



Exchange Hotline

Exchange Club of
Sugar Land Newsletter
May 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 2020
Lori Bisewski

Webmaster:
Charlie Braun
www.ecsl.org

Newsletter Editor:
newsletter@ecsl.org



As we move forward!



Hello Fellow Exchangites:

I sincerely hope that this message finds you and your loved ones healthy, in good spirits and above all, Safe. I am quite sure that you have been inundated with what is going on as a result of the Coronavirus. So, I will simply say to you that these are trying times and we are truly blessed to be healthy and safe----so, let's stay that way, if at all possible. Let me also say that we should take this time to reflect on the value of family as we encounter each other in the close knit comfort of our homes and dwellings. These are the folks that we have come to appreciate and love more as each new day goes by.



Club Updates:

1. The Exchange Club of Sugar Land held it's inaugural weekly meeting "Zoom" meeting on April 15, 2020. The meeting went quite well and were lots of club member participation. We will continue to conduct our meetings utilizing the Zoom meeting format for as long as we are impacted by the virus and cannot meet as we would at Sweetwater C.C. Be on the look-out for future meeting announcements.
2. I am happy to say that there were no reports of virus related illness from any of our club members. Let us continue to pray that we all stay healthy.
3. Charlie Braun successfully underwent his surgery and is now at home recuperating. Wishing you a speedy recovery Charlie!!!
4. Our National Headquarters is still planning to hold the Exchange Club National Convention in Colorado Springs, Col. on July 22-25. More information is forthcoming on the conference....Stay tuned.
5. Tracey Edwards (Exchange Chief Executive Officer) joined us on our Zoom meeting and provided us with the latest update from the National office. We thank Tracey for taking the time to join us for our meeting.

Now that you have the latest Exchange update, here a few action items:

Action Items:

1. Stay home
2. If you must go out protect yourselves
3. Check on each other, young and old, this virus does not discriminate
4. Pray for members who have high school seniors and college seniors, this is a difficult time for them
5. Please be safe, as you go about your daily routines, especially members who are considered as "essential workers".

Let us all remain" Exchange Strong.....and....Unity For Service"

"Zoom" Speaker of the Week!

04/15/2020



Judge Ken Wise

Our speaker was Judge Ken Wise. He talked about Texas history relating to past epidemics particularly the 1918 Spanish Flu. He said Austin was shut down for 30 days by the Mayor, similar to what they're doing now in Austin. We've have also had other bad epidemics, centered on Houston and Galveston like, Yellow Fever and Cholera. He also talked about the "Twin Sisters Cannons." It has become a big mystery as to where they are now.

<https://cemetery.tspb.texas.gov/news.asp?newsid=9262> .

A native Houstonian, Justice Wise has been very active in the Houston community. Justice Wise is a director of the Houston Livestock Show and Rodeo and an advisory director of the Former Texas Ranger Foundation.

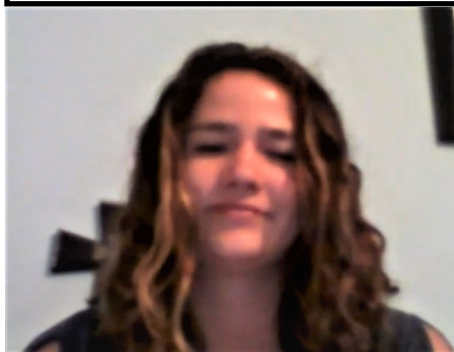
Justice Ken Wise was appointed to the 14th Court of Appeals by Governor Rick Perry in October 2013. Prior to his appointment, Justice Wise served as the Judge of the 334th Judicial District Court in Harris County and Judge of the 152nd Judicial District Court in Harris County. In 2011, the 59 District Judges in Harris County elected Justice Wise to lead them as Local Administrative Judge. Justice Wise is an adjunct professor at the University of Houston Law Center.



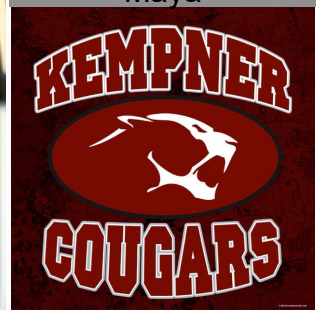
Ms. Maya Bergen ...Presented by Juli Fournier!

We gave the A.C.E. (Accepting the Challenge of Excellence) to Maya Bergen from Kempner High School. Her dad was on and she was joined by her counselor Rene Edwards and Vice Principal Michael Pike.

