



"Broken Arrow Rotary:
community engaged, committed
and making a difference"



PO Box 893
Broken Arrow, OK 74013
www.barotary.org
www.rotary.org
Facebook:
Rotary Club of Broken Arrow

BROKEN ARROW ROTARY BOARD 2019-2020

President..... Janie Green
President-elect Lisa Engel
President Nom Roy Wood
President Designate Robyn Havener
Secretary Rebekah Wood
Executive Secretary Nick Nail
Treasurer Bill Roberts
Treasurer-elect Jim Naufel
Sergeant at Arms Brad Buxton
iPast President Steve Barnes

CLUB DIRECTORS:

Club Service Projects Lisa Engel
Club Administration/Programs Roy Wood
Club Membership Robyn Havener
The Rotary Foundation Stan Evetts
Club Public Relations Debra Wimpee
Rotary After Hours Galen Engel
Assistant Governor John Rains

BA FOUNDATION BOARD:

President Steve Barnes
Treasurer Jeff Hewett
Club President Janie Green
Club Treasurer Bill Roberts
Past President Michael Skates
Past President Lisa Ford
Past President Andy Truman
Past President Stan Evetts

CALENDAR

- All meetings postponed until further notice
- Virtual meeting will be developed and presented when possible. Members will be alerted and sent a link to join these meetings.

April/May, 2020

Broken Record

Newsletter for the Rotary Club of Broken Arrow

Doing Good in our Community

Our club board approved banking the weekly meal budget and using it to serve in our community. On April 14, Stu B Que packaged 80 meals and delivered them to Broken Arrow Seniors to add to the shelf-stable and frozen meals that the center distributes bi-weekly. Thank you Robyn for helping make this connection for us.



At left, two-weeks worth of shelf-stable or frozen lunches are handed off, to a recipient. Each set includes a fresh meal from Stu as pictured above. Grateful seniors are thanking Rotary!

Bill Engelhardt is doing well, staying healthy and very active!

Besides splitting firewood every day, Bill raises a lot of vegetable plants that he had intended for selling at Springfest. With that canceled, he is offering these lovely plants for our "Victory Gardens." Please let him know if you could use some veggie plants and arrange to swing by and pick them up from him.

His cell # is 918-605-0336.

His address is: 6704 S 5th Ave, Broken Arrow, OK, 74011. That backs up to Ernest Childers Middle School and near Ray Harrah Nature Park.



Above and right are images from Bill's garden. He is doing a lot of harvesting already!



Shown above are some of the vegetable plants that Bill is offering to us. It's a shame that Springfest was canceled, but it would be doubly tough for him to throw these away when Rotarians can plant them and get a tasty harvest.

- 3/23 Rotary meetings are discontinued during the Corona Virus social distancing time.
- 3/23 Board meeting, partially on-line, held to review our grant applications. Updates on the status of our applicants was to be done over the next weeks.
- 4/6 Virtual Rotary board meeting. Grants approved as noted on page three story.

4/6 Our board began calling each member each week.

4/13 Virtual club meeting via Zoom. Prepared by Roy Wood, at least 30 of our members attended remotely and shared a lot of happy news. Roy presented an excellent shared-screen talk about Executive Decision-Making. Images from this presentation are on this page.

A screenshot of a Zoom meeting grid showing 18 participants. The participants are arranged in a 6x3 grid. The names of the participants are displayed below their respective video feeds. The participants are: Row 1: niethomas, Lori Lewis Broken..., ClarenceOliver, Lloyd & Karen Dawes, Robyn Havener. Row 2: Jill Garcille, Lynnsy Childress, Brad Buxton, Jeff Hewett, Bob Baker. Row 3: by Wood, Mike's iPhone, Kim Vento, STUART Conrad, Brenna Meadows. Row 4: anderson, Lisa Engel, iPad, Stan Evetts, Nick. Row 5: Jim Naufel, Doris Watson, Mike Scrimsher. At the bottom right, there is a search bar with the number 19188633338 and a microphone icon.

