

MINNEKOTAN

Minnesota-Dakotas District of Kiwanis International

No.21

June 2011

Thyme 2 Grow

06/01/2011 - District: Minnesota-Dakotas - Submitted by: Lowell Disrud, District Governor

It looks like summer is finally here. Most of us are trying to catch up with the planting, weeding, and fertilizing our yards and gardens between rains. June is also a great time to do some planting and caring for your Kiwanis club. How are you doing with inviting new members to join your club? How is your club supporting Service Leadership Programs; Circle K, Key Club, Builders Club, K Kids, Aktion Club? Now is a good time to start planting seeds on how your club can build on what you have already accomplished through being more involved in Service Leadership Programs. Is there an opportunity for your club to start a new Young Children Priority One (Ages 0 to 5) project? Where do you start? There are many resources available from Kiwanis International and Minnesota-Dakotas District offices as well as on their web sites. One of the greatest resources is our District Convention where enthusiasm is caught by all.



The Minnesota-Dakotas District convention will be held August 5-7 in Sioux Falls, SD. This will be a great time to learn about the new Kiwanis worldwide service project, EliMiNaTe. Kiwanis has set a goal of eliminating thousands of painful deaths of babies and young mothers due to tetanus. We are pleased that Dr Will Blechman, a former KI president, with a long and successful career as a pediatrician and is a champion for infant health, will be keynote speaker. Dr Blechman will also assist in leading several forums. In addition, we will have forums on starting and supporting Service Leadership Programs, recruiting new members, revitalizing clubs and more.

In addition to the learning, there will be sharing, fun and friendship. The Friday evening party will have a New Orleans jazz theme with a Dixieland band to start us thinking of next year's International convention in New Orleans. Please note that every club secretary has received the preliminary information and registration forms. Each club is encouraged to send 3 official delegates and we encourage others to attend as alternate delegates. Guests are always welcome. I hope to see you there.

So now is a great **time to grow** as a district, as a club, and as individual members.
"Put another log on the Fire"

Cynthia Braseth Announces Candidacy for Governor Elect 2011-2012

06/01/2011 - District: Minnesota-Dakotas - Submitted by: Cynthia Braseth



After receiving encouragement from a number of Kiwanians around our district and after a great deal of consideration, I am announcing my decision to seek the position of Governor Elect for the Minnesota-Dakotas District of Kiwanis International for the Kiwanis year of 2011-2012.

I joined Kiwanis in 1994 because my employer strongly encouraged managers and above to belong to a service organization and because the Chairman of the Board of Directors at the hospital I worked at asked me to attend a meeting. You don't say "no" to the Chairman of the Board. I soon discovered, however, that the mission and values of Kiwanis meshed perfectly with my own values, so I have been an active member ever since. I firmly believe that the future is in our children and focusing on one child and one community at a time makes the goal of changing the world achievable. Kiwanis has been a place where I can work on projects to make the world better for our children and see the results of those efforts first hand. People today are looking for answers to so many issues and I believe that Kiwanis as an organization can provide many of those answers.

As a member of the Grand Forks Sunrisers Club, I have served as President, a member of the Board of Directors, chair of several committees and am currently the Treasurer. I served as Lt. Governor for Region 2 and am currently Education Director for the Region. In addition to Kiwanis, I have been active in national and state nursing organizations, the local YMCA board of directors and the Safe Kids Coalition in our community.

I am a native North Dakotan, raised in Kindred. I have been married to my husband Charles since 1972. We have no children, but as the oldest of six, I have several nieces, nephews, great nieces and great nephews.

Education: I graduated from Kindred High School. I attended the University of North Dakota and graduated with a Bachelor's Degree in Nursing. I also have a Certificate in Patient Care Management from the University of Minnesota School of Public Health.

