



# THE HUB

The Rotary Club  
of Park Cities

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[www.parkcitiesrotary.org](http://www.parkcitiesrotary.org)

April 17, 2020

*Serving to Make a Difference Since 1948*

***Livestreaming on Facebook, 12:00*** [[www.Facebook.com/RotaryClubOfParkCities](https://www.Facebook.com/RotaryClubOfParkCities)]

## TODAY'S PROGRAM

*with thanks to Happy Franklin, Mark Neace and SyncLab Media*



## Brian Rudman, MD

## Covid-19: The past, present and future

A passionate doctor with over 20 years experience, Dr. Rudman has taken his experience with the medical and surgical problems that patients face into a new role that focuses on preventing illness and preserving wellness.

He has seen excellent doctors make incredible advances in treating diseases with surgery and medicine that were unimaginable 20 years ago; however, our environment continues to challenge our bodies making it more and more difficult for us to fight the negative effects of aging and our environment. Dr. Rudman has joined the growing fight with numerous other physicians to focus on balancing our western medical approach to disease with a heavy concentration on the preservation of wellness and the prevention of illness.

**During these unusual times and in deference to the members and speakers, RCPC will be operating from Mark Neace's studio, with limited persons present, or rebroadcasting some of the best past programs,**

The **Program** Committee is actively looking for speakers to join Richard at Mark's SyncLab Media studio (or filmed offsite) for our livestreamed Friday meetings. Contact **Jeff** at [jsheehan@sitelectiongroup.com](mailto:jsheehan@sitelectiongroup.com) with your suggestions with their contact info.

### TONIGHT (Thurs 4-16)! RCPC Online Happy Hour!

**5:00 PM - 7:00 PM (CDT)** BYO drinks and snacks!

Please join our meeting from your computer, tablet or smart-

phone. <https://global.gotomeeting.com/join/326287373>

Tell us about your business, how you're coping, what you do for fun! Invite friends, family, colleagues! They're all home!

### The RCPC Foundation in Action!

The RCPC Board just approved a RCPC Foundation grant for \$10,000 to the Dallas Salvation Army Adult Rehabilitation Center! The Salvation Army has seen increased need, but greatly reduced income from the closure of their Family Stores due to COVID-19. **You will be glad to know your donations are being put to good use NOW during this difficult time.**

## RCPC IN ACTION Opportunities for Service

President **Richard** reminds us that right now the most important thing we can do is to help by giving!.

### RCPC's Strategic Partners



#### The Salvation Army

The Salvation Army is faced with a cash shortfall due to the sales at their Family Stores, while the demand increases. To contribute go to the Dallas Salvation Army PayPal account at <https://www.paypal.com/us/fundraiser/charity/2288789>.

They are also in need of hand sanitizer and sanitizer wipes. Items can be dropped off at the drive thru donation site at 5554 Harry Hines Blvd. There is little or no contact here.



#### NTX Food Bank

The NTX Food Bank is seeing increased need. Go to [www.ntfb.org/donate](http://www.ntfb.org/donate) to donate. They need to buy additional food for those in need who have lost their jobs.

#### District 5810 Asks You To Donate Blood

Check the Red Cross website, [www.redcross.org](http://www.redcross.org) for the latest on their schedule and locations to donate.



#### Would you like to donate lunch on a Thursday for the dedicated staff at Agape Medical Clinic?

IF SO, please contact **Fred Brown** at [fred.brown.tx@gmail.com](mailto:fred.brown.tx@gmail.com) or call/text him at 214-908-7407. He will coordinate the date and order from one of their favorite nearby fast foods (Jimmie Johns, pizza or Jimmy's Food Store). There are currently about 10 medical staff working - so the average meal cost is around \$50.

**Don't Forget!** The **Agape Bon-ton Clinic project** continues! See page 3 for details on how to **donate!**



We encourage you to remember our friends at **Maggiano's Little Italy** at **NorthPark** for you next "To Go" order or gift card. We miss them and they miss us!

