



Rotary
Little Rock



Rotary Club 99: Tuesday, June 25, 2024

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

Annual Changing of the Guard: A Thank You to President Natalie Ghidotti



Join us on Tuesday as we celebrate President Natalie Ghidotti with a FUN farewell program including passing the gavel to President-Elect Jason Chacko. We will have a blast roasting and toasting President Ghidotti on a great year!! (Rumor is she has some fun things up her sleeve as well!) This is one farewell program that you won't want to miss.

Zoom Login for June 25, 2024

Join Zoom Meeting
<https://us02web.zoom.us/j/83722407879?pwd=PCep3Z0N8by50ln4Nlq9NOpETysw.1>

Meeting ID: 837 2240 7879
Passcode: 300922

One tap mobile
+13126266799,,83722407879#,,,,*300922# US (Chicago)
+16469313860,,83722407879#,,,,*300922# US

This Week at Club 99

Arkansas Staycations: Great Day Trips

Arkansas adventure experts **Joe David Rice**, author and former Arkansas Tourism Director, **Bill Solleder**, Director of Marketing at Visit Hot Springs, and moderator **Ashley King**, Co-host of THV11's The Vine, recently shared a treasure trove of off-the-beaten-path experiences in the Natural State. From cultural gems to natural wonders, here's a glimpse of what was covered:

(Special shout out to Amy Meins, program chair extraordinaire! This was her farewell program, and it was as fabulous as her other programs this year. Awesome job, Amy!)

Cultural and Historical Marvels: Some Northwest Arkansas gems include: The Amazeum, Museum of Native American History and Turpentine Creek Wildlife Refuge. History buffs can delve into Hemingway's former home and the Arkansas Post National Memorial site.

Natural Beauty and Outdoor Escapes: Explore some natural beauties such as Mount Ida, Lake Ouachita and its 200 islands and the William Kirsch Preserve in West Little Rock. These spots are perfect for nature lovers seeking tranquility and breathtaking vistas.

Dining Delights: Some favorites and old stand-bys of the panelists include: Burl's Smokehouse in Royal, Don's Southern Social Club in Hot Springs, Coursey's and Ferguson's in Saint Joe, White House Cafe in Camden and Lefty's in Magnolia.

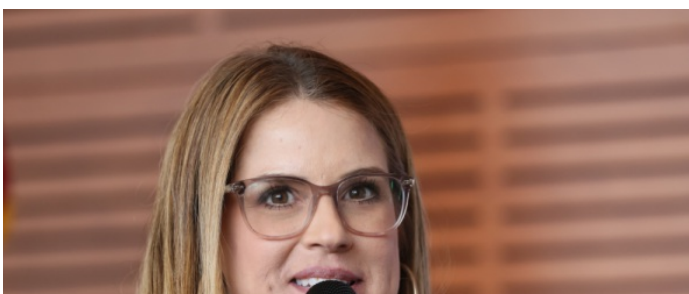
Hot Springs Highlights: Hot Springs is renowned for its festivals and lakes, but it's also known for its historical baseball heritage. Highlights include the Hot Springs Baseball Weekend and the new Majestic Baseball Complex, a premier venue for tournaments. Bill also noted the restoration of The Arlington Hotel is coming along nicely.

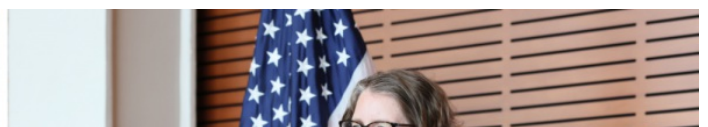
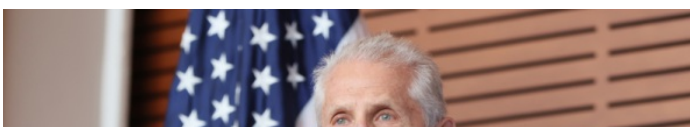
Cultural Festivals and Attractions: The annual Elk Festival and the Cave City Watermelon Festival were highlighted. And must-visit attractions such as the Little Rock Central High School National Historic Site and the US Marshal Museum in Fort Smith were highlighted.

Outdoor Adventure: And no discussion on Arkansas tourism can be had without a nod to our amazing world-class biking trails, such as the Razorback Greenway and fun mountain biking trails in Bentonville, Central Arkansas and Hot Springs.

These insights provide a captivating look into the lesser-known wonders and hidden gems that Arkansas has to offer. Whether exploring rich history, savoring culinary delights, or soaking in natural beauty, there's something off the beaten path for every adventurer in The Natural State.