Professional Career: I retired from Altru Health System July 1, 2010. I was employed there for 36 years and worked in several staff, management and executive positions during that time. Prior to that, I worked at Riverview Hospital in Crookston, MN for two years as a staff nurse and assistant head nurse. I am currently an Independent Distributor with Herbalife International.

I have received the unanimous endorsement of the Kiwanis Club of Grand Forks Sunrisers Board of Directors to pursue the position of Governor Elect of the Minnesota-Dakotas District. I would consider it a privilege to serve this fantastic district in the capacity of Governor Elect. I ask for your support at the Minnesota-Dakotas District Convention in Sioux Falls in August.

June Update

05/31/2011 - District: Minnesota-Dakotas - Submitted by: Steve Handegaard, District

Club Election Reports for 2010-2011: Thank you once again to Club Secretaries for submitting your Club Election Reports. The reports were due June 1, so if you have not entered your information online, please do so ASAP! Please include email addresses whenever possible. It is very important that we receive this information in a timely manner so that directories and mailing lists can be compiled. The new Kiwanis year that starts in October is only 4 months away.



It is Kiwanis Convention time again! Both the District and International Conventions will provide some great learning and fun times this summer. To date 2360 total registrations have been received for the **96th Annual Kiwanis International Convention in Geneva, Switzerland.** Minnesota-Dakotas District has 17 members and 7 guests attending. You can check out some of the convention happenings at <http://www.kiwanis.org/convention/>

The District Kiwanis Convention in Sioux Falls, SD, August 5-7, is going to be a great time. I hope to see all of you there. The Official Call to Convention letter was mailed to all Kiwanis Club secretaries the first week in May. The mailing contained registration forms and also your club's delegate certification form. Early bird convention registrations are due before July 10th. Register early! You can also access and print a copy the District Convention Registration form and related information on our district website [Click here](#)

Distinguished Kiwanis Club Status for 10-11: Just a reminder that Club secretaries can access an online summary from their "Monthly Report Launch Page" that will show you the points your club has currently accumulated towards the Distinguished Club Award. How is your club doing? Check out the criteria and points necessary [Click here](#) You have until September 30 to add to your points.

District Outreach Program: Has your club contributed to the Outreach Program this Kiwanis year? Our Circle K and Key Club District Boards are very busy covering the three states building our Sponsored Youth Programs. They need our financial support. Checks can be made payable to Kiwanis Outreach and mailed to me at the District Office.

Club Secretaries: Remember to file your Monthly Club Reports online by the tenth of each month. If you have any problems filing your report, contact support@clubresource.com or myself at secretary@mndak-kiwanis.org

Interclub Award: Just a reminder that the club visit timeline for Interclub Award coincides with the Kiwanis year – October 1, 2010 to September 30, 2011. Award patches will be distributed to qualifying clubs after the September 30 deadline. A complete summary of Interclub Award Criteria can be found on our website [Click here](#)

How to subscribe to MINNEKOTAN Newsletter: If you or someone you know does not receive the MINNEKOTAN Newsletter directly to your email address each month you can find a subscription link on our district webpage. (Highlighted in red)

Minnesota-Dakotas District Kiwanis Office Contact Information:

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Dalton, MN 56324-0735

Phone: 218-589-7581

Email: secretary@mndak-kiwanis.org

We Want YOU to be Jazzed for Service in Sioux Falls?

05/31/2011 - District: Minnesota-Dakotas - Submitted by: Ann Backes Dodge



We want **YOU** to be **Jazzed for Service** in Sioux Falls, SD, August 5-7, 2011. If you have not been making plans to attend the 94th Annual Minnesota-Dakotas Kiwanis District Convention, then you need to start.

The Sioux Falls Kiwanians, Kiwanis District Executive Board and District Convention Committee have been working hard and are **jazzed** at what is coming together. Friday night we will be entertained by the Dixieland Band and I have been told they will not disappoint! They will certainly get everyone **jazzed** for the Kiwanis Celebration Night.

