



THE CIRCULAR

MARCH/APRIL 2016



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PRESIDENT'S LETTER

THRIFT STORE BAG DRIVE

CANISTERS

RUNWALK - MAY 14, 2016

UPCOMING & ONGOING
CIRCLE EVENTS

COUCH TO 8K - WIN A
COUCH!

NEW CHKD LOCATIONS

KD CONNECT & SOCIAL

TUESDAY, APRIL 12, 2016 | 6-7:30PM

CHURCH OF THE GOOD SHEPHERD

7400 Hampton Blvd, Norfolk, VA

Featuring:

"Project Tips & Tricks!"

- Project Applications

- How to partner with other Circles & businesses!
- Promote your project better than before!

This is a great opportunity to meet other Circle members!

RSVP by Friday, April 8, 2016

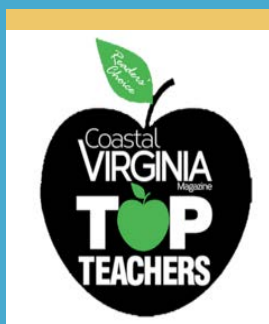
Email your name and Circle name

to info@kingsdaughters.org or call 668.7098.

All King's Daughters are welcome to attend.

This is a KD Connect you don't want to miss!

IN THE NEWS...



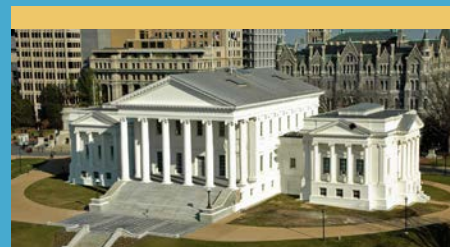
Circle member named top 10 Teacher

Circle in the Bridge's new member, Chelsea Johnson Kimbro was voted one of the top 10 teachers by Coastal Virginia Magazine! Congratulations, Chelsea!



SAVE THE DATE!
CHKD Bioethics day
April 21, 2016

Join us for Bioethics day at CHKD! This year's theme is Lifting the Veil: The Stigma of Mental Illness and Barriers to Getting Help.



KD Legislative Conference

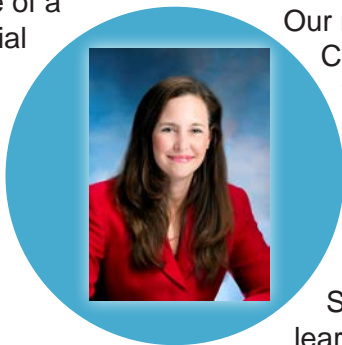
KD Board members attended a legislative conference in Richmond at the end of February to discuss healthcare issues vital to CHKD!

Want to know more? Visit the news section on the KD homepage at www.kingsdaughters.org

A LETTER FROM THE KD BOARD PRESIDENT

Dear King's Daughters:

We are excited to report that this year's Moonlight & Mistletoe event was a big success! Not only did we have a good time with our friends but we were also successful in raising \$145,000 in funds for the hospital that will go towards the purchase of a transport unit. A special thanks to our co-chairs, Lyn Reid and Sunny Sonner and their many volunteers who made this event possible. Next year's event is likely to be even bigger and better since Lyn and Sunny have signed on to co-chair this event again! We are extremely grateful to our sponsors who supported the event.



I know many of you were at our January KD Connect, where we heard from 3 key RunWalk committee members, Paul Neal, Run/Walk Committee Co-Chair, Nancy May, Volunteer Chair and Ann Diggs, who coordinates the community efforts supported by Dominion Enterprises. We are asking our circles to rally together to support our major event whether it be by volunteering at the event or participating in the event. This year, RunWalk for the Kids takes place on May 14, 2016, which is an exciting change, as we hope to draw more children, since many will still be in school during this time frame.

Our next KD Connect will be April 12, 2016. The theme of KD Connect will be based on Circle Projects "Tips & Tricks". We will also announce the new proposed slate of officers and KD board members. There is still time to nominate yourself or someone else you think would represent the KD membership well and would like to become part of the KD board. In a goal to keep things educational and fun we plan to have the April KD Connect meeting at The Church of the Good Shephard and will be having a social that evening along with learning about the topics mentioned above.

This will be the last Circular during my tenure as President of The King's Daughters. It has been a true honor and privilege to serve as President of such a fine organization with the 1200+ women who are all driven by the same passion – raising friends, family and awareness for our community's children. Thank you for your continued support.

Sincerely,

Beth Johnson 15-16'

ANNUAL THRIFT STORE BAG DRIVE

APRIL 22, 23 & 25, 2016

Ready, Set, Spring Clean!

It's time to gather donations from your family, friends, neighbors, mailman, etc; for the Annual Thrift Store Drive.

