

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."

"Where Ordinary People Provide Extraordinary Service"



July 19, 2010

Tom Rieland **General Manager, WOSU Public Media**

Tom Rieland is General Manager of WOSU Public Media, a broadcast operation of The Ohio State University including two public television stations and six public radio stations serving over 1.7 million people in Ohio.

WOSU provides non-commercial arts, cultural, news and entertainment programming through its many media portals. Tom joined WOSU in 2002 after 13 years at the Center for Public Television & Radio at the University of Alabama, where he supervised their statewide production division and Alabama Public Radio. He also taught courses in production and media technology. Tom's career started in his hometown of La Crosse, Wisconsin, where he went to college and worked as a DJ at local radio stations including WCOW, where his listening audience was indeed primarily cows. He went on to become a TV reporter, anchor and bureau chief at ABC network stations in Pensacola and Memphis before he chose to seek his graduate degree in journalism from the University of Mississippi.



Tom is a producer at heart and is proud of his documentary work, which has garnered national and regional awards. One of his favorites is a documentary on the 1925 national football champion Alabama team. He served as president of the Ohio Educational Television Stations and on a variety of national advisory committees for public broadcasting. He is a Rotarian and is currently on the boards of the Jefferson Center for Learning and the Arts and the Jazz Arts Group.

Tom developed a nationally recognized collaboration with the COSI Science Center, where WOSU has built a \$6 million digital media center and community engagement space.

Tom has journalism degrees from the University of Wisconsin-La Crosse and the University of Mississippi. He and his wife, Carol, who is a social worker, have two teenage daughters, two cats and a Sheltie. His oldest daughter is attending Ohio State.



Thank you **Irina Barhorst**
and **Chris Pflum**
for greeting us today.



Thank you
Dick Tice
for providing today's
invocation.

Scheduled Committee Meetings

July 19

Assimilation
Attendance & Retention
Membership
Music & Arts
Wills & Legacy
Y. C. P. O.

July 26

Boast
Boost
Career Guidance
Public Affairs
Regatta
Service Leadership Program

Today's Menu: House Salad, Meat Loaf and Mashed Potatoes

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



President's Corner

Don't be reluctant to brag about your membership in Kiwanis. When someone asks you what you do, it is always a good idea to talk about how you spend your time. In these times when many people are struggling, it is a proud time for Kiwanians because of all the good we do in our communities. The old saying, "If you're not part of the solution, you're part of the problem," may never be more timely.

Kiwanis is part of the solution -- Part of the solution for children who don't have enough to eat; for children who need attention so they can read better; for children who don't have enough music; for children who need to learn the wonders of art; for children who need transportation to mental health clinics; and more. These areas are just some of the grants that the Trustees approved at the last Trustees meetings. So let's start bragging about what we do, and let's have our spirit of service spread throughout the community.

And when we brag about what we do and all the good we do, invite the person to whom you are speaking to come with you to one of our service projects. They may never have the opportunity to do something so worthwhile without your invitation.

So not only should we be bragging, we should be including all those who could gain so much and give so much to be partners with us in all that we can brag about. Bring your friends to Kiwanis.

Question: If you could live forever, would you and why?

Answer: 'I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live forever.'

-- Miss Alabama in the 1994 Miss USA contest.
(On September 17, 1994, Alabama's Heather Whitestone was selected as Miss America 1995.)

Hockstad elected ...

Karen Hockstad of Shumaker Loop & Kendrick LLP has been elected to the board of directors of the Juvenile Diabetes Research Foundation, Mid-Ohio Chapter. Congratulations, Karen!

Calendar of Events

7/29 – Social Fundraiser – Ruff residence

8/13-15 – Ohio District Convention - Cincinnati

8/16 – Kiwanis Corporate Regatta

Ukulele orchestra to perform ...

Back by popular demand (we're still trying to find out who it was) is the Kiwanis Ukulele Orchestra. This unique blend of "talented" musicians will charm you with their clever lyrics and their skilled fingers. It's an opening to our regularly scheduled meeting you will not want to miss.



So, if you are musically inclined, intrigued by this potentially unusual sound or just simply want to be entertained, join us for lunch today; and feel free to bring a friend to join in the fun.

Entry deadline approaches ...

The 2010 Corporate Regatta is fast approaching and the deadline for purchasing a sponsorship or entering a yacht is approaching even faster.

Major sponsors receive recognition in the form of signage and tee shirt placement. These items need lead time to order and secure, and must be submitted no later than August 1. If you, your company or a company or organization you are working with is interested in being a sponsor, please let us know immediately.

Sponsoring a yacht can be an individual, corporate or combined effort. Several members have pooled their resources to underwrite the entry of a yacht. For example, four Coast Guard veterans have joined together to enter a yacht and they are challenging members of the Army, Navy, Air Force and Marines to consider doing the same. Are there some other creative groupings? Lawyers, CPA's, members with four-letter names, etc.

This year's Corporate Regatta fundraising goal is \$30,000. Successfully reaching or exceeding this goal will help assure we can continue to grow our Foundation's support of the various community needs we identify each year.

All invited, but space limited ...

The Kiwanis Club of Columbus, on behalf of the Columbus Kiwanis Foundation, will be holding a social-fundraiser on Thursday evening, July 29, from 5:30 to 7:30 p.m.

Past President **George Ruff** and his wife, Cookie, have graciously offered to open their house to host the event (2705 Leeds Road, Columbus, Ohio 43221). However, as you can imagine, there are limitations on how many people they can comfortably accommodate. Therefore, it is important that you respond early.

Entry into the event will require a minimum donation of \$25 per person. Checks should be made out to the 'Columbus Kiwanis Foundation' and sent to Secretary **Paul Bohlman** on or before Monday, July 26. There is no maximum donation limit. The Columbus Kiwanis Foundation is a 501(c)3 organization and your donation is tax deductible to the full extent of the law.

