

Rotary Club of Arlington



Hubcap

The Official Weekly Publication of the Rotary Club of Arlington

November 5, 2020

In this edition: [Zoom meeting link](#), *Stability in Unstable Times*, *40 Futures*, and more...

40 Futures

By PDG, Peter Scott



I MISSED OUR ROTARY MEETING LAST WEEK. I really don't like missing our meetings because I miss our great programs, interacting with my good friends as well as keeping up on all of the super projects that our dynamic club takes on. But then, I missed our meeting last week because of a great project that our club has recently undertaken: the 40 Futures Program at the Dan Dipert Center.

Last month our club voted to co-fund with AISD the program that will deliver effective life skills sessions for Dan Dipert CTC Hospitality Services Students. The program covers personal discovery assessments and coaching, business presentation skills, financial literacy sessions and more. It will then track these students who will have learned the skills necessary to be successful in the workplace.

I attended a zoom session of those students last week that was facilitated by Dr. Nate Hearne (our club program a couple of weeks ago) and his wife Dr. Callie Hearne. This was the second session for the group and the Hearn's did a fantastic job of drawing out the characteristics of these underserved students that will help to make them successful in their future career. One focus was on life skills, and a portion of the session involved a personal competencies identifier for each student. Each participant took away valuable information about how to apply their particular skill set in the

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THIS WEEK AT ROTARY

Chief Don Crowson

"Arlington Fire Department"

COMING SOON

Nov. 12	Stephen Raeside , EVP, Development	Tarrant Area Food Bank
Nov. 19	Dr. Jason E. Shelton UTA, Assoc. Prof. Sociology	African American Studies

IT HAPPENED LAST THURSDAY

By Sally Hopper

PRESIDENT SUSIE MCALISTER CALLED OUR ZOOM MEETING TO ORDER AT 12:05 PM. Numerous guests were introduced and a visiting Rotarian. Joe Way read a Bible passage and led us in the prayer and pledge. "God Bless America" was beautifully sung by Walter Virden. Sal Capuli asked for volunteers for the prayer and pledge for November. All four weeks were filled. Vera McKissic offered a Membership Minute focusing on destroying the myths about Rotary. For those who tell you they just don't have time for Rotary, get them to a meeting and hopefully they will understand they can just jump in and enjoy the meetings! President Elect Kurt Bartley announced

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workforce.

I saw previously shy students who before might not have spoken in such a group light up after learning positive things about themselves, and how to use their skills. There was so much participation that the session went over time and students were forced to end it so they could get to their next class. They did leave, however much more uplifted and focused than when they entered the zoom.

These students are being coached to build a career rather than seek a series of jobs throughout their lifetimes. They will use these skills for the rest of their lives, benefiting them, their employers, their families, and others they come in contact with. You can be immensely proud that your Rotary Club is sponsoring such a unique and effective program. By the way, if you have not yet seen [Dr. Nate Hearn's program to our club, it is held in the cloud](#) for future viewing.

Peter Scott,

Past District Governor 5790



Click this image to learn more.

ZOOM LINK FOR OUR NEXT MEETING

Click This Link to Join Our Zoom Meeting

<https://us02web.zoom.us/j/88294278772?pwd=QytrelQ3bitINVFE2xKVFlaNjNtQT09>

Meeting ID: 882 9427 8772

Passcode: 1923

One tap mobile

+13462487799,,88294278772#,,,,,0#,,1923# US (Houston)

(Last Thursday, Continued from page 1)

that \$970 was raised for Polio Plus in the recent "Pedaling for Polio" event. Thank you Kurt for your hard work representing our Club! Clete McAlister announced that the City has given approval for a Veterans Day program for our city. Rotarian Col. Jim Quick will be the master of ceremonies. The program will be Nov. 11 on the City Facebook page livestream.

Randy Hendricks was presented with his first Paul Harris Fellow and Sally Hopper received a Paul Harris +2 award. Congratulations to both! Mia Russo presented Paul Strong with his Blue Badge for completing all tasks possible from the New Member program in the age of Covid. Welcome Paul to full Active membership in our club!

