



# ROTARY NOTARY

## Birthdays:

Mick Cayless	8/23
John Exline	8/24
Scott Hampel	8/24
Bobbi Hansen	8/27
Ken Dillehay	8/28
Eileen Kludt	8/29

## At Rotary Today:

**Greeter:** Denise Hearson

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

### Special Guests:

Clay Bastian, Downtown Wichita Rotary  
Rod Kreie, Newton Rotary

### Rotary Anniversary:

Schoen Fitzgerald, 17 years  
Burke Jones, 4 years

## Quote of the Week:

You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine.

—John C. Maxwell

## FEARLESS AND FEMALE: BE LOUD, BE CRAZY, AND RUN



Cindy Coughenour founded Fearless and Female in 2001 to teach women and girls how to fend off an attacker—and get away safely. Cindy's work is dedicated to the memory of her childhood friend, Julie Ladd, who was murdered in the basement of her dormitory in 1977. Next to Cindy in the photo is "Bob," a teaching tool who stands in as the 'bad guy' during her classes.

**C**indy Coughenour travels all over the U.S. with one purpose in mind: to teach women and girls lifesaving skills that can protect them in a dangerous situation. Today's presentation gave EWR members the opportunity to learn and try out some of those skills.

We all have an image in our mind's eye of what a 'bad guy' looks like: a man with unkempt hair, dirty clothes, and wild eyes. Someone resembling Charles Manson. But remember, Ted Bundy didn't fit that profile. If you sense danger, "Listen to your intuition," she recommended. "It's very rarely wrong."

In public settings, women are vulnerable when juggling a big purse, groceries or packages, and children. Cindy emphasized, "Never carry something in your wallet or purse that you're not willing to lose. Don't carry too much money, credit cards you don't use or valuables. Make copies of the front and back of papers/cards you carry."

If you must hand over your purse, toss it to the attacker. While he's focused on catching it, you have a second or two to run.

Also, carry a purse you can hang on one shoulder and cross over your chest; this makes it much harder for someone to steal.

"Mr. Bad Guy's worst fear is getting caught," she said. "Come across as someone he doesn't want to mess with." That means walk confidently and look around; don't be distracted by your phone. If a stranger approaches you, make eye contact with them. If they get too close, put your hands up and yell, "Stop!"

Also, after shopping, load purchases into the back of your car, not the back seat. You're more visible to other shoppers if you're standing behind your car and not wedged between two vehicles.

Last, carry a "Stabby Kitty" defense device. It clips to your keychain and fits in the palm of your hand. Available at [fearlessandfemale.com](http://fearlessandfemale.com).

## MORE AT ROTARY TODAY

### Happening This Week:

**Thursday, August 24**— Mixer at Oak and Pie, Wichita's newest brick oven pizza and wine establishment, located at 2244 N Greenwich Rd. Bring a friend! The fun starts at 5:15!

**Saturday, August 26**— Map Painting at Independent School, 8317 E Douglas from 8:00 am to noon. We need 4 or 5 more to help! Contact Kim to sign up.



Kevin Rathert introduced EWR scholarship recipient Taryn Powers, a WSU senior majoring in computer science. He works at Invista through an internship and hopes to have a full-time position there after graduation. On campus, Taryn enjoys participating in the Navigators, a Christian ministry that serves in more than 100 countries.

### Upcoming Fun Run/Walk:

**Register today for The Treehouse 2017 Labor Run!** This family-friendly run/walk features a great course at Sedgwick County Park, with top medals for children, youth and adult groups. The run is open to all ages and will be professionally chip-timed. Come by to participate or cheer on runners in support of this annual fundraiser. **Race Time is 8:30, Labor Day, Sept. 4<sup>th</sup>.** For more information or to register, please visit: [www.wichitatreehouse.org](http://www.wichitatreehouse.org), or email Cristin Coats at: [Cristin@wichitatreehouse.org](mailto:Cristin@wichitatreehouse.org).

Rotary's New Generations Exchange program allows students and young professionals to design an exchange program that combines their professional goals with a humanitarian project. Visiting from Taipei City, Taiwan is Ruby Yang. Helping her are (L to R): Ric Wolford, EWR; Clay Bastian, Downtown Rotary; and Rod Kreie, Newton Rotary.



## AUGUST 26 IS NATIONAL WOMEN'S EQUALITY DAY

The 19th Amendment to the U.S. Constitution granting women full and equal rights to vote was passed by Congress on August 26, 1920. But the struggle began many years earlier, when the first women's rights convention took place in Seneca Falls, NY, in 1848. Twelve resolutions were presented, including the right of women to vote.

In 1869 Susan B. Anthony and Elizabeth Cady Stanton formed the National Women's Suffrage Association. They introduced an amendment in 1878 that finally went to the floor of Congress in 1886. It took another 34 years before Congress passed the amendment.

By a joint resolution of Congress, the first Women's Equality Day was celebrated on August 26, 1971. Every year since then each U.S. president has commemorated the certification of the 19th amendment by celebrating Women's Equality Day.



### You Heard It Here First:

"I've never been more afraid of someone in my life!" exclaimed Scott Holder, referring to our speaker.

### Next Week:

Shan Jabara from the Tallgrass Film Festival will be our speaker.