



Rotary
Little Rock



Rotary Club 99: Tuesday, June 11, 2024

11:30 a.m. Buffet Opens | 12 p.m. Program Begins
Great Hall, Clinton Center

The Anxious Generation: The State of Teens Today

If you've turned on the television or read a newspaper in the last week or two, you've no doubt seen or heard something about the book, "The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness," by social psychologist Jonathan Haidt. Haidt takes on the facts about the current epidemic of teen mental illness that has beset many countries at the same time and lays the blame squarely with the decline of the "play-based childhood" in the late '80s and the arrival of the "phone-based childhood" in the 2010s. Join us Tuesday, June 11, as we tackle the subject head-on with a panel moderated by Catholic High School Head of School Steve Straessle, and featuring social worker and play therapist supervisor Stasia Myers, along with Ben Hopper, area director for Young Life.



Steve Straessle is a 1988 graduate of Catholic High School and has been a teacher there since 1992. In 2005, Straessle took the helm as principal and continues to teach two classes in addition to his administrative and fundraising duties after recently being named Head of School. He's been humbled to earn a few awards, including ASPA Administrator of the Year in 2016 and Junior Achievement Educator of the Year in 2022. He's currently the president of the Arkansas Activities Association Board of Directors. Steve writes two columns for the *Arkansas Democrat-Gazette*. His "Oh, Little Rock" column focuses on his beloved hometown, and his "Strenuous Life" column runs the gamut of topics. His wife, Ann, and their six kids often find themselves the target of his writing.

Stasia Myers is a licensed credentialed social worker (LCSW) and a registered play therapist-supervisor (RPT-S). She owns Create Healing Counseling Services, a group private practice, specializing in child and adolescent counseling located in Little Rock. She received her B.A. degree in psychology from Baylor University and her master's in social work degree from the University of Arkansas at Little Rock. Over the last 20 years, Stasia has worked in inpatient, residential and outpatient settings with children, adolescents and their families. She served as an internship instructor at the juvenile detention center for first year MSW students with UALR's Master's in Social Work Program. She has also taught BSW and MSW courses at UALR as an adjunct faculty member in the social work program. Stasia specializes in sandtray therapy, which she uses with children through adults, and has provided training for therapists on advanced topics in sandtray therapy (International Credential Sandtray Therapist, ICST). She provides supervision for therapists seeking credentialing in play therapy as an RPT-S and serves on the Arkansas Board of Play Therapy. Stasia is a doctoral candidate at the University of Louisiana Monroe in the Marriage and Family Systemic Studies program.

A Little Rock native and Catholic High for Boys graduate, **Ben Hopper** has spent the last decade serving middle school, high school and college-age students through the ministry of Young Life. He studied church leadership and administration at Belmont University in Nashville, Tenn., with a minor in business administration and is enrolled at Dallas Theological Seminary to work towards a master of arts in counseling. Growing up in the gap between Millennial and Z Generations, Ben has had a unique perspective as both participant and observer of the unique challenges that adolescents endure today. He is passionate about helping the adolescents and young adults of today become holistically healthy members of our community.

Zoom Login for June 11, 2024

Join Zoom Meeting
<https://us02web.zoom.us/j/82553425512?pwd=i6nH5rHI6N4y74yRpLW495WRhgN3cS.1>