Circles turning in the most donation bags could win the following:

1st Place: \$500

2nd Place: \$300

3rd Place: \$200

Honorable Mention: \$100



Be sure to follow the guidelines listed under member resources on the KD Website.

Questions?

Call the office at 757-668-7098



"One woman's trash is another woman's treasure!"



SIGNATURE PROJECT OF THE KING'S DAUGHTERS: CANISTERS

BY KRISTI JONES

Did you know that canisters raised over \$291,000 for CHKD last year?

Did you know that KD members regularly visit 90 business partners who share their counter space and desire to support CHKD?

Did you know that 16 Circles actively collect funds?

Did you know that there is a new emphasis on canisters; that they have been designated as the Signature Project of KD, and that there is a Signature Project Committee?

The signature committee is at work, studying the progress and placement of canisters, visiting Circles to share ideas and concerns, and exploring new ideas in coin collecting.

Interested in joining the committee? Have a suggestion for a new business "home" for a canister? Would you like the canister committee to visit your Circle?

Call Kristi Jones: 617-1095 or Sheila Mabaquiao, KD Administrative Assistant: 668-7098



New Date!

MAY 14, 2016

Presented by: **MARATHON CONSULTING**

Register Now!

We need King's Daughters to form teams, walk or run, fundraise, volunteer or cheer us on!

Participate in the Couch to 8k training plan and win a new Couch, courtesy of Aaron's!

New Times!

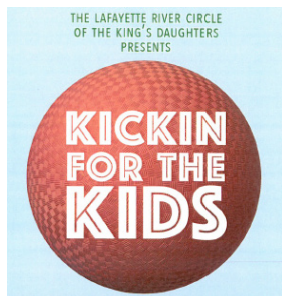
7:20 am 8K Run
8:45 am 1-mile Fun Run for Kids
9:15am 2-mile Walk



www.runwalkforthekids.org

THE KING'S DAUGHTERS CIRCLE EVENTS

MARCH



KICKIN' FOR THE KIDS

LAFAYETTE RIVER CIRCLE

March 5, 2016 | 9:00am-5:30pm
Ghent Elementary School Field, Norfolk, VA



FUNDRAISING SUPPER AT "SUPPER"

AZALEA UNITY CIRCLE

March 14, 2016 | 5:00pm-9:00pm
Supper Southern Morsels, Norfolk, VA



MAH JONGG MADNESS

HORIZON CIRCLE

March 17, 2016 | 11:00am-4:00pm
Church of the Good Shepherd, Norfolk, VA

MARCH CONT'D



SIPS AND STROKES FOR CHKD

SOUTHERN VINES CIRCLE

March 20, 2016 | 1:00pm-3:00pm
Sajo Farms, Virginia Beach, VA



RESTAURANT DAY AT SALVATORE'S ITALIAN RESTAURANT

CYRPRESS POINT CIRCLE

March 20, 2016 | 11:00am-8:00pm
Salvatore's Italian Restaurant, Virginia Beach, VA

APRIL



WHITNEY LYNNE HULCE MEMORIAL GOLF TOURNAMENT

CIRCLE IN THE BRIDGE

April 22, 2016 | 3:00pm - 11:00pm
Cahoon Plantation, Chesapeake, VA

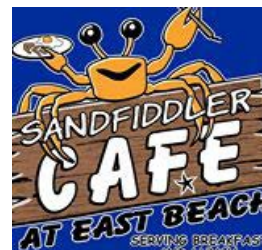
APRIL CONT'D



ROCKIN ON THE RIVER

LAFAYETTE RIVER CIRCLE

April 23, 2016 | 3:00pm-7:00pm
The Pagoda & Oriental Gardens, Norfolk, VA



SANDFIDDLER CAFE FUNDRAISER

CARITAS CIRCLE

April 26, 2016 | 6:00am-2:30pm
Sandfiddler Cafe, Norfolk VA



IT'S 5 O'CLOCK SOMEWHERE

DRIFTWOOD CIRCLE

April 30, 2016 | 5:00pm-10:00pm
Historic Hill House, Virginia Beach, VA



A PARTY FOR THE PINT-SIZED

NICU FRIENDS CIRCLE

April 30, 2016 | 7:30pm-10:00pm
Smartmouth Brewing, Norfolk, VA

THE KING'S DAUGHTERS CIRCLE EVENTS

MAY



DERBY DE MAYO

INFINITY CIRCLE

May 7, 2016 | 4:00pm-8:00pm
TBD

Save the Date! Visit www.kingsdaughters.org/infinitycircle for more details!



