



Exchange Hotline

**Exchange Club of
Sugar Land Newsletter**
May 1st, 2022

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:
Jeff Dodson

Immediate Past President:
Paul Barnett

Board of Directors

Camille Edwards
Leslie Woods
Thad Olive
Juli Fournier
Cookie Joe
Colleen Migl
Suzanne Whatley
Bruce Smith

Spaghetti Chair 2022
Lori Bisewski

Webmaster:
Paul Barnett
www.ecsl.org

Newsletter Editor:
newsletter@ecsl.org



Dear Exchange Members,

April was a very busy month for our club as we worked hard to bring awareness to the need for child abuse prevention. This month we decorated the trees throughout the City of Sugar Land with blue ribbons. We also conducted a blue ribbon contest at the local elementary schools. Settlers Way Elementary won first place and received a check for \$800.00. Mission Glen (second place) and Lantern Lane (third prize) also did a great job decorating their schools and educating their students.

April also brought our first in-person Spaghetti Dinner in the last three years. The event was very well attended. It was nice to be able to share a meal with our supporters again. The funds generated will give us sufficient resources to meet the needs of our community for another year. It is impressive, and a testament to the quality of our members, that we were able to go through a pandemic while continuing to grow our membership and our fundraising. It is equally impressive that we were able to host a Spaghetti Dinner after a three-year hiatus that resulted in more funds being raised than our last live Spaghetti Dinner. This club is the best, and I am honored to be a part of it.

Serve with Honor. Rick!





First Place Winner for the 35th Annual Spaghetti Dinner Fundraiser Ms. Sharee Lehtomaki!

Front row L-R, Lori Bisewski, Sharee Lehtomaki, Suzanne Whatley, Thad Olive.
Second Row L-R, Camille Edwards, Doug Earle, Paul Barnett, Jeff Dodson, Carlos Perez.



Second Place Winner was Jon Lindgren standing with Exchange member Doug Earle!



Congratulations to our Winners!



SUGAR LAND, TEXAS 1987

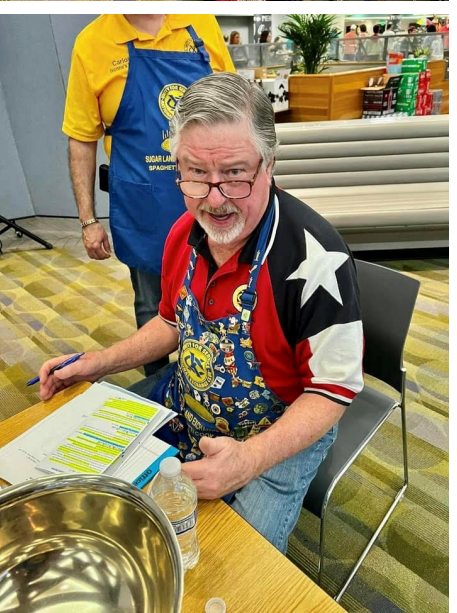
Our 35th Annual Spaghetti Dinner Fundraiser Event was a “Saucy” success!



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Speaker Series



Exchange Club always has “**Great**” speakers at our breakfast’s meetings. But when the talented **Vel Lewis** shows up and turns on the music it turns into quite a lively experience!

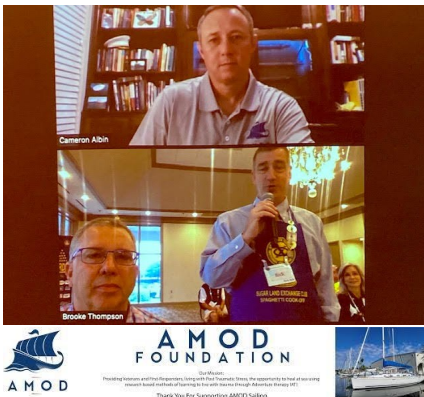
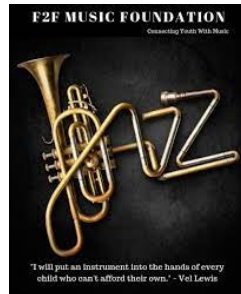
Vel Lewis, an international recording artist and professional Hammond organist, founded F2F (Faith 2 Form) Music Foundation to help disadvantaged students by utilizing the benefits of music to enrich their lives, and the lives of others in their family and community.



