

# 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."

**“Great yesterday, better today, better still tomorrow!”**

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

July 30, 2012

## JIM PETRO

### Ohio Board of Regents



Jim Petro was appointed chancellor of the Ohio Board of Regents in March 2011. Chancellor Petro leads the University System of Ohio, which is one of the largest comprehensive systems of public higher education in the nation. The University System of Ohio bears the primary responsibility for raising Ohioans' educational attainment.

The Ohio Board of Regents, a nine-member advisory board to the Chancellor, with two ex-officio representatives from the state legislature, was created in 1963 by the General Assembly. Members of the Board of Regents are appointed by the Governor, with the advice and consent of the Senate.

Responsibilities of the Board include, the development of an independent annual report on the condition of higher education in Ohio and issuance of an annual performance review of the Chancellor. The Board is also responsible for advising the Chancellor on issues of statewide importance affecting higher education.

Before becoming Chancellor, Petro has served as Attorney General of Ohio and as Ohio Auditor of State. Prior to being elected to statewide office, Jim served as a state representative, Cuyahoga County Commissioner and Rocky River City Councilman and Director of Law. He was also engaged in private practice of law for more than 20 years as a partner or managing partner in several Ohio law firms. He was recognized as an Ohio Super Lawyer and a 30-year AV-rated lawyer from Martindale & Hubbell.

Petro received his law degree from Case Western Reserve University and a bachelor's degree in history from Denison University. He resides in Columbus with his wife, Nancy.

### Today's Meeting

**Greeters:** **Tom Christman** - The Ohio Exterminating Company  
**Mark Poeppelman** - Columbus International Program

**Invocation:** **Caitlyn Nestleroth** - Office of the Ohio Attorney  
General Mike DeWine

**Committee meetings:** None scheduled – a fifth Monday

**Menu:** **Blackened smoked pork loin, bourbon peach compote**

**Presentations:** Legion of Honor recipients,  
Hixson Fellows and Zeller Fellows  
South Side Learning and Development

### This week at a Glance

#### **Birthdays:**

07/31 – **Travis Upton**  
08/01 – **Art Helldoerfer**  
08/03 – **Shana Scott**  
08/04 – **Herb Flint**  
08/04 – **Ray Pauken**  
08/04 – **Dave Ryan**



**Friday** – 08/03/1900 – The Firestone Tire & Rubber Company was founded.

**Saturday** – 08/04/1977 – U.S. President Jimmy Carter signed legislation creating the Department of Energy.

## President's Corner



Jamie Richardson

I'm no historian, but near as I can tell, Simon Kenton was never a Boy Scout. But even the briefest reflection on his life reveals why our local Scout chapter would see him as an inspiration. Much of Kenton's life is documented in the excellent work, "The Frontiersman," by Allan Eckert. Kenton was a true pioneer, whose natural knack as an outdoorsman not only allowed him to survive many a harrowing situation, but also catapulted him into the realm of folkloric legend. Born in Virginia, he learned early on to stick up for himself. In fact, a squabble with a hometown nemesis ended badly when Kenton, convinced he had killed his adversary, fled west at the age of 16. *(Turns out the person Kenton fought soon recovered, and was then tried for murder because local citizens were convinced that Kenton had been killed in the fight and his body hidden. The individual was never convicted, due to lack of evidence.)*

In his flight, Kenton developed a novel approach in seeking food and shelter. He would find out the name of the family in the next cabin 15-20 miles up the path, and when he arrived, would adopt the surname of whatever family he was visiting, then feign surprise when the delighted host would proclaim - "Well, Simon Chatfield - I'm a Chatfield too - great to meet you and I bet were kin!" He stayed the longest with the Butler family - so, using the alias "Simon Butler," he actually considered settling down before itchy feet got the best of him and he moved on down the road, crossing over to the Ohio and Kentucky territories.

It was in these lands - the areas familiar to us today - that Kenton found his home. With various fits and starts, times of peace with the Indians, and times of war with the Indians, Kenton carved out a life. It never lacked for ruggedness, like the time he and two fellow hunters warmed themselves by a fire on a chill October night - each clothed in only a blanket as wet clothes were hung to dry. The attack from the local Shawnee hunting tribe led to the oldest of the bunch being scalped before their eyes, while Kenton and his comrade fled into the forest, blankets thrown aside for quicker escape. While they managed to survive the attack, they nearly died of exposure to the elements and hunger, literally living on roots and berries, until finally reaching the Ohio River and being rescued by trappers.

