

Newark Rotary Committees 2019-2020

President	Barb Quackenbush	Home	740-364-1290	Office	740-670-7041
President-Elect	Rick Platt	Cell	740-334-3801	Office	740-788-5500
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 Stickle	Home	740-345-1507	Office	740-345-9864

Club Service	Rick Platt	Cell	740-334-3801	Office	740-788-5500
Fellowship/Logistics	Eric Ricketts	Home	740-344-8709		
Club Programs	Janice LoRaso	Office	740-349-9277	Home	740-587-4786
Chaplains	Heather Stasel	Cell	740-975-4135		
Music	Tom Slater	Home	740-366-6143		
Sergeant-at-Arms	Pat Jeffries	Home	740-344-3980	Office	740-334-8302
Communications PR/Rotogram	Shannon Walker	Cell	937-604-8583	Office	740-366-6910
	Natasha Platt	Cell	740-405-7742	Office	740-345-9757
Historical	Steve Ehret	Home	740-366-8923	Office	740-345-9791
	Glenn Abel	Home	740-366-6108		
Social	Susan Leithauser	Cell	614-507-0751		
Technology Committee	Ruben Clark	work	740-392-9246	cell	740-326-4154

Vocational Service	Eriech Horvath	Home	614-374-4059	Office	740-920-4099
Membership	Pat Jeffries	Home	740-344-3980	Office	740-334-8302
Orientation	Barry Riley	Home	740-344-1375	Cell	740-334-9196
	Penny Sittler	Cell	740-334-9089	Office	740-522-1341
Mentorship	Jeff James	Home	740-587-4447	Office	740-587-2746
	Marcia Downes	Home	740-587-4695	Office	740-349-9277

Community Service	Angie Ryan	Cell	740-258-3498	Office	740-522-2149
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 Tegtmeyer	Home	740-587-2647	Office	740-345-1970
Engagement	Leigh Ann Miller	Office	740-323-2355	Home	740-587-7828
Newark Rotary Foundation	Cheryl Snyder	Home	740-587-4190	Office	740-349-3773
Fundraising	Gary Baker	Home	740-344-2044	Cell	740-501-5159
Read with Me	Jennifer Utrevis	Home	740-788-9556	Office	740-349-9646
Free Enterprise Academy	Brendan Underwood	Office	740-450-2265	cell	740-605-1981

International Service	Jeremy Fleming	Cell	740-502-6312	Office	740-344-0316
Rotary International Foundation	Jim Francis	Office	740-366-0125	Cell	740-398-6130
Grants	Vacant				
World Service	Sharon Phelps	Home	740-587-2360	Office	740-587-5298
Polio Plus	Dave Shull	Home	740-344-6533		

Youth Service	Jim Cooper III	Home	740-587-4817		
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	Doug Ute	Home	740-262-0259	Office	740-670-7000
Interact	Stacy Geller	Home	740-334-0355	Office	740-788-1488

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

2019-2020



WEEK OF NOVEMBER 3, 2019



UPCOMING PROGRAMS

All meetings at Noon Tuesday

NOV 12: Meeting at Cherry Valley Lodge

NOV 19: USAF Museum Director Mr. Tillotson

NOV 26: Ohio Department of Agriculture,
Update from Director Dorothy Pelanda

THIS WEEK'S MEETING

Save a Warrior - Dan DeLawder

Ronald "Jake" Clark is a US Army Veteran of the Cold War era and the California Army National Guard during the Post 9/11 era. During a lengthy break in military service, Jake served with the U.S. Secret Service, the Los Angeles Police Department, and as a special agent for the Federal Bureau of Investigation.

Following the events of 9/11 he reenlisted in the Guard, completed Officer Candidate School, and served multiple Peacekeeping tours to the former Yugoslavia where he witnessed the aftermath of genocidal atrocities, greatly impacting his worldview.

While an MBA student at Pepperdine University, he interrupted his studies to create Malibu-based Save A Warrior. Jake's novel and disruptive approach in the areas of reintegration and PTSD-related suicide prevention, inspired the creation and informs the curriculums of several derivative resiliency programs across the country and abroad. A sought after public speaker on the challenges of Veteran transition and reintegration, as well as his work with First Responders exposed to workplace trauma, his passion for serving those who serve has inspired several films and major news articles.

In 2015, he received the WebMD Health Hero Award for his work in Veteran advocacy. In 2017, Save A Warrior was declared a winner at the second annual VA BrainTrust: Pathways to Innovation for its disruptive and pioneering approach to ending Veteran suicide.

(Patrick Atkinson bio continued on inside page)

A ROTARY INTERNATIONAL CLUB

newarkohiorotary.org

District690.org

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

(bio continued)

Patrick Atkinson has more than ten years of experience working with two of the nation's largest veteran organizations. He has worked alongside the leaders of the Veterans of Foreign Wars and The American Legion providing strategic insight and financial guidance in the state of Ohio. Patrick holds a master's degree in business administration, a bachelor's degree in International Studies, and is a Certified Public Accountant. He is also a former Squad Leader in the 3rd Ranger Battalion, 75th Ranger Regiment of the United States Army serving from 1999 to 2004.

Patrick currently serves as the financial officer of Save A Warrior.

