



Kiwanis
CLUB OF ROANOKE

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'DEFY GRAVITY'

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Kiwanis Leadership **Mike O'Brochta, President-Elect**

Impressive. Make one announcement from the podium at a weekly meeting and post one article in the newsletter to solicit interest in leadership of a committee in our Kiwanis Club. Question – what happened? Answer – just what would be expected in a strong volunteer organization. Answer – a mix of new and experienced committee leaders quickly step forward. Answer – ideas and initiative by some of the volunteers means that we are starting four new committees (Book Club, Business Outreach, Policy, Strategic Planning). Answer – volunteer leaders are now lined up for every one of the forty committees in our Club. Yes, our Club is so active and so strong that we have a total of forty committees. Outstanding. Next, we will openly and actively solicit membership in these committees. We expect to have a complete and accurate Club Directory published in October (an updated copy of the current directory is posted on the Member page of our website).



Roanoke Logperch

Our Kiwanis Club of Roanoke to the rescue!!! We are helping to save the endangered Roanoke Logperch whose Roanoke River habitat can support this cute darter fish only if we do a better job protecting water quality in our community! WE HAVE PLANS! The Kiwanis Nature Park features a Wildflower Pollinator Garden designed to attract our friends, the pollinators, but will also improve the quality of Horton's Branch that flows into the Roanoke River. We sponsor at least 4 watershed clean ups - and many of our club members and partner organizations have grabbed their grabbers, donned safety vests and helped to remove the harmful litter.

CALL FOR VOLUNTEERS: August 5th at 9 am we will again tackle the debris/litter around Horton's Branch. We will also sponsor a WEED OUT for the garden on the day of the CLEAN UP. We need your help! So does the Roanoke Logperch.

Here is a [link](#) to the site featuring the Roanoke Logperch stamp just distributed by the USPS - our darter needs our help! Our Nature Park Committee is producing a children's book about this lively little critter called "Larry, the Logperch." It is a delightful page turner written by Melissa Rooney and illustrated by Jabe Gabrielle. Our goal is to get Roanokers to fall in love with their famous little fish (whose scientific name is often shortened to "P Rex" - it couldn't be more different from T-Rex, fun to have a name that

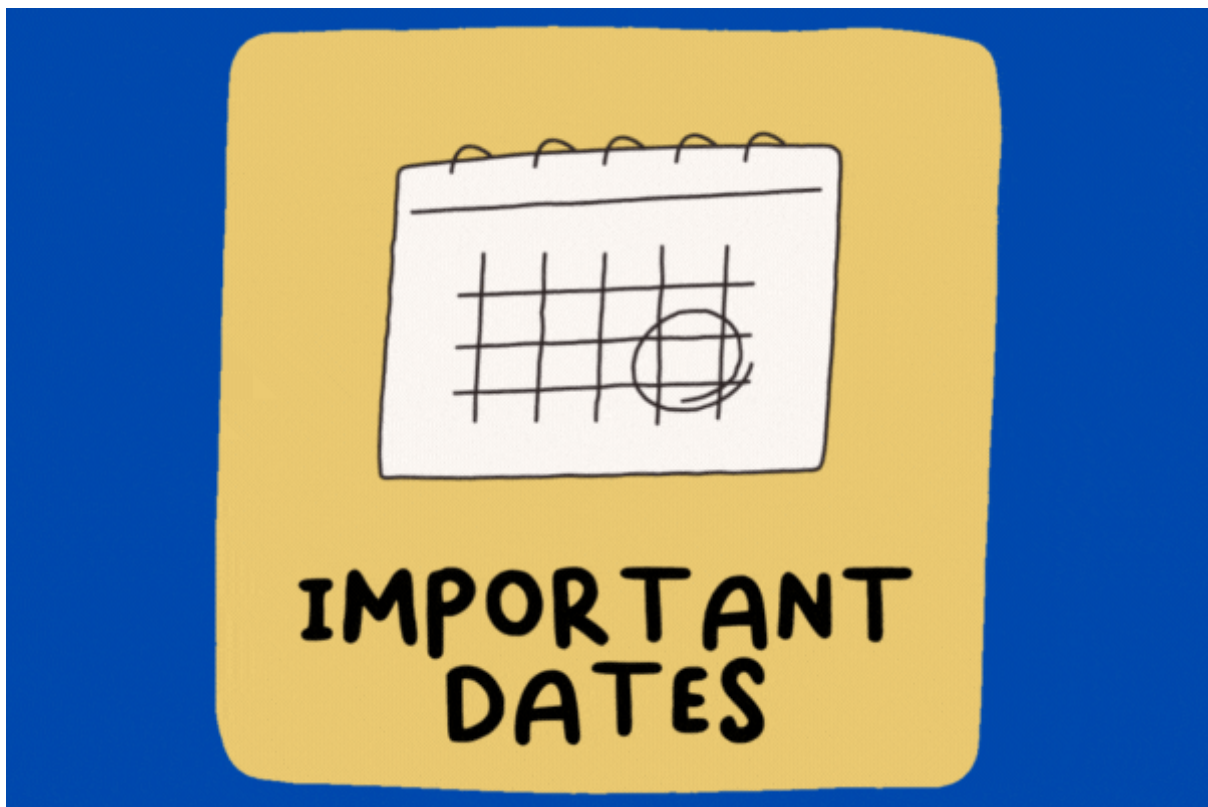
rhymes with its non-surviving antithesis!).

