

The Bulletin

The Kiwanis Club of Columbus

“Building for our future.”



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

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



January 5, 2015

KATIE SPRAGUE

Integrated Leadership Consultants



Katie graduated from Denison University with a BA in psychology in 2001. As a senior captain, she helped lead the Denison women’s swimming and diving team to their first national title. In August 2008, Katie received her doctorate in clinical psychology from the Institute for Graduate Clinical Psychology at Widener University in Chester, Pennsylvania.

During her doctoral training, she provided individual counseling to a number of clients suffering with a variety of mental health issues and completed a concentration in organizational psychology, which has helped to prepare her for working with businesses throughout her career.

Katie has been with ILS for more than five years. As a leadership consultant, she has provided executive coaching to a number of business executives and leaders with the goal of helping them to become more self-aware in order to lead more effectively. In addition, she has experience with onsite business consulting and conducting leadership workshops. Katie has assisted such companies as Elmer’s Products, Questline, RiverView Health and George J. Igel & Company.

ILS provides executive coaching that includes meeting with your personal coach from one to four times per month. Each session lasts approximately 50 minutes and is generally held in our office, but can also be done via telephone. You and your coach will agree on homework assignments, which are important to complete. Change only takes place when you implement the insights from coaching on a consistent basis.

Some expected benefits of hiring an executive coach include improving your ability to focus; learning how to effectively manage stress; improving your leadership skills; learning how to more effectively empower your subordinates; gaining a better understanding of how to create more value for your customers; improving your communication skills; and getting better financial results.

Today’s Meeting

Greeters: **Dick Tice** – Richard C. Tice, CLU Co.

Neil Distelhorst – Retired, Deloitte & Touche

Invocation: **David Kandel** – Retired, AT&T

Committee meetings: Behavioral Health and Wellness,
Scholarship, Golf.

Check Presentation: **OSU Food Science Club**

Menu: **House salad, turkey meatloaf with oven-roasted tomato sauce.**

A Glance at this week

Birthdays:

01/07 – **Edward Deering**

01/08 – **J.P. LaFramboise**



Wednesday – 01/07 – Auction Committee meeting at Panera Bread on South High Street – 4:30 p.m.

Thursday – 01/08/1835 – The United States national debt was zero, for the only time.

Expanded Commitment to the ELIMINATE Project...

On Monday, December 22, Club members approved a motion to increase our Club's financial commitment to the Kiwanis International ELIMINATE project from the previous \$130,000 to \$200,000. This new pledge will qualify Kiwanis Club of Columbus as a "Platinum Model Club."

At present, we have raised and pledged a total of \$153,000, leaving just \$47,000 to raise over the next five years. Kiwanis International has already committed to match 20 percent (\$9,400) of the incremental amount, leaving approximately \$7,500 for us to raise each year in order to meet our commitment. This will be done through ongoing solicitation of members and friends, as well as using proceeds from our annual Columbus International 5K (scheduled for April 25, 2015).



ELIMINATE
maternal/neonatal tetanus
Kiwanis | unicef

The ELIMINATE Project is a joint effort with UNICEF to eliminate maternal and neonatal tetanus (MNT) in 55 third-world countries. Kiwanis is in the process of raising \$110 million to purchase the supplies and UNICEF, through its field efforts, will deliver the vaccinations. Three

simple shots costing 60 cents each will save the life of a pregnant woman, her unborn child and her future children for up to ten years.

To date, Kiwanis International has raised more than \$73 million and has completely eliminated MNT in more than 20 countries. There is a variety of ways that individual members and friends of Kiwanis can support this project, and we will be talking about these in future newsletters.

Grammar matters ...

"Wanted: one-night stand."
or
"Wanted: one nightstand."

Claim your ELIMINATE Model Club pin...

Because Kiwanis Club of Columbus has met its initial pledge as a "Model Club" (\$130,000 raised and pledged) all current members of our Club will receive an ELIMINATE lapel pin to proudly wear and display. Those joining the Club after January 1 will also receive a pin.

Please be sure to pick up your pin from Club Secretary **Paul Bohlman** when you pick up your meeting ticket at a Monday luncheon.

Life members ...

"Volunteers don't get paid; not because they're worthless, but because they're priceless."

— *Sherry Anderson*

Traditionally, Kiwanis Club of Columbus has recognized the outstanding service of past Club presidents by honoring them with the Kiwanis International "Life Member" status. The honor is bestowed some ten years after they are out of office, and after determining their level of ongoing and continuing service to the Club.

