

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

May 6, 2013



Candidates Day

Kiwanis Trustees

Once a year we have the privilege and responsibility of electing five of our members as Trustees of our Club. Their election signifies their commitment to provide Kiwanis leadership for the duration of their two-year term that begins on October 1. Today's meeting is an annual tradition whereby we are greeted by the candidates and they are formally presented to our Club, as their names are individually placed in nomination via skits, witty speeches and other forms of presentation. Below are photos and brief biographies of the individuals the Nominating Committee, headed by Past President Jamie Richardson, has recommended.



Jeff Rayis is the Director of Treasury and Debt at The Ohio State University. Prior to joining the University earlier this year, he spent 28 years with JPMorgan Chase. He is a CPA with an accounting degree from Michigan State University. He has been an active Kiwanis member since 2005 and has served as an officer at the Kiwanis Club of Tiffin, was a founding member and past president of the Kiwanis Club of Bluffton, and has served on many committees for the Kiwanis Club of Columbus, including chairing the Young Children Priority One Committee. If elected, Jeff will proceed through the officer chairs and serve as Club President following current vice president Jim Skidmore.

Jeff is a Walter Zeller and Hixson fellow, and a new member of the Columbus Kiwanis Foundation 1916 Society. He lives in NW Columbus with his wife Julie and has 3 amazing children, Christopher, Anna, and Alexander.

Nick Tomashot is Vice President of Finance at Avnet Integrated – a portfolio of high-tech aftermarket service companies acquired by Avnet including PDSi, where Nick served as CFO, Treasurer and Corporate Secretary since 2008. Prior to joining PDSi, he held a variety of financial management positions in the technology (NCR, Innovex, and Rooster.com) and consumer products (Procter & Gamble and Diageo's Pillsbury) industries. Nick holds a BS in Finance from The Ohio State University, where he graduated Cum Laude, and an MBA from the Duke University Fuqua School of Business, where he graduated as a Fuqua Scholar. Nick also sits on the Board of Available Light Theatre, and has been a Fisher School of Business MBA Mentor since 2008.



Nick is currently serving as a Trustee of our Club and perhaps more importantly, as treasurer. He has agreed to continue serving in that role if re-elected.

Alice Hohl majored in journalism at Northwestern University, and was a newspaper reporter for 10 years before moving into nonprofit public relations. In the nonprofit sector, one learns to wear many hats. Although Alice was hired at Salvation Army to write newsletters and head media relations, she quickly assumed leadership of website updates (and ultimate redesign), social media, email marketing, mobile communications, crisis preparedness, video editing and more.



All the while, Alice was building her freelance business. With her increasing breadth of skills, the volume of private clients began to overwhelm her available time. She launched her business, *SiteInSight*, in August 2011. The next month, she left her nonprofit job at The Salvation Army to pursue her business full-time.

Improving the odds for small businesses and nonprofits is Alice's passion. Her company develops online strategy that works, at a price you can afford. Alice joined Kiwanis in fall of 2011 and immediately got involved. She is currently serving as chair of the PR Committee and was instrumental in setting up our on-line lunch reservation system.



Candace Pflum originally joined Kiwanis when she lived in Dayton, where she served as director of sponsored youth. When she and her husband, Chris (*also a member of our Club, but who initially joined Kiwanis when he lived in Cincinnati*), moved to Columbus, Candace wanted to continue being a part of Kiwanis and joined our Club as soon as her schedule allowed. Shortly afterwards, Chris joined and now they are in the same club in the same city!

Candace is currently serving as co-chair of the Columbus International High School Key Club along with **Jade Metcalf** and as co-chair of the social committee with **Okpara Rice**. Professionally, Candace is a sales manager for Market Day, a subsidiary of Gordon Food Services. Market Day provides fundraising programs for schools.

Candace has been married to Chris for ten years (this May) and they have one son, Carson, who many Kiwanians have met. Carson is 4 years old. They live in Columbus, as close to the Buckeyes as possible, where they are almost done restoring a 120 year-old Victorian home.

