

Newark Rotary Committees 2018-2019

President	Jack Stickle	Home	740-345-1507	Office	740-345-9864
President-Elect	Barb Quackenbush	Home	740-364-1290	Office	740-670-7041
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	Chuck Moore	Cell	740-877-7272	Office	740-344-7401
Administrative Assistant	Michelle Brandenburg	Email	info@newarkohiorotary.com		
District/International Service	Barb Quackenbush	Home	740-364-1290	Office	740-670-7041
Rotary International Foundation Grants	Mike Massaro	Home	740-344-4852	Office	740-349-5400
World Service	Sharon Phelps	Home	740-587-2360	Office	740-587-5298
Polio Plus	Dave Shull	Home	740-344-6533		
Newark Rotary Foundation Fundraising	Cheryl Snyder	Home	740-587-4190	Office	740-349-3773
	Vacant				
Club Service	Rick Platt	Cell	740-334-3801	Office	740-788-5500
Fellowship/Logistics	Eric Ricketts	Home	740-344-8709		
	Jerry Krebs	Home	740-366-7700	Office	740-334-2469
Club Programs	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	Shannon Walker	Cell	937-604-8583	Office	740-366-6910
Historian	Steve Ehret	Home	740-366-8923	Office	740-345-9791
	Glenn Abel	Home	740-366-6108		
Social	Vacant				
New Generations	Eriech Horvath	Home	614-374-4059	Office	740-920-4099
Scholarship Search	Larry Palur	Home	740-745-2733	Office	740-670-9709
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
Read with Me	Jennifer Utrevis	Home	740-788-9556	Office	740-349-9646
Free Enterprise Academy	John Paul Munhall	Home	614-649-9782		
	Brendan Underwood	Office	740-450-2265	Cell	740-605-1981
Interact	Stacy Geller	Home	740-334-0355	Office	740-788-1488
Vocational Awareness	Angie Ryan	Home	740-258-3498	Office	740-522-2149
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
Engagement	Leigh Ann Miller	Office	740-323-2355	Home	740-587-7828
Career Xpress	Lori Hubble	Home	740-404-9098	Office	740-522-0000
Community Service	Jeremy Fleming	Cell	740-502-6312	Office	740-344-0316
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

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 FEBRUARY 17, 2019



UPCOMING PROGRAMS

All meetings at Noon Tuesday.

FEB 26: C. Weldon Mathews – Role Ham Radio plays in an emergency, intro **John Carlson**

March 5: Kenny McDonald, Columbus 2020, intro **Dan DeLawder**

March 12: Karl Koon, Team Buckeye, Pelotonia, intro **Cheri Hottinger**

THIS WEEK'S MEETING

Mark Stanifer with Dare2Live Coaching – speaking on Active Listening

After more than 20 years of experience in Corporate America in the Financial Services industry, from back-office accounting to board room presentations, several years ago Mark was ready to bring his skill set and experience to a new challenge. He wanted to live in a more authentic and purposeful way. And so, he left the corporate world to pursue a different path of helping people become who they were created to be.

Mark now spends his time helping clients shift from simply chasing success to intentionally pursuing real significance, through his business Dare 2 Live Coaching. In addition to coaching, Mark speaks about topics like listening and balance, and is a certified trainer with the CARE Leadership Model.

Outside of work, he is a husband of 23 years, father of 3 teenagers, a big ice hockey fan, and has lived in central Ohio for the last 20+ years.

A ROTARY INTERNATIONAL CLUB

newarkohiorotary.us

District6690.org

f/NewarkRotaryClub

Our greeter was **Todd Salome**. President **Jack Stickle** rang the bell. **Tom Slater & Peter Larson** started us singing R-O-T-A-R-Y. **Luke Baus** led us in the invocation and Pledge of Allegiance. **Tom Slater & Peter Larson** then led the group singing "Let Me Call You Sweetheart."

Guests: President–Nominee **Rick Platt** introduced guests Heather Burkhart & Kim Heddleson, guest of **Rob Montagnese**; Linda Parks, guest of **Marcia Downes**; Melissa Palmer, guest of **Ruben Clark**; visiting Rotarian from the Newark–Heath Club, **Craig Cairns**.

Student Guests: **Marcia Downes** introduced Johnstown Monroe High School students, Malia Jones and Taryn Huffman, and **Joyce Malainy** introduced C-TEC students, Delaney Krygier and Brittany Hill.

Sergeant–At–Arms: **Pat Jeffries** fined **Deb Tegtmeyer**, cell phone was found on the floor; Members who didn't have a penny on them, because they lost their "cents"; **Penny Sitler & Babette Wofter**, announcements about events; **Tasha Platt**, skipping Rotary on her birthday to eat at Bummie's; **Bill Cost, Jr. & Deborah Lang**, names mentioned in the paper; **Michael Higgins**, taking picture of the weekly song and sending it to his wife hoping that would suffice for a Valentine's Day card.

Banner Exchange: Mo Mehta

New Member Proposal: Lindsey Hoskinson and Heather Stasel

Raffle: **Tom Hall**, \$20

Last week reporter **Natasha Platt**.

Announcements:

- **Babette Wofter** – Women United Annual Event at featuring a silent and live auction happening on March 7. Contact United Way for tickets.
- **Penny Sitler** – Mental Health America's Night of Hope happening on March 9 at Thirty One West. Visit the Thirty One West website for tickets.

PROGRAM

Rob Montagnese introduced Dr. Rajjoub, Cardiologist at Licking Memorial Heart Center.

Patty Merrick, Nurse Practitioner, opened with a letter from a previous patient thanking Licking Memorial for the great care they provided and explained how life can change at any moment. Patty also mentioned in 2007, Licking Memorial enrolled their first patient into a port trial, and it was a tremendous success.

Dr. Rajjoub began to speak about a few heart statistics, which included that in 2016, cardiovascular disease accounted for 840,678 deaths in the United States, which is approximately 1 of every 3 deaths, coronary heart disease remains the number 1 cause of death in the U.S., and every 40 seconds an American will have a heart attack. The average age for men for their first heart attack is 65.6 and women is 72 years of age, but Dr. Rajjoub mentioned the past 10 cases he has had, the patients have been in their 40s.

Dr. Rajjoub then went into detail about the different procedures to treat heart attacks and how they have changed throughout the years. The first angioplasty was done in 1977, and now, we have bioabsorbable stents.

He spoke about ways to prevent a heart attack being a balanced diet and exercise – lean meats, vegetables, fruits, nuts, fish and 20 minutes of exercise daily to get the heart rate up. The younger you start, the better your health will be. Avoid sugars, cholesterol and smoking. "Once the process starts, there's no drain. You have to deal with it."

If a heart attack happens, the best thing to do is call 911. They have EKG technology that will get transmitted to the emergency room and the doctors cell phone right away as they are transporting a patient to the hospital. This also lets the hospital know that they need to get a team together fast to help the patient when they arrive.

Dr. Rajjoub mentioned the brand new cath. lab at Licking Memorial Hospital, so they are ready to handle any heart attack situation. They also have a cardiac rehab facility where they work with patients daily to get them back to living a normal life.

During questioning, **Dan DeLawder** spoke about the HeartChase happening in Downtown Newark on May 4th put on by the American Heart Association and sponsored by Licking Memorial Health Systems.

Jerry McClain mentioned that Dr. Rajjoub saved his life on April 24, and he had a great experience with the heart team and was very grateful for the excellent care they provided.

Thought of the week:

"We make a living by what we get, but we make a life by what we give."
– Winston Churchill