



Exchange Hotline

Exchange Club of
Sugar Land Newsletter
FEB 15th, 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 2020
Lori Bisewski

Webmaster:
Charlie Braun
www.ecsl.org

Newsletter Editor:
newsletter@ecsl.org

Editors note! I failed to mention in last publication (Feb 1st), Exchange Club of Sugar Land donated \$10,000 dollars to Child Advocates. (Judge Robert Kern did the presentation.)



L-R... David Lanagan, Paul Barnett, Judge Robert Kern, Lindsey Castellanos, Casey Davis and Ruth Medford with (Child Advocates), and Thad Olive!



Youth of the Month/Clements H.S.

Jessica Mansaram is a senior at Clements High School.

Presented by Farha Ahmed.

Jessica's past four years of high school have consisted of volunteering within the community, leading service projects, and getting involved in various organizations at school such as National Honor Society and Student Council.

These opportunities have given her much experience working with others, and it has contributed to her ability to lead others around her!



Speaker of the Week!

02/05/2020

Chef Aeta Moin



Presented by Farha Ahmed,

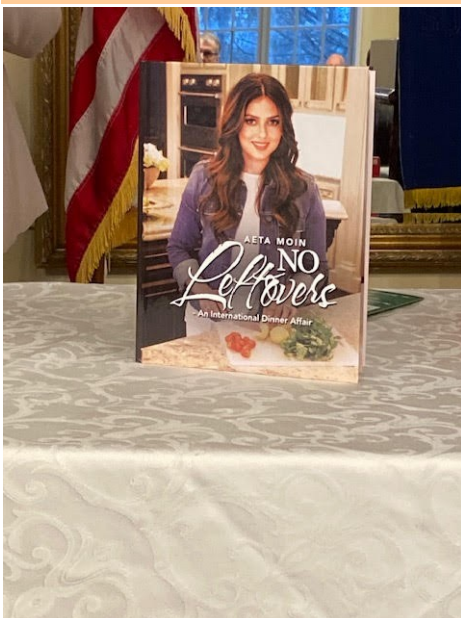
Her name is Aeta Moin, She is a Houston local chef and mom of two who moved from Pakistan at the age of 16. After finishing a bachelors in Political Science and English Literature at the University of Houston, She realized that recipe creation and cooking is her true calling and passion.

She started a blog on instagram under the handle of **"queenofquizez"** but she felt that it was time to put her recipes on paper. She recently published a cookbook of fusion international foods called,

"No Leftovers - An International Dinner Affair".

Over the past three years she has made several international trips to learn about local foods and cultures of Asia and Europe. However, she did not want to publish a book without a cause, 20% of the profits from the sales of the book will always be reserved for cancer patients. The book is available for purchase on [amazon.com](https://www.amazon.com) and Barnes and Nobles online.

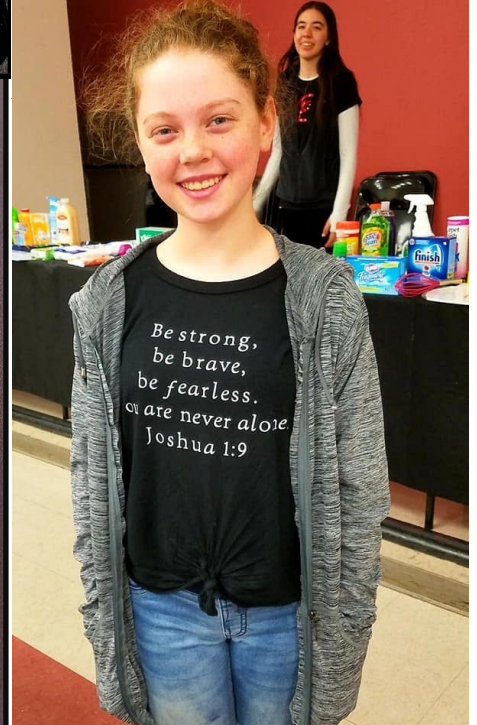
Ms. Aeta brought us a wonderful, tasty cheese ball with crackers to our Breakfast meeting that she made for us, so we could relish in the awesome taste of her confections!



