

# Kiwanis

Kiwanis Club of Newark, Ohio

Chartered September 4, 1918

**Kiwanis Club of Newark**  
P. O. Box 101  
Newark, OH 43058-0101  
[www.newarkohiokiwanis.org](http://www.newarkohiokiwanis.org)

Meets every Monday  
at 11:45 am  
at the Buckingham House.

2009-10 Officers:

Doug Stutz  
*President*

Rod Nelson  
*Immediate Past President*

Sam Kiner  
*President – Elect*

Bill Rauch  
*Vice President*

Dave Whiteman  
*Treasurer*

H. Robert Evans  
*Secretary*  
568 Hudson Avenue  
Newark, Ohio 43055  
[bobevansksec@windstream.net](mailto:bobevansksec@windstream.net)

Lew Hullinger  
*Secretary Emeritus*

2009-10 Directors:

Judy Bradley  
Tracy Dwiggin  
Lynn Fawcett  
Michael Harris  
Beth Kolb  
Emma Malcolm  
Doris Spriggs

Newsletter Editor

Bob Cullen  
740-344-9107  
[robertjcullen@windstream.net](mailto:robertjcullen@windstream.net)

## WHAT'S KNEWS?

May 20, 2010

Monday, May 31, is Memorial Day  
We will meet on Tuesday, June 1

**Greeters** (Coordinated by Sam Kiner)

5/24 Greg Halbe & Dave Doney  
6/1 (Tuesday) Heather Odendahl & Chris Miller

**Invocation — — Song Leaders** (Accompanied by Bob Handelman)

5/24 Greg Halbe — — Phil Frye  
6/1 (Tuesday) Greg Halbe — — Lynn Fawcett

**Future Programs** (Coordinated by Phil Frye)

5/24 John Bafford, local Chiropractor  
6/1 (Tuesday) Last minute preparation for the Strawberry Festival

**Recent Programs**

5/10 Mental Health Awareness month — **Kristen Frame**  
Introduced by *Phil Frye*  
5/17 Club Issues & Activities led by *Doug Stutz*

**June Birthdays**

June 6 Rich Clark  
June 14 Matt Kunsman  
June 18 Laura Edelblute  
June 26 John Morgan  
June 28 John Fisher

**May 31  
Memorial Day**



- The *Noon News* is reported by **Dave Doney**, News Director, WNKO/WHTH Radio
- The pdf version of the newsletter is assembled and emailed by **Dave Whiteman**
- The printed copies are distributed by **Bob Evans**
- The membership roster is maintained by **Dave Whiteman** ([dave@ohiokiwanis.org](mailto:dave@ohiokiwanis.org))

Kiwanis is a global organization of volunteers dedicated to



changing the world one child and one community at a time.

### **REMEMBER** — Our Election will be held on Monday, May 24

**Guests:** **David Brenner**, from Successful Ventures (a Granville Consulting firm) attended as a guest of **Sam Kiner**.

### **Announcements**

- **Dave Whiteman** is updating our membership phone directory. Please make sure that he has your correct phone numbers.
- If you have not already signed up to help with the Strawberry Festival. Please do so now. With only 66 members, we each need to sign up for more than one session.
- **Rod Nelson** distributed the Strawberry Festival booklets and posters. Take extras to give to friends and businesses.
- Look closely at the application for the Strawberry Pageants. The former Strawberry Princess in the background is **Chris Miller's** niece.
- President **Doug Stutz** presented **Ed Cobb** with an award from the Kiwanis Children's Foundation for being a sustaining donor for 2009-10.
- You can give the money and 50/50 raffle ticket stubs to **Sam Kiner** or **Bob Evans**.
- **Sam Kiner** and **Rita Jackson** reported that the graduation for the Community Leadership Program will at noon on Thursday, May 20 at C-TEC.



**Ed Cobb** is recognized as a sustaining donor to the Kiwanis Children's Foundation

The excitement grows week by week: nobody has been able to find that elusive blue marble. There are only 6 clear marbles left.

Will you be the lucky winner next week?

