

This Week's Program: Happiness Starts with Gratitude



Having suffered numerous losses and traumatic setbacks, David speaks about his real-life experiences, and offers solutions that can impact lives.

By applying the lessons of living with gratitude, David illustrates how any situation in life, no matter how stressful or tragic, can be reframed and refocused into a fulfilling journey by using the simple principles of gratefulness.

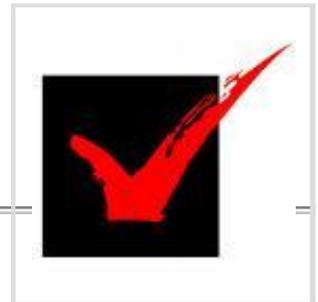
As an example, the use of a daily gratitude journal, gives people the tools in a toolkit designed to create healthy coping mechanisms in a world of way too many destructive ones.

Be prepared to look at your life differently, and experience the feeling of creating "an attitude of gratitude." It has the power to completely transform your outlook, your happiness, and your quality of life.

Rotary Auction To-Do #1

Please complete the Rotarian Commitment Form attached to this week's bulletin, and return to Kim Egge.

The sooner we can collect the information, the less stressed the Auction committee will be...



Community Service Updates for January



Weekly - Partnership with Valhalla Elementary School Backpack Program
WORK EVENT - One day per week. Shop for food and load backpacks. Monna Lux is organizing

January 10 - Hungry Soul Cafe WORK EVENT: Rotarians wash dishes and serve meals

January 13 - Volunteer at Rotary First Harvest warehouse in Kent and help pack food. Sign up in advance at the RFH website: <https://www.firstharvest.org/rfh-volunteer-hub/>

January 15 - 21 - Prepare and serve meals at the women's shelter for the week for Reach Out Federal Way

Federal Way Rotary presents Celebrate Federal Way

You are invited to the party to end all parties...

Join the Federal Way Rotary for the

2018 Celebrate Federal Way Benefit & Gala

February 24, 2018

Performing Arts and Event Center

Downtown Federal Way

Stay tuned for more information.



Rotary Celebrations



Happy Birthday Ken Brossel

Accessing Your Rotary Foundation Account

It is easy to view your personal contributions report. All you need to do is:

- Go to the RI site <https://www.rotary.org> and click on MY ROTARY at the top of the page
- Sign in (or create your sign on if you have not previously set it up)
- At the bottom of the My Rotary page you should see Rotary Foundation – click there
- On the right of the next screen you will see “I want to” in a drop down menu – take “View my Giving History”, then click on Donor History Report
- At the bottom of the page you should have the option of two tabs – overview and transaction detail
 - Overview will show you your total giving
 - Transaction detail will show you detail of every donation you have made



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Upcoming Speakers

Jan 18 - Jim Martinson, Paralympian

Jan 25 - Fellowship, Vocational

[Click here to read more.](#)

