

ASSOCIATION NEWS: Columbus Metropolitan Club

Why Kindness Matters in Our Community

This forum was originally presented and recorded on March 14, 2018.

“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.”  
- Desmond Tutu



Grimes

The concept of kindness can seem simple, but it leads to powerful experiences and profound human connections. CMC’s Encore Forum discusses why kindness matters to a community – how it not only creates positive interactions, but also resiliency and strength for individuals and the communities where they live. Panelists are **Rocky Grimes**, founder, Heart of Unlimited Boundaries, **Dwight Smith**, chairman & CEO, Sophisticated Systems and founder, My Special Word and **Dr. Kathy Krendl**, President, Otterbein University, representing Otterbein University’s Kindness Matters Campaign. **Kelley Griesmer**, SVP and manager of The Walter Family



Smith

Foundation, The Columbus Foundation, will moderate the discussion. The Columbus Foundation’s Kind Columbus initiative’s mission is to build community through acts of unconditional kindness. By amplifying and enabling empathetic and compassionate actions, Kind Columbus creates a ripple effect of kindness that continuously inspires and fuels community members to do more good for each other and the community at large. With grants from their foundation, Bob and Peggy Walter are helping to create the Kind Columbus initiative. Explaining his passion for spreading contagious kindness, **Bob Walter** explained, “I think what we’re



Krendl

trying to do is to get people to be kind every day and to be thinking about that in every social situation, not just in a crisis.” He added, “we have a responsibility to help lift other people up because we all have been lifted up.” Rocky Grimes and his family share a safe go-kart driving experience with differently abled teens and young adults. Leaving his successful corporate career several years ago, he found a way to bring joy and happiness to families. He explains in his video (a must-see) on his website, “You can’t put into words when you see what both the individuals, and their parents experience. My favorite part is to look back and see the joy in their eyes.”



Griesmer

Dwight Smith realized the power of words and created My Special Word, an organization that helps youth develop their best selves by internalizing their own special word. Otterbein University, under the leadership of president Dr. Kathy Krendl, initiated Otterbein Kindness Matters. From #OtterbeinKindnessMatters to Pop Up Kindness Think Tank, the Westerville university is teaching and promoting kindness. Join us on YouTube and Facebook to revisit this discussion and share your thoughts about how the world has changed in the three-and-a-half years since this forum originally took place.

April 1 Forum, originally presented and recorded on December 7, 2016

Change Comes to the Heartland: OSU in the Sixties



Freeman

The forum reminded us of the tumultuous times at OSU 50 years ago when student unrest rocked universities and communities with demands for change. Fueled by assassinations, the Vietnam War, and unhearing and misguided white male leadership, conflict was inevitable. Kent State



Miller

was the icon of the times, Ohio State and Columbus witnessed its own dark days. Panelists explored how tensions built over years, why they converged when they did, and how they forever changed the university. The panel, which was livestreamed on YouTube and Facebook featured



Patterson

**Mabel Freeman**, special advisor to the President, Columbus State Community College; **Ray Miller**, publisher, The Columbus African; **Bill Patterson**, consultant, Reputation Management Associates (RMA); and **Bill Shkurti**, former Vice President for Business and Finance, The Ohio State University.



Shkurti

Connecting Wednesdays Online

CMC has produced quality forums since 1976. Fortunately for our members, fans and the general citizenry, CMC maintains a video archive of thousands of hours of community conversations featuring hundreds of amazing speakers on a wide variety of topics. Only true CMC nerds, the occasional reporter or a random internet search tracks down treasures of pithy commentary, priceless quotes and keen insight from the archives. As far as we know CMC has never done “reruns” in our 44-year history, until now!

Typically, the CMC staff and program committee

are focused on looking ahead, tasked to produce fresh, newsworthy, relevant conversations every week. Rarely do we afford ourselves the luxury of looking back to savor the content we’ve so carefully cultivated over the years. We are nothing if not prolific, producing more than 50 forums with nearly 200 speakers annually! Finding ourselves with many Wednesdays to fill without the ability to gather in our normal style, our program committee had a Zoom meeting to select gems from the archives.

The forums we selected are so worthy, they deserve an

encore, ENCORE! Chances are many have not seen these carefully selected conversations, and even if you have, the content is compelling, relevant and well worth watching again and sharing. The best part of sharing our favorite forums is that you are watching! Across CMC’s social media channels of Facebook and YouTube our Wednesday livestream of Encore Forums is doing remarkably well.

YouTube: Views up 141 percent, Time watched up 335 percent, Subscribers up 22 percent.

Facebook; Post Engagements up 224 percent, Video

views up 921 percent Page Followers up 133 percent.

Our regular email blasts to remind you to watch our Wednesday conversations are working.

While we long to get back to normal, it’s satisfying to know that our work over the years is still relevant, useful and worthy of sharing and that you are still there. We are humbled by the trust you put in us to do this work. Your membership and support are always priceless, but especially now. We look forward to seeing you soon and in the meantime, we’ll see you Wednesdays online.

Andy Campbell, Vice President of Programming.

