



Exchange Hotline

Exchange Club of
Sugar Land Newsletter
April 1st, 2019

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:
Vida Goodell

Treasurer:
Duyen Le

Immediate Past President:
Rod White

Board of Directors

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

Spaghetti Chair 2019
Lori Bisewski

Webmaster:
Charlie Braun
www.ecsl.org

Newsletter Editor:
Russ Braun
newsletter@ecsl.org

From The President

There's a lot going on in Exchange! Every once in a while it's a good idea to just put down on paper how many things are going on so we can keep track of them together. Therefore, I'm going to highlight a few of the things that are crossing my desk so that you can see what's going on as well and join into any particular thing that you are interested in.

SPAGHETTI 2019 - It's pretty amazing to watch all of the plans coming together under **Lori Bisewski's** leadership for our next fundraising event. **Amy Mitchell** tells us we now have 10 spaghetti teams competing with each other. We have a band of celebrity judges building the excitement! We have perhaps the best raffle prize we have ever had and the best live and silent auction items we have ever witnessed (Go **Chad Seime!**). Thank you for your attention to doing just a bit at a time instead of trying to crash prepare the entire thing at once. It's just this kind of work that makes such a fundraiser not only a success but fun! keep watching the weekly announcements to see what to bring. As **Doug Earle** would say - **SELL THOSE TICKETS! IT'S THE KEY TO SUCCESS!**

FREEDOM SHRINE - Nick Landoski is planning before summer to identify a school in which to place a new Freedom Shrine and complete all of the preparations for the project. Look for an announcement of which school, which date, who will be the speaker and you can come to the dedication!

NOMINATIONS — We congratulate our entire new slate of officers, but especially we are excited about the next two presidents who will preside over this group - **Vernon Hunt** in the coming year and **Paul Barnett** the year after. We could not be in better hands . We are already planning the transition.

CHECKS GALORE - We raise it to give it away! **Fort Bend Seniors, Champions Kids Camp, ARC, Hope for Three, The Rainbow Room, CAFB, Big Brothers & Sisters** and others will all receive checks. Come celebrate each Wednesday as we award the checks!

APRIL—CHILD ABUSE PREVENTION MONTH— We are always excited to enter the month in which we focus on our national priority. Each week will hold a different emphasis, one of which you can be proud, and will celebrate different ways of helping. **Don't miss a Wednesday in April!**



David Lanagan—president@ecsl.org

Speaker of the week March 20th! Volunteer Field Representative (VFR)

(Mentoring, Training, Leadership, Resource for issues or challenges, bouncing ideas around and staying on the right track with Exchange)

03/20/19



Mike Reichek, Speaker & (Amy Mitchell, family law attorney)

Fresh from his National Training and eager to share his vision of how to bring the community into a better understanding of how to prevent child abuse and share in the higher goals of Exchange, Mike brings years of **"Exchange Experience"** to bear on the subject. A past District President, Mike is actively working in his community, the District and nationwide to advance the cause of Exchange.

Upon graduating from the University of Houston in 1977 with a Business Degree in Economics, Michael found a natural fit within Houston's booming petroleum industry. Michael returned to school pursuing his true interest in the financial field and earned his Certified Financial Planner designation in 1989. In 1991, Michael founded **Reichek Financial Services - A Health Insurance Brokerage Firm**. Mike's enthusiasm will inspire you!

⇒ **NOMINATIONS 2019-2020 Exchange Club of Sugar Land**

- * President Vernon Hunt
- * President-elect Paul Barnett
- * Secretary Vita Goodell
- * Treasurer Duyen Le
- * Directors (1 yr) Kalina Fashaw
- * Juli Fournier
- * Rick Bell
- * Brad Porter
- * Directors (2 yr) Sue Sanchez
- * Jennifer Boley
- * John Heinemann
- * Chad Seime



Texas-Louisiana Gulf Coast District Convention

Coming Up Soon!

Hey Everyone! Don't miss this!

We are really excited about our District Convention scheduled for **June 14-16, 2019**. We are excited to have Jeff Young from the Indiana District located in Region 7. Jeff is a humorous and gifted speaker as well as a vocalist! He will be speaking to us at the convention and assisting us with the induction of our new officers.

We are developing some interactive activities to make the leadership training fun and memorable. South Shore Harbour is a recently renovated hotel with excellent amenities. Many people come Friday night and we make reservations for dinner at a local restaurant. This is not included in the convention costs. The convention starts on Saturday and begins at 9:00 am. We will have our Youth of the Year and Ace Youth of the Year presentation at lunch and end at 2:00 pm to allow people the opportunity to enjoy the pool and relax prior to the installation banquet.