Maya was also one of our Youth of the Months. Juli presented her a Plaque and a check for \$500.00.



Maya



SATURDAY OCTOBER 24TH

SPAGHETTI DINNER FUNDRAISER IN THE EVENING!

"We" in Exchange have "positive thoughts" about "Everything!"



Sweet Sue

Sue Sanchez... Known to us in Exchange as "Sweet Sue!", loves baseball from what I can tell on the t-shirt she has on. And she loves her backyard which she says "helps her maintain her sanity!" She has been in Exchange for a long time. When we have Santa's Exchange in December she is the one that keeps everything organized with sorting the toys along with other Volunteers.

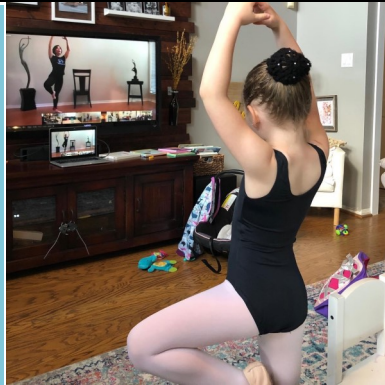
We call her Sweet Sue because she is so kind and cares about the children that are underprivileged and other children that have been abused by supporting Child Advocacy. It sounds like her backyard is her place to chill and unwind! You are a great **value** to the Club Sue!



Love is in the air !

Bruce Smith... This is a picture of Charlene and I getting married at my house that was Zoomed on 3/23/20. As I may have already mentioned, we had previously planned to have a large wedding later this year in August. However, we didn't want to continue in dating mode and didn't think anyone would likely be able to attend a wedding in August.

So, due to Corona virus, we moved the wedding up and zoomed it so same large group could still attend. Special thanks to Judge Robert Kern as he helped us find the FB County judge, David Perwin, that married us!



Cookie Joe... Says, "This is how I'm handling our new normal and connecting with my kids and this is my best answer (pictures 2,3). Cookie Joe is our "Seniors ambassador" for Exchange Club. She is great at showing positivity and energy to all she comes in contact with! And she sets up our Senior day at the Stafford Civic Center once a month on Friday, with Bingo, prizes and fun! As she says, *"We will all be old some day!"*

STAY POSITIVE!

KEEP THE FAITH!

HAVE HOPE FOR AMERICA!



"We" in Exchange have "positive thoughts" about all the "good" that is done through Child Advocacy!



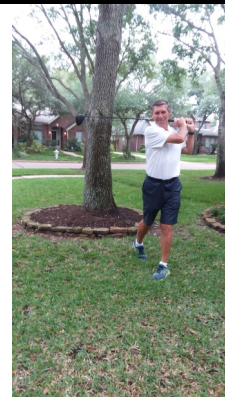
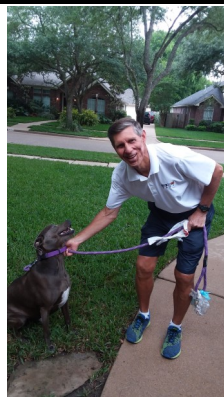
Vita Goodell... I have some pictures that are a great metaphor for what's happening in the world. In a small corner of my garden, near a patch of "butterfly weed", I've been watching cute monarch caterpillars go through the process of becoming beautiful butterflies.

Vita is showing us a picture of some of the caterpillars and one of chrysalises next to a butterfly that has just emerged from her chrysalis. It's been wonderful to watch, especially around Easter time.

Vita showing her "observation" of nature!

Doug Earl... Affectionately known as "LEGS"... A couple photos of me teeing off and a few photos of me with our Blue Lacy dog, Blue, who was our prize in the 2018 Spaghetti Cook Off live auction. Cheers.

Doug is a real "trooper" for Exchange! Surprised his pet Blue Lacy is not called "Rover" lol. Anyway, Doug is another member that does a lot of volunteering and stays very focused! Leaders like Doug, make things happen in Exchange Club.



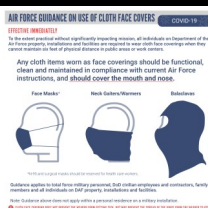
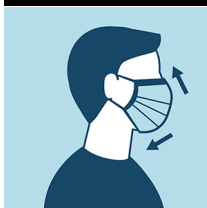
Playing with your pet, playing golf, and volunteer work, does it get any better than that?



