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Kiwanis
CLUB OF ROANOKE

August 2025
Vol. 106 No. 41
"WHAT IS YOUR
SUPERPOWER"



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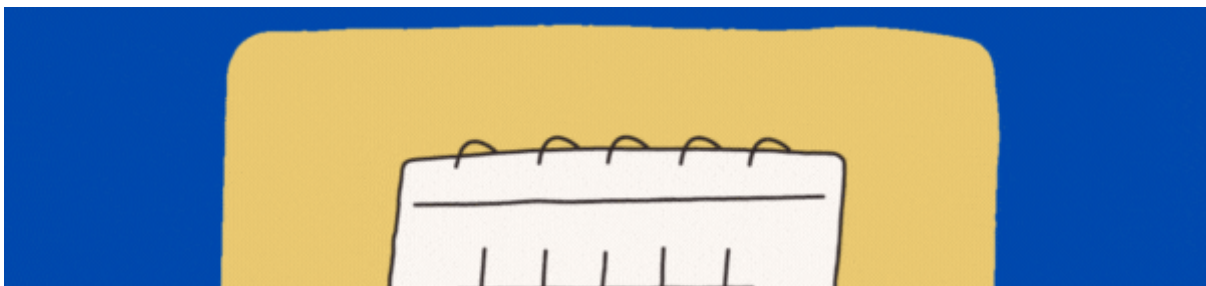
Important Dates

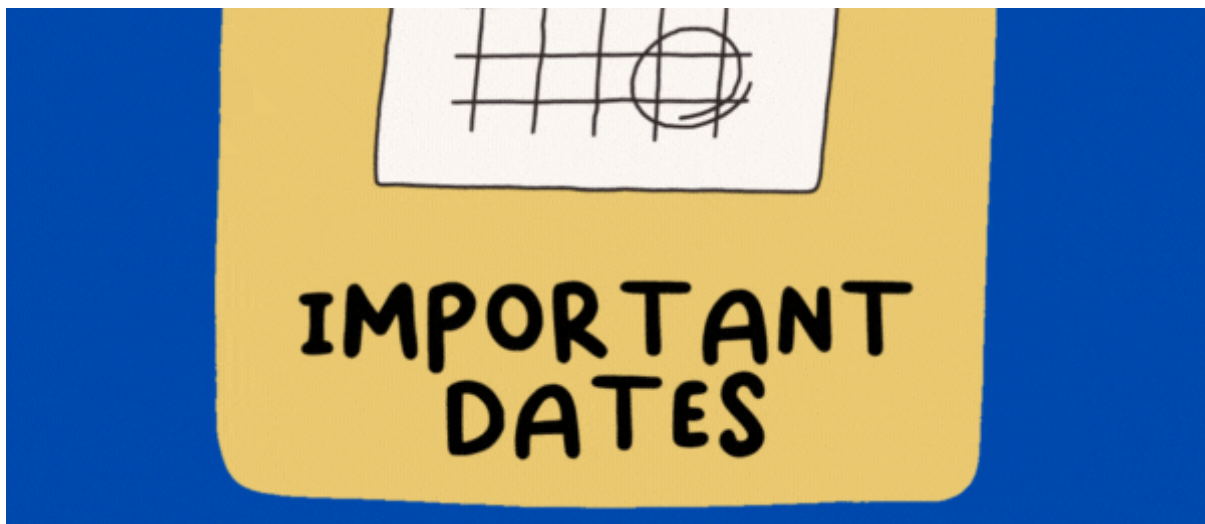
Speakers' Info

Feature Photos

Kiwanis Happenings

Kiwanian Birthdays





August 4 & 5 - (9 am - noon & 1 - 4 pm) Stuff backpacks at Roanoke County Police Cage (5285 Hollins Road)

August 4 - 8 - Pollinator Promenade (see details below)

August 5 - (10 am) Mill Mountain Star Dedication

August 6 - (12:30 - 1:30 pm) Dr. Lee Learman - VTC School of Medicine

August 9 - (9 am - 3 pm) Crowd control and help with logistics at the event at Carilion Children's Clinic in Tanglewood

August 9 - (10 am - 2 pm) Cuts with Cops at Tanglewood Mall

August 9 - (4 pm) Commonwealth Day of Play

August 11 - (9:15 am - noon) Board Meeting and Retreat

August 13 - (12:30 - 1:30 pm) Dr. Lisa Uherick - VTSOM

August 13 - (6 - 7 pm) Book Club Meeting

August 20 - (12:30 - 1:30 pm) Drs. Jed Gonzalo & Arthur Ollendorff - VTSOM

August 20 - (1:30 pm) Membership Committee Meeting

August 27 - (12:30 - 1:30 pm) Dr. Nick Rider - VTSOM

August 27 - (1:30 pm) Environment Committee Meeting

You can always stay up-to-date by checking out the calendar on our [website here](#).

