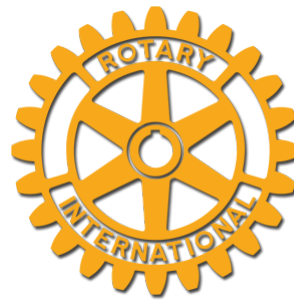


# Rotary

## District 6150



### Account Leaders



David F. Menz  
District Governor



Sydney O'Quin Gilbert  
DG-Elect



Brian Rega  
DG-Nominee



Lisa K. Golden  
District Administrator



Sarah Catherine  
Bennings  
Assistant Governor



Michelle Blasengame  
Assistant Governor



King Casbeer  
Assistant Governor



Donna Gail Cole  
Assistant Governor



Sally Sullivan Cooke  
Assistant Governor



James K. Gibbs  
Assistant Governor



Rena Kelley  
Assistant Governor



Kelly Blankenship  
Lewis  
Assistant Governor

T Lucas Minton

### From the Governor

By David F. Menz



#### Rotary Membership Is Good For Your Health

A book published this year, *The Good Life*, by Robert Waldinger, MD and Marc Schulz, PhD, discusses lessons from the world's longest scientific study of happiness. It answers the questions what makes for a good life, a fulfilling and satisfying life, a happy life. The answer--relationships.

The front inside cover states: "What kind of relationships? All kinds. Marriages and long-term partnerships. Families. Friends. Work colleagues. Friendships made in places of worship; on the playground or tennis court; in a book club; at a community gathering. Good relationships can be made anywhere and at any time in our lives. As we have seen during the pandemic, personal relationships give us resilience and provide happiness and meaning."

According to *A Century of Service, the Story of Rotary International*, Paul Harris moved to Chicago in 1896. "He had, by 1905, developed several cordial business connections, but no personal friends. It was in 1905 that Paul Harris had the idea to form a club where businessmen could share friendship with one another..."

As described in the quotation in the second paragraph, there are all kinds of relationships. One of Rotary's primary purposes is to develop relationships. (Unfortunately it took until the mid- 1980s to include everyone.) This month I am entering my 45th year as a Rotarian. It is impossible for me to count the friendships I've made in my club, our District ---all over the world. I've lost several, but their memories still make me smile, or even laugh. Think Rollie Rimmel, Papa Duck (1917-2006).

The following is a quote from *The Good Life*. "The truth is, our friends are much more important to our health and well-being as adults than we give them credit for. It's amazing, in fact, how powerful the effects of friendship can be on our adult lives, considering the amount of attention they get. Friends can pick us up when we're down, provide an important connection to our own history, and perhaps more importantly make us laugh; sometimes nothing is as beneficial to our health as a good time."

Doesn't the camaraderie of a Rotary meeting or working together on a Rotary project do wonders for your attitude? Spread the word to your non-Rotarian acquaintances. Tell them they will be happier, which always leads to being healthier.

(Last month I described the genesis of the Four-Way Test. See page 21 of the February 2023 Rotary magazine for more on the Four-Way Test.)

#### LIGHTER SIDE

In the doghouse with his wife, the husband ordered her some flowers and told the florist that the card should read,  
"I'm sorry, I love you."

Unfortunately, the instructions must not have been clear enough. When the flowers arrived, the card read,  
"I'm sorry I love you."

An old man was rowing a boat on a lake when a frog swam up to him and yelled, "Mister! Mister! I'm really a beautiful princess. Kiss me and we'll live happily ever after!" The man put the frog in his pocket and rowed to shore. The frog called out again, "Hey mister! I'm really a gorgeous princess. Kiss me, and we'll live happily ever after!"

Still the man said nothing and walked down the road toward town. The frog was getting angry at being ignored. "Why don't you kiss me? I told you I'm really a beautiful princess."  
"Listen lady," the man replied. "I'm 90 years old. At this point in my life I'd rather have a talking frog."

"Now, who can spell the word straight?" the third-grade teacher asked her students.



Assistant Governor



Adam Robert Sartin  
Assistant Governor



Charles C. Harris  
District Visioning  
Chair



Michelle Karin  
Oglesby  
District Training Chair

"S-T-R-A-I-G-H-T," answered a boy in the front row.  
"Great job. And do you know what it means?"  
"Without ice."

## February is Peacebuilding and Conflict Prevention Month

Friday, February 3, 2023

**Today, over 70 million people are displaced as a result of conflict, violence, persecution, and human rights violations. Half of them are children.**



We refuse to accept conflict as a way of life. Rotary projects provide training that fosters understanding and provides communities with the skills to resolve conflicts.

### Rotary creates environments of peace

As a humanitarian organization, peace is a cornerstone of our mission. We believe when people work to create peace in their communities, that change can have a global effect.

By carrying out service projects and supporting peace fellowships and scholarships, our members take action to address the underlying causes of conflict, including poverty, discrimination, ethnic tension, lack of access to education, and unequal distribution of resources.

