

## PROGRAM



**Molly Barker**  
**Running to Life**  
By: Rick Handford

Molly Barker started her passionate and engaging talk with a story about "Girls on the Run," which she invented ('inventors' are more likely to be alive than 'founders') in Charlotte in 1996. Her invention has grown from one chapter with 13 girls to 220 chapters serving over 150,000 girls each year, with some 800,000 graduates of the program to date. Her story involved a visit to one of the chapters in which a young girl named Nicole pointed out to her that she didn't look anything like her picture—all those pictures get airbrushed anyway. She used this to illustrate what it is like dealing with groups of 8-13 year old girls, who can be wide open and call it as they see it.

She then told a story about being stuck in a jetway for a short time and watching a three year old girl exploring the light shining in from a skylight above. She put in her hand and pulled it out, and then her elbow, and then her foot, and, now convinced that it was okay, her whole body. Molly used this as an allegory for her life, spent observing the world and the people in it, trying to figure out the rules of the game.

At age 11, Molly decided that in order to get along in school and life she would have to conform to the expectations of others, or as she describes it, to step into the 'Girl Box'. At the time (early 70's) this meant, among other things, having a boyfriend, acting a little stupid, and having a certain body type. When she was 14, her mother, a poet in her early 50's, took up running (very early in the morning so as not to be seen by the neighbors), and Molly noticed how happy she was after her runs. After a time she asked if Molly would like to join her, which of course she did. Running with her mom allowed her to step out of the box, and let her feel "beautiful, strong, and awesome".

She spent the next 20 years struggling with the perceived need to stay in the Girl Box, while finding happiness in running outside the Box, where the rules were different. In 1993, after contemplating suicide, she went on a run, and some five miles into it came to the realization that she had been letting other people define her, and had also had been using negative self-talk, with the resultant negative feelings that "bring you down". She decided that she would not continue to allow this, and her life began to change for the better. And she thought about how great it would be if she could find a way to help young girls stay outside the Girl Box, and define themselves instead of letting others define them.

Three years later she founded Girls on the Run, working with 8 to 10 year-old girls. They meet for 12 weeks, with the first four being devoted to "values clarification"; the next four to "getting along with your friends"; and the remainder being spent in designing and executing a group "impact project" to have a positive impact on others in the community. One such project involved creating holiday cards for residents of a local nursing home. One of the cards happened to say "Happy Holidays" on the outside and "May you rest in peace" on the inside. Molly is certain that that particular card went to the right person.

## UPCOMING PROGRAMS

January 21, 2014  
**Excellence in Leadership Award**  
**Myers Park Country Club**

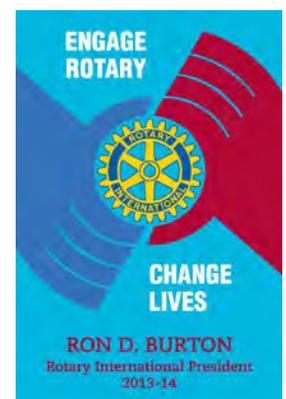
January 28, 2014  
**How I Got Where I'm At**

February 4, 2014  
**Jeremiah Dew**  
**One Voice: A Black History Narrative**

## LUNCHEONS Time/Location

12:30 Tuesday  
Charlotte Plaza  
Uptown Hotel  
201 S. McDowell

## 2013-2014 THEME



Girls on the Run has been wildly successful, and has been expanded to include girls in the 11 to 13 age group. Additionally, a former Girls on the Run coach has started a program for boys called "Let Me Run", with similar goals but a different structure. It now has a presence in 12 states and the District of Columbia.

Molly's new project is called "Running Mates," and involves finding ten fourth-graders in each congressional district, five boys and five girls, and teaching them leadership skills. The Representative in each district is invited to help teach the members of the team and to train with them for a 5K run. The goal of the organization is to grow new leaders (and inspire existing ones) that can work together to solve problems.

Mary closed by sharing her top ten things, learned from working with 8 to 13 year-old girls, that she wishes members of Congress would do: 1) Dance when you're happy, until you drop; 2) Cry when you're sad—it's okay; 3) Ask for help when you're hurt; 4) Share your anger with a trusted friend before confronting the source; 5) Trust yourself and your instincts; 6) Say it—share your thoughts and ideas; 7) Daydream, it feeds the imagination; 8) Stare at people—it can lead to a connection; 9) Wear whatever you want; and 10) Love other people, and tell them about it. Love, love, love.

Head Table: Julie Haack, Cynthia Marshall, John Tabor, Karen Price, Jenn Snyder, Karen Calder; Invocation: David Anderson  
 Visitors & Guests: Ty Hands; Song: Luke Maybry; Health, Happiness & History: David Erdman  
 AV: Nikki Keith; Photos: Bert Voswinkel

## CLUB NEWS

- **Marilynn Bowler** introduced **Jenn Jackson** as the club's newest Rotarian. Jenn is the syndication sales manager at Greater Media Charlotte – 1110 WBT/WLNC 107.9 The Link and can be reached at [jjackson@wbt.com](mailto:jjackson@wbt.com). Jenn's dad, Rick Jackson, is a former member of this club.
- The club extends deepest condolences to Devon and **Jessica Dupree** upon the death of Jessica's father, Ed Swanko, who passed away last week. **Jim Thomas** had successful bypass surgery on Monday and would appreciate a note of encouragement.
- Newsmakers...**Tom Cottingham** contributed to an article on significant trends in compensation for attorneys; **Frank Martin** provided an editorial to discuss the growth of charter schools; **Mary Rinehart** (Rinehart Wealth Management) is spotlighted in the January issue of Greater Charlotte Biz.
- Updates for your membership roster: **Jill Santuccio**, [jill@prismcmt.com](mailto:jill@prismcmt.com); **David Tobin**, [tobin@tobinarch.com](mailto:tobin@tobinarch.com); **Vinny Satchit**, [vinny.satchit@ey.com](mailto:vinny.satchit@ey.com); **Carol Jordan**, [carol@poplarstreetpress.com](mailto:carol@poplarstreetpress.com).