**August 6th - Club Meeting, Dr. Lisa Uherick - VTC
School of Medicine**

Join us Wednesday for our weekly meeting at 12:30 PM in Charter Hall on the third floor of the City Market Building to listen to Dr. Lisa Uherick, Associate Professor (Pediatrics, Emergency Medicine) and Chief Well-Being Officer at Virginia Tech Carilion School of Medicine (VTCSOM). The month of August is dedicated to compelling speakers from VTCSOM.

Although working in healthcare comes with deep professional meaning and purpose, it can also come with a heavy dose of sacrifice and burnout. Dr. Uherick will talk about taking care of the people who take care of the people so they can flourish as they serve our community.

Dr. Uherick is a pediatrician who specializes in emergency care. She cares deeply about the health of the children in our community. She also cares deeply for her colleagues, as they dedicate their lives helping others.



Highlights From Our Last Meeting





Rachael Hopkins and Betsy Bohannon display Kiwanian backpacks



John Montgomery tells his story of "the art of the hunt"



John Montgomery displays some of his valuable collectibles for sale



Guests of the Environment Committee, the Arbor Docs, discuss issues with invasive English Ivy



Kiwanis
CLUB OF ROANOKE

Happenings

Note from John Montgomery

We were sorry to learn of the recent passing of longtime Salem Kiwanian Carlos Hart, proprietor of the Salem auto dealership Hart Motors. Carlos, 97, was a former president of the Salem club, Lt. Governor of our division, and a frequent guest at Kiwanis Club of Roanoke meetings and interclubs over the years.

A message from Harry Zulauf - Membership Chair

Some of our members invited guests to the Interclub social last Wednesday evening. I think one guest might join our Club. Have you invited a guest for lunch tomorrow? Will YOU.....

Sign Up for Our Committees

As we kick off a new year, it's the perfect time to get involved and help shape our club's activities. We rely on the passion and dedication of our members to make a real difference in our community. Serving on a committee is a fantastic way to deepen your involvement, connect with fellow Kiwanians, and put your skills to great use.

You can start signing up next week at our weekly meeting. Your commitment is what makes our club thrive and accomplish great things for our community.

Kiwanis Club of Roanoke is a sponsor for Roanoke County's Cuts with Cops back to school event

There are a few opportunities to volunteer. Friday, August 1 from 1:30-4:30 pm they will be stuffing backpacks with school supplies at Carilion Children's Clinic at Tanglewood Mall (Barnes & Noble side); On Monday & Tuesday, August 4 & 5, there will be more backpack stuffing from 9 am-12 pm and 1-4 pm at 5285 Hollins Road (enter at the Fleet Services entrance and turn Left. Drive past fuel pumps, building is up the hill and to the Right); on Saturday, August 9 from 9am - 3pm, helping with crowd control and directing families who are attending the event.

Kiwanis Club of Roanoke Mill Mountain Star Dedication

The Kiwanis Club of Roanoke will dedicate the Mill Mountain Star in memory of Susan Williams on August 5th at 10:00. Susan was the Executive Director of the League of Older Americans for 32 years, where she spent her life in service to those less fortunate, the forgotten, and the underserved. Her dedication to supporting the vulnerable population shone through her passionate advocacy for Meals on Wheels. She championed efforts to ensure that homebound individuals received nutritious meals and also a vital social connect. May Susan's legacy inspire future generations to lead with passion and serve their community with unwavering dedication.

Please join the Kiwanis Club of Roanoke at the Mill Mountain Star for this celebration of life in memory of Susan Williams.

Board Meeting

Please note that Monday, August 11th's board meeting and retreat will be from 9:15 am to noon at Williamson Road Library.

Book Club

Thank you to all who joined us on July 9th - and a big THANK YOU to Mike Bell for hosting us so graciously! What a lovely setting and meal we shared! Thanks too to Babs Vick for the watermelon and cookies! The next meeting will be held August 13th, location TBD. RSVP and questions to Cheri at chartman2423@gmail.com

New kind of book club- tell us what you've read you'd like to share with us! Anything- fiction, nonfiction, novel or poem, memoir or mystery! Your choice!

Cheri and Dave Hartman

Promenade with Pollinators at our Nature Park

A "promenade" with Courtney Plaster of Clean Valley Council and her staff is always illuminating - the lens with which the view nature is so well informed and sprinkled with wonder. On Monday August 5th from 10 to 12 in the morning - you would meet with the Clean Valley Council promenade leaders... Free event - just register at the Clean Valley Council website [here](#).

Pollinator Promenade!

AUGUST 4-8, 2025



Join us as we visit these locations to learn about native pollinators and the plants that feed them. We will share guidance on how to avoid using pesticides, so pollinators can live in your yard too.



These guided visits will be from 10 a.m. to noon each day. They are **FREE** for children and adults. Preregistration is required. To reserve your spot, scan the QR codes below for each event you want to attend or go to cleanvalley.org/get-involved.