Andy White joined Kiwanis Club of Columbus in the fall of 2011, but has been in the Kiwanis family for the last 12 years. During that time he has served in a number of leadership roles. He has served as President of The College of Wooster Circle K, Governor for the Ohio District of Key Club International, Key Club Lieutenant Governor for Division 11 North, was named a Distinguished Governor by Key Club International and is an Ohio District Kiwanis Past International Presidents Award recipient. He worked as a Kiwanis International staff member for two Key Club International Conventions, served on the Key Club International Restructuring Task Force and is an honorary member of the Mount Vernon Kiwanis Club, where his father served as club president.



Andy, along with co-chair Tom Hayden, helped make this year's Charity Auction a huge success. He recently graduated from The Ohio State University with a dual MBA/MPA and is honored to be nominated to serve with the Kiwanis Club of Columbus.

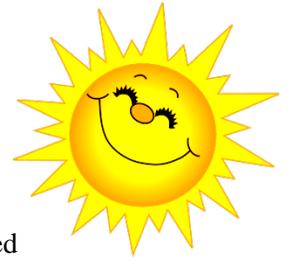
How it works ...

*Elections will be held at next Monday's (May 13) luncheon meeting conducted by the Past President's Fraternity. Once elected, these candidates will take office on October 1, 2013 and will serve through September 30, 2015. The five current Trustees who will serve along with these candidates for the first year are **David Brainin, Stephanie Harris, Mark Poepelman, Jim Skidmore and Cindy Sturni**. The five candidates elected in May of 2014 will serve their first term with these candidates and their second term with the candidates elected in 2015.*

*Leaving the current Board will be **Tom Hayden, Mareion Royster, Kathleen Roberts, Dave Timmons and Joyce Waters**. **Kathleen Roberts** will move into the Presidency on October 1, 2013 and **Jim Skidmore** will serve as Club President during the 2014-15 administrative year. The back page of each newsletter shows a list of current Club and Foundation Trustees.*

The sun gives us life; it may also end it ...

We are rejoicing at the end of colder weather and looking forward to outdoor summer activities. We enjoy green grass and good fresh food all because of the energy provided by the sun. But the sun is an unshielded nuclear-fusion reactor that spews all sorts of radiation. The visible light lets us see and longer infrared warming rays keep the earth from being permanently frozen.



However, the UVA and UVB wavelengths cause serious damage to our skin. That is why we invented sunscreen! But, incidents of skin cancer have been increasing and have actually become the most common type of cancer. The regular use of sunscreen products might provide some protection from sunburn, but it may also have serious health risks – for us, and for the wider environment. Many of the popular brands of sunscreen have some of the chemicals most suspected of being carcinogenic. Ingredients such as TEA, DEA and MEA cause liver damage; Formaldehyde, FD&C color pigments are carcinogenic and are frequently found in sunscreens. Then there are nanoparticles, which have been found to penetrate the skin due to their extremely small size.

If you use sunscreen, select ones that contain the minerals zinc or titanium, which help block the sun rays from hitting your skin like paint on a house. The very best sunscreen is a hat and a shirt. No chemicals for the skin to absorb, no questions about whether the product works, no bogus claims like “sunblock,” as no product, including clothing totally blocks all of the radiation. Enjoy summer, responsibly.

**A successful man is one who can lay a firm foundation
with the bricks others have thrown at him.**

~~ David Brinkley

**It was hard getting myself over my
addiction to the hokey pokey, but ...
I've turned myself around.**



Despite it being a cold and blustery day, the spring “Shred-It” Day was a huge success. More than 5,000 vehicles drove through the serpentine waiting line to drop off 130 tons of sensitive documents to be shredded. Some people waited in line more than an hour to drop off their items. In addition, employees from WCMH TV4 collected \$10,000 in donations for Nationwide Children’s Hospital.

Thanks go out to all the Kiwanis members who helped fill our three shifts. They were:

Pranab Bhattacharya
Char Collister
Jerry Durham
Karen Hockstad
Ken Keller
Jim Shively*
Sam Vogel

Susan Black
Adrienne D’Angelis
Mike Edwards
Alice Hohl
Jerry Kuyoth
Jim Skidmore*
David Weibel*

Paul Bohlman*
Neil Distelhorst
John Gambaiani
J. P. LaFramboise
Bill Newman
Andy Sonderman
Bob Wiseman

David Brainin
Scott Doellinger*
Stephanie Harris
Fil Line
Kathleen Roberts*
Mark Swepston

In addition, we had the assistance of several spouses (Jackie Brainin, Lorie Kuyoth), five Capital University Circle K members and one of Alice Hohl’s children.

