

[View this email in your browser](#)



Kiwanis
CLUB OF ROANOKE

March 2025

Vol. 107 No. 23

"Year of Inspired Action"

In this Issue

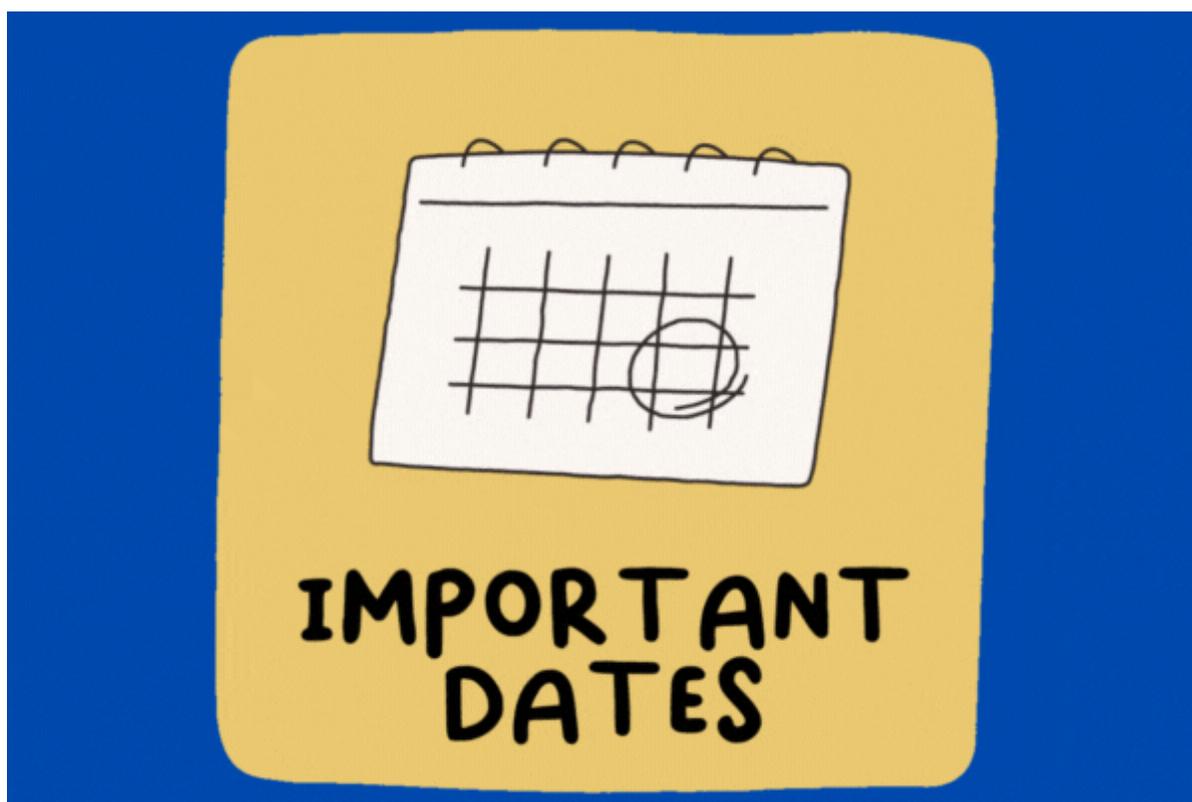
Important Dates

Speakers' Info

Feature Photos

Kiwanis Happenings

Kiwanian Birthdays



March 18 - (12:30 - 1:30 pm) Club Meeting, Michael Kraemer, Stone River Contracting

March 25 - (12:30 - 1:30 pm) Club Meeting, Candace Dowell, Edward Jones

April 18 - Blue Ridge Marathon

April 25 - KPAD

May 7 - Prayer Breakfast

May 30 - Spring Fun Day

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

March 18 - Club Meeting, Michael Kraemer, Stone River Contracting

Join us Wednesday for our weekly meeting in Charter Hall on the third floor of the City Market Building; networking and lunch begin at 12:00PM. We will listen to Michael Kraemer, President of Stone River Contracting, talk about the state of affairs of construction in Southwest Virginia. He will give an overview of his company's offerings, and share information about the current economy and pricing.

