



Exchange Hotline

Exchange Club of
Sugar Land Newsletter
August 15, 2018

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 2018-2019

President:
David Lanagan

President Elect:
Vernon Hunt

Secretary:
Vita Goodall

Treasurer:
Duyen Le

Immediate Past President:
Rod White

Board of Directors

Cookie Joe
Juli Fournier
Lori Bisewski
Morris Lasris
Nora Sims
Kalina Fashaw
David Kiger
Brad Porter

Photographer
Greg Kramer
Rod White

Webmaster:
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www.ecsl.org

Newsletter Editor:
Rod White
newsletter@ecsl.org

Message from the President



Elsewhere in this newsletter is a form that you may have possibly never seen before. It is something provided by National called a prospect form, and it may be one of the most important forms that you will ever fill out.

It causes you to sit down and think for a moment not only about what you know, but about the people that you know, and how they could benefit from coming with you to a club meeting. You may say to yourself that you don't know anyone, but after filling out this form you will be convinced that you have influence and importance in the lives of others! Go ahead. Take a moment and fill it out. Then make a call to invite someone to have breakfast with you at the most inspirational place in town. Your Exchange Club!!!!

Invite them to come celebrate AUGUST - THE MONTH OF PREPARATION

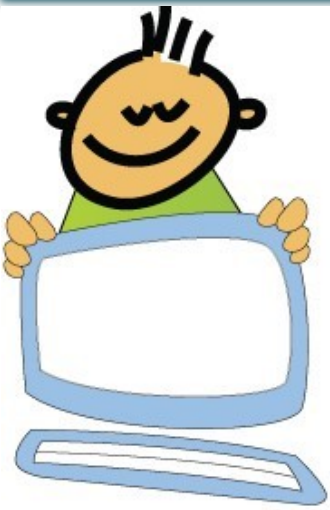
August 15th - PREPARATION FOR BETTER HEALTH with dietitian Amanda Compton

August 22nd - PREPARATION FOR THINGS TO COME with Jim Murnane about the Imperial Development Project and

August 29th - PREPARATION FOR CHANGE IN YOUR LIFE with Radio Hall of Famer Scott Arthur about the changes in radio in his career

David Lanagan

Aug 1st
Preparation for a Digital World
Comp-U-Dopt on Making Technology Available For All



COMPUDOPT

Yesterday's Computer for a Child's Tomorrow

- ◆ Low-income families and children without ready access to computers face significant challenges as employment services and other critical life needs become increasingly reliant on new technology. Only 47% of low-income families report having a computer at home. Without computer literacy and regular access, a world of content and knowledge is unwittingly beyond the reach of these families.
- ◆ In Houston, 38% of children, live in poverty. Linked with a lack of educational success including difficulties in high school, college and entering the economic mainstream, poverty is a major obstacle to ensuring these children are able to reach their potential.
- ◆ Early introduction to technology and computer literacy are essential in ensuring the success of children in their educational pursuits, careers and ultimately, their lives.
- ◆ To make the American Dream a reality for all, and to ensure our country has a competitive and productive workforce in the years to come, we must invest in initiatives which develop the potential of home-grown talent and ensure all students can continue to push forward toward a future in which access and opportunity is a given regardless of your economic situation.

David Lanagan said, “(www.compudopt.org) makes such a difference in the lives of children. I see a used computer collection in our future! Thank you Brooke, Colin and Megan for inspiring us!”



August 8th, 2018

Preparation for Character with Boy Scout Troop 731

Pancake Breakfast



Boy Scout Oath or Promise

On my honor, I will do my best
To do my duty to God and my country and to obey the Scout Law;
To help other people at all times;
To keep myself physically strong, mentally awake and morally straight.

Boy Scout Law

A Scout is:

- Trustworthy,
- Loyal,
- Helpful,
- Friendly,
- Courteous,
- Kind,
- Obedient,
- Cheerful,
- Thrifty,
- Brave,
- Clean,
- and Reverent.



Boy Scout Troop 731 treated us to breakfast at their annual pancake breakfast. They gave our club members in attendance an update on the troop over the course of last year. Jody Court was our speaker. Troop 731 has an impressive 121 Eagle Scouts!

Our club presented the troop with \$2,400 plus the fee that we would have normally paid to Sweetwater for breakfast.





Alimentary Wellness

A Functional Approach to Whole Body Nutrition

August 15th, 2018 Amanda Compton Preparation for Better Health Healthier Nutrition Choices for Alimentary Wellness

Amanda was sick and tired of being sick and tired. She had no energy couldn't focus on anything. She was only 32. Her hair was thinning and she felt awful. Some days she couldn't get out of bed, but had three small children to take care of and had to find a way to function.

She met a functional doctor at a health seminar who told her about food sensitivities and that she could find wellness again. This opened Amanda's eyes to how nutrition and food sensitivities were affecting every area of her life.

After eliminating certain foods from her diet, she started feeling better. She was excited and decided to help others. She went back to school and became a Nutritional Therapy Practitioner.

