

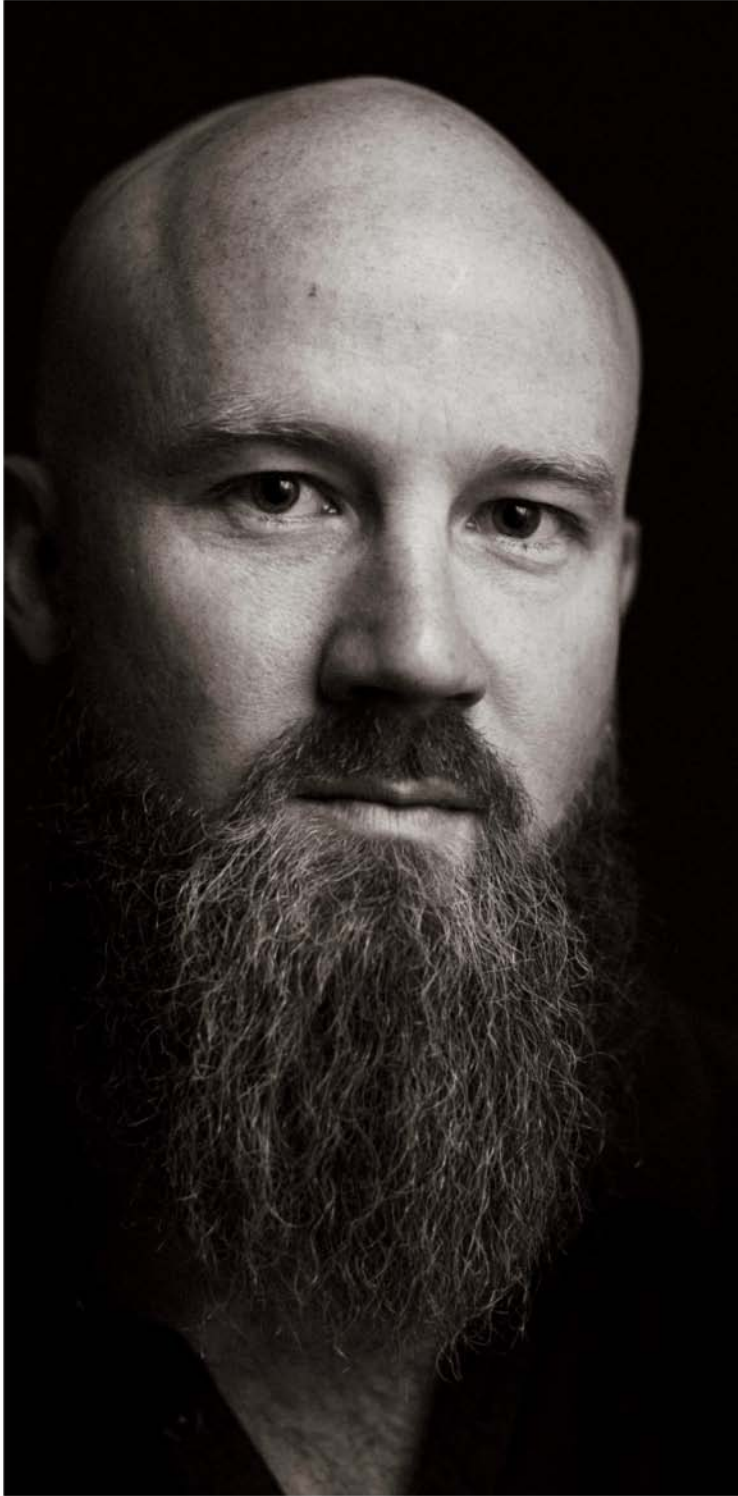


Rotary
Little Rock



Rotary Club 99: Tuesday, September 26, 2023

Author Eli Cranor and CALS Six Bridges Book Festival



Join us Tuesday, Sept. 26 as Catholic High School Head of School **Steve Straessle** talks with Arkansas native **Eli Cranor** about the path he's taken from football star to award-winning author. They'll delve into the stories he's crafted with Arkansas as the backdrop, as well as how he found his voice within the Southern noir crime genre. Eli will be one of the many authors featured at the upcoming Six Bridges Book Festival, hosted by the Central Arkansas Library System Sept. 25-Oct. 1.

National-bestselling author **Eli Cranor** lives and writes from Arkansas, where he is the "Writer in Residence" at Arkansas Tech University. His debut novel, "Don't Know Tough," won the Edgar Award and was named one of the "Best Books of the Year" by *USA Today* and one of the "Best Crime Novels" of 2022 by *The New York Times*. Eli also pens a weekly column, "Where I'm Writing From," for the *Arkansas Democrat-Gazette*, and his craft column, "Shop Talk," appears monthly at CrimeReads. "Ozark

Dogs," Eli's second novel, is now available wherever books are sold.

Steve Straessle is a 1988 graduate of Catholic High School for Boys and has been a teacher there since 1992. In 2005, Steve took the helm as principal, and was recently named Head of School. Straessle continues to teach two classes in addition to his administrative and fundraising duties for the all-boys school. He and the faculty and staff of CHS remain committed to challenging their students academically, while developing the qualities of faith, integrity, and duty. Steve was named DAR Social Studies Teacher of the Year in 1995, was a 2010 finalist for *Arkansas Business*' Non-Profit Business Leader of the Year, Arkansas Scholastic Press Association (ASPCA) Administrator of the Year in 2016, and was a member of the inaugural class of the Arkansas Top Influencers by *Arkansas Money and Politics* magazine in 2020. Steve has also been honored as the Junior Achievement of Arkansas Educator of the Year and listed in *Arkansas Business*' "Arkansas 250," a list of the state's top 250 influencers as noted by the publication. He also writes a bi-weekly human interest column for the *Arkansas Democrat-Gazette* highlighting the mountains and valleys of life.

