

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



April 28, 2014

CHRIS HALBOHM

Certified Hypnotist



Chris Halbohm, Certified Hypnotist, is a master hypnotist and NLP (Neuro-Linguistic Programming) & hypnosis trainer of more than 13 years' experience. Director at Buckeye Hypnosis and Author of *End Worry & Sleep Well*, Chris is also founder of one of the first state-licensed hypnosis schools of its kind in the country. He has personally delivered thousands of client visits and has developed multiple schools and clinics across the country - some of the most successful in existence.

Chris has appeared on local and national TV and radio, has spoken and taught at international conventions, and has been commissioned to speak for public and private groups. Many clients' stories are quoted as, "I lost about 40 pounds and decided to train. I know I will be more involved." Tori Barnes; "Genuine tools for genuine success!" J. Luquire; "It's a blast!" Mary Bradley; "Now I don't have to smoke to feel good about myself. I don't need to look for a reason to go hide. I truly am walking on the lighted path with God." Linda Anderson, housewife; "This helped save my company hundreds of thousands of dollars." Sam Y.

As one of the first licensed school owners in the country, Chris has trained many individuals in a new career - helping people in the high-paying and rewarding field of professional hypnotism - at his hypnosis schools. He has been very involved in his community as a member of Lions Clubs International, teaching at the local community college, and serving on the Mayor and Council's Citizen Advisory Commission. Buckeye Hypnosis has an office located in Worthington (and is found online at BuckeyeHypnosis.com) and offers weight loss, quit smoking and other personal goals programs, in addition to speaking engagements and hypnosis entertainment stage show events done in a family-friendly format. The center offers a free hypnosis screening, and if you are accepted as a client, most programs come with a written service guarantee.

Today's Meeting

Greeters: **Neil Distelhorst** – Retired, Deloitte & Touche

Stephanie Harris - Ohio State Legal Services Association

Invocation: **Tim Barhorst** - Business Partners, Inc.

Committee meetings: Young Children Priority One, Youth Opportunity

Menu: **Wedge salad, herb-crusted pork loin with apple chutney**

This week at a Glance

Birthdays:

04/29 – **Brian Seitz**

04/30 – **Stephanie Harris**

05/02 – **Tony Jones**

05/02 – **Nicole Knowlton**



Tuesday – 04/30 – National Honesty Day

Saturday – 05/03 – 7:30 a.m. to 3 p.m. – 'Shred-it' Day at Ohio Expo Center



'Shred-It' Day volunteers needed ...

Saturday, May 3, is the date for the annual spring 'Shred-It' Day, and Kiwanis Club of

Columbus will again play a major role in assisting the folks at WCMH-TV4 with a number of volunteers.

We have agreed to fill a total of 45 work shifts. Each work shift is two and a half hours in length and will qualify as one attendance credit. The shifts will begin at 7:30 a.m., 10 a.m. and noon, respectively, and require 15 volunteers per shift. Individuals can volunteer for one, two or three shifts. Lunch will be provided.

This year's 'Shred-It' Day will be held at the Ohio Expo Center, in the area of Crew Stadium. We are still waiting for details on the precise location and set-up, however, the additional space should facilitate the traffic flow and enable us to serve more people throughout the day.

This a great opportunity to ask co-workers, spouses, teenage children, scout troops, etc., to help out. It enables them to participate in a fun and very worthwhile community project.

If you are interested in volunteering, please contact Scott Doellinger at scottjd714@wowway.com.

New Albany interclub ...

The New Albany Kiwanis Club is less than one year old and we would like to complete an inter-club visit with them in several weeks. We are planning to attend their May 7 breakfast meeting which begins at 7 a.m. It will be held at the Bob Evans Restaurant located on New Albany Road at Route 161 (in the Kroger Shopping Center). The speaker will be Larry Flowers, State Fire Marshal.

If you are interested in being a part of this inter-club, please contact Club Secretary, **Paul Bohlman** (pbohlman@aol.com) so that he can provide the New Albany Club with a headcount on how many to expect.



Mark Swepston
President/CEO

Office: 614-294-1624 • Cell: 614-314-3200
Home: 614-876-8330 • Fax: 614-298-7053
Email: mSWEPSTON@atlasbutler.com • www.atlasbutler.com

Last call: Columbus International 5K ...

This Saturday, April 26 at Scioto Audubon Park. There is still time to register to run/walk, or to volunteer.



To register, go to the race web site:
www.columbusinternational5k.com

To volunteer, contact Jerry Durham at
jdurham@continental-realestate.com.

Race start is at 9 a.m.; awards at 9:45 a.m. Please join us!

Corporate Regatta starting to organize ...

This year's Corporate Regatta is starting to organize, and you are welcome to get involved with the planning committee if you would like to help out.



This year's committee is being co-chaired by **Jerry Durham** and **Troy Terakedis**. The next committee meeting is set for 5:30 p.m., at Barley's Smokehouse on Wednesday, May 7. No reservation is needed.

Ohio Kiwanis Foundation Golf Outing ...

The Ohio Kiwanis Foundation and its golf committee are actively planning this summer's 57th Annual Ohio Kiwanis Golf Outing. The event is sponsored by the Ohio Kiwanis Foundation, making a portion of the registration fee and all sponsorship donations tax deductible. Net proceeds will be available to help support Foundation projects.

You can play on either June 25 or 26 at the Tam O'Shanter Golf Course in Canton, Ohio (5055 Hills & Dales Road NW, Canton, very near I-77). As always, this event is open to the entire Kiwanis family and all friends of Kiwanis. Registration and more details can be found on-line at www.ohiokiwanis.org.



Proud to
support

~~ **Kiwanis** ~~

Inter-club scheduled with Delaware Kiwanis Club ...

