



# ROTARY NOTARY

## Birthdays:

<i>John McEwen</i>	12/29
<i>Bob Morris</i>	12/29
<i>Schoen Fitzgerald</i>	12/31
<i>Cavon Cockerum</i>	1/8

## At Rotary Today:

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

*Special Guests:*  
Lori Hampel  
Amanda Holder  
Merleta Mohr  
Susan Vetter

*Rotary Anniversaries:*  
Ken Dillehay—33 years  
John Schlicher—33 years  
Steve Houlik—32 years  
Marshall Millsap—24 years  
Bill Lusk—21 years  
Ruth Ann Messner—20 years  
Barry Purdy—13 years  
Randy Summers—13 years  
Shelley Duncan—12 years  
Jim Crawford—7 years

*Wedding Anniversaries:*  
Susan and Chris Addington—47 years

## Quote of the Week:

If you were able to believe in Santa Claus for, like, eight years, you can believe in yourself for, like, five minutes.

—Author unknown

## OPTI-LIFE: TAKE A JOURNEY TO A BETTER YOU



Matt Lillie explains the Opti-Life experience during the East Wichita Rotary fireside meeting. EWR's own Burke Jones is the architect of record for the facility, the first of its kind in Wichita.

Opti-Life's website says it's "not just a health club, a life club." During today's presentation managing partner Matt Lillie explained how his personal journey to find work that had both significance for himself and others ultimately led him to create this facility that brings together fitness, education, and community engagement together under one roof.

In 2007 Lillie had what he calls a "magical moment" where he found himself looking at a computer screen wondering, "Is this all there is?" He didn't feel anxiety or depression, just a sense of numbness about his purpose in life. There had to be more.

His journey in search of greater meaning took him to

several continents where he studied many different subjects, including longevity. Lillie discovered that people living in communities with the greatest number of centenarians, that is, people who are 100 years old or more, shared several core characteristics. The three communities he referenced are Okinawa, Japan; Sardinia, Italy; and Loma Linda, California.

The number one characteristic? Family, followed by no smoking, eating a mostly plant-based diet, constant moderate physical activity, and social engagement. When he learned that 69% of the American population is either overweight or obese, Lillie was inspired to create a gym with member education and engagement modeled after the positive habits of people in the three

longevity communities.

Members can participate in Opti-Tribes that focus on shared interests on a variety of healthy behavior topics including reading, running, gardening, and adventure. Anyone can read about living a more healthy lifestyle, but we're much more likely to put that learning into practice if we associate with other like-minded individuals.

The finishing touches are being completed on this 35,000 square foot facility located at 21st and Webb. Opti-Life officially opens next Wednesday, December 27. Several Rotarians have already joined, including Paul Black, who said, "My wife and I joined because of the grandkids! We want to be able to play with and enjoy them!" What a great reason to transform your life for the better!

Semi-annual dues are due **THIS FRIDAY** December 22. Please contact Kim if you have a problem making this deadline. Please consider adding \$100 to our East Wichita Rotary Foundation; it helps provide scholarships **AND** is 100% tax-deductible.

## EWR HOLIDAY PARTY: GREAT FOOD, FRIENDS AND FUN



Bobbi Hansen and Nancy Fitzgerald, wife of Schoen Fitzgerald, get caught up during dinner. The buffet dinner was excellent and so was the service from the staff at the Wichita Country Club.



*Merry Christmas &  
Happy New Year!*

No, this isn't a barber-shop quartet. It's four Rotarians who dressed in tuxes for the evening. L to R: Ric Wolford, Todd Bailey, John Hurst, and Fred Heismeyer.



Entertainment for the evening was provided by professional ventriloquist Greg Claassen, whose son-in-law, Drew Rooks, was part of the party planning committee. Greg, on the right, is seen here with Burke Jones on the left and Pearl. All three provided many laughs during the performance.

**NO MEETING THE NEXT TWO WEEKS (12/27 and 1/3)**

**See you at the Marriott on 1/10 and 1/17!**