

# 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."

*Impacting Lives - "Packing Parachutes" for People We May Never Know.*

July 28, 2008

## *Paul Melaragno* Orthopedic Surgeon

Dr. Paul Melaragno, of the Ohio Joint Replacement Institute at the Ohio Orthopedic Center of Excellence, specializes in total joint replacement surgery, in particular, the replacement of hip and knee joints.

Dr. Melaragno believes that communication with patients is one of the most important aspects of his work, to take time to listen to the patient and to explain what will happen before, during and after surgery. "Personal attention for the patient is one of the ways that the Ohio Orthopedic Center of Excellence is a better experience," he says.

He is currently on active status as a clinical instructor at Riverside Methodist Hospital in Columbus, and is a member of the American Academy of Orthopedic Surgeons; the Ohio State Medical Association; the Columbus Medical Association; and the Columbus Orthopedic Society. Certified by the American Board of Orthopedic Surgeons, Dr. Melaragno has participated in a number of published research studies of orthopedic surgery, and was named "Orthopedic Teacher of the Year" at Riverside Methodist Hospital in 2000-01 and 2001-02. This past February, he gave the presentation on "Updates in Total Joint Replacements" at the 61<sup>st</sup> annual Northwestern Medical Association meeting.

Dr. Melaragno earned his Bachelor of Science degree from The Ohio State University and is a graduate of The Ohio State University College of Medicine. He completed his residency in Orthopedic Surgery at the Akron General Medical Center and Children's Medical Center of Akron, and received a fellowship in Adult Reconstructive/Total Joint Replacement Surgery at the Missouri Bone and Joint Center in St. Louis.

Elected to the board of the Northwestern Medical Association in 2004, Dr. Melaragno is currently serving as the Association's president. Come and listen to his interesting presentation on Monday!



Thank you  
**Susan Black &  
David Kandel**  
for greeting us today.



Thank you  
**Tom Sherrill**  
for today's invocation

## Calendar of Events

08/02 – Division 10-W meeting &  
Kiwanis Night at the Clippers

08/05/08 – Trustee Meeting at City Club

Through 8/15 - Open enrollment - Regatta Skippers

## Scheduled Committee Meetings

### July 28

Youth Oppor./Citizenship  
Attendance/Retention  
Career Guidance  
Public Relations

### August 4

Golf  
Business & Public Affairs  
Scholarship

Share Kiwanis with a friend

*Today's Menu: Cup of Soup, Turkey Club on Croissant, Chips*



### Don't forget "Clippers Night!"

The annual "Kiwanis Night at the Columbus Clippers" is scheduled for Saturday, August 2. The game begins at 7:05 p.m., and like all baseball games it will be preceded by the singing of the National Anthem. But wait, this time it's different! That's because the National Anthem will be performed by the one and only "**What The Heck Four.**"

Want to gain even more attendance credits? Come to the game early and attend the Division 10-W meeting. Snacks will be served from 3:30 p.m. to 4:30 p.m. with the meeting starting promptly at 4:30 p.m. The meeting will be hosted by five clubs, so you will earn five additional attendance credits. However, reservations for the Division 10-W meeting must be made in advance (by 7/24). Please let Secretary Paul Bohlman know if you will be attending the Division meeting prior to the game. Cost is \$8 per person and you will be billed afterwards.

Game tickets (you'll need one to get into the Division 10-W meeting) are \$1 each and can be purchased from Past President Bill Newman.



Please don't forget that we have \$100 grocery cards for Giant Eagle and \$5 re-loadable grocery cards for Kroger! Help support our Club operations and keep our dues low by shopping with a Giant Eagle or Kroger grocery card. You can purchase a card (or multiple cards) at any Monday meeting.

### Regatta Lunch Tickets

Buy one, get one free ...

It's Monday, August 18th. It's lunch time, so where else would you be? At the White Castle Corporate Regatta of course! The question is, will you be there alone or will you bring a friend?



Well, now there's no excuse. If you buy your Regatta lunch ticket *prior to* the event, your \$5 payment will get you a second lunch ticket for **free**. That's right! We have captured the proverbial "free lunch" and we want you to share it with a friend, a co-worker, a potential member, your spouse, a special guest or whomever else you would like.

