



Rotary
Little Rock



Rotary Club 99: Tuesday, May 21, 2024

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

The Civic Arkansas Initiative

As one of the leading civic organizations in Little Rock, Club 99 is always ready to partner with other organizations to make our city the best it can be. We're happy to welcome **Janet Harris** from the Winthrop Rockefeller Institute on Tuesday, May 21 to discuss the Institute's latest program focused in increasing civic engagement throughout the state. Janet will share findings from the Arkansas Civic Health Report and discuss how we as active Rotarians with the mission of Service Above Self can strengthen civic health in our communities. This will be an interactive presentation so be ready to check the temperatures of our civic health through table discussions!





Janet Harris is an experienced leader, facilitator and public speaker. Driven by curiosity and determination, she takes pride in facilitating thoughtful conversations that result in collaborative action and impact. As Executive Director and CEO of the Winthrop Rockefeller Institute, her goals include preserving Winthrop Rockefeller's legacy and historic campus on Petit Jean Mountain, enabling others to find collaborative solutions for important issues facing Arkansas, and being a supportive coach and mentor for her staff. Janet's career in public service spans nearly 30 years. She earned an MPA from the University of Arkansas Little Rock, graduated from Leadership Arkansas Class XI, and is currently pursuing a certificate in nonprofit leadership from the Harvard Kennedy School of Government. She was recently named among the Top 100 Women of Impact by the Women's Foundation of Arkansas, Arkansas Business' Top 250 business leaders in Arkansas and Arkansas Money and Politics 2023 Power Women list. Janet grew up in Marmaduke, Ark., and currently lives in Conway with her husband, daughter and three dogs.

Zoom Login for May 21, 2024

Join Zoom Meeting
<https://us02web.zoom.us/j/85608198046?pwd=bDIGNjk0c3BmZkpmUkRSV1pMTC9QZz09>

Meeting ID: 856 0819 8046
Passcode: 724789

One tap mobile
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+13126266799,,85608198046#,,,*,724789# US (Chicago)

This Week at Club 99

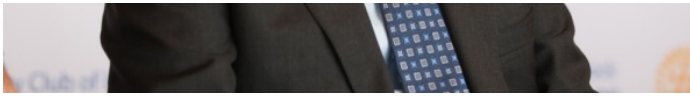
The Proton Center of Arkansas

This week, we learned more about The Proton Center of Arkansas, one of only approximately 45 centers in the United States. **Dr. Sanjay Maraboyina**, medical director of the UAMS Radiation Oncology Center, provided an overview of the benefits of proton therapy for cancer treatment and highlighted the opening of Arkansas' only Proton Center in 2023.

Following Dr. Maraboyina's overview, a panel including **Dr. Cam Patterson** from the University of Arkansas for Medical Services, **Doug Weeks** from Baptist Health and **Ashlie Hilburn** from Arkansas Children's Hospital discussed the opening of the center and its importance in adult and pediatric cancer care. Moderated by Club 99 President-Elect Nominee **Mitch Betts** of Arkansas Business Publishing Group, the panel discussed the advantages of proton therapy over traditional radiation, such as reduced damage to healthy tissues and improved treatment outcomes. They also discussed how the collaboration between three major health care providers in the state came together in this unique joint venture.

Watch the full meeting [here](#).





Welcome New Members

Club 99 welcomed two new members this week – **Justin Avery**, CEO of Rock Region METRO, and **Regina Taylor**, COO of Girl Scouts - Diamonds of Arkansas, Oklahoma and Texas. Welcome to the fun, **Justin and Regina**!





The 5th Test: Is It Fun?

President Ghidotti's Power of Fun Tip

Fair warning that this week's fun tip may skew more to the working moms in our Club. You see, we're in the throes of Maycember. For those who don't know (but trust me, all of our Club 99 moms are well aware!), Maycember is the busyness of December without any presents or jolly 'ole Saint Nick.

Maycember is full of endless graduations, field days, field trips, teacher gift buying and crafting, end-of-year science projects, summer camp forms, dress-like-your-favorite-character days and more. It's lots of fun for the kids (all except those pesky exams) and exhausting for the parents, particularly moms who typically end up doing all the said crafting, buying, calendar organizing and form filling.

