



KIWANIS KOURIER



KIWANIS CLUB OF WINCHESTER, VA * Serving the Winchester/Frederick County Community APRIL 2022



HAPPY
Easter

Wishing a Happy Easter to all.

Easter is a time to share joy and happiness. As an organization we share an abundance of joy and happiness throughout the year. We work very hard on our service projects in order to support our community. Our semiannual Pancake Day enables us to financially help out many organizations in our region. In addition to financial help, we give of ourselves when we pack food for children at Bright Futures, clean up our roads, provide a joyful Christmas to many children, donate blood, and support our SLPs and CKI student organizations. Thank you for being a part of an organization that does a phenomenal job celebrating Easter year-round.

"May your Easter be happy, May your day be bright, May you enjoy the treats, And sweet delights. But remember the meaning, Remember God's gift, Remember the resurrection, May your soul uplift." -Bill Hoenveld



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PRESIDENT'S CORNER

LYNNETTE EMBREE



Dear Fellow Kiwanians,

Wow! We are at the six-month mark in our 2021-2022 Kiwanis year and Spring has arrived! Those are both great reasons to celebrate!

A lot has happened in six months. We've had members come and go – which is typical for any organization. Fortunately, for us, we are on the "plus" side of membership. We rank 4th out of 175 clubs in the District for net growth with a gain of 6 new members. This is fantastic!! I would love to see us end our year with a total membership of 110+.

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APRIL BIRTHDAYS

Happy Birthday To Our Members!



Dave DeWarf	4-Apr
John DePollo	10-Apr
Johnny Craig	13-Apr
Vince DiBenedetto	26-Apr
Bill Orndoff	28-Apr

(for birthday errors & omissions, please email editor@kcow.org)

CALENDAR

April 6: Lunch meeting at the Winchester Moose Lodge; Business meeting; 12-1pm

April 13: Lunch meeting at the Winchester Moose Lodge; 12-1pm

April 20: Lunch meeting at the Winchester Moose Lodge; 12-1pm

April 27: Lunch meeting at the Winchester Moose Lodge; 12-1pm

April 28: Board Meeting at Winchester Airport Conference Room; 6pm

SAVE THE DATES:

May 11: Memorial ceremony at Mt. Hebron

May 20 and 21: Pancake Day set up and drive through

June 18: 100th Anniversary Celebration

September 30: Installation Banquet



Spring Pancake Day May 21, 2022

What is that Sound?

What is that Bright Light?

It's the Spring Pancake Day bearing down on us like Casey Jones' Freight Train, not out-of-control, but going way too fast! The first Steering Committee meeting is scheduled for March 29th, and eight weeks later on May 21st we will encounter a mob of cars, snaked around the War Memorial Building at Jim Barnett Park, all in search of the elusive Pancake Breakfast. Yes, we will have one more drive-thru Pancake Day before we can close the books on the evil COVID virus. Last Pancake Day we served over 5,000 batches of pancakes and Gore's sausage, and there is no reason to expect that we will have less customers this time.

To get ready for this herculean task the Steering Committee will meet every Tuesday, starting on March 29th, at 7:30 AM, that is correct AM, to anticipate everything that we will need to do to pull this off. The meetings will be held at Pat Snapp's house, 170 Hawthorne Drive. The Sign-Up Board will be ready to record the Kiwanis Member's Commitments, by April 6th. To make this event successful we need every able-bodied Member to commit to work not one, but two shifts on Saturday and Friday. Remember, no one had their fingers crossed on your induction day when you committed to work every Pancake Day.

Yes, Pancake Day requires a lot of effort, but the rewards are far greater than the sore muscles and tired feet. You will work with members who you may not know, or perhaps have not seen in a year. But the real reward is the pride when the Club presents a check to the Major Beneficiary, and an even larger check to the Club to fund all the non-profits who count on our largess to meet their goals and needs.

This is what we do, twice a year, to aid the folks in our community. Plan now to give of yourself for the greater good of the community. It's fun, rewarding, and exhausting; but it's what we do. If you have questions about certain jobs please ask a Steering Committee Member, or contact me at john.conrad44@outlook.com.

