

The Bulletin

The Kiwanis Club of Columbus



"Kiwanis is a global organization of volunteers dedicated to changing the world - one child and one community at a time."

"Where serving the Children of the World is our Mission & Passion"

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

March 21, 2011



Peter Van Runkle

Ohio Health Care Association



Peter Van Runkle has served in his current position as Executive Director for the Ohio Health Care Association (OHCA), the Ohio affiliate of the American Health Care Association, since November 1999. He is the chief staff executive with the association responsible for overseeing all programs, with particular concentration in Government Affairs. He also participates in numerous state government committees and workgroups relating to long-term care and serves on the Executive Committee of the National Organization of State Health Care Association Executives.

In response to Governor John Kasich's recent 'State of the State' address, Van Runkle said "When it came to the state budget, long-term care was the first topic Governor Kasich addressed. The Governor said he wants to help mom and dad get care at home instead of in a skilled nursing facility (SNF), and we agree with that, whenever it's possible." The association for years has supported expansion of home- and community-based services for seniors and people with disabilities. It has also published data showing a strong trend in Ohio toward reduced use of skilled nursing facilities and increased funding for home care, which has resulted in lower state spending on skilled nursing facility services.

The OHCA has been working with the Kasich Administration to go even further in rebalancing Ohio's long-term care system, as the Governor suggested in his address. "At the same time," Van Runkle said, "it's important to recognize that there is a point at which a family can't continue to care for their loved one at home, or when they need high-acuity care after being in the hospital for an injury or illness. Ohio's skilled nursing facilities are there for them at those times, and need to continue to be there as we go forward. Over a hundred thousand dedicated women and men work every day in our skilled nursing facilities to provide care when families can't, and they deserve our praise and support, too."

The Ohio Health Care Association is a non-profit association of more than 700 SNFs, assisted living communities, and
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Today's Meeting

Greeters: **Jack D'Aurora**

The Behal Law Group, LLC

Joyce Waters

BNY Mellon Wealth Management

Invocation: **Joyce Waters**

BNY Mellon Wealth Management

Committee meetings: Environment & Agriculture,
Music & Arts, Youth Opportunity, YCPO

Menu: **Roast chicken, Stone ground mustard cream**

Check presentation: Huckleberry House – Christine Scott

This week at a Glance

Birthdays:

03/21 – **Perry Fisher**

03/22 – **Jim Bechtel**

03/25 – **Jerry Durham**



Monday – 3/21 – Membership Committee Mtg. 7:30 a.m.
White Castle Corporate Office

Tuesday – 3/22 - World Day of Water (International)

Thursday – 3/24 – World Tuberculosis Day (International)

Saturday – 3/26 – Division 10-W Prayer Breakfast – 9 a.m.
Crossroads United Methodist Church

President's Corner



At the Mid-Year Education Day held this past weekend in Lewis Center, our Club was represented by a number of members and we were again recognized as a “Distinguished Club” during the presidency of **Char Collister**. Char herself was named a “Distinguished Club President” and **Paul Bohlman** was again named a “Distinguished Club Secretary.”

During the opening session, Immediate Past International President Paul Palazzolo addressed the group and presented the following five points that make a Club strong:

1- Provide relevant service – Clubs need to constantly assess what they are doing and making sure their activities are relevant to the needs of the community and the members. Are you doing things that you think have run their course? Are there activities or projects you should add that would help strengthen your Club?

2- Have fun – Strong clubs have fun. They have quarterly events that focus on each other and their families. “All work and no play” is not healthy. You need to have time for yourselves.

3- Notoriety – Are you well known in the community you serve? Do you have a plaque at your meeting location letting people know you meet there? Do we periodically entertain the media – perhaps hold a ‘media day’ where the local newspaper, radio and television people are brought up-to-date on your activities and goals?

4- Development – For Kiwanis to succeed we must continually pass the baton of leadership. Are you grooming future leaders by giving them leadership responsibilities along the way?

