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Kiwanis®
CLUB OF ROANOKE

September 2026

Vol. 107 No. 47

"Year of Inspired Action"

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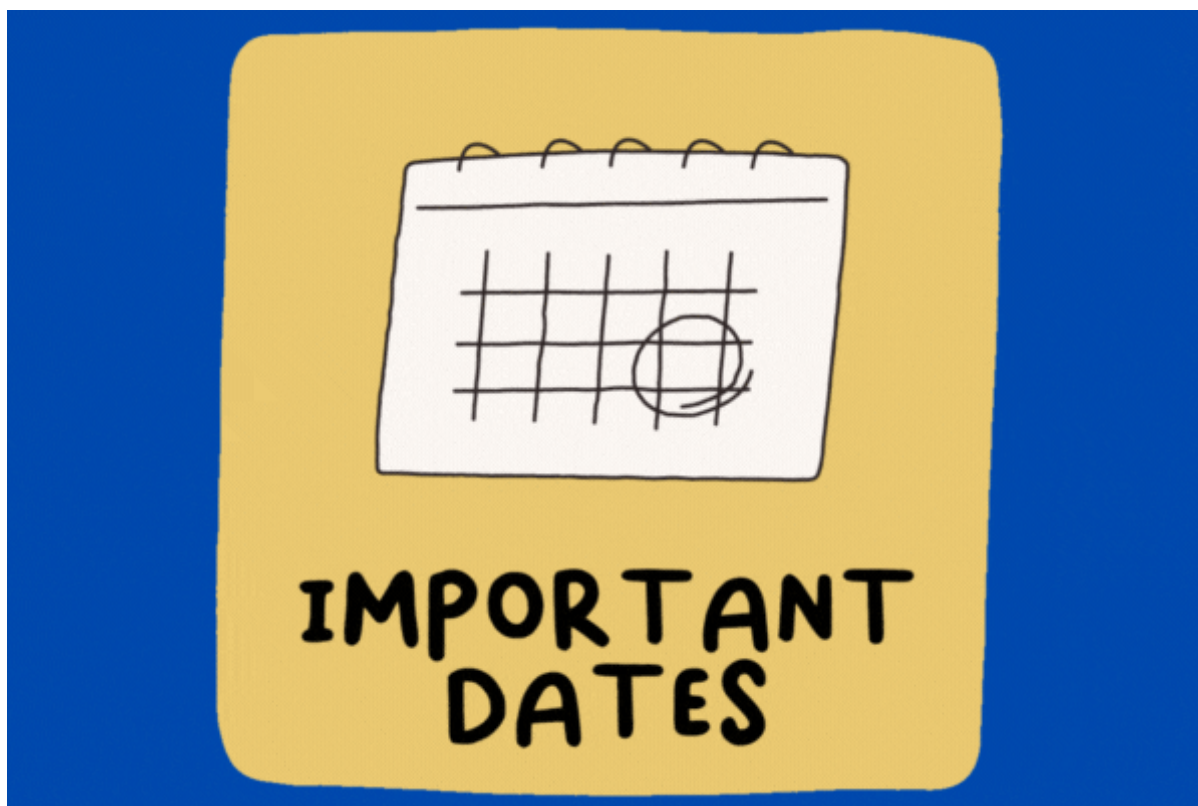
Important Dates

Speakers' Info

Feature Photos

Kiwanis Happenings

Kiwanian Birthdays



September 2 - (12:30-1:30 pm) Club Meeting, Betty Bridges with the Kirk Family YMCA

September 9 - No Meeting Due to Labor Day

September 9 - (5:30 pm) Book Club

September 12 - (10 am - noon) Nature Park Clean-up

September 14 - (10:30 am - 1:30 pm) Board Meeting and Yearly Retreat

September 16 - (12:30-1:30 pm) Club Meeting, Sloan Champney with BBB
Serving Western Virginia

September 23 - (12:30-1:30 pm) Club Meeting, Katie Slusher with Roanoke
City Parks and Recreation

September 30 - NO LUNCH MEETING

September 30 - (Evening TBD) Officer Installation

October 10 - (8:30 am - 12:30 pm) Bed Building with Sleep in Heavenly
Peace

December 3 - (Evening TBD) Mill Mountain Theatre Social Evening at
the Wizard of Oz

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

September 2 - Club Meeting, Betty Bridges with the Kirk Family YMCA

Join us Wednesday for our weekly meeting in Charter Hall on the third floor of the City Market Building; networking and lunch begin at noon. We will listen to Betty Bridges, Wellness Director at Kirk Family YMCA. Betty will talk about the benefits of resistance training for older adults.

