



Exchange Hotline

Exchange Club of
Sugar Land Newsletter
May 15th, 2021

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
Palm Royale Blvd.
Sugar Land, Texas

Officers 2020-2021

President:
Paul Barnett

President Elect:
Rick Bell

Secretary:
Vida Goodell

Treasurer:
Brad Porter

Immediate Past President:
Vernon Hunt

Board of Directors

Jeff Dodson
Leslie Woods
Thad Olive
Lori Bisewski
Cookie Joe
John Heinemann
Chanel Bermudez
Jennifer Boley

Spaghetti Chair 2019
Rick Bell

Webmaster:
Paul Barnett
www.ecsl.org

Newsletter Editor:
newsletter@ecsl.org

Dear Exchange Members,

We all have a story to tell! And part of that story for each of us personally is being introduced to Exchange Club by your sponsor. That person may have been a good friend or acquaintance that invited you to a breakfast meeting. And you decided to stick around and join the club. That was a great decision! Exchange Club is one of the **premier clubs in America**. And you are now part of it! I remember when I joined the club and **Mr. Jim Kij** said we were a family in Exchange. Well, I wasn't looking for a family, but now I see that it really is. You may be like me and discover this too about Exchange. This is the story of Exchange from the beginning! You may have been wondering, what are all those **patches** and **pins** about.

So here you go!



Russ Braun

Americanism

Youth Program

Community Service

Prevention of Child Abuse

Charles Berkey started and founded club in Detroit in 1911. It started with a group of men who got together to "exchange" information. When the 4th club was started they formed a national organization. We have 4 programs of service!

Next, in 1979 the National President at that time **Dr. North** had a great idea! He was a physician, and he was seeing and increase in child abuse in his practice. So, he adopted a National program of the prevention of Child abuse.

The **BANNERS** and what they stand for and represent are to acknowledge and recognize our members of "what we do". Patches on the Banners with unusual shapes are from National. And Oval and Rectangular patches are from District.

Then we have the STARS!



If we do a project or program and National gives a patch for the project, we get '1' patch for the first event and then a 'star' for each additional event. There are not patches for every event or project we do. But we do report to National and they record the events in one of the 4 categories (Americanism, Youth, Community Service and Child Abuse Prevention). Then those events or projects go towards the National Service Award pin (looks like an Oscar).

What do "PINS" on the nametag string that goes around the neck stand for? (2017 Example shown "Fit-tastic")



Pins come from National for the "National Service Award" & the "Big Exc. Awards". The club has to meet certain requirements to qualify for these pins. After that, the pins are either District pins or Club President pins. The District pins are designed by the District President and passed out to clubs as well as traded at the National Convention. The Club President pins are designed by the President and passed out to the membership as they decide. They usually follow a theme for the year. And there you have it!



Birthdays, Anniversaries, Events

Happy Birthday Steve Rogers 5/11, Jack Williams 5/14.

Happy Exchange Anniversary! **Lori Bisewski 5/4/16, Pat Welsh 5/2/06 15 years, Greg Oelfke 5/6/1991, Ruthanne Mefford 5/11/09 12 years, Chuck Sanchelli 5/14/02 19 years.**

Save the Date: Memorial Day May 31st. ECSL members and BSA Troops 731 and 1731 will pass out American Flags at the City of Sugar Land Memorial Day Ceremony.

Save the Date #2: The ECSL Installation Banquet 2021 will be held Wednesday, June 30, 2021, starting at 6:00 p.m. at Sugar Creek Country Club.

The first Exchange Region 5 Convention (Texas Louisiana Gulf Coast, Texas, and Mid America) will be held this June 11-13 in San Antonio at the Hilton Palacio del Rio on the River Walk. There is a special Exchange room rate of \$139 a night. Make your hotel reservations . The Convention fee is \$130 if you register by May 21st and includes all events. **Contact Paul Barnett on how to register.** Here is a preliminary schedule:

- Friday Social Gathering
- Saturday Morning General Session and Continental Breakfast
- Saturday Youth Luncheon
- Saturday President's Banquet
- Sunday One Nation Under God Breakfast

SPEAKING about HEALTH, "MR. HEALTHY HIMSELF" MR. BROOK THOMPSON! ONE OF OUR FIT-TASTIC MEMBERS!