**A reminder - please continue to give to RI and our RCPC Foundations\***. You can do this online on our website [www.parkcitiesrotary.org](http://www.parkcitiesrotary.org) or mail your checks to Laurie at (cont. on pg. 3)



*Be a Vibrant and Visionary Model of Service Above and Beyond Self*

### LAST WEEK [Virtual Mtg, Apr. 3]

Presiding: **Richard Stanford**  
 Invocation: **Richard Stanford**  
 Pledge: **By video**  
 Streaming: **Mark Neace**  
 Speaker: **Jeff McKissack, President, Defense By Design**  
 Program: **Connecting Your Security To Your Health**

President **Richard Stanford** called this third "virtual" meeting to order, remarking that these are



strange times, but it is good to know that Rotarians are out there doing things for our community. Rotarians do what they do best when times are tough. He asked that we send prayer requests to him so that he can let the club know. PP **Bill Sleeper** has gotten a new catheter as he undergoes dialysis. **Bill** is at home and says he is doing well. President **Richard** then gave the invocation, asking for patience for the time ahead, the ability to grow, learn, read, to interact even if remotely, to have the ability to grow even if we are in isolation; gave thanks for technology which allows us to communicate; remembered those who are sick, the families of those who have died, and those who are overwhelmed by financial problems; and the ability to keep the faith. Then "The Star Spangled Banner" played.

President **Richard** said that he had several of news items.

- Our Food Truck was at Fair Park yesterday [April 2], with 6,300 meals to serve out of it. We have taken off the volunteer link from the website. The North Texas Food Bank is doing this with people who have been laid off from the restaurant industry, and we want them to be able to have the jobs.
- What all of our non-profits need is money.
- Meals on Wheels continues. We have calling amongst our members, but giving is really important.

### Please remember ...

Email your prayer requests to **Richard Stanford** so they can be shared in the Friday virtual meeting.  
 Please let us know your joys and concerns

- The RCPC Foundation is going to do something for the Salvation Army; but your giving to the Salvation Army would be fabulous. With shelter-in-place, 98% of their income evaporated from their family stores. They are a strategic partner that really needs our support; there is a link on our website to donate to the Salvation Army.
- There is another way to give - to give blood. Check the American Red Cross's website for times to give blood.
- Our District has just made a substantial grant to Parkland Hospital for beds, which is what they had asked for.
- Maggiano's is such a great place and contributes meals to Ronald McDonald House and Fisher House. Please support them; order take out or buy a gift card for someone.
- Agape Clinic is open, providing medical care to those who need it. We are going to figure out a way to support the Agape staff, so more to come on that.
- Besides our calling team, headed by PP **Fred Brown**, we began what we hope to be a weekly virtual social hour where we just get together and hang out. VP **Happy Franklin** is host for that.
- **However, for us right now the most important thing we can do is giving.**

Our speaker today is Jeff McKissack, president of Defense By Design. Jeff is an amazing guy, who helps us spot trouble and get around it. He has spoken to many Rotary Clubs and other organizations around town. Jeff began by saying that for thirty-three years he has been teaching people how to spot trouble before trouble spots them. What we are going to talk about is a little bit of a departure, but there is an amazing (cont. on pg. 3)



### Our Mission

Building a legacy of good works and fellowship, we strive to:  
 REACH those in need in partnership with others  
 INSPIRE tomorrow's leaders with high ethical standards  
 FOSTER lives of service above self  
 – A supporting member of Rotary International

**The Hub** is the weekly newsletter of the Rotary Club of Park Cities (Dallas)  
 Betty Dawson, *Editor*

### Shutterbug Committee

Phillip Bankhead, *Chair*

### Bulletin/Internet Advertising

Mark Kashar, *Chair*



### OFFICERS and DIRECTORS 2019-2020

**Richard Stanford, President**  
**Barb Jeffries, President Elect**  
**Happy Franklin, Vice President**  
**Valerie Pelan, Secretary**  
**Scott McLaughlin, Treasurer**  
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 RC of Decatur, AL  
 President, Rotary International  
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**Beverly Grogan,**  
 Grand Prairie Metro  
 Governor, District 5810  
 www.rotary5810.org



