



The All New Newsletter of The Capital District Circle K International

The Capital Courier

Coming together, looking to the future, building on the past, making a difference today.

Governor's Message

Hello Capital District! My name is Tara DiSciullo and I am your District Governor for the 2001-2002 administrative year!

I am currently a junior at the University of Delaware, majoring in Educational Studies, with minors in Psychology and Sociology. My career goals aren't perfectly clear just yet, but I am sure I want to work in an educational role, be it counseling or with a non-profit organization. Other than Circle K (like there is anything outside CK!), I am a Blue Hen Ambassador, otherwise known as a campus tour guide for UD. Random facts are right up my alley- do you know that UD has kissing arches?! I hail originally from Aston, PA (about 30 minutes south of Philadelphia), but now I call Newark, DE home.

I don't think excited is the word to describe my feelings on the coming year- is it possible to be ecstatic?! Why, do you ask? It's simple- I am leading the second largest district of CKI, who last year completed over 22,000 service hours! I am truly honored to call capital my home!

Throughout the year, I hope to get the opportunity to meet as many of you as possible. I would love to hear what your clubs are up to; tell me about that great service project, invite me to your club's events, come to me if you are having a problem.

I, along with the entire district board, are here to work for you. We hope to provide you with service projects, fellowship

One thing I hope to show this year is that before anything else, any title or office, I am a member of Circle K.

- Tara DiSciullo

events, and leadership opportunities that you will find meaningful. You might be asking yourself, how does she know what is meaningful, she is a "district officer"? One thing I hope to show this year is that before anything else, any title or office, I am a member of Circle K, and as a member, I want to make this a successful year for Capital District Circle K.



Tara DiSciullo



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Shannon Lawson
District Secretary



Dustin Bonat
District Treasurer



Lance Mailem
District Editor

The **K** Files

Greetings, Circle K'ers!! My name is Shannon Lawson, and I am your 2001-2002 Capital District Secretary. What this means to you, is that I am responsible for compiling the service hours for all Circle K Clubs throughout Maryland, Virginia, Delaware, and DC—and I couldn't be more excited!

I am currently a junior Biochemistry major at Virginia Tech with hopes of attending Pharmacy School after graduation next May. I am originally from Finksburg, Maryland (right down the road from Western Maryland College!) and have loved spending the last three years at VA Tech and in Circle K.

My goals for the year include to help our district re-focus on *Service*, and to personally try to do a service project in every division this year!

My favorite service project is one with the Virginia Tech Club, where we put on a Christmas Party for underprivileged children in the area.

Outside of Circle K, classes, and labs, I am a member of Kappa Alpha Theta sorority and Omicron Delta Kappa leadership fraternity. I enjoy road trips (even though I rarely am allowed to drive!), going to the beach, and spending more money that I have. If I can do anything for you this year, please, get in touch! ☺

"My goals for the year include to help our district re-focus on *Service*."

- Shannon Lawson

Hello everyone. My name is Dustin and I am your new District Treasurer. I am a sophomore at Towson University (Harbour Front) with a major in Business Administration and Computer Information Systems.

After college, I plan on getting a phenomenal job that allows me to continue doing Kiwanis and which will allow me to fulfill my many personal goals. One such endeavor is to conquer the world and divvy it up amongst friends and family (you know who you are!).

But really, I am just your average Texas born, Minnesota raised, Maryland college student. My goals for this year are to meet and surpass our set goals, increase inner clubbing throughout our district as well as our sister districts, and to continue the success of the Capital District Circle K.

"To continue the success of the Capital District Circle K."

- Dustin Bonat

I was born and raised on the Island of Maui. I came to Virginia Tech not knowing what to anticipate except that I was far, far away from the beaches of Maui. Through my experiences, I have always believed in challenging myself in order to expand my skills as well as develop myself as a person. My involvement with Circle K has enabled me to "realize my potential" and as the Capital District Editor I hope to help other people realize their own potential.

Other than Circle K, I am also involved with the YMCA Student Programs as the After School Program Leader at Shawnee and a member of Council and I am also an Assistant Student Manager at The Depot at Dietrick. I am currently a junior majoring in Art and will be applying to the Graphic Design program next Spring. I hope to become a web designer and eventually head back to Maui and establish a design company of my own.

As Capital District Editor, my goal is to document and share with the world the accomplishments of the Capital District Circle K. To share the spirit and ideals of Circle K International.

I look forward to working with all of you during the year. I wish all of you a great summer!

The Truth is out There.

