



Rotary Club of Fort Walton Beach

THE ROTARY READER

Post Office Box 892
Fort Walton Beach, FL 32549

District Governor's Gold Medal of Honor Award Winner – 2006-07
Presidential Citation Award Winner – 14th Consecutive Year

2008-09 Board of Directors

President:

Rick Stevens

Vice President:

Kathy Pritchard

Secretary:

Andy Corbin

Treasurer:

Al Stearns

Past President:

Gerry Chalker

Committee Chairs:

Membership:

Tom Conner

Service Projects:

John Linn

Rotary Foundation:

Jan Pooley

Public Relations:

Joyce Shanahan

Club Administration:

Wayne Campbell

Sergeant at Arms:

Jim Curry and
Joyce Shanahan

Speakers:

Debbie Bodestine and
Michele Nicholson

Scholarship, Inc.:

Jeff Hooton

Today's Guest Speaker: *Chuck Kennedy - FIRST* *Southeast US Regional Director*

Chuck Kennedy, the Southeast US Regional Director for FIRST, will be making a presentation on the *FIRST* Robotics Competition, and our local high school robotics team.



FIRST is a 501(C) (3) not-for-profit charity formed in 1989 with a mission to motivate young people to pursue careers in science, technology, engineering and math. We have programs for students in grades K to 12. The *FIRST* Robotics Competition is a high-energy program that teams high school students with professional scientists and engineers to solve a complex engineering design problem in an intense and competitive way. During a six week period beginning in January, students design, build, and program their robot, and then participate in one of 43 regional competitions throughout the United States and

Canada. *FIRST* shows students that the technological fields offer many opportunities, and that the basic concepts of science, technology, engineering and invention are exciting and interesting. *FIRST* has proven to be a life-changing, career molding experience – and a lot of fun.

Team 1999, mentored by Kristin Eaton and Dr. Perian Hering, formed two years ago at Fort Walton Beach High School. Last year, the team expanded to include students from Choctawhatchee and Niceville High Schools, the Collegiate High School and the Rocky Bayou Christian School. Students from these five schools (rivals in many other respects) developed a great relationship as they worked together to solve the technical and logistical challenges of the competition. Competing in a spirit of gracious professionalism is a central theme of *FIRST*. They attended the Peachtree Regional Competition in Duluth, Ga. For 2009, the team plans to return to the Peachtree Regional, and to also attend the Championship, which is held at the Georgia Dome in Atlanta. ■





JANUARY 14, 2009
Welcome Rotarians and Guests!

We're glad to have you join us.

Scooter Policy: Members, If you leave prior to the completion of the program, you will be fined \$5.00 under the scooter policy. Please leave your badge on Carole's table if you leave early!

MEETING STATS – 01/07/09

Attendance: 72.04%

Visiting Rotarians

None

Rotarians with guests:

Amanda Wesson / Whitney Hipsh
Frank Walker / Pete Smith
Kevin Cagle / Max Tidmore
Pam Reynolds / Joyce Shanahan

Interact/Wheelettes

Ashley Hoard, CHS Kelli Todd, CHS
Levi Wiegand, CHS

Makeups

Rob Bohnsack Tony Gilligan x 2
Carl Kleist



Happy January Birthday!

- | | |
|--------------------|------------------|
| 01 Jason Negron | 04 Whitney Hipsh |
| 08 Natalie Simpson | 08 Sallie Hardy |
| 11 Ken Williamson | 23 Andy Corbin |
| 25 Scotty Foster | 23 Chris Hughes |
| 27 Ralph Martin | |



Upcoming Programs

- Jan 21 All Sports Association
Jan 28 General Fornell—Air Armament Museum



Get Involved!

A volunteer is needed to prepare the Club's weekly bulletin. The files are in Microsoft Publisher and it is a fairly easy endeavor. All prior bulletins are available on a flash drive, can you cut and paste?

Club Secretary Carole will gladly assist anyone willing to try their hand at this important Club task. Please see President Rick if you are interested and available to help! Thank you!



Proposed For Membership



Second Publication

Pam Reynolds, Managing Partner of Emerald Coast Funeral Homes. Pam is also a former Rotarian of Waynesville, VA. She is proposed for membership by Joyce Shanahan.

ROTARY FOUR WAY TEST

- 1) Is it the truth?
- 2) Is it fair to all concerned?
- 3) Will it build goodwill and better friendships?
- 4) Will it be beneficial to all concerned?