Thanks everyone,

John Conrad
Pancake Day Committee Chairman





2022 Capital District Midyear Kiwanis Conference

by Rick Balzhiser

Rick Balzhiser and Ginny Grant travelled together to the 2022 Capital District Kiwanis Midyear Conference & CKI District Convention held at the Great Wolf Lodge in Williamsburg, Virginia. This event was held from Friday, March 4th through Sunday, March 6th, 2022. The weekend began with a Kiwanis International Meet and Greet Reception held early Friday evening, followed by a Fellowship Dinner held in the Grand Oak Ballroom. Immediately following dinner was a program called "Fallen Timbers," which was a very entertaining animated Walt Disney cartoon about our nation's past heroes narrated by James Earl Jones.



Rick with Peter Mancuso, the current Kiwanis International President

Saturday was the "heavy lifting" day with workshops going all day. Following breakfast the first workshop Rick attended was called "Why Membership Matters" and was facilitated by Peter Mancuso, the Kiwanis International President. The second workshop was entitled "Keeping Your Club's Seats Filled" and was conducted by Josh Hiscock, a District Trustee. Following lunch Rick attended "Recruitment Bootcamp Experience" and was run by both Area Director Rhonda Vrell and Membership Coordinator John Morris. The purpose of this exercise was to indoctrinate those present on a new membership program that is being introduced by Kiwanis International called "2 + 2." This is a recruitment program whereby two Kiwanians go out to a prospective member's home or place of business and "pitch" the Kiwanis club experience to them in an attempt to get them interested in joining a club. They had attendees pair with another Kiwanian they did not know, but pretended they have known each other for years. Rick was paired with John Montgomery, who is a Membership Coordinator for another Kiwanis club. They were tasked with "visiting" three separate prospects and trying to convince them to join Kiwanis. Sitting at the table with you was a Certified Kiwanis Membership Coach who at the end of each interview would critique you on how you did (what you did right and what you could improve on).



Left: Rick with John Morris, the Membership Coordinator for the Capital District of Kiwanis, which includes 171 clubs
Right: Ginny with CKI members working on packaging food with the Generosity Feeds program

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What was the most fun about this experiment was that the folks that were chosen to be interviewed were NOT Kiwanians and not members of any club. This turned out to be a real attempt to get them interested in Kiwanis. The last workshop of the day was strictly a meeting with John Morris and all of the Membership Coordinator's for all twenty districts that comprise the Capital District. Since Rick is now the Membership Coordinator for District 8 he was required to attend this meeting. Saturday evening was concluded with the Midyear Banquet, which ran well into the night.

The conference concluded on Sunday morning with the Farewell Breakfast followed by a project called Generosity Feeds, a meal packaging project. This is very similar to what we do for "Bright Futures" but on a much bigger scale. The entire emphasis of the conference was Membership Recruitment and Retention for both SLP clubs and CKI. The fall convention will be held in Baltimore, Maryland from August 19th through August 21st, 2022 at the Sheraton Inner Harbor. Next year's Midyear Conference is to be held in Crystal City, Virginia with dates and locations to be determined at a later date.



Rick with Elana Gardner, the current Governor of the Capital District



Gina Alfred, CDCKI District Secretary Treasurer and Emcee for the Kiwanis Family Luncheon. Gina became a part of the Kiwanis family joining Builders Club at Daniel Morgan MS, VP of the John Handley HS Key Club, and secretary at George Mason University CKI. While at JHHS, Gina was awarded a Kiwanis Club of Winchester scholarship. Gina will graduate in May, and we hope she will stay a part of Kiwanis



Ginny working on Generosity Feeds



Rick with Dennis Baugh, the Immediate Past Governor of the Capital District



March Guest Speakers

In addition to having the opportunity to break bread with our Kiwanis family on Wednesdays, we have the pleasure of hearing from a variety of guest speakers. Jeff Smelser, our president-elect, works very hard to schedule very interesting and informative community members to speak to our club. We appreciate all of our guest speakers giving of their time and talents to share information about their careers and service to our community.