President Elect Kurt introduced our speaker, Jonathan Smith, LCSW from Texas Health Springwood Behavioral Health. He spoke on "Stability During Unstable Times." He said that awareness is a key factor. The struggle is real with all of the myriad of changes in our everyday life. Reduction of our activities and small things like no hugs and handshakes are difficult. And bigger things like virtual school and working remotely all add to chronic stress. The stress can become a major issue. Recognize this stress when you or someone else is not sleeping well, eating habits change, decrease in patience, fatigue and physical symptoms such as head aches appear. The simple day to day decisions are the things that overwhelm us. He suggested setting up a decision-making matrix. He recommended a value based matrix. Make sure the things we value most like self care, protecting family are in the matrix. Then filter every decision through your matrix. It makes you feel more in control. If your anxiety is high rely on family and friends to help reduce your stress. You may need to evaluate your daily schedule and not take on new stressful tasks. Delegate some of your tasks to others and most importantly know when to get help! If your attempts to reduce stress aren't working talk to a professional. If you see risky

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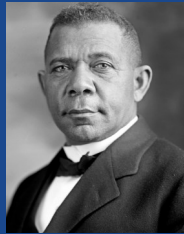
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If you want to lift yourself up, lift up someone else."

Booker T. Washington



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behaviors, neglect of important duties, or missing time at work are all signs you need to get help. Practice self-care. Know when it is time to make changes, delegate, take the day off or enjoy 10 minutes of relaxing music or a power nap. All are good! Invest in yourself to protect your own health and your family!

President Susie presented Mr. Smith with a book that will go to the Webb School Library. Since it is 2 days before Halloween, he received "Monet Painted a Monster." Kris Landrith presented us with a last laugh. Next week Chief Don Crowson, Arlington Fire Chief, will be our speaker. Our quote for the week is by Amelia Earhart, "The most difficult thing is the decision to act, the rest is just tenacity." After repeating the Four Way Test, President Susie rang the Bell and that was the end of another great Rotary meeting. 🍷

amazonsmile

**Here's How Amazon SMILE Purchases
Can Benefit the
ARLINGTON ROTARY FOUNDATION**

Shop Amazon Smile and designate Arlington Rotary Foundation as the beneficiary, then a portion of your purchase will go to our foundation. **Do this today**, so our foundation will benefit during the Christmas shopping season.

**NOVEMBER
is**

Rotary Foundation Month

MISS LAST WEEK'S MEETING?

The recording of last week's Zoom meeting can be viewed for a limited time by clicking [HERE](#).

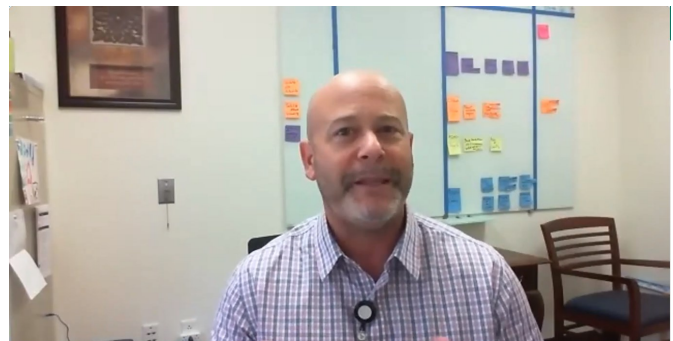
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**PAUL
HARRIS
FELLOW**



Randy Hendricks

Foundation Director, Sally, presents the Paul Harris pin to Randy. Congratulations, Randy!



**Jonathan Smith presented tips for achieving
"Stability During Unstable Times".**



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CONGRATULATIONS!

Rotarians celebrating their club anniversary of "Service Above Self."

Dave Davis	36 Years	Nov. 1, 1984
Veronica Rodriquez	1 Years	Nov. 1, 2018
Bob Matasso	48 Years	Nov. 2, 1972



President Susie presents Sally with her Paul Harris +2 pin in a sneaky way.

PAUL
HARRIS
FELLOW +2



Sally Hopper

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Great Links to Click

ArlingtonRotary.com
[Rotary Club of Arlington Facebook](#)
[Rotary District 5790](#)
[Rotary International](#)



BIRTHDAYS

Bob Cooke Birthday Fund
Nov. 1 – Nov. 7

Nov. 4 Don Duke

Nov. 6 Mike Jarrett

Our club has a tradition of writing birthday checks to the **Rotary Foundation** in the amount of the number years they are celebrating (or rounding it up a little higher if they chose). The gift sent to the **Rotary Foundation** goes into a pool that eventually funds our club grants and also earns you points toward your next Paul Harris pin. (Please note this is the **Rotary Foundation** not the Arlington Rotary Foundation. Thanks!)

BLUE
BADGE
PRESENTATION



Paul Strong receives his Blue Badge in minimal time.



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