



## DR. BRIAN GRIFFIN THE ARNOLD SPORTS FESTIVAL

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2019-2020

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[www.uarotary.org](http://www.uarotary.org)

[www.district6690.org](http://www.district6690.org)

[www.rotary.org](http://www.rotary.org)

For make up locations, check the club web site or call the make-up hotline at (614) 470-1002.



**Rudy Whipps** introduced **Dr. Brian Griffin**, former Medical Director for the Arnold Sports Festival. Dr. Griffin served as Director of the medical team for “The Arnold” for over 20 years. This is a volunteer position. He has also served a Director of Grant Life Flight, the Franklin County Medic school and two county disaster councils. He has medical specialties in emergency medicine and pain management.

The festival began as a bodybuilding competition with about 150 competitors in 1989 at Veterans Memorial auditorium in Columbus. Today the festival includes 85 events, multiple venues in the city and over 23,000 athletes. It is significantly larger than the Summer Olympics in terms of the number of athletes. All the events are scheduled over a brief three-day period. It is the world’s largest multi-sport athletic event.

A new event at this year’s festival is medieval sword fighting which the medical staff is necessarily worried about.

Griffin’s presentation was supplemented by a slide presentation which highlighted the vast organizational and logistical issues which need to be handled during the event. He noted that each of the 85 events has its own requirements. Different disciplines require different medical specialties and present different potential medical issues. He used an “ice” metaphor to drive home that point that even something as simple as having ice available at the right place at the right time over the three-day event is a complicated process that requires a great deal of planning. When you extend those planning and logistical issues to more complex and more critical medical issues things get extremely complicated. He shared images of worksheets which have been developed to keep everything and everyone on track.

An array of volunteers – including four Boy Scout troops each year – under the direction of leaders in two command centers (one at the Convention Center and the other at the Ohio Expositions Center (State Fairgrounds) helps to assure that the necessary supplies and personnel are in the right place at the right time. Overall there are 600 volunteers including 102 physicians and 19 nurses.

The medical team at the festival provides first aid. Any injury requiring more than first aid is referred immediately to on call EMS services. Last year there were 589 medical events during The Arnold. Twenty-two required EMS transport. The martial arts constitute more than 50% of the injuries. Most injuries involve foot or ankle and are generally not serious.

Ham Radios provide the communication services for the festival. This is a security protocol which avoids the potential of cell towers being down in the event of a major disaster or other negative event. Each of the two command centers operate on their own frequency and there is a third frequency which allows the two centers to communicate with one another if necessary.



## GREETERS

**February 25**

Matt Rule  
Rudy Whipps

**March 3**

NO REGULAR WEEKLY  
LUNCH MEETING

**March 10**

Telanda Sidari  
Tom Sugar

## REGISTRATION DESK

**February 25**

Larry McVey  
Milt Lustnauer

**March 3**

NO REGULAR WEEKLY  
LUNCH MEETING

**March 10**

Ted Foster  
Brendan King

## CALENDAR

**February 25 | Scioto CC**

Tom Stalf, Director of the  
Columbus Zoo & Aquarium  
Host: Brad DeHays

**March 3**

NO REGULAR WEEKLY  
LUNCH MEETING

**March 10 | Raymond Memorial  
Michelle Heritage, Ex. Director,  
Community Shelter Board,  
The State of Homelessness in  
Central Ohio**

Host: Herb Gillen

## VOLUNTEER OPPORTUNITIES

Submit your volunteer opportunity  
to [herb@herbgillen.com](mailto:herb@herbgillen.com) for inclusion  
in the Rotaryview Newsletter.

## SOCIAL EVENTS

Please submit your social event  
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## OUR NEXT MEETING

**February 25th**  
Scioto Country Club

Upper Arlington  
**Rotary**  
Club



# The Meeting



President **Herb Gillen** opened the meeting and asked **Bob Prior** to offer the invocation and lead us in the Pledge of Allegiance.

**Kevin Brown** introduced **Wendy Holland**, daughter of founding member **Bob Holland** who passed away recently. Wendy noted that UA Rotary is one of three organizations that Bob wished to receive memorial contributions. Details about services for Bob will be distributed via email.

**Tracy Kirby** introduced her guest **Beth Hammer**. **Jack Seibert** introduced his guest **Beau Taggart**. **Angela Lanctot** introduced **Brian Bainbridge** and **Jeanine Hummer** introduced her guest **Leslie Heath**.