Our commitment to peacebuilding today answers new challenges: how we can make the greatest possible impact and how we can achieve our vision of lasting change. We are approaching the concept of peace with greater cohesion and inclusivity, broadening the scope of what we mean by peacebuilding, and finding more ways for people to get involved.

Rotary creates environments where peace can happen.

### Rotary's Four Roles in Promoting Peace

Rotary and its members are:

- **Practitioners:** Our work fighting disease, providing clean water and sanitation, improving the health of mothers and children, supporting education, and growing local economies directly builds the optimal conditions for peaceful societies.
- **Educators:** Our Rotary Peace Centers have trained over 1,300 peace fellows to become effective catalysts for peace through careers in government, education, and international organizations.
- **Mediators:** Our members have negotiated humanitarian ceasefires in areas of conflict to allow polio vaccinators to reach children who are at risk.
- **Advocates:** Our members have an integral role as respected, impartial participants during peace processes and in post-conflict reconstruction. We focus on creating communities and convening groups that are connected, inclusive, and resilient.

### Rotary was Founded on February 23, 1905

Friday, February 3, 2023

Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships.



The first four Rotarians: (from left) Gustavus Loehr, Silvester Schiele, Hiram Shorey, and Paul P. Harris, circa 1905-1912. Whatever Rotary may mean to us, to the world it will be known by the results it achieves.

**Paul Harris**  
Rotary founder

How will your club celebrate, recognize and share with your community Rotary's founding?

## February Admin Notes

By Lisa K. Golden

### Presidents-Elect - It is time to register for Mid-America PETS

REGISTER NOW for 2023 Mid-America PETS **before February 22nd** to avoid late fees. Your club has already paid for you to attend.

**Mid-America PETS** is scheduled for March 23 - 25, 2023 Springdale, Arkansas [Registration is open](#). Find out more info regarding PETS & lodging info at [midamericapets.org](http://midamericapets.org).

The purpose of the Presidents-Elect Training Seminar (PETS) is to help you to be a club president who has the necessary skills, knowledge, and motivation to lead an effective club. Don't miss this opportunity to meet district, zone and RI leaders. You will meet club president-elects other districts and states and have the opportunity to exchange ideas with other clubs your size.

### Rotary International Dues - Club Treasurers

Club Treasurers should have received the Semi-Annual Dues invoice at the end of January. Clubs are required to pay the balance upon receipt of the invoice. This invoice is based off the number of Active Members on file with Rotary International.

Want to view the RI January 2023 Invoice or past invoices? Authorized club officers can view &/or pay an invoice online. These are Club President, Secretary, Executive Secretary, Treasurer, Membership Chair or Rotary Foundation Chair. Simply log in to My Rotary. Click Manage > Club & District Administration > Club Administration > Club Invoice.

### Club Recognition Criteria is Due March 1

The deadline for club recognition criteria is March 1. This means the Governors' Banner & Club of the Year spreadsheets must be emailed to DG David Menz by March 1. You can find this spreadsheet [HERE](#). Work with your Assistant Governor to make sure everything is completed and turned in on time.

### Save the Dates

#### Joint District Conference



April 21 - 23, 2023 in Memphis, TN  
Guesthouse at Graceland

Check out the website [Rotary Rollin on the River](#). It is being updated frequently with information on sessions, speakers and activities.

Registration will be open soon!

Village Creek - Wynne, Arkansas

**District Golf Tournament** May 19, 2023. The Ridges at

**RI Convention** is May 27-31 in Melbourne, Australia. For more information, see the [RI Convention Website](#)

## Club News - Sherwood

By Michelle Oglesby on Saturday, February 4, 2023

Sherwood club started the first of the month presenting Paul Harris Fellow awards to Non-Rotarians and Rotarians. The recipients were acknowledged via zoom due to inclement weather. Special guest included DG. David Mentz, PDG James Arbuckle and AG Lucas Minton. The Club will add 6 new members, three from the host club and three from the Satellite Pet club.

The following were recognized in receiving awards:

**Citizen of the year**- Paul Harris Fellow Carolyn Chalmers (non-Rotarian)

**Appreciation of being our Mayor** –Paul Harris Fellow - Virginia Young

**New Paul Harris Society: Member**- Lanita Daniels, 2023 Presented by James Arbuckle

***New Paul Harris Fellows:***

Andy Patel- Paul Harris Society member 2022  
Karyn Maynard

***Paul Harris Next levels:***

Jay Powell, PHF+4  
Mason Oglesby, PHF+5  
James Wear, PHF+7  
Michelle Oglesby, PHF+8

***Honorable mentions from last fall:***

Guinn Massey- Paul Harris +5  
Annette Delgado's daughter, Paul Harris Fellow-Michelle Herring (non-Rotarian)  
The presentation of pins and certificates will be given at the club's next in-person meeting.

Sherwood Club will have a fundraising Rummage Sale on March 4, 2023, 7-pm at Sylvan Hills Baptist Church. 9008 Highway 107, Sherwood, Arkansas



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