Zoom Login for September 26, 2023

Join Zoom Meeting

<https://us02web.zoom.us/j/86900557061?pwd=RW5oVUN1dW1BdHAybWtob1FUcWQwUT09>

Meeting ID: 869 0055 7061

Passcode: 622731

One tap mobile

+13052241968,,86900557061#,,,,*622731# US

+13092053325,,86900557061#,,,,*622731# US

This Week at Club 99

Paul Oakley Stovall, Tony Award-winning Actor and Former "George Washington" in Hamilton

What a treat to have Tony Award-winner **Paul Oakley Stovall** visit us this week! Paul - who played the part of George Washington in the first national touring group of "Hamilton" - grew up in Chicago, but spent time in Arkansas when his parents moved back to their native state. Paul's mother, **Joyce Stovall**, attended Tuesday's meeting and even chimed in on some fun childhood stories of Paul!

Huge thanks to **Alyson Courtney**, long-time KATV morning anchor and director of development for Argenta Community Theater, who chatted with Paul, asking him insightful questions on what it's like to play a major role in one of the most popular musicals of all time. It was super interesting to learn some behind-the-scenes insights into starring in a major production.

If you missed it, definitely check it out [here!](#)



Members Caught Having Fun This Week





The 5th Test: Is It Fun?

President Ghidotti's Power of Fun Tip of the Week

In May, the Surgeon General released a new advisory titled, "Our Epidemic of Loneliness and Isolation," which found that even before the COVID-19 pandemic, about half of U.S. adults reported experiencing measurable levels of loneliness.

According to the Surgeon General's office, there is an epidemic of loneliness in the United States. Lacking connection can increase the risk for premature death to levels comparable to smoking 15 cigarettes a day! The advisory warned that the physical consequences of poor connection can be devastating, including a 29% increased risk of heart disease; a 32% increased risk of stroke; and a 50% increased risk of developing dementia for older adults.

I don't want to send you into a negative headspace over this but, instead, remind you why Rotary matters. Rotary International and, specifically, Club 99 are about connection and service. And those are two really important things when it comes to TRUE FUN and combating loneliness. In fact, one of the six steps Surgeon General Dr. Vivek Murthy recommends to fight loneliness is to "Cultivate a Culture of Connection." One way Dr. Murthy says we can do that is by serving others. "When we help other people we establish an experience or a connection with them - but we also remind ourselves of the value that we bring to the world," Dr. Murthy said. "And that's essential because when people struggle with loneliness over time, it does erode their self-esteem and their sense of self. It can make them believe over time that they're lonely because they're not likable or they're not lovable. And when we serve others, we come to see that that's not the case."

Our Club has so many ways for you to serve. This Saturday is one of them that I promise will remind you of your value and need in our community. We need Rotarians to be a buddy at Miracle League. You will pair up with a child with special needs who just wants to enjoy the thrill of hitting a ball or running the bases. I can't think of a more perfect way to serve others!

And it doesn't end there ... over this next month, we'll be telling you about additional ways you can serve our community. I encourage you to take a couple of hours out of your day to HAVE FUN and SERVE OTHERS!

This Club is truly the answer to TRUE FUN ... it's all about connection, playfulness and flow. You can find all of those when you commit to Service Above Self!

Who's Having Fun This Week

Each week we will feature a member and what they do for fun! **Jerome Strickland Jr.** shared his love of motorcycling across the state with his wife and daughter. He also shared his love of living on land and spending quality time with family. When can we hitch a ride on the back of your bike, Jerome?! Check out his video [here!](#)

Special Events and Meetings

Club 99 Service Opportunity: Be a Miracle League Buddy for a Day!

We need just a few more volunteers for THIS SATURDAY's Miracle League Buddy Day from noon - 2 p.m. This is a great opportunity to get outside, enjoy our community and help a child learn the game of baseball. Your role is to help your player bat and run the bases and, most importantly, HAVE FUN!

Want to learn more about the joy of being a Miracle League Buddy? Click [here](#) to learn more!

Please consider signing up and joining your fellow Club 99ers in a day of FUN with our Miracle League friends!

Sign up to participate:

September Women of Rotary Coffee Chat

Club 99 women, don't miss our monthly Coffee Chat from 8-8:45 a.m. Friday, Sept. 29!

Rotarian Mandy Richardson is going to lead us in a conversation about Networking, Negotiations and Nonsense. We always pick up excellent advice on this Friday morning Zoom chat, so be sure to join us! Look for the Zoom link in your email next week.??????

The graphic features a blue background with a white rounded rectangle in the center. On the left side, the text 'Upcoming Events September 2023' is written vertically in orange and yellow. The central white area contains two event listings, each preceded by a horizontal teal line. The first event is for September 23, 'Miracle League Buddy Day', at the ML Field, Junior Deputy, from 12-2 PM. The second event is for September 29, 'Women of Rotary Coffee Chat', on Zoom, from 8-8:45 AM. The Rotary International logo is located in the bottom right corner of the white area.

Upcoming Events
September 2023

Sept 23 *Miracle League Buddy Day*
ML Field, Junior Deputy
12-2 PM

Sept 29 *Women of Rotary Coffee Chat*
Zoom
8 - 8:45 AM

Upcoming Programs

September 2023

26 Author Eli Cranor and CALS Six Bridges Book Festival

October 2023

3 Latino Business Success in Central Arkansas

10 Federal Farm Bill Panel Discussion with Sen. John Boozman

17 Arkansas' Favorite Foods

2023-2024 Club Leadership



Board of Directors



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Jason Chacko
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