Colleen Migl... My tomatoes bloomed and came in before I had a chance to plant them. I am also growing watermelons, cucumbers, bell peppers, jalapenos, and kale, We used to have gardens growing up, so it seemed like as good of a time as ever to plant a garden in 2020!

Colleen

Just your garden variety vegetable garden!



Covid-19, Wash your hands frequently for 20 seconds!

“We” in Exchange have “positive thoughts” about caring about children and women that have been abused!



Greg Oelfke... First I hope all our members, their families, and loved ones are staying safe and healthy in these unprecedented times. For the lighter side, the photo is in my backyard – my favorite place to relax and enjoy my time.

I loved Leo's daily diary so here is my weekly routine in retirement:
3 assumptions: **(1)** Every day is Saturday – it's just the shows that change. **(2)** Get up when you want – NO alarm – yeeehaaa! **(3)** Go to bed when you want because “who is my 1st patient tomorrow – Mr. Nobody! **Now for the ‘Top 10’ – oops let's make that the ‘Top 11’.**

1st: Big Decision: Do I stay in my PJ's or get dressed? My mood makes the decision.

2nd: Do I shave or go 'scruffy'? Who knows?

3rd: Do I comb my hair or put on a baseball cap? I have a lot of baseball caps.

4th: Decaf or regular? Maybe half and half. Decisions.

5th: Usually don't have breakfast. I only have so many brain cells and don't need to be stressed on too many decisions.

6th: Read the paper and get mad or depressed. Maybe both?

7th: The 2nd Big Decision – Lunch.

8th: Now I have options. Read, watch some TV or take a nap? Guess which one I usually choose?

9th: Exercise – maybe if I really feel guilty.

10th: a glass of wine to help make the 3rd Big Decision – Dinner. Wine helps on making a really good decision.

11th: Relax and prepare for what I really look forward to – Bedtime. Now the big issue is do I still have on my PJ's – what do I do? It's easier if I got dressed. Then Claudia insists on a shower and put on some clean PJ's. Go to bed again whenever I want without setting the alarm – yeeehaaa!



Brooke Thompson... Brooke says, “here I am, with my beautiful wife Lauren!”

Brooke and Lauren have 4 kids and 4 pets, and all are dogs! I guess they are keeping Purina in business with the dogs!

Brooke's fun hobbies are **tennis, basketball, and swimming.** And his businesses are considered “essential” business which are “bulk sanitation and pest control”.



“We” in Exchange have “positive thoughts” about protecting and helping women through the women's center!



The “perfect couple”... & Cooper!



Vernon Hunt...Me and Margie who makes my life whole, and we are sitting on the deck enjoying the cool breeze and playing with the boss of the house our dog “Cooper”.

Cooper is a rescue dog we adopted in December and now he has taken the place over. But we both love him to death.

Best Wishes!!!!

Hey, Mr. President, of ECSL.



Sharon Rollins...

Backyard pictures! I have a lovely backyard with a sunroom, flagstone patio, patio cover, pond with goldfish and a water-fall and another water feature. I grow herbs and some veggies.

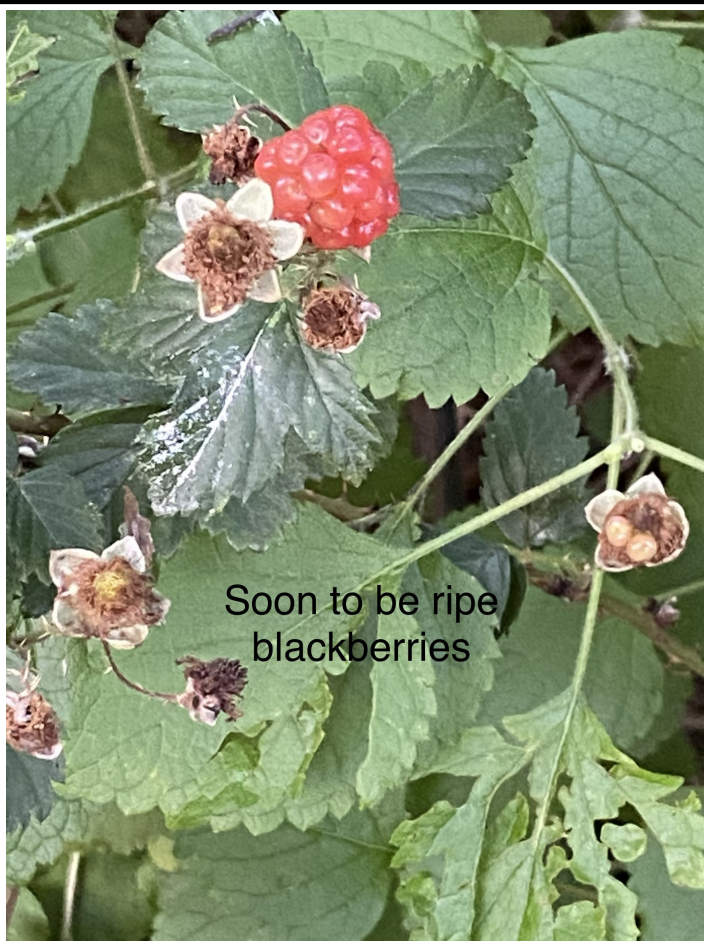
Like many people during this quarantine I began the first weeks with cleaning and re-organizing the upstairs bedrooms and closets. Amazing what accumulates in the closets and drawers! I found Myself saying things like “Oh wow, I wondered what happen to this?” or “Gee, I thought I gave this away?” The donation piles are stacked in two bedrooms, and waiting for a ride to the FB Women’s Resale shop. Once this cleaning frenzy passed, I began to focus on a painting I wanted to do.

