

# 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



**September 10, 2012**

## **DR. KATHY KRENDL**

**President, Otterbein University**



President Kathy A. Krendl, the 20th president and the first woman to lead Otterbein University, took office July 1, 2009. She received her bachelor's degree in English from Lawrence University, her master's degree in journalism from OSU and her doctorate in communication from the University of Michigan. After holding teaching and administrative positions at Indiana University from 1983 through 1996, President Krendl joined Ohio University as dean of the Scripps College of Communication. In 2004, she was appointed Academic Vice President and Provost at Ohio University, and then in 2007, she was promoted to Executive Vice President and Provost of the institution.

During President Krendl's tenure, Otterbein has changed its name from 'College' to 'University.' It has also developed and launched its new undergraduate curriculum with its transition to semesters. The curriculum focuses on the distinctive character of Otterbein's unique combination of curricular and experiential learning. In addition, since 2009, the institution has developed several new graduate programs in nursing, education and business, including its first doctoral program, the Doctorate in Nursing Practice. Otterbein has also reached out to the region with the introduction of summer camps for audiences of all ages, a growing number of on-line courses and special sections of courses for high school students. The institution has signed six new associate-to-baccalaureate degree agreements with six two-year institutions in the region, along with its standing agreement with Columbus State Community College.

Recognition for Otterbein since President Krendl's appointment: Otterbein's emphasis on innovations in student learning earned it national recognition in 2010 by both *U.S. News & World Report* as an "Up and Comer" institution, and the American Association of Colleges and Universities, named Otterbein as one of six national demonstration sites, including Georgetown and Tufts. Also in 2010, *Washington Monthly* named Otterbein a Top 50 school for contributions to the public good, linked to its focus on student engagement in community service, and Otterbein was named one of 14 finalists in the

### Today's Meeting

**Greeters:** **Okpara Rice**  
Starr Columbus  
**Alison Friend**  
Illuminating Technologies

**Invocation:** **Alice Hohl**  
SiteInSight

**Committee meetings:** International Relations, Scholarship, Golf, Behavioral Health & Wellness, Homeless

**Menu:** Pan seared sirloin with rosemary demi

### This week at a Glance

**Birthdays:**  
09/11 – Bob Wiseman  
09/12 – Adam Biehl  
09/12 – David Brainin  
09/12 – Alice Hohl  
09/16 – David Timmons



**Tuesday** – 09/11 – Membership Committee – 7:45 a.m. at White Castle Corporate Office

## President's Corner



The fifth of our Kiwanis Permanent Objects is "To provide, through Kiwanis clubs, a practical means to form enduring friendships, to render altruistic service and to build better communities."

As a measure of our progress, it is my humble belief that our Club has few rivals in the all-important category of "enduring friendships." One need only spend a few minutes in the company of Kiwanis Club of Columbus members gathered together to realize this is no false show of affinity, but rather, a genuine affection nurtured by the gift of shared experience. And in keeping with the spirit of the 5<sup>th</sup> Permanent Object, often this time spent together occurs through service projects and Club meetings. But the rest of the story is that our friendships are forged through our social time, as well as, through opportunities to get to know one another better, aside from our scripted roles of professional duty and leadership in the Club. In the shared jest - and risking the vulnerability to express our true feelings - when something doesn't quite work out the way we hoped, or when something goes better than expected. There is an innate goodness in this exchange - a natural call to learn from one another.

It is often the fuel of laughter that draws us to this hearthstone of good will. And friendships flourish. I'm reminded of a great friendship in my personal life that has endured the test of time. I was in 6<sup>th</sup> grade in Mr. Luck's classroom when I first heard the rumors of the new student who had come to our small town from Detroit. No one could pronounce his name. Pat Liogghio (Le-oh-gee.) He was in 6<sup>th</sup> grade, but looked like a high school senior. Notably, for our rather conservative community and small town - he wore his hair down to his shoulders. (Something that prompted my Great Grandfather - Grandpa Vischer - to muse one day at Sunday dinner, "I think all long hairs should be shot." A kind man for the most part, Grandpa Vischer didn't much go for 'unkempt.') At first, our gang of 6<sup>th</sup> grade buddies and pals were somewhat suspicious of the newcomer. That lasted about two days - because as we got to know him, we saw fast he was a gentle giant - with a great sense of humor - and gifted with incredible artistic talent. (His drawings won prize after prize in the school art competitions.)

We all graduated together, and remain good friends to this day; true friends, despite my testing the boundaries of good will with a practical joke that with a lesser friend might have led to schism.