### EVENTS CALENDAR

April						
S	M	T	W	Th	F	S
			M	M	Virtual Mtg	
5	M	M	M	M	Virtual Mtg	
12	M	M	M	M	Virtual Mtg	
19	M	M	M	M	Virtual Mtg	
26	M	M				

### Get Involved!

A=Agape Health Service Days  
 BD = Board of Dirs. Mtg, 7am  
 LaMadeleine, 75 & Mockingbird  
 Cn = PCR Connect Event  
 CP = ChildsPlay Work Mtg  
 CC = Core Clubs Event  
 D = District 5810 Event  
 DH = Dentistry with a Heart  
 FR = Family of Rotary Event  
 F = Fellowship Event  
 FF = RCPC Foundation Fund Mtg. See Ed Fjordbak  
 FH = Fisher House. See Doug M  
 In-Interact Special Project

In-Interact at Hillcrest H.S., 8 am. See Tracy Gomes  
 LL- Legacy of Leadership  
 M = Meals on Wheels (Different teams on each day)  
 See Jim Weichel  
 Mn-Mentoring at Hillcrest HS  
 Mc = Ronald McDonald House-See Jina McDaniel  
 NM = New Member Event  
 FT=NTFB Truck-Stan Wright  
 FB-NTFB Event  
 Pr = Program Committee Mtg  
 RU = Rotary University  
 SpE = Special Service Event

## UPCOMING PROGRAMS Programs are subject to change!



**April 24** **Caroline Law, Chief Advancement Officer**  
**Trinity Park Conservancy**

**May 1** **TBA**

**May 8** **TBA**

**May 15** **John DeFillipo, Director of the Wetlands Center**  
**Water, Wetlands, and Wildlife at the**  
**John Bunker Sands Wetland Center**

## ROTARY CONNECTED



<http://bit.ly/RCPCfacebook>



<http://bit.ly/RCPC/linkedin>



<http://bit.ly/RCPCtwitter>  
#parkcitiesrotary



<http://bit.ly/RCPCyoutube>



<http://bit.ly/RCPCgoogleplus>



RCPC has its own channel.

**Miss a Meeting? Watch it on Facebook!**

**Connect with Rotary International**  
**and District 5810!**



RI: [www.linkedin.com/groups?gid=858557&trk=hb\\_side\\_g](http://www.linkedin.com/groups?gid=858557&trk=hb_side_g)



RI: <http://twitter.com/#!/rotary>



RI: [www.facebook.com/rotary](http://www.facebook.com/rotary)



Dist. 5810: [www.facebook.com/Rotary District5810](http://www.facebook.com/Rotary-District5810)



RI has its own channel on YouTube offering a growing collection of videos and psas.



Check out or add to RI's Flickr group often, [www.flickr.com/groups/familyofrotary/](http://www.flickr.com/groups/familyofrotary/)



<http://pinterest.com/rotary/>



RI has Pinboards on major projects.  
[www.statigr.am/rotaryinternational](http://www.statigr.am/rotaryinternational)  
See RI's latest pictures via Instagram.

## CLUB ANNOUNCEMENTS Sign up at [www.parkcitiesrotary.org](http://www.parkcitiesrotary.org)

**Thursday RCPC Socials, 5:00-7:00pm**, on GoToMeeting, hosted by Happy Franklin. See more details on page 1.

**Idea for a Speaker for a Virtual Meeting?** Contact Jeff Sheehan with details

**RI Foundation:** \$100 (or more) Every Rotarian Every Year! See Greg Page.

**RCPC Foundation:** \$100 (or more). See Birthdays below, then Cindy Cummings.

**Attendance Rule Change** For those wanting to maintain **Perfect Attendance, make-ups may now be completed within a year.**

The Rule of 85. Attendance requirements change for those who are at least 65 years of age and who have been a member of a Rotary club for twenty years.