Clean Valley Council
In partnership with:



Guided Visits

August 4-8, 10 a.m. to Noon

Aug. 4

Mill Mountain Wildflower Garden / Mill Mountain Discovery Center Pollinator Garden



Aug. 5 Kiwanis Nature Park Pollinator Garden at Lower Horton Park

Aug. 6

Brown-Robertson Park / Lick Run Farm



Aug. 7

Mountain View Community Garden

Aug. 8

Washington Park

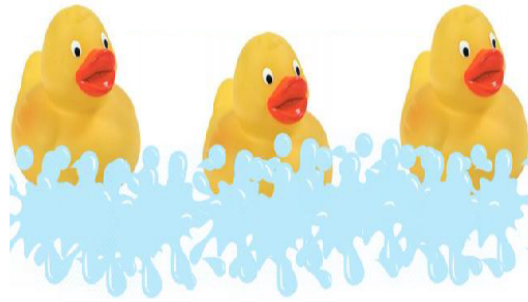


Ducky Derby

Info below, [click here to purchase tickets online!](#)



Capital District
Kiwanis Foundation



Ducky Derby 2025 - Tickets are available now!

All proceeds raised through the Ducky Derby sales supports the eleven pediatric trauma centers supported by the Capital District Kiwanis Foundation.

DRAWING DATE: Saturday, August 23, 2025

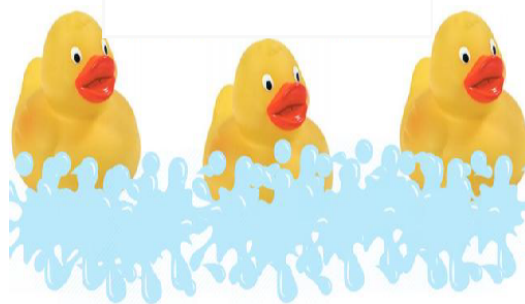
(Immediately following the House of Delegates session)

Cash Prizes: \$750, \$500, \$250 and a variety of \$50 gift cards to various retail stores and restaurants.

Minimum Donation: \$5.00 for 10 tickets

Purchase your tickets online at the website below:

<https://f03.site.kiwanis.org/fundraising/ducky-derby/>



Ducky Derby Chairman: Charles Marks

Email: charles.marks4@verizon.net Cell phone: 302-236-4878

The Roanoke Logperch Has Been Removed From the Endangered Species List

Read the [Roanoke Times article here](#). Though it doesn't mean our work to support Larry is over!

My Superpower is...

July/August/September

InterClub organizers – Andree Brooks, Larry Kufel, Ben Spiker, Lois James, Amy Carter, Lee, John Montgomery, Dave Spangler

Inaugural 2025 Commonwealth Day of Play

The Greater Williamson Road Area Business Association is cohosting the Inaugural 2025 Commonwealth Day of Play alongside the Governor's office at Brookside Par 3 Golf Course on August 9 from noon to 4 p.m. Admission is free. The Day of Play is part of the “Reclaiming Childhood” initiative, which works to raise awareness and inspire youths about the importance of connection, physical activity, and community. The Brookside Par 3 Golf Course is located at 6303 Williamson Road, with parking available at the Brookside Plaza.

This year's festivities include various games for all ages to enjoy, such as free golf, cornhole, tug-of-war, and sack races. There will also be prizes, giveaways, and raffles sprinkled throughout the event. Golf clubs, balls, and other equipment will be provided, along with hot dogs, hamburgers, treats, and beverages for all to enjoy.

While families can attend at any time during the event for free, the first 20 kids to attend will receive a free sleeve of golf balls. If a child finds enjoyment in golf, parents who purchase a golf pass for a later date can bring their kids, free of charge.

Other organizations will be joining in on the outside fun, including The First Tee of Roanoke. Sponsors include Valley Wealth Group, Brookside Par 3 Golf Course, the Roanoke City Police Department, 5Points Creative, and Kiwanis Club of Roanoke.

Meeting Recordings

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

Club Meeting Zoom Info

Here is the [zoom link](#)

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

Please consider sharing this email with a friend!

 **Forward**

Kiwanian Birthdays

AUGUST BIRTHDAYS

August 3 – Mike O’Brochta

August 4 – My Chung

August 6 – Amy Carter

August 9 – Cynthia Gray

August 11 – Alex Barge

August 11 – Guy Byrd

August 12 – Lance Bowen

August 12 – Nancy Horn

August 12 – Harry Zulauf

August 18 – Rachel Hopkins

August 19 – John Pendleton

August 21 – Nick Hagan

August 23 – Don Chichester (92!)

August 29 – Alex Bowman



Officers:

Jeanne Bollendorf, President
Joyce Montgomery, President-Elect
David Hartman, Vice President
John Montgomery, Secretary-
Treasurer
Mike O'Brochta, Past President

Directors:

Lee Osborne, President, Kiwanis
Foundation of Roanoke
Bob Habermann, 2025
Sheila Umberger, 2025
Harry Zulauf, 2025
Bill Bestpitch, 2026
Greg Lionberger, 2026
Alex Barge, 2026
Preston Tyler, 2027
Bert Boyd, 2027



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