



**Kiwanis**  
CLUB OF ROANOKE

August 2023  
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'DEFY GRAVITY'

## **In this Issue**

Leadership Planning Offsite

August 26th Cleanup

Backpacks

Important Dates

Speakers' Info

Feature Photos

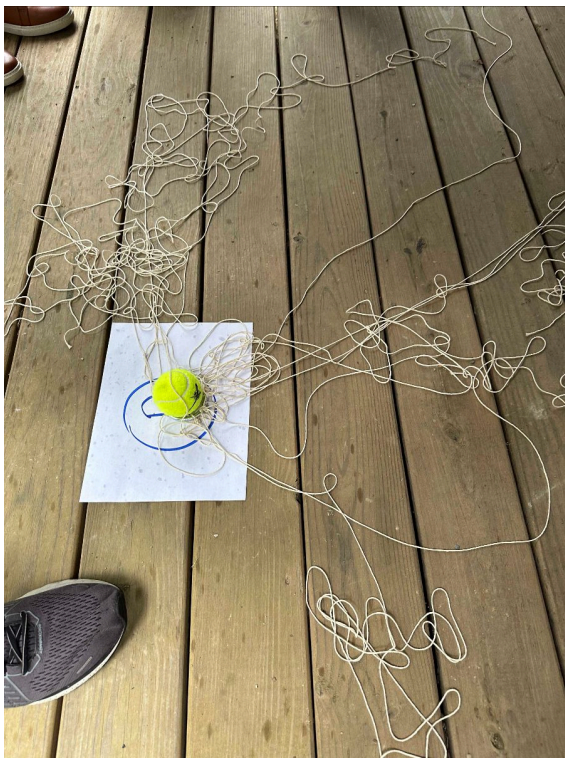
Kiwanis Happenings

Kiwanian Birthdays

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## **Leadership Planning Offsite Mike O'Brochta, President-Elect**

Virtually every Club Officer and Board member participated in a planning offsite on August 14, as did Chairs from four selected committees. The Offsite was held as recommended in the official Kiwanis International Club President's Guide. The primary purpose was to draft plans for four selected committees and to elevate the importance of planning for other committees. The secondary purpose was to begin the process of moving a mix of new and experienced Club leaders toward functioning as a cohesive leadership team focused on common goals for the upcoming year. By the way, our Club's Leadership Team, by working together during an exercise, moved a ball from point A to Point B; just as they will do during this next year for our Club.



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## August 26th Cleanup

Another opportunity to clean up Melrose Avenue - sponsored by a partner of ours in the effort to improve the watershed affecting Horton's Branch and the

Roanoke River (and our logperch!). Did you miss our August 5th Clean Up?  
You've got another chance to help at this event sponsored by SERV (Standing  
for Equity in the Roanoke Valley).

See flyer below - thanks!

Cheri

Cheri W. Hartman, Kiwanis Nature Park Co-chair with Rupert Cutler and  
Don Witt

# SERV "Adopt a Street"

SERV has adopted a few blocks of **Melrose** in partnership with the Clean Valley Council (CVC). Join us, with support from **Goodwill Industries**, to beautify our community.



Meet us on August 26th, 2023 at 10:00 am on the sidewalk in front of Goodwill Youth HQ  
2502 Melrose Ave

CVC will help with some supplies but we encourage you to bring water proof shoes, trash bags, gloves, grabbers, etc.

Email us at [roanokevalleyequity@gmail.com](mailto:roanokevalleyequity@gmail.com) if you are interested in coming so that we can get an accurate count

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## Backpacks from Betsy Bohannon

I was in charge of collecting funds for 42 backpacks and supplies for CHIP

students which Bruce Swanson and I picked up from Walmart and delivered to the CHIP office 2 weeks ago. Since there are so many Kiwanians who donated, John Montgomery, Ben and I decided that it would be best to share via the newsletter.

Betsy

Thank you all who donated!