Our Kiwanis Nature Park Committee has SO MANY opportunities to act on your concern about climate change, environmental sustainability and the quality of life in Roanoke, especially for our neighbors in NW Roanoke. We will lead youth in painting "do not litter" messages on storm drains, host workshops on the Logperch and inspire children to help us illustrate our book, take youth on nature walks using our Nature Journaling backpacks. Don Witt is leading the way to design and build an amphitheater to turn our Nature Park into an outdoor classroom and performance venue. Let us know of your interests - join our Garden Brigade, our Clean Up Crew, our Wonderful Roanoke Area Planet Protector (WRAPP) educators, our tree huggers subcommittee.

From Cheri Hartman (co-chair, Kiwanis Nature Park with Don Witt and Rupert Cutler)

Below: The Kiwanis Nature Park is beginning to look like a park! Thanks to an Eagle Scout volunteer - Luke Birdelbaugh (spelling check with Don Witt)) discovered by Don Witt in need of a project, we now have installed 2 benches and a picnic table! Have a look at photo taken by Steve McGraw.





July 26 - (12:30 - 1:30 pm) Club Meeting - Virginia Children's Theatre Performance

July 27 - Salem Red Sox Game

August 2 - (12:30 - 1:30 pm) Club Meeting - Sarah Melendy, Beekeeper and Business Owner

August 5 - (9 am) Volunteers needed to clean and weed garden

August 14th - (10 am - 4 pm) Offsite planning meeting

Wednesday, July 26th, Club Meeting - Jeanne Bollendorf, Managing Director of the Virginia Children's Theater

Also, enjoy a performance by VCT students under the direction of Brett Roden, Producing Artistic Director.

Virginia Children's Theatre is celebrating 15 years of providing professional children's theatre productions and theatre arts education. In addition to

performing and touring plays and musicals, VCT provides year-round theatre classes and camps, in-school theatre residencies, and after school theatre outreach. Programming reaches more than 10,000 youth from Pre-K through 12th grade each year in the Roanoke region and throughout the state. VCT believes that theatre skills are life skills! Youth who are exposed to the arts have improved academic performance in all subjects, especially reading; youth who participate in the arts develop strong empathy muscles and are more engaged in their community; theatre teaches patience and teamwork; the arts improve skills in communication and creativity – these are important qualities for future business leaders and entrepreneurs.



Wednesday, August 2nd, Club Meeting - Sarah Melendy

Sarah Melendy is an entrepreneur and owner of Mountain Thyme Honey & Gifts, LLC. She will be talking about how she got her start in beekeeping and how she turned her hobby into an official business. She will also discuss honeybees, hive resources, and how she developed her own line of all natural products.

Six weeks after finding their dream home and five weeks after getting married, Sarah and her husband moved to Botetourt from Prince William County where Sarah had worked for the school system.



Highlights from our gathering at Carvins Cove



Joyce and John Montgomery enjoying a “private” picnic table



Amy's team preparing to serve



Guy Bird taking on second's



Dan Chitwood finishing his picnic dinner



Mike O'Brochta and Stephanie Moon Reynolds enjoying the good eats



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Happenings

Notes from John

We extend our sympathies to the families of David Lemon and Tom Miller. David lost his sister-in-law two weeks ago; Tom Miller's father-in-law passed last week.