Our featured keynote speaker will be Dr. Will Blechman, Past Kiwanis International President. Dr. Blechman was instrumental in developing the Kiwanis organization's on going world wide program, Young Children: Priority One, which focuses on children from before birth through age 5.

Educational and motivational workshops are being planned, so if your club is struggling for new members, looking for service ideas or has never attended a Kiwanis District Convention, the time is now! You will leave the convention full of fresh new ideas, new friends and an understanding of what the K-Family is all about.

The club secretaries received the convention packet a few weeks ago so they have the registration forms, otherwise you will find the registration forms on the district website as well as other convention information.

Get **Jazzed for Service** and I look forward to seeing you in Sioux Falls!

Ann Backes Dodge
Interim District Convention Coordinator
Minnesota-Dakotas Kiwanis District

Jeff McKinney Announces Candidacy for Governor Elect 2011-2012

06/01/2011 - District: Minnesota-Dakotas - Submitted by: Jeff McKinney

I'm excited to put my name in the running for Kiwanis Governor-Elect.

Kiwanis plays an important part in the future of our children, not only here but around the world. I have stated many times; our youth sponsored programs are one of the greatest accomplishments of Kiwanis. These groups provide leadership learning

opportunities, as well as character building and good citizenship development. Our International programs are truly changing lives every day. With a successful IDD program behind us and now the Eliminate program in front of us.



When I was Minnesota-Dakotas Governor in 1997-98 I met so many great people and had a very good experience. We changed our culture and ways during my term. I believe we may need to get back to those basics again. Back when Minnesota-Dakotas elected me they put forward a movement, I was at that time the youngest Governor in Kiwanis history, I had a great team of Lt. Governors, two have went on to be Governors in Minnesota-Dakotas District (Jack Zierdt & Bruce Klair). We built three clubs, two of which are still operating (Buffalo MN, Sioux Falls Daybreak). I was awarded the International President's Citation for leadership, and Tom Horan and I were awarded the Administrative award for being the best administrative team in Kiwanis International.

I believe if I'm elected to the position of Governor-Elect we can do great things in our District again. I don't believe in building clubs for the sake of building new clubs unless we can keep the members we have. There is no point in opening the front door for new clubs if we can't shut the back door of our current clubs that our members leave through. Over the last 17 years, our District has lost an average 250 members each year. If we stop the losses it would be like building eight new clubs. I also believe we need to see what our members need and want out of the District so we can serve those who are paying dues more effectively. All too often we lead without checking to see what direction our members think we need to go.

I have included some of my achievements, and I believe together we will achieve great thing in the future. I have a lot of great ideas; I'm ready to achieve great things for our District. Are you?

Personal

48 years old

Married for 25 years -Wife is a first grade teacher

Two grown children – Son in Fargo ND, Daughter in Vermillion SD

Owner - Energy Management & Consulting Services

Kiwanis Achievements

Member of the K Family for 32 years

Held District or International positions as a member of Key Club and Circle K

President Huron Noon Kiwanis

Chairperson – Huron Kiwanis Shots for Tots

Chairperson - Huron Kiwanis Pancake House

Chairperson - Huron Kiwanis 4H Horse Show

Two Term Lt. Governor Division 18

Chairperson – Minnesota-Dakotas District Long Range Planning

Chairperson – Minnesota-Dakotas District District Realignment/Development

Minnesota-Dakotas District Governor 1997-98

Kiwanis International Presidential Citation for Outstanding Governor

Minnesota-Dakotas District Key Club Administrator 1998-2001

Gold Key Award for outstanding Key Club Administrator

Board Member Minnesota-Dakotas District Education Foundation 1996-2001

Vantine Life Fellow – District Education Foundation

Chairperson Kiwanis International Committee on Education and Club Development 2000-2001

Was awarded the Kiwanis International Tablet of Honor for Leadership

Member of the Kiwanis International Heritage Society
George F Hixson Honoree
Member of the Sioux Falls Kiwanis Club Since 2000