5- K-Family responsibility – Kiwanis is the greatest service organization in the world and we have been helping youth learn about service and leadership since 1925. Are you actively engaging your sponsorship of a Circle K Club, Key Club or Builders Club?

For the most part, I believe we measure up well to each of these points, but at the same time, we have room to improve. We need to continue to strive toward being better than we already are, realizing that it is a never-ending task. We will never achieve perfection, and if by some stroke of luck we do, we would not be able to maintain it for long.

So, ask yourself, “What can we do in each of the five areas above that would make us stronger?” And more importantly what role would you be willing to play in making that happen? I would love to hear your thoughts, so that we can begin to incorporate them into future plans.

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providers serving people with intellectual and developmental disabilities, representing over 50,000 individuals. Many OHCA members also provide a variety of home- and community-based services. OHCA is the largest long-term care association in the state, and the only chartered Ohio affiliate of the American Health Care Association, representing more than 12,000 long-term care facilities nationwide.

May 7 to be ‘An all-hands on deck’ type of day ...

Some days just seem to be more popular than others and this year, May 7 is one of those.

Of utmost important is our annual Charity Auction. This major event is one of our two primary fundraisers for the year. We need everyone’s support, whether it be donating an auction item, helping to set up, attending the event, bidding on items or any combination of those. It’s an all-out effort to raise the money we then turn around and allocate to the community through our Foundation and committee structure. Set-up by the Auction Committee members will begin Saturday morning, and the event itself will begin with the V.I.P. reception at 4:30 p.m. All of the details will be included in your invitation, so please keep a look out for its arrival in the mail very soon.

Earlier that day is the annual “Shred-It Day” event. We will again be helping WCMH-TV4 run this program that collects and shreds several hundred tons of sensitive documents from residents around Columbus.

Stay tuned for more details on each of these events, but be sure to mark your calendar for this very important date.

Congratulations ...

Congratulations to **Elizabeth Gray** for successfully completing our Club’s orientation requirements and “Losing the Blues.”

If you see new members with blue dots remaining on their badge, why not ask them how you can help them lose one or more of those dots? Perhaps you can bring them to a Trustee meeting, greet with them, attend an interclub with them, etc. Sometimes, it just takes a friendly offer of assistance to get someone to take that next step. Let’s help all of our new members “Lose the Blues.”

Division 10-W Prayer Breakfast ...

Each year, Kiwanians from around our Division gather to pay tribute to those members who have passed away during the past 12 months. This year's event will again be held at the Crossroads United Methodist Church located at 1100 South Hague Avenue. Following the brief memorial celebration, a breakfast will be held at a cost of \$9 per person.

This year, our Club will be remembering Past President Richard Heer. All Club members are invited to attend to honor Richard and to remember other family members and friends who have passed away.

Reservations are needed so that the proper amount of food can be purchased and prepared. Please let Secretary **Paul Bohlman** know by Wednesday (March 23) if you will be attending.

Membership: Whose job is it?

Let me begin trying to answer the question above by telling a little story. This is a story I heard many years ago and one that has stuck with me because it is both clever and meaningful.

This is a story about four people: *Everybody*, *Somebody*, *Anybody* and *Nobody*. There was an important job to be done and *Everybody* was asked to do it. *Everybody* was sure *Somebody* would do it. *Anybody* could have done it, but *Nobody* did it. *Somebody* got angry about that because it was *Everybody's* job. *Everybody* thought *Anybody* could do it, but *Nobody* realized that *Everybody* wouldn't do it. It ended up that *Everybody* blamed *Somebody* when actually *Nobody* asked *Anybody*.