She will talk about why resistance training is important for maintaining strength, mobility, balance, bone health, and independence as we age. Participants will learn how strength supports everyday activities, helps us stay active and confident, and can be developed at any age using simple, practical exercises and minimal equipment.

Betty is a former Marine with seven years of experience in wellness management and 15 years as a group exercise instructor. She enjoys spending time with her husband and two children, supporting her kids at their softball

and baseball activities, doing yoga and water skiing at the lake. Her favorite workout is heavy strength training.



Highlights From the Last Club Meeting

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



Rita Joyce delivered a beautiful introspection connecting Dolly Parton and the Kiwanis mission of



Cheri Hartman is looking for a "few good waterers" for the pollinator garden



Melissa Woodson was one of the Ducky Derby lottery winners



Speaker, Dr. Denis Foretia, explains VTCSOM's programs for global health



Kiwanis
CLUB OF ROANOKE

Happenings

Volunteers Needed

Fellow Kiwanian Melissa Woodson, Director of RAM House, requests assistance with the final phase of preparing RAM House.

Starting on Tuesday, September 1st, Kiwanians Jim Graves and Jeff Vick will lead teams of volunteers to move canned goods by dolly from shipping containers to their permanent location in RAM House.

We need people to unpack the containers and people to take the items by dolly down the alley to the RAM House for final storage. We will do this for

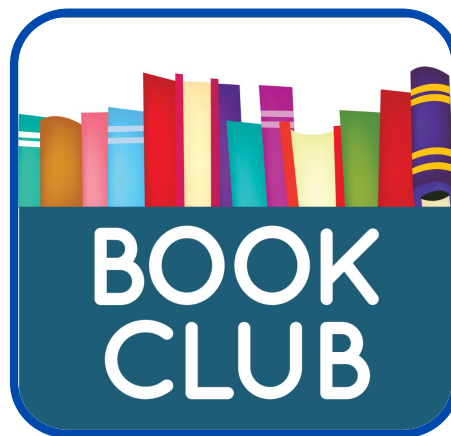
two hours per day, starting Tuesday, September 1st at 1 pm each day until we have emptied the two containers (anticipated completion date is September 11 or earlier). We will have sign-up sheets on the tables at lunch, and you may contact Jim Graves at 3Graves@gmail.com to express your interest. Other shift times can be considered upon request. Even if you have only one afternoon to spare, it will help RAM with their imminent launch.

This is just one way that Kiwanis makes a difference in Roanoke. Let's support Melissa's team and move mountains for our friends and neighbors.

Book Club

We meet next on Wednesday, September 9th at 5:30 at the Crystal Spring Grocery Store -- hope you can join us. Share your favorite recent read...

Cheri and David Hartman



Nature Park Clean-up and Update

Meet at 10:00 on September 12 at the Melrose Library for a two-hour clean up of the Kiwanis Nature Park. We are partnering with SERV (Standing for Equity in the Roanoke Valley).

All of the clean up supplies will be provided. All are encouraged to wear comfy/warm clothes and supportive shoes.

Would you like to join our garden crew and adopt a week in September? That should wrap up the season. If you would like to sign up, let Cheri Hartman know at chartman2423@gmail.com.

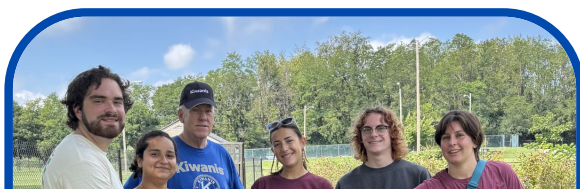


CKI at Melrose

A big thank you to Cheri for stepping in at the last minute to talk with students about the garden. The students got a great sense of how participating in something bigger than themselves can make a difference.

We invited interested students to join us at Melrose, and five came out to lend a hand! Along with several regular members who couldn't make it, we're getting closer to having a full crew.