Connecting by Collecting ...  
...Your Best Memories

We’re looking for your best memories – your best stories about your CMC experiences. Let’s start with this question: *Who is the most important person you have ever met at a CMC forum?* Either by their sta-

tus or someone who has become a very important person in your life. Send your story to [staff@columbusmetroclub.org](mailto:staff@columbusmetroclub.org) and we’ll follow up with an email to get the details so we can share it in the Daily Reporter and website.

Are your DUES DUE?

Don’t miss out and don’t forget us! It’s especially important that you renew your dues, and we are grateful for any donations. Please keep CMC in your heart and mind along with the many other organizations we know you love.

Donations of any amount are helpful. Think of donating your registration fee to CMC each week as you watch the forums online! Donate to Columbus Metropolitan Club at [columbusmetroclub.org](http://columbusmetroclub.org) today. We miss you!

Find us on social media, and  
sign up for our e-newsletter list

Find us on Facebook, YouTube, Instagram, and Twitter to continue the conversation. And be sure to sign up for our e-newsletter at [www.columbusmetroclub.org](http://www.columbusmetroclub.org) to get the latest news from CMC.

– Calendar of Events –

Only a few of those who accomplish things in this world are super intellects. However, they have one super quality that keeps them going: the I-will-keep-trying attitude, the never-give-up, the stick-with-it, the hang-in-there, the keep-it-going attitude. *From April 7, Positive Thinking Every Day, Norman Vincent Peale*

Upcoming Forums

We’ll be adding livestreaming  
NEW CONTENT when we are able.  
WATCH your email for last minute  
changes to our schedule.

Live-streaming Encore Forums

Hey, thanks! We know you’re there. Our livestreaming, ENCORE PERFORMANCES have drawn significant audiences and we really appreciate you tuning in! We miss seeing you in person, but knowing you’re watching helps us keep the community conversation alive. We’ll continue to present forums from “Our Greatest Hits” rich archives to livestream on Wednesday noon, free of charge on YouTube and Facebook. Forums are free to watch; however, we encourage you to register to receive information on upcoming forums and updates from CMC. We also invite you to engage with the conversation by sharing your thoughts in the comment section on Facebook.

Wednesday, April 15

Why Kindness Matters

Originally presented and recorded on Mar. 14, 2018

**Rocky Grimes**, founder, Heart of Unlimited

Boundaries, **Dwight Smith**, chairman & CEO, Sophisticated Systems and founder, My Special Word, and **Dr. Kathy Krendl**, President, Otterbein University, representing Otterbein University’s Kindness Matters Campaign. **Kelley Griesmer**, SVP and manager of The Walter Family Foundation, The Columbus Foundation, will moderate the discussion.

Originally sponsored by **Palmetto Construction Services, State Auto Insurance Companies**

Wednesday, April 22

Sitting is the New Smoking

Originally presented and recorded on June. 17, 2015

**Bernadette Mazurek Melnyk**, PhD, MS, dean of OSU College of Nursing; **Ihuoma Eneli**, MD, pediatrician and medical director of the Center for Healthy Weight and Nutrition at Nationwide Children’s Hospital; **Joseph Ruane**, DO, founder and medical director of OhioHealth McConnell Spine, Sport & Joint Physicians and medical director for Columbus Blue Jackets, with host **Ellie Merritt**, anchor WCMH-NBC4.

This forum was originally in the Our Healthy Community series, presented by **OhioHealth**, with support from **Mount Carmel Health System**.

Wednesday, April 29 (One of our all-time favorites!)

Aminah Robinson and Denny Griffith:

From the Art and Soul

Originally presented and recorded on April 8, 2015.

**Aminah Robinson**, Artist, **Denny Griffith**, former

President, Columbus College of Art & Design (While Aminah and Denny have both passed away, this forum will remind us how much they are missed.)

Originally sponsored by **Puffin Foundation West, GCAC, The Jeffrey Company, Crane Group**

Wednesday, May 6

Servants, Companions and Dinner;

The Animal Human Relationship

Originally presented and recorded on January 23, 2019

**Rustin Moore**, Dean, College of Veterinary Medicine,

**Meghan E. Herron**, DVM Diplomate - Associate Professor - Clinical Behavioral Medicine, Department of Veterinary Clinical Sciences OSU, **Megan Koester**, Executive Director, Canine Companions for Independence, **John C. Foltz**, PhD Chair, College of Food, Agricultural, and Environmental Sciences, Department of Animal Sciences; OSU.

Originally presented in partnership with **The Ohio Agricultural Council**

Special Events

Here’s something to look forward to!  
Save your tickets and mark your calendar for Neil at CAPA!



Tyson

Wednesday, October 7, 2020

RESCHEDULED

Neil deGrasse Tyson at The Palace  
At The Palace.

CMC is postponing live forums and will livestream our “Greatest Hits” on Wednesdays at 12 p.m., free of charge, on Facebook and YouTube. While the forum is free to view, we encourage you to register so we know you’re with us. Engage in the conversation through the comment section on Facebook.

Anyone requesting additional information may contact Jane Scott, President and CEO, Lanie Cuthbert, Vice President of Member and Sponsor Relations, or Montra Moody, Director of Events.

The CMC offices have moved! Please be sure to update our address to 1041 Dublin Road, Suite 103 Columbus, Ohio 43215