niethomas	Lori Lewis Broken ...	ClarenceOliver	Lloyd & Karen Dawes	Robyn Havener
Jill Garcille	Lynnsy Childress	Brad Buxton	Jeff Hewett	Bob Baker
by Wood	Mike's iPhone	Kim Vento	STUART Conrad	Brenna Meadows
anderson	Lisa Engel	iPad	Stan Evetts	Nick
Jim Naufel	Doris Watson	Mike Scrimsher		

19188633338

Roy's presentation was titled: Thinking and Decision Making for Busy Executives. He provided an valuable guide to improving our decision-making and time management by explaining how the brain makes choices and how our thinking is influenced by how well we can cope with stress.

There is a lot of useful information and resources included in the PDF of his presentation. If you would like a copy, follow the link below:

https://drive.google.com/file/d/15ZKp3CmxAa4k4NjErLGO_KqSRDzrNWYN/view?usp=sharing


These are images from the meeting. Above is a view of our meeting, and below center is a shot of Roy's presentation. The other images are from the PDF of the presentation.

"I'm of two minds on that..."

The diagram illustrates the three components of the human brain, each with a distinct color and function:


- Neocortex:** Rational Brain
Sensing, higher-order thinking, short-term memory
- Limbic System:** Emotional Brain
Pleasure/Pain, Long-term memory
- Reptilian Brain:** Life-sustaining Brain
Autonomic functions, instincts

Free up Limited Memory



Free up Limited Memory

- Short-term memory is very limited
 - Holding “7 + 2” bits in memory is a myth; 1-3 is closer to correct
 - Chunking, ordering, and association can help (e.g. mnemonics; 1492 & 1776 easier than 14921776)
- Implications for Executives
 - Don’t try to hold information in memory
 - Create trusted system to capture reminders for actions, appointments & reminders (David Allen-*Getting Things Done*)



Navigation icons: back, forward, search, etc.

Internal Dynamics: *From Calm to Chaos*

Rational & Considered

Bounded Rational Prior Experience Pattern Matching Satisficing

Imitate Others Herd Mentality Safe Decisions

Executive Workload Outcome Stakes Distractors

Extreme Behaviors Outcome Stakes Distractors

COGNITIVE CAPACITY

STRESS LEVEL

d

* Adapted from Hambrick, D. C., Finkelstein, S., & Mooney, A. C. (2005). Executive job demands: New insights for explaining strategic decision and leadership behavior. *Academy of Management Review*, 30(1), 479-492.

"C'mon, c'mon -- it's either one or the other."

Yes
No
Maybe

HOW DO YOU LIKE SITTING IN THE BOSS'S OFFICE?

IT'S EASY.

ALL I DO IS WALK AROUND AND MAKE PEOPLE LOATHE ME WHILE I AVOID MAKING DECISIONS.

THAT'S ALL YOU EVER DID BEFORE.

APPARENTLY I WAS GROSSLY UNDERPAID.

www.dailycartoon.com www.dailycartoon.com

© 2005 by Bill Watterson. All rights reserved.

JEANINE
TRUMAN, CRS
REALTOR

918.645.9459

JTRUMAN@CCTULSA.COM
JTRUMAN.CCTULSA.COM



CHINOWETH
& COHEN

REALTORS.

7510 EAST 111TH STREET SO. · BIXBY
OFFICE: 918.943.3009
FAX: 918.943.3155



NEWSLETTER

Janie A. Green: 918-629-0525
or janie@thomasgraphics.net

WEBSITE

Nick Nail: 918-671-4649
or nanail@cox.net

FACEBOOK

Lisa Ford: lford@brokenarrowok.gov
Deb Wimpee: debwimpee@

Corona Virus Isolation

We miss the opportunities to visit with our fellow Rotarians, and are grateful that we can have an occasional Zoom meeting. Please share information with your needs and how we can help others.



Grants from Our BA Rotary Foundation

Assisting local non-profits is more important than ever. At right are the grants approved. In addition, BA Seniors are being given meals out of our weekly meal budget, and \$15,000 in scholarships will be distributed. Other needs will be evaluated as they arise.

