



# Exchange Hotline

Exchange Club of  
Sugar Land Newsletter  
July 15th, 2020

## The Exchange Club of Sugar Land

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

### Weekly "Zoom" Meetings

Wednesdays, 7:00 a.m. on-line

Sweetwater Country Club  
Palm Royale Blvd.  
Sugar Land, Texas

### Officers 2020-2021

President:  
Paul Barnett

President Elect:  
Rick Bell

Secretary:  
Vita Goodell

Treasurer:  
Brad Porter

Immediate Past President:  
Vernon Hunt

### Board of Directors

Jeff Dodson  
Leslie Woods  
Brad Porter  
Thad Olive  
Chanel Bermudez  
John Heinemann  
Jennifer Boley  
Lori Bisewski  
Sue Sanchez

Spaghetti Chair 2020  
Rick Bell

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

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

Dear Exchangites!,

"Welcome to a Challenging Year!



That was the subject line of the first email from our new District President Carlos Perez to welcome new club Presidents. Welcome indeed!

Yes, it will be a challenging year. Not that I believe it will be challenging for Exchangites to continue working, meeting, and making our community a better place to live. WE ARE DOING IT ALREADY! It will be a challenging year for most if not all of the groups we traditionally support. It is up to us to help make it less challenging on them.

When we were first gifted with this wonderful virus and suspended meetings in person it was a shock. Soon after, with members wanting to somehow meet we discovered the world of Zoom. Not only did we meet, we also awarded checks, presented Youth of the Month and Youth of the Year, had interesting speakers join us, and even added two additional Community Service projects. Thanks Vernon for keeping our meetings going and *Way to go Exchange!*

Congratulations to our incoming Board and Committee Chairs. Even though things can be challenging and definitely not normal there are already so many ideas and plans for this year it's hard to keep up. Thanks to you, we will have a successful year.

So.....it's not business as usual. So what? Last year we carried out sixty different projects of service. I believe we are a competitive group so I challenge us to do more this year.

Thanks for having confidence in me to be your club President 2020-2021.

We are **Cleared for Takeoff.**



## ***Exchangites, “We can’t do it without you”! Join a Committee!***

Well, yes, maybe we can do it without you, but that’s not as much fun as having you with us! Volunteer to be in one of these committees listed below. There is room for YOU, or we wouldn’t be asking ! Get involved as much as you are able. (no pressure lol) Please reach out to these Committee Chairs shown below for each committee where we need more help.

- 1.AMERICANISM – Co Chairs Nick Landoski and Bruce Smith ([nicklandoski@yahoo.com](mailto:nicklandoski@yahoo.com))  
([smithbr80@yahoo.com](mailto:smithbr80@yahoo.com))
- 2.COMMUNITY SERVICE – Cookie Joe ([cookiejoedance@hotmail.com](mailto:cookiejoedance@hotmail.com))
- 3.PUBLIC RELATIONS/FACEBOOK / Fundraising – David Lanagan  
([drlanagan@gmail.com](mailto:drlanagan@gmail.com))
4. SOCIAL – Colleen Migl ([cmigl@kcq-lawfirm.com](mailto:cmigl@kcq-lawfirm.com))
5. PROGRAMS – Brooke Thompson ([bthompson@mosquitojoe.com](mailto:bthompson@mosquitojoe.com))
6. HOUSE – Thad Olive ([thadolive@gmail.com](mailto:thadolive@gmail.com))
7. MEMBERSHIP – Doug Earle ([dougesltx@gmail.com](mailto:dougesltx@gmail.com))
8. YOUTH – Juli Fournier ([jf@stephensonlaw.com](mailto:jf@stephensonlaw.com))
9. CHILD ABUSE PREVENTION / Club Pie Tzar– Jim Kij  
([jimkij@comcast.net](mailto:jimkij@comcast.net))
10. NEWSLETTER – Russell Braun ([Russell.braun1@gmail.com](mailto:Russell.braun1@gmail.com))
11. WEBMASTER – Charlie Braun ([cbraun@bizintouch.com](mailto:cbraun@bizintouch.com))