Mike Quinn

Alex Bowman

Don Chichester

JM Randles

Cynthia Gray

Steve McGraw

Cheri & Dave Hartman

Lee Osborne

David Farnum

Michael McEvoy

Jackie Bledsoe

Amy Carter

Judy Clark

Larry Kufel

Angela Paplomatas

Pegram Johnson

Bill Bestpitch

Bruce Swanson

Eddie Barnes

Bart Wilner

Mike Bell

Joe Lemmer

David Perry

Will Dibling

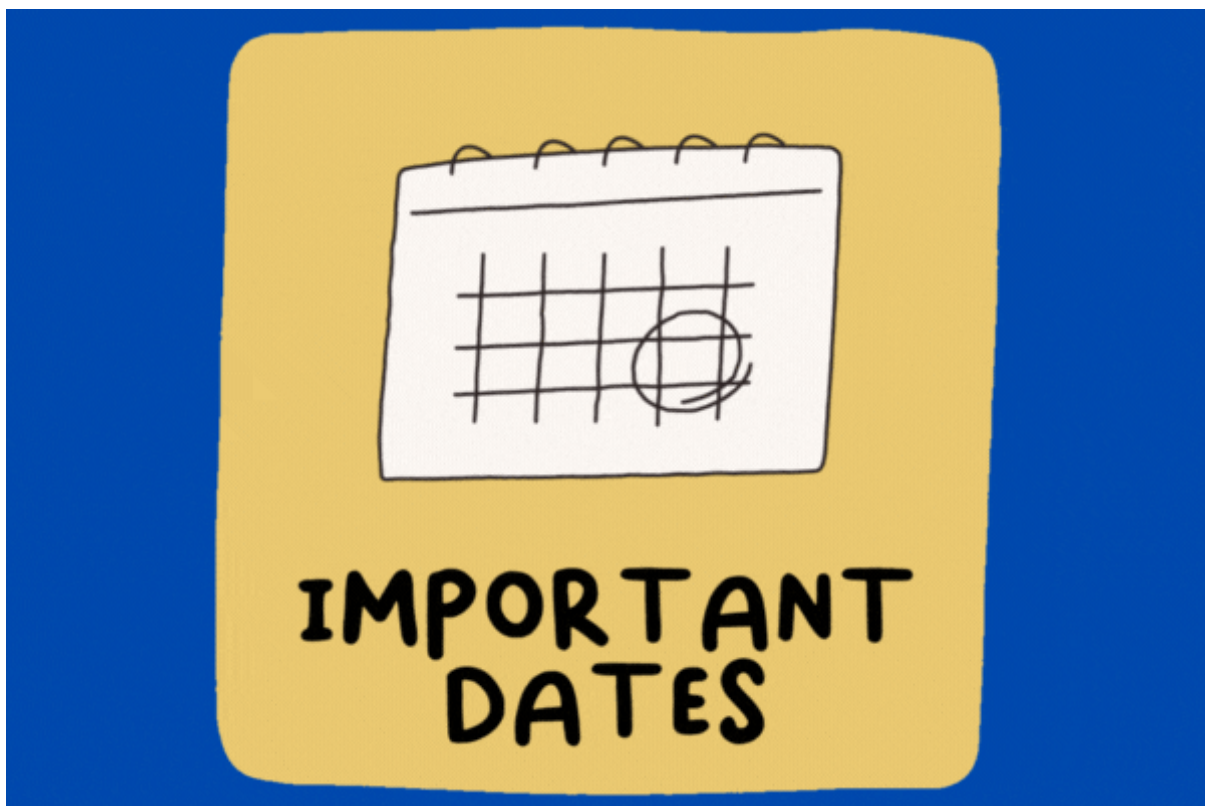
Bob Habermann

David Bowers

JC Taylor

Preston Tyler  
Gary Duerk  
Tom Miller  
John Pendleton  
Don Witt  
Joyce Montgomery  
John Montgomery  
Eric Daniels  
Vickie Clarke  
Clark Goodman  
Ken Briggs  
Dave Spangler  
Rupert Cutler

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**August 16** - (12:30 - 1:30 pm) Club Meeting - Tim Miller, Mountain Castles  
Soil & Water Conservation

