



Palmetto Civigram

Governor's Message— Dr. Misty Konow

Hello again fellow Civitans! Hope your club year is off to a great start and that you're all Civitan Happy :). Your District leadership is hard at work to keep is all motivated and moving in the right direction. We recently held a Strategic Planning meeting. Frank, our editor has written an article concerning this meeting and I encourage you all to read it! Our new District mission statement is: **To equip, support, build, and inspire South Carolina Civitans.** It's simple, straight forward and easy to remember. Your District is designed to do all of these things. We are here to serve you so please, please, please utilize us!!!

At this meeting I was encouraged and reminded that, as Civitans, we are here to serve our communities. Yes, we do need more members to do the work BUT more importantly, the people need us! Imagine a world without Civitan. Imagine the thousands of families with children who have special needs that wouldn't have our resources or support. To me that is a very scary thought. We need to let these families know that we are here to support them and we need to get them involved! If your club is looking for more members, these families are where you need to search. They need us more than we need them. If we keep this as our focus we will succeed and our communities will be better because of each of us!



Inside this issue:

Governor's Message	1
SC District Meeting for 1/31	2
SC District Strategy Meeting	3
New SC District Website!	3
Jack Cervini Disability Challenge	4
Charleston Christmas Dances	4
Greenville Fundraising Projects	5
Holiday Wishes	6
Rivers Bridge Historical Park	6
Vaccination— Are you protected?	7
Greenville Club helps fight ALS	8
District Awards for 2014-5	8
Region 2 Director's Notes	9
Notes from Gov. Elect	9
Member Memorials	10
Notes from the Editor	10
Useful Web Links	10

Just as each issue of this newsletter has a focus, the focus of this issue is

fundraising. Need new ideas? Looking for new ways to raise money for your club? You will find articles from various clubs highlighting fundraisers. Our clubs are doing great things and hopefully you'll be inspired by one of these and try some new ways to raise funds for your club.

As always, I am here to serve you all. I hope you will all plan to attend our next District meeting in January. We're trying something new. Having this meeting after the holidays will hopefully allow more of you to attend. The meeting will have a new format. We hope to provide education and inspiration that you can all take back to clubs. Positivity is infectious and I hope this is the only "bug" you catch and share this winter!

SC District Meeting of 1/31

The first SC District Meeting of 2014-5 is coming up on January 31st at the McGregor Presbyterian Church, 6505 St. Andrews Rd., Columbia, SC 29212....so register NOW! This meeting will provide a lot of opportunities to participants to enjoy fellowship, learn a bit about Civitan activities around the state, pick up some pointers to take home to their clubs, and hear from some of the people we serve in the community for inspiration. Gov. Konow has planned a great session to meet the goals of the District to “equip, support, build, & inspire”, so do your part and show up.

Rion, a special needs individual, and his mom will be on hand to give us all some first hand insight into the community we strive to assist. As for ‘lessons learned’, we’ll hear from clubs presenting on their expertise & experience with service projects for the disabled, club fellowship, community service projects, & fund raising. All these examples will be followed by group discussions and provide a load of ammunition to take back to district clubs to enhance enjoyment & performance!

Mike Tolleson will take on his role in piloting new club formation in the district by holding a Club in a Box seminar in an adjacent room for all those interested. Anyone seeking to start new clubs in SC can learn a lot and gain some inspiration by hearing from Bill on the techniques and importance of this effort.

The meeting will include a raffle to raise money for the District and each club is asked to bring a gift basket to be part of the raffle. Tickets are set to be \$1 each or 6 for \$5. This should be a steal for you to have a chance to pick up some interesting and fun gifts.

This SC District Meeting on January 31st has all the makings of being the best in years, so do your

part and participate! Quit complaining about not getting enough from the District and get out to find out first hand what the district can provide.....join us at the SC District Meeting in Columbia on 1/31!