Michael transitioned from pre-med in college to starting a construction business in 2006. He is married and the father of three children, and he enjoys anything outside including fishing, hiking, camping, and hunting.



Highlights From Our Last Meeting

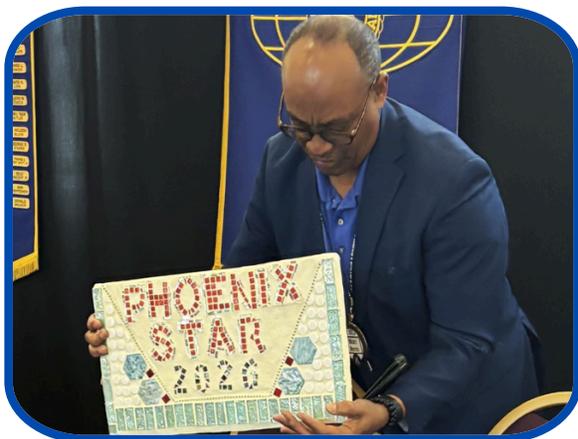
Most photos are taken by our resident photographer extraordinaire, Don Witt, who also adds the captions.



Pinch hitter, Lois James, encourages
KPAD ticket sales



Pancake Pirate member, Jason Poff,
accepts the golden glove award for
team-high ticket sales



Bert Boyd shows off Aktion Club plaque



Dr. Laura Hartman along with the other Roanoke College presenters for the nature park study



Kiwanis
CLUB OF ROANOKE

Happenings

Book Club

Thanks to all who attended Book Club on Wednesday, March 11th. It was another delightful fascinating evening. PLEASE NOTE THAT OUR NEXT BOOK CLUB MEETING WILL BE HELD ON APRIL 15TH. TAXES ARE DONE - JOIN US AT 5:30!

Books reviewed on March 11th were:

"High above Courtside: The Lost Memories of Johnny Most" by Mike Carey with Jamie Most (nonfiction)

"Dead Lions" - 2nd book in the Slough House" series by Mick Herron (fiction)

"Jane Eyre" by Charlotte Bronte (fiction)

"East of Eden" by John Steinbeck (fiction)

"Roosevelt's Centurion: FDR and the Commanders He Led to Victory in

World War II" by Joseph Persico (nonfiction)

"The 6:20 Man" by David Baldacci (fiction)

"The Last Extinction: The Real Science Behind the Death of the Dinosaurs" "
by Gerta Keller (nonfiction)

"Circle of Days" by Ken Follett (fiction)

Hope to see you on April 15th. Happy Reading - can't wait to hear what you are reading this Spring! We are lined up to again meet at the Crystal Spring Grocery location on Crystal Spring Avenue.

Join the fun!

Cheri and Dave Hartman

Blue Ridge Marathon

April in Roanoke means spring flowers and the Blue Ridge Marathon! For the third year in a row, the Club will run the Aid Station midway up Roanoke Mountain supporting the race. This location has the best views on the course and is a favorite of the runners. The station is located at the Roanoke Mountain Overlook, on Roanoke Mountain Road, 24014 (click the link to see the location on Google Maps (<https://goo.gl/maps/gajAaWG8zaa1wbZF8>)). We will hand out drinks and enthusiastically encourage the runners. The shift starts at 6:45 and ends around 10:45 AM. You can drive up to the Aid Station by taking the Roanoke Mountain Parkway (on the right off the Blue Ridge Parkway just north of the intersection with Mill Mountain Parkway).

Note: Volunteers must be in place BEFORE the Blue Ridge Parkway closes at 7:00 AM!

If 6:45 AM is too early for you, we also need at least three (3) Kiwanians to be course marshals. The Club is committed to fifteen (15) volunteers overall.

[Click this link](#) to volunteer Foot Levelers Blue Ridge Marathon Volunteer Registration. After it loads, scroll down to BRP Roanoke Mountain Middle hosted by the Kiwanis Club of Roanoke. Check the box and click the

Volunteer button. This will take you to the registration page. The Task Password is kiwanis, all lower case. If you would like to sign up for a different task, scroll up to see other opportunities (no Task Password needed for those). When you register, make sure to select that you are with the Kiwanis Club of Roanoke. This is one of the choices to the question “Are you registering with an incentive group?” If you are already a registered user from past years, there is an option to pull up your information and avoid some typing! Remember to enter your tee shirt size!