- F2F reduces the gap of academic performance between low-income and affluent students.
- F2F inspires music students through Jazz and its influence worldwide.
- F2F builds bridges between cultures, regardless of ethnicity, religion or age.
- F2F positively impacts and improves community engagement.

How F2F Works - F2F Music Foundation is a 501(c)(3) public charitable performing arts organization. With your donations, we will increase the low enrollment of disadvantaged students in music programs. Placing a brand new instrument into their hands supports their development in music from middle school to high school and beyond.

<https://www.f2fmusicfoundation.org/>



This week's speaker on April 20th was **Cameron Albin** from the **American Odyssey Sailing Foundation** introduced to us by Exchange members Brooke Thompson (bottom left) & (Rick Bell bottom right) .

We learned how the organization utilizes sailing to provide relief, assistance, and opportunities to veterans and active military service members and their families through sail training, coastal cruising excursions, and offshore sailing expeditions. Recently, the program was also opened up for first responders and their families.

It is not a coincidence that Homer's "Odyssey" is about a warrior and his experiences returning from war. Post Traumatic Stress (PTS) has played an influential role in societies from the beginning of time. Odysseus, was a warrior and a sailor. He spent ten years fighting beneath the walls of Troy before setting a course westward. It took him another ten years battling the sea and his own demons to return home alive before he could resume his role as a father and a husband.

This is a scenario with which many service members, veterans, and their families can identify. Service, deployments, and for some, combat can test our endurance and resolve, and it is not unusual for someone who has served to find that life at home is less familiar than life in the military. In some instances, returning home and reintegrating with civilian society can be as challenging, or more so, than service, deployment, or combat. More on their website at <https://www.amodsailing.org/>

YOUTH OF THE MONTH / KEMPNER HIGH SCHOOL!



Exchange member **Paul Barnett** presented our **Youth of the Month Ms. Mahima Aggarwal** at the April 13th breakfast meeting! Here is what Mahima had to say to us!

"I have been playing the double bass for 5½ years and am currently a member of the varsity chamber orchestra in my high school orchestra program.

I also enjoy traveling and photography. I have traveled to over 3 continents and 22 countries and have self-branded my photography passion under the name Photography Phenomenon. I mainly focus on travel, nature, landscape, and street photog-

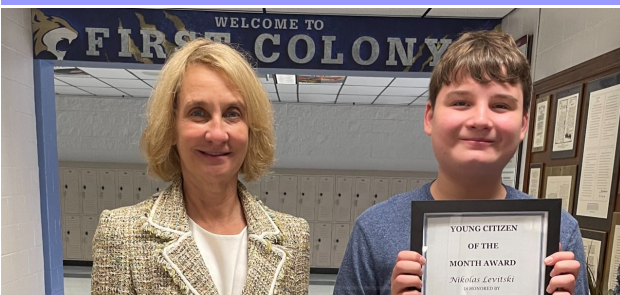
raphy; however, I am currently experimenting with portrait photography. I hope to open a photography business, as a small passion project, in the future!

I love learning new languages and practicing & utilizing my current language skills! Currently, I am fluent in English, Hindi, and Sanskrit! I am learning Korean and Japanese at the moment. I hope to use these language skills in my future travels and career opportunities! In my free time, I love to volunteer at my local food distribution center for the underprivileged as well as help out at my local Hindu temple.

Under the guidance of my father, I am learning programming and web development. I am currently learning HTML, CSS, JavaScript, & C.I am the Co-Founder of Helping Hopes Non-Profit Organization that is aimed at serving the community in any way possible! I find psychology fascinating hope to expand my knowledge in that area even more. I anticipate majoring in psychology or neuroscience in college!"

Mahima is a Chamber Orchestra Member, National Honor Society Member, Science National Honor Society Member, Philharmonic Orchestra Section Leader and Student Philanthropist ! She has received the Academic Excellence Awards 2019-2020. And there is more but too much to mention here!

