



KIWANIS KOURIER



KIWANIS CLUB OF WINCHESTER, VA * Serving the Winchester/Frederick County Community OCTOBER 2023

Annual Installation Banquet September 29, 2023



The beautiful George Washington Hotel was the perfect location to celebrate the installation of the new officers and board members and for the recognition of hard-working members. For both of their incredible works in our club, President Lynnette Embree presented Becky Starliper with the prestigious George F. Hixson Fellowship and Debbie Knotts was awarded Kiwanian of the Year. Congratulations!

After two years as our club's President, Lynnette Embree was installed as our Past-President by Eric Lamb, Capital District Governor-Designate. John Conrad was installed as the new President, Mike Didawick as the President-elect, Brenda Dodd as the Secretary, and Dennis Grubbs continues as our long-standing Treasurer. New Board members include Jeph Embree, Robann Riggelman, Lennie Wolfe, and Susan Corrigan. Thank you to all members that work together to change the lives of children in our community.



PRESIDENT'S CORNER

JOHN CONRAD



Howdy Folks,

I feel like an imposter, writing an article in Lynnette's column. People refer to me as President, but I still must take out the trash and pick up after our dog. It dawned on me that a title must be earned, unless you are a Prince in Great Britain! No one would mistake me for a Prince, so I guess I need to start earning the title.

The Installation Banquet last evening was a roaring success of tradition and fun. You could tell that Lynnette used her magic to transform the room into a charming setting for such a special occasion. The hotel staff made us welcome and served with a smile. The meal was delightful, and the cheesecake was fabulous. I wanted to collect the pieces that were not eaten, but Mike Didawick would not let me, he said that it wasn't presidential.

Many of the participants spoke of the dedication and professionalism that our President, Lynnette Embree, displayed over the last two years. I said last night that Lynnette raised the bar so high that I would need stilts to come close to her level. If you check the list of Past-Presidents, you will find few that served back-to-back terms. Lynnette not only gave status to the Office of President, but she did it with charm and a smile. The fact that she knew the bylaws of the club kept the train moving on the tracks and headed in the right direction. We will forever be indebted to Lynnette for her dedication to the Kiwanis Club. Her promise to our club is that she will be my Guardian Angel, to keep me on track, and to help me research, before I speak!

Our club is blessed with knowledgeable and dedicated officers that we can depend on to provide guidance in running our club and keeping me out of trouble. Mike Didawick has held many Kiwanis offices and is serving his second time as President-elect. Dennis Grubbs has been the Treasurer of our Kiwanis Club for over twenty years. That tells us that the financial affairs of the organization are in excellent hands. Benda Dodd has served as Secretary for many years, and we know that Brenda doesn't mince words if something is amuck!

Eight directors have been elected to be a sounding board so that the officers will have feedback from the members. They are Amanda Holsinger, Bud Stiles, Jim Coots, John Westervelt, Robann Riggelman, Jeph Embree, Susan Corrigan, and Lennie Wolfe. These folks signed on to serve a two-year term. When you see them, please thank them for their service.

(Continued on page 16)



KIWANIS KOURIER



KIWANIS CLUB OF WINCHESTER, VA * Serving the Winchester/Frederick County Community OCTOBER 2023

OCTOBER BIRTHDAYS

Happy Birthday To Our Members!



Chris Rathel	10/01
Tom Gromling	10/04
Barry Swears	10/05
Ernie Lightfoot	10/06
Norman Black	10/13
David Sunter	10/24
George Johnson	10/25
Brawner Cates	10/27
Craig Organ	10/30
Doug Green	10/31



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

CALENDAR

October 4: Lunch meeting at the Winchester Moose Lodge; Business meeting; 12-1pm

October 11: Lunch meeting at the Winchester Moose Lodge; KI Youth Protection Training; 12-1pm

October 18: Lunch meeting at the Winchester Moose Lodge; Rabbi Aaron Stucker-Rozovsky: The Four Chaplains; 12-1pm

October 25: Lunch meeting at the Winchester Moose Lodge; Pancake Day information; 12-1pm

October 26: Board Meeting at the Winchester Airport Conference Room; 6pm

SAVE THE DATE

Pancake Day and Setup
November 3rd and 4th





INSTALLATION BANQUET

The success of our club is largely due to the service of our dedicated members. Eight members were recognized with Legion of Honor awards who achieved more than 25 years of service to Kiwanis.

