



Exchange Hotline

Exchange Club of
Sugar Land Newsletter
FEB 1st, 2020

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 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

Newsletter Editor:
newsletter@ecsl.org



New Member Orientation Dinner

Wednesday February 19, 2020

5:30-8:30

3010 Green Fields Drive, Sugar Land, 77479

This dinner invite is for new members recently joined, members who haven't attended a New Member Orientation Dinner, Board Members, Committee Chairs, and Past-Presidents of the ECSL. New Members will have the opportunity to hear and ask questions about the Club's projects, history, committee functions, and possibly what and where the New Members interests lie.

If you have any dietary restrictions please let me know as soon as possible. This is a casual gathering, with dinner served at 6:15. I need a head count as soon as possible. Please contact me via email: ringrollins3010@gmail.com or phone: [281.265.7768](tel:281.265.7768)

I look forward to hearing from you!

Sharon Rollins

Texas Louisiana Gulf Coast District Mid-Winter Training Conference!

This past Saturday on January 18th the conference was held at Quail Valley Civic Center in Missouri City, Texas from 9PM to 3PM. The time went so fast! Mainly because certain members in Exchange were funny, informative, and a team building event! Thanks to "Carlos Perez" the host of the event and District President elect, along with Kevin Barker who was our past District President. And Marc (President of the NEC Foundation) and Susan Schwartz who has held a number of positions with Exchange. And Mike Reichel Region 5 VP.



And special guest were Heather Reichert of "Branded with Joy" (page 5) who talked about marketing and branding of Exchange with new ideas to help us focus better on growing Exchange. And Carlo's daughter Ivonne Perez Jones (*pg. 4) talked about the psychology and make-up of people and how they think and react to different situations and issues, supported by certain profile test similar to "DiSC" assessment. **DiSC** is an **acronym** and simply put, the letters D, I, S and C **stand for**: D - Dominance. I - Influence. S - Steadiness. C - Conscientiousness. Also, spoke about a better understanding of your risk as a leader. Other topics covered were a generational approach to club building and membership expansion in 2020!

Texas Louisiana Gulf Coast District Mid-Winter Training Conference "Pictures"!

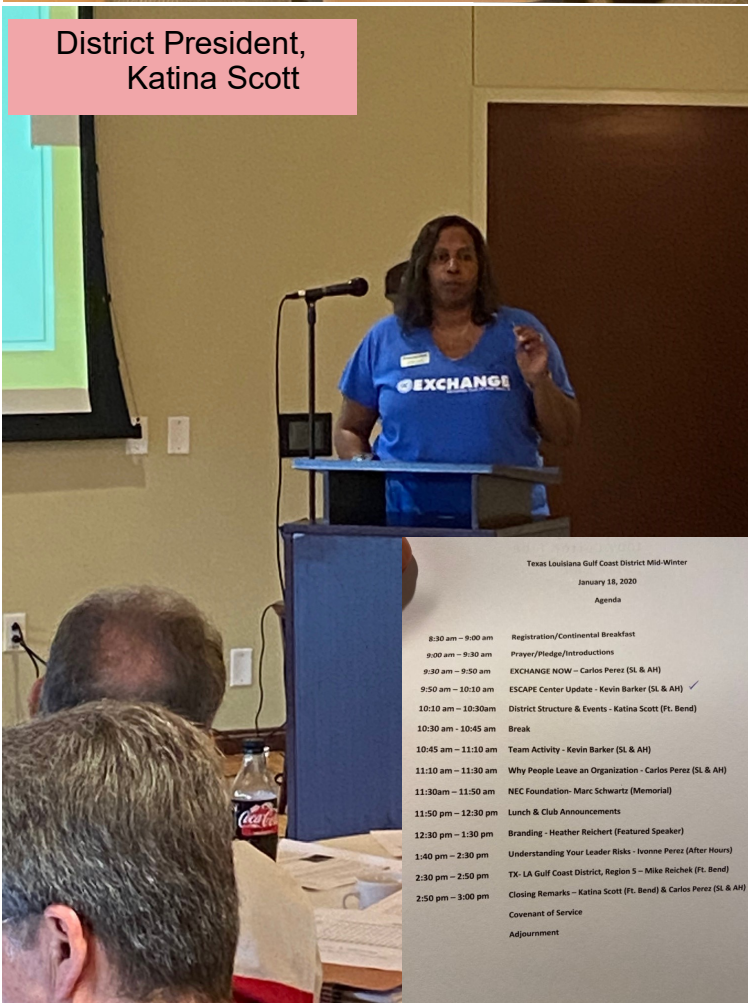


Here's the "game" or should I say "agony?" Each table given Spaghetti (not cooked) Blue Tape, String and a Marshmallow! Each group had to figure out how to build the highest structure with those materials. To your left #1 we got Brad Porter giving his scientific look as if they were Legos. Then number #2 we have Farah's team and crossing her arms thinking "not fair". #3rd group?, Well they are "Q's" team, not sure about them! #1 winner, #2 runner up, #3 not stable and leaning over, #4 struggling! (next pg.)