This week, we are proud to recognize three outstanding Past Club Presidents:

❖ **Paul W. Bohlman** – 2002 – Paul has continued to provide outstanding service to our Club as our Administrative Secretary.

❖ **Mark Swepton** – 2003 – Mark has been an outstanding supporter of the Club through his ongoing sponsorships of major activities such as the Kiwanis Auction, Regatta and Columbus International 5K.

❖ **Robert Wiseman** – 2004 – Bob has spent countless hours coordinating our efforts with the annual Salvation Army Red Kettle bell-ringing campaign.

Each recipient will receive a gold-tone membership card, a desktop award and a distinctive lapel pin.



Club Trustees and Committee chairs to meet ...

The regularly scheduled January meeting of Club Trustees and Committee chairs will be held on Tuesday, January 13, at 5:30 p.m., at the Scioto Country Club located at 2196 Riverside Drive.

Club Trustees and Committee chairs (or their representative) are expected to attend so that everyone can remain informed and ideas can be thoroughly reviewed. The meeting is open to all members of the Club.

Following the meeting, those wishing to remain for fellowship and dinner are invited to enjoy the wonderful dining at Scioto Country Club. You will be able to order from the menu, and you will be billed individually.

In an effort to properly prepare the meeting room and to allow the Country Club to reserve the necessary space in their dining area, please let Club Secretary **Paul Bohlman** know by January 9 if you will attend the meeting and if you will stay for dinner.

Governor's visit set ...

The annual visit of Ohio District Governor Diana Keplinger has been scheduled for Tuesday, January 20, at the Berwick Party House, located at 3250 Refugee Road (just off Route 33). This will be a joint Council meeting with Divisions 10-W, 10-S and 10-E and you will receive at least three attendance credits.

The meeting will begin at 6:30 p.m. and there will be a buffet dinner consisting of chicken Parmesan, roast top sirloin, cheese manicotti, salad, corn, parsley potatoes, bread varieties and drinks (iced tea, lemonade, coffee, tea, cash bar). The cost is \$22 per person.

Governor Diana is a member of the I-Next Kiwanis Club. and she will be talking about her "Safe & Secure" initiative.

Also, this event will serve as the charter party for our newest Kiwanis Club in Central Ohio, the South Columbus Kiwanis Club. The charter presentation will be at 6 p.m. for those who wish to come early. There will also be a silent auction, along with a Chinese auction/raffle with dozens of door prizes.

We must submit our reservations **NO LATER** than Wednesday, January 14. Please let Club Secretary **Paul Bohlman** know if you plan to attend the Charter Party, the Governor's visit or both.

To make a difference in someone's life, you don't have to be brilliant, rich, beautiful or perfect.

