

Rotary



Club of West Little Rock

Rotary Club of West Little Rock

Meets at St. Vincent
Infirmary in the Terrace
Room

[Two St. Vincent Circle
Little Rock, AR 72205](#)

Meetings: Wednesday at
12:00 PM

Club 2535, District 6150
www.westlittlerockrotary.org

Chartered November 18,
1958

Club Leaders



[Gina Newman](#)
President



[Roy Patterson
Smith](#)
President - Elect



[Ali Miller](#)
Secretary



[Bobby Joiner](#)
Treasurer



[Shannon Gwinn](#)
Bulletin Editor



[Martha Ray
Sartor](#)
Public Image
Chair



[Inez Reeder](#)
Membership
Chair



[Stacy Robinson](#)
Service Projects
Chair

[Pittman Ware](#)
Sergeant-at-
Arms

This Week's Program December 8, 2021



**** MEETING AT TERRY ELEMENTARY - STARTS AT NOON - BRING YOUR LUNCH ****

Self-Care During A Pandemic by DeeDee Helbig

Ava Bella Day Spa was created by owner DeeDee Helbig in 2000 after she moved to Little Rock from San Diego. Coming to Arkansas made her realize she wanted to own her own day spa for two main reasons: she loved people and esthetics. In 2004, she opened Ava Bella, and since then has welcomed two kids, expanded the business and fought breast cancer head-on, all with the help of her staff and clients.

When the spa originally opened, there were just three employees. Before the pandemic, it was up to 20 employees, but is now back to a small group of nine, really allowing for building personal relationships with people and getting back to Helbig's roots.

◆My philosophy has always been to treat your staff as you want to be treated,◆ she says. ◆They are the backbone of the business. They◆are like family. Without them, I wouldn◆t have a spa. A successful business that has survived a recession, cancer and now a pandemic? I◆m very lucky and blessed to be in the position I am in.◆

**** MEETING AT TERRY ELEMENTARY - STARTS AT NOON - BRING YOUR LUNCH ****

Mark Your Calendars

December 8th - Terry Elementary, Dee Dee Helbig, Ava Bella

December 9th - Holiday Party (evening)

December 11th - Salvation Army Bell Ringing

December 15th - Club Assembly

Board Nominees

The nominees for the 2022-23 West Little Rock Rotary board are:

President - Roy Smith
Immediate Past President - Gina Newman
President-Elect - Ali Miller
Vice President - Pam Estes
Secretary - Bill Temple
Membership Chair - Inez Reeder
Foundation Chair - Jerry Wilson
Public Image Chair - Martha Ray Sartor
Service Project Chair - Paige White

Holiday Party 2021

HOLIDAY PARTY

Our Holiday party is scheduled for Dec. 9 from 6-8pm at the River Market Towers located at 315 Rock Street, Little Rock, AR 72202 (this is the same location as our last one). There is a parking garage across the street that you park in or try to find a parking space on the street on Rock Street or Third Street. They have a concierge that will let you in the building. You will need to sign in and take the elevator to the 20th floor to the River Room.




Please bring your own favorite beverage and favorite hors d'oeuvre to share with all your favorite Rotarian's. We will have plates, cups, silverware, napkins, water and ice. A big thank you to our own Bob Barnes and his lovely wife, Beth, for providing this lovely room for our enjoyment. Hope everyone can make it.

Community Service Corner

COMMUNITY SERVICE CONNECTION



SALVATION ARMY BELL RINGING DATE SET

Rotarians will be  Ringing the Bell for the red kettle  on Saturday, December 11th at the Kroger on Highway 10 from 10 a.m.  4 p.m. We will sign up for 2 hour shifts. A sign up sheet will be passed around at the meeting on Wednesday or you may email srobinson@arora.org to volunteer.



Jerry C. Wilson
Rotary
Foundation
Chair



William C. Temple
Club Programs
Chair



Bob Keltner
Youth Exchange
Chair



Douglas J. Shackelford
iPast President



Nancy Leonhardt
Club Executive
Secretary



Jai Lambert
Assistant
Governor

Birthdays



Jennifer Dillaha
December 6th



Larry Hogue
December 14th



Michel Leidermann
December 21st



Elizabeth Meyer
December 25th



Benjamin C. McMinn
December 30th

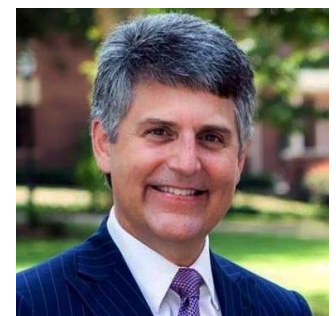
Years of Service

No Years Of Service Found

Proposed New Member November 2021

STEPHEN BELL

Classification: Real Estate
Proposed by: Jerry Wilson



Proposed New Member December 2021

Proposed Member: Bekkah Elrod
Classification: Financial Services: Branch Management
Proposed by: Shannon Gwinn



Four-Way Test

The Four Way Test of the things we think, say, or do...

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?