**August 23** - (12:30 - 1:30 pm) Club Meeting - Amy White, Western Virginia  
Community College

**August 24** - (6 - 8 pm) Fun Social Dance

**August 30** - (12:30 - 1:30 pm) Club Meeting

**August 31** - (11 am - noon) Mill Mountain Star Dedication

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## **Wednesday, August 16th, Club Meeting - Tim Miller, Education Coordinator at Mountain Castles Soil & Water Conservation District**

Join us Wednesday for our weekly meeting at 12:30 PM to listen to Tim Miller, Education Coordinator at Mountain Castles Soil & Water Conservation District. Tim will talk about the sustainable use of natural resources. MCSWCD promotes and develops locally-driven solutions to natural resources concerns for the people of Botetourt County and Craig County by leveraging federal, state, local, and private resources. Tim plans and conducts education and outreach activities for youth and adults that focus on environmental education and water quality issues. A record amount of funding is available to Botetourt and Craig farmers from cost share programs administered by MCSWCD. Most of the funding is tied to efforts to improve the health of the James River and the Chesapeake Bay, although farms in other parts of the county are also eligible to receive cost share

Tim is also the co-owner of Muddy Squirrel, an "adventure education" business that offers single-day, multi-day, and overnight courses related to environmental and outdoor education. He is a former Botetourt County middle school science teacher interested in stimulating student interest in science and the environment through STEM activities, outdoor education, and place-based learning.



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## Highlights from our Last Club Meeting







**Kiwanis**  
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Happenings

### **Notes from John**

This will be the final week to purchase Ducky Derby tickets, which we have hawked at Wednesday meetings for the past month. This is the Capital District Foundation's annual fundraiser, proceeds of which benefit 11 neo-natal hospitals within our district, including Carilion Children's. Tickets can be purchased through Joyce Montgomery prior to the meeting tomorrow for as little as \$5. There is a drawing for door prizes at this weekend's convention in Richmond.

Past club winners (prizes include cash and gift cards) have included Mike McEvoy, Cheri Hartman, Joyce Montgomery, Bruce Swanson and Eddie Barnes. The District Foundation President this year is Hi Nicely, a

dual member of the Botetourt and Roanoke clubs. Roanoke is the current leader in Ducky Derby tickets sold with \$895. Danville, also from our division, stands second at \$715. There are 162 active clubs in the Capital District.

The Foundation hopes to raise \$15,000 total.

*Second item:*

Safe travels to our club's 11-person contingent traveling to Richmond. Cheri and Dave Hartman, co-chairing the district's diversity committee, and John Montgomery, editor of the district magazine, will be presenting.

### **Meeting Recordings**

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

### **John Pendleton's Autobiography**

I was born on August 16, 1946. I was the fourth of five children with involved and loving parents. My childhood went smoothly with little league sports, scouts, and elementary school as my main activities. At age 13, my 17-year-old brother was killed in a car wreck which devastated our family but through the support, resilience, and optimism of my parents, I learned ways of coping with difficult situations that has served me well.

I then entered high school along with several childhood friends with whom I remain close and we plan on having another reunion in October. I participated in football, basketball and track, student government, and had a wonderful teacher who instilled a love of history in me that persists today.

After graduation, I attended Hampden-Sydney College, a small liberal

arts school. I had some interest in medicine at that time, but realized that I was not ready to commit to that so I decided to major in history which I greatly enjoyed. I played intramural sports and joined a fraternity where I made a group of lifelong friends.

I graduated in 1968 and had been notified that I would be drafted after graduation. There was no lottery at that time so I began to explore my options. My brother-in-law had been a Marine pilot so I decided to enter the Marine Corp Officer training program.

After completion, I was commissioned a second lieutenant and soon found myself in Vietnam as a platoon leader in an infantry company. I still have very mixed emotions about my experience and the US involvement in Vietnam, but have consistent memories of the courage and dedication of the men with whom I served. The best of whom was Donnie Howe, my platoon radioman, who gave his life to save his comrades and received the Congressional Medal of Honor.

Several of my experiences in the Marine Corp helped me decide to pursue a career in medicine. After my discharge I returned to Hampden-Sydney and completed the premed requirements, and in 1973, I started Medical School at the University of Virginia.

My first year was complicated by my younger brother's battle with cancer. He had become one of my best friends, and watching him struggle and eventually die in February of 1974 was very difficult. But what I learned from observing his interactions with physicians, helped me in dealing with patients throughout my career.

