

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."

"Kiwanis Club of Columbus is a Club that cares about the children. Children are our focus."

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



November 5, 2012

DR. ALI REZAI

Chief Neurologist
Ohio State University Hospitals



Dr. Ali Rezaei earned his medical degree with honors from USC and underwent neurosurgical training at New York University. He then joined the neurosurgical faculty at New York University Medical Center, becoming the director of the Center for Functional and Restorative Neurosurgery until January 2000, when he joined the faculty at the Cleveland Clinic Foundation. Dr. Rezaei was the director of the Center for Neurological Restoration at the Cleveland Clinic until August 2009, when he joined the faculty at the Ohio State University.

A board certified neurosurgeon, Dr. Rezaei's clinical areas of expertise are the neurosurgical management of patients with severe movement disorders such as Parkinson's disease; dystonia and tremor; psychiatric conditions such as depression and obsessive compulsive disorder; and chronic pain. Dr. Rezaei was named one of the best doctors in America in Castle and Connolly's *Guide to America's Top Doctors for 2001-2011*. He has published more than 130 peer reviewed articles and 20 book chapters.

Dr. Rezaei is currently the president of the American Society of Stereotactic and Functional Neurosurgery (ASSFN); president of the North American Neuromodulation Society (NANS); and the president-elect of the Congress of Neurological Surgeons (CNS).

Dr. Rezaei's research focuses on mechanisms of neurostimulation and delineation of abnormal brain circuitry underlying disease processes, as well as developing neuromodulation devices and novel therapeutic strategies for treatment of neurological, psychiatric and autonomic disorders. His current research focuses on developing neuromodulation therapies to treat migraines, asthma, addictions, traumatic brain injury, Alzheimer's, obesity, post-traumatic stress disorders and autism.

Today's Meeting

Greeters: **Kristin Gintz** - WesBanco Bank
Fil Line - ROI Realty Services

Invocation: **Roy Smoot** - PNC

Committee meetings: Golf, Scholarship,
Behavioral Health & Wellness

Menu: **House salad, meat loaf with spicy tomato chutney**

This week at a Glance

Birthdays:

11/05 – **Linda Kay**
11/06 – **Jamie Richardson**
11/10 – **Leslie Huntington**



Tuesday – 11/06 - Election Day – Please vote!

Wednesday – 11/07 – Manna Café – 4:30 p.m.

Thursday – 11/08 – Boys & Girls Club reading program – 4 p.m. Contact Jim Skidmore.

Friday – 11/09 – President's Party – 6:30 p.m., at Scioto Country Club

Focus on Kiwanis

This space is typically reserved for a call to action regarding our children; how, as Kiwanis members, we share a common goal of helping those who are too young to help themselves.

For a moment, we should step outside our traditional topics to discuss people who have given us so very much: Our military veterans.

In just a few days Americans will celebrate Veterans Day. As most all of us know, this was originally a time set aside to commemorate the end of World War I, the so-called "war to end all wars." The holiday became Veterans Day in 1954. This observance is not to be confused with Memorial Day, which is a remembrance of those veterans who gave their lives in defense of our country.

There is a special group of veterans who dedicate themselves to ensuring each generation knows the values that are worth fighting for. These are the veterans who are members of the American Legion who each year organize Buckeye Boys State and Buckeye Girls State. You might say this is one of the great living monuments to the freedoms these veterans fought for.

Each summer, Ohio American Legion members volunteer their time to teach young men and women about our system of government. They learn about elections and campaigning by standing for election for every civic office from township trustee to governor.

But that's the easy part.

They are then tutored in the true work of government i.e., the drafting of legislation, the committee hearings that must be held before a vote by a legislative body. It seems at times that our veterans are trying to teach the kids about the old adage that making legislation is a lot like making sausage. Nobody wants to see either thing being made.

The experience is open to students between their junior and senior years in high school. In recent years the weeklong program has attracted more than 2,000 students who were able to meet with Ohio officials at all levels of government. Boys State is typically held at Bowling Green State University and Girls State is now held at the University of Mount Union in Alliance, Ohio.

The entire experience teaches these leaders of tomorrow about the difficult work of leadership, of what it means to address the concerns of an entire community, and not just the wants and wishes of a small group of people.

