



Exchange Hotline

Exchange Club of
Sugar Land Newsletter
Dec 1st, 2021

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.

Meeting at:
Sugar Creek Country Club
420 Sugar Creek Blvd.
Sugar Land, Texas 77478

Officers 2021-2022

President:
Rick Bell

President Elect:
Lori Bisewski

Secretary:
Vida Goodell

Treasurer:
Ed Gojara

Immediate Past President:
Paul Barnett

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Jeff Dodson
Leslie Woods
Thad Olive
Juli Fournier
Cookie Joe
Colleen Migl
Suzanne Whatley
Bruce Smith

Spaghetti Chair 2021
Lori Bisewski

Webmaster:
Paul Barnett
www.ecsl.org

Newsletter Editor:
newsletter@ecsl.org

Dear Exchange Members,



Santa's Exchange will take place on December 18, 2021. The toys will be distributed at the First Colony Church of Christ, located at 2410 First Colony Blvd. This is our largest service project and is a great way to get yourself in the holiday spirit. It is also a great opportunity to invite a friend, neighbor or co-worker to serve with you. Many individuals may be uncomfortable coming to a breakfast meeting but would love to serve alongside of you. Let's use this service project as an opportunity to introduce individuals to our club.

*"I look forward to serving
with each of you!"*

Rick Bell

Santa Rick!



You ever wonder whose at Breakfast at 6am on Wednesdays setting up the room? Santa and these little elves are!

Rick Bell, Carlos Perez, Joni Stinger, Camille Edwards, and Thad Olive!

*We wish you a Merry Christmas!
We wish you a Merry Christmas!
We wish you a Merry Christmas...*

And a Happy New Year....!

**See you at the event on the 18th!
Bring your smile! Make a child's day!**

Serve with Honor!

Youth of the Month, Kempner H.S.



Our Youth of the Month was Ms. **Sarah Chishtey** from Kempner High School! She was presented by our Exchange Member Juli Fournier.

Sarah is **Vice President of Health Occupations Students of America (HOSA)**. The purpose of the HOSA organization is to develop leadership and technical HOSA skill competencies through a program of motivation, awareness and recognition, which is an integral part of the Health Science education instructional program.

She is also **Secretary of the English Honor Society** and has partaken in many other clubs such as **Spanish Honor Society, debate and Student Council**.

Sarah has spent many summers volunteering for her local mosque. She has grown up immersed in her culture. Her parents are very proud of her personal commitments and accomplishments at school. She enjoys her time reading and writing!

Youth of the Month, Clements H.S.



Our Youth of the Month from Clements H.S. was **Pranav Pinapala**. He was presented to us by our Exchange Member Farha Ahmed.

Besides having a 4.2 GPA, Founder and CEO of "Combat The Patent Prices", Founder and CEO of Stem Regenerate, in **HOSA - Future Health Professionals Area 2 Reporter Texas**, Texas Vice President of Elevate the Future, and an astonishing work experience to much to mention here, all as a High School senior! His number of Awards is also astonishing for this young man!

But, The real story about Pranav Pinapala is from his School Counselor Sonji Brown, in what he has had to overcome growing up from his earlier days.

Pranav has overcome some difficult times. A Student who was once bullied, he now fights for betterment of his community and the injustices they face. He realized his hidden talents of leadership and courage as he faced his adversities. After a diagnosis of Type 1 Diabetes, Pranav witness the struggles his parents faced when providing insulin and diabetic supplies needed for him that financially burden his family. Pranav then founded his organization that combats pharmaceutical patent abuse.

But what his Counselor admires most about him is his leadership, tenacity and fidelity; all are characteristics that will not only promote and institutions values, but also watching him become an asset to the academic community!

Speaker Series!



Our speaker on November 17th was **Chris White!** And Chris is making a name for himself! Business owner at FWC as a trainer and fitness coach for 10 years, nutritionist, chef, poet, singer, and local actor around town! He is the beloved son of one of our past Presidents of Exchange Club Rodney White who past away from cancer. Both shown in the first picture! We miss Rod, but what a GREAT son he raised to be the man he is today!

Chris talked to us about maintaining a healthy lifestyle and answered several questions from members about diet and exercise. It was a lively interaction with Chris from members that haven't seen a gym in awhile! Ha.. Thank you Chris!

Chris's information can be found on his webpages at www.fwcpersonaltraining.com and nutrition page www.macromealschef.com, or contact Chris at fitwchris@gmail.com.



On December 1st., our speaker was **Jon Kidwell**. For over fifteen years, Jon has served nonprofit organizations as a board member, a volunteer, and a part-time or full-time team member. Jon's focus is on serving people well and increasing the revenue and performance of organizations to maximize their impact for the people they serve. He has worked with companies such as Apple, Nike, MD Anderson Cancer Center, Pfizer, the University of Houston, and the YMCA. But Jon hasn't just worked with large corporations, he also served on the Board for three small, nonprofits. His vast experience has taught him a great deal about how to lead, operate, and serve on a nonprofit in ways that will maximize revenues and enhance the positive community impact.

In Jon's presentation to us he said **UNC TV Public Media** organization said that we make up to 35,000 decisions a day. And In his topic to us he was telling us how as leaders we can make **GREAT** decisions. And how our decisions as leaders impacts the lives of others in the organization. Mentioning a book "Decisive" written by Chip and Dan Heath, Jon identified for us the 4 villains of decision making. 1) **Narrow framing**. 2) **Confirmation bias**. 3) **Short term emotion**. 4) **Over confidence**.