AGENDA

- 9:30 AM Registration Opens
- Coffee and Fellowship
- 10:00 AM Welcome- **Misty Konow**
- Pledge of Allegiance
- Civitan Creed
- Devotion- **Jim Seeley**
- 10:15 AM Junior Civitan Report
- 10:30 AM Donations to Snow Do & Dance-A-Thon
- 10:45AM Community Projects- **Lamar Club**
- 11:00 AM Community Proj. Rnd. Table Disc.
- 11:15 AM Club Fund Raising- **Sunrise Club**
- 11:30 AM Club Fund Raising Rnd. Table Disc.
- 11:45 AM Door Prizes
- 12:00 PM Lunch
- 1:00 PM Guest Speaker
- 1:45 PM Club Fellowship- **Myrtle Beach Club**
- 2:00 PM Club Fellowship Rnd. Table Discussion
- 2:15 PM Special Friends Proj.- **Greater Charleston**
- 2:30 PM Special Friends Project Rnd. Table Disc.
- 2:45 PM Rpt on Gov. Elect Trng.-**Bill Tolleson**
- 3:00 PM Door Prizes and Raffle Drawings
- 3:15 PM Adjourn
- 3:30 PM District Board Meeting

CLUB PRESIDENTS: Each Club is asked to **bring one gift basket** to be part of the raffle to raise money for the District. Please participate and ask members to bring some ‘gambling’ money to participate in the drawing.

Note New Location:
McGregor Presbyterian Church
6505 St. Andrews Road
Columbia, SC 29212

SC District Strategy Meeting



On November 16th, Governor Misty Konow called for a meeting of the SC District Board to discuss our mission & strategy. So in a quiet setting of the Presbyterian Communities Residential Center in Lexington, a group of board members & officers very actively hammered out some guidelines for the coming year of

the Civitan SC District. We realized that any former mission of the district was undefined or long ago forgotten. So after a good deal of discussion it was agreed that our mission as a district is: **"To Equip, Support, Build, & Inspire Civitans in South Carolina."** After setting that as our mission, then the goals for 2014-5 followed as natural sequelae. First we will build new clubs and add to Civitan membership in the district with a target of at least 3 new clubs. Second we will improve the District Meetings to expand participation. To this end our success will be measured by having an average of 15% of SC District Civitans in attendance, having at least 1 educational component to each meeting, holding 1 inspirational component at each meeting, & ensuring that the agenda is provided to members to inform them of each meeting's contents at least 4 weeks in advance. Third we will strengthen Area involvement by holding at least 1 Area activity in each area of the district. This combination of goals and metrics will position us to meet our mission and allow us to determine if the SC District is improved by the end of the 2014-5 term.



Governor Misty Konow



Mike Taylor plotting new Civitan Clubs

As part of the discussion on club building in the SC District, Misty led us through the rationale and tactics being employed. Across the nation, the need for Civitans is growing as the support for the developmentally disabled has diminished. To try to meet these demands in South Carolina, building additional Civitan clubs and expanding Civitan membership is a must. So Tally Johnson is chairman of the effort and Mike Taylor is the designated Field Director [with training & support from Civitan International]. Mike is already making inroads with Tally & David Simpson to establish new clubs in Lancaster, Sumter, Bluffton, Great Falls and at least 3 additional sites. With all these in play, he & Tally will have a busy year and hopefully will far exceed our goals of 3 new clubs this year. They are also planning on conducting some club building training for Civitans in this district at upcoming meetings. Let's all try to support them as best we can if called on to help in these district efforts!

New SC District Website!

Well some exciting news from Steve Doudoukjian, our SC District webmaster, that the new and vastly improved SC District website is up and running at www.civitansc.org!

Check it out for the SC District calendar, events, highlights, even copies of this Civigram newsletter! Steve outdid himself in getting us on line with a clean looking, informative site that is packed with useful information & links. **Reply-To: Steve Doudoukjian** [<gamekox@yahoo.com>](mailto:gamekox@yahoo.com)

Challenge from Jack Cervini

Jack Cervini in the Greater Charleston Civitan Club has been sponsoring & leading the disability board dances in that club for the last 4 years and his success has been greatly appreciated by all the local disability boards: Berkeley, Charleston, & Dorchester Counties! In the Christmas Dances this year over 400 intellectually disabled had a blast dancing, eating, & meeting Santa. Over the years Jack has evolved a system that works great and gets staff participating & anticipating the dances as much as the disabled. The live DJ brings loud music that really rocks the house while the pizza & sodas [diet only please] keep the crowd full of energy. However the addition of raffles to the events has added a touch of excitement for all. For the staff, the \$100 prize adds to their enthusiasm and keeps them staying until the end to see if they're the lucky winner. The intellectually disabled just love the prizes and get almost as much thrill out of drawing the winning tickets as winning themselves.