**"I hope to strengthen the bonds between my clubs through interclubbing."
- Matt Brent**



Matt Brent
Chesapeake

Greetings and salutations from the depths of the Chesapeake Division! I'm Matt Brent, 2001-2002 Lt. Governor for the Chesapeake Division. It's truly an honor to have once again been chosen to serve my division and district!

I'm a graduate of Lancaster High School in Lancaster, VA, where I spent my entire life growing up. Now I'm a first year sophomore at Christopher Newport University majoring in Communications Studies with minors in Psychology and History. I actually decided on my major as a result from working as a past Key Club Capital District Editor. Who would've thought the K-Family would've done that for me!? I'd like to be able to be some type of journalist or broadcaster so that I might reach as many people as possible with my thoughts and feelings. There are so many problems in the world today that are simply the result of miscommunication. I hope to change that!

As the Lt. Governor for my division, I hope to strengthen the bonds between my clubs through interclubbing. I would also like to have more divisional events and perhaps start an annual district event down here in the Chesapeake Division! Hey guys, how'd you like to go play some skee ball at Chuck E. Cheeses and win some toys for hospitalized children? Start practicing your aim, because down in Chesapeake anything can happen!

**"[To] make sure that the lines of communication are open all of the time."
- Lesley McKibben**

Kathy Pierce

Foothills



Hi, my name is Kathy Pierce and I am a junior biology major at Sweet Briar College. Although I spend eight months of the year in Virginia, I miss New Hampshire which is where I am from.

Regardless of how much I hate being so far away from home, I am careful to insure that it does not inhibit my future plans. Although I will be applying to graduate school next year, I am looking into joining the Peace Corps for two years directly after college.

As a result of this, I feel that I will have a better grasp of who I am and where I want to be. Hopefully this works because theoretically the younger I am when I discover this, the happier I'll be in the long run. Wish me luck! :-)

Lesley McKibben

Frontier



Originally from Westminster, Maryland, (near baltimore) my name is Lesley McKibben. I am freshman this year at Virginia Tech, majoring in English and Political Science-with hopes of becoming a political speechwriter. Right now, in addition to being a part of Circle K, I am also a member of Virginia Tech's judicial board, as well as a sister of Kappa Alpha Theta.

As for this coming year for Circle K, I am definitely looking forward to serving as the Frontier Division's Lieutenant Governor. The division, at this point looks like it is doing well. I would, however, like to see Roanoke's club be in better standing membership-wise. I would also like to engage the division in inter-division service projects (one every semester) with the Big Brothers Big Sisters program in Roanoke having some potential. Other than that, I plan to do my best to stay in close contact with all of the clubs and make sure that the lines of communication are open all of the time.

I'd like to wish all of the members of this year's district board the very best of luck with the year to come as well as with accomplishing all of their goals.

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Justin Garrow

Harbour Front

Hi everyone, I'm Justin Garrow, the new Harbour Front Lieutenant Governor. I am presently a sophomore at the University of Delaware and I am currently a Leadership and Consumer Economics major.

I am originally from Niagara Falls, New York – yes that means I say pop, NOT soda! I have been in Circle K for the past two years.

This past year I was the UDCK President and the District Historian. This year marks the beginning of my eleventh year in the K-Family (thanks to Key Club and Builders Club). Outside of Circle K, I like to play tennis, do anything that's fun and exciting, and of course, watch Scooby Doo religiously! (c:

I am really excited to be the Harbour Front Lieutenant Governor this year, I am looking forward to working alongside all the officers and members of Western Maryland, Johns Hopkins, Delaware, and Towson. It's going to be an awesome year with lots of projects and events for everyone to do.



Jacob Kaskey

Potomac

I'm Jake Kaskey and next year I will be a sophomore at The American University. I am in the School of Public Affairs studying Political Science and C.L.E.G.: Communication, Legal Institutions, Economics and Government.

I've worked on Capital Hill, for the National Endowment for the Arts, and am currently with the Fund for American Studies. I've also worked on several Congressional and Senatorial campaigns. I come from small-town Ohio and am terribly excited to be in the great capital district now!

Next year will be my 9th year in the K-Family- I've been with the organization through Builders Club, Key Club, and now Circle K. I have great ambitions for not only my division and district this coming year, but also myself. I want to challenge the accepted norm and take people to a different level of service. I plan to focus on strengthening K-Relations within the GREAT Potomac Division and creating a sense of unity between all of our clubs. We'

“keep my clubs informed of events and information that affects them....”- Kate Richards



Kate Richards

Glory

Hey Y'all, I'm Kate, LTG for Glory Division. I am a rising senior at Mary Washington College in Fredericksburg, VA (and home of Carl's, which serves the best soft serve ice cream!). I will graduate in May 2002 with a degree in History.

