

MINNEKOTAN

Minnesota-Dakotas District of Kiwanis International

No.18

March 2011

YOU CAN MAKE A DIFFERENCE

03/01/2011 - District: Minnesota-Dakotas - Submitted by: Lowell Disrud, District Governor

"One Can Make a Difference". Anyone who has been involved in Kiwanis for any length of time has seen and heard this phrase many times. The questions we each must ask is how and when can I be one who makes a positive difference?

Kiwanis International compiled a list of eight traits of greatness for clubs:

1. The mission is so clear that everyone wants to give their time, talent, and treasure.
2. The meetings are so enjoyable that members only miss when it is unavoidable.
3. The service projects are so inspiring that there is a waiting list for volunteers.
4. The leaders empower and equip the members to become leaders themselves.
5. The members are proud of their club and invite their friends to join.
6. The club plan serves as a map and compass to make sure the direction is clear.
7. The value of the club to the community and the members is obvious to everyone.
8. The fun and laughter is so contagious that members are still smiling on the way home.



Clubs that have these eight traits are growing both in service and in membership. As a District we are providing more service and Service Leadership Programs than ever. However we are still facing the challenge of declining membership. Our, Kiwanis, defining statement says that we are changing the world "one child and one community at a time". I believe we could add that we are also changing lives one member at a time. Being an active member of Kiwanis contributes so much to a person's life through friendships, personal growth, and the rewards of serving others. There are many people in your community that could gain so much from being a member of your club. So if you do ask yourself "how can I be one who makes a difference" and "when should I do it", think about the eight traits of a great club and how you can help your club have these traits now. Think about whose life you can change by inviting them to become a member of your club. If every member of the Minnesota/Dakotas District accepted the personal challenge **to invite at least one person to visit his/her club and become a**

member during the month of March we would change many lives as well as our communities and kids in our communities. **You can be one who makes a difference.**

Let's continue to "Put another log on the Fire".

Change in District Education

02/28/2011 - District: Minnesota-Dakotas - Submitted by: Loreena L. Luetgers



Change is inevitable and change has arrived with Kiwanis Education from Kiwanis International and now at the district level. Some of the changes are: Larry Rittgarn, District Director of Education has resigned. Thank you, Larry, for all of your leadership in the district helping and teaching so many Kiwanians. We are going to miss you a lot! I especially thank Larry for all of his help, encouragement and opportunity to work with him the past few years as his assistant.

The Minnesota-Dakotas District has lost six Club Leadership Education instructors: Jim Bekken, Coralyn Dahl, Paul Redlinger, Larry Rittgarn, Pat Rittgarn, and Katherine VanHorn. We thank them for their years of service and dedication. We are in the process of filling these positions.

Kiwanis International has asked all Master Trainers and Club Leadership Education instructors to reapply for those positions. A training session will be held with all CLE instructors so we can help each club more this coming year.

Club Leadership Education is the most important event that every club can send their officers. Preparing them for their year as president, secretary and treasurer is invaluable and this is every club's responsibility that they attend. This training makes the year much easier and fulfilling. Sharing ideas and experiences encourage officers while attending this training. Also, club members are welcome to come and learn more about leadership skills and understand Kiwanis more.

CLE classes will be scheduled in your region and I encourage every club to send your officers. Remember, it is a requirement for officers to attend this training. The CLE instructors and I look forward to meeting with all of you this spring and throughout the year so every club member can have a fulfilling experience as a Kiwanian.

Loreena L. Ennenga-Luetgers

Director of Education

Minnesota-Dakotas District

March Update

02/28/2011 - District: Minnesota-Dakotas - Submitted by: Steve Handegaard, District Secretary/Treasurer

District Kiwanis Convention: Mark your calendars....the Minnesota-Dakotas District

Convention will be held August 4-7, 2011 in Sioux Falls, South Dakota. All clubs should be represented at this annual convention. More information will be coming soon!



Online Member Management feature for club secretaries: For some months club secretaries have been able to add, delete and edit member information online. Once entered the information it is instantly available to Kiwanis International and the District Office. Only club secretaries have access to the online data.