A New Leaf	5000
Broken Arrow Neighbors	5000
MSNI	2000
New Heights Summer Camp	5000
YMCA	8000

Social Distancing with Our Members



Lynnsey Childress, our newest member, sent this message after our 4/13 on-line meeting.

It was so great to see faces today! I'm glad the Zoom platform will work for our meetings, I'm looking forward to weekly Rotary again!

I wanted to let you know what I have been doing, through Discovery Lab, to support local education efforts. Discovery Lab has a variety of STEM Challenges and Science experiments on our Facebook page. I have been writing the Exhibit Engineering Challenges that are aired on Fridays (any members who have elementary aged kids at home might find them helpful

to entertain the kids for a while—my kids spent hours building a fort!). Additionally, Discovery Lab is helping the Tulsa Regional STEM Alliance (TRSA) with STEM Kits that are being provided to local elementary schools for distribution with lunches. This week, I have made 300 kits so far and plan to make 500 more before the week is over; Discovery Lab staff are cranking out thousands of kits per week! I'm making Hoop Glider kits (pictured here) and others are making Kite Kits.

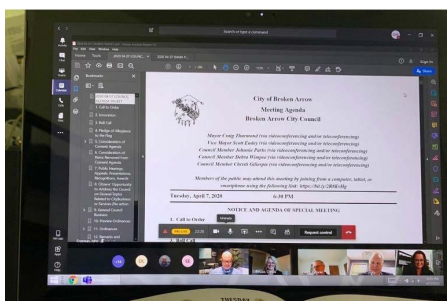
I look forward to seeing everyone again very soon!

Lynnsey

Note: my daughter, Janet, is a 3rd grade teacher and is home with her kids. She sends a daily report on their activities, and yesterday they had made Hoop gliders from one of these kits!



Debra Wimpee took on an Easter mask theme as she works from home. The image below shows how the BA city council continues to meet and help our city thrive.



Cooper Scott Henderson entered this world on March 9, 2020. He is Don Henderson's first grandson, and has two older sisters ages 3 and 2, respectively.

Congratulations!



Galen and Lisa Engel are joined by Greg Genua in their office and also for Easter dinner. Greg has donated fabric to Joy in the Cause for making face masks.

Zarria Young had Happy News on Monday; telling us about her new job for Brookhaven Hospital. Although she has not completed graduation due to the shutdown, she is able to begin helping our community immediately. Congratulations and thank you Z.

Lori Lewis told us about several options the Chamber offers to help businesses get through this challenge. Check their website for details.

Lisa and Ross Ford are staying active even while at home



While they both work from home, Lisa and Ross enjoy what they do, and love that granddaughter! They shared happy news on 4/13 about Ross's reelection due to no competing candidate filing. Great news.

And congratulations Lisa, for the well-deserved award described in the article to the right. We appreciate all your great work in our community.

MARCH 12, 2020 OWASSO, OK TULSA TECH CAMPUS

Oklahoma's 27th Buckle Down Awards Honoring Oklahoma's Top Cops

The Buckledown Awards grew from a small local traffic safety recognition program to the largest law enforcement recognition program in the state of Oklahoma. Each year local, state, and federal officials gather to recognize officers, deputies, and troopers from throughout the state for their exceptional traffic safety enforcement and prevention efforts.

Lisa Ford, Broken Arrow Police Department was recognized with the **2020 Michael J. Garner Memorial Award**

Sgt. Garner co-founded the Oklahoma Buckledown Awards Program. This award represents the leadership and commitment he lived throughout his service to Oklahomans. The Michael J. Garner Safety Advocate Award was created to single out one individual each year that has demonstrated exceptional dedication in increasing public safety throughout their department and community.



Becky Wood created "Bear Walk" and "Bunny Hop" windows for passing children to count as they took walks around the neighborhood. It's a great way to stimulate some fun education for kids.



David Kirby's hunting cabin grew from the foundation (at left) to a very comfortable-looking place to enjoy being in the woods. The photo at the right shows the turkeys he spotted in those woods.