Kindness Dividend

by Claire Sykes *The Rotarian* -- January 2009

Someone cuts in front of you and steals that parking space. A co-worker shoots down your idea at a meeting. The guy ahead of you in line for coffee chats on his cell phone, oblivious to the person waiting to take his order. Whatever happened to common courtesy?

Before you start to fume, remember that, even though we all get mad at times, it rarely gets us anywhere. Being nice, on the other hand, makes you feel good. It can also improve your health, attract kindness from others, and help you achieve your goals – including your business goals.

When you're kind, you can expect positive interactions with others, from the stranger on the bus to the client who just accepted your proposal. "People want to interact with those who are nice," says Ann Marie Sabath, member of the Rotary Club of Cincinnati and president of At Ease, Inc., a business etiquette consulting firm. She is also author of *One Minute Manners: Quick Solutions to the Most Awkward Situations You'll Ever Face at Work*. "Whenever you think of something positive about someone," she recommends, "share it with the person."

When it comes to business, "Treat your customers like old friends," says Norman Wright, member of the Rotary Club of Pensacola North, Fla., USA, and president of the Better Business Bureau of northwest Florida. "Be nice to your employees, too, because they'll in turn treat your customers that way."

But a good mood can sometimes be hard to come by. Stuck in traffic or in line, you get frustrated, and bad manners get the better of you. You can blame some of this reaction on biology.

Gregory Fricchione, director of the Benson Henry Institute for Mind Body Medicine at Massachusetts General Hospital in Boston, explains how it works: "The brain is outfitted to pursue and protect our basic needs for food, sex, shelter, and control over our lives." Those can include trying to make it to a meeting on time or asking for a raise. "When your needs are thwarted, there's a tendency to become irritable and frustrated,

which can lead to being unkind."

But we're also wired for empathy. "As a species, we've evolved to require social support as a survival strategy, and we also have the capacity to provide it," Fricchione continues. Studies of something called mirror neurons in the human brain have shown that when you see someone in trouble, the neurons in your brain behave in a way similar to those of that person. "This allows you to feel what the other person is feeling," he says, "and potentially respond with kindness and altruistic behavior."

When you're kind to others, you can expect to get a lot of kindness back – even if you're the only one who knows how nice you are. Try plugging a quarter into a stranger's parking meter, just for the heck of it. Says Sonja Lyubomirsky, professor of psychology at the University of California, Riverside: "People who commit kind acts feel generous, optimistic, and cooperative, and they look at others more charitably."

When you're compassionate, your brain releases endorphins and other neuropeptides. "There may even be a 'giver's high,'" says Fricchione. "Your brain's reward-and-motivation circuitry is stimulated. This not only makes you want to continue to be loving and altruistic, but also it controls the way you respond to stress. Since stress is at the root of many health problems, being kind can potentially make you less vulnerable to diseases."

Linda Kaplan Thaler, CEO of the Kaplan Thaler Group, a New York advertising agency, built her billion-dollar company "not with fear and intimidation, but smiles and compliments," she says. In *The Power of Nice: How to Conquer the Business World with Kindness*, she and the firm's president, Robin Koval, write: "Every time you smile at a messenger, laugh at a co-worker's joke, thank an assistant, or treat a stranger with graciousness and respect, you throw off positive energy. That energy makes an impression on the other person that, in turn, is passed along to and imprinted on the myriad others he or she meets. ... And ultimately, those favorable impressions find their way back to you."

