceased past governors I count 41 upstaters and 21 downstaters. Combined, that's 59 upstaters and 33 downstaters.

In our earlier years, upstaters clearly predominated – an interesting exception being that between 1921 and 1964 five governors came from a single downstate club, the original New York City club (which unfortunately no longer exists), whereas in more recent times downstaters have tended to gain a greater share.

It was not until 1997-98 that we elected our first woman governor, Susan C. Ganey (Hamburg), daughter of the

late Charles Wall (Hamburg) our 1960 governor, making Doreen M. Pellitteiri (Webster, 2008-09) our second but surely not our last woman governor. (I personally know of several woman Kiwanians I'm convinced would do a great job.)

In addition to our 92 district governors, eight distinguished Kiwanians were named Honorary Past Governors by the Past Governors Council based upon very strict criteria: George Prout (Troy) 1963; Ted Rand (Tonawandas) 1966; Dr. Walt Karwowski (Whitestown) 1982; Michael D'Auria (East Norwich), 1986; Gerald Hennessy (Rotterdam), 1986; Donald Miekam (Whitestown) 1989; Richard Trupkin (Woodside) 1997; and John Gaglione (East Meadow) 1999. Sadly, all of these great Kiwanians have passed on, and the Past Governors Council opted some years ago (regrettably I think) to discontinue the practice of naming Honorary Past Governors.

A personal note: As a recently minted octogenarian, I feel privileged and grateful to have known all and worked with most of the district governors since 1958 as well as many earlier ones who continued actively on the scene long after they served as governor. It has been my good fortune.

New York District Kiwanis Foundation

Dear New York District Kiwanians, another Kamping season is done and although all the numbers aren't in as of yet, everything points to a very good season for the Kamp. Last year, with your help, we were able to send 620 challenged and underprivileged children to Kamp Kiwanis, this year in the 2010 season we did a lot better, with your help again, we were able to serve 656 kids at Kamp Kiwanis.

This is great for two reasons, firstly, the more we fill the Kamp, the more that we will be financially stable, but more importantly we were able to give 656 children an outdoor experience that they would otherwise never experience. We gave 656 challenged and underprivileged children a chance to make new friends, play games on grass fields, and overall for one week forget that they are challenged or disadvantaged and just be themselves.

We gave 656 children a camping experience

District Foundation

Sal Anelli



and on the way changed their lives for the better. If that's not the true meaning of Kiwanis, I don't know what is.

There are a great many people to thank for the great season we had at Kamp Kiwanis and if I did, I would probably need a few more pages of this publication, but I would be remiss if I don't mention Gov. Dave Booker and his board of "Bookers Builders". Gov. Dave made a commitment to Kamp Kiwanis and kept his word, he promoted the Kamp wherever he went and with his example, the rest of Bookers Builders

followed through. Not only did they send 3 kamperers, but at the August 19th district board meeting, they decided to make a donation to the foundation to help us with our debt. On behalf of the New York District Kiwanis Foundation members, from the bottom of our hearts, we thank you.

Now that I've told you the good news, let me temper my remarks by telling you that we must keep it going, we can't allow this feeling to be lost, and we must not become complacent, because that is our worst enemy. We must continue our efforts to fill the Kamp next year, we must continue the "One More Kamper" program so that next year we can say that we changed the lives of 720 or more children, we can do it. Two years ago it might have seemed impossible to some, but not to us. We knew that when the New York District Kiwanians are called to help they never let anyone down. Thank you again.

As we begin a new service year, the Kiwanis Pediatric Trauma Center at North Shore-LIJ celebrated its 20th anniversary. That's 20 years of saving the lives of children and preventing traumatic injuries!!!

While we can never know exactly how many lives our efforts on behalf of KPTC have saved, statistics tell us it is many and that we have made and continue to make a difference.

Congratulations go out to the Kiwanians who founded our trauma center, all those who have served on our Foundation Board, the Key Clubbers and Circle Kers who have supported KPTC and served on our KPTC Service Leadership Committee, all the Kiwanis Clubs that contributed funds through the annual campaign, fellowship and trauma kits programs and, of course, the Kiwanians who support the trauma center's fund raisers like the Black & White Ball.

I would be remiss if I did not pause to express my sincere appreciation to everyone responsible for the tremendous success of our 15th Black & White Ball.

If you were there, I am certain you share my belief that this was one of the best. From the fabulous basket raffle led by Diane Brousseau to the moving tribute

KPTC North Shore

PG Joseph Corace



to Distinguished Past Governor Al Bevilacqua, the Ball raised funds in new ways and honored the memory of a beloved founder. (A special thanks also goes to the Five Towns Kiwanis Club which will be remembering DPG Al with an annual KPTC Service Leadership Scholarship.) I also wish to thank photographer Bill Moseley for the wonderful souvenir photos he provided to guests at the Ball and gratefully acknowledge the members of the KPTC Service Leadership Committee for their help with the raffle and distributing the 20th anniversary lapel pins.