So what in the world does Maycember have to do with the Power of Fun? I mean, clearly, not much for the parents, BUT it's a great example of what Catherine Price in "The Power of Fun" calls "time confetti." Time confetti is a term journalist Brigid Schulte coined in her book, "Overwhelmed: Work, Love, and Play When No One Has the Time," that refers to all the seconds and minutes lost to unproductive and unsatisfying multitasking. And, WOW, is there a lot of time confetti going on in Maycember, especially for moms!

Schulte described it as "contaminated time" in an interview with NPR's Fresh Air host, Terry Gross. Not only are we juggling work demands on top of all the demands at home, we now have ratcheted up the standards of what you have to do as a parent, and all of that has polluted our time. It may look like you are in a moment of leisure from the outside, but on the inside, you are crashing around thinking of what to make for dinner, filling out that field trip form and getting an email off to a client; you are never really fully present in the moment. And psychologists all agree that it's our peak human experience when we are able to lose ourselves in a moment – a moment like TRUE FUN.

All of this time confetti or "polluted time" (a big part of which is spent on phones and screens) accounts for the discrepancy between the amount of leisure time that experts say that we have (they claim that most people have more time for leisure than they had in the 1950s) and the amount that we FEEL is available.

Time management expert Ashley Whillans in her book, "Time Smart," said, "People end up enjoying their free time less and, when asked to reflect on it, estimate that they had less free time than they actually did. That's how invasive the technology time warp is: time confetti makes us feel even more time impoverished than we actually are."

Whereas TRUE FUN moments with flow rejuvenates us, time confetti makes us exhausted. Trying to hold too many things in our heads at one time taxes our working memories and leaves us drained. As defined by *Psychology Today*, working memory is "a form of memory that allows a person to hold a limited amount of information at the ready for immediate mental use." It's what enables you to do a math problem in your head or temporarily recall the names of people you just met.

When we do this for an entire workday, we end up so fried that even though we know that we'd feel much better if we met up with a friend, went on a bike ride, played the piano - and even though we probably just spent the majority of our day staring at a screen - we don't have the energy to do anything but sink into the couch and grab the remote or our phone.

As a result of all of this, we end up spending a lot of our leisure time on screens, doing things “for fun” when in reality they aren’t TRUE FUN moments at all and definitely don’t make us feel more alive or happier.

So this week your homework is to think about time confetti in your life, see what you can do to decrease that and fill it with more meaningful and joyful TRUE FUN moments. And for the moms, your homework is to get through Macember as best you can and to know that if your kid goes to school without a Pinterest-worthy snack, it will be just fine!!

Who's Having Fun This Week

Watch why Club 99er **Ed Levy** is addicted to cycling and highly recommends an electric bike in his fun video [here](#)!

Special Events and Meetings

SOCIALS

Club 99 Social

Bike Ride and Family Cookout

Saturday, June 8

9 a.m. Bike Ride

11 a.m. Games, Fellowship and Lunch provided by Eat My Catfish

Murray Park, Pavilion #2

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. For those who want to hit the road before the picnic, we're putting together a bike ride along the river prior to the picnic. More details coming your way!

AFFINITY GROUP GATHERINGS

WOMEN OF ROTARY

MAY

Friday, May 31

Location: Zoom

Host: Lena Hayes

JUNE

Friday, June 28

Location: Zoom

CLUB 99 BOOK CLUB

Our Leadership Book Club is taking a summer break, but that just means you'll have extra time to read our next book, which has already been chosen!

"Stolen Focus: Why You Can't Pay Attention - and How to Think Deeply Again" by Johann Hari, hosted by Steve Straessle Aug. 14

Noon to 1 p.m., lunch provided

Location: Catholic High School for Boys Library

Parking: Park in the front lot and check in at the front office

Upcoming Programs

May 2024

21 The Civic Arkansas Initiative

28 Masters of Air: Inside the Hit Apple TV+ War Drama

June 2024

4 Every Child Arkansas: Finding a Home for All Children

11 The Anxious Generation: The State of Teens Today

2023-2024 Club Leadership



2023-2024 Leadership Team

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