### **#1 Americanism / Nick Landoski and Bruce Smith**



Bruce Smith

Promoting pride in country, respect for the flag and appreciation of our freedoms are the primary purposes of Exchange’s Americanism programs. There’s one country in modern times that people flock to for safety, freedom and opportunity – the United States of America. It is hard for Americans to imagine the horrors of modern struggles over religious and ethnic differences, the very differences we embrace. The Exchange Club of Sugar Land has several programs including:

**Here are 4 categories that you can get involved with. They are:**

**The Freedom Shrine, One Nation under God, Proudly we Hail, Give a kid a flag to wave.**

**The Freedom Shrine** is an impressive, permanently mounted collection of 30 of the most important and historic American documents, including the Declaration of Independence, the Constitution of the United States and the Gettysburg Address. The objective of Exchange is to Install a Freedom Shrine in every junior and senior high school in the nation. However, Freedom Shrines have also found places of honor in universities, libraries, state capitols, airports, city halls and other public places where they can be studied and admired.

## Americanism continued, Help Wanted!

**One Nation Under God;** Exchange Clubs can implement this program in a variety of worthwhile ways, such as organizing community-wide prayer breakfasts, distributing pamphlets describing the American Flag's history and proper display, sponsoring One Nation Under God essay or poster contests in schools and encouraging attendance at religious services.

**Proudly we Hail;** We honor individuals, commercial establishments and industries who fly their American flags regularly with a special presentation and recognition.

**Give a kid a flag to wave;** We distribute American flags to youngsters at the Fort Bend County Fair Parade, Houston Livestock Show Parade, and other events.

**#2. Community Service / Cookie Joe-** I am the Community Service Chairperson. We spearhead the monthly Service to Seniors Project where we play bingo and serve lunch. We provide prizes, cake and ice cream. Our committee supports and recognizes our first responders. We present an annual Excellence in Service Award to the firefighter and officer of the year. We are the liaison to the homeschool community and create collaborative projects between the Exchange Club and the



### #3 Public Relations /Facebook/Fundraising / David Lanagan

Some people READ the news. Exchange MAKES the news, and it's our job to GET THE WORD OUT. On top of that, this year we're going to find LOTS OF WAYS TO RAISE MONEY to give away.

You can do this!

And we can have FUN doing it!  
[drlanagan@gmail.com](mailto:drlanagan@gmail.com)



### #4 Colleen Migl / Social Chair:



The social committee's focus is to bring everyone together. We meet every week, but it's not really enough time to get to know each other! By hosting events, we can take the time to find new things in common beyond community service via the Exchange Club. Members who help this year are really doing more coordinating than ever, as we have new considerations to think about - ensuring everyone is 6 feet apart (if they want to be), access to hand sanitizer, making sure food or beverages are shared in a meaningful way, and coordinating with the host restaurant, bar, or other event facility.

# Help Wanted!

## #5 Programs / Brooke Thompson



In Programs, we line up guest speakers to speak at Exchange breakfast meetings throughout the year. In this case “Zoom” meetings for the moment.

**Brooke is cool! And welcomes your help!**

## #6 Thad Olive / House Committee:

Assist me with room and table set up in the mornings prior to weekly meetings. Greet members and guests as they arrive and assist with registration and introductions. Assist in breaking down the room and tables after the conclusion of the meetings.

It's fun and a wonderful to get to know the members and allow them to get to know you. Great position for new comers or really anyone wanting to become more involved in the club.



