

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



CREATE HOPE
in the WORLD

WEEK OF MARCH 31, 2024

All Meetings At Noon Tuesday

THIS WEEK'S MEETING

Mental Health Panel Discussion



Presented by:

Kay Spergel Executive Director, Mental Health and Recovery for Licking and Knox Counties

Emily McConville – Community Relations Coordinator, Mental Health and Recovery for Licking and Knox Counties

Kate St. James – CEO, Behavioral Health Partners of Central Ohio

Amy Henning – 211/988 Crisis Hotline Program Director, Pathways of Central OH

John Jordan – Executive Director, Licking County Alcoholism Prevention Program

Colleen Hendon – Executive Director, Mental Health America of Licking County

This panel discussion aligns with our club's and Rotary International's focus on mental health this year. Join us to learn about the programs, services and activities that contribute to the support and treatment of mental health in Licking County. Our panelists will also discuss their biggest mental health concerns nationally and locally, and some of the current gaps our community faces in available mental health services.

UPCOMING PROGRAMS

Apr 9 – Virginia Cope / Mardi Gras Indians: Newark in New Orleans

Apr 16 – Janice LoRaso & Susan Reid / 60th Anniversary of Jerrie Mock's Solo Flight

Apr 23 – Pat Tiberi / Ohio Business Roundtable

A ROTARY INTERNATIONAL CLUB

newarkohiorotary.org

District6690.org

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. **Kelly Jones** led us in the invocation and Pledge of Allegiance. **Tom Slater** and Joyce Slater led the group in singing an additional song, "Easter Song".

Guests: **President-Elect Janice LoRaso** introduced the guests: Andrea Hess, guest of **Adam Shilling**; Dan Ream, guest of **Melissa Owens**

Sergeant-at-Arms: **Pat Jeffries** fined **Tom Mullady** for winning today's raffle and anyone who didn't have their pins or badges; Today is National Make Up Your Own Holiday Day; **Pattye Whisman** donated \$20 in honor of Omar's 95th birthday; **Barb Quackenbush** donated in honor of her son, Jed becoming a Nurse Supervisor at LMHS; **Rob Montagnese** donated just because; Sixty-one years ago today, Joe Beaver introduced Rotary International's mission to help eradicate polio across the globe.

Last week's reporter: **Colleen Hendon**

ANNOUNCEMENTS

- **Deb Tegtmeier** thanked those who already contributed to this month's fundraiser, the Food Pantry Network's Operation Feed. There is still time to contribute.



PROGRAM

Brendan Underwood introduced Amanda Parks, Development Director of the American Heart Association of Central Ohio. Amanda shared that the American Heart Association (AHA) is celebrating its 100th anniversary on June 10th this year. She shared the history of AHA and how we can get involved.

Amanda highlighted key dates and their significance:

1921: Heart disease became the leading cause of death in the United States for the first time in history

1924: Six cardiologists form the AHA as a professional society for doctors.

1937: The AHA awards its first research grant, to Dr. Albert Szent-Györgyi, a 1937 Nobel Prize winner.

1947: The AHA's first public education heart fund campaign is announced to celebrate National Heart Week the following February.

Some statistics that Amanda shared:

- 51% of people did not identify heart disease as the leading cause of death.
- 1 in 4 adults meet the recommended exercise requirements.
- On average, someone dies from cardiovascular disease every 34 seconds.

One way to get involved is to volunteer or join a team for the 9th Annual Field Day in Licking County on June 22 at Geller Park. The main purpose of this event is to encourage people to move around and "never stop playing." You can volunteer for the event and create or join a team (teams consist of 10 people). It costs \$25 to register.

Other resources the AHA offers include Monthly Health and Wellness Resources and Hands-Only CPR training. AHA also has volunteer leadership opportunities for those who may be interested. Amanda Parks' contact is Amanda.Parks@heart.org.

THOUGHT OF THE WEEK

"By perseverance, the snail reached the ark." – Charles Spurgeon