



Fall Pancake Day Wrap-up



Left to right:

Jim Coots, Pancake Day Committee member
Madalyn George-Thiemann, Marsha Boden, and
Stan Kraft, Olive Branch Food Pantry members
Clay Perry, Pancake Day Committee Chair

Left to right:

Jim Coots, Pancake Day Committee member
John Conrad, Kiwanis Club of Winchester
President
Clay Perry, Pancake Day Committee Chair



It truly takes a supportive community to make our Pancake Days a tremendous success. We were able to have a glorious day due to the hard work of our Pancake Day Committee, Service Leadership Program members, Kiwanians, friends, and our fantastic beneficiary.

Thank you for your service!

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KIWANIS KOURIER



KIWANIS CLUB OF WINCHESTER, VA * Serving the Winchester/Frederick County Community FEBRUARY 2024

PRESIDENT'S CORNER

JOHN CONRAD



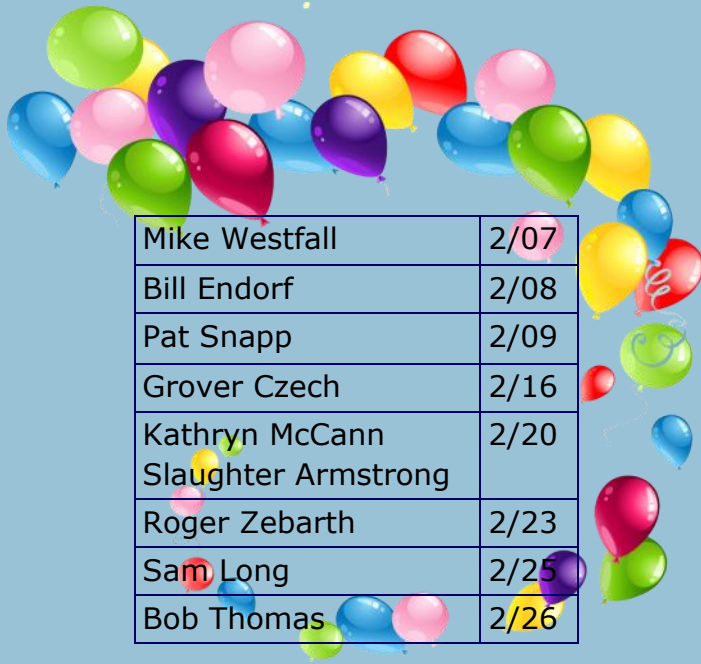
Hello Kiwanians,

I have been spending time thinking of the Kiwanis members who work diligently to arrange events, hold meetings, and just generally make things happen. There is a rule of thumb that is called the 80-20 rule which implies that 80% of the work is accomplished by 20% of the members. When you consider that we only have an attendance rate of 50% of

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FEBRUARY BIRTHDAYS

Happy Birthday To Our Members!



Mike Westfall	2/07
Bill Endorf	2/08
Pat Snapp	2/09
Grover Czech	2/16
Kathryn McCann Slaughter Armstrong	2/20
Roger Zebarth	2/23
Sam Long	2/25
Bob Thomas	2/26

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

CALENDAR

February 7: Lunch meeting at the Winchester Moose Lodge; Business meeting; 12-1pm

February 13: Social at Piccadilly Brew Pub; 6pm

February 14: Lunch meeting at the Winchester Moose Lodge; Tim Youmans, author of "Streets and Alleys in Winchester"; 12-1pm

February 21: Lunch meeting at the Winchester Moose Lodge; Sara Weinstein, Work-Based Learning; 12-1pm

February 28: Lunch meeting at the Winchester Moose Lodge; Phil Brewer, "Kicks for Kids"; 12-1pm

February 29: Board Meeting at the Winchester Airport Conference Room; 6pm



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FALL PANCAKE DAY WRAP-UP

Clay Perry, our illustrious Pancake Day Committee Chair, presented the high points of our fall Pancake Day at our lunch meeting on January 17th.



61 placemat ads sold
over 5,000 tickets sold
2,613 people dined in
2,119 takeout meals

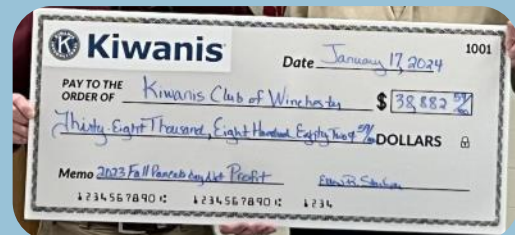
Members that sold more than 100 tickets were:

- TD Clayton – 105 tickets
- Debbie Knotts – 107 tickets
- Allen Knotts – 110 tickets
- John Hess – 125 tickets
- Dan Starliper – 135 tickets
- Tom Gromling – 140 tickets
- Elaine Caine – 140 tickets
- Rick Brown – 140 tickets
- Tim Anderson – 142 tickets
- Mike Didawick – 249 tickets
- Kay Anderson – 290 tickets
- Pat Snapp – 525 tickets



Drum roll please for our top seller...George Johnson – 1,095 tickets! Wow!

The amazing amount of money earned for this Pancake Day was \$38,882.59! The Kiwanis Club of Winchester has the honor of using these profits to help support non-profit organizations in our area.