"Thanks to all ECSL folks for supporting my MS 150 efforts. While the rain technically cancelled the ride, I was able to get the miles in this weekend....some on the road and some via virtual Tour de France at the gym. It was memorable indeed and I am so grateful and humbled by the support. All told, with the corp. match, over \$7200 was raisedwe will be back next year shooting for an even more lofty goal". -Brook Thompson-

THE STORY OF THE "ONE CLAP" IN EXCHANGE CLUB!



Mr. Bob Hargather, brought the "One Clap" to Exchange Club of Sugar Land, which was formed in the early 1980's. He was a member of the Houston Downtown Exchange club at that time.

The start or creation of the 1 clap was for 2 reasons:

1. For time restraints. To help shorten or condense the meeting. With all our announcements, from members, that could chew up some time.
2. To not show favoritism. Some might not get applause and some might get too much. So every member gets the same.

And it catches guests interest; of course we do not use the 1 clap for guests. **-Greg Oelfke-**

Mental Health Awareness Month



May is Mental Health Awareness Month. People have struggled during the past year with COVID-19 and those with depression have had a harder time due to isolation. That is why Self Care is so important. Self-Care is all about finding and practicing the coping strategies you can rely on when you are feeling stressed. Whether you meditate, run, draw, read, write, or take a long bath, these small rituals strengthen self-reliance and nurture confidence in your ability to handle whatever life throws at you. **Kevin Barker (a true leader to follow)**



GOD IS BIGGER

His Amazing Rescue from Abuse, Addiction, PTSD, Divorce and Despair

Curtis Brown is a living witness to the truth that God can rescue anyone, and that anyone's life can dramatically change. A survivor of constant physical and emotional abuse in an alcoholic and opioid-addicted home, Curtis joined the U.S. Army and became a decorated Persian Gulf War veteran. But he left the military with post-traumatic stress disorder, severe neck and spinal injuries, and chemical damage.

In the following years, Curtis endured 19 surgeries, debilitating chronic pain, depression, and severe addiction to prescription drugs. He also fought a Veterans Administration hospital system intent on denying the existence of his injuries, much less healing them. He made endless poor choices and had one broken relationship after another, culminating in a divorce from his first wife. But God intervened, and brought recovery to Curtis physically, emotionally, relationally, and spiritually.

God is Bigger is a life story that, with great transparency, is written for those suffering similar struggles with addiction, abuse, family dysfunction, PTSD, or chronic pain. Above all, it is a story of abounding hope, showing that with God's help, no life, and no family, is beyond saving.

ORDER TODAY AND SHARE HOPE!

Comments from Curtis !

“Mental health is like being imprisoned in your own mind with only a few bars to look out through. It is also like comparing your mind to a race car engine whose throttle is stuck wide open and won't slow down. There is hope”!

Curtis Brown
New Book and his story!



I too like Curtis have bouts of depression now over 50 years. I am a survivor of this disease but I still struggle. Looking back it caused a lot of issues in my life with relationships in business, social and personal life.

Driving Uber, I picked up a lady the other day. I knew right away something was wrong. I took her to her destination but she didn't want to get out of the car. I talked with her for 1 1/2 hours. She was not having a good day. She was suffering from and anxiety attack.

One of our “fit-tastic” past Presidents of Exchange, Mr. Rodney White (RIP) (fitness trainer and writer) that said, “everyone has a story to tell”. I want mine to end on a good note!

Russ Braun

Speaker Series



Brooke Thompson introduced our speaker Daniel Cohan. Daniel Cohan is an Associate Professor in the Department of Civil and Environmental Engineering at Rice University. His research specializes in the development of photochemical models and their application to air quality management, uncertainty analysis, energy policy, and health impact studies.

In 2020 our power generated in Texas was 45.5% from natural gas, 22.8% from wind, 17.9% from coal, 10.9% from nuclear, and 2.9% from “other” which includes solar. Interestingly the 10.9% of nuclear is generated by only four reactors. What a great return! Professor Cohan pointed out that as a barrier, Nuclear Power does have high capital costs upfront, but did not mention that nuclear power has very low operational costs, on par with the other low operational cost fuel, coal.