Amanda Holsinger gave a very informative talk about the risk of strokes, preventative care, support groups, and rehabilitation after a stroke. It is important to know that anyone at any age can have a stroke. However, there are some things we can do to lessen the risk: healthy nutrition, watch alcohol intake, exercise, and don't smoke. In addition to the physical effects of a stroke, the emotional effects can be significant for both the survivor and the family. Support groups can be a powerful help for taking care of yourself emotionally.

Nick Sabo, the Executive Director for the Winchester Airport, shared the plans for the future of the airport, including having more community space and events when the new terminal is built. Anybody can go to the airport and sit on the picnic tables or balcony and watch the numerous planes taking off and landing daily. We are fortunate to have a supportive resource in our community by providing the space for our monthly board meetings.

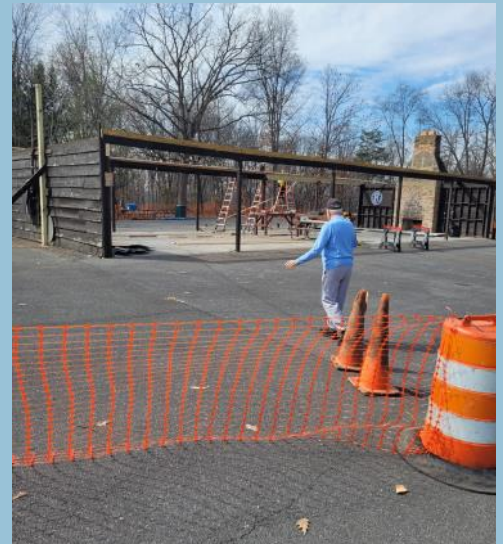


Amy Rice, the Executive Director for the Evans Home for Children in Winchester, discussed the important work done with children who have experienced some type of trauma in their past. These children are given a home, the resources necessary to recover, learn to trust, and work towards a positive future.



Kiwanis Club of Winchester Jim Barnett Park Shelter No. 1 Rebuilt

Doug Butler looks on while the Kiwanis Shelter No. 1 is being rebuilt. Even after getting a new roof, the shelter did not come up to code. After 35 years of hosting many fun events, including our annual picnic, the entire structure is having to be rebuilt. We can look forward to a new shelter this summer.





SPOTLIGHT ON OUR MEMBERS



APRIL's Featured Kiwanian: **ROBANN RIGGLEMAN**

Birthplace - Winchester, VA

Family - Robann is married to Buddy, and they have a daughter Amanda, who is an accomplished equestrian. Robann is one of five children, brother Johnny Coontz, and sisters Sarah Price Lauck, Penny Coontz, and Becky Conaboy.

School - Robann graduated from James Wood High School before obtaining a B.S. in Science and a M.A. in Educational Administration.

Career - Robann's career began as the first aquatic/fitness director at Jim Barnett's Park indoor pool. Handley High School is where she began her educational career, teaching health and physical education. She coached gymnastics, assistant Varsity and JV basketball coach, assistant track and field coach, and was in charge of all the cheerleading programs. Robann transitioned to elementary school teaching 5th grade at Armel, then Orchard View, with Frederick County Public Schools. She spent the remaining 15 years of her career in administration with Indian Hollow and Greenwood Mill Elementary.





SPOTLIGHT ON OUR MEMBERS

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Favorite book/author - Reading non-stop is a favorite pastime for Robann. It's difficult for her to pick a specific book, but loves to read books written by John Grisham, Heather Graham, and David Baldacci.

Favorite memory - Robann's daughter is an accomplished equestrian. While watching her at horse shows, Robann's heart would be in her throat at the size of the jumps and praying for a safe ride. In addition, going to Elk Mountain Dude Ranch in Colorado and 16 days in Ireland are favorite memories.