Meeting ID: 825 5342 5512
Passcode: 254526

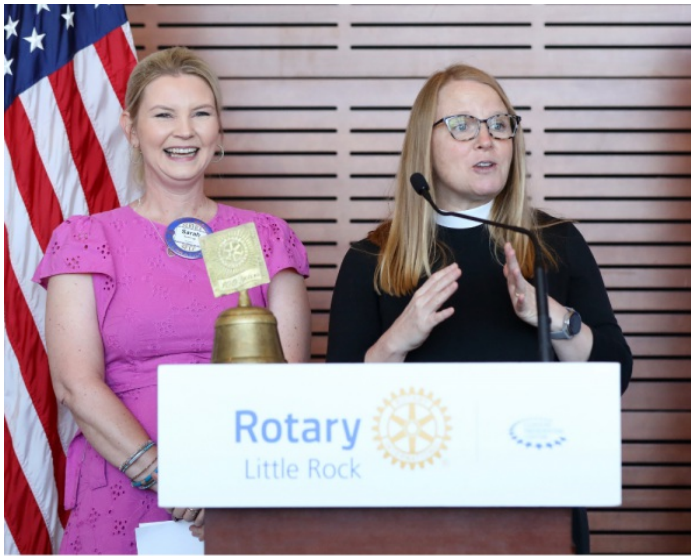
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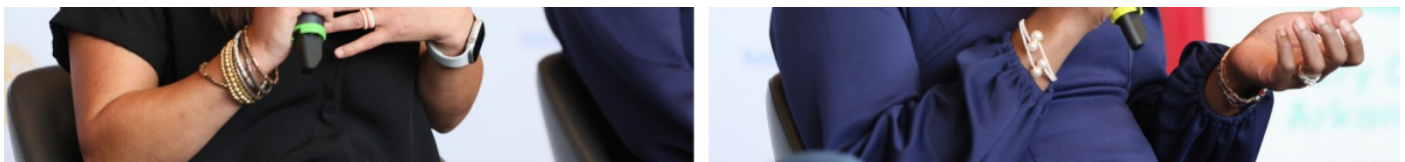
This Week at Club 99

Every Child Arkansas: Finding a Home for All Children

Club 99er Jerome Strickland, executive director of The Contingent, shared that in Pulaski County, the child welfare system is struggling to accommodate approximately 480 children with only 276 available beds, forcing many children into suboptimal living situations. Only about half of these children can remain in the county, severing them from their familiar environments like schools, community centers, churches and friends.

Moderator **Paul Chapman** of Restore Hope led an engaging and informative panel discussion with those serving foster care children and their families on how businesses and individuals can help ensure every child has a home.





Makayla McAllister, who entered foster care at 15, shared her harrowing experience of entering the system, describing it as dehumanizing. She recounted being picked up by the police in the middle of the night, spending the night at the police station and undergoing a humiliating medical exam in front of her younger brother. She eventually found stability with foster families who supported her educational and personal growth, leading to her adoption just before graduating high school.

Jordan Summers, a foster parent and former educator, emphasized the emotional toll and transformative impact of fostering. She shared her experiences fostering children, highlighting the challenges and the fulfillment that comes with it. Jordan spoke passionately about the need for community involvement and support for foster children, stressing the importance of seeing these children as individuals with names and stories, not just statistics.

Dr. Kalena Jones with Baptist Health discussed the organization's commitment to supporting foster families, inspired by personal experiences and a mission aligned with addressing social determinants of health. Baptist Health aims to mobilize their large network to celebrate and support employees involved in fostering, driving engagement and awareness across the healthcare system.

Overall, the discussion underscored the critical need for more foster families, community involvement and systemic support to improve the lives of children in foster care.

Watch the full meeting video [here](#).

Members Caught Having Fun This Week

Club 99 was thrilled to welcome a delegation from Enna, Italy, with Little Rock's Sister Cities Commission. 99ers and Sister City Ambassadors **Past President Denver Peacock** and **Ashvin Vibhakar** hosted six members of the delegation along with Little Rock Sister Cities chair **Margie Raimondo**. **President Natalie Ghidotti** participated in a Rotary flag exchange.





Welcome New Members

Club 99 welcomed two new members this week – **Billy Haynes**, Deloitte LLC, and **Sam Smith**, Harrison Energy Partners. Welcome to the fun, **Billy** and **Sam**!





The 5th Test: Is It Fun?

President Ghidotti's™ Power of Fun Tip

This past weekend was definitely full of fun for me as my big tap recital happened! I shared with you that one of the things I decided to do for fun this year was to start taking an adult tap class each week. I grew up dancing, so to be able to get back into that and do it with adults ranging in age from 30 to 82 has been such a TRUE FUN moment!

And to be back on the stage and have my daughter, who is a competitive dancer, have to buy ME flowers this time was a real treat!

You can see some pics of all the fun down below!





When I joined this class last fall, I quickly learned that my feet got right back into the swing of things, but my brain is not as quick as it once was. Learning and memorizing the choreography isn't as easy at almost 50 as it was when I was 16! But that's the thing about TRUE FUN – you have to take a big leap sometimes and just get yourself out there and be a bit uncomfortable. That is when TRUE FUN happens!

