



ROTARY NOTARY

Birthdays:

Joe Sullivan	1/19
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At Rotary Today:

Greeter: Michael Moeder

Invocation, Flag Salute, and Four-way test:
Joe Goetz

Special Guest:
Kelly Dandurand

Member News: Britt Fulmer

Rotary Anniversaries:

Richard Strunk—27 years
Justin Baxter—4 years
Deik Scram—4 years
Juston White—4 years

Quote of the Week:

A goal is a dream with a deadline.

—Napoleon Hill

JOHN MADDEN SHOWS US HOW TO COPE IN A TIME OF FLUX

John Madden spent the first several years of his life in an orphanage in Ireland. He moved to Dublin to live with an aunt, who introduced him to the hotel industry. Here in Wichita he worked for the former Lodging Enterprises. For the past 20 years he's presented lectures and workshops all over the world.



Who is the greatest source of the stress in our lives? John Madden says it's us. Knowing that, we have many opportunities to reduce, or at least manage, the stress we experience.

Change your perspective. When we look at the rain, do we see a huge annoyance or do we think about how beautiful the trees and shrubs will look afterward?

Learn from those you admire and respect. Madden used actor Michael J. Fox as an example. Diagnosed with Parkinson's Disease in 1991 when he was 29, Fox has become a fund-raiser, educator, and advocate for research to find a cure for this devastating disease. All without giving up his career as an actor.

Laugh and smile a lot. Humor is the great antidote to stress. Madden reminded us that entertainer George Burns, who lived to be 100 years old, said, "If you can laugh, you'll survive anything."

Have a strong purpose. For the past eight years John has been a Big Brother to a young man named Malcolm. Getting together and looking forward to their visits, as well as knowing that he's making a difference to Malcolm, gives John a sense of purpose. For many of us in EWR, working together on community service projects gives us, and our club, purpose.

Travel and experience new adventures and perspectives. John showed a photo of himself at the Great Wall of China. Not only did he

see something new, he made new friends while he was there. But while you're visiting, be sure not to offend your hosts with seemingly innocent gestures that are perceived negatively. Madden showed a photo of President George H.W. Bush making the "V for Victory" sign on a visit to Australia. The problem was, that gesture is the equivalent of raising the middle finger here.

Exercise daily. How many of us began the new year intending to exercise more? How many of us are still committed to that goal? Daily *exercise* helps clear the mind and strengthen the body. Start moving and straighten up, Madden advised.

Use body-mind control. Your mind really does influence your body. If you think negatively, (*cont'd on p. 2*)

AT ROTARY TODAY

Upcoming Events:

January 31—We'll hold our first Mixer of the year on Thursday, January 31 at YaYa's. We'll meet in the bar area where the high top tables are located. Bring your spouse, a friend, or a colleague who might be interested in joining EWR! The fun begins at 5:15.

March 1—OSCAR (Our School Cares About Reading) Reading Day is back at Buckner Elementary School! Schedule a half hour to read aloud to students who will be thrilled to see you. The sign-up sheet is at Kim's table.



Brian Blackerby (R) introduced new EWR member Shane Pullman (L) at today's meeting. Both Shane's father and grandfather were members of the Downtown Wichita club. Welcome, and we look forward to knowing you better, Shane!

At the Marriott:

You may have seen (or heard) construction going on during our meetings at the Marriott. Angela Binyon gave us an update. The hotel was built in 1987 and is being completely renovated. By the end of September, 2019 all 294 hotel rooms will be totally renovated. Also, the pool, fitness center, and exterior of the building will be just like new. Thanks, Angela, for the great food and service this month. We love the Marriott!

One of the great benefits of Rotary membership is making friendships that last a lifetime. Here, speaker John Madden talks with EWR member and pal Jim Boone.



JOHN MADDEN (CONT'D)

you'll act negatively. In turn, the body influences how we feel, think, and influence others. If we don't feel good, chances are we won't be as mentally sharp as we could be.

Add value to others. That's what life is all about. Promote or influence success and happiness in others. And don't forget to rejoice in the success of others.

Be happy— it's a choice. "I don't smile because I'm happy, I'm happy because I smile," Madden explained. Even when we don't have anything to smile about, just start smiling. You'll start to feel better, and then you really will have something to smile about.

Give thanks, and count your blessings. This is one of the greatest de-stressors of all. Each of us in EWR has a roof over our heads, a bed to sleep in, food in the refrigerator, and running water to drink or take showers with. Half of the world does not have these amenities, in fact, some residents of our city don't have these things. So be grateful for what you have, and remember to reach out and make a difference to someone today. Great advice from a man who clearly follows it!

Next Week:

Past EWR member Mike Smith will present *From Saving Lives to Saving Businesses*. We'll be back at the Wichita Country Club.