Contact Fred Jeter if you have questions at (540)798-5267 or fred.jeter@icloud.com



National Day of Prayer Breakfast, May 7, 2026

The Kiwanis Club of Roanoke will again host this annual breakfast on the first Thursday in May. Our objective is to bring together the various Roanoke Valley faith traditions for a time of fellowship, understanding, and prayer.

If you would like to be a part of planning this Prayer Breakfast, please contact Rita Joyce (540-915-1470) or Ken Briggs (540-314-9616).

Cooperate Partner Spotlight

Local Office on Aging: Beyond Meals on Wheels

The Local Office on Aging (LOA) is a nonprofit Area Agency on Aging offering community-based programs designed to help older adults remain

independent and age in place as long as possible. Most people are familiar with Meals on Wheels, our home-delivered meal program. LOA offers many important services for seniors beyond nutrition. Overall, we administer more than 30 community programs spanning health, legal, transportation, in-home support, and caregiver assistance.

Health, Wellness, and Aging-in-Place Services

LOA provides a range of programs that promote physical, emotional, and social well-being for older adults. These include wellness activities, socialization opportunities, and fall-prevention classes that help participants stay active and reduce fear of falling. Care Coordination services evaluates individual needs and connects clients to appropriate support.

Insurance Counseling and Benefits Guidance

Through the Virginia Insurance Counseling and Assistance Program (VICAP), LOA offers free, unbiased help navigating Medicare, supplemental insurance, HMOs, long-term-care coverage, medical bills, and related issues. This counseling is intended to reduce confusion and help older adults make informed financial and healthcare decisions.

Legal and Advocacy Services

LOA operates legal and advocacy programs for residents age 60+ who cannot afford private attorneys or qualify for legal aid. These services may include advice, education about rights, and ombudsman advocacy for individuals receiving long-term-care services.

Essential Needs and Practical Assistance

LOA's Vital Transportation provides rides to essential destinations such as medical appointments, pharmacies, and grocery stores for seniors who cannot drive or lack a vehicle. Donated medical equipment—such as walkers, wheelchairs, and canes—is distributed through partner programs. Seasonal assistance programs provide fans or air conditioners to qualifying seniors without adequate cooling.

In-Home and Supportive Care

LOA helps older adults remain safely at home through homemaker services that assist with routine housekeeping and home-management tasks.

Caregiver Support and Dementia GUIDE

LOA supplies resources that give unpaid caregivers relief and peace of mind, including dementia patients and their families through GUIDE (Guiding an Improved Dementia Experience). Services may include referrals, information assistance, respite-style support, and guidance in locating community programs.

Volunteer Opportunities

LOA depends on group and individual volunteers to accomplish its mission. Call LOA to learn about current needs and opportunities.

Upcoming Events

Medicare 101 – Third Fridays through May 15, 1pm-2pm

Your Medicare questions answered in an open-forum setting. Registration requested.

Elder Justice Day - Wednesday, April 22, 2026, 11am-4pm

Appointment-Based Senior resource day connecting older adults with trusted professionals who can help address concerns, including legal aid representatives, local law enforcement officers, financial specialists, and Medicare advisors.

Celebrating Seniors Health Fair – Wednesday, May 6, 2026, 11am-2pm

Connects seniors with valuable local resources, health services, and wellness activities. 20+ organizations offer information on topics such as healthcare, physical therapy, estate planning, and senior services.

Let's Give Lunch – Friday, June 5, 2026

Annual Meals on Wheels fundraising event. Donation/purchase of a boxed lunch provides 2 Meals on Wheels for seniors in our community.

Local Office on Aging
4932 Frontage Road NW
Roanoke, VA 24019
(540) 345-0451
www.loaa.org



Kiwanis Pancake & Auction Day



KIWANIS

Pancake & Auction Day

— **ALL YOU CAN EAT** —

Pancakes, Sausage and Drinks

Batter Up with the Salem RidgeYaks!

