

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."

"It's not about me ... or you, but what WE will do for the children."

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



March 3, 2014

EDWAARD LIANG

BalletMet Columbus



In 2013, Edwaard Liang became BalletMet Columbus' fifth artistic director, following a strong roster of past leadership that began in 1978 with Wayne Soulant and continued with John McFall (1986 – 1993), David Nixon (1994 – 2001) and Gerard Charles (2001 – 2012).

A former dancer with New York City Ballet and NederlandsDans Theater, Liang has built an international reputation as a choreographer. Over the last decade, he has created work for the Bolshoi Ballet; Houston Ballet; Joffrey Ballet; Kirov Ballet; New York City Ballet; Pacific Northwest Ballet; San Francisco Ballet; Shanghai Ballet; Singapore Dance Theatre and Washington Ballet.

Born in Taipei, Taiwan, and raised in Marin County, California, Liang began his early dance training at age 5 at Marin Ballet. After studying at the School of American Ballet, he joined New York City Ballet in 1993, the same year he was a medal winner at the Prix de Lausanne International Ballet Competition, and won the Mae L. Wien Award. By 1998, he was promoted to Soloist.

In 2001, Edwaard joined the Tony Award® winning Broadway cast of *Fosse*. His performance in *Fosse* was later televised nationally on PBS' *Great Performances* series – *Dance in America: From Broadway:Fosse* – and subsequently released on DVD.

By 2002, Liang was invited by Jiri Kylian to become a member of the acclaimed NederlandsDans Theater 1. While dancing with NDT 1, Mr. Liang discovered his passion and love for choreography. Since establishing himself as a choreographer, his works have been performed by dance companies around the world, and he has won numerous awards for his choreography, including the 2006 National Choreographic Competition.

Today's Meeting

Greeters: **Dan Brookman** - I-Supply Company
Brad Hyslop - Inno Source Inc.

Invocation: **Fil Line** - ROI Realty Services

Committee meetings: Behavioral Health & Wellness, Golf, Scholarship, Young Children Priority One

Menu: **House salad, pan-seared salmon with citrus gastrique**

This week at a Glance

Birthdays:
03/04 – Rita Edwards



Monday – 03/03 – National Cold Cuts Day

Thursday – 03/06 – National Oreo Day

Saturday – 03/08 – 8 a.m. to 5 p.m. - Ohio District Kiwanis Mid-Year Education Day at Marriott Hotel/Airport Columbus

Sunday – 03/09 – National Crab Day

Focus on Kiwanis

Serving the Forgotten and Ignored ...

Mental illness still carries a bit of a stigma in American society. We're accepting of people that drink a bit too much, as long as they remain functional. However, alcohol addictions, drug addictions or psychological disorders – those are a no-no. Even when it comes to seeking help through employee assistance services, the message is very clear – get the help you need, but don't talk about it with anyone. The range of services available is not the problem. You can get counseling for mental health issues such as depression or anxiety; family or marital problems; grief; anger management; substance abuse and other addictions, such as gambling and eating disorders. And the impact of mental illness is better understood today than at any other time. Just consider the impact of depression:

Higher rates of death: Studies show that depression is associated with higher mortality rates in all age groups. Depression's impact is clear in the case of suicide. Suicide, a risk of untreated depression, is the 11th leading cause of death in the U.S., accounting for 30,000 deaths each year.

Serious complications for chronic disease patients: People who have suffered a stroke or who have heart disease, diabetes, cancer, Parkinson's disease, and/or HIV/AIDS are at a much greater risk for depression than the overall population. Depressed heart disease patients are much more likely to die after a heart attack than heart disease patients who are not depressed. Depression can interfere with the ability of patients to follow medication and dietary regimens, and has recently been linked to increased bone loss in women.

Workplace costs of more than \$34 billion per year in direct and indirect costs: Major depression is associated with more annual sick days and higher rates of short-term disability than other chronic diseases. People suffering from depression have high rates of absenteeism (in some cases, three times more sick days than non-depressed workers) and are less productive at work.

Detrimental effects on all family members: The caregiver burden associated with depression can affect workplace performance. Children of mothers who suffer from chronic depression are more likely to have behavioral problems at school.

