



# Exchange Hotline

Exchange Club of  
Sugar Land Newsletter  
Oct. 1st, 2021

## The Exchange Club of Sugar Land

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

### Board of Directors

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](http://www.ecsl.org)

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

## NATIONAL CONVENTION 2020-2021 OVERVIEW



Dear Exchange Members,

**Paul Barnett** gave us an overview of all the awards we won at the National Convention. It was a tremendous showing with our club being the only club in the nation to win the Hat Trick Award. We also won the Video of the Year which was created by **David Lanagan**. **Brad Porter** won the Distinguished Treasurer Award, **Vita Goodell** won the Distinguished Secretary Award, and **Paul Barnett** won the Distinguished President Award. **Doug Earle**, **Carlos Perez**, **Kevin Barker**, and **Farha Ahmed** won the Club Builder Award for starting a new club. **Paul** also announced we won the coveted Big "E" award. In summary, we crushed it under **Paul's** leadership last year. Way to go **Paul!**

**"Serve with Honor!"**

Rick Bell, President





## National Convention 2020-2021

### CONGRATULATIONS! NEWLY ELECTED OFFICERS



**David Johnson,**  
National President-Elect



**Barbara Orr,**  
National Treasurer



**Carlos Perez,**  
NEC Foundation Trustee



**Shirley Lashmett,**  
Region 1 VP



**Dawn Portner,**  
Region 3 VP



**Michael Reichek,**  
Region 5 VP



**Jennifer Sweney,**  
Region 7 VP



**Kim Prado,**  
Region 9 VP



**Gary Leonard,**  
Region 10 VP



**Billy Wineholt,**  
Region 11 VP



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THE NATIONAL EXCHANGE CLUB



L-R Mike Reichek, Dorothy Nall, Kelli Metzhin, Jackie Reichek, Suliman Lalani at the Peabody Hotel. **ECFB Lunch Group!**

Special note, Mike Reichek and newly elected Carlos Perez on their way to the top? **Congratulations Mike and Carlos!**





## Breakfast Meeting, Awards 09/15/2021 Back Home Sugar Creek C.C.



**David Lanagan** received recognition with a glass trophy for the Web Video of the Year Award. The gold pin was for being a **Berkey Fellow**. Named in honor of Exchange's founder, **Charles A. Berkey**, the **Berkey Fellowship** honors outstanding supporters of the ideals of The National Exchange Club.



**Paul Barnett**  
**Distinguished President Award!**

**Brad Porter** won the Distinguished Treasurer Award! **Vita Goodell** won the Distinguished Secretary Award,



**Doug Earle, Carlos Perez, Kevin Barker, and Farha Ahmed** won the Club Builder Award for starting a new club.

## HAT TRICK AWARD?

What did we do to win the **ONLY** Hat Trick Award for 2020-2021

1. Sponsor a new club during the Year!
2. Show a minimum net increase of one member for the year!
3. Have a 90% retention rate for the year.



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## National Convention 2020-2021

Suleman Lalani, Carlos Perez, Dorothy Nall, Rick Bell, Kelli Metzinthin, and Paul Barnett



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## THE BIG “E” AWARD

The first time a club achieves the following requirements, it will receive a Big “E” banner. In the following years, the clubs will receive a patch for meeting the criteria.



**Extension/Expansion** (One of the following requirements must be fulfilled.) **1.** Build a new club. **2.** Achieve annual membership growth in Exchange Clubs of two (2) members or 3%, whichever is greater. **3.** Aid a club fewer than 25 members to achieve at least a 30 percent membership increase, bringing the club to a minimum of 25 members. **4.** Assist any 25-member or larger club to achieve a net member increase of 10 or more with documentation of the effort being reported to National Headquarters.

