



Kiwanis
CLUB OF ROANOKE

August 2023
Vol. 104 No. 44
'DEFY GRAVITY'

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CLEAN UP! WEED OUT! COOL down... photos to follow!

Saturday August 5th NW Roanoke got a blast of work from energetic volunteers who responded to Mike Adams' poetic call to action! 28 "**People were so very kind -- as to keep our environment in mind!**"

Cheri's summary of the event:

With tools in tow, They arrived at the ready

Wielding a hoe or shovels so steady.

Grabbed up and bagged lots and lots of litter.

With weeds gone; butterflies were a twitter!

Don't worry - Bee Happy - Yes -we now sing;

Wildflowers galore, trash now - not a thing!

First -- Muffins from Jackie - and then at the end;

Off to Blue Cow, to chill out with our friends!

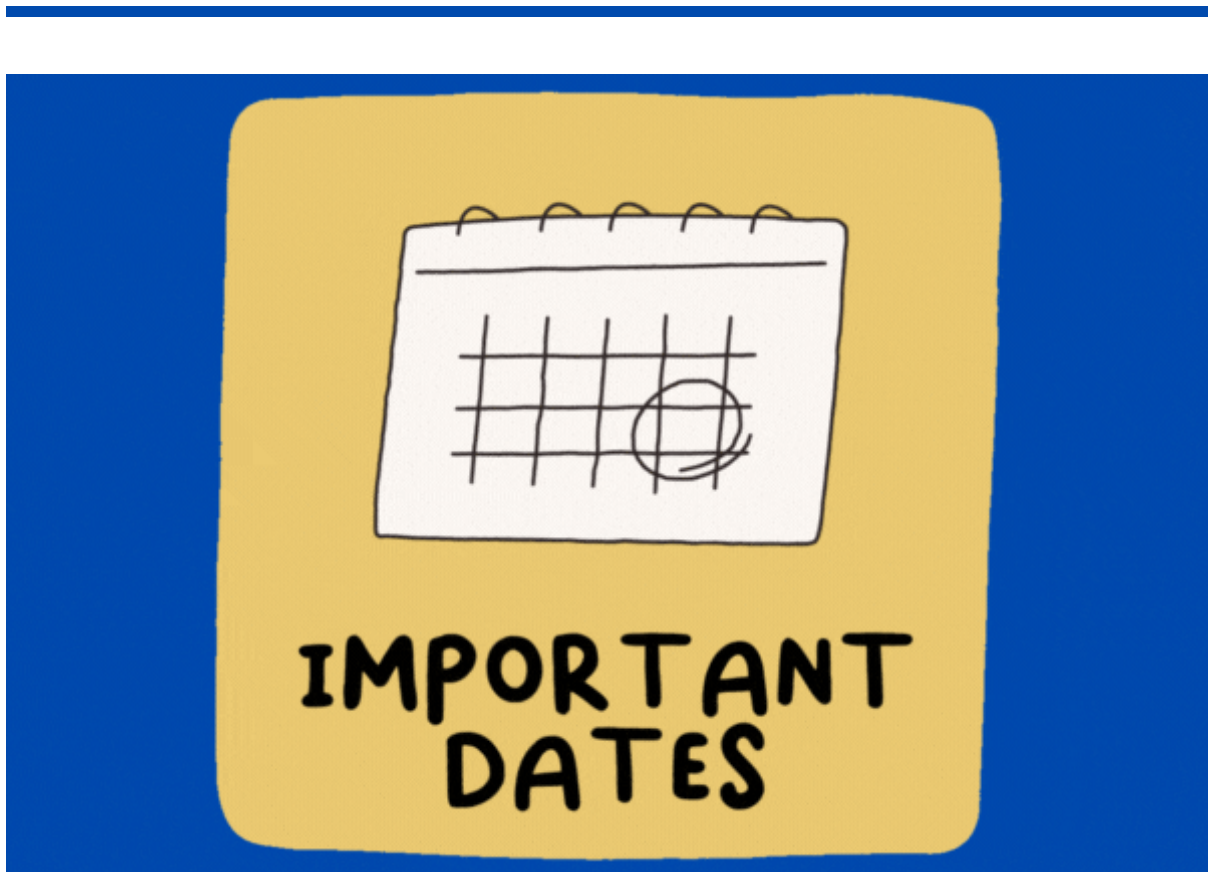
We combined efforts with the Clean Valley Council, HopeTree Family Services; Goodwill; Friends of Evans Spring, Melrose Library, and the Aktion Club -- who joined our club members to make quite a difference! TAP is a gardening co-sponsor. Support from all corners of Roanoke!

Our plan is to recognize our 28 volunteers on Wednesday, Aug. 9th at our club luncheon meeting. Hope you can be there! If you bring a non-club member guest who helped, I am glad to chip in for their lunch on the 9th. What a great day of camaraderie and impact!

ALL deserve a huge scoop of THANKS!

Cheri on behalf of the Kiwanis Nature Park (Co-chairs, Cheri Hartman, Don Witt and Rupert Cutler)

Cheri W. Hartman



August 9 - (12:30 - 1:30 pm) Club Meeting - Stephen Hussey, Daleville
Chiropractic

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

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

Wednesday, August 9th, Club Meeting - Stephen Hussey, Daleville Chiropractic

Dr. Hussey will talk about some of the common myths that can harm your health. He will review a handful of "conventional health wisdoms" that turn out to be incorrect and could actually be harmful, and he will offer alternatives.

Dr. Hussey is from western North Carolina and calls the Appalachian Mountains home. He attained both his Doctorate of Chiropractic and Masters in Human Nutrition and Functional Medicine from the University of Western States in Portland, OR. In addition to his clinical work as a chiropractor, he is the author of two books on health and also a regular speaker at nutrition conferences. In his down time he likes to be outdoors, playing sports, traveling, reading, writing, researching, and spending time with his pets.



Highlights from our Last Club Meeting



Mike Loveman holds basket of sample Healing Bee Butter distributed to Kiwanians.



Candidate for Kiwanis Board Director, Greg Lionberger.



Sarah Melendy presents a fascinating story of startup beekeeping.



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Happenings

Notes from John

We were saddened to learn of the passing of Roanoke Kiwanian John Light over the weekend. John suffered a massive heart attack prior to planned heart surgery.

John had been a member of Kiwanis since 2011; he served on the club's board of directors, helped get our initial bocce tournaments off the ground and was an advisor for the William Fleming Key Club. He was particularly active in the extensive planning sessions for our Centennial

Playground, contributing in many important ways.

John was a Roanoke native who graduated from Patrick Henry High School in 1965 and earned multiple degrees from the University of Virginia. He was a successful businessman who routinely displayed problem-solving skills intermixed with humor. He is survived by his wife of more than 50 years, Juliet, children and grandchildren.

As details surrounding John's services emerge, we will share them with our membership.

Please join me in extending our sympathy to John's family.

Jane Chichester Celebration of Life

Ten representatives from our Kiwanis Club joined dozens of others at Salem Presbyterian Church to celebrate the life of Jane Chichester, long time Kiwanian Don Chichester's wife. Moving tributes were given by Don, their son, one of their daughters, as well as a couple of family friends. We heard about just how big a difference Jane made in so many lives of other people through her art, her Church activities, her volunteering at Habitat for Humanity, and her seemingly endless acts of kindness.

Meeting Recordings

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

Red Sox Game

Below are a few additional pictures from the Kiwanis Club singing at the Salem Red Sox game.



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

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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