



The Lighthouse

NMA...The Leadership Development Organization
Columbus Public Service Chapter
The first Public Sector Chapter - est.1981



MARCH MONTHLY MEETING EVENT

Celebrating its 10 year anniversary, **Local Matters** was founded in 2008, and began as a response to a system that makes it difficult for communities in need to get consistent access to healthful, affordable foods and the realization that many lack the skills necessary to feed their families on a budget. These factors greatly influence rates of chronic disease, resulting in the prediction by experts that the current generation of children will have a shorter lifespan than their parents. In their presentation they will explore fun food-focused topics with us. They are a non profit group and more than 14,000 people are impacted by **Local Matters**.

They offer hands-on cooking classes, gardening, workshops and conversations about food and culture. **Local Matters** collaborates with schools, workplaces, healthcare providers and the community.

Our Guest Speaker for this meeting was Laura Helland. She is part of the **Wellness Matters** section of **Local Matters**. **Wellness Matters** was created three years ago as a social enterprise. They have held booths at some of the City of Columbus annual health fairs.



Laura informed us that food is the most potent and powerful thing we can put in our bodies. Depending on what types of foods and how they are prepared, they have the power to damage you or heal you.

March 2018

Visit the Columbus Public Service Chapter website:

www.nma-cpsc.org

Visit us on Facebook at

www.Facebook.com/NMACPSC

Read the latest issue of Breaktime at

www.nma1.org/nma-breaktime

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NMA Family Scrapbook



Welcome new member
Oyama Hall from DoT!!

*Let us know about
your new additions,
or those needing our
thoughts and prayers*

She used a great analogy to ask yourself would you rather eat a plant that comes from the ground versus eating something that is made in a plant manufacturing place.

Columbus City Councilmember Pricilla Tyson helped launch a partnership to promote a Local Food Action Plan and create more community participation. You can visit the website below if you'd like to learn more about that.

<https://www.columbus.gov/publichealth/programs/Local-Food-Action-Plan/>

Local Matters also partnered with *Mid Ohio Food Bank* whose mission is to distribute food while *Local Matters* focuses more on educating people on how to prepare healthy meals and stretch the length of food they get.

There are volunteer opportunities where people can make a positive impact on the community, build knowledge and skills and meet others who share these passions. Please visit the website for more information and great recipes ideas: <http://www.local-matters.org/>

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Laura Helland with President Teresa Langer

Announcements

April Member Meeting Event

DATE: Wednesday, April 18, 2018

TIME: 11:15 a.m.—12:50 p.m.

LOCATION: City of Columbus, Transportation Training Center: 1881 E 25th Avenue

MENU: BBQ Bar catered by *Modern Southern Table*: Pulled chicken, pulled pork, baked beans, potato salad, coleslaw, dessert and beverages

AGENDA:

11:15 Registration

11:35 Pledge of Allegiance and Invocation

11:45 Lunch is Served

12:05 Guest Speaker: Te'Lario Watkins of Tiger Mushroom Farms

12:35 Committee Reports, Incentives

12:50 Meeting Adjourned

Make reservations by Thursday, April 12th to Lesley Carter at lacarter@columbus.gov or 614-645-0071

(Please RSVP with any food allergies or dietary restrictions)

Guest Fee: \$10

Don't forget to bring your pop can tabs for Ronald McDonald House

NMA Calendar

May

5 Cinco de Mayo
13 Mother's Day
18-20 Rock on the Range
26-27 Asian Festival
28 Memorial Day

June

8-10 Arts Festival
15-17 PRIDE Festival
15-17 Creekside Blues & Jazz Festival
17 Father's Day





All are welcome to attend:

**City of Columbus
Toastrmasters**

Meetings:

1st, 2nd & 3rd Thursday of every month at

Columbus Public Health
240 Parson Ave.
Room 119-C
6:00 to 7:30 PM

**For more information,
Call 645-6032 or 216-8988**



NMA members filled in the table below with some information of pros and cons of purchasing fresh, frozen or canned fruits and vegetables.

| | Pros | Cons |
|--------|---|---|
| Fresh | Better taste, more nutrients | More expensive, shorter shelf life, seasonal |
| Frozen | Convenient, last longer, great for out of season fruits | More preservatives, required storage space in freezer |
| Canned | Less expensive, most convenient, longer shelf life, easier to store | More sodium/salt, need a can opener, more additives |

One good tip Laura gave us was running canned goods under cold water to make it lower in sodium yourself.

