



## **THE SPOKES SPEAK - GEARED TO SERVICE**

### **Rotary Club of the North Fork Valley**

POB 1543, Paonia, CO 81428

WEB SITES: [rotary.org](http://rotary.org) [rotary5470.org](http://rotary5470.org) [northforkrotary.org](http://northforkrotary.org)

**Meeting Thursdays at Noon in the Paonia Town Hall (Temporarily Suspended)**

**District 5470**

**Club 1180 - Chartered 12/20/22**

**Vol 59 Issue 36 - November 19, 2020**

**LAST MEETING: November 12, 2020 (via Zoom)**

President Campbell presided.

Visiting Rotarians: Bob McHugh

Other Guests: Josh Langille-Hoppe (3rd pre-membership visit)

Key Guest: No key guest

(Annette now has the key).

#### **ANNOUNCEMENTS:**

- We had a 57% turnout for the Zoom meeting today.
- The Club is saddened by the passing of our newest member, Judy Beggs on November 6<sup>th</sup>. A moving obituary to a remarkable woman can be seen at: <http://www.icontact-archive.com/archive?c=1390721&f=277&s=277&m=310577&t=ee923bd95ea020e5c5d41a9f4568ee257436c6b6f35ab871676e20c5854ac4a7>
- The KPP Lasagna Delivery Dinner on November 23<sup>rd</sup> will benefit the Rotary Scholarship Fund. Orders must be placed by Friday, November 20<sup>th</sup> at 4:00 P.M. This is the last KPP dinner of the season. Everyone is encouraged to promote the dinner with your social contacts.
- If the Club would like to sponsor an exchange student for year '21-'22, we would need to let them know by November 20, 2020. Contact Greg if you are interested.
- Committee Chairmanship positions available for:
  - Public Relations Committee. Facebook familiarity (or willingness to learn) would be helpful.
  - Fundraising Committee. Ideas for non-contact fundraising needed.

Contact Pam or Randy.

- The Blue Sage will be holding its annual wine auction fundraiser. Eight wineries from the North Fork Valley and four from Palisade will be participating. Virtual wine tastings will be held in January and February of the coming year. More information will be forthcoming.
- Anyone wishing to take over as Newsletter Editor is welcome to do so. Contact a Board Member.



*Judy Beggs in Gueoul*

## **PROGRAM: Principles for Better Relationships**

### **Cindy Mercer**

Norm introduced today's speaker, Cindy Mercer. She was described as a humanitarian and is on the boards of a number of humanitarian organizations. She was trained as a lawyer with a focus on mediation and arbitration. She was involved in a number of businesses, including a cargo airline that specialized in shipping cancelled checks for financial institutions. When the business went public, she formed a non-profit and gained experience in that sector. She is now managing a number of family foundations focused on making grants throughout the world to improve the environment. She is working on large scale collaborations among groups of people with divergent vantage points. Building trust between these diverse groups is a big part of the task.

She took some time to acknowledge the mentors who had helped her along her path, including Jimmy Carter, with whom she helped set up the Carter Center, and Richard Branson on whose charitable board she currently sits. She said that a true leader invites people to have their lives be more wonderful.

Ms. Mercer stated that she is passionate and excited about being alive as a human being on this planet because we have the option to participate in changing patterns in our lives and in the world that do not work for us and upgrading to patterns and strategies that work better. She said her life has been about finding ways to support people to work together to achieve goals bigger than any one of them could do on their own.

She said that today she wanted to focus on a handful of tools that each person listening can take home to their relationships and that could be applied immediately to benefit their interactions right away.

One principle has to do with the differentiation between making a decision or agreeing to do something out of "wholehearted energy" or "half-hearted energy". Wholehearted energy means you are doing something because you want to completely, rather than out of fear or a sense of duty or obligation. This includes the idea that no one wholeheartedly says "yes", unless they also feel free to say "no".

The second principle has to do with the concept of "win-win" developed by Mary Parker Follett in the 1930's. This involves the idea that there are three systems for making decisions: Domination, Compromise, or the Path of Integration. The Path of Integration results in a solution that benefits all parties and results in a solution more beneficial than either the Domination or Compromise paths could have resulted in.

To illustrate the way to embody these principles, she gave two examples. The first was about a noisy 3-year old whose mother successfully negotiates with him to be quieter for sleeping grandparents. Key was understanding why the child was making noise in the first place and then giving him the opportunity to say no, which in turn gave him the opportunity to contribute wholeheartedly to the others in the house.

The other story illustrated the concept of how reach a state of freely given collaboration. The conflict had to do with the direction a company was taking in its marketing strategy between the CEO of the company and the CEO of a venture capital firm with investments in the company. This conflict had been going on for some years. By understanding that one person lies to another when the cost of telling the truth is too high, the dynamics of the relationship were changed to create a win-win situation where both hold and solve the problems together in a collaborative manner.

She wrapped up her talk by discussing a final principle suggesting that when we make a request of another person, it is much more constructive to put it in the form of a positive. Instead of telling the other person what you don't want, tell them what you do want. This gives the other person something practical

they can do. It is important to be able to talk about what matters to you and your collaborator in a way that does not come across as criticism.

A resource to learn more about these principles is the book Nonviolent Communication by Marshall Rosenberg. Also, the web site <https://baynvc.org/> provides examples of the work of Miki Kashtan that illustrates and illuminates many of these principles.

Ms. Mercer is in the market for a home or land in the North Fork area. Anyone with a lead on a nice place can reach her through Norm.

**UPCOMING MEETING PROGRAMS:**

<b>Date</b>	<b>Speaker</b>	<b>Program</b>	<b>Member</b>
11/19/20			Nick Lypps
11/26/20		Thanksgiving	
12/3/20			Randy Campbell
12/10/20			Annette Choszczyk
12/17/20			John Coombe
12/24/20		Christmas Eve	
12/31/20		New Years Eve	
1/7/21			Susie Coombe
1/14/21			Glenn Dahlgren
1/21/21			Marsha Grant