Texas Louisiana Gulf Coast District Mid-Winter Training Conference "Pictures"!



District President,
Katina Scott



Texas Louisiana Gulf Coast District Mid-Winter
January 18, 2020
Agenda

8:30 am - 9:00 am	Registration/Continental Breakfast
9:00 am - 9:30 am	Prayer/Pledge/Introductions
9:30 am - 9:50 am	EXCHANGE NOW - Carlos Perez (SL & AH)
9:50 am - 10:10 am	ESCAPE Center Update - Kevin Barker (SL & AH) ✓
10:10 am - 10:30 am	District Structure & Events - Katina Scott (Ft. Bend)
10:30 am - 10:45 am	Break
10:45 am - 11:10 am	Team Activity - Kevin Barker (SL & AH)
11:10 am - 11:30 am	Why People Leave an Organization - Carlos Perez (SL & AH)
11:30 am - 11:50 am	NEC Foundation- Marc Schwartz (Memorial)
11:50 pm - 12:30 pm	Lunch & Club Announcements
12:30 pm - 1:30 pm	Branding - Heather Reichert (Featured Speaker)
1:40 pm - 2:30 pm	Understanding Your Leader Risks - Ivonne Perez (After Hours)
2:30 pm - 2:50 pm	TX- LA Gulf Coast District, Region 5 - Mike Reichel (Ft. Bend)
2:50 pm - 3:00 pm	Closing Remarks - Katina Scott (Ft. Bend) & Carlos Perez (SL & AH)
	Covenant of Service
	Adjournment



Texas Louisiana Gulf Coast District Mid-Winter Training Conference “Pictures”!

Ivonne Perez Jones is the marketing and communications manager at CDR Assessment Group. CDR is a globally recognized assessment, leadership development, and talent management firm.

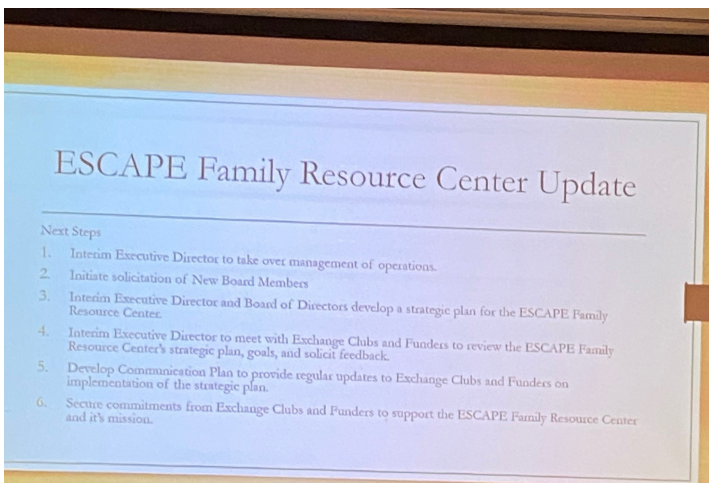
Ivonne spoke about CDR's proprietary assessment, the CDR 3-D suite and helped participants identify and understand their leadership risk factors. For more information regarding their full suite of psychological assessments and talent management solutions, visit CDRAssessmentGroup.com or contact Ivonne at;

iperez@cdrassessmentgroup.com



*Mentioned on front page.

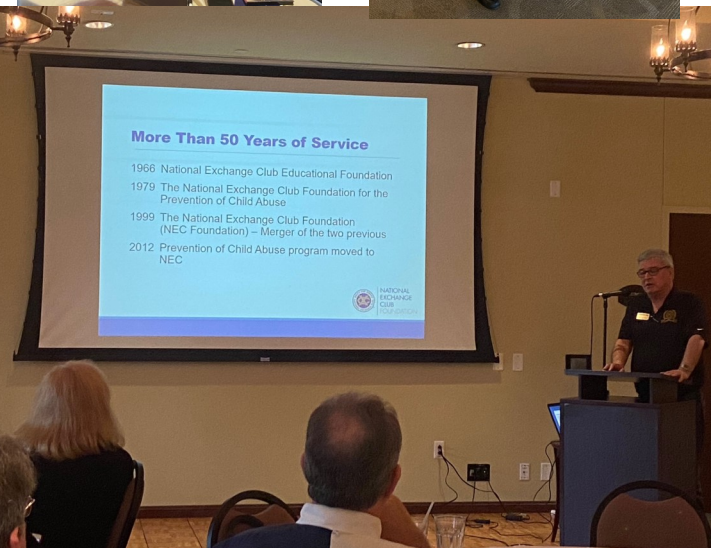
Ivonne was one of our speakers at the conference! (Carlos Daughter)