Well he wants to see the smiles and hugs from the developmentally disabled spread around the state and has issued a challenge to the other Civitan Clubs in the SC District. Jack will match funds for any SC District Civitan Club that adds a dance to their project repertoire up to \$500 per club. He will be on hand to present his challenge at the next SC District Meeting [1/31] and hopes that many of them will take him up on the challenge. With the plans used by Jack now, it will make the process easier and eliminate many of the bumps in the road to hosting a dance like this. Join us for his presentation & then get the disabled dancing in your county!



Greater Charleston Christmas Dances



on 12/16 & 12/18 at the work centers of Charleston County. The rooms rocked flowed! Between dances, Santa made his prizes got everyone's attention. Join us and

Jack Cervini led the Annual Christmas Dances at the Disability Boards of Berkeley, Charleston, & Dorchester Counties [with an extra invitation for the first time to Orangeburg County]. The Greater Charleston club ~400 tually at mas



ton Civit-hosted intellec-disabled Christ-Dances Berkeley Citizens & the Disability Board to the DJ's music while pizza and soda appearances [always a hit] & the raffle start a dance for the disabled of your own.

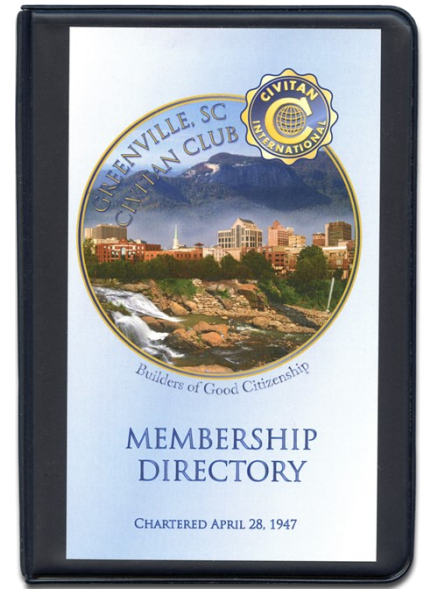
Greenville Civitan Fundraising Projects

In the spirit of the SC District's motto of trying to support, assist and inspire, the Greenville Civitan Cub has provided some great fund raising ideas of their club. Two fundraisers that they're especially pleased with show great results:

Greenville Civitan Membership Directory

The much awaited and requested Greenville Civitan Directory came to fruition in 2014. The directory has a picture of each member with their, names, member entry date, address, phone numbers, email address and birthday. We have a ready source for easy contact with each other. The directory was funded by three fundraisers; the sale of polo shirts for member dress uniformity at club project events, a silent auction and an evening meal at a local restaurant. The restaurant (Fuddruckers) donated a portion of their sales to Civitan. The directory includes the Civitan Creed and a copy of our By-Laws which gives each member ready access to rules and protocol.

The silent auction by far brought in the most funds to produce the directory. The auction was organized by Don Floyd. Participation was enthusiastic and well attended. The auction was held March 17, 2014 and raised \$739.00. Fifty completed directories were purchased which has allowed us to furnish a directory to new members who have joined since March.



Greenville Civitan Belk Charity Day Sale Project

Ridgeview Community Care Home is an assisted living community located in Greer, SC. Dot Ray and Rachel Drake are co-chairs of the Greenville Civitan Belk Charity Day Sale Project. The Belk Charity Sale Day tickets are purchased for \$5.00 each, and benefit our Ridgeview Homes Project. Each ticket can be redeemed at face value for merchandise at any Belk store on the day of the sale, completely offsetting the cost of the ticket. The club retains 100 percent of the proceeds from each of the tickets sold. Customers get great buys on rarely discounted merchandise and other items throughout the store while taking advantage of special discounts of 20-70 percent off of purchases made during the four hour event from 6 to 10 a.m.

The Belk Charity Day Sale was held on November 8 at Belk stores throughout the nation. Our energized co-chairs Dot Ray and Rachel Drake began an early day by positioning themselves on both sides of a Belk entrance and selling \$5.00 tickets from 8:30 – 9:30 a.m. to patrons entering the store. Dot also educated shoppers by later wandering the sales floor and notifying customers they could buy as many items as tickets they possessed (which was not automatically understood).

