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Stand By Your Plan



This week's program: *Easy Ways to Be Active All Life Long*, presented by **Russ Gibson** Fitness Manager, **Carilion Wellness Roanoke**. He graduated in 2014 from James Madison University (Go Dukes!) with a degree in Exercise Science and is a Certified Exercise Physiologist through the American College of Sports Medicine. Before moving to Roanoke, Russ served as a Fitness Coordinator at the Sentara RMH Wellness Center in Harrisonburg, Virginia, and as the Assistant Swim Coach at Bridgewater College. He enjoys working with all ages and fitness levels to promote exercise and healthy living.

Club Relocation Committee – in January the Kiwanis Club of Roanoke Board of Directors received notification from the Patrick Henry Ballroom that they are losing revenue by turning away potential renters due to our regular Wednesday rental, and that our discounted rental rate of \$300 per week will increase to \$600 per week beginning March 1, 2018. Management decided that our discounted rate is no longer feasible for them based on time and labor costs, as well as turning away other potential renters who would pay the full rate. This rate increase would increase Club by \$100 each year. The Board has appointed a special committee to review alternative locations and review pricing structures to report back to the Board and Club members. Currently the short list is Kazim Temple, Charter Hall (City Market), and Holiday Inn Tanglewood.

Next Meeting – February 7

Opening Bell – President Don Witt

Welcome Table – TBA

Invocation – Dan Karnes

Song Leader – Bill Bestpitch

Pledge of Allegiance – Clark Goodman

Introduction of Guests – TBA



Last Week's Presenter Michael Maxey, President of Roanoke College

Important Kiwanis Dates . . .

February 8, 2018 – Kiwanis Foundation Mtg
@12pm @Catawba Capital

February 17, 2018 – Key Club Dance Marathon
to benefit Children's Miracle Network

February 20, 2018 – Playground Committee
@10am @ Roanoke Regional Housing
Authority

March 2-4, 2018 – Capital District Key Club
Convention in Baltimore, MD

March 7, 2018 – Haley Toyota KPAD Kick Off

May 5, 2018 – Haley Toyota KPAD

May 30, 2018 – Memorial Day No Meeting

July 4, 2018 – Independence Day No Meeting

So far this year we have raised \$1,306 for the Foundation; our goal is to beat last year's total of \$2,936. Who would like to make a \$2 brag (or more) today?

Up-Coming Programs

- ✓ **February 14** – The Dancing Duo – Dave & Donna Spangler
- ✓ **February 21** – Empowering the Caregiver – Martha Anderson
- ✓ **February 28** – Making Roanoke Age Friendly – David Trinkle and Ron Boyd (LOA)
- ✓ **March 7** – Haley Toyota KPAD Kick Off

Welcome! Sherry Moses (Jackie Bledsoe); **Dave Franks**, ServPro (Clark Goodman); **Lindsey Moore**, New York Life (Jenny Lee); **John Napotnik**, YMCA (Jenny Lee); **Paul Henrickson**, Roanoke College (Jenny Lee); **Karen Mason**, Habitat for Humanity (Jenny Lee); **Jerry Jackson**, Brown Edwards (J.C. Taylor); **Candice Mulinda** (Faith Christian Key Club); **Sara Hamilton** (Cave Spring Key Club); **Mike O'Brochta** (Reif Kessler); and **Olivia Kitt**, Roanoke College and former Key Club (Jenny Lee).



Congratulations to Faith In Action (Central Church of the Brethren), Bob Iseminger and Kevin Kinsey accepted a grant of \$2,500 for their feeding program that provides snacks for 85 elementary school students to take home on the weekends!

Dance Marathon on Friday, February 17 at Five Points Music Sanctuary – Help support our Key Clubs and raise money for Children’s Miracle Network, pizza, games, and dancing! Admission \$5. Key Club representatives will be present on Wednesday to seek Kiwanis support. This year’s goal is \$6000, please consider a donation or sponsorship. Checks should be payable to ‘Children’s Miracle Network’. Thank you for your support.