



# Exchange Hotline

Exchange Club of  
Sugar Land Newsletter  
December 1st, 2019

## The Exchange Club of Sugar Land

4800 Sugar Grove Blvd. Suite 100  
Stafford, TX 77477  
[www.ecsl.org](http://www.ecsl.org)

### Weekly Meetings

Wednesdays, 7:00 a.m.

Sweetwater Country Club  
Palm Royale Blvd.  
Sugar Land, Texas

### Officers 2019-2020

President:  
Vernon Hunt

President Elect:  
Paul Barnett

Secretary:  
Vida Goodell

Treasurer:  
Brad Porter

Immediate Past President:  
David Lanagan

### Board of Directors

Rick Bell  
Kalina Fashaw  
Brad Porter  
Juli Fournier  
Chanel Bermudez  
John Heinemann  
Jennifer Boley

Spaghetti Chair 2019  
Lori Bisewski

Webmaster:  
Charlie Braun  
[www.ecsl.org](http://www.ecsl.org)

Newsletter Editor:  
[newsletter@ecsl.org](mailto:newsletter@ecsl.org)

## “One Nation Under God!”

### WHAT IS ONE NATION UNDER GOD?

This powerful program not only aims to increase appreciation of our rich religious heritage, but also seeks to remind Americans that we must always trust in a higher power for guidance, protection and strength. The famous words of the program's title are taken from the Pledge of Allegiance to the Flag.

### ONE NATION UNDER GOD IS OBSERVED ANNUALLY DURING THE MONTH OF NOVEMBER.

It's PURPOSE... The One Nation Under God project was adopted on July 30, 1964, by Exchange leaders seeking to heighten awareness of our rich religious heritage. November, observed nationally as One Nation Under God Month, is a special time of year when Exchangite's join together to increase public appreciation of the important roles

## Breakfast Meeting November 13th! Sherriff Troy Nehls was our speaker!



# "ONE NATION UNDER GOD", PATRIOTIC BREAKFAST!



**EXCHANGE**  
THE EXCHANGE CLUB SUGAR LAND, TX

One Nation

Under



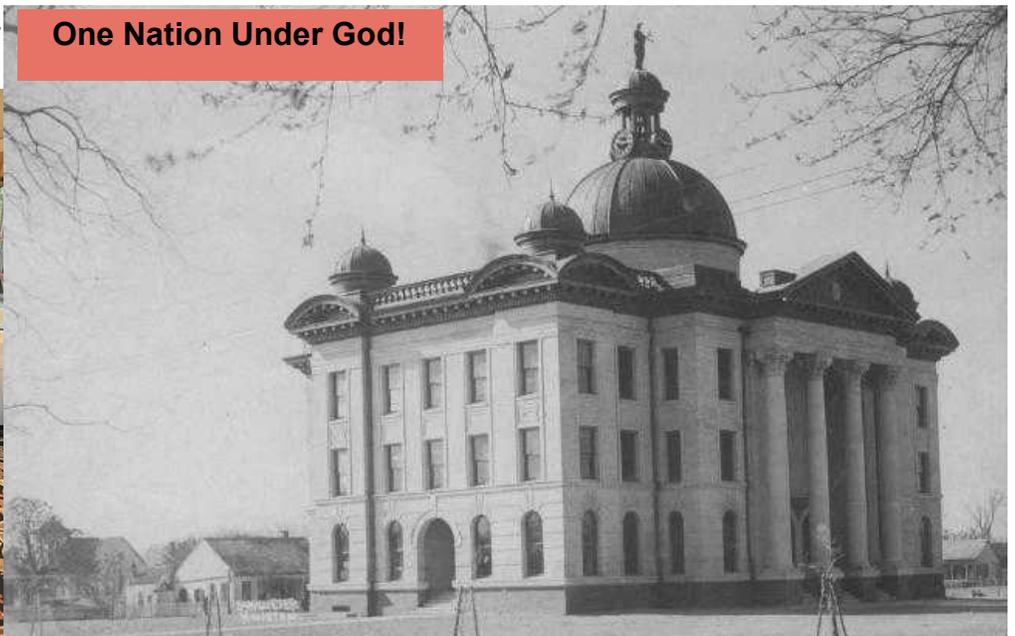
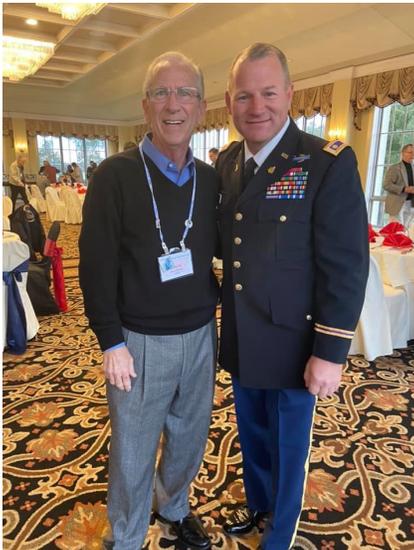
## One Nation Under God, Breakfast



**“ A BIT OF HISTORY”** The Fort Bend County Courthouse is one of the strongest examples of the “Texas Renaissance” style, a neo-classicism favored in the early decades of the twentieth century. Based on Italian Renaissance models and especially the work of Andrea Palladio, the style was well suited for civic buildings, imparting a noble sensibility to modestly sized buildings.

**Russ Braun and Sheriff Troy Nehls!**

**One Nation Under God!**



# Speaker of the Week!



**Evelyn Traylor, Executive Director & Founder spoke to us about Advocates of healthy minds. (Standing with Exchange Club President Vernon Hunt).**

**OUR MISSION:** Advocates of Healthy Minds in Fort Bend County is dedicated to promoting mental **health** and achieving victory over mental illness through **advocacy**, education, awareness, programs and activities that support a well balanced life. **WHAT WE BELIEVE:** We believe that **minds** matter.

**Advocates of Healthy Minds** is now offering mental health **classes!** We are proud to team up with the **I'm possible Project** to offer 6 classes from their **"Changing Minds Series"** More information on classes is on their website [www.advocatesofhealthyminds.org](http://www.advocatesofhealthyminds.org)

## Youth of the Month! Kempner High School, Mya Bergen! Presented by Renee Cannavo!



Standing with her parents in the lobby.

Jeanette and Roon Bergen!

Mya was awarded a plaque for her accomplishments to this point in her life!

Collection for the Women's Center. \$550...



Every year we have a turkey drive called the Garland Mueller turkey drive . And it benefits the Women's Center of Fort Bend. For this breakfast meeting we were asked to bring either frozen turkeys or cash! Kevin Barker passed the hat. Vita Baitland is Executive Director of the Women's Center in Rosenberg.

**Gobble Gobble, rest/relax and be thankful!**