If you are a club secretary that has not yet given it a try, I recommend that you do so. To access the feature club secretaries log in as usual and select "Member Management" on their KiwanisOne reporting launch page. In addition to adding and deleting members as they happen, club secretaries should be sure the contact information and email addresses are correct for all of your current members.

Club Officer Changes: If for some reason there is a change in your club president or secretary at any time during the year, be sure that your club promptly informs Kiwanis International and the District Office. These changes can also be entered online by the club secretary. Your club may miss out on important communications if we do not have the correct contact information.

Club Elections; Just another reminder that your club election report will be due June 1st. The annual election of club officers should be done at the club annual meeting as specified in the Standard Club Bylaws- Section 5. *The annual meeting of this club should be held at a regular meeting no earlier than the first meeting in April and no later than the second week in May. The membership shall be given at least two (2) weeks notice of the date and place of the annual meeting. One-third (1/3) of the active and senior members of the club shall constitute a quorum.*

Also, just a reminder that the current criteria for the Distinguished Club Award states, The Kiwanis club president and secretary participate in the Club Leadership Education (CLE) training session (or equivalent) prior to assuming office - (20 points if both attend). So, in other words, that means to get the points for next year, you need to attend this year.

Kiwanis International Convention in Geneva, Switzerland, July 7-10, 2011: Currently we have 16 members and 7 guests from our district that have registered for the convention. There is still time to register. Kiwanis Clubs in good standing are allowed to designate two representatives to the House of Delegates. Of course, you do not need to be a delegate to attend, everyone is welcome! Information and online registration forms can be found on the Kiwanis International convention website.

[Click here](#)

Besides registering, be sure to report your club's two International Convention delegates and two alternates to the International Office by April 30 on the Delegate Certification Form. All club secretaries should have received the necessary forms, but if you need another copy you can find it on the Kiwanis International Convention website.

IRS Increases Form 990-N Filing Threshold: The IRS recently announced small tax-exempt organizations may be able to shift to the filing of the simpler Form 990-N (e-Postcard) rather than the Form 990-EZ or the standard Form 990 for their 2010 annual information reporting.

According to Revenue Procedure 2011-15, for tax years beginning on or after January 1,

2010, most tax-exempt organizations with annual gross receipts not normally more than \$50,000 can file the e-Postcard. In previous years, this threshold was set at \$25,000.

An organization's annual gross receipts are normally not more than \$50,000 if the organization meets the following conditions:

- Gross receipts, including amounts pledged by donors, are \$75,000 or less during its first tax year.
- Average annual gross receipts for its first two tax years are \$60,000 or less.
- Average annual gross receipts for the immediately preceding three tax years, including the tax year for which the return is filed, are \$50,000 or less.

For tax years ending on or after December 31, 2010, tax-exempt organizations with gross receipts of \$200,000 or more or with total assets of \$500,000 or more must file Form 990. Tax-exempt organizations with gross receipts less than \$200,000 or total assets less than \$500,000 are eligible to file the shorter Form 990-EZ. Organizations excluded from the IRS annual filing requirements for tax-exempt organizations include certain church-affiliated groups and governmental organizations.

District Board Meeting Minutes: The Minnesota-Dakotas District Kiwanis Board meeting minutes of January 14-15, 2011 can be found on the district website. To view minutes [Click here](#)

Minnesota-Dakotas District Kiwanis Office Contact Information:

Minnesota-Dakotas District Kiwanis Office
P.O. Box 735
Dalton, MN 56324-0735

Phone: 218-589-7581

Email: secretary@mndak-kiwanis.org

"REGIONAL STAR" AWARDS

02/26/2011 - District: Minnesota-Dakotas - Submitted by: Colleen Hyde



"Regional Stars" Award

Rationale: There are many Kiwanians in our district who serve their clubs and their communities with unwavering commitment who are never recognized. This award is an opportunity for clubs to acknowledge those efforts by nomination, and to publicly recognize and honor them before their peers at the district convention, should they receive the award for their region. Another goal is to motivate

Kiwanians to attend a district convention to either receive this award or to support a fellow club member as he/she is honored for this award. A final goal is to encourage "regional pride" centered on each year's award recipients.

