

## 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	Gene's 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 Cty	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
Forrest City	Tue	1200	Civic Ctr.	870-633-5493	Pocahontas	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					
Marianna	Mon	1200	Cleo's Rest.	870-295-6802					
Marion	Wed	1200	Marion United Meth. Church	870-739-3632					

### 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](http://www.rotary6150.org/view.php/id/60)**

October 17, 2007

West Little Rock Rotary Club

P.O. Box 55842

Little Rock, AR 72215

Phone: 501-219-7130

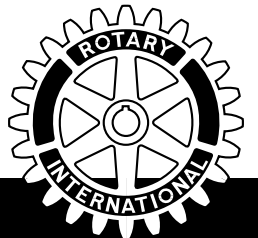
Fax: 501-219-7184

Kathleen Pursell, Executive Secretary

westlittlerockrotary@hotmail.com

www.westlittlerockrotary.org

# West Little Rock ROTARY CLUB



## FEATURED SPEAKER

### 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 Linck

*Sergeant-at-Arms:*

Steve Beck

## David Itkin

### Conductor, Arkansas Symphony Orchestra

The 2007-08 season marks Maestro David Itkin's 15th year as Music Director and Conductor of the Arkansas Symphony Orchestra, his first season as Conductor of the Las Vegas Philharmonic, and his third season as Conductor of the Abilene Philharmonic Orchestra.

Twice nominated for the Pulitzer Prize as a composer ("Jonah" [2001], and "Exodus" [2006]), Mr. Itkin's first film score ("Sugar Creek") was recorded in 2006 by the Arkansas Symphony for the film's 2007 release. His most recent major work, "Exodus," an oratorio, was premiered in April 2005 in Little Rock, with William Shatner narrating. "Exodus" will be released on CD in late 2007.

Mr. Itkin is also in great demand as a speaker and lecturer. During the summer of 2007 he was a featured lecturer at the Arkansas Governor's School for the second consecutive year, and lectured in Europe for Silversea Cruise Lines.

Maestro Itkin's previous positions include serving as Music Director and Principal Conductor of the Lake Forest Symphony Orchestra in Chicago (1997-2000), Music Director/Conductor of the Kingsport Symphony (Tenn.) (1992-1995), Music

Director of the Birmingham Opera Theatre (1992-1995), and Music Director for the Lucius Woods Festival Concerts in Solon Springs, Wisconsin (1993-2000). From 1988 to 1993 he served as Associate Conductor of the Alabama Symphony Orchestra, during which time he was made Honorary Lt. Governor of the State of Alabama for outstanding service to the Arts.



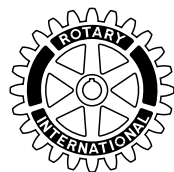
## The Four-Way Test

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?

**"I learned that I need to let my friends comfort me and hold me up, to let them know I need support, that I am not always as strong as I look or act."**

Anonymous, age 49



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

# ROTARY INTERNATIONAL NEWS

www.rotary.org

## How will your club honor World Food Day?



By Tiffany Woods, Rotary International News, 15 October 2007

Each 16 October, the Food and Agriculture Organization of the United Nations celebrates World Food Day, which marks the FAO's founding in 1945. This year's theme is "The Right to Food."

Here's just one example of how Rotarians are making sure all children have access to nourishing meals.

### Rotarians enhance nutrition through PowerFlour

What do you get when you combine porridge and barley malt flour? Rotarians know the answer: a cereal that can save the lives of malnourished infants.

Since 1995, Rotarians in districts 6220 and 6270 (Michigan and Wisconsin, USA) have been raising funds to package and ship malt flour, or "PowerFlour," to developing countries where porridge is a daily staple.

When barley malt flour is added to a heated starchy food, the starch is converted into sugar, protein is transformed into soluble protein and amino acids, and minerals are released. People who are severely malnourished are unable to produce the enzymes necessary to digest porridge and other starchy foods. Infants younger than about 2 years of age cannot digest starchy foods at all. But when malt flour is added, they can extract more calories and nutrients from the food. The diet enhancer can be added to rice, corn, oats, wheat, yams, millet, beans, and other starches.

The PowerFlour Action Network, a Rotarian-managed nonprofit in Wisconsin, has sent the powdery food supplement to 66 countries and distributed enough to enhance more than 50 million meals, says Tom Hartzell, the network's president and a member of the Rotary Club of Sheboygan West.

In September, the organization shipped 10,000 pounds of PowerFlour to a nongovernmental organization in Panama with help from a \$12,500 Matching Grant from The Rotary Foundation. The malt flour will be used to feed 5,000 malnourished children for about six months. The grant also helped pay to publish 10,000 copies of a booklet about the use and benefits of the malt flour.

A study of 65 children under 2 years of age in Panama showed that those who consumed oatmeal containing the malt flour put on more weight than those who ate oatmeal without the supplement. In all other respects, their diets and health status were the same. After five months, the children who ate the malt flour gained about 50 percent more weight than the children whose food did not contain it.

The PowerFlour Action Network gets the malt flour at no cost from malt producers, mainly Briess Malt & Ingredients in Chilton, Wis. A 50-pound bag, which normally costs about \$13, will supplement about 24,000 one-cup servings of porridge.

# 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 Communicue.

### 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 Frazier	12	13
14	15	16	17 Speaker: David Itkin	18	19 Birthday: Pat Johnson	20
21	22	23	24 Speaker: Dr. Jerry E. Raphael	25	26 Birthday: Nancy Leonhardt	27
28	29	30	31 Speaker: Robert Seibert Birthday: Rita Mitchell-Harvey			

## NEWS BRIEFS & ANNOUNCEMENTS

**October 17**—David Itkin, Musical Director and Conductor, Arkansas Symphony Orchestra

**October 24**—Dr. Jerry E. Raphael, Director of Theatre, UALR

**October 31**—Robert Seibert, Director, Clinton Library

### Upcoming Program Directors:

October - Howard Hardin

November - Hunter Goodman

December - Roger Bryles & Virginia Brissey

## District 6150 Foundation Golf Tournament winners

The Annual District 6150 Foundation Golf Tournament winning clubs are Rotary Club of Batesville (All Rotarian Team) and Rotary Club of Heber Springs! Congratulations!