- Archie McKay: 50 years
- Wayne Yowell: 45 years
- Mike Didawick: 40 years
- Tom Gromling: 40 years
- John Hess: 40 years
- David Sunter: 40 years
- Rick Brown: 25 years
- Dave Jeffcoat: 25 years

Thank you for your service!





KIWANIS KOURIER



KIWANIS CLUB OF WINCHESTER, VA * Serving the Winchester/Frederick County Community OCTOBER 2023

INSTALLATION BANQUET





FIREPIT FRIDAY SOCIAL SEPTEMBER 15, 2023

A fantastic time was had at the monthly social held outside by the lovely firepit at Pat Snapp's gorgeous house. Pat and Craig Organ provided the vast majority of the food, grilling burgers and hot dogs and making all the side dishes. Debbie Guiffre and Susan Corrigan provided the deserts of pie and cookies, with all the leftovers being sent home with members. The weather was gorgeous, the food delicious, and the camaraderie priceless. Thank you Pat and Craig for all your hard work.





KIWANIS CLUB OF WINCHESTER VIRGINIA FOUNDATION INC.

Purpose of the Kiwanis Club of Winchester Foundation: It is a 501 (c) (3) foundation established under the auspices of the Kiwanis Club of Winchester for the purpose of fundraising and delivery of funds for local community activities, children's services for underprivileged children and their families, community projects benefiting the greater good of the health, welfare and environment, and educational support needs for children and their families.

Responsible for the Foundation's operation: The foundation board consisting of an Immediate Past President, President, President-elect, Vice President, Secretary, and Treasurer and five directors selected from the general membership of the Kiwanis Club oversee the foundation's operation.

How the Foundation differs from our club's fundraising initiatives: The annual budget for the Kiwanis Club of Winchester is designed to address limited financial needs within the Winchester area community for the current fiscal year. Those needs are referred to the appropriate committee for review and recommendation to the Kiwanis Club of Winchester's Board of Directors for approval. The scope of these recommendations is normally limited to \$500 or less. The purpose of the foundation is to develop a significant pool of funds which are available to address projects larger in scope and which will have a significant and long-term impact on the community and its children.

Current funding level of the Foundation: Contributions amounting to approximately \$28,000 have been received to date. The goal is to build a cash reserve of \$50,000.

Expenditure of Foundation funds: Individuals or organizations from the Winchester area can obtain a Financial Grant Request form online at kcowfoundation.org. All requests will be reviewed by the foundation board for compliance with the foundation's goals and the goals of the Kiwanis Club of Winchester. Priority will be given to grant requests that directly benefit children.

Kiwanians can participate by:

1. Considering a gift to the foundation as a part of their annual charitable giving. Charitable gifts should be sent to the Kiwanis Club of Winchester Foundation, Inc, Post Office Box 3243, Winchester, VA 22604.
2. Making a gift to the foundation in honor or memory of an individual.
3. Including the foundation as a recipient of funds in their estate/will planning.
4. Advising the foundation board of organizations or businesses that might be interested in partnering with the foundation to address specific community needs.

Submitted by Tom Gromling, Foundation President



PAST PRESIDENT - LYNNETTE EMBREE

Dear Kiwanians,

Thank you for the opportunity of serving as your president for the last two years. It wasn't supposed to be this way; however, life occasionally gives us curveballs.

It has been a pleasure to work with this executive team as well as committee chairs and other leaders in this Club.

On October 1, I officially became the Division 8 Lt. Governor. I am looking forward to working with other clubs and helping them, using some of the knowledge I have gained over the last two years.

As I have visited with other clubs, I realize how different we all are and, yet, we all have the same goal – helping the children and our communities.

My very best to each of you and your families for a very bright future!

Thank you, again, for the opportunity to serve you.

Sincerely,

Lynnette

FEATURED IN THE WINCHESTER STAR

In case you missed reading the *Winchester STAR* on September 25th, two articles were written that have a personal connection to our club.

Members participated in the opening of the new 9-hole Junior Disc Golf Course located at Sherando Park in Stephens City. A donation from our club helped make this project a reality.



Using rules similar to golf, players travel around a course, tee off, and throw a disc into a basket (the "hole"). This is an excellent way for children and families to have fun outdoors.