Process: Each club in the district is allowed to nominate ONE member for the award each year. The deadline date is May 15 so the final decision can be communicated to the District Governor by June 1st of each year. Each region determines their own process to select ONE Kiwanian for the award from that region.

Clubs are to submit written justification as to why the member selected deserves to be the "Regional Star" for their region. It is important to point out Kiwanis work but any service completed by the individual will also be considered. Work over their entire Kiwanis career should be considered, not just the current Kiwanis year. The justification should be no longer than 200 words maximum. The justification summaries of all 7 regional winners will also be printed and distributed at the District Kiwanis Convention.

Criteria for Award: All currently paid members of the Minnesota Dakotas District are eligible for the award with the exception of current club presidents, current immediate past presidents, current presidents elect, current vice presidents, current governor and current Lt. Governors. District board members that don't fit the above description ARE eligible for the award. Please note: club secretaries and treasurers ARE eligible for the award.

Special Note: If possible clubs are encouraged to pay for the winning "Regional Star's" district convention registration and/or motel-travel expenses. Perhaps the club could send the member as one of their official delegates. The district will furnish the award itself which will be presented publicly by the governor at the district convention. Those selected for the award will be strongly encouraged to attend the convention to receive the award in person, and will be asked to submit a digital photo (head shot) in jpeg format, higher resolution (at least 1 Megapixel).

Watch the newsletter for information as to whom the nomination should be submitted. Any questions should be directed to your Lt. Governor.

SAVE THE DATE: REGION 6 GOVERNOR'S VISIT AND CONFERENCE

02/27/2011 - Region: Division 06 - Submitted by: Dawn Fairbrother, Region 6, Lt. Governor

We invite you to be part of the Region 6 Governor's visit and Conference to be held on Saturday, April 9, 2011. Registration, coffee and rolls, and fellowship time from 8:00 a.m. to 9:00 a.m. The Conference starts at 9:00 a.m.

The location will be the United Church of Christ/First Congregational Church, 150 Stadium Court, Mankato, MN. (Same location as the Achieving Club Excellence [ACE] Conference, held on October 16, 2010).

Written invitations will be mailed to each Club Secretary in Region 6 on or about March 1, requesting RSVP replies.

We are honored to have Governor Lowell Disrud and First Lady, Rachael, in attendance. Governor Disrud will be giving us a wonderful presentation. We are also hopeful that Dennis Cornell, Governor-Elect and spouse Nancy, and Bruce Klair, Immediate Past Governor and spouse, Phyllis, will also attend.

We will be having several seminars to help enhance your Kiwanis Clubs. We will be recognizing Region 6 Kiwanis Clubs for their Kiwanis Service Projects, Kiwanis fundraising Projects, Kiwanis Newsletters, Service Leadership Programs, and electing the 2011-2012 Lt. Governor-Elect. We are continuing to work on this Conference; and we will continue to keep your Kiwanis Club posted.

If you have a Kiwanis topic you would like us to talk about, please let us know. Please see the contact information listed below. We want to encourage you to be part of this very worthwhile Region 6 Conference.

Attendance at two out of three meetings, the International Convention, the District Convention, and the Region 6 Governor's Conference, is required to qualify your Club for the Distinguished Club Award.



We look forward to seeing you at the Conference!

In Kiwanis Spirit, Service and Friendship, With Enthusiasm,

Dawn Fairbrother
Lt. Governor, Region 6
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District Convention Director Position

02/27/2011 - District: Minnesota-Dakotas - Submitted by: Steve Handegaard, District Secretary-Treasurer

In the February issue of our District MINNEKOTAN Newsletter, Governor Lowell announced the resignation of District Convention Director, Larry Rittgarn.

We are still looking for someone that would be interested in serving in this role in an interim position this year and hopefully more long term. Obviously it is a very important position and could be a great opportunity for someone.

Please let us know if you or someone in your club might be a possible candidate. We are looking for someone with event planning skills, ability to work with people and a general knowledge of Kiwanis.

