



Exchange Hotline

Exchange Club of
Sugar Land Newsletter
June 15, 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

The swan song, the final event, the end of the road, the summit which all has been leading to. It's here. And I'm not sure I've ever had more fun in my entire life. After all, I started this all by saying I wanted to be like you. **You are the people I admire. You are the people I think about. You are the people that have lifted me up and made me stronger and held up my hands and made me better by all you have done and by all you do.**

I take particular note that this working Exchange Club board has been one of the most unified, gracious, forward-looking and Progressive boards perhaps in our history, not because the others lacked in any way, but because they started off determining to work together. And work together they did. They have corrected legal problems, solved Financial issues, established domestic tranquility and provided for the common defense . **Wait, I mixed them up with Congress and they did a better job than Congress. Congress could take a few lessons.**

Now you have before you the opportunity it support, love, value and strengthen Vernon hunt who has to be one of the most amazing human beings I think I've ever met. he is the most competent, most complimentary and most complete man I know. a better man than me by far and the right man for the next step for the Exchange Club of Sugar Land. I'm excited by what he's going to do , for he has been whispering in my ear what some of his plans are. If only I had listened earlier.

Thank you so much. That seems so little to say but what you have done this year is magnificent and I will be eternally grateful for being only a small part of it. I love you all as you love each other. Thank you.

David M Lanagan



Speaker of the week!



On June 5th, 2019 Amy Cummins spoke to us how she found “*From Stress Through Art*”

Officer Amy Cummins has been a police officer for just shy of 20 years. Right now she works for the Sugar Land Police Department and is currently the Victim Service Coordinator assisting victims of person's crimes in advocacy, education, relocation and safety measures. If that sound like it could be emotionally and physically draining -- **it is**. It's important for anyone in a helping profession to find an activity to release the stress. **AMY has found that creating art has become more than just a way to relax. It has become a passion that she has become**

successful with and feels this is just the beginning of a life changing experience.

She's not just an artist. She has received her Bachelors of Science Degree, majoring in Psychology, received recognition for numerous accomplishments such as **Gold Level - President's Council on Service and Civic Participation, Fort Bend County American Business Women's Association women of the year, CPAAA Officer of the Year 2014, cover story for a mother's day special in Fort Bend Focus Magazine, Toastmaster Award 2016, President of the Fort Bend County Crime Victims Response Team, Chairman of the Board for Mental Health America of Fort Bend County, MHAFCB Board Member of the Year 2017, and a Master Peace Officer.** She volunteers in numerous organizations and has shared her personal story of sexual abuse and how to thrive after the trauma. She has inspired so many and now uses the social

media platform to be able to reach throughout the globe advocating for change on the subjects of Sexual Abuse, Domestic Violence and Mental Health. **Artistically, she is now a commissioned artist that is cur-**



Amy is w/ Farha Ahmed & David Lanagan!

rently in the Silos Gallery at Sawyer Yards, she has won several art contests and shown in the Hardy and Nance Gallery as well. She has been asked to apply to the John Ross Palmer Escapism Internship by Mr. Palmer himself and she and her story will be in Voyage Houston Magazine in the upcoming issue. Officer Cummins hopes that she and others can find peace from the stressful days and show people that no matter what the past circumstances have been, they can always achieve greatness.

Our seniors! Good Ole– fashion Sock Hop!



They had a blast!

New member induction of Ed Gojara and a Surendran Pattell to Exchange Club of Sugar Land! Their sponsor was Russ Braun!



Marc Schwartz of the National Exchange Foundation tells us how constant small gifts change lives! "Standing with David Lanagan as Mark is Mugged"



What is Supported?

- National Project – the Prevention of Child Abuse
 - Annual Symposium
 - Travel Scholarships to Exchange Centers
 - New Director Orientation
 - Parent Aide Training
 - \$100 Exchange Marketplace credit annually
 - Support Materials



Exchange Club social tonight at Chuy's honoring our outgoing President. We work hard to serve our community but we do know how to have fun.



Well, if you weren't there it does look like a great party! Come next time to one of our events!

Barbara is back! Her Husband had been fighting cancer and doing better, where she could come back. We all missed you a bunch. Can't do without you being with us! (talking to May ,at senior event!



EXCHANGE
THE EXCHANGE CLUB SUGAR LAND, TX