As part of Handley High School's 100th year celebration, Kiwanian Doug Butler was interviewed about his memories of being a student at this "palace." Doug's father paid tuition for his sons to attend Handley High School. Doug and his brother rode in from the county on their bikes to school daily, no matter what kind of weather. While attending school, Doug planted two or three trees a day with his agriculture class. Many of these trees are still standing today. After Doug graduated in 1943 he went into the military and fought for our freedom in WWII. We are proud to have Doug as a member of Kiwanis for 70 years.





EMOTIONAL RESILIENCE

by Susan Corrigan, editor

Dr. Cortney Warren, a clinical psychologist, recently wrote a powerful article for CNBC *Make It* on the topic of "Emotional Resilience" that really spoke to me, so I thought I would share it with the members that may be going through challenging times.

We all experience pain and negative situations in our life. By developing emotional resilience, we are better able to handle these experiences in a healthy way. It will take effort and practice, but while going through something negative you can remind yourself what you are grateful for and where you do and don't have control.

Use any of these phrases every single day to develop emotional resilience.

1. "I can get through this." Grit and perseverance are actually more indicative of success than IQ. You aren't denying reality, but recognizing reality and moving forward.
2. "I'm not going to let myself be a victim." Consider how you can grow and learn rather than giving up and being a victim. Giving up can lead to learned helplessness, where you end up not even trying.
3. "Life is hard." Yes, life can be hard. However, being emotionally resilient means you can see that life can be difficult for everyone, but it is part of the journey of life. Look for the good, don't focus on the bad.
4. "This, too, shall pass." When something traumatic occurs, the pain may never go away completely. Being resilient means that you can work towards making each day better. Don't look for payback or revenge, choose to let these experiences go in order to move forward.
5. "I still have things to be grateful for." Instead of wondering why something happened to you, think about how you can grow from this dark experience. Find ways to be thankful for the good things in life rather than focusing on the difficulties.
6. "I need some time." Instead of reacting immediately, a resilient person will take some time to respond or make a big decision. Sometimes in pain and anger we can strike out verbally. Take time to process the grief or pain, instead of saying something that will cause pain to someone else. I never agreed with "words will never harm me." Words can do significant damage to a person.

Adapted from Cortney, Warren. (August 6, 2023). Harvard psychologist: If you use any of these 9 phrases every day, 'you're more emotionally resilient than most.' <https://www.cnbc.com/2023/08/06/harvard-psychologist-if-you-use-any-of-these-phrases-you-are-more-emotionally-resilient-than-most.html>



103 PRESIDENTS OVER THE YEARS



Joseph Luther Maphis (1)
1922



Robert Thomas Barton, Jr (2)
1923



William Garges Hardy (3)
1924

1922 To 1929

KIWANIS CLUB OF WINCHESTER (KCOW) PAST PRESIDENTS: 1920'S



Jesse Clifford Oakes (4)
1925



Joseph Marion Orndoff (5)
1926



The Hon. Philip Williams III (6)
1927



Dr. Jacob Asa Richard (7)
1928



Thomas Russell Cather (8)
1929



Daniel Edgar Stultz (9)
1930



Dr. Robert McChayne Glass (10)
1931



Dr. George Grover Snarr (11)
1932



Garland Redd Quarles (12)
1933



Harold Carrington Sheetz, Sr (13)
1934

1930 To 1939



KIWANIS CLUB OF WINCHESTER (KCOW) PAST PRESIDENTS: 1930'S



Ansel Benjamin Solenberger (14)
1935



Wendell Berkley Goode (15)
1936



Eugene Bestor Cooper, Sr (16)
1937



Charles Arthur Robinson (17)
1938



Samuel Carroll Brooks (18)
1939



103 PRESIDENTS OVER THE YEARS



Dr. Ancell Byron Groves (19)
1940



Leonard Issiah Miller (20)
1941



Francis Grove White (21)
1942



William Alan Peery (22)
1943*



Dr. Herman Isaac Pifer (24)
1944



Ellis Elmer Harbaugh (23)
1943*

1940 To 1949



KIWANIS CLUB OF WINCHESTER (KCOW) PAST PRESIDENTS: 1940'S

- In 1943, William Peery was called into military service 3 months into his term;
- Ellis Harbaugh (VP) became President to finish the year.