You can also freeze fruits and vegetables to later use them in smoothies or other recipes.

It is always good to read labels on foods to see what you are putting into your body.

This must be a lifestyle change in order to be successful.

Last but not least, everything in moderation!!

Information distributed at our meeting!!



Hands-on Cooking Classes

- Apr 2 - Pizza from Scratch
- Apr 4 - Cook Once, Eat Twice (batch cooking)
- Apr 9 - Eating Green for Earth Day
- Apr 11 - April Fools Tricks: Kids Meals Made Healthy
- Apr 16 - Totally Tofu
- Apr 23 - Eggcellent Breakfast Recipes
- Apr 30 - Good Pho You Vietnamese Cooking
- May 2 - April Showers Bring May (cauli)Flowers
- May 7 - Cooking for Diabetes
- May 9 - #WakandaWednesday
- May 14 - Indian Food: Second to Naan
- May 21 - Caribbean Staycation
- May 31 - Kale Yeah: Vegan Cooking Part II
- June 4 - Gluten-Free Cooking
- June 7 - LEMONade: An Ode to Beyonce
- June 11 - Healthy Tailgating
- June 13 - Snack Attack
- June 20 - Bring on the Burrito Bowl
- June 27 - Satisfying Summer Salads

Gardening Workshops

- Apr 19 - How (and Why) to Start a Garden
- May 16 - What Can I Grow in This? Container Gardening
- June 21 - How Does Your Garden Grow?

Community Conversations

- Apr 26 - Is Growing Your Own Food Worthwhile?
- May 24 - Can Elimination of Food Waste Solve Hunger?
- June 28 - Nutrition Information: Who Do You Trust?

Local Matters invites you to join us for a hands-on cooking class, gardening workshop, or conversation about food and culture!

Classes are open to the public and geared toward people of all ages and skill-levels, regardless of ability to pay. We hope to bring our neighbors together in the kitchen to learn about healthful food in a variety of fun and interactive ways.

Our **Community Kitchen Classes** fill up quickly! Please take a moment to register on our website - we look forward to seeing you!

To register, visit:
www.local-matters.org/classes-events

Local Matters is a nonprofit in Central Ohio that works in food education, access, and advocacy. Through a variety of programs and classes, Local Matters reaches over 14,000 children, adults, and families every year.

Local Matters
 633 Parsons Avenue
 Columbus, OH 43206
 614.263.5662



Here is one of the recipes we enjoyed that day!

Another healthful recipe from
Wellness Matters

Fresh Tomato Salsa

Yield: 8 servings

Ingredients

- 4 large ripe tomatoes, diced (about 4 cups)
- 1/2 cup tomato sauce
- 4 green onions, including tops, sliced
- 1/2 bunch fresh cilantro, minced
- 1 medium jalapeño pepper, seeded and finely diced
- 1/2 tsp. salt, or to taste
- 1 Tbsp. red wine vinegar

Directions

1. In a medium stainless steel bowl, combine the tomatoes, tomato sauce, green onions, cilantro, jalapeño pepper, salt, and vinegar. Cover and refrigerate until ready to serve.

Chef's Note

This salsa is best when eaten within a few hours after it is made, but can be refrigerated for up to 2 days.





Eat a colorful variety of fresh fruits and vegetables to get all the vitamins you need. Each color group has characteristic nutrients that keep you healthy in different ways. The darker in color, the more nutrients, so choose the darkest varieties for the maximum benefit!

Red & Pink

Most red fruits and vegetables contain antioxidants. Tomatoes, watermelon and pink grapefruit lower the risk of some cancers.

Fruits: Pink grapefruit, apples, beets, blood oranges, watermelon, red apples, raspberries, strawberries, cherries, red grapes, cranberries, pomegranates.