Tickets sold the day of the event will be \$5 each. To take advantage of this early bird special, see Paul Bohlman or Kathleen Roberts.

### Holistic Health Partner

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### Save our Club a stamp ...

Those members attending the August 4<sup>th</sup> noon meeting and/or the August 5<sup>th</sup> Trustees' meeting will receive their 2007-08 dues notice, along with some other interesting information, from president-elect Scott Lindsey. Be sure to pick yours up. Those not hand-delivered, will be mailed that week.

Have you invited a friend, business associate or co-worker to join Kiwanis?

## Kathleen Roberts assists Honor Flight ...

So, you ask, how did I spend this past Saturday? What could I have been doing that I walked nearly 15,000 steps, helped some elderly gentlemen partially undress for total strangers, yet spend one of the most patriotic, heart-warming days in our nation's Capitol?

I expect that I've at least captured your attention! Last Saturday, a very hot and humid day if you remember, I spent in the company of 33 World War II vets who were making their day-long, much-belated trek, to Washington D.C., so they could view their World War II Memorial. These members of "Our Greatest Generation," as guests of the non-profit Honor Flight, left at "O'Dark Hundred" Saturday morning aboard a Southwest Airlines flight to BWI (Baltimore-Washington International). Vets pay absolutely nothing for our privilege of taking them on their Honor Flight – all meals, additional wheelchairs, the bus, water and any incidentals, are provided for by contributions to Honor Flight, a non-profit 501(c)3 organization. Visit [www.honorflight.org](http://www.honorflight.org) to learn more.

My opportunity was to serve as a volunteer Guardian (I funded my own trip as do all Guardians) to help ensure the safety and well-being of my three charges – Bud, Bill and Bob, veterans of the Marine Corps, Air Corps and Navy. One had also served in the Korean War. One of these gentlemen got to ride in my chariot, i.e. wheelchair! This is my second Honor Flight, with a third trip expected this fall.

In all, there were our 33 honorees, 23 Guardians including five with medical skills plus a Channel 6/FOX crew (anchor Andy Dominianni and videographer Justin Dunbar). That represents one full bus on the ground, plus a standee or two. We used 15 wheelchairs! The Ohio Chapter of AT&T Pioneers was the generous sponsor of this flight. They provided a gift at the end of the day to members of the Honor Flight, along with a disposable camera for each veteran. No one had an excuse not to have a folder of pictures to show their friends and relatives.



Since many of these vets (my dad made his trek June '07, but my mother, who was also a vet, died before she could go) are in their late 80's and early 90's, they have many health problems. In fact, our 34<sup>th</sup> vet, who drove himself to the airport that morning, had a medical problem shortly before he started through the TSA checkpoint. After on-site treatment, he was transported to a local hospital by a medic unit. I have learned since that, although he is still undergoing tests, he is recovering and will likely be able to be on the next flight.

Unless you have gone through the TSA checkpoints at airports recently with an elderly, perhaps wheelchair-bound person, it is hard to explain the difficulty. Many have pacemakers, artificial joints, limited flexibility (remembering that the shoes, belts, etc. need to be removed), need the stability of a pronged walking stick or cane – all of which require great individual attention and patience. All that coupled with the idea that many have not flown for years and the notion of removing shoes, having "to strip practically to their skivvies" and being very personally searched or wanded – it is the most difficult part of their celebration, in spite of our many explanations of what will need to be done.



But thankfully, this is all in the shadows as we arrive by chartered bus from Baltimore, stopping first at the gleaming World War II Memorial. After we disembark, we make our way through the crowds to the Memorial and to a nearby shady area where Sen. Bob Dole, himself a decorated WWII vet who suffered severe injuries, graciously posed for hundreds of pictures.

Besides ensuring that our vets have the best day of their lives, we also want to ensure that they are "stars" later, after they get home. Though they may take their own pictures, the Guardians more often than not grab their cameras and take pictures of them with their new buddies, standing in front of the monuments, talking, eating and sharing stories. Besides the Guardians on this flight, we are met at each of the monument areas by brightly T-shirted local D.C. area volunteers for Honor Flight who help organize the celebration at the arrival gate in Baltimore (imagine the surprise, and yes a few tears, as the vets are cheered by volunteers and passengers in the gate area as we arrive!).