Abernethy, Tom PHF Banking - Loans	Fowner, Bob PHF Assoc. Manager	Lowrey, Thomas PHF* Stockbroker	Rahe, Theodore PHF* Property Management	Vaughan, John PHF Past Service
Arrowsmith, Steve SM Commercial Banking	Gilligan, Tony PHF Government Contractor	Martin, Ralph PHF Aircraft Equip. Mfg.	Raines, Joe PHF Outdoor Advertising	Walker, Timothy SM ER Physician
Arthur, Jack PHF Insurance	Goodman, Jackie SM Hotel Marketing	Mattern, Jamey SM Architect	Raynsford, Vance * SM Honorary	Watson, Yonge PHF * Real Estate
Bennett, Nitsi PHF X * Non-profit Administration	Grubbs, Haydon PHF Education	McDonald, Tim PHF Manufacturing	Richburg, James R. PHF X College Administration	West, Charles PHF SM Investment Broker
Bodenstine, Debbie SM Economic Development	Hamilton, Chad PHF CPA	McGilvray, Stacey SM Commercial Banking	Robinson, William PHF Fund Raising	Williamson, Kenneth PHF * Honorary
Bohnsack, Rob, SM Reverend	Hardy, Sallie PHF Commercial Properties	McCombs, David SM Aerospace Prg. Mgmt.	Royster, Skip PHF * Commercial Contractor	Woo, Jean PHF Dentist
Brewster, Joseph PHF Cable Television	Hayes, Tom SM Financial Services	Mead, John Attorney	Shanahan, Joyce PHF SM X City Government	Yeiser, Jack PHF Mortgage Broker
Brutt, Frank PHF County Planning	Henderson, Joseph PHF * Accounting/Auditing	Meyer, Joseph SM Computers-retail	Shaw, Susan SM Fund Raising	York, Jerry SM Auto Sales
Campbell, Wayne PHF Hospital Administration	Henley, Mitzi SM Retail Shopping	Miceli, Gail PHF Banking	Shaw, Timothy PHF* Attorney	Youngblood, Russ PHF** Psychology
Chalker, Gerry PHF SM Pension Administration	Hipsh, Larry SM Attorney	Miceli, Philippe PHF *SM Private Banking Exec	Shelley, Eulice PHF * Moving & Storage	
Clark, Jason SM Insurance	Hipsh, Whitney SM Real Estate Attorney	Miller, David O. PHF Developmental Dsably.	Simpson, Natalie SM Legislative	
Conner, Tom SM PHF News Media	Hooton, Jeff SM Commercial Lending	Morgan, John PHF * Computer Engineer	Smith, Pete PHF * Appraiser	
Corbin, Andy PHF**X Electronics Mfg	Howard, William PHF Real Estate - General	Neal, Melissa Education	Smith, Scott SM Chiropractor	
Curry, Jim SM** Government Management	Hughes, Chris SM Building Industry	Negron, Jason SM Attorney	Stearns, Allan PHF Travel Agent	
Davis, Charles PHF SM Restaurant Owner	Hutson, Karen T. PHF Retail Cars	Nelson, Dan PHF Restaurant - Fast Food	Stevens, Rick PHF X Surge Suppression System	
Davis, James PHF *SM Public Utilities	Johnson, Chris PHF* Honorary	Nicholson, Michele SM Communications	Stokes, Randy PHF * Architecture	
Davis, Jessica SM Non-Profit Fundraising	Johnson, Johnny PHF X** Banking	Peadro, Roger PHF Pastor	Tibbetts, Alexis SM Schools	
Dorris, George PHF Dentistry	Kernen, Deborah PHF Communications	Perkins, Bryant SM Youth Org. Mgmt.	Tidmore, Max PHF * Office Machines	
Duncan, Buddy SM Chaplain	Kleist, Carl SM Communications	Plummer, Mary PHF Real Estate Sales	Tinsley, Mary SM Advertising Sales	
Edwards, JT SM Landscape Mgmt.	Landers, Chuck, PHF CPA	Pooley, Jan PHF Department Store	Tinsley, Kent SM Commercial Banking	
Englett, Michael PHF SM College Athletics	Leonard, Tony PHF** Retail/Musical Instrmnt.	Potts, Charlie, PHF* Jeweler	Tinsley, William PHF * X Savings & Loan Mgt.	
Fallin, Ralph PHF *X Dairy Products	Linn, John PHF SM Kitchens-retail	Pritchard, Kathy PHF Commercial Banking	Townsend, Forrest PHF* X Veterinarian	
Foster, William PHF SM X Attorney	Litschauer, Ted, SM Public Safety	Pryor, Fred PHF * Utility Service - Gas	Trum, Alex PHF Orthodontist <i>Retired</i>	

Members in green font have missed three or more meetings. Please give them a call and encourage them to attend a meeting.

Members in purple font have perfect attendance.

Members in blue font are on a leave of absence.

Don't forget that you can makeup a missed meeting at a neighboring club. They include:

Crestview: Wednesday noon, Sonny's B-B-Q

DeFuniak Springs: Wednesday 7:30 a.m., McLain's Family Steak House

Mid-Bay: Wednesday 7 a.m., Bluewater Bay Golf Club

Navarre: Thursday noon, Cocodries

Niceville: Thursday noon, OWC Bld. K

South Walton: Thursday 7:30 a.m., Embassy Suites

Destin: Tuesday 7:15 a.m. Rutherford's at Regatta Bay

For more locations, visit our district Web site at: www.rotary6940.org or www.rotaryclubone.org

PHF: Paul Harris Fellows
SM: PH Sustaining Members
* FWB Club Past Presidents
** Past President Other Clubs
X FWB Rotarian of the Year

As of 1/14/08
98 Members
3 Honorary Members
101 Members

Recent Resignations:
Sandy Sims
Kevin Dietsch