

Newark Rotary Committees 2023-2024

President	Jim Cooper III	Home	740-587-4817	
President-Elect	Janice LoRaso	Cell	740-334-9058	
President-Nominee	Brendan Underwood	Office	740-450-2265	Cell 740-605-1981
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	Angle Ryan	Cell	740-258-3498	Office 740-522-2149
Club Service	Janice LoRaso	Cell	740-334-9058	
Fellowship/Logistics	Eric Ricketts	Home	740-344-8709	
Club Programs	Kim Manno	Cell	740-403-0961	Office 740-366-9135
Chaplains	Carol Thress	Cell	740-404-9551	
Music	Tom Slater	Home	740-366-6143	
Sergeant-at-Arms	Pat Jeffries	Home	740-344-3980	Cell 740-334-8302
Communications	Natasha Short	Cell	740-405-7742	Office 740-348-1228
Historical	Steve Ehret	Home	740-366-8923	Office 740-345-9791
Social	Susan Leithauser	Cell	614-507-0751	
Technology	Ruben Clark	Office	740-392-9246	Cell 740-326-4154
Vocational Service	Brendan Underwood	Office	740-450-2265	Cell 740-605-1981
Membership	Chuck Moore	Cell	740-877-7272	
Orientation	Tom Marcelain	Home	740-344-7895	
	Kate St. James	Home	614-365-1580	
Mentorship	Jeff James	Home	740-587-4447	Office 740-587-2746
Community Service	Nate Adams	Cell	740-323-6824	
Special Needs	Talya Greathouse	Home	614-496-7883	Office 740-348-1706
Rotary Awards	Jerry Besanceney	Home	614-394-3908	
Rotary Volunteers	Deb Tegtmeyer	Home	740-587-2647	Office 740-345-1970
Engagement	Melissa Owens	Cell	740-507-3603	
Newark Rotary Foundation	Molly Ingold	Home	740-366-3184	Cell 740-975-4967
Fundraising	Dustin Neely	Cell	740-403-7336	
International Service	Peter Larson	Cell	614-226-2640	Office 740-321-1012
Rotary International Foundation	Jim Francis	Home	740-366-7677	
Grants	Pat Jeffries	Home	740-344-3980	Cell 740-334-8302
Global Projects	Joe Sinsabaugh	Cell	740-501-0875	Cell
Polio Plus	Heather Powell	Cell	419-233-2930	Cell
Youth Service	Joe Sinsabaugh	Cell	740-501-0875	
Youth Exchange	Beth Graff	Cell	740-225-9417	Office 740-920-4795
Junior Ethics	Trevor Thomas	Home	740-877-2591	Office 740-788-3118
Student Visits	Barb Quackenbush	Home	740-334-9107	Office 740-670-7041

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

DISTRICT GOVERNORS FROM NEWARK ROTARY

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

DIRECTOR, ROTARY INTERNATIONAL

THEODORE D. GRILEY: 1990-1992

TRUSTEE, ROTARY INTERNATIONAL FOUNDATION

THEODORE D. GRILEY: 2001-2005

ROTOGRAM

2023-2024

Rotary



WEEK OF JUNE 16, 2024

All Meetings At Noon Tuesday

THIS WEEK'S MEETING

Rotary Awards



Presented by Pat Jeffries

Join us for a fun meeting as we announce and celebrate this year's winners of the Service Above Self Award, the Bravo Award, the Rotarian of the Year Award and the Griley Service Award.

UPCOMING PROGRAMS

June 25 – Passing of the Gavel & New Officer Swearing In

July 2 – NO MEETING

July 9 – Janice LoRaso / Presidential Address

A ROTARY INTERNATIONAL CLUB

newarkohiorotary.org

District6690.org

[f/NewarkRotaryClub](https://www.facebook.com/NewarkRotaryClub)

LAST WEEK'S MEETING NOTES

President Jim Cooper rang the bell. **Tom Slater** and Joyce Slater started the group singing R-O-T-A-R-Y. **Jennifer Roberts** led us in the invocation and Pledge of Allegiance. **Tom Slater** and Joyce Slater led the group in singing an additional song, "Smile and the World Smiles".

Guests: **President-Elect Janice LoRaso** introduced today's members with guests. Sally Cochran, guest of **Chan Cochran**; Shae Mummey, guest of **Nate Adams**; Mike Schmidt, guest of **Molly Ingold**

Sergeant-At-Arms: **Pat Jeffries** fined **Pattye Whisman** for winning the raffle; those who forgot pins and badges; National Corn-on-the-Cob day, so those who have eaten corn-on-the-cob; Newark Development Partners Board of Directors who were in attendance; **Jason Umstot** for receiving doctorate degree; Anyone with Bachelors or Masters Degrees

Last Week Reporter: **Caitlin Wilson**

ANNOUNCEMENTS

- **President-Elect Janice LoRaso** offered Khatu Yamazaki our club flag. Khatu brought the flag of his Rotary Club from Tokyo, Japan, and Janice accepted it. There was a round of applause for the flag exchange.



PROGRAM

Chan Cochran introduced Holly Kastan to speak about the first steps to changing the world of mental health. Mental health, addiction and mental illness affect all of us. When we talk about death from suicide or overdose, it is detrimental to the family and the community; it is all of us, our families, our colleagues, our kids and our parents; it is our issue. This talk today is meant to give hope to everybody. We know how to tackle this problem, but we have not had the resources to do it. Thanks to Governor Dewine and members of the state legislature, it is time to stop. Right now, by the time we see people, it is far too late and chances of helping people are not great. The goal of this is to intervene early by finding the patterns.

SOAR is a series of studies. Some studies are wide and not so deep and some will be deep. You should care about research because tracking helps to understand how these mental illnesses develop. This helps understand resilience and protective factors. Number one cause of disability is depression. The cost is quite significant in terms of our economy. Half of working parents leave the workplace once a month because of a child's mental health issue. Ohio is chosen because we have all populations including rural, urban and different lifestyles. Ohio is at the bottom of the list for overdose deaths and fourth worst in prevalence of mental illness. You can see Licking County and the whole state is hurting.

Mantra: "There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in."

Boston University did multi-generational heart study. This started in 1948 and their grandchildren are still involved in this study. Once the information became available, 90% of what we know about heart disease has come from this study. Diet, exercise, blood pressure, etc. all of this information is known from this study. SOAR's model is based upon the heart study model looking at biological, sociological and psychological factors to connect these dots. The Day family is one of the highest donors. Giving a personal million dollars to this study. Were given 20 million dollars and shows the government's belief in the ability to make a difference. They are working to reverse the trajectory of deaths. Representation from all 88 counties for this study.

SOAR is the biggest opportunity we have ever had to help those suffering from mental illness here and around the world. SOAR requires a centralized place for human collaboration and care. This is clinical research where they are real people and not just people in labs.

To succeed and help everyone, SOAR will need funding to last decades from everywhere. This includes state and federal, business, philanthropic and academic institutions. As a state, this is really exciting because it affects everyone and there is a lot of support from people who appreciate how important this is.

THOUGHT OF THE WEEK

"The miracle is not to fly in the air, or to walk on the water, but to walk on the earth." -Thich Nhat Hanh