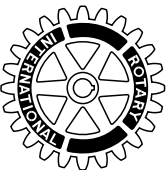


Locate an Arkansas Rotary Club

Search the entire RI Official Directory for clubs anywhere in the world. Here is a handy reference list of Arkansas Rotary Clubs.

| Club Name | Day | Time | Location | Club Contact | Club Name | Day | Time | Location | Club Contact |
|----------------------|-----|------|-----------------------------------|--------------|-----------------------|-----|------|----------------------------------|--------------|
| Bald Knob | Wed | 1200 | Kelly's Rest. | 501-724-3322 | Marked Tree | Wed | 1200 | First United Methodist Church | 870-358-6000 |
| Batesville | Mon | 1200 | Batesville Country Club | 870-793-5441 | Marshall | Fri | 1200 | Sunset Rest. | |
| Blytheville | Thu | 1200 | Blytheville Country Club | 870-763-6800 | Maumelle | Tue | 1200 | Maumelle Country Club | 501-851-7544 |
| Brinkley | Mon | 1200 | Genes Bar-B-Q | 870-734-1906 | Newport | Fri | 1200 | Newport Country Club | 870-523-6761 |
| Cabot | Tue | 1200 | Western Sizzlin | 501-985-4075 | North Little Rock | Thu | 1200 | Alltel Arena | 501-833-1814 |
| Cleburne City | Thu | 0730 | Red Apple Inn, Heber Springs | 501-362-7526 | NLR-Riverside | Mon | 1730 | Corky's BBQ, McCain Blvd. | 501-663-6200 |
| De Witt | Wed | 1200 | Sahara Family Rest. | 870-946-3576 | Osceola | Tue | 1200 | Chamber of Commerce Bldg. | 870-563-3804 |
| Fairfield Bay | Wed | 1200 | Indian Hills Country Club | 501-884-5255 | Paragould | Wed | 1200 | Paragould Country Club | 870-240-0208 |
| Forest City | Tue | 1200 | Civic Ctr. | 870-633-5493 | Pochontas | Wed | 1200 | Bonanza Rest. | 870-892-5489 |
| Harrisburg | Thu | 1200 | 1st United Pentecostal Church | 870-578-9500 | Quad Cities/Sharp Cty | Mon | 1200 | Clyde's Chuckwagon, Ash Flat | 870-994-3040 |
| Heber Springs | Tue | 1200 | McPherson Rest. | 501-250-9902 | Searcy | Tue | 1200 | Searcy Country Club | 501-268-8841 |
| Helena | Wed | 1200 | Phillips College, Fine Arts Bldg. | 870-338-7476 | Sherwood | Wed | 0700 | St. Vincent North, Wildwood Ave. | 501-833-3036 |
| Hughes | Mon | 1900 | Bruins Supper Club | 870-339-2345 | Stuttgart | Tue | 1200 | Stuttgart Country Club | 870-673-1602 |
| Jacksonville | Mon | 1200 | Western Sizzlin | 501-985-4039 | Trumann | Thu | 1200 | Truman Country Club | |
| Jonesboro | Tue | 1200 | St. Bernards Auditorium | 870-932-1465 | West Little Rock | Wed | 1200 | St. Vincent Infirmary, L.R. | 501-219-7130 |
| Jonesboro Metro | Tue | 1730 | Holiday Inn, Jonesboro | 870-933-6134 | West Memphis | Mon | 1200 | Southland Greyhound Park | 870-735-2683 |
| Jonesboro-Univ. | Thu | 0700 | Holiday Inn, Jonesboro | 870-935-2030 | Wynne | Wed | 1200 | Kelley's | 870-238-2702 |
| Little Rock (99) | Tue | 1130 | Double Tree Hotel | 501-663-0063 | | | | | |
| Little Rock Metro | Fri | 0700 | Baptist Med. Ctr. Cafeteria, L.R. | 501-614-9699 | | | | | |
| Little Rock Mid-town | Mon | 1200 | Hilton Hotel, University Ave. | 501-682-1050 | | | | | |
| Marionna | Mon | 1200 | Cleo's Rest. | 870-295-6802 | | | | | |
| Marion | Wed | 1200 | Marion United Meth. Church | 870-739-3632 | | | | | |



West Little Rock Rotary Club
P.O. Box 55842
Little Rock, AR 72215

ECLUB MAKE-UP

Are you having trouble making up missed meetings? Don't forget Rotary eClubs.

Topics are varied and educational.

www.rotary6150.org/view.php/id/60

October 24, 2007

West Little Rock Rotary Club
P.O. Box 55842
Little Rock, AR 72215
Phone: 501-219-7130
Fax: 501-219-7184
Kathleen Pursell, Executive Secretary
westlitterockrotary@hotmail.com
www.westlitterockrotary.org

Officers and Board Members

President:

James Arbuckle

President Elect:

Jim Delgado

Past President:

Marc Sherman

Vice President/Membership:

Shannon Gwinn

Vice President/Fundraising:

Bo Frazier

Secretary:

Morgan Pile

Treasurer:

Susan Craig

Club Service:

Vince Wren

Community Service:

David Rhoads

Vocational Service:

Geoff Gwinn

International Service:

Ed Link

Sergeant-at-Arms:

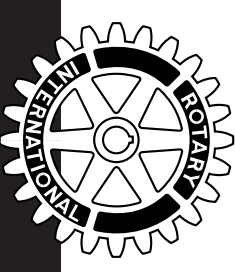
Steve Beck

West Little Rock

ROTARY CLUB



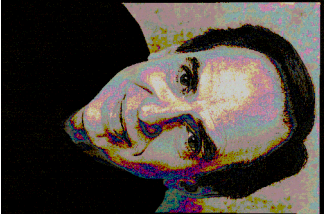
FEATURED SPEAKER



Jay E. (Marc) Raphael

Chair, Departmet of Theatre & Dance, UALR

Jay E. Raphael (Marc) was last seen at UALR in ART. He is the Chair of the Department of Theatre Arts and Dance. Jay has appeared professionally in such regional theatres as the Repertory Theatre of St. Louis, The Kansas City Repertory Theatre, the Cincinnati Playhouse in the Park, the Goodman Theatre, the Denver Center Theatre Company, and in New York at Playwrights Horizons, The Perry Street Theatre, the Ensemble Studio Theatre, the Wonderhorse Theatre, and the Eastside Playhouse.



