

# LWF Alumni Connection

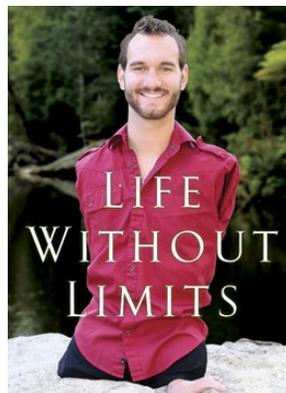
## Nick Vujcic: From No Limbs to No Limits

How often do we complain about things—the minor and major irritants of life? We have too much work to do? Too many assignments? Too much pressure? Too many obligations? Things do not work out right in this area or that area? We are all prone to “the grumble instinct”—and some of us more than others. How about you?

Nick Vujcic (pronounced Vooy-cheech) was born into this world with a massive disability—he had no arms or legs. Doctors could not explain it. They still can’t. His parents had no warning that this was coming at his birth, and of course were shocked. His dad was a pastor. His mom was a nurse. Like every other parent, they expected Nick’s birth to be without complications, just like the birth of his brother and sister who had all their limbs when they came out of the womb. But not with Nick.

Imagine having no arms to put on your shirt this morning; no hands to tie your shoes; no thumbs to text or lift your coffee mug. You can’t walk, run or dance, because you have no legs. You can’t lift or carry things. You

Sunday, Oct. 12th at 10:30 a.m. @ Kay Yeager Coliseum



What could you do if there were no limits?

can’t carry a briefcase or even hug the ones you love. Imagine how this would affect your life right now. How much more difficult life would be!

How did his life pan out? You should hear his story for yourself. It will put things in perspective for you.

Nick travels around the world sharing his motivating message of hope. “Look beyond your circumstances,” he tells his audience. People need to know that there is hope beyond the things that imprison us.

Reflecting on the opportunities to speak around the world, Nick says, “I am humbled by the fact that my life is most likely making a bigger impact because I don’t have arms and legs than if I did.”

Talk about putting things in perspective!



LEADERSHIP WICHITA FALLS

### Inside this issue:

<p>From No Limbs To No Limits <b>1</b></p> <p>October’s Halloween “Haunts” <b>1</b></p> <p>10 Community Leader Qualities <b>2</b></p> <p>Cops &amp; Robbers 5K Pursuit <b>2</b></p> <p>Wichita Falls Zombie Crawl &amp; 5K <b>3</b></p> <p>Two Step for First Step <b>3</b></p> <p>The Color Run Happiest 5k <b>4</b></p> <p>Save the Date Alumni Event <b>4</b></p>	<p><b>Kell House Museum Haunted Tours</b> - Oct. 25, 6 - 10 p.m. @ Kell House Museum – Come to the historic Kell House for a little ghouly scare for their once-a-year Haunted Tours! The stories are real and the scares aren’t make-believe... come share in the history of the residents of the 105-year-old Kell Home and see if you can feel their presence yourself!</p> <p><b>Chamber of Horrors</b> - Wichita Falls Boys &amp; Girls Clubs Alumni Association Annual Chamber of Horrors. Open Nightly at 7:30 p.m. (Oct. 10-11, 17-18,</p>	<p>24-25, &amp; 31). Admission is \$6 at the door.</p> <p><b>Not-So-Scary Halloween!</b> - River Bend Nature Center is having its annual Not-So-Scary Halloween Nature Night Oct. 17th. Costume contest starts at 7:30 p.m., face painting, music, tasty food, cool games, fun crafts, a cake walk, pumpkin decorating, candy, a Flashlight Fun Trail through United Children’s Garden, and Wild Bird Rescue’s “Stevie” the Great Horned Owl will make an appearance! DJ Marcus “Maniac” McGee will be DJing throughout the night. So dress up in your favorite costume</p>	<p>and come on out from 6 - 9 p.m. and join in on all the fun! \$5 a person, \$2 for children in costume with paid parent, and RBNC members are free!</p> <p><b>News Chanel 6 Safe Kids Halloween</b> Oct. 31, 5:30 - 8:30 p.m. @ JS Bridwell Ag Center - A safe alternative for kids on Halloween night! Kids cans gather candy from local businesses and sponsors. Doors open at 5:30 p.m. for children with special needs and will open to the general public at 6:00pm. Safe Kids Halloween ends at 8:30 p.m. Information: 940-322-6957 <a href="http://wfmpec.com/events/2014/10/31/safe-kids-halloween/">http://wfmpec.com/events/2014/10/31/safe-kids-halloween/</a></p>
--	--	---	---

## 10 Qualities of Great Community Leaders

### Self-Awareness

Before you can lead others, you must know your own abilities. Take stock in your strengths and weaknesses. Seek to build on your strengths and know when to ask for help in other areas. Look for the best fit for you: how best can you help in each situation?

