

# THE Bulletin



**Kiwaniis**  
CLUB OF COLUMBUS

Kiwaniis is a global organization of volunteers dedicated to improving the world – one child and one community at a time.

**“Moving forward, pushing to the edge.”**

Noon to 1 p.m. luncheon meeting at The Athletic Club of Columbus, 136 East Broad Street, Columbus, OH 43215

July 31, 2017



## **Dr. Anton Borja** **Alternative Methods of Pain Management/ Integrative Medicine**



I have been lucky to experience many adventures in life. From hiking the mountains of Colorado, to surfing the beaches of Hawaii, to navigating the streets of China, I've been fortunate to travel the world. My wanderlust includes a search for knowledge. I received a B.A. from The Colorado College, spent years working in Asia, then completed a degree in traditional Chinese medicine at Yo-Sun University and practiced acupuncture in California. I made the decision to combine my eastern medicine training with osteopathic medicine and attended A.T. Still University, School of Osteopathic Medicine in Arizona. I trained at NYU Lutheran Family Health Center in Brooklyn NY and did my family medicine internship at Columbus University-NY Presbyterian. My family and I then moved southward to Tennessee to complete my family medicine residency at East Tennessee State University. I stayed on as faculty at East Tennessee State, as the director for the integrative medicine clinic where I treated patients, as well as had the privilege of introducing medical students and resident physicians to the world of integrative medicine. I am thrilled to now be a part of the faculty at The Ohio State University, at the OSU Center for Integrative Medicine.

By combining family and integrative medicine, I strive to practice a healing-oriented approach emphasizing the whole person, at any age, utilizing evidence-based treatments both conventional and complementary, which includes acupuncture, osteopathic manipulation and mindfulness-based stress reduction. This holistic approach to medical care has been shown to be beneficial in decreasing pain, relieving anxiety and stress while overall improving the healing experience of patients. As

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### Today's Meeting

#### **Greeters:**

**Joyce Waters** - Johnson Investment Counsel  
**C.J. Churchill** – Art Russo Realtors

#### **Invocation:**

**Colleen Ogle** - King Avenue United Methodist Church

**Committee Meetings:** None scheduled

#### **Menu Options:**

**Hot:** Wedge salad, pan-seared sirloin with demi-glace.  
**Cold:** Chicken salad wrap, with coleslaw.

### A Glance at this week

08/04 – **Herb Flint**

08/04 – **Ray Pauken**

08/04 – **J. David Ryan**



**Sunday, 07/30** – 1 p.m. – Ohio Kiwanis Division 10-W quarterly council meeting and family picnic - at Amerlita Mirolo Barn, 4395 Carriage Hill Lane.

**August is National** Admit You're Happy Month; Family Fun Month; National Catfish Month; National Eye Exam Month; National Golf Month; Peach Month; Romance Awareness Month; Water Quality Month; and Picnic Month.

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such, I will be seeing patients both at the OSU Center of Integrative Medicine, as well as OSU hospitals for integrative medicine consults.

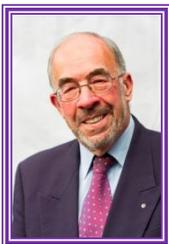
I believe in the value of training the next generation of physicians and clinicians in integrative medicine, and so will continue working with interested medical students and resident physicians. Ultimately, by introducing young healers to this unique vision of health care, many more patients can experience its benefits.

When I am not working, you will find me side-by-side with my wife and our two children, biking, gardening, hiking, practicing qigong and, most especially, just enjoying this adventure called life.

**Only two people signed the Declaration of Independence on July 4: John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until 5 years later.**

### **International Trustee-designate passes away ...**

It is with great sadness that Kiwanis International informs us of Australia Kiwanian and Kiwanis International Trustee-designate Peter Kimberley's death.



Peter passed away during his trip home to Australia after the Kiwanis International convention in Paris. Our hearts and thoughts are with his wife, Sue, their children and grandchildren, and all who loved and knew Peter.

Peter, who was a member of the Kiwanis Club of Waverly in Melbourne, Victoria, Australia, had been elected by the Kiwanis Asia-Pacific Region in March to serve as a Trustee on the Kiwanis International Board, representing the region, starting October 1, 2017. He joined Kiwanis more than 35 years ago, and over the years served as Australia District governor, Kiwanis Asia-Pacific Chairman and as The Eliminate Project campaign regional director, among other leadership positions.

Outside of Kiwanis, Peter was chairman of the board of his local community bank and had retired from senior management positions in the finance industry. He and Sue, who is also a Kiwanian, were married 44 years and have two adult sons and two grandsons.

Indeed, Peter's death leaves a deep void in the lives of all who knew him and in the leadership of Kiwanis International. The Kiwanis International Board will fill the vacancy left by Peter's absence in accordance with the Kiwanis International bylaws.

Congratulations to Kiwanian **Caitlyn Nestleroth** on her becoming chair of the Young Lawyers Section Council of the Ohio State Bar Association.