After MWC, I hope to go onto graduate school and become a cultural historian that specializes in the Colonial American Period; this is my current plan so there is a possibility that this could change. =)

When I am not up in Fredericksburg and not traveling for Circle K, I live in Bohannon, Virginia, which is part of Mathews County on the Middle Peninsula or across the York River from Williamsburg, VA. I am absolutely addicted to my computer and IM and email. When I am not sitting in front of my computer (and I am usually talking to someone or another on IM) I tried to spend time with my friends and family. But of course after I get my work for my classes done. =)

I know one of my goals for the upcoming year is to see my clubs attend more divisional events. Of course a goal will be to keep my clubs informed of events and information that affects them because that is one of the main purposes of my job. These will be my two most important goals for the upcoming year, that much I know. Well since I can't think of anything else to say at this moment, I will say goodbye and please feel free to IM or email me or whatever I'm usually around.

“I want to challenge the accepted norm and take people to a different level of service” - Jacob Kaskey



Divisional Call

So what do you have to say?

“How are you doing....?”

Chesapeake

Hey Capital District Clubs! Got something to promote or to share with the rest of the District? Do you have a service project coming up or just finished a successful project. We want to hear it! This is your opportunity to tell us how your club is doing!

Foothills

Frontier

The Harbour Front Division is made up of four awesome clubs. There is Towson University in Towson, Maryland; Johns Hopkins University in Baltimore, Maryland; Western Maryland College in Westminster, Maryland; and the University of Delaware in Newark, Delaware. Throughout the year these four clubs serve enormous amounts and at the same time make everything fun.

There is always something to do in the Harbour Front Division. There's plenty of walks for different charities and groups, the Canoe Trip, the Rock'n'Bowl, the Turkey Dinner, the Hayride, trick-or-treating for charity, dances, and plenty of other single service and continuing service projects for everyone to do.

- Justin Garrow

Glory

Harbour Front

Let me just start off by saying that I have a geographically weird division. Having said that let me tell you where my division goes to; the southern point of my division is Fredericksburg, VA then I go west to Winchester, VA and all the way North to Emmitsburg, MD (if you want to be technical my division actually goes all the way north to Frostburg, MD). Glory division corresponds with Kiwanis Divisions 9, 10, 19, and 20. The colleges and university in my division are Mary Washington College, Hood College, Mount St. Mary's College and Shenandoah University. Currently three of the four are in good standing. Hopefully in the upcoming year all four will be in good standing. Nevertheless it is a good division.

- Kate Richards

Potomac

Skyline

Nestled in the mountains of southwest Virginia, the Frontier Division of the Capital District is home to the clubs of Virginia Tech, Radford University, Roanoke College, and Hollins University.

The Frontier Division is recognized for its involvement in projects and events such as Tech Formals, Smith Mountain Lake Camp and Clean, Roanoke Haunted House, Radford scavenger hunts, and Big Brother/Big Sister bowling and rollerskating socials.

- Lesley McKibben

THE CAPITAL CURRENTS

Be Proud!!

**District Secretary
Shannon Lawson**

You are a member of an active, successful District of Circle K International. As we prepare for another great year in the great Capital District of Circle K, not to mention a hopefully relaxing summer, it is important to look at where we now stand and all that we've accomplished this past year.

We are currently represented with one school in Delaware, eight in Maryland, 3 in the District of Columbia, and fourteen in Virginia. That's 26 clubs with a total of 820 members!

During the 2000-2001 year, you, the members of Capital, donated an average of 27.5 hours a member. And, congratulations!, that total of 22,559.7 hours not only breaks our goal for the year, but is the most in all of Circle K International.

You should be proud - of your service, increased K-family relations, and increased fellowship, inter-clubbing, and fun! You should be inspired and look forward to another great year serving with the Capital District of Circle K!

Capital District's Year to SHINE!

District Governor Tara Discullio

April 20th to the 22nd, your new Capital District Circle K Board met for their District Officer Training Conference. A theme for the year was introduced: "our year to SHINE". You guessed it, another acronym!! Through service, hard work, initiative, new ideas, and enthusiasm, the Capital District can reach new heights. I am confident that all you Crabs want to shine, right?!

Two important tasks were completed during DOTC- district goal setting and the announcement of this year's district project. This year, the board has chosen children's literacy as the district project and melanoma as our awareness project. The district board is currently seeking out opportunities for district wide events and club projects involving these two themes. 5 goals were set for the Capital District:

To have 24,000 reported service hours, with the District Board Contributing 1644 hours by April 1, 2002.