**Come join me!**

## #7 Membership / Doug Earle - Committee Chair:

|                     |   |
|---------------------|---|
| Recruitment Team -  | Invite potential new members to meetings, then to join. |
| Care Team -         | Reach out to missing members.                           |
| Orientations Team - | Help stage our quarterly orientations for new members.  |
| Induction Team-     | Help organize new member induction ceremonies.          |

|                         |
|-------------------------|
| Chair: Gladys Brumfield |
| Chair: Nora Sim         |
| Chair: Sharon Rollins   |
| Chair: Greg Oelfke      |



**\* all the teams above need help!**

## #8 Juli Fournier / Youth Committee:

This committee is in need of presenters for Youth of the Month winners once or twice a year. This role allows you to meet some of the brightest and best students in our district. You'll receive the student's information by email a week or two ahead of the presentation. Your role is to make a short phone call to the student a few days ahead of the meeting to learn a little about them, tell them a little about our club and explain what they should expect at our meeting. Then on the morning of the meeting you'll greet the student and family as well as their counselor, and sit with them at breakfast. You'll introduce the student and present them with a framed certificate and gift card.



It's an important and highly visible role, but you get to do just the fun stuff and none of the hard work (of selecting the student and preparing the certificate and gift card). Please contact Juli Fournier (832) 971-3818 by text or voice to get your name on to the list of presenters.



## Help Wanted!

### #9 Child Abuse Prevention / Jim Kij



The main project of the National Exchange Club is the prevention of child abuse. Throughout the Exchange Club year we assist in many ways to gain exposure to this cause. Specifically, with April designated as Child Abuse Prevention month, we focus our efforts with speakers and projects that inform the public about opportunities to assist in preventing this dreadful abuse.

As a fun activity, we support competition between FBISD schools to decorate their campuses with awareness signs/decorations during the month of April. We then judge and award win-

### #10 Newsletter / Russ Braun



I am looking for someone that can help with pictures at breakfast meetings or other events we have. If you have publisher software on your computer we can talk about some other things later. Most importantly just need someone to be back-up if I were on vacation or something! I have 2 volunteers now that have offered. They are David Lanagan and Jeff Dodson! Yeepee! But, always room for more if you like this kind of stuff. I have found much enjoyment with doing the newsletter, and a great stress reliever. Just might be the remedy for you!

### #11.WEBMASTER / Charlie Braun



I am in charge of updating all aspects of the ECSL website. The calendar and photo areas of the website are where I need help. This person would keep the calendar up to date with Exchange events as well as taking and uploading photos of the events.

## Picture of the week!

One of these 3 women had a birthday recently!  
Which one??

*Happy Birthday  
Gladys Brumfield!*



# “Zoom” Speaker of the Week!

07/08/2020

## Mr. Joshua Evans!



Joshua Evan has a passion for bringing purpose and fulfillment into the workplace! As a #1 best selling author, \*\*TEDx programmer, keynote speaker, and corporate trainer he helps organizations thrive by building **engaged teams, impassioned individuals, and phenomenal organizational cultures.**

Joshua's clients include American Express, GE, ExxonMobil, HP, Raytheon, Starbucks and DHL. His insights have been featured in The Wall Street Journal, Harvard Business Review, INC., Huffington post and others. Joshua travels the world providing companies and individuals with tools to help employees re-engage in their work and find meaning in their roles. He lives in Sugar Land with his lovely wife

### Does your organization struggle with:

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Keeping team members engaged?</li><li>• Removing toxicity in the workplace?</li><li>• Overcoming complacency?</li></ul> | <ul style="list-style-type: none"><li>• Effectively communicating?</li><li>• Developing an organizational aspiration?</li><li>• Making the workplace fun and exciting?</li></ul> |
|---|--|

**Josh knows that engagement leads to happier employees and more profit for their company. And when employees care, they do better work and your clients and customers get excited because they can see it and want to join in on the excitement.**

“After college, I started selling door-to-door for a credit card processing company. This is where I learned the true value of **attitude and persistence**. I later moved into software and technology sales. I wasn't the most polished, but I had a lot of energy and I killed it. One day, I got in an argument with one of my technical sales guys because he was complaining. Why? This is what we do! He was so disinterested, there was no passion. After 10+ years in sales, it was that moment that sent me on the trajectory to build my now consulting business on creating the right culture.” <https://www.joshuamevans.com>

### \*\*What is the purpose of TEDx?

The **purpose of TED Talks** is told in its motto itself. Its motto is : “Ideas worth spreading”. Therefore, it's **purpose** is to spread ideas and inspire and motivate its audience. **TED talks** are held on various disciplines like science, education, history, environmental issues, productivity tips, business, technology, etc.

