



Exchange Hotline

Exchange Newsletter

June 15, 2007

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Publisher

The Exchange Club of Sugar Land

4800 Sugar Grove Blvd. Suite 100
Stafford, TX 77477

Weekly Meetings

Wednesdays, 7:00 a.m.

Sweetwater Country Club

Palm Royale Blvd.

Sugar Land, Texas

Officers 2006-2007

Interim President

Stewart Jacobson (281) 277-6400

President-Elect

Clark Walter (281) 277-6400

Secretary

Paul DeMarsh (713) 782-7730

Treasurer

Pat Welsh (281) 343-0444

Immediate Past President

Norma Reyna (281) 980-2076

Directors

Betty Bait land (281) 242-2214

Paul Barnett (713) 822-4612

Robert Kern (281) 238-3290

Susan Lockwood (281) 343-0415

Ron Norsworthy (281) 261-6673

Kay Parker (713) 260-5230

Larry Pullen (281) 530-9373

Bill Rohrbach (713) 521-0221

Don Zienty (281) 782-2922

Webmaster: John Bourg

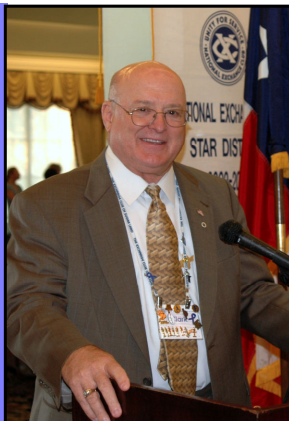
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Newsletter : Sue Lockwood

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Calendar: Paul Barnett

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The Exchange Club of Sugar Land Installation Banquet

Friday, June 29, 2007

The evening promises to be fun with a formal dinner at Sweetwater Country Club starting at 6:00PM. That's when the gavel is handed over to **Clark Walter** to preside as new President of our Club. Members dine free, spouses \$30.

Jim Kij, President Elect 2007-2008

New Members were inducted to the Exchange Club of Sugar Land at the June 13 breakfast meeting.

Doc Murdock sponsored Michael Kessler. Michael Schiff sponsored Courtney Draker. Doug Earle presented Ethan Shinogle, who was sponsored by Lisa Osborne-Poynor.



Margie Connolly, Personal Trainer at Houstonian Lite spoke to club members about reducing the stress in their lives. She taught us deep breathing exercises to do in traffic jams. The key to less stress is getting enough sleep, eating healthy and exercising. A little known fact about Yoga is that some of the twisting positions actually "wring out" toxins from your vital organs! I didn't know that!

Sorry the newsletter was late, but I was on a mission trip with River Pointe Church in the mountain villages near Oaxaca Mexico. No computers!

I would like to thank those of you who donated school supplies for the children in the Zapotec Village of Santa Lucia. They were very grateful. Special thanks to Greg Oelfke for donating toothbrushes, toothpaste and dental floss. Sue Lockwood



Texas Louisiana Gulf Coast District Convention

Sue Lockwood, Stewart Jacobson and Brenda Robinson pose for the camera at the District President's Banquet.



Deborah Galmiche models the apron that will be given away at National Convention with the new "Cowboy riding a Crawfish" logo. A bottle of hot sauce given with the apron will help Exchange members from all over the country remember that Texas is HOT!

Jim Lockwood, Stewart Jacobson, Jennipher Mulhollem and Michael Cole enjoyed the One Nation Under God Breakfast. Michael Cole will serve as District Vice President of Child Abuse Prevention for the 2007-2008 term.



District President Debra Hebert (above) encouraged all Exchange Club members to attend the National Convention in Portland Oregon July 18-21. For more information go to nationalexchangeclub.com

The convention was held at South Shore Harbor. Each club was asked to decorate a boat for the nautical theme. Greg Oelfke displays the "large boat" made by Jerry Hurst, woodworker extraordinaire.



ACE winner of the year was Dorsey Schroeck of Dunham High School, Baton Rouge, LA pictured with District Youth Chair and Student of the Year.