If you read or listen to today's pundits you would think our spirit for civic society is gasping for its last breath. Those

Division 10-W Council meeting ...

The first Division 10-W Council meeting of this Kiwanis administrative year will be held on Tuesday, November 13, at the Ramada Plaza Hotel & Conference Center located at 4200 Sinclair Road, Columbus, OH 43229. All Kiwanis members are welcome to attend.

The meeting will begin at 6:30 p.m., with a dinner. The dinner will consist of meatloaf with gravy, whipped potatoes, vegetable, salad and dessert. There is a vegetarian lasagna option available as well. Cost for the dinner is \$21 per person.

The meeting will be hosted by our Club, along with the I-NExT Club and the University Club. Therefore, you will receive three attendance credits if you attend. Since we are one of the host Clubs, we would like to have a strong representation.

We must submit our Club's reservation and payment by November 5. Please let **Paul Bohlman** know if you plan to attend. Your payment should be made to Kiwanis Club of Columbus and we will in turn write one check to the Division to cover the meals for those attending from our Club.

Spaghetti dinner & auction ...

The Hilliard Kiwanis Club will hold its annual spaghetti dinner and silent auction on Saturday, November 10, at the Hilliard Senior Center, 3800 Veterans Memorial Drive, Hilliard, 43026. It will run from 4 p.m. to 7:30 p.m. The cost is \$8 for adults, \$7 for seniors and \$4 for children.



The silent auction will include collectibles, gift cards and donated merchandise. Bidders do not need to remain on site to win.

If you attend, please let Secretary **Paul Bohlman** know, so that you can be given an attendance credit.

commentators should take the time to meet with these students. They will see young leaders who are ready to address what they see are the shortcomings of government; they are ready to accept the torch that President John Kennedy passed to a new generation.

So as we prepare to honor our veterans for protecting our rights, we should also thank them for instilling those rights in each successive generation.

For all the veterans who have given of themselves, both on the battlefield and in the classrooms of Buckeye Boys and Girls State, we have two simple words: Thank you.

Turning fall leaves green . . .



Americans spend a large amount of energy, petroleum and money removing fallen leaves from their lawns. But there is a way to turn the removal fallen yellow, orange and brown leaves 'green' again.

Hand raking: effective, quiet and calorie-burning. Raking is good upper body exercise and done briskly will substitute for your aerobic exercise routine. Rake the leaves onto a sheet or tarp so you can easily move them a long distance.

Use electric blowers to remove leaves from roofs or between plants that are hard to rake.

Don't bag leaves for pick-up by the city. This starts a cycle of high petroleum energy use, as numerous trips are made collecting and then transporting the composted materials back to areas of application.

Instead, compost as much as possible in your own yard. We purchase fertilizer to nourish our plants and then remove nutrients in the form of leaves from our yards. Composting allows us to keep the nutrients for use next year.

A small area, 4' x4' will compost leaves from any average sized lot. Follow the U.S. EPA composting suggestions and by late spring you will have wonderful leaf mold to mulch your plants with.

Turn your fall leaves green for a more sustainable future while saving money.

The Club's new bell ringing program hopes to bring in more dollars for The Salvation Army this Christmas ...

For the past 37 years, our members have spread out to the busiest corners of downtown to ring bells for The Salvation Army. Over the years, we have raised well over \$100,000 to help people in need right here in central Ohio.

This year, we are launching a new bell-ringing program designed to maximize our collections over the Christmas season. Based on our very successful Saturday ringing at the North Market last year, we've decided to test an "All North Market, All The Time" strategy.

This year, instead of everyone spreading out downtown at the same time, we will be ringing at only one location – the North Market – during weekday lunch hours and on Saturdays throughout December. Each shift will be 90 minutes. On Tuesdays, Wednesdays and Thursdays there will be two shifts from 11 a.m. to 2 p.m. On Saturdays there will be three shifts from 9 a.m. to 1:30 p.m.



Our goal is to fill 34 shifts for 51 total hours of bell ringing. To sign up for a shift, click the link below and type your name, email address and cell phone number next to the shift(s) you want. You will receive a confirming email with complete details about this year's North Market program. Thanks for volunteering to help The Salvation Army this Christmas.

Click here to sign up: bit.ly/SiHuPo.