Vegetables: Tomatoes, red bell peppers, radishes, beets, red cabbage, rhubarb.

Orange & Yellow

Golden fruits and vegetables are a treasure trove of vitamins. Vegetables such as carrots, pumpkins and yams have carotenoids, which your body converts to vitamin A. Citrus fruits are rich in vitamin C, which strengthens your immune system, and folate, which prevents birth defects.

Fruits: Lemons, oranges, grapefruit, tangerines, mangos, nectarines, peaches, apricots, pears, papayas, yellow watermelon, cantaloupe, pineapple.

Vegetables: Carrots, sweet potatoes, sweet corn, pumpkin, butternut squash, yellow peppers.

Green

Green vegetables are a good source of folate to help your metabolism, and vitamin A, which is important for good vision and a healthy immune system! Some green fruits and vegetables also have Vitamin C to help your body absorb iron and create stronger bones. Some green fruits and vegetables also have vitamin C.

Fruits: Green apples, kiwi, lime.

Vegetables: Avocados, cucumbers, broccoli, leafy vegetables (kale, spinach), peas, green beans, zucchini, green peppers.

Blue and Purple

These blue-tiful fruits and vegetables are packed with anthocyanins, antioxidants which promote healthy skin and blood vessels. Blueberries support memory and healthy aging. Many purple fruits and vegetables are a good source of vitamin A.

Fruits: Blueberries, currants, purple grapes and raisins, plums, figs, blackberries.

Vegetables: Eggplant, purple potatoes, purple onions.

White and Brown

White and brown produce may not be as colorful as their brethren, but are just as healthy! These light fruits and vegetables have heart-healthy compounds. Onions and garlic have allicin, which guards against germs. Bananas and parsnips have a lot of potassium, and mushrooms have selenium.

Fruits: Bananas, white peaches, lychee, Asian pears.

Vegetables: Cauliflower, rutabagas, parsnips, onions, garlic, jicama, mushrooms, potatoes, ginger.

ELECTION ANNOUNCEMENT

Officer Elections!!

1st Vice President, 2nd Vice President, Secretary, and Treasurer are open positions.

If you would like to nominate someone in the chapter or to nominate yourself, just call or email Jeff Emhuff at 614-645-3655 or jtemhuff@columbus.gov.

We ask that anyone nominated please consider accepting the position. This would be a great opportunity for you to put your unique skills to use and help bring new ideas to the NMA organization.

FUNDRAISER INFORMATION

THERE WILL BE MORE TO COME!!!!!!

Hello NMA Members! We are having our first pizza party/bake sale fundraiser this Thursday, March 29th at the Jerry Hammond Building's lower level "Hungry Soldier Room" ! Please stop by if you can and enjoy some lunch (see attached flyers) for only \$5 and baked goods will be extra. The proceeds will go towards offsetting the expenses of this year's Annual High School Speech Contest in June, with our winner travelling to San Antonio Texas in September for the National Contest.

If you can't make it that day and would like to make a donation towards the purchase of the food involved, or would like to donate a baked good, please contact Margaret McDougald in DoT. We look forward to seeing you there!

Thank you!

Teresa Langer
NMA President



WHAT: Pizza Party & Bake Sale
\$5.00 Pizza Lunch Includes:
2 slices of pizza, choice of salad or chips and drink

WHEN: Thursday, March 29, 2018
from 11:30AM – 1:30PM

WHERE: Hungry Soldier Room
(Lower level Jerry Hammond Building)

WHY: Proceeds to benefit the 2018 NMA Annual High School Speech Contest Chapter winner who will be competing in San Antonio, Texas in September!



We thank everyone for supporting the NMA Speech Contest!

We would also like to say a special thanks to **Member Gwen Akrobettoe** who donated money towards the Speech Contest making it a total of \$63 in donations collected at our last meeting!!



Follow up from Pizza Party & Bake Sale

Hello Everyone! On Thursday, March 29th NMA had its first “*Pizza Lunch and Bake Sale*” at 1111 East Broad Street with Board Member Margaret McDougald and member Paula Hall hosting, along with members LaVerne Smoot, Marcellus Stewart, Cindy Fruth and Catrina Whitlock helping. This proved to be very successful with the profit of **\$200** going towards this year’s Annual High School Speech Contest!