Referencing a photograph I took last year while visiting Jungle Gardens at Avery Island, I laid the scene out and began the painting process. I completed the painting last week and waiting for it to completely dry before placing the final finish. During the painting process I alternately designed a stained glass window for my daughter’s new house. The window is 20 x 30 inches, and has 60 pieces that have been cut, ground to fit, and now I am fitting the pieces with lead came. Still have many hours left before completion. I am fortunate to have separate areas where I can work on my art and glass projects.

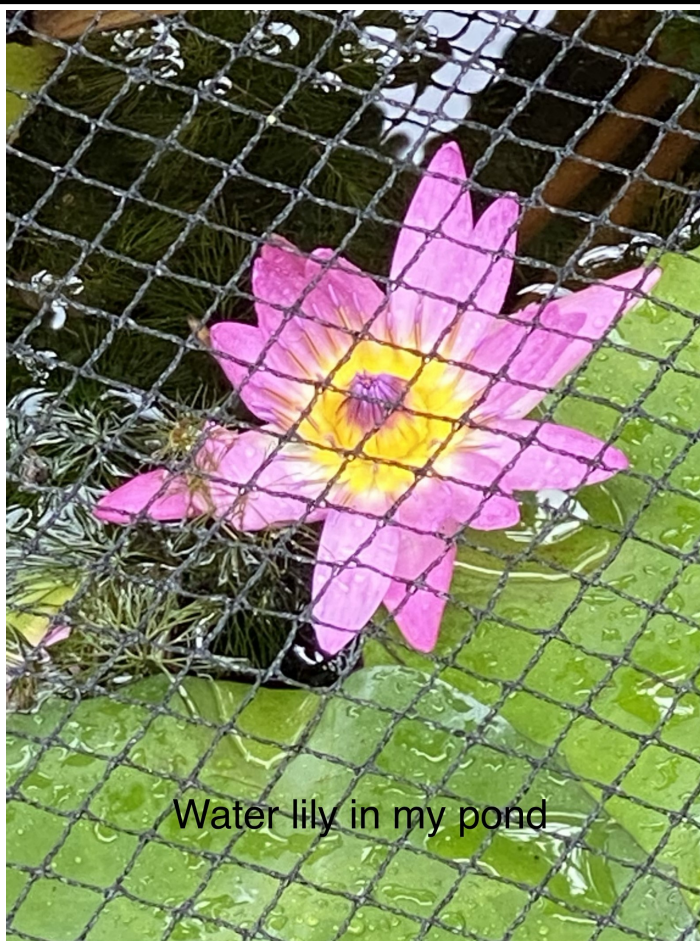
I miss seeing people, having a conversation, sitting at a restaurant, going to the museum, etc. The few times I’ve had to go someplace, I’m wearing my mask and gloves-makes me feel like I’m planning a robbery! I hope you are all safe and healthy. Sharon