## POSTED FOR MEMBERSHIP

**Nancy B. McNelis**  
 Queens University of Charlotte (Education, Private)  
 Sponsor: Lee Tabor  
 Endorsed: Tim Newman, John Tabor

**Tim Flanagan, Jr.**  
 HF Financial/Mass Mutual (Financial Consultant)  
 Sponsor: Hank Donaghy  
 Endorsed: Phil Van Hoy, Bryan Adams

## BY THE NUMBERS

<b>Attendance</b>	<u>01/14/2014</u>	<u>01/15/2013</u>	<b>Membership</b>	<b>New Members:</b>
Visitors & Guests	11	16	07/01/2013	316
Club Members	172	166	01/14/2014	316
Total Attendance	183	182	Net Increase	<b>Resignations:</b> Carroll Thomas
Percentage	60.8%			

### **Birthdays January 21 - 27**

21 Steve Meachum    24 Dan Rajkowski  
 24 Benton Bragg    24 Chase Saunders  
 25 Davan Cloninger    27 Fae Shaffer

### **Anniversaries January 21 - 27**

none

## MEMBERSHIP

Membership is vital to our club and Rotary. Many of our members have asked how they can help the club - membership is a great way to do that. Please consider helping in the following ways.

**MAKE A LIST:** Looking out at the Charlotte Community, who is out there that should be a member of our club. Make a list of names, highlight the ones that you would be willing to contact. Send the list to Sandy, who will forward it to Tony Zeiss, membership chair.

**BE A SPONSOR:** Think about colleagues, associates, and friends of yours that might be a great candidate for Rotary. Tell them about the club and encourage them to join.

**BRING A GUEST:** Bring lots guests to our luncheons. Look at the upcoming list of speakers and thinks about who might like to see them

**ASK FOR HELP:** Tony and his membership committee are available to assist, advise, and help in any way. Please call on them. Sandy is available as well.

## ALTO CAYMA MISSION TRIP



Herb Harriss announced the club will be coordinating another Mission Trip to Alto Cayma. We have six folks signed up and several more under consideration.

### March 20-28

If you are interested in participating, please contact Herb Harriss (hharriss@gmail.com Cell: (704) 201-4964)

Here is the basic itinerary within Peru. It is also possible to visit Machu Picchu for any who would like to do so. All travel arrangements within

Peru are through a Peruvian travel agency that Jim Hintz has used many times. Travel to & from Lima can be made by the individual traveler using our suggested itinerary (American Airlines...CLT-MIA-LIM).

Thu, 20 Mar - depart Charlotte, arrive Lima for overnight stay

Fri, 21 Mar - arrive Arequipa mid-day, lunch and orientation in Alto Cayma, hotel check-in and dinner in the city

Sat, 22 Mar - activities and orientation in Alto Cayma.

Sun 23 Mar - tourism in Arequipa

Mon, 24 Mar - activities and orientation in Alto Cayma

Tue, 25 Mar - excursion to Puno (on the shore of Lake Titicaca) via Sillustani (pre-Inca burial ground)

Wed, 26 Mar - excursion onto Lake Titicaca and return to Arequipa

Thu, 27 Mar - some activities in Alto Cayma, and fly to Lima in time to make international connections

Fri, 28 Mar - arrive Charlotte

## 2014-2015 ROTARY THEME



President-Elect Gary Huang (Rotary Club of Taipei) announced his theme for next year.

President Ron Burton highlights his visit with Governor Luther to the Charlotte End of the Week Club while he was here for the Million Dollar Dinner.

## NEW CHARLOTTE WEBSITE

In the next 30 days or so, we plan to launch a new and updated website. We are working on the different pages, and one of the pages will be on visiting clubs around the world.

If you have a picture of  
you visiting a club  
(outside of NC),  
**please send us a picture.**

We also need to **increase our members on Facebook and Twitter.** Please search us out and join these groups. Thanks



## ROTARY LICENSE PLATE



Terri Deboo was the first to take advantage of the club's offer to sponsor a license plate, with her playful "Disney" plate.

If you would like a Rotary License Plate, the Club will pay the \$40 cost (\$10 for the plate and \$30 for the personalization)



To see what is available, go to:

<https://edmv.ncdot.gov/VehicleRegistration/SpecialPlate/Detail?PlateID=64#term=Civic%20Clubs>





# INTERNATIONAL CONVENTION – SYDNEY AUSTRALIA



If you have ever considered going to an International Convention, this year will be a great one. Now is the time to make arrangements. President Elect Tony and Beth will be going. Governor Luther and Sandra will be going. Please see them or President John for more information, or go to the website:

<http://www.riconvention.org/en/2014/Pages/ridefault.aspx>