So yeah, getting back to tap at the age of 49 isn't as easy and coordinated as it was when I was 16. But, remember, perfectionism is the enemy of fun. It's actually the biggest roadblock that adults face in trying to have more fun in their lives, according to Catherine Price, the author of "The Power of Fun."

One way to loosen perfectionism's grip is to gently investigate what, exactly, you're afraid will happen if you do NOT perform perfectly – and then continue to ask questions until you convince yourself that it's going to be OK.

As author and journalist Margaret Talbot writes, "Being willing to involve yourself in something you're mediocre at but intrinsically enjoy, to give yourself over to the imperfect pursuit of something you'd like to know how to do for no particular reason, seems like a small form of resistance."

So resist. Be a beginner. Pursue passions, hobbies, interests, things you did as a kid and were pretty decent at whenever possible. Sign up for the tap class. Learn to play mahjong. Take up pickleball or learn how to bake. Make a point to try new things.

As you do, keep in mind that far from implying flightiness or irresponsibility, the word dilettante – which is a person who takes up an art, activity or subject merely for amusement – actually comes from the Italian verb "to delight." And "amateur" doesn't refer to a lack of skill. Instead, its root is the Latin word for love.

So I think it's appropriate to share this very special picture – as I didn't realize until this weekend at our recital that I was in tap class with two other Rotarians! These two tappers are in the West Little Rock Club, and somehow backstage, we figured out we were all Rotarians! So, you see, you may venture out there to try something new or get back to a past passion, and end up doing it with fellow Rotarians! You just never know where The Power of Fun or Rotarians will show up!

Who's Having Fun?

Check out this week's member video featuring Club 99er Maha Witherington. Who knew Maha was a wedding crasher?! Watch the video [here!](#)

Special Events and Meetings

Join the FUN! A Family Friendly Year-End Celebration
Bike Ride and Family Cookout 8:30 a.m. Bike Ride

11 a.m. Games, Fellowship and Lunch provided by Eat My Catfish
June 8, 2024
Murray Park, Pavilion #2
Family and Friends Welcome!!!

Don't miss some good 'ole family fun with fellow Club 99ers. We'll have plenty of food and drink, along with some fun games and a bounce house for the kiddos.

AFFINITY GROUP GATHERINGS

WOMEN OF ROTARY

JUNE

Friday, June 28
Location: Zoom

Upcoming Programs

June 2024

11 The Anxious Generation: The State of Teens Today

2023-2024 Club Leadership

**Rotary**
Club of Little Rock

2023-2024 Leadership Team

Board of Directors

 Natalie Ghidotti <i>President</i> natalie@ghidotti.com	 Jason Chacko <i>President-Elect</i> jason.chacko@morganstanley.com
 Mitch Bettis <i>President-Elect Nominee</i> mbettis@abpg.org	 Denver Peacock <i>Past President</i> denver@peacockgrp.com
 Molly McNulty <i>Secretary</i> molly.mculty@arcourts.gov	 Don Cole <i>Treasurer</i> dcole@methodistfamily.org
 Drew Harper <i>Treasurer-Elect</i> drew.harper@ozk.com	 Wendy Wood <i>Sergeant-at-Arms</i> paul.wendy.wood@gmail.com
 Suzanne Peyton <i>Foundation Chairman</i> speyton@clintonairport.com	 Viji Kuruvilla <i>Club Director</i> vijik@lexicon-inc.com
 Lena Hayes <i>Club Director</i> lena.hayes@baptist-health.org	 Sue Owens <i>Club Director</i> owenselbo@gmail.com
 Nate Coulter <i>Club Director</i> coulter.nate@gmail.com	 Tanya James <i>Club Director</i> tjames@arvest.com
 Kevin Newton <i>Club Director</i> kevinnewton@cbmconstruction.net	 T. Martin Davis <i>Club Director</i> tmartind@swbell.net
 Jessie Wilson <i>Club Director</i> jessie.wilson@dalecarnegie.com	 Greg McCarroll <i>Club Director</i> gmccarroll@my100bank.com


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