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Kiwanis
CLUB OF ROANOKE

March 2025

Vol. 107 No. 24

"Year of Inspired Action"

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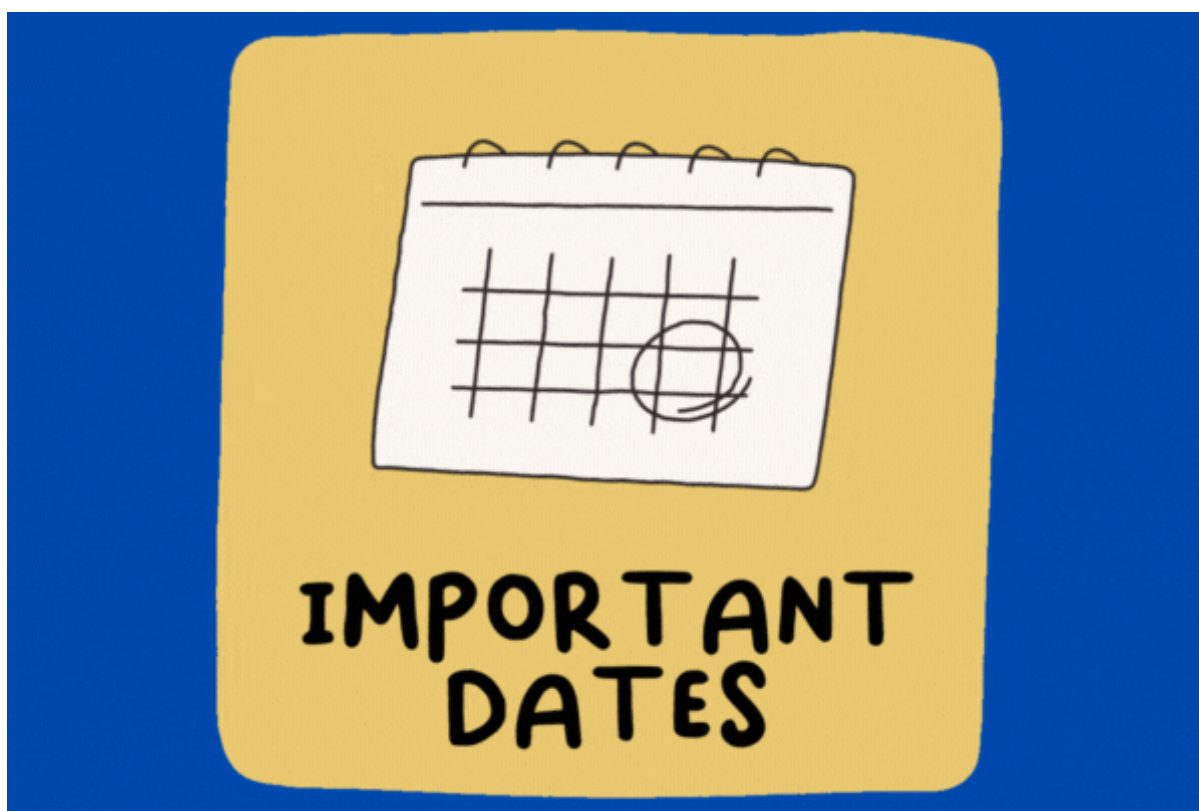
Important Dates

Speakers' Info

Feature Photos

Kiwanis Happenings

Kiwanian Birthdays



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

April 1 - (12:30 - 1:30 pm) Club Meeting, Carla James and Kaitlyn Van Buskirk - Virginia Higher Education Center

April 8 - (12:30 - 1:30 pm) Club Meeting, Victoria Gardner - Author
April 13 - (12:15 - 1:30 pm) Board Meeting - Open to All
April 15 - (12:30 - 1:30 pm) Club Meeting, Brynne Beierle - Blue Ridge Hydroponics
April 15 - (5:30 pm) Book Club
April 18 - (6:45 - 10:45 am) Blue Ridge Marathon
April 18 - (10 am - 3 pm) Earth Day Booth
April 22 - (12:30 - 1:30 pm) Club Meeting, Star City Compost
April 25 - (7 am - 12:30 pm) Kiwanis Pancake and Auction Day (KPAD)
April 29 - (12:30 - 1:30 pm) Club Meeting, Maureen McGonagle

May 7 - (6:45 - 8:30 am) Prayer Breakfast
May 16 - (9 am - noon) Kids' Fishing Day
May 30 - Spring Fun Day

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

March 25 - Club Meeting, Candace Dowell, Edward Jones

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 Candace Dowell, Financial Advisor at Edward Jones, talk about the current financial market. She will cover mixed market movements, the Federal Reserve policy and interstate expectations, key economic indicators such as inflation and employment, as well as recent trends in volatility and asset performance.

As a financial advisor, Candace works with individuals, families, and business owners to help build clear, disciplined strategies for long-term financial confidence. With over a decade of experience across banking, financial consulting, and nonprofit leadership - she brings a practical, education focused approach rooted in trust, stewardship, and service.



Highlights From Our Last Meeting

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



Jeff Vick reports the baseball "stats" for ticket sales

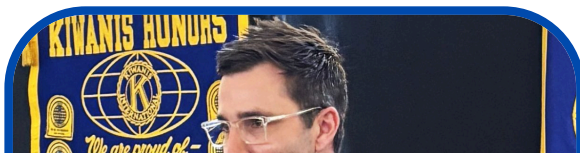
Summary of Overall Ticket Sales

Week Three Total

\$5469

Three Week Total - \$14,621

Week 3 KPAD Totals!





Michael Kraemer, Stone River Contracting, discuss the state of residential construction in Roanoke



Kevin Moore highlights roofing options for residences



Kiwanis
CLUB OF ROANOKE

Happenings

Book Club

Please note that our next book club meeting will be held on April 15th. Get your taxes done and then join us at 5:30 pm! 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](#) for the 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



Kiwanis Pancake & Auction Day April 25th



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



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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 —

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).

Corporate 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



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



Kiwanis® 2025-26

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David Hartman, President-
Elect

Reif Kessler, Vice President

John Montgomery,
Secretary-Treasurer

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Kiwanis Foundation of
Roanoke

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



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