

# 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 12, 2015

## Cara Brook

### Foundation of Appalachian Ohio



Cara Brook first discovered community foundations and philanthropy as an intern at the Foundation of Appalachian Ohio. As soon as she saw the impact philanthropy could make in creating access to opportunities, she was hooked. Growing up in Lawrence County Cara often recognized the need for more resources and support. When she became the Foundation’s president and CEO in 2007, she understood the role the Foundation could play in bringing more opportunities to the people of Appalachian Ohio.

Under her leadership, the Foundation has:

- \* Made great strides in closing the region’s philanthropic gap by tripling FAO’s assets;
- \* Generated more than \$10 million in funding to advance entrepreneurial and educational developments in the region;
- \* Led the formation and growth of six local community foundation efforts; and
- \* Incubated two needed organizations for the region – the Ohio Appalachian Business Council (OABC), a business roundtable advancing Appalachian Ohio’s prosperity; and the Appalachian Partnership for Economic Growth, a 501(c)(3) regional economic development organization working to increase jobs and capital investment in Appalachian Ohio.

Cara has a long track record of service to the region. Before joining the Foundation, she was the southeast Ohio district representative for United States Senator George V. Voinovich and manager of Appalachian Ohio Giving, a multi-sector partnership promoting philanthropy as a community and economic development tool. Ohio University, Cara’s alma mater, where she received a master’s degree in public administration and a bachelor’s degree in English, has repeatedly recognized her commitment to and accomplishments in Appalachian Ohio and philanthropy.

Cara received the Appalachian New Economy Partnership Award for Regional Economic Development from the Voinovich School for Leadership and Public Affairs in 2010, and the Young Alumni “Spirit” Award from Ohio University’s College of

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### Today’s Meeting

**Greeters:** **Linda Kay** – WesBanco Trust & Investment Services

**Bill Calvert** – Merrill Lynch

**Invocation:** **Alice Foeller** – SiteInSight

**Committee meetings:** Homeless, International Relations

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

### A Glance at this week

**Birthdays:**

01/15 – William Gillam



**Tuesday – 01/13**

– Program Committee meeting – OSU Golf Course Clubhouse – noon.

- Trustee and committee chair meeting at Scioto Country Club – 5:30 p.m.



## 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.

*I went to buy some camouflage trousers the other day, but couldn't find any.*

## 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. Each shift worked will result in an attendance credit. You are more than welcome to bring family members, friends and potential members to help, as well.

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

**About Ohio**

- Oberlin College, founded in 1833, was the first interracial and coeducational college in the United States.
- Roy J. Plunkett of New Carlisle, Ohio invented Teflon in 1938.

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Arts and Sciences in 2011, recognizing her public service contributions. She is also a graduate of the Jo Ann Davidson Leadership Institute and received Philanthropy Ohio's Emerging Philanthropist Award in 2013. Now a resident of Logan, where she lives with her husband, Dominick, Cara is a cancer survivor, an avid traveler, a hiker, a reader and a church deacon.

*Mahatma Gandhi, as you know, walked barefoot most of the time, which produced an impressive set of calluses on his feet. He also ate very little, which made him rather frail and, with his odd diet, he suffered from bad breath. This made him (oh, man, this is so bad, it's good ...) a super calloused fragile mystic hexed by halitosis.*

## 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. Once you make your reservation, Club Secretary **Paul Bohlman** will bill you for the meal and collect your payment. This will enable us to pay for our Club's attendees with a single check.

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.

## Kiwanis Mid-Year Education Day set ...

The Ohio District 2015 Mid-Year Education Day will take place at the Crowne Plaza Columbus North (6500 Doubletree Avenue) on March 7th. This day is open to all members of Kiwanis, but is especially helpful to Club officers, trustees and committee chairs. There will be breakout sessions covering a variety of topics regarding different aspects of club operations.

Information and registration forms can be found on the Ohio District web site at [www.ohiokiwanis.org](http://www.ohiokiwanis.org).

Mid-Year Education Day is a great opportunity to come together to renew, refresh, and re-energize for the remainder of our Kiwanis year. This is a time of learning and fellowship for members of all of the clubs of the great Ohio District of Kiwanis. As Mid-Year is such a great opportunity to learn more about Kiwanis and strengthen our clubs, they are offering a \$15 discount to the first 50 first-time Mid-Year attendees. Early registration for all attendees is \$55.