To have 860 members in the Capital District of Circle K International in 27 clubs in good standing by April 1, 2002.

To have 50% of the clubs in good standing apply for district awards and to promote the Society of Distinguished Collegians, the Service Recognition Awards and District and International Scholarships in the November mailing, Capital Courier, District Website, Reflectors and at Fall Training Rally Workshops.

To incorporate the K-family in all of our District Events and have at least one Circle K Member in attendance of a minimum of 2 K-Family divisional events by April 1, 2002.

To utilize our district service promoter to advance the basic ideology of the Capital District of Circle K International through promotion and education of service, leadership, and fellowship through the Fall Training Rally, District Convention, each issue of the Capital Courier, President's Council Meetings, District Website and other means of communication deemed necessary by the Capital District Board, and furthermore to evaluate the effectiveness of this action with questionnaires and surveys.

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Your district board is already hard at work making this what hopes to be the best year yet for the Capital District. Energy and enthusiasm is spreading throughout the district, reaching from the officers to members.

Do you feel it? If you don't feel it yet, I promise you, before long you will, for this is our year to shine!!!

On to International Convention!

By Past Governor Brian Knowles



46th Circle K International Convention
August 4-8, 2001 • Buffalo, New York

Testimony of an International Convention Attendee...

Two years ago I attended my first Circle K International Convention. I had no idea what to expect, it was at the Adam Marks Hotel in Texas. I was greeted by Circle K members who directed me where to go to register and get my room key. I had to freedom to do anything during the day, the first event, opening session began at night.

I thought it would be a couple hundred Circle K members from different areas, mostly near Texas but I was very wrong, there were over 1000 people there from all over the world, it was amazing! I have never seen a group of people more spirited. The spirit remained throughout the weekend as I met people from other districts,



elected the next years International Board, voted on amendments that would change the future of the organization, and most importantly had fun.

This August, from the 4th to the 8th you can share the same experience. This year it will be in Buffalo, NY, right next to Niagara Falls! The cost is only \$135 for registration and \$125 per person for lodging the entire convention in a fancy hotel.

Registration forms can be found online at circlek.org and they should be sent to Brian Knowles, Capital District On to International Convention Chair, not to the address on the form.

His address is 1910 Jefferson Park Avenue Apt 23; Charlottesville, VA 22903. All payment should be exactly as it is stated on the registration form and sent by May 31st.

"The spirit remained throughout the weekend...."

Once the registration form is received, the email address provided will be added to a Capital District International Convention reflector where you will receive updates and reasons to be getting excited.

See you there!
Come to Buffalo August 4- 8 for the
Circle K International Convention!
<http://www.circlek.org/>

Kiwanis **KONNECTION**

June 9 Capital District Kiwanis Polo Match
benefitting Pediatric Trauma Centers, The
Plains, VA - contact person: Deborah New
(kiwanisdeb@newhorizonsfarm.org)

August 17-19 Capital District Kiwanis
Convention Hagerstown, MD contact person:
Heather Wilford (hlw1030@bellatlantic.net)



The Capital District Circle K web-
site is going to be turning one
year old this year. In the 10
months the website has been
online, it's had almost 4,000 hits.
Its been a bigger success than
anticipated. The website, has re-
cently gone through a major re-
design to make it even more user
friendly and informative.

On the website, you can keep
track of upcoming events, chat
with fellow Circle K'ers live online
and via a message board, find out
about clubs in the district, regis-
ter for District/International Con-
ventions, and view photo from
events. Capital District Circle
K'ers can also access a "Members
Only" area that will have a mem-
ber directory, service hour sub-
mission form, and more in the fu-
ture!

Please take time to visit the web-
site to see what it has to offer.
If you have any questions, or sug-
gestions about the website, feel
free to email the webmaster,
Jeff Talbert at JTalbert@aol.com.

Capital Courier *Online*



www.cdcki.org



Do you want to write for The Capital Courier?

Contact:

Lance Mailem

Mailing Address

**400 Hunt Club Road
Apartment 2200K
Blacksburg, VA
24060
(540) 951-5029**

**lmailem@vt.edu
AIM: mauihokie**

A Letter from the Editor

I would like to take this opportunity to thank you for your patience as I took on the challenge of creating this new professional newsletter. The Capital Courier signifies the spirit of the Capital District through words and images. It conveys the message that we as Circle K Members know deep down in our hearts which is service, leadership, and fellowship.