Often times I feel like this story accurately defines our approach toward membership growth. We always say that 'Everybody' is responsible for membership. That's true and very logical. We all have friends and business associates we come in contact with every day. For the most part, they enjoy being a part of a strong organization and they enjoy doing volunteer work in and around our community, just as much as we do. But how many of us have been guilty of assuming that 'Somebody' would bring in the new members? 'Somebody' would invite their friends to a meeting, to a service project or to a Club event. But 'Nobody' does it. So if we don't replace members we have lost and if we don't continually strive to grow, are we comfortable saying it is 'Nobody's' fault? Of course not. 'Anybody' can recruit a new member, it's just a matter of asking. And those friends and business associates who see your level of involvement are waiting for 'Somebody' to ask. Not just 'Anybody,' but you, the person they know, the person they respect and the person they trust. Why not ask 'Somebody' to join today? That is something 'Everybody' can do. 'Nobody' can refuse a good offer and "Anybody" would be foolish to forego the opportunity to get involved in a great Club like ours! Good luck ... let's grow!

Helpful household hints ...

- Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.
- Store your opened chunks of cheese in aluminum foil. The cheese will stay fresh much longer and not mold!
- Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.
- Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
- To really make scrambled eggs or omelets rich, add a couple of spoonfuls of sour cream, cream cheese, or heavy cream; then beat them.
- Add garlic immediately to a recipe if you want a light taste of garlic, or at the end of the recipe if you want a stronger taste of garlic.
- Heat leftover pizza in a non-stick skillet on top of the stove; set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. I saw this on the Food Channel and it really works.
- Easy Deviled Eggs - Put cooked egg yolks in a zip-lock bag. Seal the bag, then mash 'til the eggs are all broken up; add the remainder of the ingredients, and re-seal the bag. Keep mashing it up mixing thoroughly, then cut the tip of the baggy. Squeeze the mixture into the egg halves. Just throw bag away when done -easy clean-up.
- Reheating refrigerated bread - To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave next to a cup of water. The increased moisture will keep the food moist and help reheat faster.

'Kiwanis One' Day . . .

Mark your calendars and plan to help make a big difference in the lives of a local family! On Saturday, April 2, our Club will be volunteering with Habitat for Humanity to begin building a new home for a family in need.

Now, you might be thinking that you don't know anything about building a house, you can't hammer a nail straight, you don't know how to operate power tools, etc. But have no fear because those of us who are "unskilled" are still needed. There is something for each of us to do. The folks at Habitat for Humanity will give us direction and help us reach our own potential. Of course if you are willing to try, there will be plenty of opportunities to learn, as well.

Our Habitat for Humanity Project is being headed up by Jacalyn Slemmer and Past President Scott Lindsey. Please see one of them to sign up.

Yes, you are right; we can't build a house in just one day. This will actually be a long-term project, with multiple work sessions down the road. Most will happen during the workweek, giving you an excellent opportunity to escape the office, enjoy the nice weather, do something constructive and share in the fun and pride of building a new house for a family in need.

Points to ponder ...

A clear conscience is usually the sign of a bad memory.

You do not need a parachute to skydive. You only need a parachute to skydive more than once.

The voices in my head may not be real, but they have some good ideas!

A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.

Money can't buy happiness, but it sure makes misery easier to live with.

When tempted to fight fire with fire, remember that Fire Departments usually use water.



Proud to
support

~~ **Kiwanis** ~~

A bus station is where a bus stops.
A train station is where a train stops.
On my desk, I have a work station...

Next week's meeting

(March 28, 2011)

Speaker: Cheri Mitchell / Ambre Emory-Maier
BalletMet

Greeters: Amanda Owen
YMCA of Columbus
Cindy Sturni
United Way of Central Ohio

Invocation: Volunteer still needed

Committee Meetings: None scheduled

Menu: House Salad, Roast chicken,
Stone ground mustard cream

Kiwanis Club of Columbus

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Charlotte Collister	Past President
Jamie Richardson	President-Elect
Lisa Jolley	Vice President
Nick Tomashot	Treasurer
Paul Bohlman	Secretary/Editor

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2011	2012
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Chad Endsley	Lisa Jolley
Jade Metcalf	Brian Seitz
Jamie Richardson	Troy Terakedis
Larry Walters	Nick Tomashot

Columbus Kiwanis Foundation

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

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