

Newark Rotary Committees 2017-2018

President	Chuck Moore	Cell 740-877-7272	Office 740-344-7401
President-Elect	Jack Stickle	Home 740-345-1507	Office 740-345-9864
Secretary	Tom Slater	Home 740-366-6143	Cell 740-398-1690
Treasurer	Ray Barber	Home 614-834-0657	Office 740-366-4444
Immediate Past President	Jack Neely	Home 740-344-1219	Cell 740-641-8197
District/International Service	Jack Stickle	Home 740-345-1507	Office 740-345-9864
Rotary International Foundation	Mike Massaro	Home 740-344-4852	Office 740-349-5400
Grants	Megan Evans	Cell 740-334-2692	Office 740-349-3863
World Service	Sharon Phelps	Home 740-587-2360	Office 740-587-5298
Polio Plus	Dave Shull	Home 740-344-6533	
Newark Rotary Foundation President	Cheryl Snyder	Home 740-587-4190	Office 740-349-3773
Auction	Kevin Murphy	Home 740-587-1079	Cell 740-258-3544
	Deborah Lang	Home 614-209-3324	Office 740-670-5400
Club Service	Barb Quackenbush	Home 740-364-1290	Office 740-670-7041
Fellowship/Logistics	Eric Ricketts	Home 740-344-8709	
	Jerry Krebs	Home 740-366-7700	Office 740-334-2469
Club Programs	Jerry Besancency	Home 614-394-3908	
	Cheri Hottinger	Office 740-349-3774	Cell 740-817-1543
Chaplains	Dennis Hesselgesser	Cell 740-344-3888	
Music	Tom Slater	Home 740-366-6143	
Audio Visual	John Carson	Home 740-975-9279	Office 740-788-9000
Sergeant-at-Arms	Pat Jeffries	Home 740-344-3980	Office 740-334-8302
Communications PR/Rotogram	Jeremy Fleming	Cell 740-502-6312	Office 740-344-0316
Data Management	Pat Jeffries	Home 740-344-3980	Office 740-334-8302
Historian	Steve Ehret	Home 740-366-8923	Office 740-345-9791
	Glenn Abel	Home 740-366-6108	
Social	Vacant		
New Generations	Rick Platt	Home 740-344-7383	Office 740-788-5500
Scholarship Search	Larry Palur	Home 740-745-2733	Office 740-670-9709
Youth Exchange	Doug Mill	Cell 740-366-8165	Office 740-345-1921
Junior Ethics	Trevor Thomas	Home 740-877-2591	Office 740-788-3118
Student Visits	Doug Ute	Home 740-262-0259	Office 740-670-7000
Read with Me	Jennifer Utrevis	Home 740-788-9556	Office 740-349-9646
Free Enterprise Academy	John Paul Munhall	Home 614-649-9782	
	Eriech Horvath	Home 614-374-4059	Office 740-920-4099
Interact	Stacy Thompson	Home 740-334-0355	Office 740-788-1488
Vocational Awareness	Eriech Horvath	Home 614-374-4059	Office 740-920-4099
Membership	Pat Jeffries	Home 740-344-3980	Office 740-334-8302
Orientation	Ed Bohren	Cell 740-404-8112	Office 740-349-9688
	Molly Ingold	Home 740-366-3184	
Mentorship	Jeff James	Home 740-587-4447	Office 740-587-2746
	Marcia Downes	Home 740-587-4695	Office 740-349-9277
Engagement	Jim Withers	Cell 740-877-0480	
Career Xpress	Lori Hubble	Home 740-404-9098	Office 740-522-0000
Community Service	Jim Withers	Cell 740-877-0480	
Special Needs	Talya Greathouse	Home 614-496-7883	Office 740-348-1706
Rotary Awards	Jerry Besancency	Home 614-394-3908	
	Jim Cooper	Home 740-344-2270	
Rotary Volunteers	Deb Tegtmeyer	Home 740-587-2647	Office 740-345-1970
Projects	Board of directors		

ALWAYS IN OUR MEMORY
2015-16 PRESIDENT ERIN KENNEDY (1960-2015)

DISTRICT GOVERNORS FROM NEWARK ROTARY

FRANK L BEGGS- 1927-28	DARREL JONES- 1957-58
ROBERT C. BATTAT- 1970-71	THEODORE D. GRILEY- 1976-77
DONN E. ALSPACH-1988-89	ROBERT H. MCGAUGHY- 2003-2004

DIRECTOR, ROTARY INTERNATIONAL - THEODORE D. GRILEY- 1990-1992
TRUSTEE, ROTARY INTERNATIONAL FOUNDATION- THEODORE D. GRILEY- 2001-2005

ROTOGRAM

2017-18



ROTARY:
MAKING A
DIFFERENCE

Week of August 20, 2017



THIS WEEK'S MEETING

Marcia Downes will speak to us about The Works. The Works is a Smithsonian Affiliate Institution, a member of the Association of Science and Technology Centers (ASTC), the North American Reciprocal Museum Association (NARM), and the Time Travelers network.