YOUNG CITIZEN OF THE MONTH / FIRST COLONY MIDDLE SCHOOL



Our **Young Citizen of the Month** was **Nikola Levitski** standing with Exchange member **Juli Fournier**! Now there is a young man that "shines with pride in his face and expression! You can see he takes pride in what he has accomplished.

Nikolas enjoys learning about countries, cultures, and world history. He loves to travel and has been to many countries. He also enjoys the cuisine of many cultures and loves to cook. He is always kind, polite and helpful to fellow class mate and friends. He has been very active in church events and activities. He has helped raise money often for missions and children's programs for those in need. He has received awards for raising funds for BGMC. He has been on the Honor Roll numerous times in elementary and middle school. He was vote in as class president in 5th Grade. He can speak in Chinese, Russian, Greek, and German and continues to study Chinese weekly. He has been accepted into the Fort Bend International Global Studies Academy for High School.

Excellent Nicolas!



Birthdays, Anniversaries, Events

Happy Exchange Birthdays!



Alex Bermudez (4/1), Michael Pivarnik (4/6), Paul Barnett (4/7), Troy Nehls (4/7), Chanel Bermudez (4/14), Brian Fortman (4/14), Russ Braun (4/19), Brad Porter (4/27), Duyen Le (5/1).

Exchange Anniversaries!

Lisa Poynor 3/31/01 (21 yrs.), Chris Breaux 4/04/90 (32 yrs.), Darla Farmer 4/6/17 (5 yrs.), May & Jack Williams 4/9/90 (32 yrs.), Roy Cordes 4/11/91 (31 yrs.), Patrick Welsh 5/2/06 (16 yrs.).

Doug Earle told us to get ready for the first annual Patriot Concert that includes clubs from within our district. The concert will take place in Sugar Land Town Center on May 28.

We will have our Service to Seniors on May 6. It is a Country Western theme so make sure to dress the part. You will want to arrive on time because the **Cookie Joe** dance team will perform at 10:00 a.m. The event will be at Landmark Civic Center, 100 Louisiana Street, Stafford.

If you are interested in attending the Fort Bend Women's Center Healing and Hope Luncheon at the Sugar Land Marriott Town Square on **Wednesday May 11 from 11:30 a.m. until 1:00 p.m.**, **Vita Goodell** has agreed to seat Exchange members at the same table. The special guest is Aly Raisman, former team captain of the gold medal U.S. Olympic Women's Gymnastic Team. Aly will share her story of survival after suffering sexual abuse by her coach. <https://fbwc.org/news-events/sponsor-an-event.html>

Child Advocates Gala, Through the Looking Glass, will take place on May 7. Exchange Club of Sugar Land is the title sponsor. If you would like to attend the gala, please let me know so I may provide **Ruthanne Medford** with our list of attendees.

On May 11 we will not meet at the country club for breakfast. Instead, we will have our meeting at the James Reece Career and Technical Center where we will also install a new Freedom Shrine. The culinary school will be providing us with breakfast, and we are planning a lot of exciting events for that morning.

Cookie Joe modeled a denim jacket with tons of Exchange pins that was donated by Norma Reyna. **Greg Oelfke** announced we will auction it off soon.



Cookie is “Inspirational, Awesome, a Fighter for family”!



Pete Olson surprised Cookie Joe at breakfast with a cherished gift;



“A bracelet to remind me always of the support and love of The Sugar Land Exchange Club during the cancer crazy time in my life .

Thank you Pete. Love you!”

Cookie!

*“We love you Back **Cookie!**”
Exchange Family!*



Bob Dunham surprised us all and showed up for a breakfast meeting!

Bob, that was a surprise! Please come back again. We missed seeing you so much!

**Come
back!!!!**



Should I say,

“Get ready for our 36th Annual Spaghetti Dinner Fundraiser yet? Ha-ha! Well get ready then! Think about your **talents and **volunteer** for our biggest fundraiser of the year next year!”**

See you there in April 2023!