Wind and solar-generated power continue to grow in our state each year but to be economical, have been subsidized with our tax dollars. Professor Cohen stated that when wind and solar power are taken combined they are 90% reliable, fortunately, coal and gas are reliable 99.8% of the time. During the anomalous February 2021 freeze, all of our sources of power generation were affected. Better winterizing will help but as he said, it will not stop all the problems that an unprecedented freeze like we had in February caused.

Affordability and reliability are the two things good energy sources need to be. Solar and wind—unlike hydro power, which is also a renewable source—can only be one of these two things, and that's if there is no storage included. They can be *affordable*, as we are often reminded. Yet, sadly, they cannot be *reliable*. (taken from Paul Barnett's Newsletter weekly Recap)



Communities of Care

Hogg Foundation grant supporting HOC's work in Acres Homes and Third Ward

The Prevention Institute provides guidance for this work

To support
Healthy Outdoor Communities

in their efforts to:

inclusively and collaboratively

transform the environments

where people

live, learn, work, play and pray

to support

resiliency, mental health, equity and well-being

in everyday life for all members of the

Acres Homes and Third Ward communities

with a specific focus on

children and youth of color and their families.

Jennifer Boley, ECSL Member and Founder/Executive Director of Nature & Eclectic Outdoors (NEO) she updated us on NEO's latest activities. NEO is dedicated to getting people outdoors and in better connection with nature. They host weekly events and activities in the Greater Houston Area as well as activities throughout Texas and the country. NEO kindles a deeper passion for life by connecting people to nature and each other. Their mission is to help people lead more outdoor-oriented lives for better health, happiness, and life balance.

(taken from Paul Barnett's weekly Recap)



Youth of the Year! Kempner H.S.



Lauren Hatch is our **Youth of the Year from Kempner** and was introduced by **Juli Fournier**. Dwana Durgens her Counselor and her four-year basketball Coach, Melynda McGregor attended as well. Besides playing basketball for four years she also played four years of softball and participated in track as well. Lauren is quite a student and is a member of Mu Alpha Theta, the United States mathematics honor society for high school and two-year college students. Lauren also tutors math and volunteers for Lunches of Love. She is will attend UCLA on a basketball scholarship. Lauren was presented with a very nice plaque and a check for \$500. Congratulations Lauren! Youth of the Month October 2020 and now Youth of the Year 2020/2021. -Paul Barnett weekly Recap-



Brooke Thompson was the speaker for the Exchange Club of Fort Bend luncheon recently. Brooke's family is related to Issac Kempner who was his Great Grandfather and in 1907 was one of the equal owners of Imperial Sugar factory in Sugar Land. One of his children the youngest, was Brooke's Grandmother Leonara Kempner Thompson.

Here is part of the story!

Imperial Sugar Company was founded by the Williams brothers: Samuel, Nathaniel and Matthew on the grounds of the 4,428 acre Oakland Plantation in what is now the original Sugar Land. Samuel May Williams, who later became secretary to Stephen F. Austin, raised money to support the war of independence against Mexico, and as partial payment for his services, he was granted land in 1840. Mule-powered mills were built to grind sugar cane and squeeze the sweet juice from the cane stalks to make syrup. Cane juice was boiled in large cast-iron kettles set up under covered sheds. In 1843, the Williams' sugar crop on Oakland Plantation and the crops of other nearby farms were large enough to justify a commercial raw sugar mill on the property. The mill became the birthplace of the new Imperial Sugar Company. Upon Matthew Williams' death in 1853, the plantation is sold to Benjamin F. Terry and William J. Kyle. They changed the name to the Sugar Land Plantation and began buying up adjoining plantations. Within five years, their 12,500 acre Sugar Land Plantation was one of the largest in Texas.

Skipping a few years to 1902, Another owner Cunningham was older and not in good health. His plantations, mill and refinery were deteriorating, he was unable to meet payments, and his company was placed in the hands of a receiver. W. T. Eldridge saw an opportunity to acquire the entire property under favorable terms. He approached Isaac.H. Kempner of Galveston in 1907 with a proposal to acquire the raw sugar mill, refinery and all of the land in the area. Kempner and Eldridge became equal owners of the Sugar Land properties. Dan Kempner, one of Isaac's younger brothers, served as the new company's first president until 1914, when he was replaced by Isaac. As part of the Kempner-Eldridge agreement, Eldridge moved to the site to serve as general manager and build the company-owned town of Sugar Land. He was given the Sugar Land Railway.