**Like Us!** <https://www.facebook.com/pages/Rotary-Club-of-Park-Cities/115439238516325>

The **Directory** is on line: Log in > Click on left side under My ClubRunner > View Club Directory or View Club Photo Directory. Other archives are at Club Documents

## FAMILY OF ROTARY

**Hunkerin' Down?**



**Stuck at Home?**



**Just Plain Bored?**



**Our Speaker on March 20 recommended a variety of books on Leadership. Read one!**

- *Call Sign Chaos* by Marine General (Retired) Jim Mattis
- *Leadership Strategy and Tactics: Field Manual* by Jocko Willink
- *Eleven Rings* by the great basketball coach Phil Jackson
- *Creativity Inc.* by Ed Catmull, a great book on creativity
- *Wolfpack* by Abby Wambach,
- *Extreme Ownership*, the earlier book by Jocko Willink
- *The Black Swan* by Nassim Nicholas Taleb
- *The Culture Code* by Daniel Coyle, a great book on team building
- *The Five Dysfunctions of a Team* by Patrick Lencioni, a classic
- *Get There Early* by Bob Johnson of the Institute for the Future
- *Drive* by Daniel Pink, on motivation
- *Mastering the Rockefeller Habits* by Verne Harnish, about scaling up

(*'Foundations' continued*) the office.

**\*Note - donations made to the RCPC Foundation will go to the Agape Bonton Clinic fund, unless otherwise designated.**

[RCPC members have been calling and checking on other club members during the past few weeks of the shelter at home mandate. Rotarians caring for Rotarians!](#)

**Do You**

• **Need a Hand?**



• **Need a Ride? Need an Errand?**



**Can You**

• **Lend a Hand?**



• **Give a Ride? Run an Errand?**



Contact **Fred Brown** at [fred.brown.tx@gmail.com](mailto:fred.brown.tx@gmail.com) or call/text him at 214-908-7407

No member is too young or too old to receive phone calls. If you are "home bound" for health or transportation issues or just do not want to venture out, we need to hear from you. Please provide your name, number, address, what you need or how you can help.

*We gratefully acknowledge*

**ASTRO-GRAPHICS**

*for the partial funding of The Hub*

## Contribute: Agape Bonton Clinic This project continues

- **Donate Online Using a Credit or Debit Card** Go to our Giving Page: <https://portal.cftexas.org/AgapeBontonClinic>. Once completed, you will receive a confirmation you can use for tax purposes.
- **Make out a check to: The Communities Foundation of Texas** with the following in the notes section: **RCPC Agape Bonton Clinic Fund #06272** and give it to our Sgt at Arms, **Cindy Cummings** or either Project Chair, **Ley Waggoner** or **Pam Carvey**.
- **Mail a check made out to: The Communities Foundation of Texas** with the following in the notes section: **Agape Bonton Clinic Fund #06272**
  - to the Rotary Club of Park 6704 Snider Plaza, Dallas, TX 75205, or
  - to the Communities Foundation of Texas, 5500 Caruth Haven Lane, Dallas, 75225





### THOUGHTS ON . . .

#### COVID-19

I would never have thought a mutant flu virus could crash the global stock markets. ~ **Steven Magee**

If you are blessed with your health in these times, then embrace the feelings that you are faced with, try to deal with them for there is a blessing in every tragedy, and we must find it in order to endure.

~ **Aysa Taryam**

COVID-19 enabled people to go to the bank looking like robbers.

~ **Anonymous**

Prediction: There will be a minor baby boom in nine months, and then one day in 2033, we shall witness the rise of the Quaranteens.

~ **Unknown**

Don't be a "covidiot." ~ **Unknown**

We learn more in crisis than in comfort.

~ **Abhijit Naskar**

This Easter stay at home and invite God in to meet your family and make Him feel welcomed.