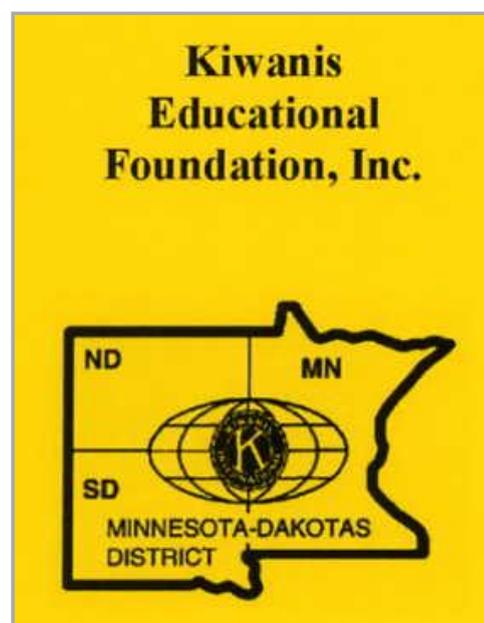
To view a job description [Click here](#) Everything is on track for this year's convention in Sioux Falls, but it is very important that we fill this position as soon as possible.

MINN-DAK FOUNDATION WORKS

02/21/2011 - District: Minnesota-Dakotas - Submitted by: Bill Daugherty

High School students have responded!! We received 207 scholarship applications. Of these, 59 students will receive a scholarship. During the next 4 weeks teams in each Region will be judging the applications submitted and scoring them to be eligible for one of the scholarships. Each Region will judge applications from a different Region. In Region Five we will be judging 50 applications from Region Six. The judging criteria are: Academics, School Activities, Community Service, Need, Applicant Letter, and Letter of Recommendation.

As exciting as all of this activity is for the District, **we need your help!** Please ensure that your Club sends in their \$100 donation to the Minn-Dak Foundation's Century Club program. Encourage Clubs and members to donate to the Jack Vantine Life Fellowship (\$100) or to become Messer Fellows (\$500). You can find information about these methods of helping the Foundation on the Minn-Dak web site at www.mndak-kiwanis.org or in the Foundation pamphlet your Club President or Secretary has available.



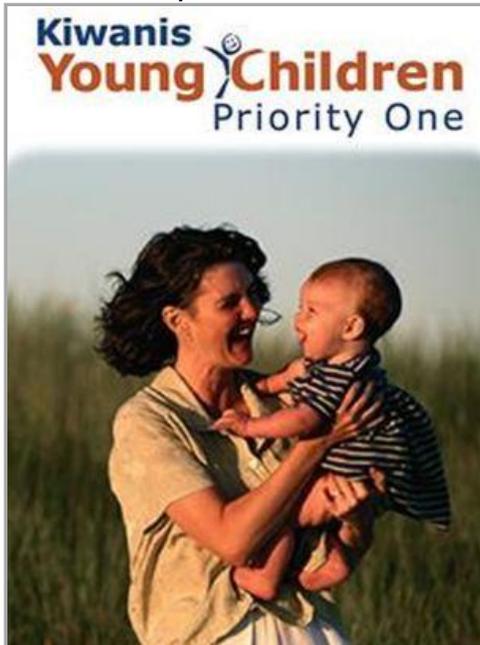
Child Obesity Article

02/24/2011 - District: Minnesota-Dakotas - Submitted by: Mary Sieling

Article submitted by Mary Sieling, District YCPO Chair - MN Dakotas and forwarded from:

**Mary Ann Beckham, District YCPO Chair –Georgia
Child obesity linked to formula, early start on solids**

A new study links childhood obesity and the introduction of solid foods to bottle-fed babies before the age of 4 months.



Formula-fed babies who begin solid foods too early — before they're 4 months old — are six times as likely to become obese by age 3, compared with babies who start on solids later, according to a study of 847 in today's Pediatrics. About 9% of children in the study were obese by age 3.

Although the American Academy of Pediatrics recommends that parents delay introducing solid foods until ages 4 to 6 months, 26% start on solids by 4 months old, according to background information in the study.

