

## Hometown News Online!

### Words of Wisdom...



"I say 'out' to every negative thought that comes to my mind. No person, place or thing has any power over me for I am the only thinker in my mind. I create my own reality and everyone in it."

**Louise Hay**

### Quick Links

[Sylvia's books](#)

[Sylvia's Children](#)

Where In the World Is  
Sylvia



**February 4, 2018**

Center for Non Profit



October 25, 2017

### **LEARNING TO LISTEN IS KEY TO SUCCESS**

Most of us spend 70 to 80% of our waking time communicating; nearly half of it .... some 45% ... is spent listening. However, we only listen at an efficiency rate of 25-50%. Why? People speak at a rate of 100 to 200 words per minute (wpm) but we can hear at a rate of at least 600 wpm. That leaves a lot of time for our minds to wander.

How to solve? Take notes. Repeat or paraphrase what the speaker has said. Ask questions. Ask the speaker to clarify or elaborate on what was said. Don't interrupt. Look at the speaker.

Listening at work is an important skill to develop. You need to listen well for many reasons; first and foremost so that you can understand others. Also you need to know what it is that you are supposed to do, so that you can predict and prevent possible problems and so that you can set your goals for the future in a positive and realistic manner.

The key element to success? Don't let your mind wander ... stay in the moment ... care about what the other person has to say.

As Epictetus said "God gave you two ears and one mouth for a good reason ... listen more than you speak." (If you ever get bored, Google Epictetus ... he was an awesome sage!).

Stewardship, Corvallis,  
OR

**March 15, 2018**

CPRS, Long Beach  
Convention Center, CA

**April 27-28**

Waretown Spring Wine  
Festival, Waretown, NJ

**May 16, 2018**

CRPA/MRPA

Sturbridge, MA

**June 10-11, 2018**

Jersey Shore Wine  
Festival, Lakewood, NJ

**June 14-26, 2018**

Uganda summer trip

**Summer/Fall Saturdays**

Aitkin Farmers' Market

9 am - 1 pm every Sat.

Aitkin, MN

**September 8, 2018**

Harvest Moon Brew Fest

Aitkin, MN

**Rotary meetings for  
Sylvia's Children**

**11/ 2 - Madison,NJ**

**12/5 - Secaucus NJ**

**12/6 - Mankato, MN**

**12/13 - Chain of Lakes**



Lots of great stuff every two weeks!

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