Associated substance abuse problems: Rates of undetected depression among drug and alcohol users are estimated to be as high as 30 percent. In 2001, a federal government survey reported that adults who used illicit drugs were twice as likely to report suffering from serious mental illness, such as depression, as adults who did not use drugs. Due to the substantial comorbidity of substance use and depressive disorders, restricting services is likely to "squeeze the balloon" onto another part of the system, such as jails and emergency departments.

As you can see from these facts, if we're going to impact our community and the lives of children, we can't afford to ignore behavioral health. We have to be willing to acknowledge it, talk about it, and then engage in doing something about it. That's why I'm thankful that we do have a Behavioral Health and Wellness Committee. This committee recognizes the mind-body connection and supports a variety of mental health, addiction services, physical healthcare and wellness programs that focus on our community's most vulnerable children and adults. Why not check out what this committee is about, and engage yourself in realizing its mission?

~~~ *Tiffany Crosby*

#### The month of March ...

Besides being known for the Ides of March (March 15) and St. Patrick's Day (March 17), here are several other things to celebrate, because March is:

- National Fresh Celery Month
- National Pecan Month
- National Soft Pretzel Month
- National Soy Foods Month
- National Grilled Cheese Month
- National Hot Cross Bun Day (Good Friday)

#### Club Trustees to meet ...

The March Trustee meeting of Kiwanis Club of Columbus is scheduled for Tuesday, March 11, beginning at 5:30 p.m. It will be held at the Athletic Club of Columbus (*second floor parlor*).

The meeting is open to all members of the Club, with Trustees and committee chairs (or their representatives) expected to attend. If you would like to attend, please let Secretary **Paul Bohlman** know by 3 p.m. Wednesday, March 5, so that proper arrangements can be made.

## Berwick Kiwanis to hold spaghetti dinner ...

It's Sunday afternoon and the family needs to be fed. There are so many choices, but here is something that will make your decision an easy one.

Berwick Kiwanis Club will be hosting its 44<sup>th</sup> Annual Spaghetti Dinner on Sunday, March 16, from noon to 6 p.m.

This is an all-you-can-eat event, so plan to come hungry and leave stuffed. It will be held at the Berwick Manor located at 3250 Refugee Road (right off of U.S. Route 33) as you are heading south from I-70. Tickets are \$10 per person.

Please remember to let Club Secretary **Paul Bohlman** know if you attend, so that he can give you an attendance credit. If we have four or more of our members stop in for dinner anytime during the event, our Club will also earn an inter-club credit.



## Manna Café ...

Once each quarter, Kiwanis Club of Columbus sponsors the weekly dinner conducted by Manna Café, to feed those in need. Typically, 175-200 adults attend the Manna Café program each week, and they are assured a healthy and plentiful meal.

Our next opportunity is scheduled for Wednesday, March 26. We will need between 15 and 20 volunteers to help make this another successful event.



The volunteers will be divided into two groups, with the first group starting at 4 p.m., and the second group starting at 5 p.m. The first group will begin prepping the vegetables, getting the ovens going and cooking the entrée.

The second shift will help with the final prep work and room set-up. When dinner is served, everyone will be assigned to one of several workstations, to make sure everything flows in an



The Manna Café is located in the rear of the Broad Street United Methodist Church, located at 501 East Broad Street. Parking is available off Washington Street, alongside the church.

If you would like to volunteer for the first or second shift (or both), please contact Kiwanian **Jim Shively** via e-mail at [jshivel279@earthlink.net](mailto:jshivel279@earthlink.net). Each shift worked serves as an attendance credit.



## Italian St. Patrick's Day ...

Each year, Kiwanis Club of Columbus helps the residents of Seton Square North Retirement Center celebrate St. Patrick's Day with a bit of an Italian flare. This year will be no different. On Thursday, March 20, we will be entertaining the residents and serving them a delicious lasagna dinner (their choice). The entertainment will consist of Kiwanian **Ray Pauken** strumming his banjo and singing a variety of old-time honky-tonk songs that will have the residents clapping their hands, tapping their toes and singing along.