Perhaps the closest encounter to death came later in life, when Kenton was captured by the Shawnees, who, despite their admiration for his skills, took great delight in plotting out a slow and painful death for one they considered an enemy. After running the gauntlet three times, his

execution time was set for the following morning - the sentence from the tribal council? Burning at the stake. Tied tightly, his wrists bound, the wood stacked high, hundreds gathered 'round to see him perish. But as the flames were about to be ignited, the bright morning sky darkened, and moments later, a thunderstorm came from nowhere and a torrential downpour ensued. The wood was so soaked it wouldn't light. Within the hour, British troops allied with the Shawnee, arrived, and despite viewing Kenton as an enemy, they successfully persuaded the local chiefs that they believed Kenton was more valuable alive than dead. Transported to Detroit, he managed to escape within less than a year, and was back home as if nothing had ever happened. *(One wonders why Disney was so enraptured with Daniel Boone - a friend of Kenton's - when Kenton's story seems equally rich!)*

At every turn, Kenton encountered change with a spirit of adventure, certainly grounded with a reverence for the past and where he had come from, but more importantly, with a focus on the future and where he was headed next. He helped thousands along the way - founding towns, serving as a guide, organizing defenses - and always with a focus on innovation and being present in the moment.

If you think about it, our Kiwanis Club of Columbus has a similar heritage of pioneering spirit. Founded in 1916, as the fifth club ever in the history of Kiwanis, we have persevered through good times and bad, and have always been focused on doing the right thing at every turn. As we look to the future, we might find ourselves in occasionally challenging circumstances - the millennial generation is the best informed, most connected collection of citizens in the history of the world - but relating our story to them in a way that resonates might require that we consider new ways to connect. It doesn't mean we change who we are, or water down our mission. Quite the opposite. It requires that we be crystal clear about what we have to offer and sharing that with the passion and enthusiasm that empowers us every day. Then in the spirit of Simon Kenton, we'll discover our own new territories for growth and expansion.

### 95th Annual Convention ...

The annual District Convention of the Ohio District of Kiwanis International is scheduled for August 10 through August 12, at the Holiday Inn Youngstown South, 7410 South Avenue, Boardman, Ohio.

There is still time to register by going to the district website at [www.ohiokiwani.org](http://www.ohiokiwani.org). Additional information regarding events and workshop schedules can be found on the website. This is a great opportunity for current and future Club leaders to learn more about Kiwanis and to network with Kiwanians from across Ohio.

## Legion of Honor . . .

Some people simply know a good thing when they see it, while others believe in a cause and commit themselves to it. Whatever the reason, we have many members who have been in our Club for most of their adult lives. Kiwanis International recognizes “long-time” members with a Legion of Honor lapel pin and certificate for every five years after they have reached 25 years of service.

Today we have the privilege of recognizing the following individuals for their on-going dedication to our Club and to Kiwanis.

**25 years** - Paul Baumer, Patrick Doyle, Bob Wiseman

**30 years** - John DeSando, Jim Shively

**35 years** – Neil Distelhorst, John Garvin, Bill Gillam, Fred Miller, Mike Stanley

**40 years** – Tom Christman, Herb Flint, Bob Gardner

**55 years** (yes, that’s right!) – Ned Barthelmas

*Today is one of the few times during the year when we have a ‘fifth Monday’ of the month. On these rare occasions, our Club recognizes those members who are 1916 Society Members, Hixson Fellows and Zeller Fellows ... they, too, are rare and do not seek recognition, but deserve it none-the-less for what they have done to help make our Club, Kiwanis and our community a better place.*

## Ten tips for smart dining out ...

Time-crunched and tired after a long workday? If you’re like most, you welcome a dinner out. But when you don’t dine at home, you have less control over ingredients, preparation methods and portion sizes — all of which can lead to a meal that’s higher in calories and fat than you may like. You needn’t worry about skipping dinner out, says Maxine Smith, RD, LD, clinical dietitian in Cleveland Clinic’s Digestive Disease Institute. Instead, follow these easy tips and enjoy — without guilt — your time away from the kitchen!

- 1. Plan ahead** - Check out the menu ahead of time to plan your healthy choice. Chain restaurants often have nutrition information on their websites, which can further guide your decision.
- 2. Make your own rules** - Choose your dining-out rules, and then stick to them. Some common rules include: deciding to review only certain sections of a menu, choosing only non-fried foods, refusing the bread basket, leaving 1/3 of your food on your plate or eating dessert only when shared by the family.
- 3. Check the menu** - Look for menu items that are steamed, broiled, grilled, stir-fried (with broth or water), roasted or poached, while avoiding foods that are described as buttery or buttered; crispy, sautéed, fried or pan-fried; and creamed, scalloped or au gratin.
- 4. Order it “dry”** - Request foods prepared “dry” or without oil/butter. A food may be prepared in a healthful manner and yet have plenty of “hidden” fats added, which rack up the calories. Broth, lemon, wine, herbs, spices and salsa can provide plenty of flavor, and without concentrated fat calories.
- 5. Make substitutions** - Substitute a vegetable, side salad or fruit cup for a potato, pasta or rice. This one substitution can save you a couple hundred calories.
- 6. Be careful at the salad bar** - Although salad bars sound healthy, steer clear of cheeses, creamy potato/macaroni salads, bacon bits, croutons and sweetened dried fruits while choosing a plethora of vegetables with some lean protein, such as chicken, egg or beans, which will help fill you up.
- 7. Watch the dressing**- Opt for fat-free or “light” salad dressings. For extra wellness points, ditch the dressing altogether and use balsamic vinegar or fresh lemon juice on your salad.
- 8. Take it with you** - When your food arrives at the table, immediately ask for a “to-go” container. Pack up a portion of your meal, close the lid and enjoy the rest of your meal another day. Better yet, request that half your meal be packaged in the kitchen prior to serving.
- 9. Savor it** - Eat slowly and mindfully, savoring each bite and stopping when satisfied. Your feeling of fullness will increase over the next half hour after eating. Have a healthy snack planned in a couple of hours, so you do not feel the need to overeat in order to carry you to the next meal.
- 10. Avoid sugary soda** - Choose sugar-free beverages, such as water with lemon or a cup of coffee. Soda calories add up quickly, especially when refilled automatically.