Last, but certainly not least, I thank the clubs that honored their members by naming them KPTC and KPTC Diamond Fellows at the Black & White Ball. The generosity of the clubs and the service of the honorees are greatly appreci-

ated.

As we move toward November, I would like to extend an invitation to the downstate clubs to attend the KPTC Annual Meeting on Nov. 3, 2010. At this meeting we will elect the 2011 slate of Foundation Directors and share a full report of the Foundation's activities. While the presence of club presidents and secretaries is specifically requested, this is a terrific opportunity to bring newer members to see the impact of the service we do on a regional level.

Over the past few years, you may have noticed me mentioning the activities of our KPTC Service Leadership committee in this column. I invite clubs that sponsor Service Leadership Programs in the downstate area to contact our KPTC Service Leadership Committee Co-Chairs Key Club LTG Domenick Pesce (ltgdomenickpesce@gmail.com) or Circle K Governor Rickie Santer (nygovrickie1011@gmail.com) to find out how their service leadership club can get involved.

In closing, I invite all of you to get more involved in your region's Kiwanis Pediatric Trauma Center. If you have any questions, please contact me at jcorace@icmdata.com.

Wine Tasting to benefit KPTC North Shore

A Wine Tasting event on Nov. 17 will benefit KPTC North Shore.

The event, which is being sponsored by the Champions for KPTC Committee and the Mapleton Kiwanis Club, will be from 7 to 10 p.m. at the Absolutely Mario Restaurant, 10 Allen Blvd., Farmingdale.

The event will feature Osprey's Dominion Wine, a Long Island North Fork winery.

Tickets are \$35 per person, and reservations are requested by Nov. 10.

To purchase tickets, contact Dr. Steven Parrick, (516) 270-5955; Georgiana Sena, (516) 655-3510; Robin

Asighieri, (516) 337-1833 or Joseph Corace, (917) 282-9498.

For further information, see the district web site.

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New York District Kiwanis Foundation
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This is the first edition of the Empire State Kiwanian for the new year, continuing the pattern started last year that was established with the new format for both the ESK and the district web site.

There will be four editions of the ESK this year – January, April and July issues will follow this one – each designed to feature upcoming District and International events as well as coverage of activities of the previous quarter.

And the district web site -- www.kiwanis-ny.org -- will continue to feature the news that's important to the district's clubs and divisions, posted in a timely fashion for everyone to enjoy, as well as columns from district leaders and district committee chairs.

A year ago when we issued the invitation to submit news items to be published on the web site we didn't know what would happen. When the administrative year ended, 198 submissions had been posted, many with multiple pictures. All of those items continue to be available for viewing. The postings often occurred within a day or two of the event's occurrence, demonstrating the immediacy that the web makes so easy to do.

The new magazine-style format of the ESK allows all the photos to be printed in color, providing a top-quality display

**ESK Editor/
Webmaster**

**Martin
Toombs**



of district activities.

Many submitted items are coverage of activities by Service Leadership Organizations, including Circle K, Key Clubs, K-Kids, Builders and Aktion clubs. It's obvious that Kiwanis clubs take great pride in their sponsored organizations and the web site has provided a new outlet for that pride.

Over the past year some clubs and organizations have been more active than others in submitting news items for the web site.

So how does your club get involved? It's easy – e-mail your news items to webmaster@kiwanis-ny.org and then watch the web site for them to appear.

Here are some tips for sending in your information:

- Look at your submissions from the perspective of someone who is not familiar with your club, and consider how news worthy they will seem to others. Some items are better placed on a club

web site, such as officer installations and new member inductions. Others may require additional information so Kiwanians from other areas of the district will have the full picture of your club's activities.

- Identify individuals in pictures
- Text can be part of the body of your e-mail or in attachment.

- Attach digital pictures to your e-mail as files. Don't insert them into a word-processing document. (Such pictures generally have much lower quality as a result.)

- Don't worry about the size of the pictures; they'll be cropped to best advantage for display on the web site.

- Use standard upper and lower case when typing your information.

One of the benefits of e-mail is the speed. If I have a question about what you've submitted I'll let you know. And if you have a question for me, send it along and I'll respond as soon as I can.

All submissions are subject to editing for style, spelling and grammar and pictures will be selected based on their value to telling the story and will be cropped to make the best use of them.

More help with submissions, information on setting up a web site for your club or division, and other information is available on the district web site as well.