~ **Anthony T. Hicks**

### HE WHO LAUGHS, LASTS \*



#### \* Go ahead and laugh, even during a pandemic from Texas Medical Center News

"There's nothing funny about a global pandemic. But go ahead and laugh, if you can. A sense of humor is something none of us can afford to lose—especially now that the world has been turned upside down.

"When we laugh, we relax our muscles," said John M. Bouras, M.D., a staff psychiatrist at The Menninger Clinic, a Houston psychiatric hospital. "Our blood vessels enlarge, which helps relieve the cardiovascular system. Laughter also helps reduce negative stress hormones, like cortisol, and it helps with releasing endorphins, so pain tolerance is better."

"Perhaps most important, laughter boosts the immune system by increasing the production of immune cells, he said. 'There's a 15-year

amount of relevance between his normal message and the situation we are in today. So often we think of safety being very one dimensional; we think in terms of our physical safety. That is what I have been teaching. Yet as I have been making posts over the last three weeks, I began to look at my own posts and noticed that all of these things pertain to the condition we are in right now. So, I am going to take these three mantras I have been using over many years to insure your physical safety and show you how those principles can now apply to your health safety, as well. One of the very first phrases that I have used so many times is, "there are no such things as safe or unsafe places, only safe or unsafe people." Too often we have this false sense of security based upon where we are. A few years ago a lady was assaulted at the grocery store in the Preston Hollow area, and her wedding ring was stolen. So many people commented on how something like that could happen "here, where "we" live. There is no such thing as a force field around where you live. It's not about the place; it's about the people. When we are looking at our health, that is the

message that is being conveyed by our leaders today. All of these places we used normally to go, with a sense of safety, at least where your health is concerned. Certainly, you weren't afraid of touching surfaces; you weren't afraid of breathing in air. So the normal places that we would go to eat and shop and have fun - it's not about the place. You could still walk into those buildings, and you would be fine until another person comes into the equation. The more people you put in the place begins to raise the risk. This is something you can teach your children, as well.

The next mantra is, "it's not about where you live; it's where you live your life." Where our safety is concerned, using the same kind of mantra, it's not about the people who are there, but about the people who have been there. We have one message from the CDC saying we don't need to wear masks, and now there is one saying that maybe we do need masks, but it is still about when you leave where you live to go out and live your life, as you interact with people. The rule and principle that would be applied to your physical safety, applies to your health safety

The third mantra is what our parents and grandparents said over the years. I have to remind people that an unknown person is an unpredictable person by definition. Our parents and grandparents said, "it's what you don't know that can hurt you." Normally, when I am talking about that principle to people, it's all about, do not engage in rage. We have already seen in our media people having knock down, drag outs over toilet paper. There is another product that has increased in sales, guns and ammunition. You have people who are stressed out, who are worried, who are trying to figure out how to make ends meet. Desperate people can sometimes move into desperate action. This is not the time to confront someone you don't know. Who's to say, depending on what frame of mind they're in, that they may not follow you out onto the parking lot or even beyond. It's all about the person; you do not know what is going on in their head. You do not know how an unknown person will respond to today's health situation. Just because the person does not seem to be sick doesn't mean they cannot be a carrier. We know that many people who have been infected have no symptoms whatsoever. In those situations, you don't know who can potentially transmit the virus to you. Does that mean you live in a world of paranoia? No, not any more than you would about physical safety. You can walk into situations with your eyes wide open. See this talk on RCPC's Facebook



study that showed decreased mortality rates on infection-related illnesses when people laugh more" said Bouras, citing the 2016 Nord-Trøndelag Health Study, which gathered data from more than 53,500 participants in Norway and found that a sense of humor was a "health-protecting cognitive coping resource."

More at [www.tmc.edu/news/2020/04/go-ahead-and-laugh-even-during-a-pandemic](http://www.tmc.edu/news/2020/04/go-ahead-and-laugh-even-during-a-pandemic)