

Newark Rotary Committees 2016-2017

President	Jack Neely	Home 740-344-1219	Cell 740-641-8197
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	Ed Bohren	Cell 740-404-8112	Office 740-349-9688
District/International Service	Chuck Moore	Home 740-455-2074	Office 740-344-7401
Rotary International Foundation	Mike Massaro	Home 740-344-4852	Office 740-349-5400
	Michele Layman	Home 740-454-2356	Office 740-788-1488
Grants	Gary Baker	Home 740-344-2044	Office 800-255-6815
World Service	Sharon Phelps	Home 740-587-2360	Office 740-587-5298
Group Study Exchange	Tom Marcelain	Home 740-344-7895	Office 740-670-5777
Polio Plus	Dave Shull	Home 740-344-6533	
100th Anniversary Committee	Michele Layman	Home 740-349-7844	Office 740-344-0311
Newark Rotary Foundation President	Cheryl Snyder	Home 740-587-4190	Office 740-349-3773
Club Service	Jack Stickle	Home 740-345-1507	Office 740-345-9864
Fellowship/Logistics	Eric Ricketts	Home 740-344-8709	
	Jerry Krebs	Home 740-366-7700	Office 740-334-2469
Club Programs	Bob McGaughy	Home 740-366-5803	
Chaplains	Dennis Hesselgesser	Cell 740-344-3888	
	Wes Humble	Cell 740-258-3000	Office 740-344-2651
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	Rick Platt	Home 740-344-7383	Office 740-788-5500
Communications/Rotogram	Jeremy Fleming	Cell 740-5026312	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	Laura Lewis	Home 740-587-0989	Cell 740-403-1829
New Generations	Barb Quackenbush	Home 740-364-1290	Office 740-670-7041
Scholarship Search	Molly Ingold	Home 740-366-3184	Office 740-34-4-0311
Youth Exchange	Tony Adams	Cell 740-334-7792	Office 740-349-8055
4 Way Speech	Scott Kennedy	Home 740-344-5709	Office 740-345-5222
Student Visits	Nelson McCray	Home 740-323-1130	Office 740-349-6084
	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	Denny Hesselgesser	Cell 740-344-3888	
	Erich Horvath	Home 614-374-4059	Office 740-920-4099
Interact	Rick Platt	Home 740-344-7383	Office 740-788-5500
Vocational Awareness	Rick Platt	Home 740-344-7383	Office 740-788-5500
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	Office 740-788-1492
Mentorship	Jeff James	Home 740-587-4447	Office 740-587-2746
	Marcia Downes	Home 740-587-4695	Office 740-349-9277
Auction	Angie Ryan	Home 740-366-6054	Office 740-522-2149
	Kevin Murphy	Home 740-587-1079	Office 800-727-7730
Attendance	Jim Withers	Cell 740-877-0480	
Career Fair	Lori Hubble	Home 740-404-9098	Office 740-522-0000
Community Service	Vacant		
Special Needs	Talya Greathouse	Home 614-496-7883	Office 740-348-1706"
Rotary Awards	Jerry Besanceney	Home 614-394-3908	
	Jim Cooper	Home 740-344-2270	
Rotary Volunteers	Deb Tegtmeier	Home 740-587-2647	Office 740-345-1970
Projects	Board of directors		

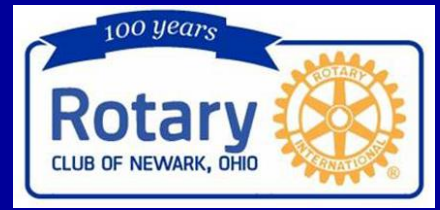
ALWAYS IN OUR MEMORY
2015-16 PRESIDENT ERIN KENNEDY (1960-2015)

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

CENTENNIAL YEAR
2016-17



Week of May 14, 2017



THIS WEEK'S MEETING

A Dedication of the Rotary Park Expansion will begin at 11:00, followed by our Special Needs Picnic at Rotary Park.

UPCOMING PROGRAMS

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

May 23: Frank O'Brien-Bernini, VP & Chief Sustainability Officer, Owens Corning

May 30: Lunch/tour at ArmorSource - 3600 Hebron Rd. Hebron, OH

June 6: Dan DeLawder, topic TBA
June 13: Mary Leavitt - "The Flag Lady" - Flag Day Program

CLUB CALENDAR

June 1: "Walk in the Park" begins at 5:00pm at Rotary Park. Games offered between 5-8. See Deb Tegtmeier to volunteer. LMH will have "Walk with a Doc," featuring our own Dr. Thomas Hall, with Walk beginning at 6:00.