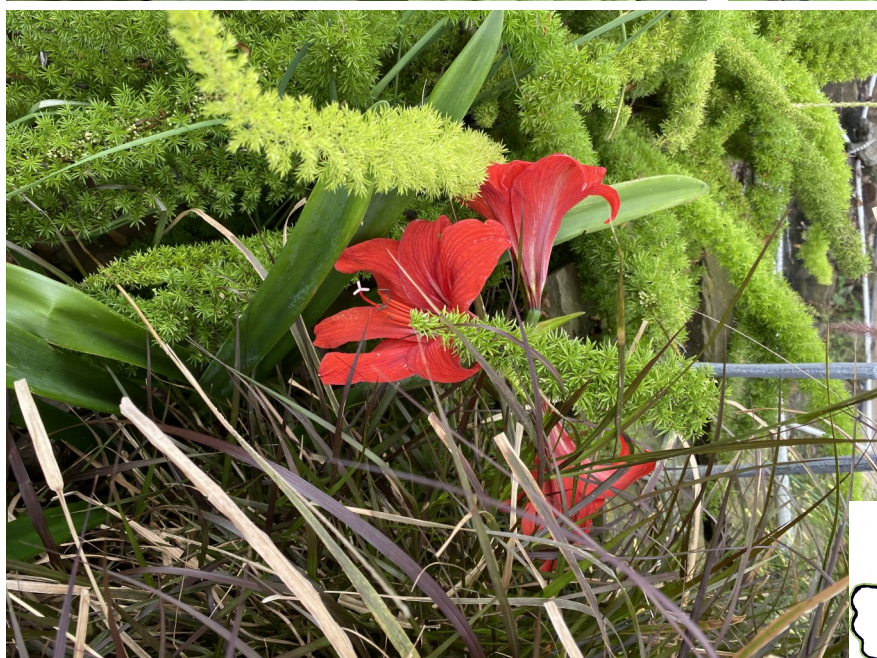
“We” in Exchange have positive thoughts about all the “good” that is done through Child Advocacy!



Soon to be ripe
blackberries



Water lily in my pond



Renee Cannavo... I love my backyard with my flowers and garden! It becomes very restful to see them grow each day and brings solace and comfort to me. I love Exchange and miss seeing everyone! *Renee*

Lovely flowers!

"Zoom" Speaker of the Week



Rick Branek, "Volunteer and Outreach Manager", is with Fort Bend Seniors "and that's an important position for our senior population in Fort Bend County!"

(In his spare time, Rick loves reading, vintage cars (Corvettes '60's-'70's), collecting 1940's-50's-60's era Las Vegas Hotel/Casino ashtrays and watching old Three Stooges shorts).

Rick updated us on how Covid-19 has altered the way they provide to Seniors currently. The organization is essential and will remain open indefinitely. They are delivering more than 1,300 meals to seniors daily, with a new no-contact delivery and sanitizing hands between each delivery. All staff who are able to work remotely to better protect all of the staff, and are still available by phone or email.

Senior Centers will remain closed until further notice. We have compiled a list of activities for seniors, including senior shopping hours, online senior fitness, music, books games, and more!

Last week, Fort Bend Seniors delivered a "Stay Safe. Avoid Scams" flyer to all senior clients with information on the many scams that have appeared nationally due to the coronavirus.

- Modifying meal delivery to a no-contact method for all seniors receiving Meals on Wheels
- Distributing hand sanitizer to volunteers and staff as available, and encouraging regular use during deliveries
- Increased disinfecting of all touch surfaces including door handles, faucets, tables, and countertops at all locations
- Ordering shelf stable meals that will be distributed in the coming weeks as necessary to all seniors.

Funding for Or In-Kind donations of hand sanitizer, all-purpose disinfectant, and un-used plastic grocery bags.

Funding for Additional purchases of shelf-stable and frozen meals for seniors that may need to quarantine in their homes.





Check Presentations!



Betty Baitland, John Robson, Nora Sims!

A check was sent this week to the Fort Bend Regional Council for \$5000! Since 1976, Fort Bend Regional Council on Substance Abuse, Inc. (FBRC) has challenged the idea that substance abuse is just another sad fact of modern society. Substance abuse disorders are indiscriminate in whom they affect and are the cause of so many problems in our community.

With that in mind, FBRC comprehensively addresses substance abuse through youth prevention and leadership development programs, treatment for individuals and families struggling with addiction, and outreach programs to help families and communities stay safe and drug free. (Photo altered from a presentation last year. (We are not presently meeting.)

Information provided by,

David Lanagan



Check presentation to Fort Bend Seniors Meals on Wheels of \$3,000 dollars!

L-R...Daniel Menendez, Lori Bisewski, Chris Breaux, Cindy McCauley, and Jim Kij!



OCTOBER 24TH



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SUGAR LAND, TEXAS 1987