Favorite quote - "You are braver than you believe. Stronger than you seem. Smarter than you think, and loved more than you know." -Winnie the Pooh

Hobbies - Traveling, touring wineries, and horseback riding

What do you like to do for fun? - Spending time with family is important to Robann. She loves to research and plan trips. An amazing trip she planned was 16 days in Ireland for her daughter's college graduation gift. She drove the entire time, finding it easier to drive on the "opposite" side of the road. A 10-year hobby of Robann's is planning and touring wineries. She has visited over 200 wineries in Virginia.



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SPOTLIGHT ON OUR MEMBERS

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Proudest accomplishment - Amanda, Robann’s daughter is her proudest accomplishment. Watching her grow up to the amazing woman she is and knowing she had a small part of that.

What makes you unique? - “I am a jack of all trades and a master of none. My father instilled in me that I could do anything if I made up my mind to do it. So you could say I am very stubborn.”

Something most people don’t know about you - Robann was offered her own lifeguard station to manage in California, but life got in the way. Her two best friends were getting married and she needed to stay in Winchester.

Why you joined Kiwanis - Robann joined Kiwanis on January 5, 2022, sponsored by Mike Didawik. She plans to be on the Youth Services and Pancake Day committees.



Kiwanis Club of Winchester is successful because of its many volunteer members who give so freely of their time and effort.

THANK YOU FOR JOINING AND BECOMING A MEMBER OF KIWANIS CLUB, ROBANN!



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PRESIDENT'S CORNER

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Our cinnamon bun fundraiser chaired by Pat Snapp has been a great success!! We now have a few dollars towards our 100th anniversary celebration that will help keep the cost of meals down for our members. That celebration is just a mere two months away. I hope that you will mark June 18th from 5:00 p.m. until 9:00ish on your calendar for our 100th celebration. We will be meeting at the Shenandoah Valley Golf Club and will be inviting past presidents to join us. This will be a great time catching up with friends!!

Ginny Grant and Susan Corrigan do so much with our SLPs and they do so graciously and somewhat under the radar screen. We need to be sure we recognize these ladies! We also need to support them. Ginny has a couple of Builders Clubs that need a liaison from our Club – Frederick County Middle and James Wood Middle. We also need members to be liaisons to the James Wood High and Millbrook High Schools Key Clubs. If this is you, please let Ginny know. Susan has been working very closely with CKI at Shenandoah University. If you remember, we chartered a club there last spring under past president Tj O'Connor. Susan has been working with the leadership to help grow their membership and strengthen their leadership skills. In the last week, Susan and I met with the club's leadership and their new advisor, Rebecca Gibson. We are excited about their new advisor, who seems engaged and eager to help this struggling club. If you have ideas for Susan and CKI, please let her know.

Our regular Wednesday meetings see about 35 to 45 members on an average week. Given that we have over 100 members, we're missing between 55 and 65 members. Many folks have other obligations that keep them away from our regular Wednesday meeting. If there's someone that used to sit at your table with you and you haven't seen them in a while, perhaps a quick phone call, text message, email or a card in the mail would go a long way towards letting them know we are thinking of them. We all get caught up in our busy day-to-day life. It's nice to know that someone else is thinking of us.

Pancake Day is May 21st. Mark your calendars now! I hope to see you there!

Happy Spring! -Lynnette

Board Members: 2020-2022

Ginny Grant
George Johnson
Lennie Wolfe
John Westervelt

Board Members: 2021-2023

Rick Ours
Freda Roberson
Barry Swears
Becky Starliper

Officers

President—Lynnette Embree
President-Elect—Jeff Smelser
Vice President—John Conrad
Secretary—Brenda Dodd
Treasurer—Dennis Grubbs
Past President—

Kiwanis Club of Winchester, VA

**P. O. Box 2591
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Club Contacts

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Rick Balzhiser, Membership: membership@kcow.org
Susan Corrigan, Kourier Editor: editor@kcow.org

The Kiwanis Club of Winchester meets for lunch each Wednesday from 12 to 1 pm at the
Winchester Moose Lodge, 215 E. Cork St., Winchester, VA 22601.
Newsletter submissions may be emailed to editor@kcow.org, no later than the 22nd of each month.

Visit our Website: www.kcow.org // Find us on FACEBOOK: <https://www.facebook.com/winkiwaniis>