FALL PANCAKE DAY WRAP-UP

We had the honor of working with the Olive Branch Food Pantry this Pancake Day. To be chosen as the Major Beneficiary, the organization participates in Pancake Day Committee weekly meetings, commits to sell 200 tickets, and provides volunteers to work 80 hours on Pancake Day. The Olive Branch Food Pantry is an outreach ministry of Victory Church and recently opened a new facility that is over 5,000 square feet. They provide 135 families with a box of food each week and have 10-15 new families signing up for food each month.



Marsha Boden, Director of the Olive Branch Food Pantry

The Olive Branch Food Pantry was an extraordinary beneficiary. They sold 750 tickets and worked 180 hours setting up, cooking sausage in the middle of the night, and working on Pancake Day. For their hard work, they earned 20% of the profits and were awarded a check for \$7,776.52. A huge thank you goes out to everyone that made this day a success!

Mark your calendars, the next Pancake Day will be on April 20, 2024.





INTERCLUB NEWS

Tim Anderson & Robin Doss

On January 25th the Kiwanis Club of Winchester visited the Kiwanis Club of Blue Ridge for breakfast and an excellent program.

Those in attendance were: Doug Butler, Mike Didawick, Lynnette Embree, and Robin Doss. Reed Prosser, the Activities Director at Handley High School, and Philip Brewer, the owner of Wilkins Shoe Center, spoke about the "Kicks for Kids" project. Many athletes and children in our region are from low-socioeconomic homes and are not able to afford the shoes needed for athletic programs. The Wilkins Shoe Center has been involved in helping children get the shoes that are needed for participation. For the past few years, the Kiwanis Club of Blue Ridge has also partnered with the Wilkins Shoe Center to support this worthy project.

Sports can be instrumental in ensuring success for many children by teaching many life skills. Coaches teach lessons in responsibility, integrity, self-discipline, mental toughness, commitment, teamwork, resilience, goal setting, time management, respect, patience, perseverance, dedication, and overcoming adversity. The lessons children learn on the field, track, and court can be applied to successful living. Sports can allow children to dream big and understand that anything is possible.

Our own Doug Butler was presented an Honorary Membership by President Kyle Homan of the Blue Ridge Club. Congratulations Doug!

Next month's interclub to be determined at a later date.

Respectfully submitted,
Robin Doss



Kiwanis Club of Winchester Foundation Financial Report

Balance - November 30, 2023	\$32,325.23
Contributions - December 2023	\$1,200.00
Interest	\$15.77
	<u>\$32,541.00</u>
Expenditures - Kids Club of Northern Virginia	\$1,000.00
Balance - December 31, 2023	<u>\$31,541.00</u>



BENEFITS OF COMMUNITY SERVICE

Why did you join Kiwanis? Was it to provide essential help to individuals and communities? Did you know that volunteering benefits you as much as it does those you help? Volunteering increases your emotional and physical health by reducing stress, combating depression, provides a sense of purpose, and allows you to make connections to the community and others.

1. Connections to others:

- ◆ Volunteering gives you the opportunity to make new friends. If you move to a new area, retire, or a spouse has passed away then community service can allow you to make connections with others.
- ◆ Community ties are strengthened when you give back to the place you live.
- ◆ Volunteering makes the community a better place. Think about all the organizations and people we help, from providing Christmas presents to children to cleaning the roadways.
- ◆ Helping can make a difference to people, animals, and organizations. Earning money at our Pancake Days allows us to provide much needed resources to many people and non-profits in our area.
- ◆ Volunteering as a family strengthens your bond and passes on your values.

2. Mind and body benefits:

- ◆ Meaningful connections to others will reduce stress. Stress can cause many physical problems, such as headaches, higher blood pressure, insomnia, and digestive problems.
- ◆ Working with animals decreases the stress hormone cortisol and increases the hormone oxytocin that increases feelings of love.
- ◆ Having regular contact with others and a solid support system decreases depression.
- ◆ Volunteering makes you feel happier. In fact, the more you give, the happier you will feel.

Next time there is a Kiwanis project—sign up!

You will help others and feel emotionally and physically better!

Susan Corrigan, Editor



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PRESIDENT'S CORNER

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the club members, we may have a case where the work of the club falls on 10% of the members.

This has not always been the case. In the pre-COVID era it was typical to enjoy seeing 70% of our club members or committee members in person. I remember when 30 to 35 Pancake Day committee members would regularly attend the weekly planning sessions and were a crucial ingredient in the execution of our Pancake Days. The number of planners has significantly decreased, and the committee would love to have more members as a part of the planning process. It was great to learn that the member participation in the last Pancake Day was close to 71%. This is indicative of the commitment of many members to the success of Pancake Day, which allows our club to do a ton of good for the community.

Let's make a challenge this year for each member to increase their participation in Kiwanis events, and to generate excitement for the Club. Our Club can be exciting and fun. We will absolutely get more from the Kiwanis experience if we participate in the events and programs! Let's try it and see if it works. Another by-product of an exciting membership is that others will want to be a part of what we have, and our membership will grow. Having an exciting club can produce endless possibilities. We all need to be Kiwanis cheerleaders. Do you think that we can get George into a cheerleader's outfit?



John Conrad

Board Members: 2022-2024

Jim Coots
Amanda Holsinger
Luther (Bud) Stiles
John Westervelt

Board Members: 2023-2025

Susan Corrigan
Jeph Embree
Robann Riggelman
Lennie Wolfe

Officers

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

Kiwanis Club of Winchester, VA

P. O. Box 2591
Winchester, VA 22604

Club Contacts

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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.



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