**Samuel R. Kiner, D.D.S.**  
General Dentist  
Cosmetic Dentistry

**Robert B. Handelman,**  
Handelman Law Office

**Thank you to these sponsors of our club website and newsletter**



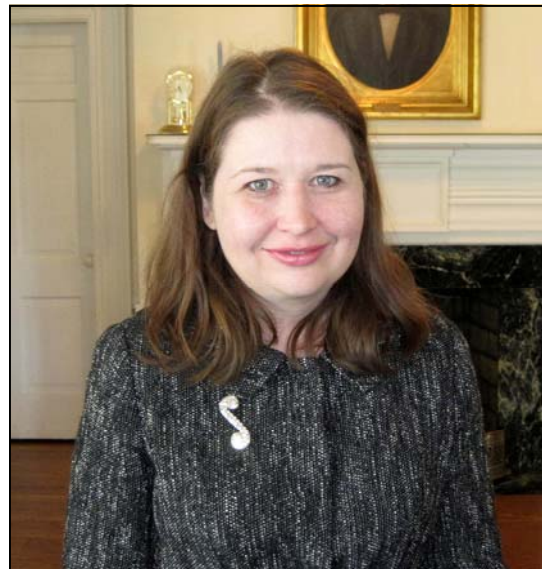
Learn more about our sponsors at:  
[www.newarkohiokiwanis.org](http://www.newarkohiokiwanis.org)

**Robert A. Harlow AGENCY**  
Bob A. Harlow  
Nationwide Insurance

**John W. Kozak**  
**Park National Bank**

May 10,  
2010

MHA logo and 10  
tools downloaded  
from MHA website



**Kristen Frame**, Compeer Coordinator,  
for MHA of Licking County

May is Mental Awareness Month, time for our annual presentation on mental health from MHA. **Kristen Frame** gave an excellent presentation. She provided thumbnail descriptions of MHA Programs and Support Services (*listed in the box to the left*). She used a favorite quote of Fellow Kiwanian and MHA Executive Director Paddy Kutz to characterize the reason for the programs and work of MHA: “There is no health without mental health.”

Kristen expanded on the theme of Mental Health Awareness Month, “Live Your Life Well”. She talked about the importance of social connections — and the value of belonging to a service organization like Kiwanis. She noted that forming bonds with others improves our physical and mental health. In contrast, she reported that the rate of completed suicides in Licking County this year was nearly double last year’s rate. Surprisingly, many typical suicides were white 61-year old males who had lost their jobs (and were not used to asking for help). Kristen told us about the following 10 proven tools that can help you feel stronger and more hopeful (*learn more at [www.mhalc.org](http://www.mhalc.org)*).

1. Connect with others — Learn how to strengthen old bonds and build new ones
2. Stay positive — changing your thinking can change your life; take steps to increase your optimism
3. Get physically active — Exercise can make you happier. Get active and stay active.
4. Help other — You may feel better serving soup at a shelter than sipping martinis at Happy Hour
5. Get enough sleep — Being tired can hurt your health and your relationships.
6. Create joy and satisfaction — Feeling good is good for you, so have a laugh, find a hobby or just kick back
7. Eat well — The right foods can fuel your mind, boost your mood and fight disease
8. Take care of your spirit — Praying, meditating or just connecting with your deepest self can enrich your life
7. Deal better with hard times — Coping tools can help you through a rough patch
8. Get professional help if you need it — Don’t hesitate to seek professional help
9. Deal better with hard times — Coping tools can help you
10. Get professional help if you need it — don’t hesitate

### MHA Programs

CAPP: *Child Assault Prevention Program*

Compeer: *A mentoring program for people experiencing mental illness*

Mental Health Education: *I.C. Hope—“Don’t Duck Mental Health*

Parent Talk Newsletter

PS: *Parent Support*

PAVE: *Prevent Assault and Violence Education*

Suicide Prevention Program

YES: *Youth Engaged in Service*

### Support Services

- Depression and Bipolar Disorders
- Obsessive Compulsive Disorder
- Schizophrenics Anonymous
- Advocacy
- Survivors After Suicide

### May 17 Club Business

1. **Rod Nelson** reported that preparations are on target.
  - **Dave Whiteman** will check with the Key Club to see in they will help us again this year.
  - **Rod** answered questions about work at the Information Booth. Copies of the Festival Booklet and a list of all vendors will be available to hand out. Most of the time will probably be spent selling 50/50 raffle tickets.
  - **Judy Bradley** reminded everyone that we will be cutting strawberries on Thursday evening (and Friday & Saturday, if needed). We will work at the Save-A-Lot store at East Main and Cedar. Remember to bring your knife and enter the back door (on the west side of the store).
2. **Bob Handelman** talked about the Million Dollar Dream (which has requested a donation). Their goal is to raise money to offset the Pay-to-Play expenses of students who participate in extracurricular activities of Newark City Schools (high school and middle schools). Last year individuals and corporations provided enough support to reduce the costs of participating in sports from \$200 to \$165 per activity. The costs of participating in other activities such as band or chorus was reduced from \$65 to \$55. The Million Dollar Dream hopes to be at least that successful this year— and would like to offset these costs completely.
3. “How do we make our club better?” That was the question that **Doug** posed (on behalf of the Board). To answer this question, he distributed 2 surveys. One was a Club Excellence Tool where we selected responses that best represented our personal club experience for Club Meeting, Community Service, Club Fellowship, Club Fundraising, Membership Growth & Retention, and Club Strategic Plan. The second survey asked for our written opinions on what we can do to make the following things better: board meetings, business meetings, growing the club, Charity News, Pancake Day, Fish Fry, Strawberries on the Square, service projects, and member involvement. The Board will study our responses as they plan ways for making our club better.