Amanda helped us to identify food sensitivities and deficiencies and guided us through a nutritional course-correction that will leave us feeling better and more focused than we have in years.

Thank you Amanda!





FORT BEND WOMEN'S CENTER PennyWise *Resale Store*

The Fort Bend Women's Center will
Collect Clothes at the Meeting EVERY Wednesday!

Women's shelter needs clothing for victims

The Fort Bend Women's Center is in urgent need of men's, women's and children's clothing donations to help its clients.

Unwanted clothes could help a family as they move into a new home, free of violence and fear.

Or the donations could be sold at its PennyWise store and help

the center raise vital funds for its lifesaving service.

The center will even have someone pick up the clothing. Call 281-344-5777 or email pickups@fbwc.org.

Visit <https://www.fbwc.org/pennywise/donating-to-pennywise/> for hours and locations.



We Love Our Guests!
Thank you to the members who brought them!



Welcome "BACK"
Lashundra Culpeper!
8/8/18 Lashundra
was a guest of Kalina
Fashaw, thank you
Kalina!



Welcome Stephen Montoya (8/8/18) and
Rickie Winslow 8/15/18 both were
guests of Jim Kij,
Thank you Jim!



Visitors Make Our World Go Round!

Also present 8/15/2018 were two guests of Carlos Perez.
We welcomed Pablo Janer who is the new President of
the After Hours Exchange Club! And Liliana Janer,
both are dentists in Sugar Land.

Join me in wishing Pablo well on his new adventure with
After Hours exchange! Stay tuned for their next meet-
ing the fourth Friday this month!





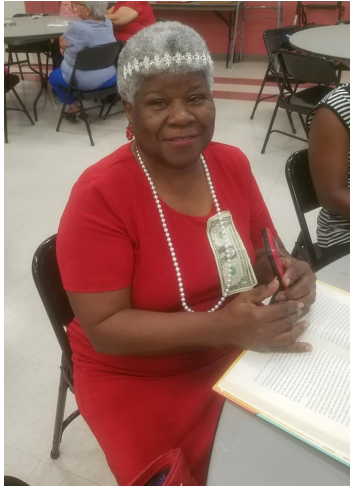
Stephen Rogers—Sponsor, Cookie Joe



Jeff Dodson—Sponsor, Jim Kij



Service to Seniors Happy Birthday!



August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Preparation for the Digital World	2	3	4 Walk w/Pride
5 Sue Sanchez Birthday!	6	7	8 Preparation for Character Scouts	9 Richard Peffley Birthday!	10	11
12	13	14 Walter Armatys Birthday!	15 Preparation for Better Health	16	17	18
19	20	21	22 Preparations for things to come	23	24	25
26	27	28	29 Prep Life's Next Phase Elisa L BD	30	31 Maggie J, Greg K, Ruthanne M, Birthday	

Quotable for Volunteers

“I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.”

— [Rabindranath Tagore](#)

“I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve.”

— [Albert Schweitzer](#)

JOKE(S) OF THE DAY

Office arithmetic: Smart boss + smart employee = profit. Smart boss + dumb employee = production. Dumb boss + smart employee = promotion. Dumb boss + dumb employee = overtime.



Children: You spend the first 2 years of their life teaching them to walk and talk. Then you spend the next 16 years telling them to sit down and shut-up.

August 2018 Birthdays!



Sue Sanchez Aug 5th
Richard Peffley Aug 9th
Walter Amatys Aug 14th
Elisa Layton Aug 29th
Maggie Jaramillo Aug 31st
Greg Kramer Aug 31st
Ruthanne Mefford Aug 31st



August Member Anniversaries



Walter Armatys 08/01/2014
Ray Aguilar 08/01/2014

Preparation for a Digital World **Aug 1st**
Compudopt on Making Technology Available For All

Back to School/ Walk with Pride **Aug 4th**

Preparation for Character **Aug 8th**
SCOUT BREAKFAST

Preparation for Better Health **Aug 15th**
Amanda Compton on Healthier Nutrition Choices for Alimentary Wellness

Preparation for Things To Come Aug 22nd
Jim Murnane on The Imperial Project

Preparation for Your Next Phase of Life **Aug 29th**
Radio Hall of Famer Scott Arthur on How He Succeeded Through The Changes of the Radio Business

MEMBERSHIP PROSPECTS FOR

The Exchange Club of

MY NAME

My relatives.
1.
2.
3.

My daily contacts with people.
1.
2.
3.

My close friends.
1.
2.
3.

My associates in other organizations.
1.
2.
3.

My neighbors, new and old.
1.
2.
3.

My customers, clients, patients.
1.
2.
3.

My vendors & service suppliers.
1.
2.
3.

My knowledge of businesses to be represented in our club.
1.
2.
3.

My business colleagues.
1.
2.
3.

My former fellow Exchangites to be reinstated.
1.
2.
3.

Make a copy of this form for every club member.