Kevin Barker past District President giving us and update on Escape Family Resource Center. (above)



R - Speaking is Marc Schwartz President of National Exchange Club Foundation (NEC Foundation)

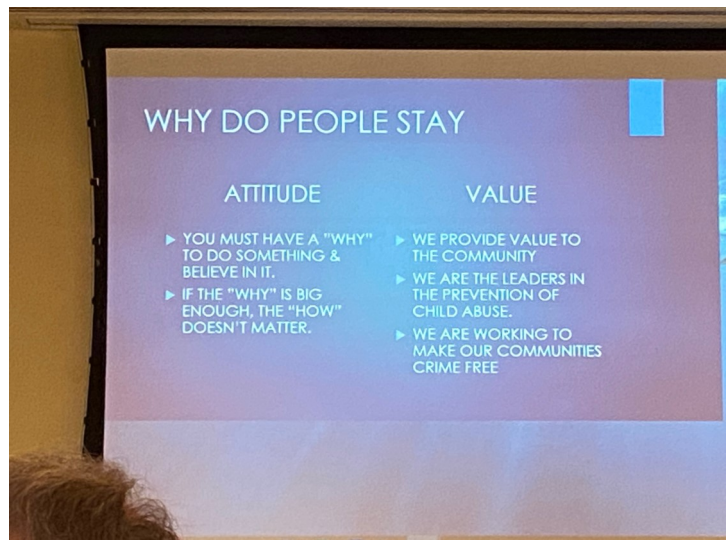


Texas Louisiana Gulf Coast District Mid-Winter Training Conference "Pictures"!



Heather Reichert with
"Branded With Joy"
Talked to us about our club and addressed a number of things to heighten our understanding & awareness of how things should work to grow the club larger!

- Logo
- Marketing
- Brand
- Understanding
- Focus
- Recruitment and growth of Exchange Club



Speaker of the Week

01/22/2020



Lindsey Castellanos (far right) is the Community Outreach Coordinator for Child Advocates of Fort Bend. She educates students of all ages about child abuse and how to stay safe. She also works with parents, educators, and community members to bring prevention of child abuse to all areas of the community. Lindsey began her work with the agency in 2011 as a Forensic Interviewer. She has interviewed over 1500 children within that time frame.

Casey Davis (center) is the Community Engagement Director for Child Advocates of Fort Bend advocating on behalf of abused and neglected children. The agency exist to mobilize the child welfare and court system to reach the best outcome for each child by providing a child-centered, multi-disciplinary coordinated effort. Child Advocates accomplishes this through two Nationally affiliated programs: Court Appointed Special Advocates (CASA) and the Children's advocacy Center (CAC)

Casey joined Child Advocates of Fort Bend in 2009 after working in Investment Banking at JPMorgan Chase and Bank of New York. She also worked as a Community Development Liaison independent bank and helped establish community housing training programs for families in the Houston area.



L-R Judge Robert Kern, Casey Davis, and Lindsey Castellanos

SOMEBODY HAD A BIRTHDAY! WONDER WHO?

"MAY WILLIAMS!"

Happy Birthday May!

The singing trio!

"happy birthday to you!"
"happy Birthday to you!"



What do all these patches and “pins” mean? Let’s ask Greg!

We have the “STARS”! If we do a project or program and National gives a patch for the project, we get ‘1’ patch for the first event and then a ‘star’ for each additional event. There are not patches for every event or project we do. But we do report to National and they record the events in one of the 4 categories (Americanism, Youth, Community Service and Child Abuse Prevention). Then those event or projects go towards the National Service Award pin (looks like an Oscar).

What do the “PINS” on the nametag rope that goes around our neck stand for? Pins come from National for the ‘National Service Award’ & the ‘Big E’. The club has to meet certain requirements to qualify for these pins. After that, the pins are either District pins or Club President pins. The District pins are designed by the District President and passed out to clubs as well as traded at the National Convention. The Club President pins are designed by the President and passed out to the membership as they decide. They usually follow a theme for the year.