#### News Flash from *Herb Gregg & Judy Bradley*:

All available Kiwanians are invited to join *Herb and Judy* next Tuesday, May 25 at the Courthouse Square to help with a community service project — and then for a pizza party at Christy's Pizza (close by on Church Street). The Kiwanis flower garden that our club planted last year along the walkway into the west end of the Courthouse needs to be replanted. So plan to join them at 5:15 to pull some weeds, plant some new flowers— and then to head over to Christy's to share some pizza.



## Message from Our District Governor

*Downloaded from Ohio Kiwanis Newsletter*

As First Lady Carol and I have traveled the Ohio District of Kiwanis the past six months I have been struck by several observations that I wish to share with you.

Kiwanis members continue to be dedicated to providing service to those in need in their local communities. I know this from reading monthly reports, club newsletters, listening to verbal reports at meetings, and through direct conversation with club and division leaders.

Yet I know that often when a non-Kiwanian asks a Kiwanis member what service projects his/her club is best known for the response does not come easily. Why is that? Is it that only a small percentage of our members are actually involved in the service projects? Are we more focused on fund-raising than on service? Is it that our service projects are mostly a matter of writing a check? Are our service projects determined by tradition or a small committee without significant involvement of most of our members?

I don't know the answers to these questions but I do know that if every member of every Kiwanis club cannot readily describe the service that the club delivers to the community then the non-Kiwanian is not going to be favorably impressed. Another observation I have made is that almost every Kiwanis club wants to grow in membership. (It might surprise you to learn that I have actually had a few club leaders express to me that they are happy with the size and composition of their club and they have no desire to grow in membership or service. This is rare but true.)

Although almost all clubs want to grow in membership, most do not have an adopted plan to do so. I wonder how club leaders expect their clubs to grow without a growth plan?

Even though we are halfway through this Kiwanis year it is never too late to formulate, adopt, and implement a membership growth plan. If your club needs help to get a plan in place, please contact me and I will see that you get help.

With great pleasure, I have observed the tremendous support Kiwanis clubs and certain members within those clubs give to our Service Leadership Programs. We continue to charter new Circle K, Key, Builders, K-Kids, and Aktion Clubs. We encourage and sponsor youngsters to attend Key Leader. First Lady Carol and I have attended sponsored leadership events around the district. How uplifting it is to spend time with our youth and our Aktion Club members. I urge each and every Kiwanis member to make a promise to attend a sponsored program meeting, service project, or event. You will be the beneficiary of your involvement.

I also wish to share my appreciation to all those who serve in leadership positions in our Kiwanis organization at all levels. I have observed firsthand the dedication, the investment in time, and the personal resources that our leaders are providing to help our local Kiwanis clubs move from good to great. Leadership is important. Our clubs need good leadership to continue to be significant providers of service. So, I not only wish to express my appreciation for the quality leadership that is currently provided but I also encourage others to accept leadership positions so that our clubs, divisions, and district are well-led into the future. Finally, while we have nearly completed our "official" visits to divisions, we plan to continue to travel the Ohio District to learn, share, encourage, and hopefully help our clubs grow and serve. To this end, please feel free to extend an invitation to have us join you in a service project, a special club event, or a fund-raiser. We may not be able to accept every invitation we receive but we will join you when we can.

My contact information is as follows:

**Don Parker, Governor**  
**Ohio District of Kiwanis International**  
3477 Farley Drive  
Hilliard, OH 43026  
dparker2@columbus.rr.com  
614-876-5251

