



# The Bath Tub

## Hot Springs National Park Newsletter



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### Week of August 12, 2019

### Upcoming Programs:

**August 14** Chad Causey - Arkansas Aerospace Alliance

**August 21** Travis Keatley - Weyerhaeuser

### Scott Ellison, FLW Cup



Rotarian Bill Solleder introduced our speaker, Mr. Scott Ellison with FLW (Fishing League Worldwide), the organization that is sponsoring the FLW Cup Bass Tournament this weekend on Lake Hamilton. FLW has great ties to Arkansas, as it was originally named after Forrest L Wood, who is the founder of Ranger Boats in Flippin, AR. Wood is a legend and icon in the fishing industry. FLW was renamed **◆**Fishing League Worldwide**◆** to better explain what the company represents.

The FLW Cup has been in Hot Springs more than any other location, having been held at Lake Ouachita in 2007, 2011, 2015 and 2018. This year it will be on Lake Hamilton, as it was in 2005 when our own George Cochran won the event. Lake Ouachita will still be involved, as there will be a kayak bass tournament held on that lake this weekend, as well.

FLW is working to get bass fishing sanctioned in high schools across the country as a year-round sport. So far, they have 6 states where it is a sanctioned sport (Arkansas

is not yet one of them).

This weekend's event will be based at the Hot Springs Convention Center with lots of activities for the entire family. The Expo will be from 10 am until 4:30 pm free on Friday, Saturday and Sunday. Weigh in each day will be held at 5 pm. On Sunday at 4:00 pm, Trace Adkins will have a free concert. The top prize this weekend is \$300,000!

### The 4-Way Test

Invocation - Stephanie Nehus

Pledge **◆** Raymond Wright

The 4 Way Test **◆** Diane LaFollette

### Club Leaders



[Michelle Ratcliff](#)  
President



[Chuck E. Launius](#)  
Club Programs Chair  
President-Elect



[Gary McKuin](#)  
Secretary



[Tiffany Tucker](#)  
Membership Chair  
President-Nominee  
Vice President - Growth



[Jimmy M. Pate](#)  
Treasurer



[Rollin Cristianos](#)  
Club Director - Meetings & Activities



[Chris Franklin](#)  
Club Director - Community Services



[Karie Hobby](#)  
Club Director - Youth Services



[Harmony Hurst Morrissey](#)  
Club Director - Administration  
[Arthur D.](#)



Music - David Fleming (Happy Birthday to our August Birthdays!)



[Floyd](#)  
Sergeant-at-Arms



[Justin Nicklas](#)  
Rotary Foundation Chair



[Stephanie Alderdice](#)  
Webmaster



[Jared Zeiser](#)  
iPast President



[Candace M Young](#)  
Assistant Governor

## Guests

Alan Spraggins, Community Enhancement Chair, introduced our guests and announced that our club would continue to do our food drives, Ringing the Bell for Salvation Army, and this year will add candy donations to "Boo with the Badge" in October to help make an even bigger impact on Hot Springs.

Dana Lambert hosted Jaci Palmer and our other guests included Cassidy Kendall, a new writer with the Hot Springs Sentinel Record.

## The Rotary Scholarship Trust Drawing



Chris Franklin and Larry Meyers drew for the Ace of Diamonds, but unfortunately, it remains in the deck.

**\$343 in the pot**

**42 cards remaining**

## Birthdays

- Neal C. Gladner  
August 8th
- Dennis C. Smith  
August 10th
- Mark Howard  
August 13th
- Christopher D Wolcott  
August 13th
- Tiffany B. Rogers  
August 14th
- Wade Naramore  
August 15th
- Stephanie M Nehus  
August 22nd
- Mary Kay Wurm  
August 27th
- Chuck E. Launius  
August 31st
- Christina Lynn Nation  
August 31st
- Richard Gladden  
September 2nd
- Ray Owen Jr.  
September 5th
- James A Carney  
September 6th

## President Michelle Ratcliff



We've all grown up hearing the quote "It's better to give, than receive." Well, now there is actually scientific proof that giving and doing for others is good for your health! Did you know that even thinking about generosity and giving back can boost your immunity? Did you also know that being generous with your attention can reduce your risk of heart attack? Cardiac arrest is highly correlated with the amount of self-reference ("I," "me," "my") in a person's speech. People suffering from chronic pain reported decreased intensity, and less disability and depression, when they reach out to others in pain - endorphins are

produced when you feel empathy. Studies also show you sleep better at night and it has cognitive benefits - those with a greater sense of purpose scored better on memory and cognitive function. One piece of research showed that older individuals who volunteered for at least 200 hours a year decreased their risk of hypertension by a whopping 40 percent. This could be because they were provided with more social opportunities, which help relieve loneliness and the stress that often accompanies it. And finally doing good for others can help you live longer - volunteers show an improved ability to manage stress and stave off disease as well as reduced rates of depression and an increased sense of life satisfaction. So, this all goes to show you that Rotary's motto of "Service Above Self" is not just three words made up, you can rest assured that the work we all do for others will help to make us all

happy, healthy and live longer lives.