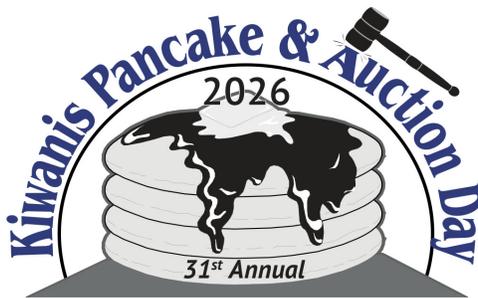
Admission \$8 In Advance • \$10 Day of • Kids under 5 FREE



Kiwaniis
CLUB OF ROANOKE



roanokekiwanisclub.org



For tickets and information

GROUP PRICING

8 for \$60 • 25 for \$125 • 60 for \$400 • 90 for \$600 • 200 for \$1000

Saturday, April 25, 2026

7 am to 12:30 pm

The Berglund Center

— **PROCEEDS BENEFIT LOCAL CHARITIES** —

Board Meeting Notes

The Roanoke Kiwanis Board met on March 9, 2026, with President Joyce Montgomery calling the meeting to order. Financial reports and February minutes were approved. Seven club members recently attended the Capital District Kiwanis Midyear Conference, and the club continues supporting

efforts to start a new Kiwanis club in South Boston, which currently has five prospective members and needs at least fifteen. Neil McNally's membership application was approved, while Cynthia Gray's resignation was accepted with regret. Reif Kessler presented and received approval for the speaker schedule through May. The club is also exploring the possibility of promoting speakers through the Chamber website. Updates were shared on several recent activities, including participation in a Chamber Masterclass, outreach at a BNI open house, and the possibility of hosting a Kiwanis open house, with a small subcommittee to explore the idea and report back in April.

Additional updates covered ongoing and upcoming projects. Planning continues for the Kiwanis Pancake and Auction Day (KPAD), with a new sponsor for the Mill Mountain Star expected to be announced and the Ridge Yaks scheduled to attend. The nominating committee has identified a candidate for the board and is still seeking a vice-president candidate. Preparations are underway for the Blue Ridge Marathon volunteer effort, the Prayer Breakfast featuring keynote speaker Joe Cobb, and Career and Technical Education (CTE) awards, with both Roanoke City and County receiving \$3,500. The high school scholarship program has received three applications so far. Members were encouraged to volunteer for the upcoming Fishing Day event for local youth. The board also discussed a potential service project with Sleep in Heavenly Peace to build beds for children in need. Committee budget reviews and strategic plan progress updates are due at the April board meeting.

Meeting Recordings

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

Club Meeting Zoom Info

Here is the [zoom link](#)

Meeting ID: 817 8581 5453

Passcode: 102906

Please email any potential Kiwanian happenings by 7 pm on Monday to Alex at abargell@gmail.com.

Please consider sharing this email with a friend!

 **Forward**

Kiwanian Birthdays

MARCH BIRTHDAYS

- March 3 – Bruce Swanson
 - March 5 – Joyce Montgomery
 - March 11 – Don Wilson, Reggie Wood
 - March 15 – David Lemon
 - March 19 – Preston Collins
 - March 20 – Donna Lynch
 - March 24 – Cheri Hartman, Joe Lemmer
 - March 28 – Courtney Plaster
 - March 30 – David Perry
 - March 31 – Bill Bestpitch
-



Kiwaniis[®] 2025-26

CLUB OF ROANOKE

Officers:

Joyce Montgomery,
President

David Hartman, President-
Elect

Reif Kessler, Vice President

John Montgomery,
Secretary-Treasurer

Jeanne Bollendorf, Past
President

Directors:

Lee Osborne, President
Kiwaniis Foundation of
Roanoke

Bill Bestpitch, 2026
Greg Lionberger, 2026
Alex Barge, 2026
Preston Tyler, 2027
Bert Boyd, 2027
Chris Rouse, 2027
Jeff Vick, 2028
Steve English, 2028
Fred Jeter, 2028



Copyright © 2026 Kiwanis Club of Roanoke, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