From the Fun Committee

We look forward to our next outing at the Salem Red Sox game on July 27th where we'll be singing our National Anthem. Don't forget to sign up, as usual, "all the cool kids are gonna be there!" Please RSVP to

Lois! Lois@opxsolutionsllc.com

Meeting Recordings

Note that club meeting recordings can be found on our YouTube channel [here](#).

Larry Kufel's Autobiography (was missing some last week)

I hail from a small village in Western NY named Depew, which is about 12 miles east of the City of Buffalo. My Dad was a residential plumber, who worked for a company called Barney Miller! Just like the show name years ago. My Mom was a homemaker for their 7 children. They were great parents, but it was difficult to keep track of her children at all times. For example, my mother made it a point to create a scrap book for each of her kids. When I opened the cover and read the first page of my scrap book, which included a picture of me as a baby, right under the picture she wrote the following: "Then there was 5!" I looked at my mother with a puzzled face and said, MOM, I was # 4!! Don't you remember!! LOL True story.

I attended a Catholic school for both elementary and high school and wore a tie for all 12 years of education. And boy were the Salvatorian fathers tough disciplinarians in high school. No long hair allowed and if your hair hung lower than the length of the teeth on a key they stopped us and cut the hair right there. If they thought our pants were too tight they'd drop an ice cold golf ball down our pants and if it didn't drop out of the bottom of the pants, we'd have to go home and change them. Detention was also tough- the priest would draw a little circle on the black board just high enough so we'd have to stand on our tippy toes and put our nose in the circle and stay that way for a period of time. We learned to keep on the straight and narrow in a hurry!!!

In high school, my passion was basketball which I was decent at and I

ended up playing some basketball at a business college called Bryant & Stratton located in the city of Buffalo under an athletic scholarship. But, since it was only accredited to 2 four year colleges in Florida and Indiana, I transferred to a community college and completed my 2 years of study in Business Administration/Accounting. During this time we were in the midst of the Vietnam war and we were under the military draft. So, I was accepted at the University of Buffalo and my draft lottery number was 131. In college, for most of you my age, you can remember you're classified as 2S college deferment. What I didn't realize is the summer after I completed my first two years at the community college and before I entered UB in the fall, I was drafted into the Army! Talk about a shocker. They reclassified me 1A draft status for those two months in between. But, it ended up not being so bad.

After training at Fort Dix, New Jersey, and an 11 week jungle warfare infantry training at Fort Puke Louisiana, we received orders for Vietnam. We all went out and got really drunk!! Our lives were doomed!!! But, 2 days later the major assembled the battalion about 4:30 in the morning and the Major came out yelling at us with no off color words left out!! "I have sent 7 battalions to Vietnam and now you pansies have been diverted to Germany!!" Well we broke rank and cheered really loud, which really set him off and we marched and marched and marched. But, we didn't care. I ended up in the 7 th Army, Berlin Brigade in Berlin, Germany which ended up being a pretty good gig!!

Took advantage of the GI bill when I got home and obtained my University of Buffalo education. I started dating my future bride, Barbara Costello, during my time at the community college, who happened to be a very close friend of mine all through high school and we graduated together. I was fortunate enough to have a wonderful lady who waited for me to return from my military obligation. We were engaged one month after I returned in the spring of 1972 and were

married by end of that year.

I started working in the corporate end of a grocery wholesaler named the Peter J. Schmitt co., off and on since I was in my early years of college in the accounting department and when I got out of the army I returned to that same company as a full time accountant and reach the level of retail controller. While there our 1 st child was born, a son we named Laurence. I left PJS to take a finance position at a cross town competitor called Tops Markets, Inc. a big food retail and wholesaler who gave PJS a run for their money. I worked there for the next 22 years and attained the position of Vice President/Retail Controller. Tops was sold to a Dutch company in the late 90's, who owned multiple US grocery chains up and down the East Coast.

Our 2nd, 3rd, and 4th children were born during this time period. Knowing I'd have to relocate to an area I didn't like with the new company, I accepted a Finance Directors position at a national food wholesaler named The Fleming Company, as their Controller for their company owned retail grocery stores. My first duties for Fleming placed me in Minneapolis, MN running their Rainbow Foods division in Minnesota and their Sentry Foods division in Wisconsin.

