



RENEWNEWS

RENEW helps people who juggle work, family and community commitments sustain (or regain) their enthusiasm, effectiveness and purpose



VOLUME XXI ISSUE TWO

AUTUMN 2016

It Goes Without Saying

by Linda Hawes Clever, MD

The day after we left for Turkey, the United States State Department issued warnings about travel to Istanbul. We were home by the time U.S. consular families had to leave the city for their own safety.

Although assuredly pleasant, the trip was far from a vacation. We had been drawn again to the Black Sea region's history and our quest to understand better its simmering and tangled geopolitics. So we paid attention. We took notes during lectures and absorbed our surroundings, scenes and people. Moods were decidedly edgy.

It was across a gorge from Sumela Monastery, built high into a sheer rock face some seven centuries ago, that observation became participation, and when my Black Sea world expanded. The rest of our group was taking an afternoon break while I climbed a terraced hill to grab another shot of the architectural and inspirational wonder. A large Turkish family was barbecuing and the smoke, although savory, obscured my view. As I prepared to leave with a philosophical smile, the women, using only gestures, offered me lunch, a juicy, tasty meat patty sandwich trimmed with a big bright red tomato slice. Also using gestures, I tried to decline... to no avail. I tried to decline again when they offered an 8 inch long grilled green pepper to go along... Next, how about some tea? Sit down? Same process, same result. At last, rested and full of delicious food and feelings, I tried to make it clear, pointing at my wedding ring and to one of the men in the group, that my husband was down the hill and I needed to rejoin him. I finally left, with many unexpected photos, taking along a big fat sandwich, including an 8 inch pepper, to Jamie. We later caught the family's eye as we departed and sent mutual waves.

There in that troubled land, I lived Professor Albert Mehrabian's rule of messaging: 7% of communication is words; 38% is tone of voice; 55% is body language. I had been drawn into the heart of a family and shifted viewpoints, from tense to relaxed, completely without words.

Here and now, at home, amidst email, Twitter and texting, it is good to remember that emotions and attitude and generous hospitality often go without saying. Words are not always necessary.

Who's New at RENEW? – Lisa Hall



RENEW WELCOMES Lisa Hall, our new Program Coordinator. Lisa brings vast experience in Program & Account Management, specializing in Business Development and Executive Communications. Before coming to RENEW, she worked at also-famous Oracle and Sun Microsystems. Giving back to the community is one of her passions. She volunteers, for example with Ronald McDonald House Charities, where she helps families during difficult times: answering questions, giving tours, shuttling them to and from the hospital. She also helps with fundraising. Lisa is currently in the middle of a house remodel and enjoys being hands on. We are delighted that she came to us!

Who Renews?



Who comes to RENEW keynotes, workshops, seminars, conversations? In the last few weeks, we've had the privilege of working with CEOs and Executive Directors who, for example, develop housing for homeless families; explore religious, social and political issues and the arts at Chautauqna; plant trees in cities; develop e-learning and global innovation; establish programs in Texas for children with rare disorders; reduce tobacco use and asthma; run a county fair (!) and turn disabilities into possibilities. Others who have Renewed lately include people aiming higher after 50, new physicians at Kaiser and Department of Radiology faculty and fellows at Stanford.

Inside a RENEW Workshop

Since not every one of you has attended a RENEW program, we thought you might be interested in this insider's summary. Our recent workshop at Ladera Community Church, *Being Better than Busy and Triumphant Over Time*, started with E.B. White's assertion, "I arise in the morning torn between the desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day." Warming up to our confidential conversations, people told what they do when they leave home and what they find when they return home. One person mused, "All of our children used to live nearby and have now scattered around the world. *Heaven doesn't last.*" Another bespoke the importance of music and another noted, "Never turn down a free dinner," since that's how she met her husband. A fourth said, "My husband is retired, I'm *tired.*" In the context of current national and international tensions, one person commented, "Everyone is pre-offended."

As the three hours moved along, we tackled the "Two Circles," pie charts of how you spend your time now and how you would like to spend your time. One fellow quipped, "I need a third circle: what does my *wife* want me to do with my time." Later, an organizational consultant suggested one more item for "The 24-hour Rule," which applies to the day you take before you answer "Yes" or "No" to a request. This is when you check your calendar, check with family and check your ever-reliable gut. He added, "How can I best use my strengths?"

In addition to the content we plan, RENEW workshops are loaded with poignant, smart, funny, thought-provoking, memorable comments. That's why they work!