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**Kiwanis**  
CLUB OF ROANOKE

March 2025

Vol. 107 No. 25

*"Year of Inspired Action"*

### **In this Issue**

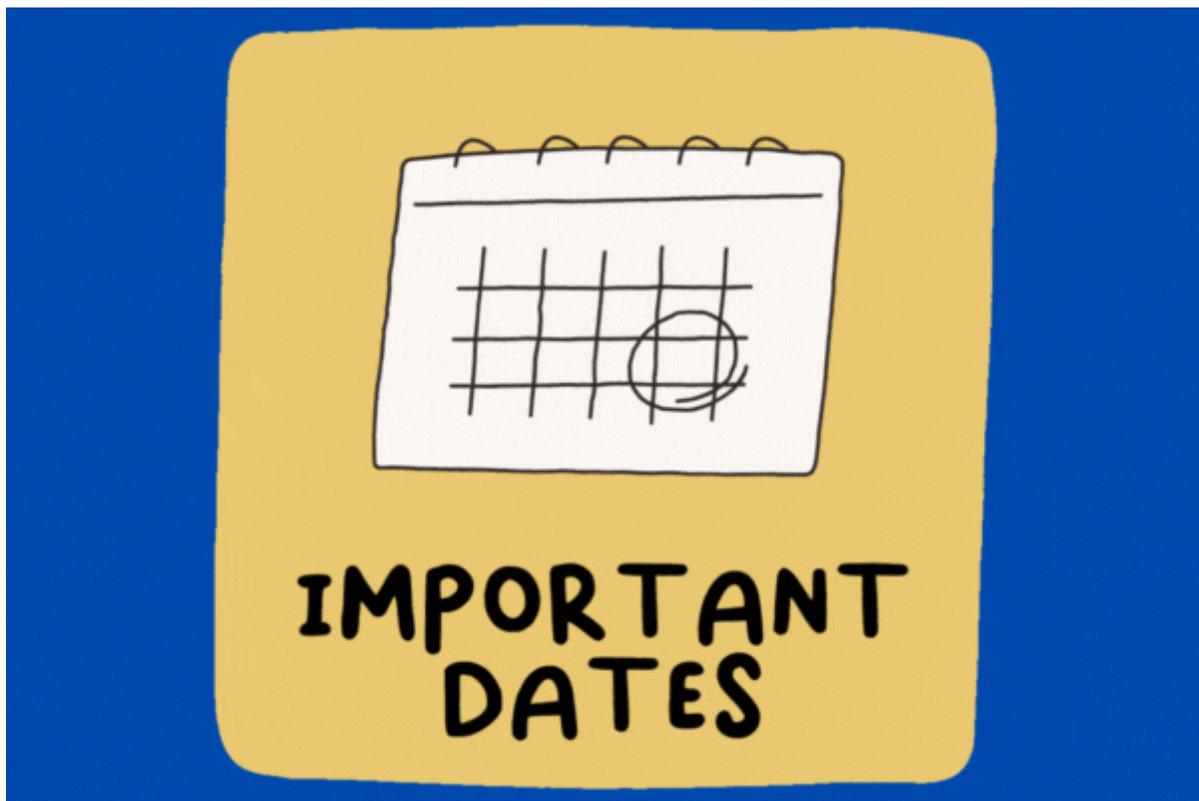
Important Dates

Speakers' Info

Feature Photos

Kiwanis Happenings

Kiwanian Birthdays



**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](#).

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## **April 1 - Club Meeting, Carla James and Kaitlyn Van Buskirk with the Virginia Higher Education Center**

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 Carla James and Kaitlyn Van Buskirk from the Roanoke Higher Education Center & RHEC Foundation. They will talk about this regional hub for higher education and workforce development that offers more than 100 programs of study and has awarded over 17,000 credentials and that Foundation fundraising that supports education, training, and lifelong learning.

Dr. Carla James holds a Bachelor of Science in Psychology from Virginia Tech, a Master of Library and Information Studies from UNC-Greensboro, and a PhD in Instructional Design and Technology from Old Dominion University. She began her career as a librarian before joining the Roanoke Higher Education Center in 2001 where she oversees the Center's student-focused operations. Carla also serves as an adjunct faculty member in the University of Virginia's College at Wise library media endorsement program,

supporting the next generation of library and education professionals.

