

## Barbara Kirkland

Born in Starke, Barbara has been married to David, her husband of 43 years and has since lived in Keystone Heights. Barbara and David have a son, Bryan and two grandchildren, DJ and McKinley. Prior to retiring in 2014, Barbara's career path involved working in banking, church administration and was an office manager for a pediatrics office in Starke.

Barbara is actively involved with her church family, Madison Street Baptist Church in Starke. She participates in various ministries such as Awana's, singing in the choir, attending in the nursery and working with a coed Sunday School class. That class involves preparing cookies and provide other essentials to military units deployed overseas. She also supports the church's New Leaf Fashions clothes ministry, allowing the financially challenged in the community to come in & select all the clothing items they need.

Four years ago, their son, Bryan who is an ARNP convinced both she and David that they needed to get fit and join the gym to stay healthy. She started at first 5 days a week while David only went part time. Eventually, he followed Barbara each day and since joining Genesis Fitness, they have better health. An added benefit is that they now have an extended family of friends who also enjoy working out first thing in the morning. "This is a great group who cares about their fellow workout partners and keeps each other accountable", she says.

Barbara's favorite hobby is quilting and sewing. Each year, she attends several quilting retreats at Camp Blanding with 100+ ladies all getting their quilting "fix". They assemble 4 times a year to work on these quilts, in which, some are donated to Camp Blanding to give to military families that have lost a loved one in Florida. "It makes you feel good to see the joy on these individuals faces when we give them one of our quilts" she said.

Barbara also loves giving her quilts to family members as special gifts. She adds that cooking with her grandchildren, nieces and nephews is another favorite hobby. "Being able to teach them how to prepare a dish and watching them doing it correctly ( or sometimes not so correctly ), is a joy", she stated. "It's all about being personally involved with them", she added.