The group picked up trash in the playground and nature park and even helped prop up one of Rupe's trees. It was a great morning of service, teamwork, and giving back to the community.





Pop-up Dinner Social

Green Goat and Blue Cow made for a FUN outing for Kiwanians!



Roanoke well represented at Capital District Convention

Seven members of the Kiwanis Club of Roanoke (and one lovable dog) attended the 106th Annual Capital District Convention held in Annapolis last weekend. The event drew more than 200 members and guests from clubs throughout the area that the district encompasses (Virginia, Maryland, Delaware, West Virginia and the District of Columbia).

David Lurie from Tysons (VA) was formally elected as governor of the district starting Oct. 1. David was previously district governor in 2019-20, but since that was the year COVID hit, he sought another opportunity to complete a full year without interruption. Nathaniel Kyle from East Huntington, WV, was elected governor-elect this past weekend and Chris Bryant, current president of the Norfolk club, was elected vice-governor.

Some Roanoke Kiwanians will remember that Chris Bryant served as our

division's Lt. Governor, about 15 years ago, when he was a member of the Lynchburg club.

On Sunday morning, our own Jeanne Bollendorf was installed as one of the district's Lt. Governors starting this October. Jeanne (immediate past president of the Roanoke club) and her husband (and new Kiwanian) Ben Baird were among Roanoke's representatives this year, as were Roanoke President Joyce Montgomery and President-Elect David Hartman. Also among Roanoke's entourage were Cheri Hartman, Don Witt and John Montgomery. Cheri, Don and John are all Roanoke past presidents, and Don is currently president of the Capital District Foundation as well as chairman of the 2027 Capital District Convention, which returns to Roanoke next August. Joyce, David and Jeanne were our club's voting delegates this year. "Teddy" Hartman attended several seminars and was extremely well behaved.

This past weekend was a pleasant mixture of educational opportunities, inspirational speakers, administrative meetings and fun! A tour of the Naval Academy was available Friday afternoon for those who weren't tied up with other obligations. Saturday morning featured a variety of seminars designed to appeal to members' various interests – including how to run a club, finding service opportunities within the community, how to attract and retain members, how to effectively use social media, how to use AI to your advantage and how to develop youth education programs.

Roanoke sold \$1,800 of Ducky Derby tickets (with revenue going to the district foundation to support neo-natal units at 11 hospitals within the district). Roanoke's total was more than any other club among the 150-plus in the Capital District, and nearly \$800 ahead of the second-place finisher, Danville.

In the drawing of gift cards (available to any person who contributed), two Roanoke Kiwanians were among 12 overall winners. Roanoke Past President Ben Spiker won a \$50 Panera gift card and Melissa Woodson's name was

chosen for a \$50 Visa gift card. Thanks to the approximately 50 Roanoke club members who supported our strong showing.

In photos below:

Lots of smiles from the Kiwanis Club of Roanoke at DCON 2026.

Teddy goes to DCON 2026 to promote Roanoke's hosting of DCON 2027



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

Newsletter Additions

Please email anything that you would like included in the next newsletter by Monday at 7 pm to abarge11@gmail.com.

Please consider sharing this email with a friend!

 **Forward**

Kiwanian September Birthdays

September 3 Vern Danielsen
September 4 Betsy Bohannon
September 5 Sam Lionberger III
September 7 Jackie Bledsoe
September 8 Jason Poff
September 9 Lee Learman
September 11 Calvin Witt
September 13 Neal Kinsey
September 14 Eric Danielsen
September 16 Ken Briggs
September 16 LeeAnn Reich
September 16 Glenn Pierce
September 21 John Ewart
September 23 Mike Loveman
September 24 Dave Spangler
September 25 James Matthews



Kiwanis® 2025-26

CLUB OF ROANOKE

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Joyce Montgomery,
President

David Hartman, President-
Elect

Reif Kessler, Vice President

John Montgomery,
Secretary-Treasurer

Jeanne Bollendorf, Past
President

Directors:

Lee Osborne, President
Kiwanis Foundation of
Roanoke

Bill Bestpitch, 2026

Alex Barge, 2026

Steve McGraw, 2026

Preston Tyler, 2027

Bert Boyd, 2027

Chris Rouse, 2027

Jeff Vick, 2028

Steve English, 2028

Fred Jeter, 2028



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