

Rotary

District 6150



Account Leaders



Sydney O'Quin
Gilbert
District Governor



Brian Rega
DG-Elect



Michelle Karin Oglesby
DG-Nominee



Lisa K. Golden
District Administrator



Duane H Barnes
Assistant Governor



Michelle Blasengame
Assistant Governor



Will Branch
Assistant Governor



King Casbeer
Assistant Governor



Donna Gail Cole
Assistant Governor



Sally Sullivan Cooke
Assistant Governor



Anthony D. Ester
Assistant Governor



Mary Ann Hargraves
Assistant Governor



Charles C. Harris
Assistant Governor



Rena Kelley
Assistant Governor



Erin Michelle Kerley
Mathews
Assistant Governor



T Lucas Minton
Assistant Governor



Kelly E. Rodgers
Assistant Governor



Adam Robert Sartin
District Training Chair

From the Governor

By Sydney O'Quin Gilbert

I can't believe it's already mid-December. This is a busy month outside of Rotary. We are spending time with family and friends celebrating the holidays. We are trying to finish all the year-end items on the to-do list at work. This is also a time when we see the servant hearts of Rotarians shine. Rotarians across our District are making time in their busy, hectic schedules to Ring the Salvation Army Bell, help kids Shop with a Cop and provide less fortunate families gifts and food for Christmas.

Time, talent and treasure are what we all have to contribute. There may be periods in your life that you don't have the time to give, but you can contribute towards a goal monetarily. There are other seasons in life that your time and talents are what you can give. Whatever season you are in, thank you for giving something to your community.

In the Rotary world, December is Health and Disease Prevention Month. Check out this video on the work Rotarians are doing to fight disease: <https://youtu.be/Qhs8k6uE8E>

Did you know that there are health benefits to giving/volunteering? As you help someone or give a gift, your brain secretes "feel good" chemicals like Serotonin (which regulates your mood), Dopamine (which gives you a sense of pleasure) & Oxytocin (which creates a sense of connection with others.) There are many physical and mental health benefits associated with giving or serving:

- Lower blood pressure
- A longer lifespan
- Less stress
- A 'helper's high"

<https://health.clevelandclinic.org/why-giving-is-good-for-your-health>

So, being a Rotarian is good for your health!!! Don't keep the secret to a healthy life all to yourself. Invite a friend to join you in service and **Share the Gift of Rotary.**

Rotarians from the Rotary Clubs of Wynne, West Little Rock, Little Rock, Jonesboro-University & Paragould:



RYLA is Back



Rotary Youth Leadership Awards

March 7-10, 2024

The Vines 4-H Center, Little Rock, AR

What is RYLA?

Rotary Youth Leadership Awards (RYLA) is an intensive leadership program for young people ages 14 - 30. Our District offers this event to high school students, focusing on 10th & 11th graders.

The RYLA program aims to:

1. Develop young people's leadership skills and recognize those who are making a positive difference in their communities
2. Instill a lifelong commitment to service in young people and connect them with ongoing opportunities to serve through Rotary

3. Fulfill Rotary's commitment to youth service by empowering young people through leadership development

Applications will be sent to clubs in January with a due date of February 29. All students are sponsored by a Rotary Club. The tuition for this event is \$300.

President-Elects Make Plans to Attend Mid-America PETS

Congratulations! You have the honor of serving your Rotary Club during 2024-2025 as President. 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. Attendance at PETS is now required by Rotary International for all presidents-elect in order to serve as president of your Rotary club.

2024 Mid-America PETS will be held March 21-23, 2024 at the Wyndham Hotel & Fort Smith Convention Center in Fort Smith, Arkansas.

Registration is open. [Register Now](#)

Find out more info regarding PETS & lodging info at midamericapets.org

December Admin Notes

By Lisa K. Golden on Tuesday, December 5, 2023

Club Officer Elections Every November & December

Rotary Clubs prepare for the next Rotary Year by electing Club Officers. Your club is responsible for submitting your Club Officers in DACdb by December 28. They will be sent to Rotary International by the December 31 due date. Need help submitting club officers in DACdb? Visit the Support Tab in dacdb.com. Click Club & then Edit/Add Club Positions.

Rotary International Dues

Rotary International will email your club's Treasurer the Semi-Annual Dues invoice by the end of January. Clubs are required to pay the balance upon receipt of the invoice. Make sure your Treasurer has been reported to RI. This invoice is based off the number of Active Members on file with Rotary International.

Save the Date

Foundation Gala - February 23, 2024

Joint District Conference with District 6170 - April 26-27, 2024 at the Little Rock Marriott Hotel