Breast-fed babies face no additional risk of obesity, regardless of when they start solids, the study says. The academy recommends that mothers breast-feed exclusively for the first six months, combining nursing with other foods for at least a year.

Doctors have long known that breast-fed infants are less likely to become overweight. Surveys show that only 75% of American babies get any breast milk, however, and half are nursed for less than four months, the study says.

A 2005 study in the Journal of the American Medical Association estimated that switching formula-fed babies to breast milk could reduce the child obesity rate by 15% to 20%.

50 YEARS HOW SWEET IS THAT!

01/24/2011 - District: Minnesota-Dakotas - Submitted by: Ann Backes Dodge

50 Years HOW SWEET IS THAT!

The Minnesota-Dakotas Circle K District is celebrating 50 years of service at the Minnesota-Dakotas Circle K District Convention
March 4-6, 2011
in
 Fargo, ND at the The Holiday Inn.

Please take look at the flyer that contains more details.

[CLICK HERE](#)



We hope to see you there!

We look forward to serving the campus and communities in the Minnesota-Dakotas District another 50 years!

LET'S KEEP IT GOING

02/22/2011 - District: Minnesota-Dakotas - Submitted by: E. Chuck Schroder



Things are moving in the right direction, we are now up to \$2.34 pr. member in the district. Two of our clubs have received grants from the foundation and I know that there some other clubs planning to send applications. These grants can not be funded if our clubs don't send in their Annual Club Gift of \$5.00 pr member. This money as I have explained in the past, funds the Key Club and Circle K scholarships each spring.

With all of the snow that our district has received, we are going to have major flooding and there will be requests for help. The foundation wants to be there to do what they can, but again we need your club's help with your contributions. If your club has already given, a real big **THANK YOU** and if you haven't, please help.

Thank you all for you are doing for Kiwanis and the children of the world and **"TOGETHER WE CAN MAKE IT HAPPEN"**.

Club News

Mitchell Kiwanis Club Spaghetti Feed

02/28/2011 - Club: Mitchell - Submitted by: Carol Grode-Hanks

The Mitchell Kiwanis Club held a very successful spaghetti feed this year despite the icy weather. On Saturday, February 5th, Mitchell Kiwanians served a delicious meal of spaghetti with secret Kiwanis meat sauce, garlic toast, and chocolate chip cookies to over 500 people.

Set up and cooking started at 8:30 am and the first customer was served at 11:30. Different crews came and went with final clean up complete by 8:00 pm. The successful fundraiser earned approximately \$4,000.00.

The club will use these funds for scholarships, upkeep and renovations to the Kiwanis Woodlot park, donations to post prom parties, eagle scout projects, blankets for the safehouse, and many other projects that help us change the world, one child and one community at a time.

Prosperity in Pancakes

02/12/2011 - Club: Fargo - Submitted by: Courtney Taylor



In the wee hours of a Saturday morning, Fargo Kiwanians could be found at the Fargodome firing up grills, preparing batter, and welcoming the first round of some 800 volunteers. Included in the early volunteers were Fargo Mayor Dennis Walaker and North Dakota Governor Jack Dalrymple with his wife Betsy.

It was the 53rd annual Kiwanis Pancake Karnival, and it was a huge success!

The club comfortably served breakfast, lunch, and dinner to 11,686 hungry guests. Throughout the day, guests were entertained by local piano talent, and children were invited to enjoy Games Galore free of charge. New to this year's Karnival was a raffle with five fabulous prizes: a bicycle, a year's family membership to the YMCA, an Xbox, a 42" plasma TV, and a \$1200 gift certificate to Wimmer's Diamonds.

Just when things started to slow down, a widespread power outage conveniently shut down all competing food venues and sent customers flocking our way. Thanks to the impressive manpower of our mixers, flippers, and servers, not a single guest had to wait even twenty minutes after stepping on the main floor before receiving three fluffy pancakes with a pair of juicy sausages.

The Fargo Kiwanis Club would like to extend its gratitude to the numerous Kiwanis, Circle K, and Key Club members for helping make the event sensational.