The Charity Day project was a success for Greenville Civitan and its beneficiary, Ridgeview Community Homes. Two hundred sixty-five dollars were collected through ticket sales by Dot and Rachel. An additional \$200 was matched by Sean Dogan through his church, Long Branch Baptist, from the sales at our October 20 meeting. The project has raised \$465.00 so far this year Ridgeview Community Homes. The receipts from tickets purchased through the Belk stores will be divided among the participating charities. During the annual Ridgeview Christmas party this year, the male residents will receive fleece pullovers and the females will receive fleece jackets as their gifts from Greenville Civitan.

This is the second year Greenville Civitan has participated in the Belk Charity Day Sales program. During the 2013 project, \$687.00 was raised from Belk ticket sales plus a contribution of \$200.00 from club member, Rachel Drake's Sunday School class, bringing the total to \$887.00. All of the Ridgeview residents received high quality sweaters during the December 2013 Christmas party [picture at right].



Holiday Wishes



The Officers and Directors of the SC District wish all Civilians and their families a very joyous Christmas and a 2015 filled with good health, much happiness, & loads of great accomplishments!

A sensible man watches for problems ahead and prepares to meet them. The simpleton never looks and suffers the consequences.

Proverbs 27:12

150 Year Anniversary of Battle of Rivers Bridge



Ever been to Rivers Bridge State Historical Site in Ehrhardt, SC? Well this is a great time to visit during its 150th Anniversary. On February 2-3 in 1865, the site saw the most significant skirmish between Gen. Sherman's troops and Confederate forces in SC on the march to Columbia at the close of the Civil War. Rivers Bridge on the Salkehatchie River witnessed a small band of Confederate Soldiers hold off a much larger Union Force which was impeded by the terrain and swamp. The SC State Park has scheduled a series of events to commemorate the battle here. Special activities are set for January 15th, February 7th & 28th, March 21st, and April 18th in 2015. For more information and details see their website at:

<http://www.southcarolinaparks.com/riversbridge/riversbridge-programs.aspx>

Vaccination—Are you protected?

Talk to your healthcare professional about these vaccines:	2014 Recommended Immunizations for Adults by Age						
	If you are this age,	19-21 years	22-26 years	27-49 years	50-59 years	60-64 years	65+ years
Influenza (Flu) ¹		Get a flu vaccine every year					
Tetanus, diphtheria, pertussis (Td/Tdap) ²		Get a Tdap vaccine once, then a Td booster vaccine every 10 years					
Varicella (Chickenpox) ³		2 doses					
HPV Vaccine for Women ^{3,4}		3 doses					
HPV Vaccine for Men ^{3,4}		3 doses	3 doses				
Zoster (Shingles) ⁵							1 dose
Measles, mumps, rubella (MMR) ³		1 or 2 doses					
Pneumococcal (PCV13) ⁷		1 dose					
Pneumococcal (PPSV23) ⁷		1 or 2 doses					1 dose
Meningococcal		1 or more doses					
Hepatitis A ³		2 doses					
Hepatitis B ³		3 doses					
Haemophilus influenzae type b (Hib)		1 or 3 doses					

Okay so nobody likes needles....at least not anyone in Civitan that I know...but let's get educated on how a little needle prick can really help you avoid some serious problems. So you are all well aware of the vaccinations your children needed and your grand children should be getting. However it is high time you made sure that you are up to date in those vaccinations that you need....yes, even those of us over the 60 mark [and there sure are a lot of us!]. All kidding aside, you should be knowledgeable of the immunizations that could help you and you should have a conversation soon with your doctor about getting up to date in those vaccinations that could help preserve your health. The table above is from the Center for Disease Control & Prevention [CDC] and **you can get a lot more from their website at www.cdc.gov/vaccines**.

First some key points may get your attention before you turn this page. Did you know that over 200,00 people are infected with the flu each year in the US and over 3,000 deaths result from that infection [many of these among senior citizens]. You can easily help to minimize your risk by keeping up with an annual flu vaccination as soon as they become available...and this year's vaccine is now out there if you haven't gotten it already. As for pneumococcal pneumonia, there were over 30,000 cases in 2012 and an accompanying 3,000 deaths. While no perfect protection is available, you can really boost your odds of avoiding serious infection & complications by getting vaccinated with the 2 available strains [PCV 13 & PPSV 23]. Are you going to let a little needle stick get in the way of that? I sure hope not.