Reservations due in for 2012 President's Party ...

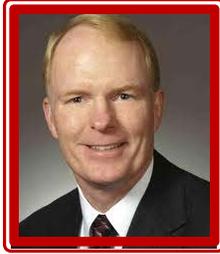
It's a Friday night and you have to be somewhere, so why not be at the 2012 Kiwanis Club of Columbus President's party? It is an evening to kick back, relax and enjoy a fine dinner, with good fellowship, some excellent entertainment, whoops, I mean some entertainment, and an opportunity to recognize outgoing Club President **Jamie Richardson** for his outstanding year of leadership.

The event will be held Friday evening, November 9 at Scioto Country Club. The cocktail reception (cash bar) and hors d'oeuvres will begin at 6:30 p.m. with dinner being served around 7:15 p.m. The program and entertainment will follow dinner.

Reservations are due in by this Monday, November 5. Checks should be made out to Kiwanis Club of Columbus.

Swepston honored ...

Past Club President **Mark Swepston** and his company Atlas Butler Heating & Cooling, were honored this week (October 30) at the annual Salvation Army "Need Knows No Season" luncheon.



This was the sixth annual luncheon, and Mark was recognized for his exceptional support and dedication to The Salvation Army in Central Ohio, its mission and programs. Mark joins the ranks of previous honorees, including Past Club President **George Manser**, Nationwide Insurance, The Kroger Company, Senator John Glenn, The Edwards Family, Don Fanta, The Siemer Family and Stanley Steemer, International.

Mark is just back from New Zealand, where he competed in a marathon, bringing him closer to achieving his goal of running a marathon on every continent.

Kiwanis teams up with ACC ...

Kiwanis Club of Columbus will be working with the staff of the Athletic Club of Columbus to set up a photo opportunity at their annual Santa Brunch scheduled for Saturday, December 8 from 11 a.m. to 1:30 p.m. Kiwanian **Jim Shively** will head up the photo crew which will take photos of children with Santa, print them on-site and present them to the families. ACC members will be given an opportunity to make a donation to ELIMINATE as a means of thanking the Club for the photo. If you would like to help out, please contact **Jim Shively**.

Biology exam ...

Students in an advanced Biology class were taking their mid-term exam. The last question was, 'Name seven advantages of Mother's Milk.' The question was worth 70 points or none at all.

One student, in particular, was hard put to think of seven advantages. However, he wrote:

- 1) It is perfect formula for the child.
- 2) It provides immunity against several diseases.
- 3) It is always the right temperature.
- 4) It is inexpensive.
- 5) It bonds the child to mother, and vice versa.
- 6) It is always available as needed.

And then the student was stuck. Finally, in desperation, just before the bell rang indicating the end of the test, he wrote:

7) It comes in two attractive containers and it's high enough off the ground where the cat can't get it.

He got an A.

There are 3 kinds of people in this world: Those that are good at math and those that aren't.

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When you stop believing in Santa you get underwear.

## Next week's meeting

(November 12, 2012)

**Speaker:** Teresa Flores on human trafficking

**Greeters:** **Bob Wiseman**

Burkholder Flint Associates

**Scott Doellinger**

Design Group

**Invocation:** **Tim Barhorst**

Business Partners, Inc.

**Committees:** International Relations, Homeless

**Menu:** Lobster mac and cheese

## Kiwanis Club of Columbus

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

**Phone:** 614-245-8617

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

**website:** www.columbuskiwanis.org

### CLUB OFFICERS

|                  |                  |
|------------------|------------------|
| Lisa Jolley      | President        |
| Jamie Richardson | Past President   |
| Kathleen Roberts | President-Elect  |
| Jim Skidmore     | Vice President   |
| Nick Tomashot    | Treasurer        |
| Paul Bohlman     | Secretary/Editor |

### CLUB TRUSTEES

#### 2013

Tom Hayden  
Kathleen Roberts  
Mareion Royster  
David Timmons  
Joyce Waters

#### 2014

David Brainin  
Stephanie Harris  
Mark Poeppelman  
Jim Skidmore  
Cindy Sturni

## Columbus Kiwanis Foundation

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

### FOUNDATION OFFICERS

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| S. Ronald Cook | President      |
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