### **YMCA Raffle tickets ...**

The 2017 Kiwanis Charity Regatta will receive the benefit of a generous donation from the Columbus YMCA. We will be raffling off a 12-month family membership (2 adults plus children) to the "Y" valued at \$799.50, as well as a 12-month individual membership valued at \$449.50. The memberships are valid at all of the 15 "Y" facilities within the YMCA of Central Ohio, plus the YMCAs that have reciprocal arrangements with other Ys around the country.



Raffle tickets will be sold during the Regatta on Monday, August 14, as well as at several Kiwanis luncheon meetings leading up to the Regatta. Tickets will be sold at \$5 for one ticket, \$10 for three tickets and \$20 for six tickets. Ticket purchases are not restricted to Kiwanis members, so please let your friends and co-workers know.

The drawing will be held at our Club meeting August 21, the week following the Regatta. You need not be present to win. All proceeds will go to the Columbus Kiwanis Foundation via the Regatta.

***If a turtle loses its shell, is it naked or homeless?***

### **Put me in, Coach, I'm ready to play ...**

Division 10-S Lt. Governor Tim Daniel is organizing a K-family softball event for the three Division 10 clubs' members and their families, Key Clubbers and Circle K'ers. A tentative date has been set for Sunday, August 27th, at a Grove City high school (Note: this is different from what was originally announced). The event will begin at 2 p.m. We should be able to use a couple of the fields. Tim will provide the drinks and try to secure extra bats and gloves. He asks that we please bring what equipment we can, to share.



Even if you don't play, we'll need umpires and coaches, and a cheering crowd. Pinch runners will be allowed.

If you are interested in playing, please sign up by August 15, using the sign-up sheet available on our website's Activity Calendar for the event.

## 2017 Charity Regatta preparing to set sail ...

For nearly 20 years, Kiwanis Club of Columbus has conducted an annual Charity Regatta, raising money for our Columbus Kiwanis Foundation. One of the major beneficiaries of our efforts and the Foundation's generosity has been the Columbus Metropolitan Library's award-winning Summer Reading Program. More than 80,000 children are impacted by this program each year, helping them maintain and enhance their reading skills during the non-school summer months.

This year's Charity Regatta is set for Monday, August 14, and it will again be held on the front lawn of the Columbus Metropolitan Library, located at 96 South Grant Avenue. The event will take place in lieu of our regular Monday Kiwanis luncheon.



So, how do you conduct a regatta on the front lawn of a library? Simple ... you set up swimming pools and you race small wooden sailboats back and forth across the pools using Super-Soaker squirt guns as the source of propellant. On a hot summer day, it's the perfect

formula for fun.

OK, and where does the fundraising come in? There are several ways we utilize this event to raise money:

1- **Sponsorships** – There are varying sponsorship levels available, ranging from \$1,000 up to \$7,500, with each level receiving different benefits and recognition.

2- **Race entries** – Any individual, group or organization can enter the race at a cost of \$500 per entry. The event is a double-elimination race so, each yacht will have at least two opportunities or more, depending on how far you advance.

3- **Donations** – There are opportunities to make individual or corporate donations, as well as opportunities to ask your friends around town and across the country to support the Regatta and Columbus Kiwanis Foundation via a secure on line donation. Please watch the newsletter and website for additional information regarding donations and how to direct family and friends to the right spot.

Proceeds from the event will go to the Columbus Kiwanis Foundation, which is a 501(c) 3 non-profit organization, thereby making your sponsorship, entry or donation tax-deductible to the full extent of the law.

*My wife left me because I wouldn't stop telling basketball puns. I'm on the rebound, now.*

## Ohio Kiwanis District Convention ...

The 2017 Ohio Kiwanis District Convention committee, under the very able leadership of Kelly Brown of the Dayton Kiwanis Club and Paul Price of the Springfield Kiwanis Club, is busy with planning the details of our 100th District Convention in Dayton, Ohio. The convention is scheduled for August 11-13, at the Dayton Convention Center, 22 East Fifth Street, Dayton, OH 45402. Our headquarters hotel is the Crowne Plaza Dayton, 33 East Fifth Street, Dayton, OH 45402.

Kiwanis Club of Columbus will be sending a delegation to the event, and we would love to have you join us. The convention is open to all members. We will be driving over and back for the Saturday session only.

District Convention is a great opportunity to meet Kiwanis members from around Ohio, network, build friendships, learn more about Kiwanis, and share information and ideas regarding various activities, events and operational methods.

Cost to attend the Saturday portion of the event is \$85. There are additional costs associated with separate optional events that you may wish to consider, if you would like to arrive earlier or stay later. You can register on line at [www.Ohiokiwanis.org](http://www.Ohiokiwanis.org). (Click on the "Menu" button in the upper right corner of the Home Page and then, from the drop-down list, click on District Convention.)

*I just deleted all of the Mexican names from my phone ... there's no Juan left.*

## 2017-18 Committee Chairs and committees are now forming ...

Prior to each new administrative year that begins on October 1, the current President-elect (Chad Endsley this year) works diligently to identify and recruit his administrative team. With a club our size, there are plenty of opportunities to get involved and to use your talents in ways that will prove satisfying to you and beneficial to the Club.