This promises to be a fun and relaxing evening. The Ruffs will be providing the adult beverages and the Club's Executive Committee will be providing the hors d'oeuvres.

We hope you will be able to join us and to help build our Club's Foundation, so that we may continue to serve the growing needs of our community through our grant-giving process.

Green drinking ...

The human body is 60-70% water. We need to drink water, and we need to excrete water to live and stay healthy. We need .08 x your body weight in daily cups of water each day. (Water in foods like salads counts also).



However, the market is offering drinks that are much more than just water. McDonald's 'small 12 oz. Mocha Frappe includes 56 grams of sugar at 450 calories. Trouble is, people who drink lots of high-calorie beverages rarely compensate by eating less, and they can end up with a caloric overload (getting fatter).

Solution? Drink water, tea, and/or coffee without adding things to them like sugar, honey or cream. Many Americans go through life partially dehydrated, which can result in kidney stones, muscle cramps or headaches. Getting a headache is a good indicator of becoming dehydrated.

A glass of water in Columbus, Ohio costs 0.07 cents. (\$0.0007) Run it through a filter if you wish, JUST DRINK water and do not add stuff!

Kroger Cares ...

You can still register your Kroger Plus card in the Kroger Cares program and help raise money for our Club each time you shop at Kroger. Simply go to the Kroger web site at www.krogercommunityrewards.com to register your Kroger Plus card. The process is free and only takes a few minutes.

If Giant Eagle is your preferred supermarket, why not purchase gift cards from Secretary **Paul Bohlman**? A \$100 gift card buys \$100 worth of groceries and our Club receives \$5. Giant Eagle cards are available at each Monday meeting.

July Trustee Meeting Highlights ...

President Char Collister emphasized the need to maintain a full court press on recruiting new members. Monday, July 26, Mayor Coleman will speak and it will be "Bring A Guest Day." We will start the planning process in the fall for a strategic plan.

The financials for both the Club and Foundation were presented and we are on track in all areas. The Regatta will start selling raffle tickets and pre-paid meal tickets soon.

Music and Arts: approved \$500 to purchase vocal sheet music for the Columbus Alternative High School choir.

Attendance and Retention: 15 Kiwanians have contacted 50 members who have been less than active. Char will send an e-mail to all 50 to come to the July 26 program.

Youth Opportunities: \$3500 was approved for the Dodge Recreation Center for program materials and equipment; \$250 was approved to provide transportation for the disabled at the United Methodist Church; \$100 for the Huckleberry House and \$1,250 for Buckeye Ranch were deferred, pending further details.

Scholarship: The non-traditional scholarship applications have been distributed and are due back in by August 15.

Young Children Priority One: \$1,600 was approved for carry bags with the K logo for Children's Hunger Alliance; \$3000 was approved for the Columbus Museum of Art for their pre-school art program; \$1500 was approved for USO, for children of deployed service people to have a DVD and book read by their deployed parent.

Dues: Kiwanis International will now bill our annual dues based on our October 1 membership. This makes it essential for all members to pay their dues on time. Dues notices will go out in early August.

Strategic question: What can we do to improve our meetings? Discussion was held and suggestions recorded.

Watch WTTE Fox 28 TV ...

Beginning this week, WTTE Fox 28 TV will run public service announcements promoting the 2010 Kiwanis Corporate Regatta. News Anchor Amy Lutz has agreed to be our spokesperson and will be attending our annual event.

Amy is from Pittsburgh and is a die-hard Steelers, Penguins and yes, Pirates fan. She spent the past seven years anchoring local news in Pennsylvania, West Virginia, North and South Carolina. In 2008, Amy was voted "Best TV Personality of the Carolinas."



Amy is thrilled to be back in Columbus after attending The Ohio State University her freshman year of college. After transferring closer to home, Amy graduated magna cum laude from Point Park University in Pittsburgh with a degree in Broadcast Journalism.

When she's not anchoring the news, Amy enjoys fantasy football, a good Broadway show, figure skating, camping, shopping and playing softball. She also volunteers with Big Brothers/Big Sisters of America, The American Cancer Society, and the Susan G. Komen Race for the Cure.

If you are not already watching "Good Day Columbus" on Fox 28 from 7 to 9 a.m., now might be a good time to start!

District convention to be in Cincy ...

The 93rd annual Ohio District Kiwanis Convention is scheduled for August 13-15, at the Crowne Plaza Cincinnati North (11320 Chester Road, Cincinnati). Kiwanians from throughout the state will be gathering to exchange ideas, learn more about Kiwanis initiatives and how to run successful clubs.

Attending the annual state Convention fulfills one of the requirements for attaining "distinguished member" status for the 2009-10 administrative year. Other qualifications include recruiting two or more new members, participating in six or more service projects and supporting the Kiwanis International Foundation.

Details about the state convention, including reservation forms, hotel information and break-out sessions can be found on the Ohio District Kiwanis website www.ohiokiwanis.org. Please let us know if you are planning to attend, so that we can try to coordinate transportation from Columbus to Cincinnati. We would like to have three or more delegates represent our Club.

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?



BIRTHDAYS THIS WEEK

07/19 – Michael Griffith

'Smoking kills. If you're killed, you've lost a very important part of your life.'

-- Brooke Shields, during an interview to become spokesperson for federal anti-smoking campaign.

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Scott Lindsey	Past President
Tim Barhorst	President-Elect
Jamie Richardson	Vice President
Nick Tomashot	Treasurer
Paul Bohlman	Secretary/Editor

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Nick Tomashot	Larry Walters

Columbus Kiwanis Foundation

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