## Volunteers needed ...

A volunteer is an individual who steps forward to do a task without any expectation of remuneration or recognition. In the process, the individual gives of himself in return for the satisfaction of having helped a cause, completed a project or assisted someone in need.

Kiwanis is a service organization and we take pride in our ability to help others when help is needed. Here are several upcoming opportunities for which help will be needed, and listing of 'who to contact' in order to sign up:

1- **Thomas Hennessey Backpack Project** – Monday, August 6 – at McGraw-Hill Companies, 860 Taylor Station Road in Blacklick, Ohio. We will start at 5 p.m., and work until we are finished. Last year, the process took about 3 to 3.5 hours. Contact **Lisa Jolley** at [ljolley@columbusfoundation.org](mailto:ljolley@columbusfoundation.org).

2- **Columbus Kiwanis Corporate Regatta** – Monday, August 20 – 11:15 a.m. to 1 p.m. We need volunteers to help set up, to greet, to take lunch tickets and to help serve. Contact **Dave Keller** at [dkeller@triad-inc.com](mailto:dkeller@triad-inc.com).

3- **Manna Café** – Wednesday, August 22 – 4 p.m. to 6:30 p.m. and 5 p.m. to 7:30 p.m. We need about ten people for each of the two shifts. The first shift will help prepare the food and set-up. The second shift will help serve and clean-up. Contact **Jim Skidmore** at [jskidmor@columbus.rr.com](mailto:jskidmor@columbus.rr.com).

4- **Good Neighbor Picnic** – Saturday, September 15, at Goodale Park. We will again be taking photos for homeless and disadvantaged families and providing them with a souvenir frame to hold the finished print. We will need volunteers, in several shifts between 10 a.m. and 4 p.m. If you are interested in helping with this project, please contact Jim Shively at [jshivel279@earthlink.net](mailto:jshivel279@earthlink.net).

5- **Columbus Kiwanis College Fair** – Monday, September 17 - 7:30 a.m. to 10 a.m., 10 a.m. to 12:30 p.m. and 5:30 p.m. to 8 p.m. We need 8-10 volunteers for each of the three shifts. The early shift will help usher the college reps to their assigned tables, the second shift will help distribute materials to students as they arrive and the third shift will also help distribute materials. Contact **Kristin Gintz** at [kgintz@wesbanco.com](mailto:kgintz@wesbanco.com).

Volunteering is very rewarding, but if you need more than that to motivate yourself, remember; you get one attendance credit for each shift worked.

## Let your business be known ...

Please consider advertising in our newsletter. Business card ads are \$25, or six for \$135. Our newsletter is circulated beyond our Club and reaches many audiences throughout Central Ohio. It even gets to a number of Clubs throughout the country.

## Golf truisms ...

It's not a gimme if you're still away.

A golf match is a test of your skill against your opponents' luck.

A ball you can see in the rough from 50 yards away is not yours.

## Next week's meeting

(August 6, 2012)

**Speaker:** Chris Walker – Moritz College of Law

**Greeters:** **Stephanie Harris**  
Ohio State Legal Services Association

**Perry Fisher** - Perry Fisher Co.

**Invocation:** **Mark Poeppelman**  
The Columbus International Program

**Committees:** Scholarship, Golf,  
Behavioral Health & Wellness

**Menu:** Pan-seared chicken, raspberry dijon

## Kiwanis Club of Columbus

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### CLUB OFFICERS

Jamie Richardson	President
Tim Barhorst	Past President
Lisa Jolley	President-Elect
Kathleen Roberts	Vice President
Nick Tomashot	Treasurer
Paul Bohlman	Secretary/Editor

### CLUB TRUSTEES

<b>2012</b>	<b>2013</b>
Jack D'Aurora	Tom Hayden
Lisa Jolley	Kathleen Roberts
Brian Seitz	Mareion Royster
Troy Terakedis	David Timmons
Nick Tomashot	Joyce Waters

## Columbus Kiwanis Foundation

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

### FOUNDATION OFFICERS

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Jim Bechtel	Treasurer
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### FOUNDATION TRUSTEES

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