Google- "history of Imperial Sugar for the full story"!



CHILD ADVOCATES OF FORT BEND™

30th Birthday Gala Celebration

May 8, 2021
6pm until 11pm
Sugar Land Marriott Town Square



The CAFB fundraiser and 30th anniversary celebration was a success with 500 attendees! When planning the event, Ruthanne Mefford CEO of Child Advocates (CAFB) was not sure if anyone would show up. Well, they did! The event was a complete success! It was a night of excitement, fun! The event was great, food was great, and the people that showed up ready to have fun and celebrate and raise money through the silent auction and bidding. Here are some of the pictures taken by David Lanagan past President of the Exchange Club of Sugar Land along with some other members who contributed to the pictures!



President of Exchange Club Paul Barnett and with his lovely wife, Jonee!

CEO of Child Advocates in Richmond, TX Mrs. Ruthanne Mefford!



CHILD ADVOCATES
AMERICANISM
COMMUNITY
YOUTH RECOGNITION

CAFB GALA PICTURES May 8th, 2021



Brad & Suzanne Whatley, Tracey Edwards & Michael Andrade



Bob & Pat Hebert, Rebecca & Steve Rogers



L-R, Steve & Rebecca Rogers, Linda Howell, Suzanne and Brad Whatley



**L-R, Claudia & Chad Bridges, Sam & Trudy Dick.
Back Row, Qaisar Q. Imam, Dr.Suleman
Lalanie & John Healy**

Good Looking Bunch! "passionate" about CAFB!

CAFB GALA PICTURES May 8th, 2021



(Our distinguished!) Past President of Exchange Club, Mr. David Lanagan!



Mrs. Farha Ahmed with Mr. John Healy!



4 Lovely Ladies!



Carol McCutcheon

5 Lovely Ladies!

Sapana Patel

CAFB GALA PICTURES May 8th, 2021



Great Band!



Mrs. Suzanne Whatley & Pete Olson!

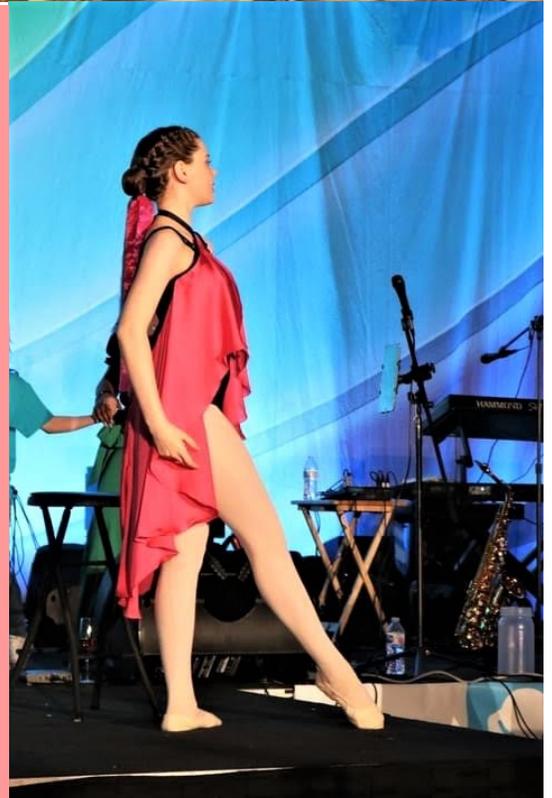
"don't ask don't tell, only in Sugar Land! Lol!"



CAFB GALA PICTURES May 8th, 2021



Mrs. Rhonda Kuykendall & Mrs. Farha Ahmed



CAFB GALA PICTURES May 8th, 2021



CAFB GALA PICTURES May 8th, 2021



Mrs. Nancy Olson!



CAFB GALA PICTURES May 8th, 2021



Mrs. Roxanne D'Ascenzo and Mrs. Cookie Joe



Mrs. Farha Ahmed and Mrs. Suzanne Whatley!



