

# GOLDEN NUGGETS

**Kiwanis**<sup>®</sup>  
International

Newsletter of the  
Kiwanis Club of the Golden Nuggets

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## Holly Shares 3 Steps to Better Listening



Left. Holly Komar. Holly spoke to us on “The 3 Steps to Better Listening”. Holly asked us. “Do you listen to the people in your life as though they have your full attention and respect?”. We may have a small

complaint with our loved ones which might get in the way of a joyful relationship. It costs us joy and connection to the other person. It costs us in our freedom to be who we are. We have the power to alter our behavior. Sometimes, we are more interested in persuading the other person than listening to them. Those people who listen experience real joy.

The three steps to great listening involve lenses we use, the need to be “right” and interpreting the events that happen in our lives as reflections of who we are. A person may have said something “wrong” when they were 10 years’ old and, because of that, not speak to the other person for years. . A person may have heard when she was 13 years’ old that dating is dangerous and don’t trust boys. This may prevent the girl from ever having a good relationship with a man. We all have different pasts and viewpoints. We live like the past filters we were told are fixed and cannot be changed. Here is the “crazy” part: no point of view is right or wrong. What is valid to you is based on your upbringing. You may be a 5<sup>th</sup> generation Republican or Democrat. Hear other people’s point of view. Because one point of view is different, does not make it either person better. One person should validate the other person.

### Special points of interest:

- The next club meeting is Tuesday, October 31, 2017 at 9:00 AM at Frasier Meadows Retirement Center in the Community Room. The presentation will be: “Attention Homes”
- Kiwanis International has an award that recognizes Kiwanians who invite five or more new members during their Kiwanis career with a Ruby K Award, free of charge. Ruby K pins recognize members for inviting new members—from five to 100 people. (Further Ruby K awards are given for multiples of 25 over 100.) The award is cumulative, so previous recipients are eligible for a new Ruby K when they invite additional members.

## Holly Komar (Continued)

Began not resisting the other person. We think we are our feelings. A miracle is just a shift in perception. Have compassion. Validate the other person's point of view. Don't resist, persist. You are making them wrong when you say, "You should have done this". You can't be "right", make the other person "wrong" and have joy. Think what it is like to be in their shoes. Catch yourself when you think you should be right. Stop resisting people. Listen to people as though your life depends on it. Holly gave an example of an exchange between a pilot and an air traffic controller. The one might be thinking, "I don't need this person" because of his attitude, but, it's possible his life might depend on the other person. Holly also gave an example of a person that had everything going for her in her life, except she never had an intimate relationship with a man because her father never came home a lot. She thought, "If my dad did not come home, I must be unlovable. An event creates interpretations. Holly talked about her brother whose life she has made miserable by rejecting him when he was a baby. At the time he was born, she said mom was wrong because he was born. Interpretations rob us of our relationships. Holly spilled water on her computer. Her reaction was, "My life is over". We don't look at events as our interpretations, we look at them as facts. It's not the truth that life is over if an event happens. Holding on to interpretations stops us from seeing it as just an event. We should let go of these stories. We need to change. Suffering in life is in the interpretation. Act now. The past is done. Say, "I am committed to make a change in the world". Listen to people differently. Their perspective is just as valid as yours. Don't resist people. Look at how often you must be "right". Stop making other people "wrong". Think about what it costs to say your viewpoint is right. Go out and be extraordinary. Think: "I am going to listen to you".



Above , Dotti Imel



Above, Jess Kadel, Gerry Mueller, and Charles Hadley. Gerry is a member of the Kiwanis Club of Longmont.

Trivia Question courtesy: <http://trivia.fyi> In the movie "The Wizard of Oz", what did the Scarecrow want from the wizard? Answer below.



Above, Helen Hall, Jolane Fenner and Kirsten Cox.



Above, Charles



Above, Dave Finlay



Happy Halloween!!!

Trivia Answer: A brain

**Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.**

Club Officers:

President: Charles Hadley

Vice President: Jess Kadel

Treasurer: David Finlay, Secretary: Rogers Coke

Our club meets every Tuesday at 9:00 AM at Frasier Meadows Retirement Center, 350 Ponca Drive, in Boulder. For information, contact Rogers Coke, (303) 444-1924.