



Exchange Hotline

Exchange Club of
Sugar Land Newsletter
September 1st, 2020

The Exchange Club of Sugar Land

4800 Sugar Grove Blvd. Suite 100
Stafford, TX 77477
www.ecsl.org

Weekly "Zoom" Meetings

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

Formerly at:
Sweetwater Country Club
4400 Palm Royale Blvd.
Sugar Land, Texas 77479

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

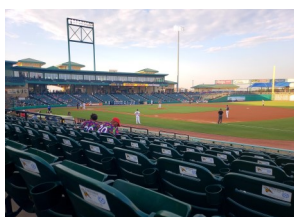
Spaghetti Chair 2020
Rick Bell

Webmaster:
Charlie Braun
www.ecsl.org

Newsletter Editor:
newsletter@ecsl.org

A night at the Ballpark

Our first Social outing of the 2020-2021 Exchange year was fun for all. Exchange members and guests watched Team Texas in a stunning loss to Eastern Reyes del Tigre 6-5. There were fireworks too! Thanks Colleen for organizing this outing!



Welcome New Members



Suzanne Whatley



Jenn Cole

Exchange Speaker Series



Ahmed Awan M.D.

August 19th.

Dr. Awan is Assistant Professor of Medicine in the Division of Nephrology and Abdominal Transplantation at Baylor College of Medicine/CHI St. Luke's Medical Ctr. He gave us lots of information about the things that can damage your kidneys and what you can do to prevent chronic kidney disease. He also shared information about kidney donation vs. dialysis.

Brother-In-Law of Exchange Member Brooke Thompson donated a kidney to a family friend and talks about it in a funny video [here](#).



Steve Maupin



Vita Goodell

Vita updated us on what has been going on at the Fort Bend Women's Center and their Rio Bend Campus. The FBWC mission is to prevent violence against women and help domestic violence and sexual assault survivors and their children achieve self-sufficiency and safety. During the virus lockdowns they have seen their hotline calls drop from close to 500 in January to 125-200 in April, May, and June. This doesn't show less need for their services but it's the unfortunate reality that potential clients are stuck with their abusers and can't leave or call for help. Unforeseen consequences..... some abuse victims lives may be lost while we're saving lives from the virus. There are currently 24 families living at Rio Bend and there are plans for adding more space. We're looking forward to that on site club social, Vita!

Also, don't forget about the Brookwood Community store in our area <https://www.brookwoodcommunity.org/shop/>

National Dog Day

National Dog Day is celebrated August 26th annually and was founded in 2004 to bring attention to the plight of animals around the globe and encourage adoption. .



New Dog Stitch (Carlos)



Who's Dog is that?



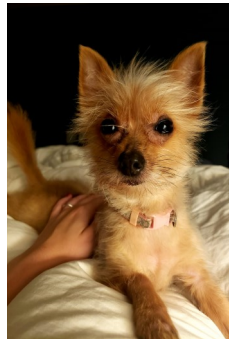
Old Dog Kiko (Carlos)



Lady (Sharon)



Cooper (Vernon)



Midget (Colleen)



Bella (Suzanne)



Bella, Buddy and Bailey



Blue (Doug) aka 5K



Zippy guest dog, Lucky, Chilly (Paul)

Exchange Members Out and About

The Houston Business Journals **Women Who Mean Business Awards** were announced recently. They honor business women at companies based in the Houston area. The criteria for selection included career achievement, contribution to company and city success, community involvement and leadership. One of the winners is our own Ruthanne Mefford. Congratulations on being selected as one of this group!



Congratulations Chuck!



Brooke Thompson delivers a load of computers to Comp-U-Dopt. Comp-U-Dopt's program model repairs and refurbishes used computers, keeping them out of landfills and giving them a second life with a young learner without access to technology at home.
<https://www.compudopt.org/>



ECSL presented the Sugar Land Police the "Heroes Work Here" banner. Thanks Greg O. for getting this scheduled and Thad O. for keeping the officers in line. Thanks also Exchange member Congressman Pete Olson for acknowledging our club at this event with a

Certificate of Congressional Recognition.



BIRTHDAYS!

Larry Street 8/22, Jeff Dodson 8/22

EXCHANGE ANNIVERSARIES

Kevin Anderson Nineteen Years

The Exchange Club of Sugar Land
www.ecsl.org



Texas-Louisiana Gulf Coast District Exchange
tlgcd.portalbuzz.com



National Exchange Club
www.nationalexchangeclub.org