On the upside, I also met Jill Butler during that year. She was from Roanoke and her father was long time member of this club and served as president. Jill and I dated for a couple of years, then married during my last year of medical school.

We then moved to California, where I did an internal medicine residency at the University of California, San Francisco. We enjoyed our years there but the highlight was the birth of our first child, Christen. During my residency I developed an interest in autoimmune diseases so I entered a fellowship in Rheumatology at the Medical College of Virginia. While interviewing for the fellowship, I met Joe Lemmer who was completing his fellowship, and eventually moved to Roanoke and practiced Rheumatology at Lewis Gale Clinic and is now a member of our club.

While in Richmond, we were blessed with our second child, Frank, who was named after my younger brother.

Upon completion of the fellowship, we decided to move to Roanoke. I love this part of the state, and as a medical student, I had spent time at Roanoke Memorial and knew that I would enjoy practicing in a setting where I could interact with students and residents.

Not long after our arrival in Roanoke, we had our third child, John. Jill and I realized that we were now outnumbered and would have to switch to a zone defense. It also dawned on me that it appeared every time we moved, we had a child so I hoped that things would work out in Roanoke. It did!

My family has been my most important priority while in Roanoke. I tried to participate in my children's lives by coaching soccer and basketball when they were young, and attending as many of their activities as possible as they got older. We spent time together hiking, camping, and skiing as well on a few educational excursions. I have been gratified to watch them grow into mature and contributing adults. I practiced medicine for nearly 35 years at both Roanoke Memorial and the Salem VAMC, and eventually started a Rheumatology clinic at RMH.

I had a large group of patients at both institutions that I treated for many years. This resulted in many close relationships, which was the most rewarding aspect of my career. I also was involved in the teaching programs for both residents and students as well as the Virginia Tech Carilion School of Medicine from its inception. I found this very rewarding and was gratified when I received several teaching awards.

I have been an avid exerciser all my life and after moving to Roanoke began swimming. As Dave Hartman mentioned when giving his autobiography, we swam together 2 or 3 mornings a week for over 30 years. What he did not tell you was that in 1992, he almost made the paralympic team! So, when I say we swam together, that isn't exactly what happened. The truth is, that as Dave was going up and down the pool, I was breathlessly trying to keep up.

I decided to retire from clinical practice in 2017, although I have continued to work with the first- and second-year medical students about six months out of the year. David Lemon kindly invited me to visit the Kiwanis Club. I was impressed with the dedication of the members and the impact of the club on our community. I have greatly enjoyed being a member since then.

But the greatest event of my retirement was when my son John, his wife and our granddaughter moved to Roanoke and now live a block from us. So now as I continue this experience that we call retirement, I look forward to adventures to come.

*Please email any potential happenings to Alex at [abarge11@gmail.com](mailto:abarge11@gmail.com).*

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**Kiwanian August Birthdays**

- 3 -- Mike O'Brochta
- 4 -- My Chung
- 6 -- Amy Carter
- 9 -- Cynthia Gray
- 11 -- Alex Barge
- 11 -- Guy Byrd
- 12 -- Lance Bowen
- 12 -- Nancy Horn
- 12 -- Harry Zulauf
- 14 -- Diane Chitwood
- 19 -- John Pendleton
- 21 -- Nick Hagan
- 23 -- Don Chichester (90!)
- 29 -- Alex Bowman



**Kiwanis**  
CLUB OF ROANOKE

2022-23

Officers:

- Ben Spiker, President
- Mike O'Brochta, President-Elect
- Jeanne Bollendorf, Vice President
- John Montgomery, Secretary-Treasurer
- Clark Goodman, Past President

Directors:

- Don Wilson, President, Kiwanis Foundation of Roanoke -Term Ends 2023
- Jamie Bailey, 2023
- Luke Young, 2023
- LeeAnn Linkenhoker, 2023
- Kevin Reeder, 2024
- Stephanie Moon Reynolds, 2024
- David Hartman, 2024
- Bob Habermann, 2025
- Sheila Umberger, 2025
- Harry Zulauf, 2025



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