



Exchange Hotline

Exchange Club of
Sugar Land Newsletter
June 1st, 2018
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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 2017-2018

President:
Rod White

President Elect:
David Lanagan

Secretary:
Margo Pasko

Treasurer:
Duyen Le

Immediate Past President:
Carlos Perez

Board of Directors

Cookie Joe
Greg Kramer
Jamie Williams
Juli Fournier
Lori Bisewski
Morris Lasris
Nora Sims
Scott McClintic

Photographer
Greg Kramer

Webmaster:
Charlie Braun
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Rod White
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Message from the President



Fit-tastic June 1st, Exchangites!

As of the publishing of this newsletter our current leadership has about four weeks remaining in our term.

As I said in the last issue, it is truly a bittersweet time. Let's remember the two great events coming in June and July! I have never grown as much as an Exchangite as I did after attending these two events! It's about fellowship, training, food, and fun!

First, our Texas Louisiana Gulf Coast District meeting is next month! The best part of it all is that it is in our backyard! This year, we have our Texas Louisiana Gulf Coast District Convention at the Sugar Land Marriott. The convention will be held 6/8/2018 thru 6/10/2018. We can support Jim Kij, and the district buy not only attending the convention but by using the opportunity as a "Stay-cation" and renting a room in the Marriott which helps the district avoid extra room charges!

Let's plan on having a great time while winding down another eventful Exchange Club year. I look forward to seeing all of you at the Convention!

The second big remaining event:

2018 National Convention Dates/Locations and Leadership Summits:

July 11-14, 2018 - 100th National Convention; Nugget Casino Resort, Reno, NV; see Convention page of the website for more information and registration details. I hope you plan to attend!

In closing, remember to Invite, Invite, Invite!

Rod "the Storyteller" White

EDITOR'S NOTE:

You may have wondered, "what happened to the FIT-tastic Friday email?" As my term as president winds down, I am assuming the duty of our newsletter and did not want to be redundant. Again, join me in thanking Russ Braun who has published the newsletter for the past several months. He has done an excellent job!

5/23/2018 New Member Induction Ceremony

Past President Club, John Robson — administered the induction of new member Stephen Smith. Stephen submitted his application for membership this past March and approved by the board. Stephen shared that as a football player for UT, his coach ensured that the team was involved in community service. And now that his collegiate career has ended, he wants to remain active, and Exchange Club offered him the opportunity to do just that! Welcome, Stephen!

New Member tips: Join a program committee as soon as possible! The Santa's Exchange Committee, The Spaghetti Committee, Americanism, Walk with Pride to name a few. Don't be afraid to get your feet wet! Get involved right away!



SUGAR LAND, TEXAS 1987



SUGAR LAND, TEXAS 1987



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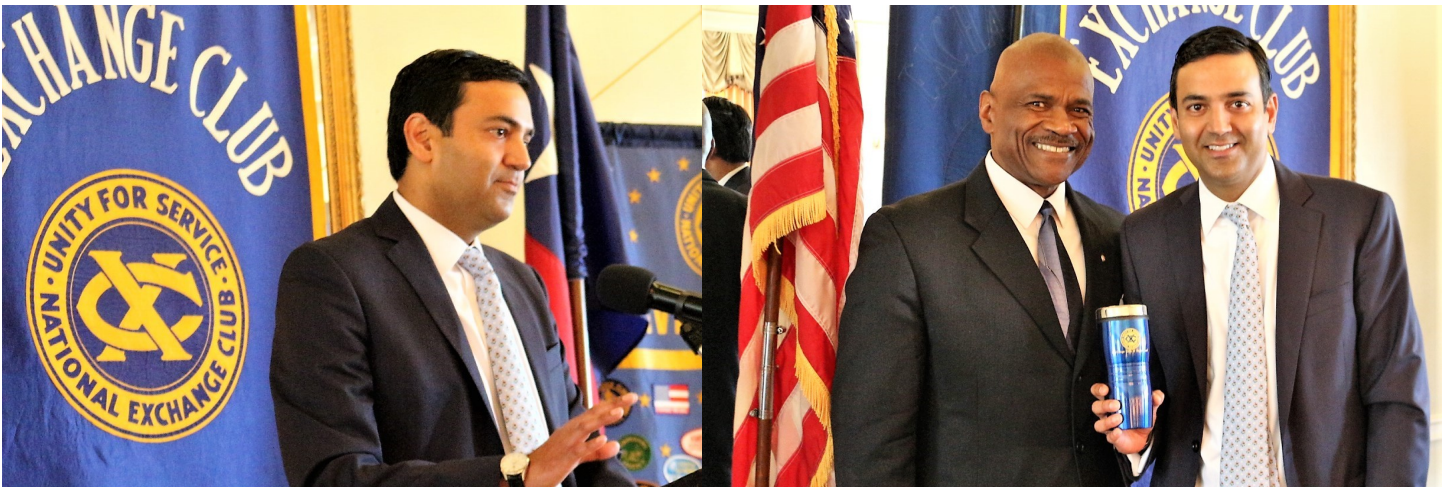


SUGAR LAND, TEXAS 1987



SPEAKER OF THE WEEK!

(05/23/2018)



Harrison's Heroes — Shanoop Kothari

Our Commitment: Harrison's Heroes delivers hundreds of care packages to brighten kids days at Children's Memorial Hermann Hospital, Texas Children's Hospital, and MD Anderson Cancer Center. We make sure that the patients are not forgotten on holidays, such as Easter and Thanksgiving. We also sponsor onsite parties that include magicians, face painters, photo booths, and more of the things kids love. Harrison's Heroes plans to continue to support sick children experiencing long-term stays in Houston, and we hope to grow to other major US cities.