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



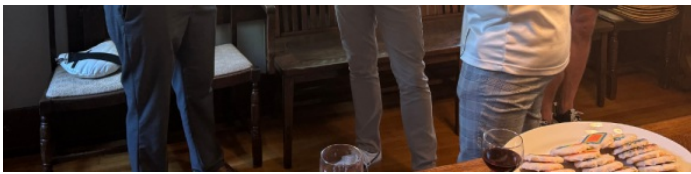




Members Caught Having Fun This Week

The final social for Rotary Year 2023-2024 was such fun! Thank you to Club 99er **Jay Barth** for hosting a wonderful Pride Month celebration at his beautiful home in the Quapaw Quarter! We loved celebrating with our LGBTQ+ members and allies! Hope you all had a very happy Pride Month!







Who's Having Fun This Week

Finally! A fun video about one of the most popular pastimes of Club 99ers, GOLF! Learn how 99ers **Ellon Cockrill** and **Matt Olsen** got into the game [here](#).

The 5th Test: Is It Fun?

President Ghidotti's Power of Fun Tip

This weekend, I spent time on Greers Ferry Lake with our best friends and kiddos. Being on that lake always fills me with joy as it's just one of the prettiest lakes I've ever seen. As our panel discussed this week, Arkansas truly is so rich in natural beauty!

Catherine Price in "The Power of Fun" talks a lot about nature and being outdoors as a great source of TRUE FUN. It's because research tells us being outside, among nature, does worlds of good for us physically, mentally and emotionally. It's why "forest bathing" has become a thing, who knew! In fact, being in nature has so many positive psychological benefits that researchers use the word "outdoorphins" to describe the types of endorphins that are triggered by being outside.

These outdoorphins are good for us to get a break from all the energetic "noise" of the human world, allowing us to engage with trees, water, birds, bugs, rocks - you name it. We live in a beautiful state that allows us so much access to fun and memorable moments in the outdoors.

The UK right now is winding down a 10-year tradition that The Wildlife Trusts started as "30 Days in the Wild" during the month of June. The whole idea is to encourage people to embrace daily Random Acts of Wildness, anything from listening to a bird song to sitting under a tree to having breakfast outside to watching a sunrise or sunset. I think that is such a great idea and one that we can implement whenever we want here in The Natural State.

There are many, many ways to experience TRUE FUN, Connection, Playfulness and Flow in Arkansas' outdoors. I know my family and friends have enjoyed many years of camping, floating, "laking" and hiking all around the state. I hope you can spend some time in the outdoors this summer, I know it's hot, but even just a few moments to catch those great outdoorphins is worth it!

Special Events and Meetings

AFFINITY GROUP GATHERINGS

WOMEN OF ROTARY

JUNE

Friday, June 28

Location: Zoom

Upcoming Programs

June 2024

25 Changing of the Guard: Tribute to President Natalie Ghidotti

July 2024

2 No Meeting - Happy 4th of July Week!

9 RY 2024-2025 Kick Off, President Jason Chacko

2023-2024 Club Leadership



2023-2024 Leadership Team

Board of Directors



Natalie Ghidotti

President

natalie@ghidotti.com



Jason Chacko

President-Elect

jason.chacko@morganstanley.com



Mitch Bettis

President-Elect Nominee

mbettis@abpg.org



Denver Peacock

Post President

denver@peacockgrp.com



Molly McNulty

Secretary

molly.mculty@arcourts.gov



Don Cole

Treasurer

dcole@methodistfamily.org



Drew Harper

Treasurer-Elect

drew.harper@ozk.com



Wendy Wood

Sergeant-at-Arms

paul.wendy.wood@gmail.com



Suzanne Peyton

Foundation Chairman

speyton@clintonairport.com



Viji Kuruvilla

Club Director

viji@lexicon-inc.com



Lena Hayes

Club Director

lena.hayes@baptist-health.org



Sue Owens

Club Director

owenselbo@gmail.com



Nate Coulter

Club Director

coulter.nate@gmail.com



Tanya James

Club Director

tjames@arvest.com



Kevin Newton

Club Director

kevinnewton@cblmconstruction.net



T. Martin Davis

Club Director

tmartind@swbell.net



Jessie Wilson

Club Director

jessie.wilson@dalecarnegie.com



Greg McCarroll

Club Director

gmccarroll@my100bank.com

littlerockrotary.com