KENTUCKY DERBY FUNDRAISER

DOWNTOWN CIRCLE

May 7, 2016 | 4:00pm-7:30pm
O'Connor Brewing Company, Norfolk, VA



GORGEOUS GERANIUM SALE

AZALEA UNITY CIRCLE

May 2016



RUNWALK FOR THE KIDS

THE KING'S DAUGHTERS

May 14, 2016 | 6:30am-1:00pm
Townpoint Park, Norfolk, VA

MAY CONT'D



SPRING PLANT SALE

CIRCLE OF SMILES

May 1, 2016 | 10:00am-2:00pm
4224 Meadow Wood Dr., Chesapeake, VA

JUNE



Barefoot on the Beach

BAREFOOT ON THE BEACH

EAST BEACH CIRCLE

June 11, 2016 | 6:00pm-10:00pm
East Beach Bay Front Club, Norfolk, VA

Elizabeth River Circle
of The King's Daughters
presents
the 8th annual



TEE IT UP GOLF-N-GALA

ELIZABETH RIVER CIRCLE

June 21-22, 2016 | 11:00am-7:00pm
Riverfront Golf Course & Swim Club,
Suffolk, VA

ONGOING PROJECTS



HEART SHAPED BABY FEET

GREETING CARDS

NICU FRIENDS CIRCLE

Purchase these precious notecards with artwork made from baby feet prints! \$8 per 10pack with envelopes. 6"x4" blank notecards.

JOIN THE UNION OF HANDS CIRCLE

BIRTHDAY CLUB!

To participate in the Union of Hands Circle Birthday Club: Children (with their parents' help) ask their party guests to consider making a donation to CHKD instead of bringing a present. Donations will help buy toys, games and medical equipment for critically ill children and fund educational programs at the Hospital.



HAND PAINTED WINE GLASSES

INFINITY CIRCLE

Custom hand painted wine glasses by Andrea Jeffers! Cost per glass \$25. You select your design, wording and color scheme! This is an ongoing project of Infinity Circle.



MOVERS FOR MOMS

CIRCLE IN THE BRIDGE

March 5, 2016 - May 13, 2016
Circle in the Bridge & Two Men and a Truck are partnering together for their "Movers for Moms" campaign to collect needed items for Mom's at CHKD that are staying the night.



A PROJECT OF THE KING'S DAUGHTERS TO BENEFIT  Children's Hospital of The King's Daughters


PRESENTED BY  MARATHON CONSULTING

COUCH to 8K TRAINING PLAN

THE KING'S DAUGHTERS RUNWALK TRAINING BEGINS FEBRUARY 14, 2016! AN 8K IS 4.98 MILES.

IT IS IMPORTANT TO EASE INTO TRAINING! TO AVOID INJURIES TRY FOCUSING MORE ON WALKING AND JOGGING AND LESS ON RUNNING! ALSO, USE WHATEVER COMBINATION OF WALKING AND JOGGING IS COMFORTABLE FOR YOU. WHAT IS LISTED BELOW IS A SUGGESTION FOR A GRADUAL AND SUCCESSFUL PROGRESSION.

THE 13-WEEK SCHEDULE INCLUDES 3 DAYS PER WEEK OF RUNNING AND WALKING, 2 DAYS PER WEEK OF CROSS-TRAINING AND 1-2 REST DAYS. BEGIN EACH DAY WITH A BRISK 5 MINUTE WALK AND END EACH DAY WITH A 5 MINUTE COOL DOWN. CROSS-TRAINING INCLUDES NON-IMPACT ACTIVITIES, INCLUDING ELLIPTICAL, SWIMMING AND BIKING. THESE ACTIVITIES HELP INCREASE YOUR CARDIOVASCULAR STRENGTH, WITHOUT TAKING A TOLL ON YOUR LEGS! THE LONGEST RUNS OF THIS SCHEDULE ARE PLANNED FOR SATURDAYS TO PREPARE FOR RACE DAY!

