



# ROTARY NOTARY

**Birthdays:**

Cody Robinson	3/15
Anthony Ndungu	3/17

**At Rotary Today:**

**Greeter:** Lynn Jeane

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

Shelley Duncan

**Rotary Anniversaries:**

Adam Clements—1 year

**Congratulations to:**

Shelley Duncan, who became a grandma x 3 in less than a week last month! Her son and daughter-in-law are the proud parents of twin girls, born on February 20. Five days later her daughter had a baby boy. And let's don't forget Alex Duncan, who is now a very proud uncle.

**Quote of the Week:**

Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved.

—William Jennings Bryan

## PRESENTING YOUR TOOLKIT FOR DEALING WITH STRESS



Adam Gragg is the owner and operator of "Decide Your Legacy," a coaching, counseling, and corporate development firm here in Wichita. He specializes in helping people navigate life transitions, cope with anxiety, and thrive in relationships at home and at work.

Sure, there are some people who never have to deal with stress. You can find them buried in any local cemetery.

If we can't eliminate stress altogether, perhaps we can learn to deal with it in a way that, rather than killing us, makes us better people.

Certified life coach Adam Gragg describes stress as "the great equalizer." Anyone, anywhere, can experience it. As a child, Gragg was bullied for months at school. Finally, he told his father, who offered his support. "You're not alone. Take care of yourself, believe in yourself," his dad said. "And tomorrow punch the kid in the mouth."

Gragg followed his father's advice, and was never bullied again.

Most of us can't deal with

our stressors by punching them in the mouth, but we can change how we deal with them. During his presentation today, Gragg gave us three important tools for dealing with stress.

Tool #1 is this: *Don't Go at It Alone*. We recover much better if we have someone to share our experiences with. In fact, our brains not only need oxygen and glucose to thrive; they also need healthy relationships.

Gragg used a personal story to illustrate Tool #2, which is: *Make Your Perspective Healthy*. Ten years ago he lost his job. It wasn't a great job, in fact, he called it "sucky." But he still felt like a failure. He let the termination get personal, and pervasive, affecting the rest of his life. His response threatened to be permanent. During this time of loss he made limiting statements like, "Things will never get better," or "I

have nothing to offer."

Instead of focusing on the bad things that have happened to you, take a few minutes each morning to think about five things that went well the day before. Relive the moments in detail. Enjoy them. Then think about five things you're looking forward to today.

The third tool Gragg presented is this: *Be Your Own Best Friend*. People get so busy taking care of others that they forget to schedule time for what energizes them. And they forget what they love about themselves. Make a list of ten things you love about yourself. They have to be God-given qualities that cannot be taken away. And then remember to stop doing, or at least minimize, what drains you.

With these tools you'll find that although life isn't any less challenging, you're more prepared to deal with the challenges.

**Spring Events:**

**March 15**—Deadline for bracket selection in our March Madness Raffle is before tip-off time of the first NCAA tournament game played on 3/15.

**March 21**—NO MEETING because of Spring Break.

**March 29**—MIXER at Chili's, Central and Rock. Join your Rotary pals and bring a friend. We start mixing it up at 5:15!

**April 14**—Spring map painting at Gammon Elementary. (Rain date: April 28).

**April 19**—Serve dinner at The Lord's Diner. Food Handler's Card not required, but greatly appreciated.

**May 5**—Kentucky Derby Party at the Lux!

**You Heard It Here First**

"We get what we pay for," said Randy Summers after Britt Fulmer flubbed not once, but twice, the name of this month. Britt must have moved his clock ahead two months, because he said "May" instead of "March" when listing the Rotary birthdays and anniversaries.

**Next Week:**

Russian visitors from the "Open World" program of Rotary International will be here.

## OSCAR READING DAY—FUN FOR ROTARIANS AND KIDS



March 2 was a big day at Buckner Elementary. Not only was it OSCAR Reading Day, it was also a celebration of Dr. Seuss' birthday. All classrooms read books by the bestselling children's author. Several EWR members read aloud to students in kindergarten through fourth grade.

Alex Duncan, (L), prepares to share the gift of reading with Ms. Morris' second grade class at Buckner Elementary. A little-known fact: Alex attended Buckner as a youngster.

Jim Crawford, below, reads to Mrs. Markum's second graders, who found his presentation of "There's a Wocket in My Pocket" very entertaining.



## MORE AT ROTARY TODAY

Michael Moeder shared an incredible opportunity for EWR members to improve their creative thinking. Former Disney senior executive Duncan Wardle will present a day-long workshop on innovation on Thursday, April 19 from 8:00 am to 5:30 pm at the new MarkArts facility.

Wardle will offer a series of practical Design Thinking tools that can help you create ideas and drive business.

The workshop, which is presented by WSU and Digital Wichita, is being offered to EWR members at a special discount price of \$150. To register, go to [digitalwichita.com](http://digitalwichita.com) and enter this code: EWRMember150. Thank you, Michael, for thinking of EWR!