Our Seniors at Stafford Center!

Exchange Club of Sugar Land had another great senior's birthday bingo party. We presented them with a new bingo game which included **larger print cards**. They were happy, very happy!

Happy Birthday!
Ms. Margie!



Speaker of the Week!

02/12/2020

Bob Hill was our guest speaker and introduced to us by Brook Thompson ! He is a retired dentist and had a family practice for almost 50 years. In his dentistry practice, he focused on oral cancer and infection control programs.

The past 5 years in his retirement he has volunteered with the Sugarland Methodist Hospital and the **CanCare organization**. Within that volunteering experience he has been a key liaison from the congregation Beth Israel to the **CanCare program**.



Dr. Bob Hill getting “mugged” by our President Vernon Hunt.



Brook Thompson introduced our speaker Dr. Hill



Dr. Bob Hill at the Podium, explaining CanCare to us.



A survivor by your side.



SUGAR LAND, TEXAS 1987

CanCare is a mighty community of survivors who lift up and inspire cancer patients and caregivers through one-on-one emotional support, empathy and hope to ensure no one endures cancer alone.

In 1990, with an anonymous gift and the support of Memorial Drive Presbyterian Church in Houston, Anne Shaw Turnage, a colon cancer survivor, founded CanCare. Faith continues to be an avenue of great hope as more than 300,000 “Anne's” have received one-on-one support while they faced cancer since that time—and more than 30 congregations provide a growing faith network of donations and volunteers.

CANCARE VALUES

Courageous ...We bring hope through survivorship to those with cancer and their caregivers.

Compassionate...We ensure no one seeking our assistance experiences cancer alone.

Committed—We hold our relationship with those whom we serve as a sacred trust. We maintain the privacy and confidentiality of all our clients.

Connected...We strive to build goodwill in the communities that we serve.

Youth of the Month/ Kempner H.S.

02/13/2020



Renee Cannavo presented **Bryce Vanek** as Youth of the Month from Kempner H.S. For the past 4 years of High School, Bryce has been involved in the FFA program and he served as Vice President for one year and President for two years. His awards include Star Greenhand, Star Chapter Farmer, and Top Fundraiser Salesman for all four years.

Throughout the FFA program he has raised four pigs for the Fort Bend County Fair and has volunteered at the Exceptional Rodeo and at the Fair as well. For the past two years in high school he has been involved in Science National Honor Society and served as Junior

Representatives in his junior year and President in his Senior. He has also been involved in the National Honor Society. Bryce has received the Academic Excellence award for freshman, sophomore, and junior years of high school. He has volunteered at the "Walk to End Alzheimer's" and the Houston Food Bank.

Bryce strongly feels that with his many leadership roles throughout his years in high school it has helped him to be a better person. Bryce has gained a tremendous amount of leadership capabilities and has overcome his shyness and has matured. The next chapter in his life will be at Texas A&M University.

Dates to remember!

Spaghetti Dinner Fundraiser Kick-off is next Wednesday's breakfast meeting February 19th. All members please come and visitors always welcomed.

Women Center needs help! Our first 24 families will be moving into their new homes beginning on February 16th, and we NEED HELP!!! We're looking for volunteers (Exchangites, their families, Boy Scouts, Excel Club members...anyone willing and able to help!) to sign up to help on Sunday or Monday from February 16th through February 24th. You can help load trucks at the family's current apartment (most are in Southwest Houston) or help unload those trucks into their new homes at Rio Bend in Richmond, or both. Contact Vita Goodall for this.

The New Member Orientation Dinner will be held at the home of Exchange Club member Sharon Rollins on Wednesday February 19th 5:30-8:30. Dinner will be served at 6:15. The address is Rollins House 3010 Green Fields Drive Sugar Land 77479. Please contact Sharon Rollins at You may email me at ringrollins3010@gmail.com or Call: 281 265 7768.

Crime Prevention Luncheon is Thursday, April 9, 2020. For more information, contact [Susan Schwartz](#). \$40.00 to go!