Afterwards we have a great time in the Hospitality suite with live music and beverages of your choice! The next morning we hold our One Nation Under God breakfast to celebrate our Veterans as well as memorial service for those Exchange members who passed away this past year. Please click on the links below for more information and to register.



**Check
Presentation to
TEXANA Center.
\$5,000.**



Kevin Barker-Texana Center

Director of Intellectual & Developmental Provider Services.

Nora Sims- Exchange Club

Charlie Braun-Exchange Club

Russ Braun-Exchange Club.

Texana Center is a 501(c)3 public, not for profit, organization that provides behavioral healthcare and developmental disabilities services to residents of a six county area.



March 27th speaker was RUTHANNE MEFFORD



Ruthanne is CEO of **CHILD ADVOCATES OF FT BEND**, and she kicked off our **April emphasis on Child abuse prevention!**

How'd she get where she is?

Ruthanne says "I wanted a career that I would make a difference in people's lives which lead me to major in Psychology as an undergraduate at Stanford University with a research focus on early childhood development. After a brief stint starting

a PhD in Psychology, I made a pivot since I had been working at an energy start up and decided to attend business school and get my MBA.

For the first phase of my career, I worked at large corporations in Finance, Marketing and Strategic Planning in California, Boston and Washington D.C.

Phase II was a move to Houston working in early stage and startup companies. It gave me an opportunity to apply my corporate experiences to very entrepreneurial environments during the formative and early growth times. Meanwhile my 3 children were busy with school, my husband decided to make a mid-life career change and attend medical school in North Carolina (while the children and I were in first Washington D.C., then relocating to Houston).

After a few years, it was time to Phase III in which I formed a consulting company and worked from my home office helping companies and nonprofits in the energy, retail and health care industries.

Finally, 8 years ago, Phase IV of my career happened by becoming the CEO of a nonprofit that serves children who have been abused and neglected — an agency that I had served as a volunteer and board member for the previous decade. It's been a great opportunity to blend my psychology background with management experience in serving a mission of changing children's lives. The other aspect of my career has been community and board service currently serving as Chair of Stanford Alumni Association, trustee of The George Foundation, board member of Center For Houston's Future, OakBend Medical Center, and the Children's Discovery Center."

All in all, a stellar career for a fantastic leader!



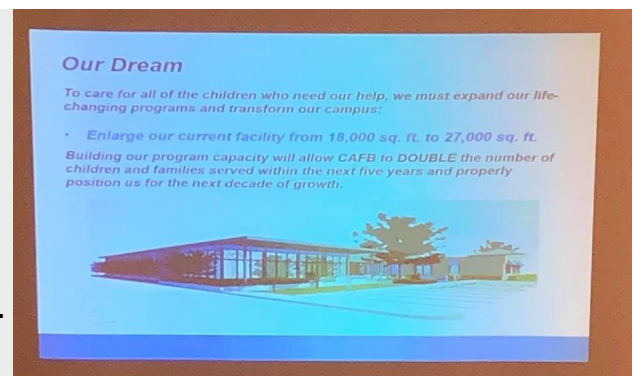
03/27/19

Check
Presentation
\$16,000 to:

Child
Advocates
Director
Ruth Mefford

Dreams do
come true!

Future
Expansion,
and
Growth.
Much need-
ed space.



Young Citizen of the Month Award, Sugar Land Middle School!



Leilani Pratt & Mom!

Young Citizen of the Month Award First Colony Middle School!



Mahika Palani,
Presenter Doug

Youth of the Month Award, Kempner High School!



Emily Hammons



Emily Hammonds (right) actually wrote a very good speech of her thoughts and dreams!

Good morning, My name is Emilie Hammons and I'm a senior at Kempner High School. I want to thank the Exchange Club of Sugar Land, my school counselor Ms. Durgeons, and of course my mom and dad who are with me today for this opportunity.