UPCOMING PROGRAMS

All meetings at Noon Tuesday, Newark DoubleTree Hotel, unless noted.

Aug 29: Mark Patton, new VP at Columbus Partnership focusing on Smart Cities initiative.

Sept 5: Tiera Thurston, Tesla South Central District General Manager.

Sept 12: Peter Larson, CEO of Klarity Medical Products.

CLUBCALENDAR

Oct 21: Annual auction - Oktoberfest



A ROTARY INTERNATIONAL CLUB

NEWARKOHIOROTARY.ORG

FACEBOOK: NEWARKROTARYCLUB

DISTRICT6690.ORG

Last week's meeting

Reporter: Erin Prescott

Our greeter was **Natasha Platt**. **President-Elect Jack Stickle** rang the bell. **Tom Slater** and **Peter Larson** started us singing R-O-T-A-R-Y. **Dave Evans** led us in the invocation and Pledge of Allegiance. **Tom Slater** and **Peter Larson** then led the group singing "It's A Small World."

Guests: President-nominee **Barb Quackenbush** introduced guests: Julio Valldares, guest of **Doug Ute**; Dr. Meghan Federer, guest of **Marcia Downes**; Jeff Wilson, guest of **Tim Lehman**; Rev Scott Campbell & Kelly Dyar, guests of **Molly Ingold**.

Announcements:

- Service Project for August: Bring in personal items for Newark and Licking Valley Schools Pantry.
- Barry Rassin, of the Rotary Club of East Nassau, New Providence, Bahamas, is the selection of the Nominating Committee for President of Rotary International for 2018-19. He will be declared the president-elect on 1 September if no challenging candidates have been suggested.
- **Mike Massaro** spoke about the importance of contributing to the International Rotary Foundation. Those who have already given this fiscal year were recognized and received a sticker to wear on their name badge. They included **Tom Beattie**, **Eriech Horvath**, **Chuck Moore**, and **Jerry Nethers**.

New Members Inducted: **Dale Lewellen** with sponsors **Nelson McCray & Eric Ricketts**; **Jason Stephan Hall** with sponsors **Robert Fitzgerald & Jennifer Roberts**.

Red Badge Exchange: Natasha Platt

Three-Minute Speech: **Tobin Mann** spoke. He recently transferred from the Granville Club. He is originally from Westerville and was the first in his family to attend college and even law school at Cornell. He and his wife work in a private practice. Their son Quinn is now a student at Denison University.

Sergeant-At-Arms: **Pat Jeffries** fined **Dale Lewellen, Jason Stephan Hall, & Natasha Platt**, new badges; **Tobin Mann**, his speech of 3:41; **Jeremy Fleming**, an error in the Rotogram; **Marcia Downes, Janice LoRaso, & Laura Lewis**, work on a fundraiser at The Works; **Eriech Horvath**, birthday coming Friday.

Program: Pattye Whisman introduced David Sabgir, MD, Cardiologist and CEO of Walk with a Doc.

Dr. Sabgir told us many Do's and Don'ts for living a healthy lifestyle, based on the questions he is most frequently asked by patients.

DO: Drink alcohol in moderation (one drink per day for women or two for men); drink lots of water (take half your body weight and replace pounds with ounces for how much); exercise – this is the "Fountain of Youth" (you need 20 minutes per day or 150 minutes per week of moderate paced walking of 3.1 miles per hour or more – strive for at least 7,500 steps per day); keep your blood pressure low (120/80 or less); eat dark chocolate (70% cocoa or more, the size of a Ghirardelli square a day before a meal); drink coffee (the more the better as long as the caffeine doesn't affect you); keep your HDL cholesterol high and your LDL cholesterol low (exercise and consume fruits, vegetables and soluble fiber); take a baby aspirin if you are female and your risk of stroke is greater than your risk of a GI bleed, or if you are male and your risk of heart attack is greater than GI bleed (ask your doctor); attend a Walk with a Doc event. Sign up for the Walk with a Doc newsletter at walkwithadoc.org.

DON'T: Take fish oil unless you don't eat fish (if you eat fish once or twice a week the pill doesn't do much more good); take expensive supplements (unless your doctor has advised them or you want expensive urine); ignore sleep apnea (remember the warning signs with the acronym STOP BANG: Snoring, Tired, Observed apnea, high blood Pressure, BMI greater than 30, Age greater than 50, Neck size greater than 17, Gender – more prevalent in men); be discouraged from exercising if you don't lose a lot of weight (a person who exercises still gets health benefits even if they are overweight).

Thought of the week: "An early morning walk is a blessing for the whole day." – Henry David Thoreau