Now for those of us getting older there is a real pain out there [oh yeah, you have plenty of those already ,eh] in the form of Shingles. About 1 million NEW cases of Shingles will be diagnosed in the US each year and, of those, about 1 in 3 will have a continuing complement of painful complications. The risk of Shingles rises after the age of 50 and 50% [yes, half!] of those over 85 have had or will get Shingles. In addition the risk of those serious complications gets greater over the age of 60. If you've had chicken pox, you have a residual Herpes zoster presence that can cause Shingles at any time and that puts ~95% of seniors in the US at risk. Now there is a vaccine that help to reduce the chances of your getting Shingles and in reducing the likelihood of serious complications. So do yourself and your dependents a favor and talk to your physician about getting vaccinated.

I won't belabor the issue and sure hope that you take a little time to evaluate with your physician what you can do to protect yourself, save your family the stress of these diseases, and help slow down their spread in the community as well!

Greenville Helps ALS Center



**Greenville Representatives with
Oversize ALS Donation**

Greenville Civitan Club Donates to GHS' ALS Center: Amyotrophic Lateral Sclerosis (ALS), often referred to as "Lou Gehrig's Disease," is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. The progressive degeneration of the motor neurons in ALS eventually leads to their death. When the motor neurons die, the ability of the brain to initiate and control muscle movement is lost. With voluntary muscle action progressively affected, patients in the later stages of the disease may become totally paralyzed. As motor neurons degenerate, they can no longer send impulses to the muscle fibers that normally result in movement. When muscles no longer receive the messages they begin to atrophy. The disease progresses rapidly causing individuals, to eventually lose all ability to move, eat or speak. Without respiratory support, the individual will die.

Each year Greenville Civitan assists in funding the Wade Hampton High School Jr. Civitan Club by donating to the foundation, organization or group the student body has selected to support. This year the high school has chosen The ALS Center of Excellence. The student body raises money each year during Spirit Week. Greenville Civitan underwrites the funds contributed by the WH Junior Civitan Club. Greenville Civitan president, Sam Bennett presented the \$2,000 check to the Wade Hampton Student Council on October 29. Other Greenville Civitans who were present for the occasion are Ann Lavelly, Debbie Hiller and Lura Boggs, Junior Civitan Projects Chair.

[The ALS Center of Excellence is located on Greenville Health Systems' main campus. The Center supports patients' families and teaches patients how to live independently. The center is the first and only one of its kind in South Carolina. Patients are able to receive their full range of services in one location.]

SC District Awards for 2014-5

Well the announcement for the SC District Awards for 2014-5 is out and you can find the details on the district website [www.civitansc.org/award.html]. All awards material should be submitted by way of snail mail or email no later than August 24th, 2014. If using snail mail, all material must be postmarked no later than August 21st, 2014. Please send all materials and inquiries to:

JoAnne Botko, Awards Chairperson

2232 Mancke Drive

Rock Hill, SC 29732

bamajo@comporium.net

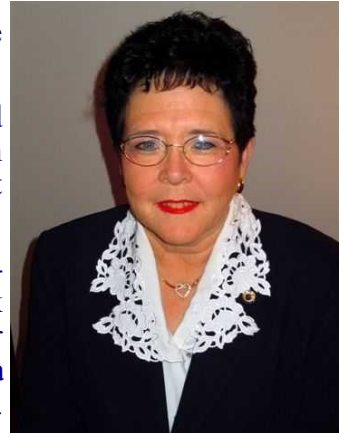
803-517-1499

Region 2 Director Notes— Lura Boggs

Greetings from the Upstate of South Carolina. I hope by now you have finished your Christmas shopping and once again can focus on Civitan.

As your International Director, I attended my first International Board meeting in November. It was a stressful 2 days of reports and discussions on many topics. We have a great organization but it requires that all Civitans be at work & in action.