Other Achievements

Church

Youth Director
Council President
Long Range Planning Chair
Finance Committee

Hockey

Finance Director
Treasurer
Coach – 13 years
Association Vice-President
State Vice-President
Chairperson State Discipline Committee

Kiwanis Khorale

05/31/2011 - District: Minnesota-Dakotas - Submitted by: Laura Handegaard




The Kiwanis Khorale will once again be performing at the 2011 District Kiwanis Convention in Sioux Falls, SD. Each club was mailed a Khorale application blank for members and/or guests to fill out and return to Laura Handegaard. A copy of the form can also be found on the district website [CLICK HERE](#)

This group will begin rehearsals on Thursday evening August 4th in the evening followed by a social to get better acquainted. Kiwanis members and/or guests are invited to join in on the fun and fellowship of the Kiwanis Khorale and sing, sing, sing. Hope to see you there!

Eliminate Project a Journey Not a Sprint

05/26/2011 - District: Minnesota-Dakotas - Submitted by: Bill Daugherty, District Coordinator

It is time to start planning our District's response to the International Kiwanis and UNICEF effort to Eliminate Maternal/Neonatal Tetanus (MNT). We are poised to lend our efforts as we did with the IDD project. 

This is a four year project to provide funding to eliminate this killer of children through the use of three vaccinations to women of child bearing age. The cost for this to one woman is \$1.80. This will then provide immunity during her childbearing years and protect her future children.

As was stated in the headline this is not a sprint. We will be addressing this for the next four years. I have been appointed as our District Coordinator and as such you will be hearing from me often. Please contact me if you have any questions concerning the

Eliminate Project at Blldaugherty@yahoo.com.

Thank you for your attention and caring about the children of the world.

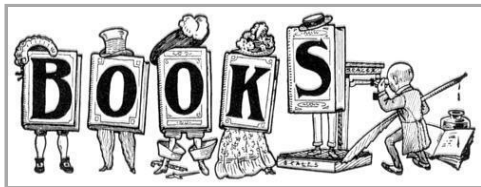
SPECIAL FUNDRAISER.... SILENT AUCTION for ELIMINATE

.....at District Convention

Clubs attending the District Convention in Sioux Falls August 5-7th are encouraged to bring items for a silent auction to benefit the Eliminate Project to combat Maternal/neonatal tetanus throughout the world. The items will be displayed Friday after the opening session at the 2:30pm break with bids being accepted until 3:00pm on Saturday. The proceeds will be sent to the Eliminate Project with the individual clubs donating items receiving credit for the contribution.

Used Book Store at District Convention

05/31/2011 - District: Minnesota-Dakotas - Submitted by: Rachael Disrud and Arlyce Daugherty



Please! BAG UP YOUR USED BOOKS! We will have a used book store at our 94th Convention in Sioux Falls.

Our tradition is to donate the proceeds to a charity. This is a great time to look through your book shelves and share with those who may wish to read what you no longer need. Thank you in advance for spreading the word and filling our table with books to sell. We will also appreciate CD's or DVD's. Read! Trade! Donate! Share! Last year the proceeds went to a charity in Red Wing and the books not sold were purchased by a benevolent Kiwanian who sent them to a school in Africa. This year we will share with a charity in Fargo and/or Sioux Falls.

The Book Store will be open at 10:00 a.m. on Friday, August 5th and will be available throughout the convention.

Please let us know if you will take an hour to volunteer at our store. Thank you for sharing, for helping needy people and for the winning message of reading. Best of all, thank you for being a Kiwanian who "catches the fire" of our Kiwanian message by coming to convention.