Kaitlyn is a cum laude graduate of Sweet Briar College, where she earned her degree in Business Economics and Administration. With more than a decade of experience in Planned Giving and Development, she has supported nonprofit initiatives throughout Washington, DC, Maryland, and Virginia. Since moving to Roanoke in 2017, she has continued her commitment to community-focused work through roles with the Roanoke Valley SPCA and the Community Foundation Serving Western Virginia. Her community involvement includes volunteering with the Roanoke Regional Chamber of Commerce and the Blue Ridge Marathon. She chairs the Leadership Roanoke Valley Alumni Association, serves on the Children's Trust board, participates in the Association of Fundraising Professionals, and holds a Professional Fundraising Certificate from Boston University.



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## Highlights From Our Last Meeting

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





Amy and Lee Working Lunch Together



Reif Kessler KPAD Ticket Sales First Place Sausage Swatters



Milton Hardy Announces Move to Covington



Candace Dowell Talks About Finances



**Kiwanis**  
CLUB OF ROANOKE

Happenings

## Aktion Clubhouse lunch during another great session



**FUN – FUN- FUN – FUN -FUN!!!**

### **Questionnaire**

Please rate your interest in the following (1-10, 10 highest):

Mill Mountain Theatre cocktail party and play. \_\_\_\_\_

Rail Yard Dawgs Hockey game. \_\_\_\_\_

Salem Ridge Yaks (Red Sox) Baseball game. \_\_\_\_\_

Stoney Brook Winery lunch and music. \_\_\_\_\_

Twisted Track Brewery Pop-Up Party. \_\_\_\_\_

Dinner Dance for holiday. \_\_\_\_\_

Pop-Up Party at El Rodeo. \_\_\_\_\_

Pop-Up Party at Franks at Brambleton. \_\_\_\_\_

Outdoor Family Picnic. \_\_\_\_\_

Bowling event. \_\_\_\_\_

Hiking and cookout. \_\_\_\_\_

How much are you willing to spend for an evening event? \$ \_\_\_\_\_

Suggestions: \_\_\_\_\_

Would you like to join the FUN Committee? Yes No

Name \_\_\_\_\_

Please return to FUN Committee:

André Brooks, Kenny Brooks, Amy Carter, Eric Danielsen, Lois James, Larry Kufel, Mike O'Brochta, Dave Spangler.

### **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](mailto: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*



**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** —

### National Day of Prayer Breakfast, May 7, 2026

Your Prayer Breakfast Committee is finalizing details for our annual breakfast on Thursday, May 7, at the Kazim Shrine Temple on West Campbell Avenue. Amy's breakfast buffet will be available at 7:00AM. The program is scheduled from 7:30-8:30AM.

Our theme will be “Bridging Cultures through Prayer”. Prayers will be lifted in the Jewish, Muslim, and Christian traditions. Kiwanian Rev. Joe Cobb will bring our morning meditation.

Tickets (\$10.00 each) will be available starting on April 8.

For more information, or to offer suggestions, please contact Co-Chairs Rita Joyce or Ken Briggs.

### **Spring FunDay May 30th!**

Spring FunDay and Career/Community Resource Fair is scheduled for Saturday, May 30th and is open to the public from 11:00 to 3:00 pm. Kiwanians, we will need volunteers from 8:45 to 3:45 as we both prepare the site (at Melrose Plaza) and clean up after the activities. Questions? Please reach out to Cheri Hartman at [chartman2423@gmail.com](mailto:chartman2423@gmail.com).

### **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.

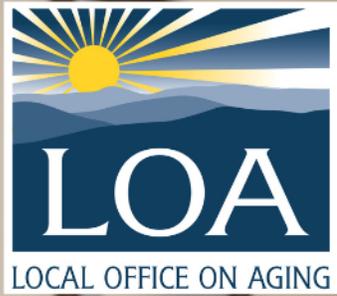
## **Local Office on Aging**

**4932 Frontage Road NW**

**Roanoke, VA 24019**

**(540) 345-0451**

[www.loaa.org](http://www.loaa.org)



Helping Older  
Persons Remain  
Independent for as  
Long as Possible.



## 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](mailto:abargell@gmail.com).*

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**Please consider sharing this email with a friend!**

## **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

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# Kiwaniis<sup>®</sup> 2025-26

CLUB OF ROANOKE

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Elect

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Secretary-Treasurer

Jeanne Bollendorf, Past  
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Lee Osborne, President  
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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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