Yankton Boys & Girls Club wins award with Kiwanis Builders Club

02/08/2011 - Club: Yankton - Submitted by: Gary Munyer

Yankton, South Dakota, -Boys & Girls Club of the Missouri River Area has been named a finalist for its efforts to help other children in a national service competition from Boys & Girls Clubs of America and Staples Foundation for Learning, a private foundation created by Staples, Inc. The Yankton Club is making a total of 25 quilts and blankets for children ages newborn to eighteen who are terminally ill and are in the hospital. Members of the organization's **Kiwanis**

Builders Torch Club, a character and leadership program for Boys & Girls Clubs members age 11 to 13, spearheaded the service project, which was selected out of more than 275 entries from across the country. Torch Club's mission is to motivate pre-teens to become role models and ambassadors for promoting good character, tolerance, diversity and inclusion among peers. With the guidance of adults who mentor and empower them, Club members develop essential character traits and leadership skills as they learn to influence others in a positive way.



The national service competition is held annually to inspire and reward youth for helping others. Each year, there is a theme for the national contest that deals with an important issue. Then, Club members work together to plan and implement an activity to address the issue in their community. This year, Torch Club members across the country chose the theme of "children helping children," so the contest encouraged members to complete service projects that benefited other children in need. By participating in the

contest, called Linking Hearts & Hands, Club members learn the value of giving back and seeing a project to completion. In the process, they gained a better understanding of the needs of other youth – locally, nationally and globally – and shared their knowledge with others.

As a finalist, the Yankton Club will receive one of 50 cash awards of up to \$2,500 to benefit their organization from Boys & Girls Clubs of America and Staples Foundation for Learning.

CHILDREN'S MIRACLE NETWORK

02/08/2011 - Club: Columbia Heights-Fridley - Submitted by: Fridley Key Club



On December 15, 2010 the Fridley Key Club Board voted to hold a "Tape a Teacher to the Wall" Project for Children's Miracle Network (CMN). In previous years the club held an airplane toss at a home basketball games to raise funds. The Board thought that a duct tape project might raise more money and more awareness for CMN. A Chair volunteered to spearhead this project. He named three committee members. His immediate plan was to obtain permission from the High School Principal. He also contacted the local CMN representative to request balloon logos. They would be used for advertisement purposes.

The Principal granted permission for the project. She suggested that the event be held in the high school cafeteria on the early morning during Snow Daze. The Key Club set the event for 7:30 am till 8:00 am on February 1st. Two popular teachers agreed to participate. They would compete to see who the first to

be taped to the wall was.

The Chair set the tape price at \$1 for 2 feet, \$2 for 3 feet. Yes, the pricing was wrong. The Chair wanted to see how smart the students were. Committee Members made flyers and placed them throughout the school. They made announcements of the event on the school public address system. Members and Advisors donated six rolls of duct tape. The Chair asked a Key Clubber to video tape the event and a yearbook photographer to take photos. The Club President made a duct tape necklace for the winner. Everything was ready.

The Chair, three committee members, photographer and video assistant arrived at the high school cafeteria at 7:15 am on February 1st. They moved tables and placed a chair against each of the two poles. They precut duct tape into two feet and three feet sections. They hung a big banner onto the registration table to advertise the event. The teachers arrived and the fun began. Many students looked into their billfolds and found \$1 they could spare. If the tape went to one teacher, soon someone else sponsored the other. It was a neck and neck battle. One committee member received \$10 and took a whole roll of duct tape. He received many cheers as he went round and round Mr. T. Another \$10 bought another roll which went round and round Mr. L. Bystanders took pictures by cell phones. There was a lot of laughing and joking. At 7:55 am everyone declared Mr. T. the winner. The chair was removed and a large CMN logo was placed on

his mid-section. He received the 1st Place duct tape necklace. The Chair announced that Key Club had raised \$93 for CMN.

This marvelous project advertised CMN and Key Club in a fun way. In 30 minutes the club raised money, awareness and spirit throughout the school. Six Key Clubbers participated for 10 service hours.