District Kiwanis Educational Foundation

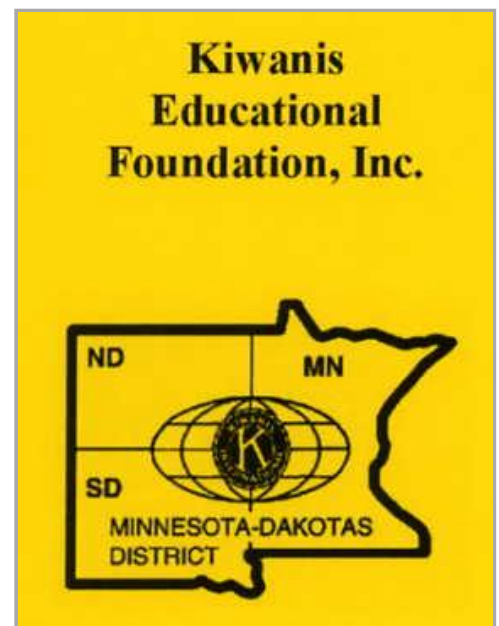
05/31/2011 - District: Minnesota-Dakotas - Submitted by: Bill Daugherty, Board Member

As a rule every month there is an article submitted concerning our Foundation and its purpose of providing scholarships to students from the District attending post secondary educational institutions within our three states District. These articles are from members of the Board of Directors and always are a pitch to the clubs to donate \$100 to the Foundation to become a Century Club. This contribution should be an automatic part of each Club's budget and should be submitted annually. IT IS NOT HAPPENING!!

Please ask your Club President or a member of the Club's Board of Directors to send in

your Clubs contribution to this awesome scholarship program. Do it today. The students of Minn/Dak look forward to the application process and perhaps being selected as recipients of a scholarship.

Send your donation to Jack Zierdt, Secretary/Treasurer at 914 Southern Pine Ln SW, Rochester, MN 55902. Thank you very much.



Look for the signs of Autism

05/31/2011 - District: Minnesota-Dakotas - Submitted by: Mary Sieling, YCPO District Chair

Autism Speaks' multi-year Ad Council public service advertising campaign stresses the importance of recognizing the early signs of autism and seeking early intervention services.

Research now suggests that children as young as 1 year old can show signs of autism. The most important thing you can do as a parent or caregiver is to learn the early signs of autism and understand the typical developmental milestones your child should be reaching at different ages. Please look over the following list. If you have any concerns about your child's development, don't wait. Speak to your doctor about screening your child for autism. While validated screening for autism starts only as young as 16 months, the best bet for younger children is to have their development screened at every well visit with a highly validated developmental screening tool. If your child does have autism, early intervention may be his or her best hope.

Watch for the Red Flags of Autism. (The following red flags may indicate a child is at risk for atypical development, and is in need of an immediate evaluation.)

In clinical terms, there are a few "absolute indicators," often referred to as "red flags," that indicate that a child should be evaluated. For a parent, these are the "red flags" that your child should be screened to ensure that he/she is on the right developmental path. If your baby shows any of these signs, please ask your pediatrician or family practitioner for an immediate evaluation:

- No big smiles or other warm, joyful expressions by six months or thereafter
- No back-and-forth sharing of sounds, smiles, or other facial expressions by nine months or thereafter
- No babbling by 12 months
- No back-and-forth gestures, such as pointing, showing, reaching, or waving by 12 months
- No words by 16 months
- No two-word meaningful phrases (without imitating or repeating) by 24 months
- Any loss of speech or babbling or social skills at any age

*This information has been provided by First Signs, Inc. ©2001-2005. Reprinted with permission. For more information about recognizing the early signs of developmental and behavioral disorders, please visit <http://www.firstsigns.org/> or the Centers for Disease Control at www.cdc.gov/actearly .

Club News

Willmar Kiwanis Joins the Y for Healthy Kids Day

05/31/2011 - Club: Willmar - Submitted by: Carole Vennerstrom

Willmar Kiwanians joined Y staff in celebrating Healthy Kids Day on Tuesday, April 19, as their Kiwanis One Day project for 2011. Healthy Kids Day is the Y's national initiative to improve the health and well-being of families across the country.