# NEWARK KIWANIS MEMBERSHIP ROSTER

*(Current to May 3, 2010)*

<u>Active Members</u>	<u>Business Affiliation</u>	<u>Active Members</u>	<u>Business Affiliation</u>
Altmaier, Martin D. *	Attorney, Morrow, Gordon & Byrd	Moore, Joseph A.	Vice-Pres., Huntington National Bank
Barnard, Steven D.	Reg. Sales Mgr., Tectum, Inc.	Moore, William C. *	Montessori Community School
Bennett, Kathryn A.	Asst. VP, Huntington National Bank	Morgan, John C.	Manager, Heartland Bank
Blakely, Patricia A.	Rehab. Program Mgr., Kindred	Nelson, Rodney A.	Attorney, Reese, Pyle, Drake & Meyer
Bradley, Judy A.	Office Mgr., Luikart Heating & Cooling	Odendahl, Heather A.	Public Info. Officer, Licking Co. MRDD
Border, Abbey L.	Assn. Sales Mgr., Cherry Valley Lodge	Rauch, Rev. William J. *	Pastor, St. Paul's Lutheran Church
Burkholder, Gary L.	President, Northcoast Research	Romans, Greg	Regional Sales Manager, Buckeye Linen
Claxon, Casey L.	Marketing Consultant, Novelty Advertising	Schultz, Chuck	Officer, Park National Bank
Cobb, Ted	Exec. Dir., Camp O'Bannon	Spriggs, Doris A.	Receptionist
Cullen, Robert J.	President, Cullen Consulting	Stockum, Ruth F.	Bus. Office Mgr, Newark Healthcare Centre
Doney, David E.	News Director, WNKO/WHTH Radio	Stutz, Douglas V.	Investment Representative, Edward Jones
Dwiggins, Tracy L.	Comm. Sales Rep., Sterling House	Wallis, Gregory	Dir. Surgical Svcs, Licking Memorial Hosp.
Edelblute, Laura	COO, Moundbuilders Guidance Center	Wells, Elizabeth A.	Director, Montessori Community School
Evans, H. Robert	Gen. Mgr., Newark Family Shoe Store	Wenger, David W. *	Attorney, Reese, Pyle, Drake & Meyer
Fawcett, Lynn B.	Senior Vice-Pres., Park National Bank	Whiteman, B. David	District Secretary, Ohio District Kiwanis
Frye, Phillip F.	Realtor, Century 21 Frank Frye Real Estate	Wilson, Jeffrey A.	VP & Auditor, Park National Bank
Gregg, Herbert H.	Retired	Young, Michael S.	Vice Pres., First Federal Savings & Loan
Halbe, Dr. Gregory A. *	Academic Advisor, OSU-Newark	Zitko, Blake C.	Public Affairs Specialist, State Farm Insurance
Harlow, Robert A.	Agent, Nationwide—The Mitchell Co.		
Harris, Michael	CPA, McLain, Hill, Rugg and Assoc.		
Jackson, Rita F.	School Teacher, Retired		
Kiner, Dr. Samuel	Kiner Dental Care		
Kolb, Beth	Director Dev., Licking Mem. Health Systems		
Kozak, John W. *	Sr. Vice Pres., Park National Bank		
Kunsman, Matthew J.	Attorney, Morrow, Gordon & Byrd		
Kutz, Paddy K. *	Exec. Dir., Mental Health America of LC		
Long, Bryan A.	Licking County Recorder		
Malcolm, Emma	Marketing Rep/Hospice of Central Ohio		
Miller, Christopher	Drafting Technician, State Farm Ins.		

## Senior Members

Baker, Paul A.	Matthews, William F.	<b>Honorary Members:</b> Smith, Donald R. Medley, Tisha  Past President * Past Lieutenant Governor **
Barton, James H.	Moore, Helen M.	
Clark, Richard L. *	Morris, David B. *	
Cobb, Edward S., Jr.	Musser, Dr. Jon B. *	
Fisher, John D.	Norpell, Thomas E.	
Green, Mary L. *	Stidham, Steven M.	
Guthrie, Marc D. **		
Handelman, Robert B. *		
Hupp, Roy E.		
Hullinger, Lewis C. *		
Johnston, Charles L. *		
Mathis, Ivan W.		

## MAKE UP A MEETING AT ONE OF THE FOLLOWING DIVISION 10-E KIWANIS CLUBS

<b>Buckeye Golden K</b>	Tuesday, 9:00 AM	<b>Newark</b>	Monday, 11:45 AM
Wesley Glen, 5155 N. High St, Columbus		Buckingham House, 6 N. 6th St, Newark	
<b>Columbus Northland</b>	2nd & 4th Monday, 6:15 PM	<b>Northern Columbus</b>	Thursday, 6:00 PM
Friendship Village, 5800 Forest Hills Blvd, Columbus		Wesley Glen, 5155 N. High St, Columbus	
<b>Granville</b>	Monday, 6:15 PM	<b>Westerville</b>	Wednesday, 6:30 PM
Granville Inn, 314 E. Broadway, Granville		Public Library, 126 S. State St, Westerville	
<b>Heath Moundbuilders</b>	Thursday, 6:00 PM	<b>Worthington-Linworth</b>	1st & 3rd Monday, 6:30 PM
Stacey's Home Style Buffet, 833 S. 30th St, Heath		Holiday Inn, 7007 N. High Street, Worthington	