**Efficiency** (All four of the following requirements must be fulfilled.) **1.** Return completed Officer Election Report to National Headquarters by April 30. **2.** Publish or electronically post a club bulletin at least twice monthly (one of these may be board meeting minutes). Send a copy to National Headquarters. Alternatively, a club can post its club bulletins and board minutes on the club website, Facebook, or other social media and email the link or newsletter to members, district officers, and National Headquarters ([memberservices@NationalExchangeClub.org](mailto:memberservices@NationalExchangeClub.org)). **3.** Remain current in all club accounts with The National Exchange Club, as required under the national bylaws. Call The National Exchange Club Headquarters if you have any questions. **4.** Conduct a program development meeting no later than June 30, and submit the completed program development meeting form to National Headquarters by July 15. Instructions can be found in the Club Leadership Guide. Program Development Meeting form can be found on the Member Resources page under Club Operations, more resources.

**Education** (All five of the following requirements must be fulfilled.) **1.** Earn the National Service Award. **2.** Dedicate or rededicate at least one Freedom Shrine. **3.** Sponsor a prevention of child abuse fundraiser or community education program. **4.** Install an official Exchange Club road sign on a major roadway in your community. If all major roads leading to the community already have signs, annually inspect and replace any signs in poor condition. If your community does not allow road signs to be installed, present alternate evidence of publicity in the community such as a strong social media presence, newspaper clippings, PSA videos, radio clips, etc. **5.** Install an official “The Exchange Club of \_\_\_\_\_ Meets Here.” plaque prominently at your club’s regular meeting place. Or, publish, no less than once a month, a notice telling when and where your club meets.

**That’s a lot of work! And we got it !!!**





# Birthdays, Anniversaries, Events

**Happy Exchange Birthdays!** **Nora Sim 9/3, Red O'Laughlin 9/9, Tran Rich 9/22, Bob Dunham 9/26, Kent Reynolds 9/26, Arlene Rolsen 9/26**

**Exchange Anniversaries!** **Carey Snyder 9/1/08 (13 yrs.), Joe Boyd 9/14/20 (1 yr.), Michael Pivarnik 9/14/20 (1 yr.) Larry Street 9/19/05 (16 yrs. with us) But Larry has been with other Exchange clubs totaling 53+ yrs. Shirley Brown 9/19/05 (16 yrs.), Eric Robins 9/26/19 (2 yrs.)**

**Paul Barnett** was excited to tell us that **Wings Over Houston** is a happening in-person event this **October 9-10, 2021**. The Exchange Club is responsible for the ticket booth as we once did back in the good ole days before the COVID event! So, reserve that weekend to help out. Sign-up is in **Paul's Meeting Re-cap email to everyone on Sept.15th**. Or contact Paul about signing up.

**Santa's Exchange Flu Shot Toy Drive** is scheduled for **Saturday, October 9, 2021, from 8:00 a.m. to noon**. The event will take place at Methodist Hospital in Sugar Land. **Lydia Bourg** requested members bring either a toddler toy or a toy for a teenager as those are the two age groups that we need the most help with.

**Colleen Migl** is scheduling an **Exchange cruise to Cozumel!** Please calendar **January 13, 2022**, at 3:30 p.m. through **January 17, 2022**, at 8:00 a.m. We will be providing you with more details as we get closer to the date of the trip. If you have any questions, please email Colleen at [cmigl@kcq-lawfirm.com](mailto:cmigl@kcq-lawfirm.com).

**Lori Bisewski** informed us there is a need for volunteers for the **Wings Over Houston** event on **Saturday, October 9, and Sunday, October 10**. If you have not already signed up, please contact **Paul Barnett** and let him know which day, or days, you can serve. Paul is at **713-822-4612** or [psb1@ix.netcom.com](mailto:psb1@ix.netcom.com).

**Santa's Exchange Flu Shot Toy Drive** is scheduled for **Saturday, October 9, 2021, from 8:00 a.m. to noon**. The event will take place at Methodist Hospital in Sugar Land.

**Lydia Bourg** requested members go to [Cancer.org](https://www.cancer.org) and donate to the **Relay for Life**. She said they are in desperate need of donations. If you go to the website, you can enter **Lydia Bourg** in the search box and it will pull up her team "Sugar Land Steppers." It is very easy and every little bit helps.

**Farah Ahmed** is looking for a group of three average golfers to form a team with her and play at the Exchange Club of Fort Bend County's annual golf tournament, which will be held on **November 8, 2021, at Quail Valley Country Club**. The cost is \$150.00 which includes your round of golf as well as dinner.