Kiwanis Clubs meet at all times of the day, and here is an opportunity to visit a Club similar to ours that meets over lunch. We are putting together an inter-club meeting with the Delaware Kiwanis Club on Thursday, May 1. The meeting begins at 11:30 a.m. and will be held at the Old Bag of Nails located at 66 North Sandusky Street in Delaware. You will be able to order from the menu and pay individually, based on your selection. Contact **Larry Walters** by April 29 to make reservations. Larry can be reached at larry.walters@cancer.org.

A gift card for every occasion ...



It is that time of year when graduations, weddings and anniversaries proliferate. What better way to send your love, your appreciation and/or your admiration than with a gift card, specifically, a Giant Eagle gift card, or a retail gift card purchased with a Giant Eagle gift card?

Not only do you get credit for giving a gift that is flexible enough to meet everyone's needs, but you help Kiwanis in the process.

Giant Eagle gift cards are available in various denominations. A supply of \$100 gift cards is kept on hand, but smaller denominations (\$10, \$15, 20, \$25 or \$50) can be special-ordered with less than a week's lead time.

Contact Club Secretary **Paul Bohlman** to purchase or order your Giant Eagle gift cards.

Charity Auction ... ticket prices to rise this week!

Invitations for this year's Kiwanis Charity Auction were mailed 4-5 weeks ago, and many reservations have already been made. Thank you to those who have already submitted their reservation – either via check or through the on line credit card payment system.



This year's event will be held at the Brookside Golf and Country Club, located at 2770 West Dublin-Granville Road (East of Sawmill Road). The committee has already gathered a good selection of items for both the live and silent auction portions of the program. Your ticket price will include your choice of meal (*duet of beef tenderloin and grilled chicken; duet of beef tenderloin and salmon; or vegetarian pasta*), entertainment and of course, access to the bidding.

Ticket prices are currently \$85 per person, but will be increasing to \$100 per person after May 1. So, we encourage you to reserve your tickets sooner, rather than later. You may also take advantage of an increased discount, if you purchase a package of four tickets, for only \$300. This package, however, is limited to one Kiwanis member per group. So think about friends, co-workers and relatives you might be able to invite, and get your reservations made soon.

This year's event will highlight our scholarship program and the many students we have impacted and will continue to impact in coming years.



Finally, if you have an item or service you would like to donate, please let us know right away so we can coordinate the paperwork and item pick-up. Please contact one of the Auction co-chairs – Andy White, white.andrewjoseph@gmail.com; Shana Scott, scott.shana@gmail.com; or John Hykes, john.hykes@gmail.com – to make arrangements.

Annual Ohio District Kiwanis Convention set for Columbus ...

The 47th annual Ohio District Kiwanis Convention has been set for August 8-10 at the Crowne Plaza Hotel in Columbus (6500 Doubletree Avenue). More details will be coming soon, but now is the time to mark your calendar and plan to attend. There will be some fun events planned for Friday, and numerous educational break-out sessions during the day on Saturday. Registration will be open soon via the District website at www.ohiokiwanis.org. Attending the Convention fulfills one of the requirements for becoming a "Distinguished member" for the 2013-14 administrative year.

Kiwanis One Day event was appreciated...

The Westside Boys & Girls Club recently hosted a group of generous volunteers from Kiwanis Club of Columbus, who teamed up with a group of our kids to beautify the exterior and interior of the building.

The group helped landscape the grounds, remove the resulting bags of yard waste and then swept and mopped several rooms inside the Club. The Kiwanis folks even provided lunch for our kids!



In Westside Club Director Delmar Coleman's words, "By raking, mulching and replenishing the soil in our flowerbeds, the Kiwanis volunteers completely transformed the front of the Club."

Additionally, Club members Toni Wade, Jailyynn Feliz, Hanna Cowen, and Annisa Cohen created a plan to challenge the girls in the Club to keep the restroom clean for the rest of the month. They started a petition to get support from their peers to that end, and also decorated the entrance with colorful signs.

Community service on the part of their kids is a value that they stress regularly at the Boys & Girls Clubs of Columbus, with several of their programs (Torch Club, Keystone Club, Triple Play, etc) encouraging kids to get involved in their communities in a meaningful way. This beautification project allowed each of the members who were involved to gain three official hours of community service time.

According to Delmar Coleman, The Boys & Girls Clubs of Columbus are lucky to have such passionate advocates as the Kiwanis Club of Columbus in the community. Please consider a donation of time or a financial gift in order to show your support for the kids of Columbus.

Signs you are growing old ...

- Your kids are becoming you ... but your grandchildren are perfect!
- Going out is good ... coming home is better!
- You forget names ... but it's okay because other people forgot they even knew you!
- You tend to use more 4-letter words ... "what?" ... "when?"
- You sleep better on a lounge chair with the TV blaring than you do in bed. It's called "pre-sleep."
- You miss the days when everything worked with just an "ON" and "OFF" switch.
- Now that you can afford expensive jewelry, it's not safe to wear it anywhere.
- Everybody whispers.

Axioms of golf ...

The less skilled the player, the more likely he is to share his ideas about the golf swing.

You can hit a two-acre fairway 10 percent of the time and a two inch branch 90 percent of the time.

Next week's meeting

(May 5, 2014)

Speaker: Candidates' Day

Greeters: Trustee candidates and their committees

Invocation: Paul Baumer - First Community Church

Committees: Behavioral Health & Wellness, Golf, Scholarship

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

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

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

CLUB TRUSTEES

2014

David Brainin
Stephanie Harris
Mark Poeppelman
Jim Skidmore
Cindy Sturni

2015

Alison Friend
Alice Hohl
Candace Pflum
Jeff Rayis
Cindy White

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
Kathleen Roberts	Mark Swepston
George Ruff	Sam Vogel