After school, Pat landed a great job with Detroit Edison, running a crew of linemen to trim trees and restore electricity. Shortly thereafter, it was with great pride he

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national competition for the President's Award for General Community Service, sponsored by the Corporation for National and Community Service.

President Krendl resides in Westerville with her husband, Richard S. Gilbert, who teaches journalism and communication at Otterbein. Their two children, Claire and Tom, are both graduates of Northwestern University. Claire is a doctoral student at Penn State, and Tom is a Fulbright Scholar studying in Denmark. President Krendl serves on the boards of the Westerville Area Resource Ministry, the Columbus YWCA and I Know I Can. She is a member of Westerville Rotary, Women for Economic and Leadership Development and the International Women's Forum.

called to tell me about the red rose tattoo he had on his arm. (This was in the day before tattoos were all the rage.) Somewhat jokingly, he provided me the business card of the tattoo parlor, should I ever want one myself. I filed the card away, and completely forgot about it ... that is until four years later.

I don't know what inspired me, but stumbling upon the card, I decided it was time to prank Pat. I used the card and tattoo parlor logo to create some faux stationery...and I must confess, it looked pretty official. And then I drove right over the cliff with the letter I penned.

"Dear Mr. Liogghio - we are sorry to inform you that the red dye used in your tattoo - FDA 79856453423-2 - has been found to cause the following side effects - pre-mature hair loss, chronic halitosis and increased incidence of extreme body odor." There was other puffery - but that was the main message. With a smirk and smile, I mailed it off to my friend, fully intending to call him in three days or so, to see if he knew it was me who sent it.

Well, right around that same time, I hit a busy spell at work, so rather than calling Pat in three days to reveal all, it was more like three weeks. Oops. I learned from his wife that he had received the letter, but as it turns out, he took it quite seriously, to the point of going from Right Guard to Mitchum, carrying Listerine with him to work, and apologizing to his fellow workers for any odor issues he might have.

Thank goodness, he was relieved to learn it was all a joke. He vowed someday he would get me back. So, if now and then I seem a little twitchy, it is simply because I continue to sleep with one eye open, knowing Pat might spring a good one on me when I least expect it!

One thing you can expect when you are part of Kiwanis: Friendships that endure, and laughter to brighten every day.

## Twelve Things Killer Employees Do Before Noon by Jada Graves

A recent study published in an American Psychological Association journal, *Emotion*, suggests that early birds are generally happier than night owls. More than 700 respondents, ranging from ages 17 to 79, were surveyed and asked about their emotional state, health and preferred time of day.

Self-professed "morning people" reported feeling happier and healthier than night owls. Researchers hypothesize that one of the reasons could be because society caters to a morning person's schedule. It's certainly true that the working world does. Working "9-to-5" is more than an expression, but a standard shift for many Americans. It also stands to reason that those who like rising with the sun are also the most productive employees in the office.

Do you want to be more like them? Then take note of the tasks these high-functioning, productive and more awake employees have completed before lunch:

1. **They make a work to-do list the day before.** Many swear by having a written to-do list, but not everyone agrees on when you need to compose it. According to Andrew Jensen, a business efficiency consultant with Sozo Firm in Shrewsbury, Pa., the opportune time to plan a day's tasks is the night before. "Some people like to do the to-do schedule in the morning, but then they might have already lost office time writing it out," he says. "It helps to do that to-do schedule the night before. It also will help you sleep better."
2. **They get a full night's rest.** Speaking of sleeping better ... lack of sleep affects your concentration level and therefore, your productivity. Whatever your gold standard is for a "good night's rest," strive to meet it every work night. Most health experts advise getting a minimum eight hours of shut-eye each night.
3. **They avoid hitting 'snooze.'** Petitioning for nine more minutes, then nine more, then another nine is a slippery slope that leads to falling back to sleep and falling behind on your morning prep. Ultimately it also leads to lateness. "Anyone can be made into a morning person," Jensen says. "Anyone can make morning their most productive time. It could be that for the entire week, you set your alarm clock a little bit earlier, and you get out of bed on the first alarm. It may be a pain at first, but eventually you'll get to the point where you're getting your seven to eight hours of sleep at night, you're waking up with all your energy and accomplishing the things around the house you need to before going to the office."
4. **They exercise** (Oh yeah, baby!). Schedule your Pilates class for the a.m., instead of after work. "Exercise improves mood and energy levels," Jensen says. Not only that, but "there have been studies done on employees who've exercised before work or during the work day. Those employees have been found to have better time-management skills and an improved mental sharpness. Those same studies found these workers are more patient with their peers."
5. **They practice a morning ritual.** Jensen also recommends instituting a morning routine aside from your exercise routine. Whether you opt to meditate, read the newspaper or surf the Web, Jensen says "it's important to have that quiet time with just you."
6. **They eat breakfast.** Food provides the fuel you'll need to concentrate, and breakfast is particularly important since it recharges you after you've fasted all night. Try munching on something light and healthy in the morning and avoid processed carbs that could zap your energy.
7. **They arrive at the office on time.** This one is obvious, right? Getting a full night's rest and keeping your sticky fingers off the snooze button should make No. 7 a cakewalk. If you're not a new employee, then you've already figured out the length of your average commute. Allot a safe amount of time to make it to work on schedule.
8. **They check in with their boss and/or employees.** We all know the cliché about the 'whole only being as good as the sum of its parts.' In other words, if your closest work associates aren't productive, then neither are you. Good workers set priorities that align with their company's goals, and they're transparent about their progress.
9. **They tackle the big projects first.** (At WWAD, this is 'eating the frog.') You can dive right into work upon arriving in the office, since you made your to-do list the night before. And Jensen suggests starting with the hardest tasks. "Don't jump into meaningless projects when you're at your mental peak for the day," he says.
10. **They avoid morning meetings.** If you have any say on meeting times, schedule them in the afternoon. "You should use your prime skills during the prime time of the day. I believe that mornings are the most productive time," Jensen says, also noting that an employer who schedules morning meetings could rob his or her employees of their peak performance, and ultimately cost the company. The exception to this, he adds, is if your meeting is the most important task of the day. "Sometimes you have to schedule a crucial meeting, or a client meeting, in which case you'd want to plan for a time when employees are at their peak."