President Gillen reminded us that there will be no Rotary Roundtable in the month of March. He also reminded us that February is free guest month – with each member eligible to bring two free guests as part of our “membership madness” contest. Second round scores for the contest will be announced next week.

2020 UA Rotary Dine-A-Round signup sheets were on each table. The event is Friday, March 6 beginning at the Grandview Café – 6:00 PM. Additional details were on the flyer. There will not be a Tuesday lunch meeting on March 3 because the Dine-A-Round occurs that week. Contact **Matt Penrod** or **Jim Hyre** if you have questions. Registration is required and you can sign up at <https://uarotary.org/ua-rotary-2020-dine-a-round/>

Herb read a letter from **Wendell Ellenwood's** family thanking club members for their support and condolences following Wendell's recent passing.

**Bob Whetzel** and **Dick Stone** from the club's History Committee shared some thoughts and observations from the club's past with us. Bob shared the story of how **Fred Taylor** “recruited” **Bill Hosket** into UA Rotary by inviting him to lunch at Stouffers University Inn on Olentangy River Road. Little did Bill know that it was a UA Rotary meeting. Once there, Fred called him to the podium, pinned a Rotary pin on him and voila! Bill was a Rotarian.

**Dick Stone** noted that he joined the club in 1975 when it was a small two-year-old club. His classification was Real Estate Management. He recalled that Dick Slager was one of the driving forces in the initial growth of the club. Back in the day a special meeting was held in UA City Council chambers to discuss whether to increase the number of members beyond 100. Now we are closer to 200 members. He recalls putting together meetings at several locations including the Budweiser plant and the Horseshoe with Archie Griffin. He ended up his year as club President with a meeting at his home – with tables and chairs outside. The weather was great that day.

**Cheryl Turnbull** was asked to share a “getting to know you” session with us. Cheryl grew up in UA. Following high school and college she spent time in New York and Chicago before moving back to Upper Arlington. Her career interests ranged from law, to investment banking and finally to venture capital because “I could do that without having to go to law school”. The most influential person in her life has been her husband who she met at the age of 20. They have five children who occupy the top spot on her best family experiences list. Watching the older children embrace their younger siblings is her best family experience. Becoming a grandparent tops her bucket list.



# Notes and Announcements



We were reminded about the Upper Arlington High School Vocal Music production of Cinderella which will be presented Thursday through Sunday, February 20 through 23 at UAHS.

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## 2020 UA ROTARY DINE-A-ROUND

### Friday, March 6th

6:00 – 7:15 Cocktail hour and light hors d'oeuvres  
compliments of UA Rotary – Grandview Café private room

7:30 – 9:00 Dinner at select restaurants in the  
Grandview area

9:30 Ice Cream at Jeni's & after-dinner drinks  
at Grandview Cafe

Please join your fellow Rotarians and their spouses/guests for a Dine-a-Round social. We will reserve tables at several local restaurants and assign members to dine together. We will kick off the evening with a complimentary cocktail hour and light hors d'oeuvres from 6:00 – 7:15 at the Grandview Cafe and then disperse in assigned groups to each restaurant. You will learn at the cocktail hour who your dining partners will be for the evening. Those interested in continuing their evening after dinner can grab ice cream at Jeni's and then after-dinner drinks back at Grandview Cafe. This would be an excellent opportunity to introduce guests to Rotary in a fun atmosphere. We will be sure that your guests are assigned to your dinner group.

Cost for the cocktail hour at Grandview Cafe will be covered but all Rotarians and guests will be responsible for covering their costs at their restaurant, Jeni's and drinks after dinner. **Advance registration is required before Monday, March 2nd.** PLEASE NOTE THAT WE WILL NOT HAVE A REGULAR WEEKLY LUNCH MEETING ON TUESDAY, MARCH 3RD. DINE-A-ROUND WILL REPLACE OUR REGULAR MEETING THAT WEEK.

**Questions:** Please contact **Matt Penrod** at [MattPenrod@me.com](mailto:MattPenrod@me.com) or **Jim Hyre** at [JHyre@HPWealth.com](mailto:JHyre@HPWealth.com).

**REGISTER NOW**

## UA ROTARY CLUB BOARD OF DIRECTORS MEETING MINUTES

Please visit [uarotary.org/board-minutes](http://uarotary.org/board-minutes) to see the January 2020 meeting minutes.