In Jon's presentation, as his time to speak was limited, he went over **6 Practices** to "**Gather What You Need**" to make GREAT decisions as leaders 1) **Gather yourself in the moment**. 2) **Make it a daily habit**. 3) **Set aside time each season & retreat**. 4) **Bring in other people**. 5) **List out tons of ideas**. 6) **Get the information you can**. Jon had a wonderful personality. Very informative and entertaining.



Birthdays, Anniversaries, Events

Happy Exchange Birthdays! **None.**

Exchange Anniversaries!

Vickie Coates 12/1/20 (1 Yr.), Doc Lee Ivey 12/1/20 (1 Yr.), Chelsea Nguyen 12/1/20 (1 Yr.), Joni Stinger 12/1/20 (1 Yr.), Dennis Dowell 12/5/16 (5 Yrs.), Juli Fournier 12/4/14 (7 Yr.), Jamie Williams 12/4/14 (7 Yrs.), Cindy McCauley 11/29/11 (10 Yrs.), Naren Patel 11/28/95 (26 Yrs.).

Juli Fournier announced that we will be having a baby shower for **Colleen Migl** at our regularly scheduled meeting Wednesday, December 15, 2021. **Colleen** is having a boy and is registered on Amazon. Simply go to Amazon and search "baby registry" to find Colleen's registry.

Kevin Barker requested everyone that signed up to deliver a box to a school to please do that immediately. Many schools have contacted us and are requesting a box because they have already begun the process of collecting toys.

Doug Earle requested you inform him or **Kevin Barker** if you know anyone in the Sienna Plantation area that might be interested in joining the club we are building there.

Ruthanne Mefford reminded everyone to purchase their tickets for the CASA Christmas home tour. The tours are on December 10 and 11, and tickets are \$30.00. In addition, they are having a wreath raffle and tickets are \$30.00 for the raffle as well. **David Lanagan** is proposing we get a group of Exchange Members to do the tour together. If you are interested, please contact **David Lanagan** or me.

Jim Kij needs help directing traffic at the CASA Christmas home tour. If you can volunteer to help with traffic on either day, or both, please contact **Jim Kij**.

Suzanne Whatley also informed the club that applications for the Citizens Fire Academy are being accepted now but the application deadline is December 10. If you would like to apply, go to the Sugar Land Fire - EMS Facebook page and click the link to the Citizens Fire Academy.

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Darla Farmer let us know that Hope for Three is having a drive-thru ornament give away for Hope for Three families on December 4 from 10:00 a.m. to 11:00 a.m. The activity will take place at Sugar Land Baptist Church. If you know a family that would benefit from the giveaway, please have them email: contact@hopeforthree.org.

Carlos Perez announced that we will have a booth at the Sienna Plantation Christmas tree lighting this Saturday, December 4 from 5pm to 8 pm. We need some members to come and hang out with Sienna members that may be interested in learning more about the Exchange Club that we are building in their area. The Christmas lighting will take place at the amphitheater located within Sienna Plantation.

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Birthdays, Anniversaries, Events

Reminder...**Carey Synder** previously announced that The girls' troop we support (Scouts BSA Troop 1731) is selling wreaths to go on the graves this Christmas at the Houston National Cemetery located at: 10410 Veterans Memorial Dr., Houston, TX 77038. The wreaths will be laid on the graves before Christmas (Dec 18) by a number of organizations, and picked up in January. The Troop itself will get \$5.00 for each wreath sold (the wreaths are \$15.00 each). This will go toward equipment and other expenses for the troop. If someone wishes to donate, they can either see Carey, or go to <https://waahouston.salsalabs.org/2021a/p/troop1731bsa/index.html> and the troop will get credit. The name on the website (Joanna Ouder Kirk) is the Assistant Scoutmaster who is coordinating the effort for the troop. The numbers you see on the website reflect only the ones sold through the website, and not the others that the girls have sold.

Colleen Migl reminded everyone that we are headed to "Houston Zoo Lights" this Friday. Although the executive bus is full, you can still get the reduced, group rate tickets for \$20.00. If you would like to go, please reach out to **Colleen** at cmigl@kcq-lawfirm.com. We are meeting at the Marriott Town Center on Friday, December 3, between 5:30-6:00 pm.

Santa's Exchange is December 18, 2021 and volunteers are needed for different shifts and positions between the hours of 7:30 a.m. and 6:00 p.m. There are 350 slots that need to be filled so please sign up **now!** This year's event is open to volunteers ages 14 and up. **Let's fill those spots!** sign up is in Rick's **recap email** sent out on 12gro/2/21.

Guests: Jill Warren (invited by Farha Ahmed); and Rusty Lamb (President of the Exchange Club of Missouri City)

Picture of Jill! Jill is a Supervising Attorney at the State of Texas - Mercury Insurance! She is looking to become more involved in the community volunteering. Farha we sure hopes she signs up with Exchange Club of Sugar Land. She looks to be a great candidate for membership. Thanks for your valued efforts to grow the club Farha!

Just a note, when you bring a guest please approach Russ Braun to take a picture of you both! We love our guest! Its one of our Club Goals!



LAST BUT NOT LEAST!! You're awesome Cindy!

Rick Bell says...**Cindy McCauley** was kind enough to deliver a few gifts to the jokesters of the club. She gave away a few gifts to the brave souls that regularly take the microphone to deliver the joke of the day. I snuck a peek at one of their gifts and it was a book of jokes! I think I speak for us all, **THANK YOU, CINDY!!!** Now, we can expect some really funny jokes. Just kidding guys, even those occasional bad jokes make me laugh. We truly appreciate your courage. Cindy also gave me a Christmas ornament with the scales of justice and a gavel. Thank you so very much!