



**It's 4/20!**

**This Week at Kiwanis - Cliff Notes on Cannabis**



Join us Wednesday for our meeting at 12:30PM presented by **Debbie Custer, Founder, The Hemp Mill.**

Ms. Custer has worked in product development for major corporations (Miller Brewing Company, Todd McFarlane Entertainment, Pfizer, Warner Lambert, Johnson Controls) and has also been a successful entrepreneur as a sideline. Over the past 20 years, that experience has been focused on plant-based nutraceuticals to include hemp and hemp derived products. Recognizing that plant-based products provide more nutrition as well as providing inflammation relief to people and animals, she has developed products to fight inflammation and provide wellness benefits. PetCalm® is the first product that was developed approximately 15 years ago to ease the pain of arthritis for your family pet. Over the years, that formulation has been expanded upon to a patent pending formulation for the benefit and efficacy of cannabidiols in humans. She owns five businesses including The Hemp Mill in Vinton, VA, and a non-profit Women in Hemp.

**Zoom Meeting Wednesday April 20 at 1230pm**

[https://us02web.zoom.us/j/81785815453?](https://us02web.zoom.us/j/81785815453?pwd=Q3NQMQ00ySE9jdmErbDhhR3FUZVQ1dz09)  
[pwd=Q3NQMQ00ySE9jdmErbDhhR3FUZVQ1dz09](https://us02web.zoom.us/j/81785815453?pwd=Q3NQMQ00ySE9jdmErbDhhR3FUZVQ1dz09)

**Meeting ID:** 817 8581 5453

**Passcode:** 102906

One tap mobile +13017158592,, 81785815453

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Dial by your location +1 301 715 8592 US (DC)

Meeting ID: 817 8581 5453

Passcode: 102906

## IMPORTANT KIWANIS DATES

### OFFICERS 2021-2022

Clark Goodman  
President

Ben Spiker  
President-Elect

Mike O'Brochta  
Vice President

John Montgomery  
Secretary-Treasurer

Mike McEvoy  
Past President

Don Willson  
President – Roanoke Kiwanis  
Foundation

### DIRECTORS

Emily Bailey, Jamie Bailey,  
Eric Danielsen, Sherman Holland,  
LeeAnn Linkenhoker, Donna Lynch,  
Stephanie Moon Reynolds,  
Luke Young

Jeanne Bollendorf  
Newsletter Editor & PR Chair

Rupert Cutler  
& Mike O'Brochta  
Photographers

Mike O'Brochta  
Webmaster

- **APRIL 23, 2022** - ELECTRONICS RECYCLING DAY  
@COX 8AM - 2PM
- **APRIL 23, 2022** - SHREDDING DAY EVENT  
@COLONIAL PRESBYTERIAN CHURCH 9AM-NOON
- **APRIL 30, 2022** - KIWANIS KIDS' FISHING DAY@  
HOPETREE FAMILY SERVICES
- **MAY 4, 2022** - KIWANIS SCHOLARSHIP AWARDS
- **MAY 5, 2022** - KIWANIS PRAYER BREAKFAST @7AM  
@KAZIM SHRINE, TICKETS \$8
- **MAY 7, 2022** - KIWANIS PANCAKE & AUCTION DAY -  
DRIVE THRU @BERGLUND CENTER



**Mike O'Brochta just trekked to 17,600 feet to the Base Camp on Mt. Everest. The air was thin, containing only half the oxygen at sea level. The terrain was up-and-down steep, involving 30,000 feet of elevation gain. The views and experience were spectacular. He has stories, and a video. And, he thought of our Kiwanis Club while there.**



April 1 -  
Chloe White

April 2 -  
Andree' Brooks

April 5 -  
Sam Darby

April 10 -  
Tim Thompson

April 12 -  
Bob Habermann

April 14 -  
Gary Duerk

April 18 -  
Jim Randles

April 19 -  
Eddie Barnes

April 27 -  
Dwight Steele

## Our Kiwanis Pancake Day fundraiser is in Week 6!

Latest updates -

- **So far we have raised \$42,316** (\$6,416 came in last week!!!)
- Top Team last week: **Maple Stirrups** (\$1,656)
- Top Jockey last week: **Don Witt** (\$880)
- Team Standings: **Odds on Favorite** (\$7,545), **Team Secretariat** (\$7,100), **Seabiscuits with Gravy** (\$6,170), **Consortiums** (\$5,925), **Maple Stirrups** (\$5,176)
- The deadline for submitting **ticket sales is 3pm on Tuesday each week** (to be counted in competition) - please deliver to **Sherry at American National Bank** on Colonial Avenue or **John at his home**
- Don't forget your **auction items** - hold on to auction items, but take a picture and gather descriptive info and value. Email photos and detailed, exciting descriptions to **Bruce Swanson, LeeAnn Linkenhoker, and Lois James** for posting to the auction website.





