



ROTARY NOTARY

CAREER AND TECHNICAL EDUCATION = MANY OPTIONS

Birthdays:

<i>Deik Scram</i>	2/1
<i>Phil Broz</i>	2/2
<i>Gilbert Omido</i>	2/2

At Rotary Today:

Greeter: Susan Addington

Invocation, Flag Salute, and Four-way test:
Shelley Duncan

Rotary Anniversaries: CHARTER MEMBERS

Marc Campbell—35 years
Britt Fulmer—35 years
John Hoffmann—35 years
John Hurst—35 years

Richard Samaniego—6 years
Kim Pennington—4 years

Quote of the Week:

To play a wrong note is insignificant; to play without passion is inexcusable.

—Ludwig von Beethoven



Jim Means has been an educator for 37 years. In that capacity he has served as a classroom teacher, assistant principal, principal, college administrator, and currently, director of USD 259's Career and Technical Education programs.

Career and technical education has transformed from being “avocational,” that is, something you’re personally interested in, like a hobby, to vocational, which is the way you earn a living.

Years ago, students took courses in industrial arts—sewing, woodworking, cooking—to be better prepared for what they needed to know to prepare meals at home and repair their cars. Jim Means showed us that today’s industrial arts programs prepare students for real careers in culinary science, health care, agriculture, and more.

By exploring career paths while still in high school, students can get a jump start on knowing what jobs they want to have and what college or technical school training courses they will need to get there. They can receive certificates and/or badges that can lead directly

to a job upon graduation.

Another benefit of local career and technical education programs is their ability to engage students in learning, leading to higher graduation rates.

Means then took us through the seven career pathways available locally.

Agriculture—At Southeast High, a chicken coop helps students learn about animal care. Future plans include a large greenhouse.

Business/Marketing—At East High, the “Ace Place” sells school apparel that funds school activities.

Construction and Design—students learn to build wall systems, culminating in a project to build a storage shed they can sell.

Family and Consumer Sciences—Commercial-style kitchens with separate food prep and cooking areas

modeled after actual restaurants teach students how to prepare and serve food. This is the district’s largest program.

Health Sciences—This program orients students toward careers in providing direct care, or research.

Media and Technology—Students learn web design, IT support, and network systems.

Public Services—Law enforcement, emergency medical technology, corrections, and fire technology all fall under this pathway.

Students can earn college credit in many of these pathways, with some graduating from high school with an Associates Degree. For those of us concerned about the workforce of the future, the Wichita Public Schools’ CTE program is reassurance that we have people to fill important, and needed, jobs for the future.

Upcoming Events:

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.

Matching Gifts: A Great Way to Double Your Money

Your company may have a matching gift program that will match your charitable contributions to the East Wichita Rotary Foundation (EWRF)! Our own **Kevin Rathert** recently discovered that his employer, State Farm, does this. The result is more money to support scholarships provided by EWRF. The paperwork is easy to complete, and **Kim Hurtig** will help.

Please check your employer's policies on matching gifts and let Kim know if she can assist you.

Next Week:

This will be the third installment of our Leadership Series. Executive Coach and EWR member Tim Link will present our program.

DOWNSIZE NOW: YOUR CHILDREN WILL THANK YOU LATER

Last May, my 86-year-old mother-in-law moved from the Wisconsin farm where she had lived for 40 years to a smaller house 15 miles away. With help from seven children and 11 grandchildren, she has accumulated more stuff over her lifetime than she (or they) could ever use. Family members made a dozen round trips in minivans and SUVs, transporting small items — lamps, dishes, knick-knacks, plants, wall hangings, her thimble collection, along with a profusion of canned goods — to her new home.

About halfway through the process, my older son whispered, "Please, don't let this happen to you and Mom." Gazing around my basement office at the walls of magazines and books, at the boxes and cabinets filled with outdated computers, monitors, keyboards, and cables, and at the 10 file drawers stuffed with paper, I realize that I should have started sooner. Like maybe 21 years ago, before we moved into this house.

I'm not sure where to begin. I start with the current world champion of decluttering: Marie Kondo, author of *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, who was named one of Time magazine's 100 Most Influential People in 2015. Her approach to decluttering is a six-step process that relies on asking yourself whether a possession "sparks joy" when you hold it. If not, you should thank it and send it packing.

I don't doubt that Kondo has helped millions of people get their houses and lives in order. But few of my possessions spark joy — not even my last novel, probably because I know there are two cases of unsold copies lurking beneath the basement stairs.

I decide to consult my neighbor Therese Garrity, one of the most organized people I know. "I couldn't keep up with stuff; I felt like our house was always a mess," Therese says. "I liked FlyLady [blogger Marla Cilley] because she didn't come off like she was perfect; I could relate to that." By following the basic FlyLady flight plan of setting a timer for 15 minutes every day and picking up items with two bags — one for trash, one for things to be donated — she was pleasantly surprised by how much progress she made. I like the fact that Therese doesn't proselytize. "Whatever you do has to work for you," she says.

But what I'm doing isn't working, maybe because I'm basically doing nothing. So I turn to another friend, Tom Wolfe, who recently downsized, for advice.

"It's not decluttering; it's a purge," Tom says, noting that the process of selling their house and moving "took about six months and seemed like a full-time job." It included two garage sales and multiple trips to recycling facilities and outlet stores of charitable organizations. In passing, Tom and his wife Therese both make reference to a book that came out last year: *The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter*. The author is a Swedish artist and grandmother named Margareta Magnusson.

The guiding principle behind Swedish Death Cleaning is that you should try to keep things the way you would want someone to find them when you die. Now that makes sense to me. Although it may sound morbid, when it comes right down to it, facing up to our mortality is what it's all about. "If I die — check that, when I die — I don't want our kids to be burdened with our stuff," Tom says.

My sentiments exactly. I'm setting a personal goal: reducing my file drawers from 10 to eight by spring. I'm going to get started right away, as soon as I get back from Costco. We need to pick up a few things.

Article adapted from February 2019 Rotary Magazine, author Paul Engleman; cartoon source unknown (but it's hilarious and we'd like to credit the artist!)



"One day Son all this will be yours."