Our greeter was **Kelly Parker**. President **Barb Quackenbush** rang the bell. **Tom Slater & Peter Larson** started us singing R-O-T-A-R-Y. **Babette Wofter** led us in the invocation and Pledge of Allegiance. **Tom Slater & Peter Larson** then led the group singing "When You're Smiling."

Guests: President-Elect **Rick Platt** introduced guests: Scott Ryan, guest of **Kelly Parker**; Doug Stout, guest of **Babette Wofter**; Bethany Stickrad, guest of **Chris Meyer**; Lena Crain, guest of **Laurel Kennedy**; Jeanetta Pyle, guest of **Patty Whisman**; and Dave Wolfe, guest of **Jerry Nethers**.

Student Guests: **Rob Montagnese** introduced student guests from Watkins Memorial, Lindey Helwagen and Robert Montagnese. **Tom Marcelain** introduced student guests from Utica High School, Ryleigh Carlin and Mya Lepley.

Sergeant-At-Arms: **Pat Jeffries** fined **Chris Meyer** for not mentioning **Reese Pyle Meyer** when he introduced **Bethany Stickrad**; **Leigh Ann Miller** for red badge exchange; **Tom Wolfe** for being in the Advocate about Buckeye Lake; **Rob Montagnese** for Robby's shout out during his student reflection; **Ed Bohren** for his lack of humor; **Dan DeLawder** for his 70th birthday; **Bob McGaughy & Nancy Anderson** for their announcement; **Kim Manno** for winning \$100 at the TrueCore luncheon; President **Barb** for Jed's kick during the Ohio Dominican football game; **Mike Higgins** for his 50th wedding anniversary (and Mike proposed a fine for **Pat Jeffries** for his 75th birthday); all attorneys for **Pat Jeffries'** bad lawyer joke.

Raffle: **Jack Crockford**, \$15 Last week reporter **Kim Manno**.



ANNOUNCEMENTS

- **Tony Adams** – World Polio Day fundraising is still being calculated – participating restaurants are donating proceeds. Thank you WCLT for promoting. Proceeds will be matched 2 to 1 by the Gates Foundation. Tony Adams also recognized Dave Shull and Glenn Abel who are both polio survivors.
- President **Barb** – 16 Rotarians helped pack for the YMCA's backpack program. In two hours, they packed 1,140 packs.
- Our October Rotary Gives project is collecting toiletries (shampoo, deodorant, body wash, etc.) for Newark City Schools Toiletry Pantry.
- We still need riders for the Ride to End Polio which will take place on November 23rd at the YMCA.
- **Doug Stout** – Veterans Project Coordinator at the Licking County Library, 35 MIAs from Licking County will be announced during a program at Newark Library.
- **Nancy Anderson** – **Bob McGaughy's** presentation at the Midland Theatre on Veteran's Day.
- Off-site meeting at Cherry Valley Hotel on November 11th. Tour following presentation.
- There will be a blood drive on November 19th at MCC from 10am-3pm.
- **Gary Vaughn**, District Governor will be in attendance for the March 31, 2020 meeting.
- The Free Enterprise Academy will be June 2nd-4th, 2020.

PROGRAM

Patty Whisman introduced our speaker, Dr. Douglas Scharre, a cognitive neurologist who specializes in clinical research on dementia and mild cognitive impairment.

Dr. Scharre joined The Ohio State University's Wexner Medical Center Department of Neurology in 1993. Jeanetta Pyle supports Dr. Scharre's community outreach and education through the James W. Pyle Educational Program Fund.

Dr. Scharre explained that in terms of cognitive behavior there are three categories: normal, mild cognitive impairment, and dementia. Mild cognitive impairment (MCI) is when you have problems doing things and you're not as efficient as you used to be (i.e. forget things at the grocery store, struggle to pay your bills, etc.). People with MCI are eventually able to figure out how to do the task at hand without the help of someone else. Dementia means that you have trouble thinking and you can't do day-to-day activities like you used to (i.e. don't know how to pay your bills, cook, etc.) without the help of other people. There are hundreds of causes of dementia, but the one that people worry about is Alzheimer's. Alzheimer's is caused by abnormal proteins that build up in your brain and cause plaques and tangles. They accumulate over time, start killing nerve cells, and affect memory. Plaques and tangles can be identified through spinal taps and PET scans 15 years before memory loss occurs. Dr. Scharre emphasized the importance of getting tested early by using the SAGE test which can measure cognitive issues at an early stage. Dr. Scharre and Ohio State are involved with a study that just last week announced the first positive trial for a medication that helped with memory issues for people with MCI. People with Alzheimer's suffer from different kinds of memory loss—spatial abilities (i.e. getting lost), executive abilities (i.e. organization), problem solving, language (i.e. forgetting the words for nouns or objects), etc. Forgetting people's names is NOT a sign of dementia or Alzheimer's.

THOUGHT OF THE WEEK

- 15 Habits of Lucky People:** 1. Work Harder 2. Complain Less 3. Teach Others
4. Show Gratitude 5. Share Credit 6. Choose Kindness 7. Volunteer First 8. Unselfishly Give
9. Trust First 10. Good Manners 11. Stay Teachable 12. Promote Others 13. Love to Explore 14. Storytellers 15. Love to Compete – Vala Afshar