## Exchange Club Goals! 2021-2022

1. We will grow our club by netting at least twelve additional members;
2. We will engage in at least one new service project for each pillar of Exchange (Youth, Americanism, Community Service, and the Prevention of Child Abuse);
3. We will build two new traditional clubs and at least two Excel or Junior Excel clubs;
4. We will sponsor a homeless veteran through Veterans Matter;
5. We will assist the Escape Club in becoming Operational again; and
6. Finally, we will net at least \$200,000.00 in revenue from fundraising efforts.



**Our Social Event on Sept. 17th! Thanks  
Collen Migl! Awesome time!**





# Odds and Ends



**Dapper young men?** at National Convention!



**Lori Bisewski, Suzanne Whatley, Nora Sim.** Suzanne was very grateful for these two helping with the recent Fireman's Ball. Total success!



**The Man!**  
**Mr. Paul Barnett!**  
**Berkey Fellow!**



**True Leaders!**  
**Both received the**  
**Berkey Award Pin!**



**Santa's  
Exchange**

**Dec. 18th!**



## Speaker Series



**LEADERSHIP**

Help forward the mission by joining our Executive Board or Advisory Council. These professionals lend their expertise as a "think tank" focused on developing ongoing strategy & networks.

**THANK YOU**

**VOLUNTEER**

Weekly, company group & event opportunities are offered in 4 teams: Styling, Coaching, Merchandising & Administration.

An hour of your time that impacts lives forever, including yours.

**EMPOWER**

- Engage in hiring career ready clients
- Partner to host a Career Gear drive
- Provide financial support by becoming a member of PowerSuits or the Champions of Freedom

**CAREER::GEAR**  
GREATER HOUSTON

Follow us @careergearhou

**CHAMPIONS of Freedom**  
ANNUAL MEMBERSHIP LUNCHEON

*Duty, Honor, Country*

**SAVE THE DATE**  
FRIDAY, NOVEMBER 12, 2021  
11:30am-1:00pm  
Junior League of Houston

Join Us & Share  
<https://careergearhouston.org/cof>

Since 2014, our Champions of Freedom have assisted over 5,500 veteran transition from military to civilian employment.



**CAREER::GEAR**  
GREATER HOUSTON

On September 15th, our speaker was **Jamay Schardien**, she explained her role as the executive director at **Career Gear Greater Houston**. She informed us we can help by giving suits so they can be distributed to veterans, or in the alternative, we can support her organization financially. Jamay's contact information is 7800 Bellaire Blvd., Suite BB19, Houston, Texas 77036, (W) (713) 778-9959, (c) (713) 261-3894, email: [jamay@careergearhouston.org](mailto:jamay@careergearhouston.org). Also, they have a annual luncheon on November 12th, 11:30am to 1pm. Info above flyer!



**Our Speaker for Sept 22nd was Rhonda Kuykendall! Who gave an up-to-date informative, passionate talk about human trafficking in Houston and Fort Bend areas. Standing here with President Rick Bell!**

Rhonda serves as Chairwoman of the Fort Bend County District Attorney's Human Trafficking Team. She works to enact statewide legislation, implements city ordinances to close illicit massage businesses, and organizes anti-sex trafficking community outreach programs. Rhonda is also on the Board of Directors of Child Advocates of Fort Bend, serving as Chair on their Legislative Advocacy Team.



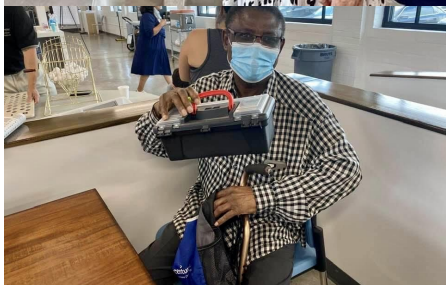
Rhonda is passionate about people and kids in particular. She is a survivor of sex trafficking and has worked in this space when she first abolished the statute of limitations against child sexual assault in 2007. Congressman Pete Olson honored Rhonda with the Congressional Medal of Honor in 2014 for her volunteer work for abused children in Texas. In 2019 Child Advocates of Fort Bend awarded Rhonda the Legislative Advocate of the Year and Child Advocate of the Year. Currently Rhonda is in the Honors program at University of Houston Downtown pursuing a bachelors in social work degree.

