



ROTARY NOTARY

Birthdays:

<i>Deik Scram</i>	2/1
<i>Gilbert Omido</i>	2/2

At Rotary Today:

Greeter: Joe Sullivan

Invocation, Flag Salute, and Four-way test:
Nancy Wiebe

Special Guests:

Sheila Cole, the Regent
Greg Ek, Morgan Stanley
Mark Eby, Kansas Humane Society

Rotary Anniversaries:

Marc Campbell—34 years
Britt Fulmer—34 years
John Hoffmann—34 years
John Hurst—34 years
Greg Franken—27 years
Ann Buckendahl—8 years
Chris Anderson—6 years
Eileen Kludt—5 years
Richard Samaniego—5 years
Cody Robinson—1 year

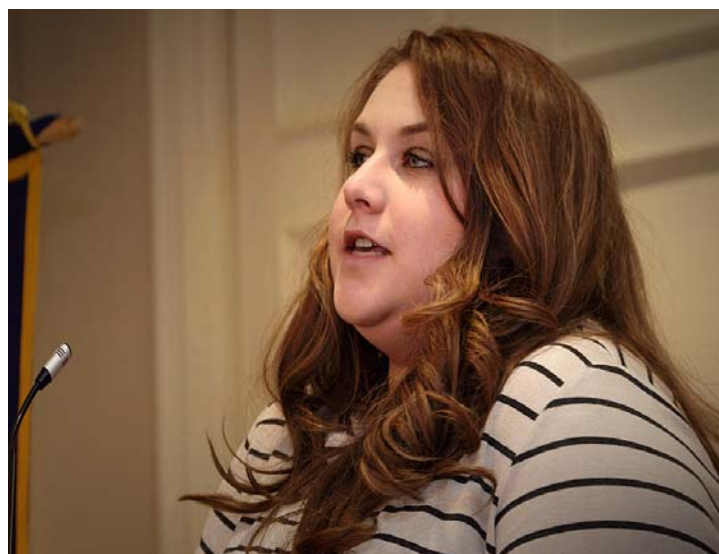
Quote of the Week:

The bad news is time flies. The good news is you're the pilot.

—*Michael Altschuler*

HOW BETTER COMMUNICATION LEADS TO BETTER LIVING

A graduate student pursuing a masters degree in communication at WSU, LaRissa Lawrie is the co-owner of Modberry Market, a creative services agency. She is also a lifestyle photographer and a freelance journalist. Connecting all of her pursuits is the fact that they are rooted in empathy, communication, and community.



People often blame technology for creating a communication divide in our culture. We sit together on a subway or some other form of mass transit instead of talking with each other we're looking at our phones.

LaRissa Lawrie, today's speaker, pointed out that a generation ago people sat next to each other on the subway reading the paper instead of communicating with each other. Technology isn't the problem; an unwillingness to engage with each other is.

So exactly what is "good communication" and why does it matter?

First, good conversations lead to healthy relationships. When your spouse or partner tells you something do you give him/her your complete attention or do

you continue to focus on what you're doing, nodding your head from time to time and mumbling, "Uh huh"?

If it's the latter, then you're only pretending to be interested. Sooner or later your loved one will realize you aren't paying attention, which means you don't care, and, well, you can probably guess the rest.

Which leads to the second benefit of good communication—it makes life easier. And who doesn't want that?

Lawrie then offered some tips on how to be truly in the moment as you converse with others. Tip Number One: When you're talking with someone, let other thoughts, questions, and prior conversations go.

2. Don't try to multi-task. It never works, and it just shows you're really not into the conversation.

3. Make it a priority to look, listen, and be there. Conversation is not a promotional activity.

4. Listening is the most important skill you can develop. Ask questions. Ask the big things—what are your hopes, fears, what do you love, what really matters to you?

5. Don't equate your experiences with someone else's. We may think that's being empathetic but it turns the conversation toward being about us instead of the person we're conversing with.

