



K-Kids

Mickie Leamey

FOR PETE'S SAKE LET'S BUILD K-KIDS CLUBS

September is both the last month of Governor Peter's administration and the first month of the new school year. For those clubs that truly want to make an impact on both their members and their community's citizens, this is the perfect time to end our "K" year with a brand new start. The K-Kids Program offers youngsters a chance to learn about volunteerism from neighborhood leaders and enables them to get their first taste of altruistic service and K-family involvement.

Sadly, clubs both within our District and around the globe have not taken full advantage of this unique opportunity. Children in their early years are at their most impressionable stage. The lessons we impart, and the desire we inspire, will last them for the rest of their days.

Is there any grandparent who reads this who does not know the joys that come from watching your young grandchildren follow in your footsteps? As K-Kids advisors, that chance comes from being "foster grandparents," as well.

This past year, Kiwanis International had a \$3/member dues structure. At the International Convention, that structure was changed. It will now cost only \$150 for any school that wishes to enhance their students' sense of community. Imagine...if we can get an entire grade, or even an entire school, involved in doing for others, it can cost as little as a quarter per child instead of \$3.

Where else in Kiwanis can we get such a bargain?

As always, these dues can be split between cosponsoring Key Clubs, PTA's and local business groups, and the sponsoring Kiwanians. Is there a better way to keep our children from the evil temptations that would lead them down the wrong path than to get them involved in life-affirming activities that will lead down the right one?

K-Kids clubs are not built overnight. Take advantage of the overlapping schedule between our K-year and the K-12 school year. I am honored that Governor-elect Glenn has asked me to continue as K-Kids Administrator. Please feel free to contact me to help build a club in your area.

As for Governor Peter, I am proud to have worked with him, as I did when he was Lt. Governor-Elect my year as Lt. Governor. I have known Peter since his earliest days in East Meadow, and was Division First Lady his year as president. His leadership skills and dedication to our organization were obvious from the start. I am thrilled, as a friend and fellow LISC Kiwanian to see how he and First Lady Karen have held our banner high.

Now, for Pete's sake, let's end the year on the right note. Let's build the K-Kids clubs. If we build them, they will come.

Ryan's Story

Editor's Note: Recently on our return from the New York District Convention in Buffalo, we were driven back to the airport by a kind Kiwanian of the West Seneca Kiwanis Club. His name is Charlie and during our short drive he told us his story . . .

by Charlie Markel, Ryan's dad

My son drowned while taking a swim class at school. We were told it was mandatory for children, so we let him. I also had a pool in my backyard at the time of the tragedy. My son was taught to swim since he was a baby.

When this happened, we set up 3 goals. We had to find out what happened, make sure it never happened again and make sure my son was never forgotten. When he had his wake there were so many people that came for it. They didn't know what to do so they gave us money. We didn't want to touch it so we set up a fund to put the money into. We called this **Ryan's Fund**.

We use this money to give away scholarships every year in his name. Last year, we gave away three. I keep putting his allowance money in the account, as well as, Christmas, birthdays and any other holiday there is. The only catch to winning this scholarship is you have to be below a 90 grade average and be active in serving your community.

My wife Sandy is an RN. When we found out what happened we couldn't believe it. He lost his life because no one knew how to do CPR. Even though they were trained they panicked. The teacher wasn't paying attention and didn't know what to do when the time came. My wife decided to start teaching CPR, so no family has to endure what we are going through. We started Ryan's Hope Foundation Inc. We are waiting for our not-for-profit to come back from the federal government. It should be back any day.

Our Foundation has taught over 1000 people this year. We have eleven teachers, who go to school, churches, fire halls and houses. We will teach from one person to 50 at one time. We have focused our attention on schools in the beginning but now we want everyone. When someone has a heart attack or drowns you have up to 4 minutes to revive them with no brain damage caused. From 4 to 8 minutes you can revive someone but there will be damage. What we are trying to do is give people the knowledge to save a life until the EMT show up. When performing CPR you give the patient extra time until help arrives.

My wife and I fund this project. Once a year we have a fundraiser to help defer the cost of this. Whatever we need, we just pay for it ourselves. We charge \$12 to take the course. American Red Cross charges \$80 for someone to take the course. The only reason we charge \$12 is because that's what we get charged from American Red Cross. If the people can't pay I have friends and ourselves who will put in the money. Some things are more important than money. We do take donations. Every bit helps.