Jonee Barnett, Suzanne Whatley, Paul Barnett and RICK BELL President Elect!

Check Presentation for Big Brothers Big Sisters!



Doug Earle, Extraordinaire!



Eric Robins, Cookie Joe



Cookie Joe, Jimmy Davis



This is National Police Week.

“Salute to our SLPD”.



This week we had the honor of creating a wreath in appreciation of the Sugar Land Police Department. These men and women serve our community with dignity and selflessness. Thank you for all you do!

Exchange Member Nora Sims (middle) w/wreath!



Cookie Joes Dancing School, where Braelyn Fortman daughter of Brian and Becky (members of Exchange club) made the cookies for SLPD! (continued-)



This is National Police Week – Continued!



Cookie Joe and Chief Eric Robbin present Sgt Joe Carter with the OFFICER OF THE YEAR Award from Exchange Club of Sugar Land! President Paul Barnett helps present the award!



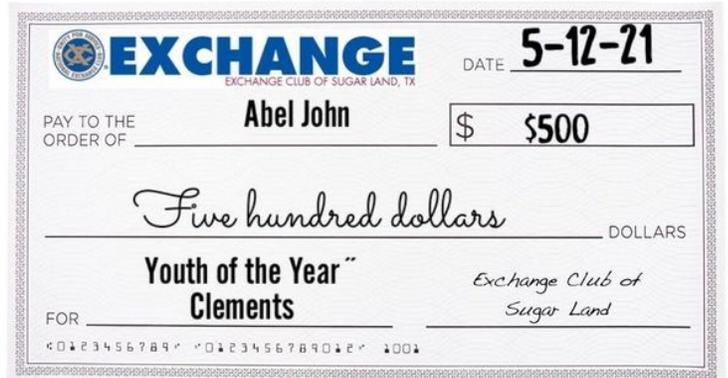
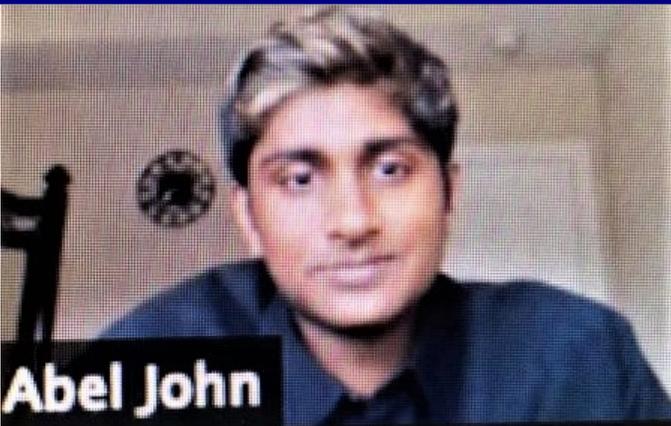
Eric Robbin

Check Presentations



Jess Stuart of the YMCA is presented a check for \$3,000 from Exchange Club of Sugar Land to serve the needs of the kids! He had wonderful words of appreciation!

Youth of the Year– Clements H.S.



It's still Youth of the Year season! Abel John is our Youth of the Year from Clements and was introduced by **Amy Mitchell**. His Counselor Demetria Howard and parents Saji and Reena Abel also attended. Abel is in the top 5% of his class and scored 1600 out of 1600 on his SAT! It's hard to beat that score! Some of his honors include National Merit Scholarship Program Finalist, 2nd place at State for UIL-6A Current Events Competition, National AP Scholar Award, Debate National Honor Society inductee & member (2017-2021), Science National Honor Society inductee & vice president (2018-2021), National Honor Society inductee & member (2019-2020), Academic Excellence Award (2017-2020), and was a member and President of the Sugar Land Mayor's Youth Advisory Council. Abel was a member of the National Speech and Debate Association and placed top 50 in the nation at the NSDA tournament. He is also a Scout in BSA Troop 731 and was awarded Eagle Scout just last month. His hobbies include Drone photography, running (was a Houston half-marathon participant 2018), trail biking, reading/watching science fiction, and following current events. Abel was presented with a very nice plaque and a check for \$500. Congratulations to Abel! Clements Youth of the Year 2020/2021.

(Taken from Paul Barnett's weekly Re-cap)