



ROTARY NOTARY

Birthdays:

<i>Rigby Carey</i>	8/17
<i>Shelly Chinberg</i>	8/17

At Rotary Today:

Greeter: Joyce Heismeyer

Invocation, Flag Salute, and Four-way test:

Robin McGonigle

Special Guests:

Laura Roberts

Rotary Anniversaries:

Kim Goodnight—3 years

Cavon Cockrum—1 year

Charlie King—1 year

Wedding Anniversary:

Burke and Susan Jones—27 years

Announcements:

Please sign up for “Service above self” as a greeter or invocation leader. Also, remember to send Kim your birth year so our EWR stats aren’t skewed!

Quote of the Week:

You must put your head into the lion’s mouth if the performance is to be a success.

—Winston Churchill

HOW TO BE A DAUNTLESS LEADER...EVEN IN WAR

After retiring from the United States Air Force with 25 years of service, Cathy McClain transferred her leadership skills to the private sector, where she worked for Boeing, and then Spirit AeroSystems. During her Air Force career, Cathy piloted the KC-135, T-37B, and UV-18 aircraft. Today she is the CEO of her own coaching, consulting, and speaking firm, Dauntless Leadership.



Most of the time, a leader must make decisions without having complete information. That’s why leadership takes courage. And nowhere is courage more required than when you’re nearly 7,000 miles from home and about to head into combat.

Cathy McClain recalled when she was stationed on the island of Cyprus, preparing to lead a refueling mission over Iraq. Her team of 550 included active duty military and National Guard. She thought the mission was a few days off until receiving a phone call in the middle of the night telling her to get ready now.

As Cathy was going through her pre-flight checklists, the boom operator, a young woman, confided that she’d never been in combat before. That was one of many critical leadership moments for McClain, who provided

not only a boost of assurance, but a boost up the ladder into the plane.

The mission was a success, with fighter jets taking out an area ten minutes after refueling. The boom operator who had been scared earlier did a flawless job and following the mission could be seen walking with bounce in her step.

To McClain, courageous leadership begins with the heart. She compared Samuel Pierpont Langley, who was paid by the War Department and charged with achieving powered flight, to the Wright Brothers, whose passion for flight knew it would change the world. In part because of the courage of their hearts, the Wright Brothers succeeded.

The next part of leadership is using your head—making decisions on the job and charting a path. People will make mistakes, she advised. Do not berate them in front of others. Talk to them in

private and learn from the experience.

Last, use your hands (your technical skills) to analyze the situation. To McClain, good leaders owe it to their team members to help them develop their technical skills to do their jobs better.

Research into what happens when we’re stressed and how we can deal with it is what McClain referred to as the “Amygdala Hijack.” Stressful situations activate the pre-frontal cortex, resulting in an immediate and overwhelming emotional response that is out of proportion to the stimulus.

To exercise good leadership, and to prevent your amygdala from being hijacked, McClain recommends first, thinking of something you’re grateful for. Then, take three deep breaths. By doing this, you can avoid doing something in the heat of the moment that you’ll later regret. Good advice from someone who knows how to pilot a 300,000 pound refueling plane during a war.

Upcoming Events:

August 22—MIXER at Wichita Brewing Company (WBC), 535 N. Woodlawn, at 5:15 p.m. WBC is located back behind Westlake Hardware, in a strip mall that faces Central. It's a great place to enjoy pizza, calzonesand a huge variety of craft beers!

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

September 22—Map painting project at Hyde Elementary School.

2018—2019 EWR Board:

President: Burke Jones
Pres-Elect: Anne Schneider
Secretary: Donna Kennedy
Treasurer: Drew Rooks
Past President: Scott Holder

Public Relations: To be determined
Membership: Tammie Rhea
Membership: Bob Morris

EWR Foundation: Susan Addington
Social Media and Events: Michael Moeder

Administration: Richard Samaniego
Service: Denise Hearson

Next Week:

Meet the youth who participated in RYLA, Rotary Leadership Youth Awards, this summer. It's another example of how our club is investing in our community's future!

AT ROTARY TODAY



Jim Boone was honored today with a special pin (inset) commemorating his contributions to the Paul Harris Society. The two stones represent Paul Harris Plus Two, meaning he has achieved Paul Harris status three times. Congratulations and thank you, Jim!

Susan Addington (L) introduced today's EWR scholarship recipients, who are both seniors at KU. Aleeya Hubbard-Kinard (center) is studying architecture and will complete her graduate degree in a year. Autumn Crafton (R) helped serve lunches at the Lawrence Public Library this summer and learned a lot about the community as a result.



Robin McGonigle introduced Sarah Wine, EWR's newest member. Sarah works at Heartspring and in addition to being the mother of a perfect 2 1/2 year old daughter, is also an actress and singer. Sarah is excited to grow as a person through Rotary and to get to know all of us better. Welcome aboard, Sarah!