June 6, 7, 8: Free Enterprise Academy
Oct: 21: Annual auction

A ROTARY INTERNATIONAL CLUB

NEWARKOHIOROTARY.ORG

FACEBOOK: NEWARKROTARYCLUB

DISTRICT6690.ORG



Last week's meeting

Reporter: Megan Evans

Our greeters were **Nate Strum** and **Janice LoRaso**. **President Jack Neely** rang the bell. **Tom Slater** and **Steve Rath** started us singing R-O-T-A-R-Y. **Bob McGaughy** led us in the invocation and Pledge of Allegiance. Tom Slater and Steve Rath then led the group singing "A Helping Hand."

Guests: There were no guests, but President-Elect **Chuck Moore** introduced visiting Rotarians **Ray Wilson** (Granville) and **Dale Lewellen** (Lima)

Announcements:

- Upcoming OFF-SITE MEETINGS:
 - May 16 -- A Dedication of the Rotary Park Expansion will begin at 11:00, followed by our Special Needs Picnic at Rotary Park.
 - May 30 -- Lunch and tour at ArmorSource - 3600 Hebron Rd, Hebron, OH
- Orders can still be taken for 100th Anniversary books. See **Steve Ehret** or **Glenn Abel**.
- This month's 3rd Thursday is on May 18th and will take place at the Newark Kroger bar.
- President Jack read a thank you note from The Works for the Foundation's support of the new SciDome.
- **Tony Adams** recognized and thanked all Special Olympics volunteers.
- **Nora Noble** exchanged her red badge.

Three-Minute Speeches were delivered by Janice LoRaso (4min 15sec) and **John Rosen** (4min 27sec).

Sergeant-At-Arms: President Jack kicked off the fines by fining anyone without a pin or badge. **Pat Jeffries** fined Janice LoRaso and John Rosen (3-minute speeches); Tony Adams (coordinating Special Olympics); **Glenn Abel** (1995 Legend magazine cover); **Dave Hile** and **Penny Sitler** (quotes/stories in the news); Janice LoRaso, **Marcia Downes**, **Rick Platt** & all who attended the SciDome press conference; **Barb Quackenbush** (son in paper); **Rob Montagnese** & all involved in HeartChase; **Bill Cost** (City Council Marijuana talk); **Nate Strum** (\$2 for Dancing with the Stars); and **Bob Williams** (accepting new position in Virginia).

Program:

Bob McGaughy introduced fellow Newark Rotarian **Larry Palur**. Larry gave a talk entitled "How to Live Longer...Or Maybe Not." Larry shared an amalgamation of do's and don'ts to maximize longevity. With an average life expectancy of 78 years, the length of one's life is very much dependent on the choices one makes. An unhealthy lifestyle can take off 23 years. Women tend to live 7 years longer than men.

Some things you can do to live a longer life include avoiding war, floods and natural disasters. Don't eat red meat. Drink water, choose dark roast coffee, and eat blueberries. Living at a higher altitude may increase life span. Monaco residents tend to live 89.73 years. If you plan to live out your years domestically, Hawaii has an average high of 81.48 years, with Mississippi coming in last place with residents living to 70. Floss more. Walk more. Smile more.

Larry synthesized all of his research to leave us with the following formula to maximize our life expectancy:

- Move to Monaco and start with a life expectancy of 89.73 years
- Be/become a female (+7) 96.73
- Live at the highest altitude (+3.6) 100.33
- Eat your daily snack of nuts (+3) 103.33
- Complete your college degree (+7) 110.33
- Walk 3 times per week for 30 minutes (+10) 120.33
- Floss your teeth (+1) 121.33
- Don't worry (+16) 137.33
- Be happy (+2.5) 139.83
- Go to Church (+7) 146.83
- Get married (+10) 156.83
- Stand for 1 minute out of every hour (+2) 158.83
- Have a positive attitude (+7) 165.83
- Drink no more than three glasses of wine (+5)
- All of these actions/inactions add up to a potential lifespan of 170.83 years!

His final thought – have a good life!

Drawing: Rene Reinhard

Thought of the week: "Be careful about reading health books. You may die of a misprint." -- Mark Twain

Rotarians stood to recite the Four Way Test and adjourned.