



ROTARY NOTARY

Birthdays:

<i>Kim Goodnight</i>	6/21
<i>Kim Hurtig</i>	6/25
<i>Charlie King</i>	6/27
<i>Robin McGonigle</i>	6/27

At Rotary Today:

Greeter: Joanne Rogers

Invocation, Flag Salute, and Four-way test:
Schoen Fitzgerald

Special Guests:

Mindy Cook
Jim Faith
Harrison Helms
Heidi Hurtig

Wedding Anniversary:

Chris and Scott Kibler—11 years

Quote of the Week:

You can't be brave if you've only had wonderful things happen to you.

—Mary Tyler Moore

A NEW COACHING CAREER FOR MARK POTTER



Mark Potter retired from his position as head basketball coach at Newman University in 2017. He had the highest winning percentage and most victories in Newman University's program history. He was recently inducted into the Wichita Sports Hall of Fame.

Giving up a successful career as a basketball coach to go out on a limb and become a motivational speaker seems like the kind of decision that would have you shaking your head in disbelief. Until you meet Mark Potter.

As the head coach of the men's basketball team at Newman University, Potter recruited and coached many gifted athletes. Reggie Riley stands out as an athlete whose greatest abilities were his attitude and his work ethic.

During practice while his team members took a water break, Reggie stayed on the floor to practice free throws. He possessed a rare ability to remain calm under pressure, with a free throw percentage that increased during crunch times.

Potter refers to Reggie Riley as a "one-percenter," someone who has risen to the top one percent by overcoming adversity through perseverance. Reggie Riley and others showed Potter how they improved their performance by changing their attitude and sharpening their focus.

Today Mark Potter seeks to help others develop their talents and potential in his new role as founder and president of D2UP, a company that is "Dedicated to Uncommon Principles." He seeks to bring hope to those who are dealing with adversity.

Potter has experienced adversity of his own, in the form of clinical depression. During a six-week period he lost weight, became a recluse, and had suicidal thoughts of speeding and

crashing into a telephone pole with his car. He emphasized that with a loving wife and children he had no rational reason to want to end his life.

Even though a normal problem felt one hundred times worse and he knew something was wrong, Potter was unwilling to see a physician about his symptoms. At the urging of his wife, he finally saw his doctor and was diagnosed. He emphasized that on his own he was unable to figure it out; it was his wife's persistence that led him to get help.

That's the message Potter shared with us today. Knowing that suicide is the second leading cause of death for people ages 15-24, Potter wants to stop people from suffering in silence and get the help they need. This is why he got out of coaching. Now, sharing a message of hope is his game day.

Upcoming Events:

June 22—Dues for the Rotary Year beginning on July 1, 2018 are due by **THIS FRIDAY!**

July 4—**NO MEETING** due to Independence Day holiday.

Help Wanted:

Are you bursting with talent and a great ability to get things done? Burke Jones is looking for YOU! EWR needs smart, energetic people to serve on committees and make things happen during the 2018—2019 Rotary year. Let president-elect Burke Jones or Kim know if you're ready to sign up!

Congratulations:

Today is Kim Hurtig's five-year anniversary as our Club Executive. Congratulations, Kim! And thank you!!

Next Week:

Celebrate the end of another great Rotary year with our annual 'Changing of the Guard' to recognize special people and our accomplishments as a club.

MORE AT ROTARY TODAY



Look who came to visit! Paul Black is delighted to see the legendary Jim Faith, former EWR member and club president from 2011–2012, who joined us today for lunch. Lucky Jim, he visited on a day when EWR was treated to the Mexican buffet, always a favorite on the menu. Hi, Jim, we've missed you! Come back and see us again soon!

THE FIRST DAY OF SUMMER



Although our hot Kansas weather has felt like summer for the last several weeks, summer officially begins tomorrow, June 21. At 5:07 a.m., to be exact.

We call tomorrow the "longest day" of the year because it's the day when we see the greatest amount of daylight. Here in Wichita, we'll see 14 hours and 46 minutes of daylight, from 6:08 a.m. to 8:54 p.m. In fact, all places located north of the Equator will see at least 12 hours of sunlight tomorrow.

Why so much daylight on June 21? On the first day of summer, the north pole is at its maximum tilt toward the sun, and the sun reaches its highest point in the sky all year, causing more light to reach the northern hemisphere. That's

why June 21 will be the longest day and shortest night of the year for folks in the northern hemisphere.

Down in the southern hemisphere, it's the exact opposite: June 21 is the shortest day and longest night of the year. The summer solstice in the southern hemisphere will occur on Dec. 21, which is the winter solstice in the northern hemisphere.

Many of us refer to 'Summer Solstice' as the entire day when summer begins. But that's not entirely correct, according to space.com:

The summer solstice for the northern hemisphere is the exact moment when the axial tilt of the Earth is at its most inclined toward the sun during its 365-day orbit — at an angle of 23° 26'. That doesn't happen at midday, nor does it happen at midnight; it happens at the exact same time for every country on the planet. It isn't like a New Year's celebration when the clock strikes midnight across the time zones in turn — this is a global time event, with the solstice occurring at the same moment.