## Other News

- Our **Nominating Committee** announced the **Slate of Officers & Directors for the 2022-2023** Kiwanis Year - **Clark Goodman** (Past president), **Ben Spiker** (President), **Mike O'Brochta** (President-Elect), **Jeanne Bollendorf** (Vice-President), **John Montgomery** (Sec/Treas), New Directors - **Bob Habermann, Bruce Swanson, Sheila Umberger, Harry Zulauf.**

### NEW MEMBER

- We welcomed another **New Member** last week - **Steve English** with **Pinnacle Financial Partners**. Steve hails from Rocky Mount and is married to Julie who teaches in the Franklin County schools. They have three boys and are active with scouts. We are now at 144 members in the club.

### SAVE THE DATE - MELROSE SPRING FESTIVAL

- **May 21st Spring FunDay and Planting Festival** PLUS Goodwill's Job Fair - ALL IN ONE! This event will be a memorable one in Kiwanis' history - featuring the inaugural planting of the first Kiwanis Nature Park Wildflower Pollinator Garden! If you grew a plant for us - bring it to our FunDay and Planting Festival at the Kiwanis Centennial Playground. We will be planting your flowers as the VERY FIRST contributions to our Kiwanis Nature Park! The plot for this garden is adjacent to the playground on Melrose - lots going on that day from **11:00 to 3:00 pm at 2502 Melrose Avenue**. Book giveaways, kids' activities, Mill Mountain Zoo and Clean Valley Council education; 1:00 pm - Dr. Rupert Cutler will introduce the Kiwanis Nature Park to you! Music by the Fleming Gospel Choir, Cheerleaders, AND FOOD!!! Shiloh Baptist Church is again grilling burgers and hot dogs. **VOLUNTEERS NEEDED!** Help guide folks with their plants to the plot where they can put their baby plants into the prepared soil. Help us run the Kiwanis FUN table too! **Volunteers needed from 9:30 to 3:00 pm.** Joe Gaither has created quite a committee to get the planning done! Please let Cheri Hartman know if you can volunteer: 540-798-7984 or via email at: [kiwanis.cheri.hartman@gmail.com](mailto:kiwanis.cheri.hartman@gmail.com)

**Thank you to all of our  
Blue Ridge Marathon  
volunteers!**



## Events



### Run for the Roses Membership Drive:

TWO parts to the Membership Drive:

1. # of Invitations: When you invite a non-Kiwanian to a Kiwanis Club event whether it's a Wednesday meeting, a service project, or a planning meeting for any Kiwanis sponsored event, AND they actually attend - send an email to Donna Lynch telling her who, what, where, and when.

2. # of Actual New Members: When you sponsor someone to join our Kiwanis Club, we will keep track of who has the most new membership sponsorships to win the second part of the contest.

RUN FOR THE ROSES is a GREAT time to invite people to join us and learn how much fun we have while serving our community! The winners for each part will win 2 tickets to a future Mill Mountain Theatre show courtesy of Larry Kufel.

**If you have any questions, please contact Lois James, Membership Chair.**

## SHREDDING EVENT!

# SHRED-IT and Forget It!



**Safe, Secure and Responsible  
Disposal of Financial and Sensitive  
Documents**

**A free community service**

**Donations accepted for youth programs and feeding the  
hungry of the Roanoke Valley.**



Scan QR code to make a  
secure donation by  
Paypal.



**Rotary Club of Roanoke Valley**

**PEOPLE of ACTION**

Feeding the Hungry  
Serving Youth

**Serving Our Community**

Improving the Environment  
Peace Building

**Saturday, April 23, 2022 9:00 am – 12:00 noon**  
**Colonial Presbyterian Church – 3550 Poplar Drive**  
**visit the Bake Sale outside the Church**

**On-site safe and secure disposal of sensitive documents provided by  
Shred-It (Maximum 8 Boxes)**



Thanks to  
Colonial Presbyterian Church  
for providing the location.



Thanks to our event sponsor!  
A strong commitment to recycling,  
reuse and security.



# KIWANIS PRAYER BREAKFAST



**Kiwaniis**  
CLUB OF ROANOKE



Join Kiwanis as we celebrate our annual

## Interfaith Prayer Breakfast

Thursday, May 5, 2022

7:00am-8:30am

\$8.00

**Kazim Temple**

628 Campbell Avenue Roanoke VA

(free parking in back)

Join us in learning about the many faiths in the Roanoke Valley.  
Ministers of different faiths will facilitate discussions at each table.

*Our Keynote Speaker for 2022 is Rev. George Anderson from Second Presbyterian Church.  
Music provided by Judy Clark. A thank you to our sponsor, Howell's Motor Freight!*



For tickets contact any Kiwanian or call \_\_\_\_\_ and leave a message.