Thank you to those members who donated baked good items, chips, pop and water, and to those who came out to enjoy lunch that day!

If you would like to host this fundraising lunch event at your workplace, just let me or one of the NMA Officers/Board members know and we will coordinate another successful event.

Thank you!

Teresa Langer
NMA President

SPEECH CONTEST ANNOUNCEMENT!

Deadline for Entry to the Speech Contest is Friday, May 18, 2018

Teaching the World’s Youth about Leadership, the NMA Leadership Speech Contest is open to any students in grades 9-12 and is a unique opportunity to research, write and present your original 4-6 minute speech on the topic “***Leadership***”.

Want to know more? Please contact:

Bee Tolber: BTolber@columbus.gov
Phone: 614-645-7496 Fax: 614-645-3734

Teresa Langer: TLanger@columbus.gov
Phone: 614-645-4128 Fax: 614-645-4204

For contest rules and entry forms:

<https://nma1.org/documents/speech-contest/Speech-Contest-Info-Packet.pdf>

For past presentations: <https://nma1.org/speech-contest-videos-on-youtube/>



What is NMA?

NMA The Leadership Development Organization is a professional association headquartered in Dayton, Ohio. The Association is a national not-for profit organization serving about 20,000 members worldwide.

NMA Code of Ethics

I will recognize that all individuals inherently desire to practice their occupations to the best of their ability.

I will assume that all individuals want to do their best.

I will maintain a broad and balanced outlook and will recognize value in the ideas and opinions of others.

I will be guided in all my activities by truth, accuracy, fair dealing and good taste.

I will keep informed on the latest developments in techniques, equipment, and processes.

I will recommend or initiate methods to increase productivity and efficiency.

I will support efforts to strengthen the management profession through training and education.

I will help my associates reach personal and professional fulfillment.

I will earn and carefully guard my reputation for good moral character and good citizenship.

I will promote the principles of our American Enterprise System to others, by highlighting its accomplishments and displaying confidence in its future.

I will recognize that leadership is a call to service.

NMA Statement of Principles

NMA is dedicated to managerial excellence, personal and professional growth, and leadership development. The following principles identify NMA's core beliefs and provide the basis for the Association's Mission Statement.

We believe in the highest standards of personal and organizational integrity and respect for the individual.

We believe in lifelong learning, continuous improvement, and the development of a workforce capable of sustaining a competitive posture in the global economy.

We believe management is a creative, dynamic, and essential process enabling people to achieve personal and organizational objectives.

We believe that managerial responsibility is shared among all individuals at all levels of the organization and that leadership is critical to management success.

We believe that individuals and organizations have a community and civic responsibility.

NMA Mission Statement

NMA creates leadership development products and opportunities that maximize the potential of our members, sponsoring organizations and communities.

Helping Hands

Yvette Aniagolu – helps with the Center for Healthy Families for Christmas.

Bruce Black – is President of the Berwick Civic Association.

Cindy Fruth – continues to volunteer as the Treasurer of the Columbus Employees Association and is also the Treasurer of her church.

Renée Hudson—volunteers through Big Brothers Big Sisters mentor program.

Debbie Ioia – Secretary of the Executive Board at Central Ohio Chapter of Huntington’s Disease Society of America (HDSA), and also volunteers as a 4th grade Sunday school teacher at her church.

Beth Fairman Kinney – Treasurer of the United Crestview Area Neighbors Civic Association.

Teresa Langer – continues to sell candy bars to support the NMA speech contest.

Lisa Landoll – volunteers at the information desk at Riverside Methodist Hospital.

Victoria Landrum – volunteers with Stories Behind Their Eyes – Human Trafficking Awareness.

Lezley Neal – volunteers as the Treasurer for the Labor and Employment Law Association (LELA), at Capital University Law School.

Terry Neal – volunteers on the Board of Directors for the Eastgate Garden Civic Association, and currently attending the Civilian Police Academy.

Tami Peters – continues to volunteer for the Ginkaku-Ji Karate Dojo.