### Eagerness to Learn and Adapt

You will never know all perspectives on a situation. Be willing to listen, learn, and change course. Community members can be a valuable resource—gain respect and knowledge by taking their voices into consideration.

### Empathy

Empathy leads to better leadership because you are better able to: imagine different viewpoints, understand and vali-



date the feelings of all parties, and recognize how you are perceived.

### Honesty & Integrity

A good leader must be trustworthy...to the community, to other leaders, and to those who are listening. Trust creates a productive space to facilitate discussions and make change. Without honesty and integrity, trust is broken, mutual respect is diminished, and productivity is eliminated.

### Dedication

The responsibility for being a community leader means you must be committed to fostering

change. Time spent volunteering doesn't just benefit your community, though—it also benefits you. When individuals volunteer, they are more likely to live longer, healthier lives.

### Service

In recent years, volunteers helped their communities by: fundraising or setting items to raise money; collecting, preparing, distributing, or serving food; engaging in general labor or transportation.

### Interpersonal Skills

Communication skills, like negotiating, mediating, active listening, and articulating arguments are essential. Collaborative skills mean that leaders can work well with other types of people and create a productive space. Community leaders can describe why something is important and how to facilitate

change to any person, be it child, volunteer, or grant agency.

### Forward-Thinking

Great leaders think outside the box, look to the future, and have set goals in mind. Develop innovative and critical-thinking skills. Keep in mind that fostering the lasting change means involving the next generation.

### Intelligence

Not just being smart—a community leader needs high levels of emotional, social, and intellectual intelligence. Competence shows that, as a leader, you can take care of the tough stuff.

### Motivation

Finally, a great leader motivates others to create change in their own lives and communities. An inspirational leader can make all the difference in engaging others in improving the community.

—Courtesy of the Wake Forest University Online Counseling Degree



## Cops & Robbers 5K Pursuit



Join the Wichita Falls Crime Stoppers for the 2nd annual "Cops & Robbers 5K Pursuit"!

Enjoy a fun-filled 5K chase or a 1-mile Walk/Run through historic downtown Wichita Falls. Event headquarters and registration: MPEC, 1000 5th Street. COSTUMES ENCOURAGED!

### COST:

"Cops"/"Robbers" (13 and older) - \$30

Active Military and Veterans - \$25

Kids 5K or 1 mile (ages 6-12) - \$20

Kids Under 6 - FREE

On-Site Registration will be \$40

Questions: 940.761.7777 or 940.761.8880 / Event Sponsorships Available!  
<https://www.facebook.com/crimestoppers5k>

# WICHITA FALLS ZOMBIE CRAWL & 5K

The Zombie crawl is FREE!

It's a public event where people gather in zombie costumes and "crawl" through downtown.

Enjoy free live music, a variety of food and specialty vendors, costume contest, rib-eating contest, raffle drawings, and more!

The 5K promotes fun and fitness through an urban course with a post-apocalyptic setting.

This intense course takes runners through an urban environment with a post-apocalyptic setting— down city streets, through alleys, parking garages and warehouses.

Participants of the 5K run are required to register as either a "zombie" or a "survivor" and encouraged to dress accordingly for the run. Survivors get a 1-minute head start!

Proceeds of the run benefit the American Red Cross of North Texas and Downtown Wichita Falls Development.

The 5K kicks off at Dusk, tentatively 7:15 p.m.

*Interested in volunteering?*  
Click [here](#) for a volunteer registration form.

*Interested in being a sponsor?*  
Click [here](#) for information.