His credits include roles in *The Boy Next Door*, *I'm Not Rappaport*, *Cloud Nine*, *Rosencrantz and Guildenstern are Dead*, *A Christmas Carol*, *Chapter Two*, *Slutty*, *Sly Fox*, *The Scarecrow*, *Wings*, *Taming of the Shrew*, and *The Gospel of Judas*.

Mr. Raphael's directing credits across the country include productions at the Cincinnati Playhouse in the Park, The Repertory Theatre of St. Louis, the Sierra Repertory Theatre, the Pennsylvania Stage Company, Players Theatre of Columbus, Shakespeare in Santa Fe, the Human Race Theatre Company, and the New Harmony Theatre. Mr. Raphael is a member of AEA, SAG, AFTRA, and the SSDC.

The Four-Way Test

Of the things
we think, say, or do...

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build good will and better friendships?
4. Will it be beneficial to all concerned?

“To feel rich, count all the things you have that money can't buy.”

The Object of Rotary

The object of Rotary is to encourage and foster the ideal of service as a base of worthy enterprise and, in particular to encourage and foster:

FIRST, The development of an acquaintance as an opportunity for service.

SECOND. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH. The advancement of international understanding, good will, and peace through a world fellowship of business and professional persons united in the ideal of service.

From Rotarian Jim Scott



Enjoy eClubbing!

Unable to get to another Rotary Club? Keep your attendance and fellowship with the eClub!

Go to http://www.rotary.org/newsroom/downloadcenter/pdfs/eclub_list.pdf

When you click on the name of a particular club you will be directed to its site.

The following is a list of chartered Rotary e-clubs who are participating in the Rotary E-Club Pilot Project:

www.erotarylondon.org
www.rotaryeclubsouthwest.org/index.asp
www.rotaryeclub34.org/
www.rotaryeclubNY1.com/
www.rotaryeclubbone.org/

ROTARY DISTRICT NEWS

www.rotary6150.org • www.rizones29-30.org



Four steps technique shared by DG Warner

Here are some thoughts to SHARE from DG Bob Warner's Weekly Communicate.

Four steps to developing mental toughness from *The Dynamic Path* by James M. Citrin

1. Devote time to deliberate practice

Take a very specific skill and focus on how to improve your performance in that particular area. The goal is to develop consistency in that field by doing the same thing over and over until it becomes more or less instinctive. This will help you to do the same, even in high-pressure situations.

2. Commit yourself to being guided by your mind

When the stakes are highest, it is easy to let your emotions triumph over reason. The mentally tough champions know when it is time to take a shot and when they should hold back, because they continue to be mentally disciplined. When emotions are in control, you are much more likely to take inappropriate risks and therefore more likely to make mistakes.

3. Remember that you do not win by trying to win

The best players in sports and business achieve greatness by focusing on the tasks at hand, not on the successes they hope to win. The greatest competitors let it happen. If they see opportunities, they capitalize on them. This is where consistency from deliberate practice comes into play.

4. Don't become distracted by mistakes

Refocusing after a mistake is genuinely difficult, but the ability to regain composure and do so quickly is one of the most important attributes in the mind of the champion. Mistakes have no bearing on your quality as a person. However, they should be viewed as vital feedback on your skills and indicators of technical areas that need improvement.

OCTOBER 2007

Theme: Vocational Services

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------|---------|-----------------------------------------------------------------------|-------------------------------|----------------------------------|--------------------------------|
| | 1 Birthday: Ed Linck | 2 | 3 Speaker: Kelly Ford | 4 | 5 Birthday: Sarah Wacaster | 6 Birthday: Bubba Arnold |
| 7 | 8 | 9 | 10 Speaker: Jim Rice Birthday: Joe Selden | 11 Birthday: Bo Hrazier | 12 | 13 |
| 14 | 15 | 16 | 17 Speaker: David Itken | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 Speaker: Dr. Jay E. Raphael | 25 | 26 Birthday: Pat Johnson | 27 |
| 28 | 29 | 30 | 31 Speaker: Robert Seibert Birthday: Rita Mitchell-Harvey | | | |

NEWS BRIEFS & ANNOUNCEMENTS

October 24—Dr. Jay E. Raphael, Chair, Department of Theatre and Dance, UALR

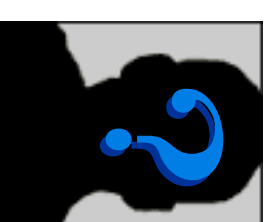
October 31—Robert Seibert, Director, Clinton Library

Upcoming Program Directors:

October - Howard Hardin

November - Hunter Goodman

December - Roger Bryles & Virginia Brissey



Mystery Member

Clues:

If I've learned one thing in my life it is patience—wish I had more of.

My trademark cliché or expression is “honey child.”

When I'm nervous I get up and walk.

My favorite magazine is *National Geographic*.

CAN YOU GUESS WHO I AM?