Dr. Raymond Howard Kerlin (25)
1945



John James Wanner (26)
1946



Virgil Rea Strader, Sr (27)
1947



Ralph Phillip Yount (28)
1948



Benjamin Franklin Arthur, Jr (29)
1949



Frank Amos Shryock (30)
1950



George Buston Masters (31)
1951



Winslow Turner Porter (32)
1952



Marvin Edward Gore, Jr (33)
1953



Laurens Pennington Jones (34)
1954

1950 To 1959



KIWANIS CLUB OF WINCHESTER (KCOW) PAST PRESIDENTS: 1950'S



James Douglas Butler (35)
1955



Everett "Ed" Lee Molden (36)
1956



Charles Albert Pine, Sr (37)
1957



Harry William Butler (38)
1958



Garland McLeod Canter (39)
1959



103 PRESIDENTS OVER THE YEARS



William Henry Louthan, Jr (40)
1960



Hubert Thornhill Stratton (41)
1961



Gerald Leroy Goodman, Sr (42)
1962



Robert James Pullen, Sr (43)
1963 and 1964 *

1960 To 1969



KIWANIS CLUB OF WINCHESTER (KCOW) PAST PRESIDENTS: 1960'S

* Robert Pullen served 2 consecutive terms in 1963 and 1964.



Billy Summers Chapman (44)
1965



Loring Joseph Wright, Jr (45)
1966



Winton Carlisle Fisher (46)
1967



Charles Albert Pine, Jr (47)
1968



Joseph Boyd Lintz (48)
1969



Robert George Allan (49)
1969-70



Donald Eugene Smallwood, Sr (50)
1970-71



Martin Lee Boppe (51)
1971-72



Donald Randolph Grubbs (52)
1972-73



David Russell Shetler (53)
1973-74 and 1974-75 *

1970 To 1979



KIWANIS CLUB OF WINCHESTER (KCOW) PAST PRESIDENTS: 1970'S

* David Shetler served 2 consecutive terms in 1974 and 1975.



Robert William Pierce (54)
1975-76



Dennis Allen Shackelford (55)
1976-77



Kenneth Dean Kisner (56)
1977-78



Fred Alfred Drunagel (57)
1978-79



103 PRESIDENTS OVER THE YEARS



Jerry Patrick Kerr (58)
1979-80



Harold Donald Anderson, Sr (59)
1980-81



Alan David Drayer (60)
1981-82



Lewis Miller Ewing (61)
1982-83



David Michael Frazier (62)
1983-84

1980 To 1989



KIWANIS CLUB OF WINCHESTER (KCOW) PAST PRESIDENTS: 1980'S



Archie LeHew McKay (63)
1984-85



Carmen Anthony Rio (64)
1985-86



Ronald J. Brown (65)
1986-87



George Burdette Caley III (66)
1987-88



Glen Paul Burke (67)
1988-89



Eldon Harold Lowdermilk (68)
1989-90



Robert Lewis Lebo (69)
1990-91



William L. Brockschmidt (70)
1991-92



Dr. Thomas Arthur Gromling (71)
1992-93



Philip Todd Foster (72)
1993-94

1990 To 1999



KIWANIS CLUB OF WINCHESTER (KCOW) PAST PRESIDENTS: 1990'S



David Coman Reichert (73)
1994-95



Helen Herold Zearth (74)
1995-96



Joel M. Friedman (75)
1996-97



Wayne Ashby Yowell (76)
1997-98



Robert Bruce Wright (77)
1998-99



KIWANIS KOURIER



KIWANIS CLUB OF WINCHESTER, VA * Serving the Winchester/Frederick County Community OCTOBER 2023