You just have to care.

~~~ Mandy Hale

## Columbus International 5K ...

The 2015 Columbus International 5K will again be held on the final weekend of April, on Saturday, April 25. This event continues to grow in size and has been a very successful means for our Club to raise funds for the Kiwanis International ELIMINATE Project. Holding the event at the same time each year allows dedicated runners to plan for it and to weave it into their ongoing training programs.

Our 4<sup>th</sup> annual event will again be held at the Columbus Audubon Park and will begin promptly at 9 a.m. We will need your help in the form of volunteers during the event (water station, course marshals, etc.), lining up sponsors and exhibitors, and of course promoting the event to all of those you know who love to run or walk.

If you would like to join the organizing committee, please contact **Tony Jones** at [tony.jones@caresource.com](mailto:tony.jones@caresource.com).

## Congratulations ...

Congratulations to Kiwanian **Larry Icenogle** for being named the Alliance Chorus "Member of the Year" in recognition of his generous contributions and dedication to The Alliance Chorus.

## Annual Foundation meeting and elections ...

The annual membership meeting of the Columbus Kiwanis Foundation will be held as part of our Club meeting this Monday, January 5. In addition to the normal financial update, we will be electing two Trustees.

All members of Kiwanis Club of Columbus are voting members of the Columbus Kiwanis Foundation and are eligible to run for office. Trustees serve a three-year term and the terms are staggered in order to help provide for continuity. The nominating committee has placed the names of Alan Weiler and Mark Swepston into nomination to fill the two positions.

At 1 p.m., following the Club meeting, the newly elected and returning Foundation Trustees will meet briefly to elect new officers for the 2015 calendar year. The Foundation runs on a calendar year, unlike the Club, which runs on an administrative year of October 1 through September 30.

A complete list of Club and Foundation officers and Trustees can be found on the fourth page of each week's newsletter.

A FONT walks into a bar. The bartender says, "Hey, we don't take your TYPE here." And then he called the SERIF.

## Are you free on MLK day?

Many of us have a day off from work on Martin Luther King, Jr. Day (January 19) and we have no Kiwanis luncheon meeting that day. So, why not don some old clothes and come join the fun as we help paint the Milo-Grogan Boys & Girls Club?



We will be joined by members of our Kiwanis Builders Club, and all materials and equipment will be provided. There will be two shifts: 8:45 a.m. to 10:15 a.m., and 10 a.m. to 12:30 p.m. You will be able to work one or both shifts, as your schedule permits.

If you are interested in helping, please contact Kathleen Roberts at [kathleenkiwanis@gmail.com](mailto:kathleenkiwanis@gmail.com).

## Kiwanis Charity Auction ...

The annual Columbus Kiwanis Charity Auction is scheduled for Saturday evening, April 25, and we will be returning to the beautiful Brookside Country Club for the event.



Mark your calendars NOW, but perhaps more important, start talking to your family, friends, co-workers, neighbors, and clients and making sure they are invited as well. The Auction Committee would be happy to include them in the mailing of the formal invitations if you would like. Just provide us with their names and mailing addresses. Events like this are ALWAYS more fun when you are experiencing it with friends.

The Auction Committee is making a concerted effort to develop more “experience” packages so that you will have the opportunity to bid on places and events, as well as physical items and baskets.

If you have an item or service you would like to donate, please let us know. Perhaps you received an item for Christmas that you really have no use for and can't return – it might make the perfect addition to a gift basket or perfectly complement a package already put together by someone else. Maybe you have a business contact that can lead to the donation of tickets or an excursion to a vacation spot, or perhaps you have an idea that you would like to work on putting together that would make an excellent auction item. The committee welcomes your ideas, your contacts and your support.

## Your Kiwanis Resolution ...

Most everyone makes a New Year's resolution, but how about each of us making a Kiwanis resolution? Here are a few of ideas. During 2015, I will:

- Strive to recruit one new member.
- Strive to get actively involved in at least one committee.
- Strive to complete 10 or more hours of Kiwanis community service.
- Strive to attain ‘Perfect Attendance.’”
- Strive to attend the Charity Auction and to bring two or more friends.
- Strive to put together a team of runners for the Columbus International 5K.
- Strive to secure an entry in the Columbus Corporate Regatta.
- Strive to support the 1916 Society and/or the ELIMINATE project.



We know that many of our ‘more involved’ members will fulfill each of these, but how about YOU? Will you resolve to step up your Kiwanis game? Remember, impossible is an opinion!

*I made a New Year's resolution to lose 10 pounds ... only 13 more to go.*

### Next week's meeting

(January 12, 2015)

**Program:** Cara Brook - President/CEO  
Foundation of Appalachian Ohio

**Greeters:** Jim Shively – Larry Phillips  
Photography  
Bill Calvert- Merrill Lynch

**Invocation:** Alice Foeller – SiteInSight

**Committee Meetings:** International Relations,  
Homeless

**Menu:** House salad, grilled sirloin with  
Bordelaise

## 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

|                     |                  |
|---------------------|------------------|
| Jim Skidmore        | President        |
| Kathleen Roberts    | Past President   |
| Jeff Rayis          | President-Elect  |
| Jack D'Aurora       | Vice President   |
| Pranab Bhattacharya | Treasurer        |
| Paul Bohlman        | Secretary/Editor |

### CLUB TRUSTEES

#### 2015

Alice Hohl  
Candace Pflum  
Jeff Rayis  
Alison Friend  
Andy White

#### 2016

Linda Kay  
Jack D'Aurora  
Pranab Bhattacharya  
David Kandel  
J.P. LaFramboise

## Columbus Kiwanis Foundation

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

### FOUNDATION OFFICERS

|               |                |
|---------------|----------------|
| Alan Weiler   | President      |
| Jim Bechtel   | Vice President |
| Scott Lindsey | Treasurer      |
| Paul Bohlman  | Secretary      |

### FOUNDATION TRUSTEES

|               |               |
|---------------|---------------|
| Jeff Rayis    | Jim Skidmore  |
| Jack D'Aurora | Mark Swepston |
| George Ruff   | Sam Vogel     |