Kathy Spatz – volunteers as a Trustee for the Inniswood Gardens Society and is a Westerville Parks and Recreation Advisory Board member.

Terrell Spencer – currently holds the office of President of the Livingston Heights Place Civic Association.

Bee Tolber – volunteers at the North Central Area Commissioner, Big Brothers Big Sisters mentor, Columbus City School Board, Tray Lee Center volunteer, also a

St. Stephen’s Community House CCS Mentorship Program.

Jeff Ushry – tutors at Eastmoor Academy where he also volunteers for the Touchdown Club and is a member of the EABPTA.

Scott Ward – Executive Board Member for the American Legion and the Association of the United States Army.

The NMA Leadership Model



Derived from a similar model in Results Based Leadership by Ulrich, Zenger, & Smallwood.

NMA OFFICERS AND BOARD MEMBERS JULY 2017—JUNE 2018

| Officers | Name /Term | Office Phone | Department | Email |
|--|-------------------------|---------------------|------------------------------|--|
| President | Teresa Langer | 614-645-4128 | Public Safety/Fire | tlanger@columbus.gov |
| 1st Vice President | Bee Tolber | 614-645-7496 | DPU/DoSD | bvtolber@columbus.gov |
| 2nd Vice President | Beth Fairman Kinney | 614-645-5220 | Neighborhoods | bfkinney@columbus.gov |
| Secretary | Lezley Neal | 614-645-0422 | Public Service/Support | lrneal@columbus.gov |
| Treasurer | Rhonda Brown | 221-3132x75653 | Public Safety/Fire | rbrown@columbus.gov |
| Past President | Jeff Emhuff | 614-645-3655 | Development/Code Enforcement | jemhuff@columbus.gov |
| National Director 2018 National Chairman of the Board | Kathy Spatz | 614-645-0487 | Recreation & Parks | kaspatz@columbus.gov |
| Lifetime Director 2004 National Chairman | Bill Mahaffey, CM | 614-795-1582 | Retired | Billm4715@sbcglobal.net |
| Board of Directors | | | | |
| At Large | Terrell Spencer 2019 | 614-645-6133 | Finance/Fleet | tespencer@columbus.gov |
| Development | Yvette Aniagolu 2018 | 614-645-3692 | Development/Fiscal | ykaniagolu@columbus.gov |
| Public Safety | Terry Neal 2019 | 221-3132x75474 | Public Safety/Fire | tneal@columbus.gov |
| Public Service | Catrina Whitlock 2019 | 614-645-0529 | Public Service/ Refuse | cwhitlock@columbus.gov |
| Public Utilities | Cindy Fruth 2019 | 614-645-7304 | DPU/Fiscal | cmfruth@columbus.gov |
| Technology | Margaret McDougald 2018 | 614-645-1608 | DoT Fiscal | mabrowder@columbus.gov |
| SWACO | Albert Iosue 2018 | 614-871-5100 | SWACO | Albert.Iosue@swaco.org |
| Committees | | | | |
| Chapter Awards | Amy Ackerson | 614-645-8119 | DPU/Water | aackerson@columbus.gov |
| Community Service | | | | |
| Membership | Geneva Christensen | 614-645-5348 | Public Safety/Fire | gchristensen@columbus.gov |
| Professional Develop. | Carnell Felton | 614-645-3138 | DPU/DoSD | cbfelton@columbus.gov |
| Programs | Lesley Carter | 614-645-0071 | DPU/DoSD/Compost | lacarter@columbus.gov |
| Public Relations | Renée Hudson | 614-645-4423 | Public Safety/Police | rhudson@columbuspolice.org |
| Executive Advisory Committee | | | | |
| Name | Title | | Agency | Email |
| Derek Anderson | Assistant Director | | Public Utilities | dhanderson@columbus.gov |
| Nichole Brandon | Director | | Human Resources | nmbrandon@columbus.gov |
| Dr. Ned Pettus, Jr. | Director | | Public Safety | NPettusjr@columbus.gov |
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| Jeff Emhuff | Past President | | Development/Code Enforcement | jemhuff@columbus.gov |



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