Club membership was a huge item on our Agenda. The 2013-2014 year ended with a net loss of 192 members. Our challenge as a District is to work in two ways to get our membership on the plus side. First we need to grow our current clubs and second we need more clubs built in South Carolina. **Here is a challenge for 2014-2015: A net gain of 50 new members and add 3 new clubs.** We are off to a slow start. As of November 30, 2014 South Carolina is only plus 1. At least it is a plus. Let's stop talking about membership and start adding members and clubs!



The Board also heard reports from our International staff on what was accomplished last year and what they are working on for the coming year. Many new projects are in the works. Also of concern was money saving ways to do our work, ways to improve training of our Officers, Junior Civitan projects upcoming, how to advance the YP Club program and planning our International Conventions.

The Civitan International Research Center was a highlight of our reports. The Board approved \$411,000 be paid to CIRC for the 2013-2014 year. More Candy Boxes and Coin Boxes are needed to make our \$20,000,000 a reality. I was pleased to see that South Carolina was 4th in the top 10 Candy Box Districts last year with a total of \$18,670.89 collected. Congratulations to the Columbia and Greenville Clubs in being ninth and tenth in the top 10 Candy Box Clubs with collections of \$4,320.55 and \$4,362.87 respectively.

There are many ways to be working through Civitan to better your communities. I hope you will find your place and get active. "My hands reach out in service to others" is not just a saying, it is our marching orders.

Yours Always in Civitan,

Lura S. Boggs

Notes from Gov. Elect— Bill Tolleson

I wish you and yours a joyous and prosperous 2015! Thank you for the opportunity of serving you as your Governor Elect. It is my desire to visit all clubs in South Carolina District 38 and get to know as many of you as possible. My location is central in SC and I currently serve as Secretary of the Columbia Club.

The 2014-15 Mission Statement for South Carolina District 38 is intentionally concise and understandable: **Equip, Support, Build, and Inspire Civitans in South Carolina.** It is my desire to get to know you and learn from you. Each of our communities has unique needs, and these needs can be most effectively handled by local citizens.

Jay Albertia, International President, chose South Carolina as a potential growth District and one of a few Districts awarded financial help by Civitan International to establish new clubs. This decision was cemented by the enthusiasm of our Governor, Dr. Misty Konow. In 2012, we chose Henry Chastain to be Columbia Club President Elect. I knew we could have an outstanding Civitan 2014-15.

We are in a great Civitan year with many opportunities. Seize the moments. Savor the successes. Recruit. We are making positive differences.



Memorial to Members Lost in 2014

During 2014, we said our last 'goodbyes' to several active Civitan members in the SC District. So with fond memories, let's keep them in our prayers and remember their dedication and commitment to making their [our] communities better:

- 1. Herb Benson, Columbia Club*
- 2. Josephine Cervini-
Greater Charleston Club*
- 3. Leo Thomas, Columbia
Club*

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<http://www.scdistrict.civitan.net/>

Frank DeLustro, Ph.D.
Editor



Galapagos Islands

Notes from the Editor

First I want to wish all of you and your families a very Joyous Christmas! And most of all I hope that you have a 2015 filled with good health, much happiness, and loads of Civitan adventures! If your club isn't represented in this newsletter, it is because I haven't heard from you. Take some time to share with the rest of the district your ideas, fundraisers, community service projects, and major events for your club at civitan@embarqmail.com.

The emphasis this year is to have the SC District support, inspire, and assist all SC District Civitans....so please do your part. Start by coming to the next district meeting on 1/31 to help celebrate a new start and share in the educational, inspirational, & enjoyable events.....see you there I hope!

WHAT IS CIVITAN?

Civitan is a worldwide, all volunteer service organization where men and women have an organized way of approaching local community problems through service and fund raising.

We emphasize serving people with developmental disabilities. Local clubs are supported by Civitan International, which was organized in 1917 and spans over 24 countries. The word CIVITAN is a coined word that comes from the Latin word "CIVITAS", which means **CITIZENSHIP**.

Useful Web Site Links

Civitan International: <http://www.civitan.org/>

SC District: www.civitansc.org

Civitan International Research Center: <http://www.uab.edu/medicine/circ/>

Jr. Civitan: <http://juniorcivitan.org/>

Jr. Civitan SC District: <https://www.facebook.com/pages/South-Carolina-Junior-Civitan-District/135016586535381>

Special Olympics of South Carolina: <http://so-sc.org/>