WEEK OF	M	T	W	R	F	S	U
 FEB 14	(90 sec jog, 90 sec walk) x 3 (3 min jog, 3 min walk) x 2	30 min cross elliptical, swim or stationary bike	(90 sec jog, 90 sec walk) x 3 (3 min jog, 3 min walk) x 2	REST	30 min cross elliptical, swim or stationary bike	(90 sec jog, 90 sec walk) x 3 (3 min jog, 3 min walk) x 2	REST
FEB 22	3 min jog, 90 sec walk 5 min jog, 2.5 min walk 3 min jog, 90 sec walk	30 min cross elliptical, swim or stationary bike	3 min jog, 90 sec walk 5 min jog, 2.5 min walk 3 min jog, 90 sec walk	REST	30 min cross elliptical, swim or stationary bike	jog 1.0 mile (or 10 minutes)	REST
FEB 29	3 min jog, 90 sec walk 5 min jog, 2.5 min walk 3 min jog, 90 sec walk	30 min cross elliptical, swim or stationary bike	5 min jog 3 min walk 5 min jog	REST	30 min cross elliptical, swim or stationary bike	jog 1.25 miles (or 12 minutes)	REST
MAR 7	4 min jog, 90 sec walk 5 min jog, 2.5 min walk 90 sec walk, 5 min jog, 90 sec walk	30 min cross elliptical, swim or stationary bike	6 min jog 3 min walk 6 min jog	REST	30 min cross elliptical, swim or stationary bike	jog 1.5 miles (or 15 minutes)	REST
MAR 14	5 min jog, 3 min walk 5 min jog, 3 min walk 5 min jog, 2 min walk	30 min cross elliptical, swim or stationary bike	7 min jog 4 min walk 7 min jog	REST	30 min cross elliptical, swim or stationary bike	jog 1.75 miles (or 17 minutes)	REST
MAR 21	5 min jog, 3 min walk 5 min jog, 3 min walk 5 min jog, 3 min walk	30 min cross elliptical, swim or stationary bike	8 min jog 4 min walk 8 min jog	REST	30 min cross elliptical, swim or stationary bike	jog 2.0 miles (or 20 minutes)	REST
MAR 28	5 min jog, 2 min walk 5 min jog, 2 min walk 5 min jog, 2 min walk	35 min cross elliptical, swim or stationary bike	10 min jog 4 min walk 10 min jog	REST	35 min cross elliptical, swim or stationary bike	jog 2.5 miles (or 25 minutes)	REST

WWW.RUNWALKFORTHEKIDS.ORG

WEEK OF	M	T	W	R	F	S	U
APR 4	jog 2.5 miles (or 25 minutes)	35 min cross elliptical, swim or stationary bike	12 min jog 3 min walk 12 min jog	REST	35 min cross elliptical, swim or stationary bike	jog 3.0 miles (or 30 minutes)	REST
APR 11	jog 3.0 miles (or 30 minutes)	35 min cross elliptical, swim or stationary bike	15 min jog 3 min walk 15 min jog	REST	35 min cross elliptical, swim or stationary bike	jog 3.5 miles (or 35 minutes)	REST or cross
APR 18	jog 3.5 miles (or 35 minutes)	40 min cross elliptical, swim or stationary bike	17 min jog 3 min walk 17 min jog	REST	40 min cross elliptical, swim or stationary bike	jog 4.0 miles (or 40 minutes)	REST or cross
APR 25	jog 4.0 miles (or 40 minutes)	40 min cross elliptical, swim or stationary bike	19 min jog 4 min walk 19 min jog	REST	40 min cross elliptical, swim or stationary bike	jog 4.5 miles (or 45 minutes)	REST or cross
MAY 2	jog 4.5 miles (or 45 minutes)	45 min cross elliptical, swim or stationary bike	21 min jog 5 min walk 21 min jog	REST	45 min cross elliptical, swim or stationary bike	jog 5.0 miles (or 50 minutes)	REST or cross
MAY 9	jog 5.0 miles (or 50 minutes)	30 min cross elliptical, swim or stationary bike	21 min jog 5 min walk 21 min jog	REST	30 min cross elliptical, swim or stationary bike	RACE DAY!	REST

MY COUCH TO 8K LOG

WANT TO WIN A FREE COUCH? WHEN FOLLOWING THE "COUCH TO 8K" TRAINING PLAN, COMPLETE THE LOG BELOW AND SUBMIT THE COMPLETED LOG ON RACE DAY TO THE KING'S DAUGHTERS BOOTH!

HOW TO USE THIS LOG:

- FILL A CIRCLE UPON THE COMPLETION OF EACH WEEK'S WORKOUTS. THE GOAL IS TO FILL ALL 13 WEEKS, WITH THE FINAL CIRCLE BEING THE CHKD RUNWALK FOR THE KIDS 8K.
- BRING YOUR COUCH TO 8K TRAINING LOG TO THE RACE FOR VALIDATION. EACH PARTICIPANT THAT SUBMITS A LOG WILL BE ENTERED TO WIN A COUCH!



NAME _____

EMAIL ADDRESS _____

PHONE NUMBER _____



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info@kingsdaughters.org

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COMING SOON NEW CHKD LOCATIONS

- 1 Loehmann's Plaza,
Virginia Beach: Proposed
opening February 2016
- 2 Landstown, Virginia
Beach: Proposed opening
September 2016
- 3 Tech Center, Newport
News: Proposed opening
May 2016
- 4 Lightfoot, Williamsburg:
Proposed opening
December 2016



Locations will be a combination of urgent care centers, specialty clinics, therapy, sports med, radiology, and lab services.