*Got a vehicle right for a Zombie show and want everyone to see it? Click [here](#).*

*For all the event information, visit the Zombie Crawl & 5K website: <http://downtownproud.com/events/zombie-crawl/#event-info>*

*Zombie flash mob performance by Dance, Etc.*



## Two Step for First Step

*Annual Fundraiser*  
**Two Step  
for  
First Step**  
**October 18**  
*Elk's Lodge*  
4205 Seymour Hwy  
**6:30pm – 10pm**  
Tickets:  
\$30.00 per person  
\$300.00 VIP Table for 8  
For tickets call - 940-723-7799  
*Featuring Music*  
*by the Terry Allen Band*  
**Live Band, Dinner,  
Silent & Live Auctions**

Two Step for First Step is auctioning a beautiful Quilt for the Annual Fundraiser. They'll be serving Chicken Fried Steak, green beans, and mashed potatoes. Come and support the organization as well as take a chance on winning one of the many prizes they'll be giving away.

First Step is a safe and secure haven for victims of domestic violence and sexual assault. They are honorably committed to providing a caring, respectful, nurturing, professional, non-violent, and client-centered environment. They believe this work takes place on many levels, and each is equally valuable. Their ultimate goal is to end domestic and sexual violence, both in this generation and in the generations to follow. First Step has been committed to providing preventive and crisis intervention services for over 37 years.

First Step, Inc. provides comprehensive services to the victims of domestic violence and sexual assault. The following is a condensed list of the services we offer free of charge to survivors:

- 24-Hour Crisis Hotline
- 24-Hour Emergency Shelter
- Confidential Counseling – individual & group
- Advocacy through the medical & legal systems
- Emergency Transportation to Shelter
- Food and clothing – current clients
- Information and Referrals to other community resources
- Limited Rental and Utility Assistance – current clients
- First Step Family Store

Expect Respect

First Step also has a community education program, called Expect Respect, that is taught in the schools by an Education Coordinator. This program is targeted to youth in middle and high school.

<http://firststep.org/>



Leadership Wichita Falls  
P.O. Box 8344  
Wichita Falls TX 76307

[leadershipwff@gmail.com](mailto:leadershipwff@gmail.com)

[LWF.alumni@gmail.com](mailto:LWF.alumni@gmail.com)

The Color Run™ 5k is on its way to Wichita Falls, Texas! The event will take place on November 1st outside the Kay Yeager Coliseum!

Registration began August 5th!

The Color Run™, also known as the Happiest 5k on the Planet, is a unique paint race that celebrates healthiness,

happiness, individuality, and giving back to the community.

• Find out more about The Color Run™ 5k event by clicking [here](#).

• Join the VIP List to receive updates and notifications about The Color Run™ 5k event. Click [here](#) to sign up now!

Packet Pickup will take place in Meeting Room 1 at the MPEC Ray Clymer Exhibit Hall. Free, convenient parking for Packet Pickup is located on the South side of the building near the flagpole entrance. Packet Pickup will take place from 10:00 a.m. - 7:00 p.m. on October 31st.

Be Healthy. Be Happy. Be You.

[www.leadershipwff.org](http://www.leadershipwff.org)

[www.facebook.com/  
LeadershipWichitaFalls](http://www.facebook.com/LeadershipWichitaFalls)

*Save the Date*

**December 11, 2014**  
**Hamilton Building**



**ALUMNI**



**Board of Directors** (Class of)

Executive Committee:

Matthew Park (2004) Chair

M&FD, Finance, Governance

LeAnn Scharbrough (2010) Chair Elect

M&FD, Governance chair

Michael Mills (2005) Secretary

M&FD

Marla Malone (2010) Treasurer

Chair Immediate Past Chair, M&FD, Finance

Board Members:

Cammie Dean (2010) Youth Programs

Carla Rogers (2012) Youth Programs, Governance

Chris Aday (2013) Adult Programs, Alumni

Clayton Hein (2011) M&FD

Donna Vaughn (2001) Adult Programs

Gene Strouth (2003) Alumni chair, Governance

Jackie Hamm (2012) Adult Programs, Alumni, Finance

Jan Driver (2012) Youth Programs

Julie Ayres (2013) Adult Programs co-chair

Michael Boyle (1996) M&FD co-chair, Finance

Missy Seay (2008) Adult Programs co-chair

Shelly Agee (2012) Alumni, M&FD

Stephen Santellana (2003) M&FD co-chair

Steve Sims (2012) Youth Programs

Tina Taylor (2009) Alumni, Finance

Vicki Donahue (2013) Youth Programs chair

*M&FD = Marketing & Fund Development*