



## John (Johnny) Southerland

September 19, 1941 - January 6, 2020

John (Johnny) Southerland, Sr., 78 of Springdale died January 6, 2020 from a brief battle of cancer. He was born September 19, 1941 in Memphis, Tennessee, the son of Ray Virgil Southerland and Ida Mae Ripley.

He is survived by his wife of 55 years, Vande Rickey Southerland, married January 16, 1965; sons, John Ray Southerland, Jr. (Sande) of Little Rock and Robert Rickey (Rick) Southerland, grandchildren, Grant of Fayetteville and Presley and Ridge of Little Rock.

He held a BBS degree from The University of Memphis and an MBA from Mississippi College. He served in the United States Marine Corps.

John, working 44 years with Hoffmann LaRouche Laboratories in medical sales and marketing, living 13 years in Jackson, Mississippi, moving to Little Rock for 30 years before retiring to Springdale. He will be remembered for innumerable achievements and sales skills and his talent for mentoring and training representatives, always stating the secret of the three P's — Patience, Persistence and Perseverance.

In 2015 John was inducted into the Arkansas Swimming Hall of Fame for his 10 years as the Arkansas Official's Chairman beginning in 1981, traveling state wide conducting clinics to standardize and upgrade officiating within the

state thus raising the quality of Arkansas swimming officiating to a national level. He officiated at both regional and national meets, The International Meet, The Olympic Sports Festival and The U.S. Olympic Trials.

He was an avid runner, bicyclist, riding in Ragbrai and Hotter Than Hell 100, a tennis player, enjoyed boating and camping on Lake Ouachita, a great cook and connoisseur of wine, and traveling to the Gulf Coast. Most of all, he treasured memories of duck hunting with his sons. After retiring he acquired his real estate license and became a Master Gardener, volunteering at the Botanical Garden of the Ozarks and Mock Park in Prairie Grove, Master Naturalist, and member and president of the Sons Of The American Revolution, so proud that his Patriot was a settler of Madison County Arkansas. He served on the board of the Washington County HIV Clinic He was also a Lifelong Sigma Chi Fraternity and member of St. Paul's Episcopal Church.

He wished to be cremated and his ashes scattered where he hunted with his sons.

Memorial services will be Tuesday, February 11, 2020 at 11 AM at St. Paul's Episcopal Church in Fayetteville.

Online condolences may be left at [www.siscofuneral.com](http://www.siscofuneral.com)

# Previous Events

## Memorial Service

FEB 11. 11:00 AM (CT)

St. Paul's Episcopal Church  
224 N East Ave  
Fayetteville, AR 72701

# Tribute Wall



“ *John (Johnny) Southerland*

January 21, 2023 at 02:29 PM



“ *Vande, as I am sorry for your loss, I am also happy for the many happy years you shared with Johnny. .*

*John Sellmansberger*

**John Sellmansberger** - June 27, 2020 at 02:36 AM



“ *Sorry to hear this. John was always a supportive parent and swim official back in the day in Little Rock.*

**Bob Staab** - February 10, 2020 at 05:08 PM



“ *Kim Poynor purchased the Strength & Solace Spray for the family of John (Johnny) Southerland.*



**Kim Poynor** - January 26, 2020 at 12:05 PM



“ Vande, Sande and Rick,  
I just heard about John's passing from Malcolm. My heart grieves for your loss. I'm in state of shock since knowing you all have always been so actively fit and health conscious in everything. I'll always remember John's quick wit and his great sense of humor and all the great laughs!  
I remember one of our "fun" runs in Little Rock where we were all running along. . .and, before i could blink, you two kicked it up a notch and left me in the dust. A vivid memory of how fit you both were at that time (and you were even teaching Water Aerobics). Seems just like yesterday, right? I loved how you both set a wonderful example to Sande and Rick about family and commitment. Looking back, I can now see where Sande picked up all his great humor when we worked together at I Care of Arkansas. Sande, you always made me laugh! And, then you passed me in getting your Masters Degree! Dang it! Just another great trait you inherited from your dad: Competitive Persistence!  
Vande, What I didn't realize was that you both retired o Springdale, AR. I absolutely LOVE NW Arkansas. Having started with my first Pharma job in Fayetteville, I remember my District Manager ALWAYS calling this beautiful area of AR: GOD'S COUNTRY! He was right! And, I can see how it must have fit your lifestyle PERFECTLY! I always admired John's love of learning: thus his Real Estate endeavor and Master Botanical Gardener? Amazing!  
If I were to sum up John's motto:  
One thing was for sure: JOHN LIVED LIFE TO THE FULLEST! And what a PRICELESS LEGACY he has passed on to all who crossed his path. It was an honor to have known him. Sending big hugs,  
With heartfelt sympathy,  
Kim Miles Poynor

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**Kim Poynor** - January 26, 2020 at 11:52 AM



“ *Medium Dish Garden was purchased for the family of John (Johnny) Southerland.*



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January 26, 2020 at 11:08 AM



“ *Vande, it's devastating for me to hear John passed away. He was my Roche rep and later became my Roche mentor. I got that position with Roche because of John. He was the best, taught me a lot about Pharma sales and showed me how to enjoy life! John squeezed the most life out of every day. My sincere sympathies to you and your family.*

*Malcolm*

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**Malcolm Miles** - January 26, 2020 at 10:12 AM