Then one late evening while I was in my Minneapolis office and it was 30 degrees below zero, I get a call from Larry Castellani, my former CEO at Tops Markets. He goes on to ask where am I and what am I doing? After I tell him, he goes on to tell me he is the new CEO of Advance Auto Parts headquartered in Roanoke and he needs me here but I had to pass the interviews with the President and CFO. Well since my next gig with Fleming was taking me to Oklahoma City I jumped at his offer. When I stepped off the plane in Roanoke and looked around. I said to myself this looks like a really nice place to live. You could feel the warmth!!

Well guess what? I got the job!!! I arrived first in Roanoke in July 2000 to start my new position as Director of financial planning and analysis. After a bit of convincing my wife Barbara that we really are moving permanently to Roanoke, she arrived a few weeks later with our two youngest. Our daughters Sarah and Kimberly who were at that time 17 and 9.

My second child Andy arrived a year later to pursue his masters and doctorate in educational leadership under a graduate assistant program at Virginia Tech. For sure, It was a great decision for both myself and my family to come to Roanoke. But, in April 2003 we were devastated when we received the news that Barbara came down with cancer and she fought it gallantly for 16 months, but it was too much to overcome and we lost her 16 month later at age 55.

Special note about Larry Castellani. He was so good to my family and he even let me use the corporate jet to fly Barbara for a second opinion and again for a third opinion. Quite a guy!!!!

I worked at AAP until 2008 and when at that time I decided to step down to a less stressful job and prepare for retirement and became the Director of Finance for the Sheraton Hotel and Conference Center on Hershberger Road. They had just completed a \$25M renovation and added the renowned Shula's restaurant and needed someone with a bit more experience to help them get pointed in the right financial direction.

While at the Sheraton I made my next retirement moves by joining the Kiwanis' in 2013 sponsored by Manly Aylor and started volunteering at MMT as their house manager. Two more great decisions!

I was then asked to become a board member at MMT which I accepted. After that, there was trouble with the business manager at that time and I was asked to step in temporarily to help out after he left the theatre. And

I'm still helping out after 7+ years on a part time basis, and I don't really consider it a job. It really is so much fun. Ginger even let's me sing a song or two every once in a while and they used my voice this summer as the Ryan Seablack MC for the Summer kids tour "Mad Libs Live" Great retirement gig.

My children are now all grown up and doing very well in their respective fields of endeavors. Three even graduated from VT with either under graduate and post graduate degrees, but all have at least a bachelor's degree. Very proud of all four of them and they've given me 6 beautiful and talented grand children And you know, you consider yourself a lucky person if you've find true love once in your lifetime, but I've been even luckier since I've met my second true love. Vickie Clarke and we have had a great relationship for the last 7+ years and still going strong!!! To Be Continued I hope!!!!

Larry, my oldest, has as Bachelor degree in Biology and is a regional sales manager for Striker, who makes joint replacement parts and lives in Stokesdale NC with his wife Lauren and their 3 sons. I didn't even get a discount on my parts!! Tough salesman!! HAHA

Andy, is the assistant superintendent of curriculum for the Lancaster NY school system, where both boys attended school. He lives in Lancaster in the last house I owned before moving to Roanoke with his wife Teresa and their daughter and 2 sons.

Sarah, has a bachelor degree in Psychology from VT and lives in Roanoke and owns her own home and is a teacher, dog sitter, table waiter, etc, etc, etc.

Kimberly has a bachelor degree in public relations and communications from VT, and is a marketing manager for a software company and lives in Charlotte NC with her husband Ryan. No kids yet.

The End!!!!!!!!!!!!!!.

Please email any potential happenings to Alex at abarge11@gmail.com.

Kiwanian July Birthdays

Preston Tyler 4
Sam Lionberger Jr. 7
David Farnum 13
John Light 13
Ken Mowbray 19
Lori Baker-Lloyd 23
Jamie Bailey 24
Reggie Harris 29



Kiwanis
CLUB OF ROANOKE

2022-23

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Clark Goodman, Past President

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Don Wilson, President, Kiwanis
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Luke Young, 2023
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Stephanie Moon Reynolds, 2024
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