Ancient wisdom and modern science seem to agree: Being part of something larger than ourselves might be one of the best things we can do, both for others and ourselves. As this quote by Gordon Hinckley goes ♦ ♦The happiest people I know are those who lose themselves in the service of others.♦ ♦ Helping others can be a cure, not just for those who are in need, but for your soul as well.

## Prospective Members

The Board and the Membership Committee have approved the following prospect. If there are no written objections sent to the secretary within 10 days of this first publication, he will become a member on August 14th.

Parth Patel  
Director of Development  
VIPA Hospitality

## Rotary Minute



The Four-Way Test is really the Golden Rule spelled out: ♦do unto others as you would have them do unto you.♦

John Dean, who worked for and helped Richard Nixon resign as President, addressed a Kansas Rotary District Conference in 2003 and applied the Four-Way Test to Watergate. Dean said, ♦had those of us in the Nixon White House stopped to apply the Four-Way test, there would have been no Watergate. In short, the Four-Way Test works. Let us as Rotarians be diligent to make daily choices remembering our Four-Way Test.

Major General Lew Lyle was a distinguished member of our club for several years after he retired from the US Air Force. As a combat pilot with impeccable credentials, he had qualified as a bombardier during World War II. Walter Cronkite was a war correspondent and a passenger on one of the planes ♦ a B-17 Flying Fortress ♦ crossing the coast of France on D-Day. He recorded some of his experiences. The lead aircraft that day was piloted

by Capt. L. E. Daub with then Lt. Col. Lew Lyle as the bombardier. To ensure the best possible bombing patterns, Lew decided to lead the mission from behind the Norden Bombsight instead of from the left seat on the flight deck. This was history in the making and the beginning of the end of World War II.

Thanks to all who made the sacrifice of themselves on that horrendous day ♦ D-Day.

## Board Notes

The Board of Directors will meet on Tuesday, August 13 at HSCC. We begin at noon, so come early to order your meal!

## Announcements

Mary Zunick invited all to attend ♦The Birth of an Artist♦ benefitting Cutwell 4 Kids on Saturday night from 7-10 pm at Embassy Suites. Young artists will be selling their work and you will be able to visit with the artists, as well as have good food and fun. Tickets are \$20 and can be purchased online at <https://cutwell4kids.org/events/> Cutwell 4 Kids mission is to promote and support the self-awareness and growth of every child♦s uniqueness and individuality in the form of artistic expression.

Clay Farrar spoke on behalf of the Garland County Historical Society who is sponsoring the Inaugural Hidden Hot Springs tour . For \$75, you can tour the W. C. Brown Estate at 2330 Central Avenue, as well as the new downtown resident of Karen and Ken Wheatley at 504 Central Avenue on Sunday, September 29, 2019 from 2:00 until 5:00. There are VERY FEW tickets left, as they are selling extremely fast. Please call 501-321-2159 or go to [www.garlandcountyhistoricalsociety.com](http://www.garlandcountyhistoricalsociety.com) for tickets as soon as possible!

If you are interested in going as a group to see the play ♦Chicago♦ as a fun outing together, please

let Rollin Caristianos know by **texting him at 501-318-8782** by **THIS FRIDAY, AUGUST 9**. Please indicate how many in your party will be attending this Rotarian Fellowship event. Several Rotarians have already seen this production and have given it GREAT REVIEWS!

August is national membership month for Rotary. And while we held our membership drive , **Just Ask** during May, we encourage you to invite your friends or colleagues, or even someone new to town, to visit and become a member of our club anytime during the year.

If you have a child/grandchild that will be a senior this year and would like to be a student guest, please get in touch with Beau Britton. He has contacted the school counselors, but wants to be sure if you have someone that he wants to get them on the schedule for the school year.

## Absence

We missed you!			Active R85
Allison, Ronnie G. Jr. Applegate, B.J. Blankenship, Lynn Britton, Beau Brooks, Brenda Brown, Jeremy W Dante, Charles H. Jr. Dews, John Scott Disney, Daniel E. Dodd, Nick Graham, Joseph P. Green, Scott Grisso, Richard P. Haggard, Holly Hall, Gene R. Hall, Kevin R.	Harper, Susan Allen Hearnberger, Marcia Herrington, Richard Jr. Hinz, Ernie D. Hobby, Karie Howard, Mark Kelly, Judith Heikes Kerst, William L. Lipton, Michael J. Lynch, Paul M. McCabe, Patrick G. McGrew, Richard W. Metcalf, Tim Naramore, Wade Nation, Christina Lynn Porter, Lance A	Pratt, John A. Quinney, Greg Ragsdale, Linda L. Raub, Michael Sample, William H. Stafford, Cheryl Lynn Taylor, Kathy H. Thurber, Darla Trice, David Troutman, Gary A. Tuohey, James Michael Williams, Valerie Wolcott, Christopher D Woodward, Maria Zeiser, Jared Zunick, S. Robert	Bailey, Larry A. Brunner, John H. Bush, David M. Crumby, Larry Davenport, H. W. Endicott, Lynn E. Fleischner, Stuart Allen Holloway, Claude T. Hudgens, E. Brad Mazzanti, James R. Newman, Bart Smith, Charles W. Smith, Dennis C. Smith, Scott A.  <b>LOA</b> Brown, Sara Couch, Mary Anne Phillips-Jolly, Jane