(Seated with David Lanagan and Ruthanne Mefford Executive Director of Child Advocates in Richmond, TX).



# Our Seniors are back in business again!

Meeting for lunch and bingo at a new location! Landmark Community Center 100 Louisiana St., Missouri City, TX 77489. Come volunteer 1st Friday of each month! [Same Location!](#)



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## Young Citizen of the Month Award!



The purpose of the Young Citizen Award is to find and reward those students who work hard at being good citizens at home, at school and in the community. They don't shirk when there's a job to be done. They cooperate with teachers and parents. They may be great students, strong athletes, or talented musically or artistically. More important, they're students engaged in their community. Six areas are looked at; Citizenship, Attitude, Academics Service, Leadership, and Sportsmanship.

**Riley Harris from Sugar Land Middle School exemplifies these requirements to earn this prestigious award from Exchange Club of Sugar Land!** Riley's family, teacher, counselor were all present to witness this presentation of the award including his very proud grandparents!

Riley is an excellent swimmer and has participated in the summer league All-Star meets for the last 3 summers. His free relay team placed 5<sup>th</sup> in the All-Star meet this last summer with their best team time of the season. Riley is also an excellent artist. He was awarded Artist of the Year in 5<sup>th</sup> grade at Sugar Mill Elementary and continued art class into Middle School. Lastly, Riley loves church, playing the guitar, watching videos, and making his family and friends laugh.



Ryan's family and host presenter Kevin Barker!



**And now get ready to “turn the page”,  
and see the start of the “Tradition Returns” Parade,  
in honor of the 85th Fort Bend County Fair !**





# Fort Bend County Fair Parade! 2021

## FACEBOOK COMMENTS!

**Jeff Dodson-** "Americanism is a big part of who we are at [Exchange Club of Sugar Land](#) and yesterday we joined other local Exchange Clubs to pass out thousands of American flags to citizens from all over Fort Bend County that came to watch the 85th annual Fort Bend County Fair parade to kick off the rodeo! The weather was perfect and thousands lined the 2.5 mile parade route. The smiles on the kids faces was the best!"

**David Lanagan-** There must've been 30,000 people there. It was a great morning, a great walk and great fun. Look at all the smiling faces! Great job, Brad Porter, organizing everything and putting it together and Rick for leading us!

**Suzanne Whitley-** What a beautiful day in Fort Bend County! Walking the route with all of the Exchange Clubs, handing out flags to so many beautiful, excited people wanting to wave Old Glory makes you remember that it's all worth being bold- standing up and doing things right for this county! Thank you Mayor Haas and all of our Fort Bend Mayors and County Leaders who made this parade happen for all those smiling faces lined up for miles!

**David Lanagan-** Isn't **Brad Porter** wonderful for seeing to all the details about the float and driving the truck, and a thousand other things? Thanks, Brad! [Rick Bell](#) was right there all the way. Thanks, Mr President!

**Nora Sim-** What can I say! We always have fun together Love my Exchange family!

**Carla Mondt-** A great day with some amazing people!

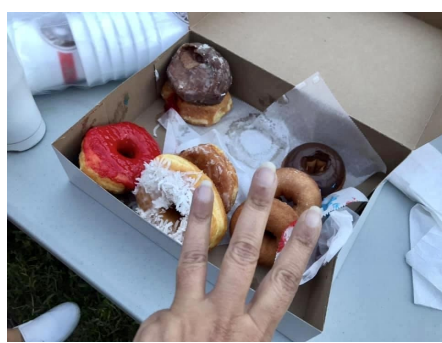




# Fort Bend County Fair Parade! 2021

## Decorating

Day before  
Parade!





# Fort Bend County Fair Parade! 2021





# Fort Bend County Fair Parade! 2021



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