* Denotes multiple shifts worked

Today’s Meeting

Greeters: The campaign teams of:

Alice Hohl - SiteInSight
Candace Pflum - Market Day
Jeff Rayis - The Ohio State University
Nick Tomashot – Avnet Integrated
Andrew White – Ohio State MBA Candidate,

Invocation: **Chad Endsley** - Ohio Farm Bureau

Committee meetings: Behavioral Health & Wellness, Golf, Scholarship,

Menu: **Pan-seared salmon, citrus gastrique, wild rice**

This week at a Glance

Birthdays:

05/06 – **Chad Endsley**
05/07 – **George Manser**
05/12 – **Rebecca Asmo**



Tuesday – 05/07/1718 – The city of New Orleans was founded by Jean Baptiste Le Moyne de Bienville

Friday – 05/10/1908 – Mother’s Day was observed for the first time in the United States, in Grafton, West Virginia.

Saturday – 05/11/1949 – Israel joined the United Nations.

Time, precious time ...

SON: "Daddy, may I ask you a question?"

DAD: "Yeah sure, what is it?"

SON: "Daddy, how much do you make an hour?"

DAD: "That's none of your business. Why do you ask such a thing?"

SON: "I just want to know. Please tell me, how much do you make an hour?"

DAD: "If you must know, I make \$100 an hour."

SON: "Oh! (*with his head down*).

SON: "Daddy, may I please borrow \$50?"

The father was furious.

DAD: "If the only reason you asked that is so you can borrow some money to buy a silly toy or some other nonsense, then you march yourself straight to your room and go to bed. Think about why you are being so selfish. I work hard every day, but not for such childish behavior as this."

The little boy quietly went to his room and shut the door. The man sat down and started to get even angrier about the little boy's questions. How dare he ask such questions only to get some money?

After about an hour or so, the man had calmed down, and started to think: Maybe there was something he really needed to buy with that \$50; and, he really didn't ask for money very often. The man went to the door of the little boy's room and opened the door.

DAD: "Are you asleep, son?"

SON: "No daddy, I'm awake."

DAD: "I've been thinking, maybe I was too hard on you earlier. It's been a long day and I took out my aggravation on you. Here's the \$50 you asked for."

The little boy sat straight up, smiling.

SON: "Oh, thank you daddy!"

Then, reaching under his pillow he pulled out some crumpled up bills. The man saw that the boy already had money, and started to get angry again. The little boy slowly counted out his money, and then looked up at his father.

DAD: "Why do you want more money if you already have some?"

SON: "Because I didn't have enough, but now I do. "Daddy, I have \$100 now. Can I buy an hour of your time? Please come home early tomorrow. I would like to have dinner with you."

The father was crushed. He put his arms around his little son, and he begged for his forgiveness. It's just a short reminder to all of you working so hard in life. We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts. Do you remember to share that \$100 worth of your time with someone you love? If we die tomorrow, the company that we are working for could easily replace us in a matter of days. But the family and friends we leave behind will feel the loss for the rest of their lives.

Some things are more important.

**"When the butcher backed up into his slicer,
he got a little behind in his work."**

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**What has more lives than a cat?  
A frog! It croaks every night...**

## *Next week's meeting*

(May 13, 2013)

**Speaker:** Peter Pavarini – The impact of the  
new healthcare laws

**Greeters:** Past Presidents Fraternity

**Invocation:** Past Presidents Fraternity

**Committees:** International Relations, Homeless,  
Youth Opportunity

**Menu:** Iceberg salad, grilled flank steak,  
chimichurri, wild rice

## 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

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

### FOUNDATION TRUSTEES

|                  |               |
|------------------|---------------|
| Lisa Jolley      | Jim Skidmore  |
| Kathleen Roberts | Mark Swepston |
| George Ruff      | Sam Vogel     |