



# ROTARY NOTARY

## Member Birthdays:

<i>Craig Burns</i>	<b>7/22</b>
<i>Justin Baxter</i>	<b>7/26</b>
<i>Larry McNeil</i>	<b>7/30</b>

## At Rotary Today:

**Greeter:** Susan Addington

**Invocation, Flag Salute, and Four-way test:**

Anne Schneider

**Rotary Anniversaries:**

Susan Addington—16 years

**Wedding Anniversaries:**

Lynn & Pat Jeane—50 years  
 Brian & Susan Burrus—35 years  
 Denise & Tracy Hearson—29 years  
 Robin & Eric McGonigle—28 years  
 Jaden & Jacque Randle—25 years  
 Drew & Abby Rooks—10 years

## Quote of the Week:

The only impossible journey is the one you never begin.

— Tony Robbins

## 8 TO GREAT: A PROCESS FOR LIVING A HAPPIER, HEALTHIER, SUCCESSFUL LIFE



Patty Stuever with her horse, Jackson. Patty “got the picture” (8 to Great High-Way 1) by visualizing herself owning a Clydesdale horse one day. She also saw herself owning a Mercedes-Benz convertible and living in a log cabin. Can you guess what make of car she drives and house she lives in?

**W**hat do the happiest, healthiest, most successful people do, besides join East Wichita Rotary?

According to today’s speaker, Patty Stuever, they follow the process outlined in “8 to Great.” The “8” represents 8 High-Ways that are steps in a process created by MK Mueller to help you achieve your dreams and live a life rich with joy, positive relationships, and purpose.

Mueller, who discovered this process after spending time in a domestic violence shelter, says, “Your life is like it is because of what you choose to think about, focus on, and believe in.” So if you change your thoughts, you can change your feelings. And then you can claim your power, living the life you were meant to live.

And what is this personal power? Our speaker described the “Power Pyramid.” At the top are joy, gratitude, love, hope, enthusiasm, and power. They are the fruits of

having a positive attitude. Conversely, at the bottom is where we are helpless, powerless, depressed, and hopeless.

Because our thoughts create our reality, and our attitude is based on our thoughts and beliefs, **we can change our reality and live life at the top of the pyramid by thinking thoughts that feel good.** Just how do we do that?

Begin by thinking of something you’re grateful for. Maybe you had to wake up earlier than usual to get a head start on your workday. Instead of grumbling about losing some sleep, notice the sun rising on your drive. Instead of complaining to your spouse that he/she didn’t run the dishwasher last night and now your favorite coffee mug is still dirty, consider how fortunate you are to have a loving, caring spouse.

In fact, you can change your life dramatically and live at the top of the pyramid by

beginning each morning thinking of three things you’re grateful for. It’s that simple. Think of three things that have happened during the past 24 hours, no repeats, and share them with a buddy.

Patty typically spends about three hours coaching people on the 8 High-Ways of “8 to Great.” Following are the 8 High-Ways.

1. Get the picture. Think it till you feel it.
2. Risk. Run to, not from.
3. Full Responsibility. Life is your mirror.
4. Feel all your feelings. Honor your emotions.
5. Honest communication. Send and receive the highest truth.
6. Forgiveness of the past. The power of release.
7. Gratitude for the present. The power of appreciation.
8. Hope for the future. The power of surrender.

**Announcements:**

Colorado peaches are being sold as a fundraiser for the Rotary Club of Newton; if interested, check out the details in yesterday's pre-meeting email.

The Dillons Community Rewards program recently issued a quarterly contribution check to our own Foundation! Contact Kim or any Foundation board member to learn how you can link your Dillons Plus Card to benefit our Foundation.

To thank today's speaker, a \$25 honorarium will be made in her name to the East Wichita Rotary Foundation.

**8 to Great Training for Your Business:**

If you'd like to learn more about having 8 to Great training at your office, church, or community group, call Patty Stuever at 316-519-0355.

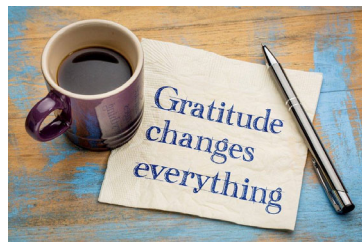
**Next Week:**

Prisca Barnes, a speaker with Humanities Kansas, will tell us about the Dockum Drugstore Sit-in of 1958.

**MORE AT ROTARY TODAY**

**Tom Church** introduces new EWR member **Ryan Boss**. Welcome, Ryan! We look forward to getting to know you better in the coming weeks.

**Brittany Sweeney** introduces her good friend and new EWR member **Elizabeth Farha**, owner of Midwest Billboards. Welcome, Elizabeth!

**EWR GRATITUDE GROUP**

Some of you have already begun sharing your gratuities with me! So I decided to start an EWR gratitude group. Here's how it works: I will send out a group email listing my three gratuities for the day. You reply all and share yours. Be grateful for something that happened in the last 24 hours, and don't repeat it after that. Let's get this gratitude train rolling! [anneschneider1@outlook.com](mailto:anneschneider1@outlook.com)

**IT'S GOOD TO BE BACK!**

When EWR President Greg Ek asked if I'd like to write the newsletter again, after taking a two-year break, I wasn't sure. But I said yes because I know that's a way I can contribute to the club. I'm glad I said yes because already I'm enjoying the writing and planning of the coming issues.

The Rotary Notary is a newsletter for and about East Wichita Rotarians. So please share your stories—congratulations when you celebrate an addition to your family, a milestone anniversary, job promotion, or lottery win. Please send your photos and news blurbs to me at:

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