## Foundation Trustees to meet ...

The trustees of the Columbus Kiwanis Foundation will meet at the Athletic Club of Columbus on Monday, October 1, immediately following our regularly scheduled luncheon meeting. All Club members are welcome to attend.

## Make-a-Difference Day is September 15th at Goodale Park ...

With the completion of the Corporate Regatta, it is time to turn our Club's attention to Make-a-Difference Day's Good Neighbors Picnic. This is an annual Club-sponsored event wherein our members volunteer, to photograph and print on-site family portraits of homeless people.

The first year we did this event, we barely served a hundred folks, using Polaroid cameras. Last year, we did more than 1,300 photos. We are now using high-speed printers capable of producing one print every seven seconds.

This is a unique opportunity to help the homeless, some of whom have never had a professional photograph, to let them have something most of us take for granted. We will need volunteers to work from 11 a.m. to 1 p.m., and from 1 p.m. to 3 p.m. There is also an opportunity to help with the setup at 9 a.m. I hope to hear from you.

*Jim Shively*

## 33<sup>rd</sup> Annual Columbus Kiwanis College Fair

Monday, September 17, 2012

9 a.m. to 12:30 p.m., and 6 p.m. to 8 p.m.

Veterans Memorial Hall – 300 W. Broad Street

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11. **They allot time for following up on messages.** Discern between mindless email/voicemail checking and conducting important business. Jensen's company, Sozo Firm, advises clients that checking their inbox every couple of minutes takes time away from important tasks. Instead, set a schedule to check and respond to email in increments. Consider doing so at the top of each hour, to ensure that clients and colleagues receive prompt responses from you.

12. **They take a mid-morning break.** Get up and stretch your legs. Or stay seated and indulge in a little Internet surfing. According to Jensen, it's actually good to 'zone out' on Facebook and Twitter, or to send a personal text message or two. "You should take 10-minute breaks occasionally," he says. "Companies that ban any kind of Facebook [use], texting, or personal calls can find it will be detrimental. Those practices increase employee satisfaction." Just be sure not to abuse the privilege. "The best employees will respect their employer's time, and the worst-performing employees will find a way to waste time, even if the company forbids personal Internet use," Jensen explains.

**Money can't buy you happiness ...  
but it does bring you a more  
pleasant form of misery.**

*- Spike Milligan*

## Next week's meeting

(September 17, 2012)

**Speaker:** Nick Reese – CEO, Buckeye Ranch

**Greeters:** Okpara Rice

Starr Columbus

Joyce Waters

Johnson Investment Counsel

**Invocation:** Kathleen Roberts

Sweetbriar Group LLC

**Committees:** Music & arts

**Menu:** Citrus glazed pork loin with bourbon-peach compote

## 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

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<b>2012</b>	<b>2013</b>
Jack D'Aurora	Tom Hayden
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Troy Terakedis	David Timmons
Nick Tomashot	Joyce Waters

## Columbus Kiwanis Foundation

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

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