*Among the things you can give and still keep are your word, a smile and a grateful heart.*

## Interclub competition ...

In keeping with Governor Diana's theme of "Soaring to new Heights," there will be six hot air balloons (two each for the North, South and Central regions of the Ohio District). They will begin in Cleveland, Cincinnati and Columbus. These balloons will be passed around the respective regions via Interclub activity. At the end of the Kiwanis year, the total number of Presidents' signatures that are on the balloons will be counted and the winning region will receive a *beautiful, shiny trophy* to display at their clubs for the next year. In addition, banner patches will be awarded to clubs for the following achievements:



### Troposphere Award

- Interclub with all clubs in your home division
- Interclub at a division event
- Interclub at a District or International event

### Stratosphere Award

- Interclub with all clubs in your division
- Interclub at two division events to include the Governor's visit to your division
- Interclub at two District or International events

### Mesosphere Award

- Interclub with all clubs in your division twice
- Interclub at three or more division events
- Interclub at Mid-Year
- Interclub at District Convention
- Interclub at International Convention

## Criteria set for becoming a 2014-15 "Distinguished Club" and "Distinguished Member" ...

### Distinguished Club:

Each year, Kiwanis International establishes criteria to be met by local clubs to earn the distinction of being named a "Distinguished Club" for that administrative year. This year, there are seven criteria, and we must reach or complete at least six to qualify for the "Distinguished Club" designation:

### In the 'Membership' category:

- 1- Membership growth (existing clubs) – Attain a net increase in membership.
- 2- New Club Growth Initiative – Sponsor or co-sponsor a new Kiwanis Club.
- 3- Leadership Education – The Club officers must participate in the club leadership education.
- 4- Conference attendance – The Club must be represented at a Division meeting plus the Mid-Year Education Day or Kiwanis International Convention.

### In the 'Serving the children of the world' category:

- 1- Local community service – provide service projects or programs for children of the community.
- 2- Global community service – support the Eliminate Project and/or the Kiwanis International Foundation.
- 3- Service Leadership Programs – sponsor a Service Leadership Program or contribute to the District Foundation.

### Distinguished member:

There is also recognition for individuals as "Distinguished Members." To earn this designation, you must recruit two new members and participate in two Kiwanis service projects. Recipients will receive a letter from the 2014-15 Kiwanis International President and a Distinguished Member lapel pin.

*A blonde calls Delta Airlines and asks, 'Can you tell me how long it'll take to fly from San Francisco to New York City?' The agent replies, 'Just a minute.' 'Thank you,' the blonde says, and hangs up.*

## Household hints ...

To tell if eggs are fresh, immerse them in a bowl of water. Fresh eggs will lie on the bottom, while stale eggs will float to the surface.

Add half a teaspoon of baking soda to the water when hard-boiling eggs to make the shells incredibly easy to peel off.

## Columbus International 5K ...

This year's Columbus International 5K is scheduled for Saturday, April 25, at the Scioto Audubon Metro Park located at 400 W. Whittier Street (The Brewery District).

We hope this will be a banner year, now that we have moved the event to an early spring date prior to the heavy running season, when many people are in training for the spring and summer marathons and half-marathons.



However, we need your help in promoting the event. We need to get the word out to running clubs, local workout facilities, large corporations and public facilities that will allow us to post fliers and posters. This collective effort will help spread the word.

Your help is also needed in encouraging your contacts to participate. We all know people who are runners or fitness walkers. Be sure to tell them about the event and encourage them, and their friends, to participate. This is a 'family-friendly' event, so why not encourage all of your neighbors and immediate family to sign up as well?

Another need is for corporate sponsors. We are blessed to have White Castle and Atlas Butler already take a lead role in sponsoring this event, and we have numerous opportunities for other businesses to join in.

Through the efforts of Alice Foeller and her company SiteInSight, we have established a separate race website at [www.columbusinternational5k.com](http://www.columbusinternational5k.com). Please take a moment to check it out and to pass it along to those you think will be interested.

Proceeds from this event will go toward our Club's overall goal of raising \$250,000 for the Kiwanis International ELIMINATE Project.

## Exercising ...

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors.

I bent, twisted, gyrated, jumped up and down, and perspired for an hour ... but, by the time I got my leotards on, the class was over.

*An invisible man marries an invisible woman.  
Their kids were nothing to look at, either.*

### Remember:

**No meeting on January 19, in honor of  
Martin Luther King, Jr.**

### Next meeting

(January 26, 2015)

**Program: Jack Partridge** – President, Columbia Gas of Ohio

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

**Invocation: Jerry Kuyoth** – Friendship Village Dublin

**Committee Meetings:** YCPO, Orientation  
Attendance & Retention

**Menu:** To be determined

## Kiwanis Club of Columbus

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

**Phone:** 614-738-0069

**e-mail:** [office@columbuskiwanis.org](mailto:office@columbuskiwanis.org)

**website:** [www.columbuskiwanis.org](http://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

|               |                     |
|---------------|---------------------|
| <b>2015</b>   | <b>2016</b>         |
| Alice Hohl    | Linda Kay           |
| Candace Pflum | Jack D'Aurora       |
| Jeff Rayis    | Pranab Bhattacharya |
| Alison Friend | David Kandel        |
| Andy White    | J.P. LaFramboise    |

## Columbus Kiwanis Foundation

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

### FOUNDATION OFFICERS

|               |                |
|---------------|----------------|
| Alan Weiler   | President      |
| Mark Swepston | Vice President |
| Jim Bechtel   | Treasurer      |
| Paul Bohlman  | Secretary      |

### FOUNDATION TRUSTEES

|               |               |
|---------------|---------------|
| Jeff Rayis    | Jim Skidmore  |
| Jack D'Aurora | Scott Lindsey |
| George Ruff   | Sam Vogel     |