Our Youth of The Year Recognition

Congratulations to Joy Zhu from Clements High School for receiving this award! Amy Mitchell (Pictured with Joy bottom right) introduced us to this extraordinary young lady. Joy received a beautiful plaque and a scholarship for \$500!



SPEAKER OF THE WEEK

(May 16th, 2018)



Our speaker was CJ Pacheco of Veterans Needs and Services. The Ballroom was so quiet that morning that we could have heard a pin drop on the carpet. CJ enthralled us as he explained that he had to leave the armed services early due to combat injuries. He suffers from 4 traumatic brain injuries, spinal injuries, PTSD and a few others. "If it were not for the Veterans Needs and Services, Organization, I would not be able to speak in front of you today."

CJ explained that during his therapy he had a breakthrough. When he had to leave for the service, his daughter was crying at the airport and screaming at the top of her lungs, "Daddy don't go!"

CJ said, "The thought still haunts me today. I used alcohol to help me sleep and later found out that the reason was my daughter was the last one that I was saying good-bye to each night. It was like leaving her all-over again, every night!"

While CJ says that he still suffers from PTSD, It is because of people like us (Exchange Club) that help him to keep going.

CJ explained that mental health is a huge issue and urged us to take a moment and listen to someone. He said that we should, "thank someone every day for their service, as a matter of fact, you should thank someone even if they are not in the service. You never know what people are going through and how important a kind word will be.

CJ is also an author of the book, "Life, as Told By A Soldier" in his book chronicles some of his experiences. He wrote the book so that others that are going through similar situations will have a resource.

Thank you, CJ for delivering such a heart-rending talk.

SPEAKER OF THE WEEK

(May 30th, 2018)



Excellent presentation by Fort Bend Habitat for Humanity's Executive Director, Sherwin Sun. Sherwin shared that one the biggest challenges in the Fort bend area is the land. They just had a gift of land in the Richmond area that will allow them to develop several homes.

He also told us that they have been busy with restoration from Hurricane Harvey. And that they will be busy for years to come. When asked where they need the most help from volunteers, Sherwin gave us the "line" of the day! "Everybody wants to help put up the walls, but nobody wants to paint!"

DID YOU KNOW?

Our incoming President develops and submits a budget proposal for the board's approval. The budget consists of the revenue from Spaghetti and any left-over FUNDS from prior year? We design it this way so that the incoming President knows in advance how much they have available to give away during their term.

The budget proposal also reflects a category known as "Designated" funds. The designated category consists of our regular programs that we support consistently. I.e. Child Advocates of Fort Bend, or the ESCAPE Center, the Women's Center etc. The President may also identify certain organizations as Discretionary. Which means he has the discretion to list other organizations that we support, like NEO, American Cancer Society, Hope for Three etc. The budget ear marks where most of the money will go.

The board meets each month on the 4th Tuesday at 7:00 am



My profound thanks to the current 2017/2018 board members and officers! You have made my term inciteful, enjoyable and inspirational. Each of you performed your duties to ensure the protection of our club, and it's member's best interests. If I had just three words, I'd say you are supportive, productive and judicious.

Meet Your 2018/2019 Board Members!

President: David Lanagan, Immediate Past President: Rod White, President-Elect: Vernon Hunt, Interim Treasurer: Duyen Le, Secretary: Vita Goodall, Returning Board Members: Nora Sim, Morris Lasris, Cookie Joe, and Juli Fournier, New Board members: Kalina Fashaw, Colonel, Dave Kiger, Brad Porter, and the Honorable Rick Bell.

Fellow Exchangites, we are going to have a great year full of milestones! Mark your calendars for Wednesday, June 27th, 2018 which is the date for David Lanagan's and the new Board's Installation Dinner. As a reminder, the dinner replaces our Wednesday breakfast meeting for that day.

Doug Earle—Mr. Enthusiasm! Presents Carlos Perez and Rod White the "Spaghetti Bowl"



Thank you for Chairing Spaghetti!
Rod 2016 Carlos 2018

Check Presentations 5/16 and 5/23

Jim Kij and the TLGCDistrict, Ruthanne Mefford, Light of Hope, and
Larry Micheaux Basketball Academy



Member Photos 5/23 Meeting



June 2018 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 ECSL Breakfast	7 TLGC Dist Convention	8 TLGC Dist Convention	9 TLGC Dist Convention
10 TLGC Dist Convention	11	12	13 ECSL Breakfast	14	15	16
17 Fathers Day	18	19	20 ECSL Breakfast	21	22	23
24	25	26	27 David Lanagan Installation	28	29	30

Quotable for Volunteers

“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.”
~*Sherry Anderson*

“Volunteers do not necessarily have the time, They have the heart.”
~*Elizabeth Andrew*

“The best way to find yourself is to lose yourself in the service of others.”
~*Mahatma Gandhi*

“No one stands as tall as when they stoop to help a child.”
~*Abraham Lincoln (attributed)*

Joke of the Day

A wife complains to her husband:

“Just look at that couple down the road, how lovely they are. He keeps holding her hand, kissing her, holding the door for her, why can’t you do the same?”

The husband: “Are you crazy?! I don’t even know that woman!”