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Kiwanis NEWS

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Capital District Kiwanis – Southwest Virginia Region – Division 15

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Leading the Way



This week's program: Health and Wellness Programs for Roanoke presented by the **Michele Hamilton-Terry**, Carilion Clinic Wellness Business Manager. Hamilton-Terry is responsible for promoting wellness programs to all 11,000 Carilion Clinic employees and tracking the success of these programs in fostering a happy, healthy workplace. She also helps promote, design and implement corporate wellness programs for local businesses. Wellness programs might include information workshops about nutrition, benefits of exercise in improving professional success, stress reduction techniques, and annual tests and exams – blood pressure, mammograms, flu shots.

Membership Minute – this year the Board has made a few changes to the focus of the Membership Committee and several Club members have volunteered to spearhead these initiatives: **Retention** (Wendy Mellenthin) following up with members who don't attend meetings or may be considering leaving the club; **Orientation** (Reggie Wood) making sure new members understand the club activities and helping them stay on track; **Young Professional Recruitment** (Alex Brendel & LeeAnn Linkenhoker); **General Recruitment** (Everyone!) please be sure and use your lunch cards to make one-on-one introductions for potential new members.

Next Meeting – February 22

Opening Bell – President Andy Stone

Welcome Table – Diane Smith

Invocation – Don Edwards

Song Leader – Archie Freeman

Pledge of Allegiance – Dick Clemmer

Introduction of Guests – Diane Smith



The Dancing Duo!

Important Kiwanis Dates . . .

March 4, 2017 – Key Club Dance
Marathon to benefit Children’s Miracle Network
@Roanoke College (Bast Center) @ 5pm

March 6, 2017 – Kiwanis Board Meeting
@ 1215 @ Holiday Inn Tanglewood

March 15, 2017 – Haley Toyota KPAD
Kick Off

April 29, 2017 – Orvis Kids Fishing Day @
9am at Hope Tree Family Services

May 4, 2017 – Kiwanis Prayer Breakfast
@ 715am @ Kazim Temple

May 13, 2017 – Haley Toyota Kiwanis
Pancake & Auction Day @ Berglund Center

Brag Bucks: \$1,307 raised so far this year; our goal is to beat last year’s brag bucks total of \$2,443.

Up-Coming Programs

- ✓ **Mar 1** – Roanoke Blacksburg Regional Airport – Tim Bradshaw
- ✓ **Mar 8** – The Roanoke Times – Matt Chittum
- ✓ **Mar 15** – Haley Toyota KPAD Kick-Off
- ✓ **Mar 22** – The Metropolitan Opera – Stephen White

Welcome! Kimberly Carlisle, American National Bank (Sherry Dillon), **Michael Shaver**, Wells Fargo (John Montgomery), **Jamie Bailey** and **Ernie Chandler**, ALCOVA Mortgage (Tim Thompson), **Joan Petrus** (Jim Arend); **Linda Habermann** (Bob Habermann); and **Sally Ewart** (John Ewart).



Way to Go! We presented **Phil Shiner** with his Permanent Member badge!

Business Notes: **Ducky Derby** tickets are on sale – this raffle supports eight neo natal intensive care units (NICU) in the Capital District Region (VA, MD, DC, TN, DE), tickets are **\$5 each or 3 for \$10**, the drawing takes place on **March 18** at the Capital District Convention, all prizes are cash, please contact **Lloyd Enoch** to purchase tickets; **Read Across America Day** is **March 2**. This day is Dr. Seuss’s birthday and our Club has been reading to students at **Preston Park, Raleigh Court, and Hurt Park** elementary schools for several years. If you’d like to volunteer, please contact **Mike McEvoy**. **March 4** is our **Annual Prayer Breakfast**, this year the keynote speaker will be David Jones of Williams Memorial Baptist Church, participants are encouraged to bring their

pastor to the event, for more information please contact **Reggie Wood**.



Learning to Dance at Kiwanis

Service Leadership Corner –

Last week we enjoyed a visit from Eric Anderson and the Forest Park Academy Key Club. Forest Park is an alternative high school to help teenagers graduate at their own pace, last year they successfully graduated over 1,000 students, who might not have successfully completed a more traditional program. President, Trey, updated us about recent activities that include being reading mentors to Head Start students; participating in Canstruction, a fundraiser for Feeding America Southwest Virginia; and participating in the Dance Marathon fundraiser for Children’s Miracle Network.

We were especially impressed with Trey’s enthusiasm for dancing!