6. Go out and talk to people you don't know. For those of us in East Wichita Rotary, it means sit at a different table from time to time and talk with different club members.

The benefit? You'll learn even more about the great people who make up Rotary and have richer friendships as well.

Upcoming Events:

February 16—18: The 20th Anniversary Women's Fair will take place at Century II. EWR member Ann Buckendahl has graciously donated tickets for Rotarians and their guests to attend this event, which includes more than 300 exhibits, 25 stage presentations, cooking, fashion and hair shows, entertainment, and shopping galore. Pick up your free tickets from Kim at next week's meeting!

February 22—is our next Rotary Mixer. We'll be at Cheddar's, 13th and K-96. Enjoy good friends, food, and fun after work! Bring a spouse, a pal, or a prospective EWR member! The party starts at 5:15 or when you arrive, whichever comes first!

March 2—Read aloud to some delightful children at Buckner Elementary! Sign up with Kim for a half hour slot between 9:00 and 11:00. This is a great way to perform Service Above Self!

You Heard It Here First:

"What's Pickleball? A card game?" asked Chris Kibler.

Next Week:

Lindsay Young of nuMarketing will be our speaker.

SUPER SCHOLARSHIP SUPPORT

Thanks to the generosity of one of your fellow EW Rotarians, our local foundation, the Rotary Club of East Wichita Foundation (EWRf), received a \$630 (!!) contribution, matching donations of members who contributed to EWRf during the last dues cycle. This very generous contribution will continue the mission of our Foundation to provide college scholarships to local students.



Let's keep it going, keeping the good work of the EWRf moving forward! Whether you want to make a donation with your dues payment or just have a little extra in your checking account some month, the EWRf always welcomes your donations! You can give your gift to Kim any time; any amount is accepted and all donations are tax-deductible! Together, our contributions to EWRf help make the college dreams of some local students become a reality by providing scholarship assistance from the Foundation.

MARCH MADNESS...AND MORE



The EWR Board would like to offer a March Madness raffle to benefit the EWR Foundation, by completing March Madness brackets. Working closely with EW Rotarian/club board member/attorney, Richard Samaniego, who has researched the legality of it, the benefit would be structured as a raffle with 3 set prizes: \$100 for the winning bracket and two \$50 prizes from brackets drawn AT RANDOM. A raffle ticket can be purchased for \$25 each; each completed bracket serves as the raffle ticket (i.e., two brackets = two raffle tickets = \$50

suggested contribution to the Foundation). Richard's research showed that 1) structuring it as a raffle, with set/advertised prize amounts, rather than as a portion of the funds received, and 2) having the element that anyone can win (those two brackets that are drawn at random from all the entries, which could be "busted" brackets) are key elements in keeping the legal aspects of the benefit.

When a \$25 raffle/bracket is purchased, Kim will provide the link to CBSsports.com, which will track our participants scores and ranking of the brackets. A fun aspect of the benefit will be bragging rights of who is leading during March Madness and who had the best bracket at the end – no monetary prize to that, just bragging rights! The raffle will be open to anyone who would like to participate (members, spouses, friends of Rotarians) but the link to our group on CBSsports.com will not be provided until a raffle bracket is paid for. If a raffle buyer would prefer to complete a paper copy vs entering their selections directly online, a small team of board members will enter the data into the website group.

PICKLEBALL PARTY

So what is this game that has taken recreation centers all over the U.S. by storm? It's a fun racquet game played on a badminton-sized court. It first started on Bainbridge Island, just outside of Seattle, in 1965. People of all ages can play because, as you can see, it's played with paddles and a wiffle ball.

The Wichita Children's Home is hosting a Pickleball benefit fundraiser on Sunday, February 11. Exhibitions, wine and beer, heavy hors d'oeuvres (translated: you won't need to eat dinner before the event), and a silent auction round out the evening.

Have some fun, learn a new sport, and enjoy yourself at a place we all know—the Wichita Country Club! Our own **Joe Sullivan** plays the game regularly.

For ticket information, call **Kim Pennington** at 681-6702.