103 PRESIDENTS OVER THE YEARS



Donna Santrock Gutierrez (78)
1999-2000



John Rhys Thomas III (79)
2000-01



Richard Mark Garber (80)
2001-02



Dennis Craig Grubbs (81)
2002-03



Susan Grubbs Masters (82)
2003-04

2000 To 2009



KIWANIS CLUB OF WINCHESTER (KCOW) PAST PRESIDENTS: 2000'S



Bruce Tullio Santilli (83)
2004-05



Michael Alan Didawick (84)
2005-06



Stephen Christian Pettit (85)
2006-07



Craig Paul Organ (86)
2007-08



Sylvia Toan Strause (87)
2008-09



James William Powe (88)
2009-10



Ralph Henry Combs, Jr (89)
2010-11



John Charles Brauer (90)
2011-12



Sean Edward Dudley (91)
2012-13



John Parker Westervelt (92)
2013-14

2010 To 2019



KIWANIS CLUB OF WINCHESTER (KCOW) PAST PRESIDENTS: 2010'S



David Norton Sunter (93)
2014-15



Ali Dvoskin Matson (94)
2015-16



Gregory Allen Hulver (95)
2016-17



William Douglas Thomas (96)
2017-18



Edgar Allen Sibert (97)
2018-19



KIWANIS KOURIER



KIWANIS CLUB OF WINCHESTER, VA * Serving the Winchester/Frederick County Community OCTOBER 2023

103 PRESIDENTS OVER THE YEARS



John Phillip Hess (98)
2019-20



Thomas John O'Connor (99)
2020-21



Lynnette Lofton Embree (100)
2021-22



Jeffrey Hite Smelser (101)
2022-23*



John Thomas Conrad (103)
2023-24



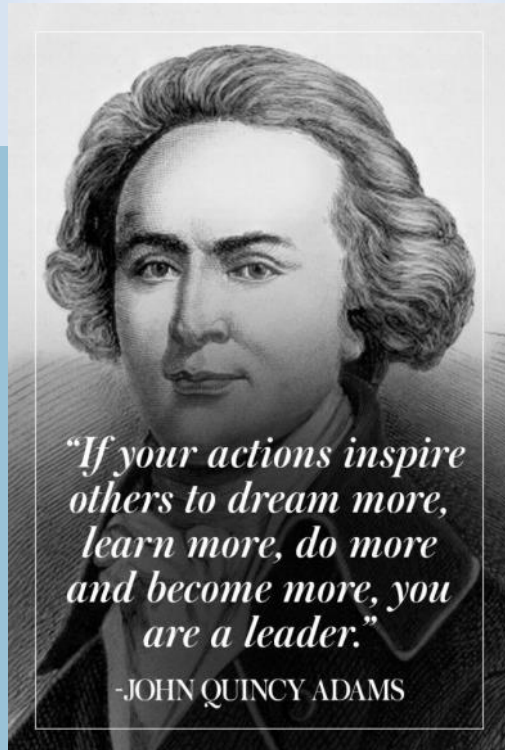
Lynnette Lofton Embree (102)
2022-23*

2020 To 2029



KIWANIS CLUB OF WINCHESTER (KCOW) PAST PRESIDENTS: 2020'S

*Jeff Smelser was installed as the 101st President on 10/5/22; He resigned due to health reasons on 10/16/22, whereupon Lynnette Embree became the 102nd President. Jeff passed away on 11/5/22.





KIWANIS KOURIER



KIWANIS CLUB OF WINCHESTER, VA * Serving the Winchester/Frederick County Community OCTOBER 2023

PRESIDENT'S CORNER

(Continued from page 2)

I have always said that I have an open-door policy when it comes to Kiwanis issues. I want to hear your suggestions about how we can be better, an all-inclusive organization. I can't guarantee that we can do all that is suggested, but I will listen and take it under advisement.



We all can help grow our club by inviting our friends and associates to a lunch or a service project. Once people know us and what we do, they will want to join in. Our spirit is contagious!

Thank you all for what you do to serve others and make the Winchester area a great place to live. Thanks for being a member of our Kiwanis Club. I hope to see you more often.

I am humbled by the support and encouragement that you have shared with me. Let's all work together to make the next year everything that we have ever wanted.

Peace,

John Conrad

Board Members: 2022-2024

Jim Coots
Amanda Holsinger
Luther (Bud) Stiles
John Westervelt

Board Members: 2023-2025

Susan Corrigan
Jeph Embree
Robann Riggleman
Lennie Wolfe

Officers

President—John Conrad
President-Elect—Mike Didawick
Secretary—Brenda Dodd
Treasurer—Dennis Grubbs

Kiwanis Club of Winchester, VA

P. O. Box 2591
Winchester, VA 22604

Club Contacts

John Conrad, President: pres@winvakiw.org
Brenda Dodd, Secretary: sec@winvakiw.org
Susan Corrigan, Kourier Editor: editor@winvakiw.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@winvakiw.org, no later than the 22nd of each month.



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

