



August 1st, 2013

Volume 1, Issue 9

# Rotary Club of Derby

## Volunteering and it's Surprising

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Helping yourself while helping others. With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you find friends, reach out to the community, learn new skills, and even advance your career. Volunteering can also help protect your mental and physical health.

#### Benefits of Volunteering #1:

Volunteering connects you to others. One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are

often the glue that holds a community together. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

#### Benefits of Volunteer #2:

Volunteering provides many benefits to both mental and physical health.

#### Benefits of Volunteer #3:

Volunteering can advance your career.

If you're considering a new career, volunteering can help you get experience in your area of interest and meet people in the field.

### Get the most out of volunteering.

Your donating your valuable time, so it's important that you enjoy and benefit from your volunteering. It's important to make sure that your volunteer position is a good fit to communicate with the people you're working with in the volunteer organization.

- Ask Questions
- Make sure you know what is expected
- Don't be afraid to make a change
- Enjoy yourself

### Did You Know?

- There are 529 Rotary Districts in the World
- Rotary was the world's first service club
- The first Rotary Club was founded in Chicago on Feb. 23rd, 1905
- Rotary has 28,000 Rotary Clubs in virtually every nation in the world

## UPCOMING PROGRAMS

August 2nd Tom Wilhite Cregg Hansen of the American Legion

August 9th Dick Dennis Eddie Sherpard

August 16th David Drake

August 23rd Membership Committee

August 30th Ed Friesen Dr. Eugene Friesen, Water Project of Thailand

## Derby Happenings....

### National Night Out

Tuesday, August 6th

6:00-9:00 PM

Rock River Rapids

Free Admission!!

### First Day of School for Derby!!

Tuesday, August 13th



### Summer Fest

Saturday, August 24th

5:00-10:00 PM

High Park

### Friday Night Lights

Thursday, August 29th

Panther Stadium

## The 7 Most Sought After Good Habits

- 1) Exercise More—Focus on getting in and out, because research says that people who spend too much time “measuring” results are more likely to de-motivate themselves.
- 2) Read—Try reading 15-minutes a day on topics you like. Even those who claim they hate reading the most should be able to accomplish that.
- 3) Floss—“There are a lot of studies that suggest that oral health, and gum disease in particular, are related to serious conditions like heart disease.” Sally Cram, DDS
- 4) Sleep by Midnight—“We’ve all been told you ought to sleep 8 hr., but there was never any evidence.... people who sleep between 6.5 hr. and 7.5 hr. a night, live the longest, are happier and most productive.
- 5) Eat Breakfast—“Adequate nutrition can raise your productivity levels by 20%”
- 6) Save Money—A good tip is to set up automatic withdrawal from your paycheck into your 401K.
- 7) Eat More Fruit/Vegetables—In order to best approach this habit, you have to decide what is really stopping you from eating vegetables.

## The 4 Best Tips on Habit Formation

**Tip #1: Improve one aspect of the habit**

**Tip #2: Use “hacks” only to remove friction**

**Tip #3: Maintain accountability by writing it down**

**Tip #4: Focus on Positive Reinforcement**

## Opportunities for Fellowship

Most Rotarians are successful professional and business executives because they hear opportunities knock and take advantage of them. Once a week, the opportunity for Rotary fellowship occurs at each club meeting, but no all members hear it knocking.

The weekly club meeting is a special privilege of Rotary membership. It provides the occasion to visit with fellow members, to meet visitors and new members, and to share your personal friendship with other members.

Rotary clubs that have a reputation for being “friendly clubs” usually follow a few simple steps. Members are encouraged to sit in a different seat or at a different table each week or to sit with a member they do not know as well as their long time personal friends. Member are asked to invite new members or visitors to join their table and share the conversation around the table rather than merely eating in silence or talking privately to the person next to them. Rotarians also should make a special point of trying to get acquainted with all

members of the club.

When Rotarians follow these easy steps, and entirely new opportunity for fellowship knocks each week. Soon, Rotarians realize that warm and personal friendship is the cornerstone of every great Rotary Club.



## Types of Membership

There are two types of Rotary Club Membership—active and honorary.

An active member is one who has been elected to membership in the club under a classification of business or profession and enoyes all the obligations, responsibilities, and privileges of membership as provided in the RI constitution and bylawas. Active members hold office in their clubs and serve RI at the district and international levels. They are expected to meet attendance requirements, pay dues, and bring new

members to Rotary.

Honorary Rotary membership may be offered to people who have distinguished themselves by meritorious service in the furtherance of Rotary ideals. An honorary member is elected for on year only, and continuing membership must be renewed annually.

Honorary members cannot propose new members to the club or hold office and are exempt from attendance requirements and club dues.

Make it a personal challenge to meet someone new at the next Rotary Club of Derby Meeting.

## Happening around the Club...

### Just a few items from around the Rotary Club of Derby....

Remember that if you are interested in assisting with the delivery of Library Books, please see Arien Reeves.

The Club is looking for volunteers to represent the Rotary Club of Derby for Summer Fest. Please see Ariel Lee if you are interested in donating your time.



\*\*\*AUGUST 9th, 2013\*\*\*

**Don't forget the Rotary Club of Derby will meet at the Greens Country Club\*\*\***

## Rotary Club of Derby.....Club Officers

President:	Ariel Lee
President Elect:	Lisa Moling
Vice President:	Mike Harper
Past President:	Robert Mendoza
Treasurer:	Gary Reed
Secretary:	Charlene Mathis
Directors:	Jean Garinger, Dana Quigley, & Vaughn Nun

## Need a Make Up Meeting?

East Wichita—Wednesday @ Noon

Wichita Country Club

Andover—Thursday @ Noon (except for 4th Thursday)

Terradyne Country Club

Old Town—Monday @ 5:30 PM

Old Town Caffe Moderne (300 N. Meade #108)

West Sedgwick County Sunrise—Thursday @ 7AM

Rolling Hills Country Club

West Wichita—Tuesday @ Noon

Rolling Hills Country Club



Remember to share your experiences when visiting other clubs.