



Exchange Hotline

Exchange Newsletter November 1, 2014

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Publisher

The Exchange Club of Sugar Land

4800 Sugar Grove Blvd. Suite 100
Stafford, TX 77477

www.ecsl.org

Weekly Meetings

Wednesdays, 7:00 a.m.

Sweetwater Country Club
Palm Royale Blvd.
Sugar Land, Texas

Officers 2013-2014

President:
John Robson

President Elect:
Kevin Barker

Secretary:
Charlie Braun

Treasurer:
Leo Weinberg

Immediate Past President:
Robert Kern

Board of Directors

Doug Brinkley
Jeri Krauss
David Lanagan
Carlos Perez
Bill Rohrbach
Pat Welsh
Rod White
Shaunna Witt

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EXCHANGE

THE EXCHANGE CLUB SUGAR LAND, TX



Photos by Sue Lockwood

President John Robson presented a check for \$10,000 to **Vita Goodell**, Executive Director of the Women's Center.

Mayor Vincent Morales updated Exchangites on Rosenberg's mobility, water and Business Park expansion plans. The Mayor was very proud to announce that Rosenberg has been named a 2015 Main Street City by the Texas Historical Commission.

<http://www.ci.rosenberg.tx.us>



President's Message: Time Well Spent

Did you know the amount of time the average ECSL member invests in Community Service is way above the national average? It is true. In fact, nationally, only about one in four people report that volunteering is an important part of their routine (25.4%). That's down 1.1% from 2012 and the lowest it has been since those types of records were kept. That is unfortunate because statistically individuals who volunteer regularly are healthier, happier and more affluent. It has been said for centuries in one form or another, "the more one gives, the more one gets". Whether it is "friendship" or "gold and crowns"; you can't keep it if you don't give it away.

Among Americans that report volunteering regularly, the average is fifty hours per year. Again, from my experience most Exchangites far exceed that amount and some more than double that number. Many have several organizations with which they volunteer. The top three categories for volunteering are religious, youth service and community service. Volunteering is good for the soul. It is almost impossible for an individual to think selfish thoughts while helping others.

Thanks to all of you who helped this weekend with Wings Over Houston Airshow. Special thanks to **Paul Barnett**, who spends countless hours organizing Wings and countless hours sweating in the Spaghetti kitchen!

I am always impressed by the values of the average Exchange Club member. If you know someone who has a similar window on the world, invite them to join us for breakfast. We meet every Wednesday morning at 7am at Sweetwater Country Club.

John Robson



ONE NATION UNDER GOD BREAKFAST

The Rosenberg Exchange Club will host the breakfast on Thursday, November 6 at 8:00 AM at the Rosenberg Civic Center, 3825 Highway 36 South, Rosenberg, TX 77471. Retired Navy Seal Troy Meredith is the speaker.



Photos by Larry Pullen and Sue Lockwood





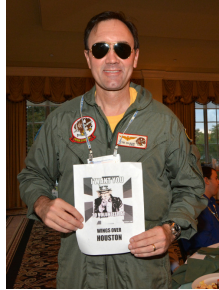
Reagan Pace
Kempner Student of the Month was introduced by Jan Poscovsky.

Honoring Outstanding Youth



Isaac Chapa
Sugar Land Middle School
Young Citizen of the Month
was introduced By Cookie Joe.

Friendly Faces of Exchange



"Flyboy" Congressman Pete Olson
asks Exchangers to help at Airshow.



Kevin Barker, Spaghetti Chair
Next meeting Nov 11, 6:30 pm
@ Classic Chevrolet Sugar Land.



Frank Catania is moving
to Italy to pursue his
prison ministry outreach.
We'll miss you Frank.



Happy 50th Jake Messinger.



New member Ali Hasanali.



Farha Ahmed, Doug Earle,
and Cookie Joe socializing.



Carle Favre, Program Chair



Scott McClintic



Vernon Hunt



Carlos Perez, House
Committee Chair



Pat Welsh and Leo Weinberg
"Treasurer Talk"



Sue Lockwood
Newsletter Editor