If you have a special interest in one or more committees, now is the time to let Chad know.

Perhaps you wish to take a leadership role to improve a process and take a program, event

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or activity to the next level. Or perhaps you just want to help out and have limited- or seasonal-time available. Whatever your situation, call or e-mail Chad today and let him know where your interests lie.

## International Convention report ...

Thousands of Kiwanians took in the sights of the City of Lights and enjoyed the fun, fellowship, service and education of the 102nd Annual Kiwanis International Convention in Paris, France. This convention was the fourth time our global organization convened in Europe: Vienna in 1983; Nice in 1993; Geneva in 2011, and now Paris.

President-elect Chad Endsley represented Kiwanis Club of Columbus at the convention. He will be presenting a more thorough report at our August 7 Club meeting, but here is a quick synopsis of the major business items decided at this year's international convention:

### 1- **Elections:**

- a- **James M. Rochford** of the Kiwanis Club of Peoria (Peoria, Illinois) was elected International President.
- b- **Florencio C. "Poly" Lat** of the Kiwanis Club of Inner-City Homes (Muntinlupa, Metro Manila), was elected International President-elect.
- c- **Daniel Vigneron** of the Kiwanis Club of Vielsam (Howald, Luxembourg) was elected International Vice President.
- d- Trustees – The following Trustees were elected: **Greg Beard** from the Louisiana-Mississippi-West Tennessee District; **Charles Gugliuzza** from the Florida District; **Richard Olmstead** from the California-Nevada-Hawaii District, representing the US and Pacific Canada region, and **Ernest Schmid** from the Austria District, in the at-large seat

### 2- **By-law changes:**

- a-To remove the provision that allows criminal history background checks conducted by districts to be considered equivalent to those conducted by Kiwanis International. **Approved.**
- b- To correct an oversight in the bylaws by providing a way for tie votes in elections to be resolved in accordance with Robert's Rules of Order. **Approved.**
- c- To provide that members who belong to more than one club shall pay Kiwanis International and district dues only to their primary club but not their secondary club(s). **Failed.**
- d- To remove the limitation that only one person from a district may serve on the Kiwanis International Board at the same time. **Failed.**
- e- To remove the restriction that a person may not serve on the Kiwanis International Board for one full year after someone else from the same district has left service on the board (the 'dark year' provision) **Failed.**
- f- To provide for candidate nominations and initial review of proposed amendments and resolutions at the Kiwanis International convention, with final voting permitted to take place via secure web-based balloting. **Failed.**

The 103rd annual Kiwanis International Convention will take place June 28–July 1, 2018, in Las Vegas, Nevada. Our Club plans to send at least two delegates.

*There is a fine line between a numerator and a denominator. Only a fraction of people will find this funny.*

### *Next meeting*

(August 7, 2017)

#### **Program:**

**Honorable Kevin Boyce** –  
Franklin County Commissioner

#### **Greeters:**

**Kim Welty** – Continental Construction  
**Colleen Ogle** – King Avenue United Methodist Church

#### **Invocation:**

To be determined

**Committee Meetings:** Golf, Scholarship (1 p.m.)

#### **Menu Options:**

**Hot:** Mixed green salad, pecan-crust chicken with apple and raisin chutney.

**Cold:** Tuna salad on a croissant, with chips.

## Kiwanis Club of Columbus

P.O. Box 20334, Columbus, OH 43220-0334

**Phone:** 614-738-0069

**e-mail:** office@columbuskiwanis.org

**website:** www.columbuskiwanis.org

#### **CLUB OFFICERS**

|               |                  |
|---------------|------------------|
| Jack D'Aurora | President        |
| Jeff Rayis    | Past President   |
| Chad Endsley  | President-Elect  |
| Jim Shively   | Vice President   |
| Elaine Young  | Treasurer        |
| Paul Bohlman  | Secretary/Editor |

#### **CLUB TRUSTEES**

| <b>2017</b>       | <b>2018</b>        |
|-------------------|--------------------|
| Chad Endsley      | Jim Shively        |
| Kristin Gintz     | Brian Seitz        |
| Bill Calvert      | Chuck Frobose      |
| Arnold Barzak II  | Caitlyn Nestleroth |
| Leslie Huntington | Wes Strickling     |

## Columbus Kiwanis Foundation

P.O. Box 20334, Columbus, OH 43220-0334

#### **FOUNDATION OFFICERS**

|               |                |
|---------------|----------------|
| Mark Swepston | President      |
| Ted Coons     | Vice President |
| Jim Bechtel   | Treasurer      |
| Paul Bohlman  | Secretary      |

#### **FOUNDATION TRUSTEES**

|               |                  |
|---------------|------------------|
| Jack D'Aurora | Chad Endsley     |
| Jim Shively   | Kathleen Roberts |
| Dan McCormick | David Timmons    |