We will need 6-8 Kiwanis volunteers to help prep the garlic bread, dish out the salad and serve up the lasagna that will be catered in. You will need to arrive by 5:15 p.m., and typically we are finished picking up and putting things away by 7:15 – 7:30 p.m. If you are interested in helping, please contact **David Brainin** via e-mail at [dbraininllc@wowway.com](mailto:dbraininllc@wowway.com) or by phone at 614-475-6259. Seton Square North Retirement Center is located at 1776 Drew Avenue, just north of Reed Rd. & Bethel Rd.

## Hilliard Kiwanis Pancake Breakfast

**Saturday, March 1**



Memorial Middle School  
(5600 Scioto Darby Road, 43026)

7:30 am to 11:30 a.m.

Tickets are \$6 for adults and \$3 for those under 12.

## 5K corporate groups ...



Does your company believe in and encourage employee fitness? If it does, here's a great way it can accomplish that goal, support Kiwanis and help save lives, all at the same time.

Companies willing to subsidize their employees' participation in the Columbus International 5K can be assigned a unique code that will track their employee registrations. Following the event, the company will receive an invoice for the pre-agreed-upon subsidy per entrant. The subsidy can be either a set dollar amount (\$10, \$15, \$30) or a percentage (25, 50, 100 percent).

If you would like to sign up your company, please contact our race committee chair, Brandon Akey, at [bakey@parknationalbank.com](mailto:bakey@parknationalbank.com). He can work out a plan that best suits your organization's needs and helps motivate the employees.

## Wanted: Healthy food items ...



At this year's Ohio District Kiwanis Mid-Year Education Day, (March 8) Governor Jennifer DeFrance will be recognizing those clubs which support her "Governor's Project" of "Healthy

Kiwanians, Healthy Communities." To do so, clubs must bring healthy food donations to the conference.

You can help by bringing your donation to the March 3 meeting. We are in need of dried fruit; peanut butter; 100 percent juice boxes; whole grain pasta and crackers; dried or canned beans and lentils; low-sodium canned meat and fish; canned fruit in natural juices and fruit cups; and almonds, nuts, fruit bars and granola bars.

Or, if you prefer, you can write a check made out to 'SE Ohio Food Bank' and give it to Club Secretary **Paul Bohlman**. Food items should be given to him, as well.

**Happiness is not ready-made.  
It comes from your own actions.**

~~ Dalai Lama

## Kiwanis Night at the Blue Jackets ...



Kiwanis Division 10-W is planning a 'Night at the Columbus Blue Jackets' to watch them take on the Colorado Avalanche. Faceoff is at 7 p.m. on Tuesday, April 1, at Nationwide Arena.

Ticket prices are \$32 per person (*Regular price is \$37 plus fees*). All Kiwanis members, their families, co-workers and friends are welcome to join us. Ticket orders must be received **NO LATER THAN Friday, March 14**, so that the group tickets can be purchased.

Checks should be made out to Kiwanis Club of Columbus and submitted to Club Secretary **Paul Bohlman**. If you prefer to pay by credit card, directly to the Columbus Blue Jackets, please see Paul to complete the process.



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*Golf can best be defined as an endless series of tragedies obscured by the occasional miracle, followed by a good bottle of beer.*

## Next week's meeting

(March 10, 2014)

**Speaker:** David Yost – Auditor, State of Ohio

**Greeters:** Jim Skidmore - Retired, Ohio  
Department of Job and Family Services  
John Erickson - Park National Bank

**Invocation:** To be determined

**Committees:** Homeless

**Menu:** Wedge salad, oven-roasted turkey breast, with gravy

## Kiwanis Club of Columbus

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

**Phone:** 614-245-8617

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

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

### CLUB OFFICERS

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

### CLUB TRUSTEES

| <u>2014</u>      | <u>2015</u>   |
|------------------|---------------|
| David Brainin    | Alison Friend |
| Stephanie Harris | Alice Hohl    |
| Mark Poepelman   | Candace Pflum |
| Jim Skidmore     | Jeff Rayis    |
| Cindy Sturni     | Andy White    |

## Columbus Kiwanis Foundation

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

### FOUNDATION OFFICERS

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

### FOUNDATION TRUSTEES

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