



ROTARY NOTARY

Birthdays:

<i>John Exline</i>	8/24
<i>Scott Hampel</i>	8/24
<i>Bobbi Hansen</i>	8/27
<i>Ken Dillehay</i>	8/28

At Rotary Today:

Greeter: Angela Binyon

Invocation, Flag Salute, and Four-way test:

Nancy Wiebe

Member News: Britt Fulmer

Special Guests:

Elias Bernard
Mike Casey
Mindy Cook
Scott Pierce

Wedding Anniversary:

Fred and Joyce Heismeyer—
38 years

Quote of the Week:

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

—Mark Twain

FINDING FULFILLMENT: A SUCCESSFUL LAWYER CHANGES CAREERS



Paula Kidd Casey has found her passion in life: to help others write a new life story for themselves by discovering the magic within their own minds.

When Paula Kidd Casey began her career as an attorney, she was among the first women in the Midwest to open a private law firm. She was a success, both professionally and financially.

But arguing cases took a toll on her physical and emotional health. When you're in court there are rarely win-win situations. Most of the time, someone goes home losing.

In 2006, Casey experienced what she thought was a heart attack. She learned that her life and health were out of balance. Several months of medical tests revealed that she'd been having anxiety attacks along with clinical depression.

Truly, there was something more to the hamster wheel she found herself on—working to make money to

have more money to spend and then needing to work even more to have even more money, she thought.

Using the research skills she'd honed as an attorney for nearly 40 years, Casey began studying the writings of the top thought leaders in personal development. These works include "How to Win Friends and Influence People," by Dale Carnegie; "The Power of Positive Thinking" by Norman Vincent Peale; and "Think and Grow Rich" by Napoleon Hill. As she studied these classics, she discovered a concept called the Law of Attraction.

It was her "aha" moment. She delved more fully into studying and researching exactly how, as Earl Nightingale said, we become what we think about. And the result was this: she was able to, as she says in her

book, unite "the spiritual information shared by the masters with valid scientific data, uniting quantum physics and the natural laws of vibration and attraction."

On her journey, Casey also met several current thought leaders, who have become mentors. Today, Paula Kidd Casey wants to share the message that there is magic, joy, and abundance in the universe. There are amazing natural Laws, which, if followed, can open the door to genuine abundance, wealth, and the richness of satisfying relationships.

Changing your thoughts and the way you respond to situations is a great first step on this journey that Paula Kidd Casey invites you to take with her. Begin with gratitude. As an unknown author reminds us, "It is not happy people who are thankful. It is thankful people who are happy."

AT ROTARY TODAY

Upcoming Events:

September 20—Volunteer service at The Lord's Diner. Mark your calendars now!

September 22—Map painting project at Hyde Elementary School from 8 to noon. Donuts, coffee, and fun provided!

Fun Fundraiser:

Wines from Down Under is an Australian –themed dinner paired with wines to raise funds for the West Wichita Charitable Foundation of West Wichita Rotary. It happens on Saturday, September 22 at the Doubletree by Hilton Hotel at the airport. Purchase a ticket for \$75 by contacting Diane Walker at dwalkr@sbcglobal.net.

Next Week:

Bob Lutz, sports enthusiast and founder of League 42 baseball, will be our speaker.



Always dressed for success, EWR Charter Member Britt Fulmer delivers the Member News at nearly every meeting. Today he set the record straight: EWR originally met at the Tallgrass Country Club, then at the Wichita Country Club, then at WSU for a few years, and now we're back at the Wichita Country Club. We appreciate Britt's good humor and entertaining delivery! Thank you, Britt!

NATIONAL PEACH PIE DAY

We know why a late August date was selected for National Peach Pie Day. Because there's no better time of year to find sweet, ripe Colorado peaches for pie baking. Piles of peaches, mixed with sugar, cinnamon and a few other ingredients inside a buttery, flaky crust make up this delicious dessert.

Fun facts about peaches:

- ◆ Georgia is known as the "Peach State."
- ◆ Peach harvest in the U.S occurs between June and August.
- ◆ Harvest from each peach tree lasts about one week.
- ◆ A medium peach weighs 2.6 oz.
- ◆ There are two main varieties of peaches: Clingstone and Freestone.
- ◆ A medium peach typically contains 30 calories, 7 g of carbohydrate, 1 g of protein, 140 mg of potassium, and 8% of the daily value for vitamin C.
- ◆ The People's Republic of China is the world's largest producer of peaches.
- ◆ The peach was brought to the Americas by Spanish explorers in the 16th century.