The theme for the event was "Win it in a Minute", and activities included skills like proper tooth brushing, an array of inflatable games, and gym activities. Healthy treats were provided along with registration for prizes like swimming lessons and a week at Day Camp. Registration included handouts on healthy living for parents who were required to participate with their children. The evening ended with open swimming. It's hard to say who had more fun – the kids or the Kiwanians.



Fridley Key Clubbers Get Sticky

05/31/2011 - Club: Columbia Heights-Fridley - Submitted by: Erik Keeler, Chair/Vice President



Nine Fridley High School Key Clubbers plus Advisor Crzy Mry assisted the Northeast Kiwanis Club with their 57th Annual Pancake Breakfast held on May 1st from 7:00 am to 1:00 pm. at the Northeast Minneapolis Armory. The Key Clubbers poured coffee, served blueberry and strawberry syrup, distributed fruit cups, cleaned and reset tables and emptied garbage.

It was a fun event with the Northeast Kiwanis Members singing songs while flipping pancakes. An accordion player strolled throughout the crowd playing familiar songs and requests. Over 1,000 guests were served. Many families and friends stayed to visit in the relaxed atmosphere. All left the armory happy and full.

The Key Clubbers, who worked the entire day, were sticky with syrup and smelled of maple. However, they said, "No one knows how to do a pancake breakfast as well as the Northeast Kiwanis Club does!" The Kiwanis Members joked about the fact that they went "Green" this year as they used metal eating utensils!

Erik Keeler, Chair and Vice President
Fridley High School Key Club

K-Kids Activities 2010-11, Prairie Elem. School, Worthington, MN

05/22/2011 - Club: Early Risers, Worthington - Submitted by: Dale Carlson

The K-Kids Club at Prairie Elementary School, Worthington, Minnesota just completed another very successful year. This is the eleventh year of the K-Kids Club at Prairie Elementary School. Approximately 70 students participated in this year's K-Kids Club.

Here is a listing of the activities for 2010-2011:

1. Started the year with an open gym night with a variety of activities for all K-Kids members.
2. Homecoming Week - sponsored dress up days.
3. Helped the Early Risers Kiwanis Club with Peanut Day which raised \$835 for youth activities.
4. Made CARES posters to display around Prairie Elementary School. These posters emphasize Cooperation, Assertion, Responsibility, Empathy, and Self-Control.
5. Helped to sponsor and organize a Veteran's Day program to honor all veterans. K-Kids also created a radio ad to promote the Veteran's Day program.
6. Decorated cookies as part of a Holiday Party to celebrate Christmas.
7. Attended a boy's basketball game wearing their K-Kids T-shirts.
8. Collected Pennies for Patients and raised \$1712.24 to help Minnesota children with cancer.
9. Collected about 600 pounds of food for the Manna Food Pantry in March.
10. Collected Campbell Soup labels to be redeemed for school play equipment.
11. Planned and organized the Spring Fling week at Prairie Elementary School which included a different dress up day each day of the week.
12. Had an end of year bowling party to celebrate a successful year.
13. The officers of the club - Anna Meyer, President; Davis Moore, V. President; Kip Jensen, Treasurer; Brayden Dondersloot, Secretary - served as ambassadors and gave new students tours and went over rules and procedures.
14. On May 12 the Early Risers Kiwanis Club sponsored an Achievement and Recognition Breakfast for all K-Kids, their parents and Early Risers members.



Prairie Elementary School K-Kids is sponsored by the Early Risers Kiwanis Club of Worthington, Minnesota. Zach Dingmann and Stephanie Fletcher, 4th grade teachers at Prairie Elementary School, are the advisors for K-Kids. Zach has been an advisor for two years and Stephanie for one year. They have both done an excellent job of advising the K-Kids. Zach was recognized with a Youth Service Award by the Early Risers Kiwanis Club for his work with youth. Dale Carlson serves as the Early Risers Kiwanis Club advisor to K-Kids.