All the while drinking copious amounts of bottled water and having wet compresses ready to help cool our vets on a very sunny day, we visited the Vietnam Wall, the memorial to the Korean War, Lincoln Memorial, drove by the Navy Memorial



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done by the Kiwanis Club of Columbus

Kiwanian Jamie Richardson

**August Trustee Meeting**

The August Trustee meeting is scheduled for Tuesday evening, August 5th at 5:30 p.m. It will be held at the City Club, a unique private club on the banks of the Hoover Reservoir. We will be the guests of past president **Jay Schoedinger**, who is a member of the City Club. Our meeting (weather permitting) will be held outside in the beautiful rustic setting.

All members of the Club are welcome to attend, with Trustees expected to be there and committee chairs highly encouraged. Drinks (available for a modest donation) and appetizers will be available, so plan to arrive early.



Following the meeting, you are invited to stay for dinner and fellowship. Dinner will be catered by Weiland's Gourmet Market and you will get a chance to taste an absolutely succulent steak, along with a salad, baked potato and a vegetable. Dinner is \$40 per person and you will be billed afterwards.

Reservations, for both the meeting and dinner, are a must. Please let Club Secretary **Paul Bohlman** know if you are planning to attend. He needs to know by 5 p.m. on Friday, August 1.

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in a sightseeing trip around D.C., witnessed the Changing of the Guard ceremony at Arlington National Cemetery, including a very moving, memorable laying of a wreath followed by Taps, with the final stop at the Iwo Jima Memorial for a picture-taking extravaganza. We had two Marines who were on Iwo Jima, plus a sailor who was also there. For our picture-taking (Guardians used everyone's cameras to take pictures for all our vets), we invited two visiting uniformed Marines and a Marine with a prosthetic leg who had been wounded in Iraq, to join our vets. It turned out that one was to receive his promotion at this Memorial in the next half hour.

Though hot, sweaty and perhaps a little tired around the edges, we all realized that the day was about over. We headed back to BWI for our trip home. BWI has been a wonderful airport to handle the Honor Flights from Columbus and Dayton (where the concept began about three years ago, spreading now to a half-dozen states). Besides the on-the-ground Honor Flight Ambassadors from the Baltimore area, the airport opens a special "heroes" TSA checkpoint area to help expedite (within the rules) our vets.

After a brief respite (the location of restrooms is important throughout the day) and our McDonald's Happy Meals (it was Arby's box lunches), we board our flight for the return home. On this flight, as on our morning flight, the attendants and cockpit crew are generous in their recognition of our Honor Flight vets. On the way home, the pilot "comp-ted" a few beers requested by the vets. Many, however, rested on their way to CMH, and that proved to be a great idea. Little did they know of their Homecoming!! Before we disembarked (we were always the first ones to fill up the front of the plane and the last off), we sang "God Bless America," led by our pilot, "The Star Spangled Banner" and "America, The Beautiful."

As we turned the corner to enter the main concourse, a crowd of about 80 persons, friends, relatives, and local Honor Flight volunteers with flags, banners, applause and handshakes/pats on the back, greeted our vets! They were so surprised! Also, I will note that tears are accepted and welcomed!

The smiles on all their faces showed us that this was going to be a day that they will remember forever.

**NOTE:** I encourage you to visit the website ([www.honorflight.org](http://www.honorflight.org)). It notes that our WWII vets are dying (about 1,200 a day) or becoming physically unable to make this trip primarily due to medical issues. For every list of vets scheduled for a flight, perhaps a quarter to a third die or encounter a medical problem before they can go. The goal for 2008 is to transport 12,000 WWII vets from across the United States to Washington, DC. Time grows short!

~~ M. Kathleen Roberts

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Mark Sweepston, Kiwanian    O: 614-294-1624    C: 614-314-3200    F: 614-298-7053

*"Life begets life.  
Energy creates energy.  
It is by spending oneself  
that one becomes rich."*

-- French actress Sarah Bernhardt

**BIRTHDAYS THIS WEEK**



- 7/29 - Steven LeMoine
- 7/29 - Jeff Rayis
- 7/29 - Jay Schoedinger
- 7/31 - Ann Bennett
- 8/01 - Dave Will

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**CLUB OFFICERS**

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Paul Bohlman	Secretary/Editor

**CLUB TRUSTEES**

<b>2008</b>	<b>2009</b>
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