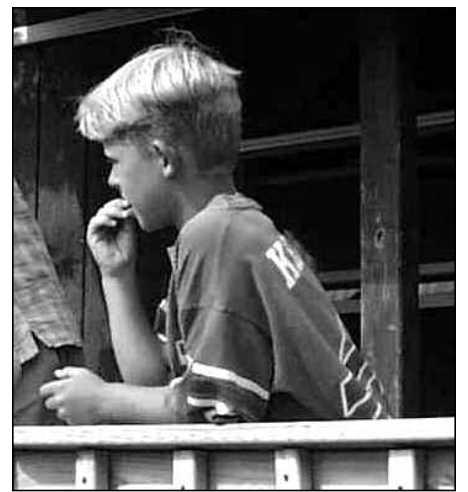
We have been trying to change the laws in the schools. This is not an easy task. We



Go to Ryan's website:
www.ryansfund.com

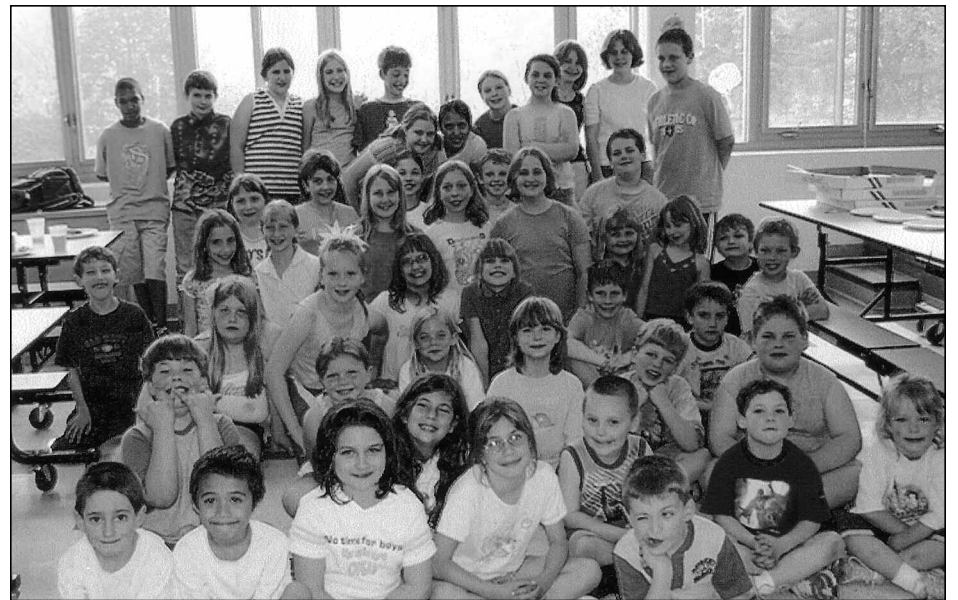
want to make sure that there are two sets of eyes on the pool at all times, and that children also are not taking swimming that day be taken out of the pool area so there is no distraction to the teachers. We want all school employees to be trained in CPR and AED use. New York State has usually man-

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Ryan Markel

Kiwanis Partners With Elementary School for Fitness



Callicoon Elementary School walks the halls for fitness.

Kiwanis Club of **CALLICOON**, Hudson River West Division – partnered with the local elementary school on a very interesting project, in support of Governor Peter Mancuso's project of promoting physical fitness in children. Everyday at lunchtime, a group of students and teachers walked the hallways of the

school. By the end of the project, the group had walked a total of 2,417 miles (the distance from Stewart Airport in Newburgh, New York to Los Angeles International Airport in Los Angeles, California). To celebrate, the participants were treated to pizza and ice cream!

Norwood Kiwanis Aids School With Phys-Ed Program



The Kiwanis Club of **NORWOOD**, St. Lawrence Division – Supporting the Governor's Project, Norwood Kiwanians in conjunction with Norwood - Norfolk Elementary School Physical Ed. teacher Lee Middlestead and guidance counselor Carrie French, are conducting an extra-curricular exercise program for fourth and fifth graders after lunch time at the school.

The program includes a walking program in the school, walking on a cross country path and on the track in nice weather, and using the fitness and exercise room with the treadmills, bicycles and elliptical machines in rainy weather.

Kiwanian Margaret Boyle, through the club and outside donations, has supplied each student with a Kids & Kiwanis Walk for Health T-shirt, a pedometer and water bottle.

The St. Lawrence County Health Initiative Program has been instrumental in helping with information and will provide a nutrition

(l-r): Tory Regan, Kailey Martenn, Ann Ramsey, Ryan Fisher, Katie Fuller and Justin Chase. Back row: Kiwanian Director of Program Meg Boyle, Josh Seber, Dakota Middlemiss, NNCS Physical Education Teacher and Director Lee Middlestead, Dakota and Amy Tiernan. Missing from photo: guidance counselor and Director Carrie French, Shannon McGregor, Dillion Middlemiss and James Monroe.

component to the program. Ruth Fishbeck is the executive director and Tammy McGregor-Twiss the nutrition and fitness coordinator of the St. Lawrence County Health Initiative, Inc., and presented an info program to the Norwood Kiwanis board of directors.

"The Kiwanis & Kids Fit Together Program" to "promote physical fitness in children" will continue to the end of the school year.