AND NOW YOU KNOW !



Young Citizen of the Month, from First Colony Middle School!

Ally Bernas was awarded our Young Citizen of the Month Award, Ally was Presented by Farah Ahmed and explained that Exchange’s Young Citizenship Award honors middle school students who daily demonstrate good citizenship both at school and at home.

Farha mentioned the program is designed to recognize and encourage youngsters who are honest, hard-working , helpful and fair. In practice, It provides Exchangites with and enjoyable opportunity to supply the encouragement that can be so vitally important in shaping the character of youngsters at an impressionable time in their lives.

Ally has been on the volleyball team “A” for 2 years and has been selected as captain for her Cheer Squad. She also received the NCA Leadership Award at Cheer Camp. She is captain for her Club Volleyball for Houston Skyline. She is a percussionist in the FCMS School band and her favorite instrument is a Snare Drum.

She is also member of the National Junior Honor Society. She volunteers on campus and helps setting up school dances. Her Cheer squad helped and coordinated a Kendra Scott Fundraiser! (www.kendrascott.com).





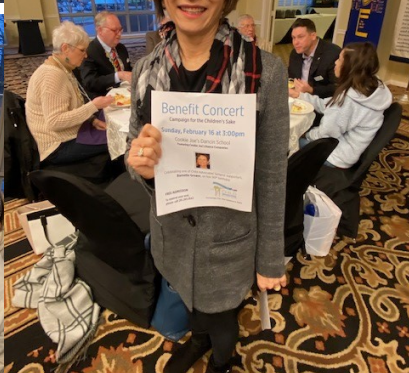
Young Citizen of the Month, from Sugar Land Middle School!

Our Young Citizen of the Month was Ms. Elizabeth Holmquist who is in the 8th grade! Presented by Cookie Joe. Elizabeth has competed on the basketball and volleyball teams this year. Elizabeth also is the treasurer for the National Junior Honor Society. And she has received Honor Roll achievement throughout her years in Middle School.

She loves and enjoys all sports, art, reading and playing piano.



Breakfast on 01/29/2020



SUGAR LAND, TEXAS 1987

Speaker of the Week!

01/29/2020

SPENCER WALKER
USMC | IRAQI FREEDOM
MHA Houston | Fort Bend Community Director

Spencer Walker grew up in Jackson, MS. and Sugar Land, TX. His parents are retired from Michael E. DeBakey V.A. Medical Center in Houston, with 53+ years of service. His father is a decorated U.S. Air Force Vietnam veteran and Air Medal recipient, buried at Houston National Cemetery.

Spencer is truly humbled to be a 4th generation combat veteran and first United States Marine in his family. He served on active duty from 1999-2003 as a Counter Battery Radar Operator, deploying to Operation "Iraqi Freedom" with Regimental Combat Team 5 in 2003. He was one of the first 100 marines to cross the border into Iraq on March 19th and initial unit to arrive in Baghdad on April 9th. Commendations include Combat Action Ribbon, Presidential Unit Citation, and Iraq Campaign medal.

He met his wife Pilar while stationed at Camp Pendleton, CA. and will celebrate 18 years married on Valentine's Day. They have two amazing children together, both students at Travis High School in Richmond. (daughter above)

Spencer earned a Bachelor of Science with Highest Honors (lone grad) in Criminal Justice and Geographic Information Systems from Sam Houston State University in May 2006. Senior Thesis: G.I.S. Analysis of Global Aviation Hijacking & Bombing Incidents; 1931-2005. Upon graduation he worked extensively in oil and gas industry, including 3D seismic and carbon dioxide operations. Spencer graduated from the Harris County Veterans Treatment Court program in May 2016 and worked 2.5 years as Veterans Treatment Court Mentor & Wellness Coordinator for Mental Health America of Greater Houston; now serves as Fort Bend Community Director.

A "Warrior" must face combat trauma coupled with substance abuse head on; embrace adversity to reveal Post Traumatic Growth. Passion is to actively engage Warriors in Recovery Journey to instill hope. He now collaborates with Fort Bend schools in Mental / Behavioral Health and Social Emotional Learning (SEL) trainings and Wellness events. Spencer is an ordained deacon and teaches Men's Sunday School at Wilcrest Baptist Church in Alief, pursues a Master of Science in Leadership from Belhaven University, Sr. Vice Commandant for Marine Corps League #1295 in Katy, and interns for Roever FDN's Operation Warrior RECONNECT...God Bless & Semper Fidelis!



Spencer Walker getting "Mugged" by President Vernon Hunt. Spencer's Daughter Melissa!