Both my parents raised me with the idea that we should always help out people in need. And as our community raises us, I believe we have a responsibility to give back to it. To do this, I spent over fifty hours volunteering at Memorial Hermann Hospital in the Medical Center last summer. Through my time there I realized that although I could not heal the patients physical injuries I could aid in the recovery of their emotional trauma. To further this idea, a couple of the other volunteers and I would bring in board games or magazines to read with the patients. Runner's World is still my favorite although I admit I can't resist a gossip People's magazine. I love to run and have been an active member of Kempner High School's Cross Country team for the last two years. I also serve as Vice President of my school's Spanish Honor Society where we connect volunteer organizations with eighty something of our members just waiting to lend a helping hand. I am also currently working on obtaining my Private Pilot's license in hopes to be a part of the unfortunately underwhelming seven percent of women in Aviation. I hope to change that statistic by spreading my love of having my head literally in the clouds.

When I arrive at the hangar for flying lessons, I am often the only young woman there. It took a while to notice because it never occurred to me that I could not do something because of my biology. However, a few weeks ago, I had a

substitute flight instructor. Since we had never flown together before, he kept insisting that I must be nervous or anxious...something that could not have been further from the truth. He would stop me from doing maneuvers before they were completed because he said he did not think I could do them. I wondered, *Would you be saying this if I were a man?* But I knew he wouldn't. In a world where only seven percent of pilots are female, I know people will assume I am the passenger and not the pilot until they see me fly. However, I welcome the opportunity to excel and discover my own limits, rather than to let others set them for me.

In my community, I hope to serve as a role model to other young women and girls who have been assumed to be "the passenger." When I am not flying I am usually working. I work at a gym called Life Time Fitness taking care of children ages three months to eleven years while their parents exercise. In my first couple of weeks there, it was startling to see many of the older employees hand young girls baby dolls or plastic kitchen utensils when they asked for a toy. On the contrary, the boys would receive race cars, baseballs, and toy planes. So I shook things up a bit. If a young girl asked me for a toy I would ask her what she wanted to play with. Sometimes it was the babydoll. But more often than not they politely ask for hot wheels or something blue instead of pink. I have a distinct fondness for the girls that ask to play with the plastic airplanes. As they make whooshing noises with their mouth I tell them about how flying is not "just for the boys." And as they giggle and nod their pigtailed I know I have planted an idea that they can grow to be whatever they want to be. As those young girls grow up and this community gets older I hope that impression stays with them as they choose to discover their own limits rather than let others set them. Thank you again for this opportunity.



Snapshot Moments! Spaghetti Dinner EXCITEMENT!



"Sell more tickets"



SUPPORT AUTISIM AWARENESS, APRIL 7th,
WITH A CAR WASH!



Hope For Three

Autism advocates. Providing help. Creating hope.

FREE

Car Wash For Kids

supporting autism awareness

Presented by

OCuSOFT®

Sunday April 7, 2019

**C & C Dental
17003 Southwest Fwy.
Sugar Land**

(Near the intersection of 59 & Sweetwater Blvd.)

10:00 am – 2:00 pm

DOUBLING THE IMPACT!

**Sugar Land Baptist Church is matching
all donations up to \$3500**

HopeForThree.org | 281-245-0640

LORI SAYS THE WORDS OF THE WEEK ARE RESTAURANT GIFT CERTIFICATES FOR SPAGHETTI

Ask your favorite restaurant to contribute a dinner for 4 to Spaghetti, and bring the certificate this week to be added to a basket or prize as part of a larger prize.



We will once again be doing our **BLUE RIBBON PROJECT** this year.
We will **SIGN UP FOR RIBBON ROUTES** this week and next to put out the Blue Ribbons.

Also, **Vita Goodell** is once again chairing the **SCHOOLS CONTEST BLUE RIBBON COMPETITION** to see which school has the best emphasis on preventing child abuse. Awards to the schools will be presented **WEDNESDAY, APRIL 24TH!**

Vita says, I need judges for the Blue Ribbon Contest!

Would you please ask people to email me if interested? Judging can all be done electronically, then we get together one time in mid-April to select the winners.

Thanks, Vita vgoodell@fortbendwomenscenter.org"

Seeking all bowlers!

The Exchange Club of Sugar Land is sponsoring a team in the annual Big Brothers Big Sisters bowling tournament, scheduled for Thursday, May 9, 3:30 to 5:30 pm at the Stafford Lanes. We are seeking five club members who want to play. You will get free bowling (two games), free shoes (temporarily), free food and free drinks. You may choose to make a donation. In addition, we are seeking club members to donate based on the number of pins we knock down. For example, if we knock down 1,000 pins and you pledged two cents per pin, the donation would be \$20. To either bowl or make a pledge, contact Doug Earle, 281-459-8701 or dearle@hga.org.