### What does TEDx mean? Why is TEDx important?

Officially, the 'x' in **TEDx stands** for independently organized TED event - but it's more of a TED”.

We are informed in our ongoing self-education by cutting edge and progressive ideas from **TEDx** speakers throughout the world — in person or on the Internet. ... When we carefully curate, magnify, and develop these good ideas, they truly change the world for the better. This is our mission.



“Zoom Check” to Bill Nash—Founder of Champions Kids Camp!



L-R, President of ECSL - Paul Barnett, Bill Nash of Kids Camp, and Doug Earle recently retired from First Tee a PGA sponsored program for kids across America!

After the check presentation of \$1000 to Bill Nash the founder of Kids Camp, This trio was headed to Walmart to get pillows and blankets for the Kids Camp upcoming summer event supported by Exchange Club of Sugar Land!



SUGAR LAND, TEXAS 1987

## VARIOUS CLUB ANNOUNCEMENTS

**Doug Earle let us know about :**

Fort Bend Seniors **Telephone Reassurance / Client Care Team**. They have added over 300 clients to the Meals on Wheels program and this means additional opportunities for volunteers! You would be on a team that would call senior clients 2x a week to check in on them and make sure they are feeling ok and are eating their meals. Fill out a simple report and turn it in weekly. **The Volunteer / Operations Team will walk you through what to do and how to do it.** This is a nice way to volunteer and not be out in public. There are 20 slots to fill... each slot has 20 clients to call. Get additional info by emailing Ann Rogers at [iloveseniors@fortbendseniors.org](mailto:iloveseniors@fortbendseniors.org) **Don't wait...jump on this opportunity ASAP!**

**Ruthanne Medford let us know about: "Child Advocates Restaurant Pull"**

Support local restaurants while donating to support services for children who have been abused and supporting ECSL's national cause of the Prevention of Child Abuse. Stop by your favorite locally-owned restaurant and purchase a gift card in any amount from \$25 - \$250. Then donate these cards to Child Advocates of Fort Bend (tax deductible). Child Advocates will have a Restaurant Pull at its Summer Soiree on Saturday, August 22 which the Exchange Club of Sugar Land is a Presenting Sponsor. For a \$50 ticket, guests will be able to draw a mystery box for a gift card to a local restaurant valued from \$25-\$250. It's a WIN-WIN for the local businesses within Fort Bend County and for the children and youth served by Child Advocates of Fort Bend. Contact Tarina at [tsheridan@cafb.org](mailto:tsheridan@cafb.org) to coordinate.

**Darla Farmer let us know about: the latest from Hope For Three.**

We are excited to invite you to the **Hope For Three Gratitude Challenge 2020**. The virtual event, set for July 1 – 31, will use the social media platform, Facebook (@hopeforthree) but will also appear on Instagram and Twitter. The purpose of the challenge is to help autism families, supporters and followers to foster an attitude of being grateful in their daily lives. Each day, a suggestion and an empowering quote/word, will be posted on Facebook. Participants are then encouraged to review, reflect, implement and comment on their experience. Please pass along to your fellow members and invite them to participate. If you have any questions, please give me a call or contact [hope@hopeforthree.org](mailto:hope@hopeforthree.org). <https://www.facebook.com/HopeForThree/> The challenge started yesterday. **Should be fun and create fellowship!**



# EXCHANGE

THE EXCHANGE CLUB SUGAR LAND, TX