The coming year will give us new opportunities to expand our commitment in those three areas of service, leadership, and fellowship. I hope to capture the accomplishments of the Capital District and the pride in the things that we do.

This year's slogan for the Capital Courier simply states:

"Coming together, looking to the future, building on the past, making a difference today"

Coming together: As members of one of the largest Districts in Circle K International, we have a lot of voices. It is my goal this year to hear as many voices from the divisions and it's clubs as I can. I will be contacting individual clubs for articles about their own accomplishments and goals for the year. This will be part of the Divisional Call section.

Looking to the future: We are now in the 21st century moving ahead into a new technological age. As the internet and email is becoming a vital part of our every day lives, I hope to use these technologies to spread the spirit of The Capital District beyond the boundaries of our District. The first initiative is to have an online version of this newsletter posted on the cdcki.org website both in HTML and pdf format so people can utilize the technology.

Building on the past: Our District has seen a solid tradition of being one of the most active districts in Circle K International in terms of service and membership. As we look to the future we must reflect on the past. We must so the resources that are available to us which include Circle K Alumni and our sponsors the Kiwanis International. Utilizing the past to build our future.

Making a difference today: We live for today. As we enter into a new Circle K year, we have hopes and dreams of accomplishing our goals as a District, a Division, a club, and as an individual. Each of us has the potential to make a difference in someone's life. It does not have to be through donation or building a house. All we have to do is put a smile on someone's face. Knowing that a smile will go a long way. I hope to document those smiles through the Service Initiative highlighting the service projects of our clubs and the District as a whole.

As we look forward to the new year, we look back on the past and utilize its power today in the things that we do. As your Editor, I hope to work with all clubs in promoting the Circle K spirit. This is a task that I can do alone. I encourage all members to submit articles to The Capital Courier. Because your voice makes a difference.

Sincerely,

Lance Mailem
The Capital District Editor



Virginia Maryland Delaware Washington, D.C.

Summer in the Sun!



Hey Circle K'ers! Grab that tanning lotion! (SPF 15 Recommended!) The Capital Crabs are returning to the beach for the best Summer Social EVER! That's right! During the weekend of June 15-17, Capitalians will be heading down to First Landing, Seashore State Park, in Virginia Beach for an exhilarating weekend of camping, fellowship, and fun in the sun!

The best part of all is that the majority of the activities for this particular weekend are completely up to YOU! The only set activity for all of us is

a pool party and cookout at the home of Emily Morecock, President of the Circle K of Christopher Newport University. Then what? Virginia Beach is full of things to do. Seashore State Park has 1.25 miles of beach for us to enjoy! Outside of the camp you can go for a thrill ride at Ocean Breeze Fun Park, shop at the many stores, play a round of mini-golf, and much more!

Uh oh... I know what you're thinking! How much is it all going to cost? I know we're all poor college students, but that's okay! This fabulous weekend getaway is only \$15, which covers lodging at the campsite and most meals for the weekend. However, anything extra that you decided to do is your respon-

sibility! Plan wisely!

For the most up to date information, I suggest joining the Summer Social Email reflection, summer-social@yahoogroups.com! Through the reflector you can find a ride down to Virginia Beach, share ideas for activities, and ask any questions that your heart desires to know!

I hope everyone's semester ends well, but if you still have some leftover stress from finals, Summer Social is the time to break free! I look forward to seeing many Circle K'ers that weekend! Mark your calendars now! And if you need to know any specific information regarding the big event, feel free to contact me via email at crckgy@hotmail.com.

The Capital District Circle K International 2001-2002

Tara DiSciullo
Governor
Shannon Lawson
Secretary
Dustin Bonat
Treasurer
Lance Mailem
Editor

Lt. Governors
Justin Garrow
Harbour Front
Matt Brent
Chesapeake
Kate Richards
Glory
Lesley McKibben
Frontier
Kathy Pierce
Foothills
Jacob Kaskey
Potomac

Heather Wilford
District Administrator
Jeffrey Wolff
Assistant Administrator
Charles Songy
International Trustee
John Tyner
Kiwanis Governor
Jerry Peuler
Kiwanis Governor Elect
Walt Rudy
Key Club District Administrator
John Sandhofer
Circle K Certified Trainer
Hal Jewel
Growth Team Coordinator
Jeff Talbert
cdcki.org webmaster

Zone Administrators
Bob Powers
Chesapeake
Fred Terrell, Jr.
Foothills
Sue Bentley
Frontier
Jennifer Hodorovich
Harbour Front

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