



THE HUB

The Rotary Club
of Park Cities

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Serving to Make a Difference Since 1948

TODAY'S PROGRAM

Program Chairs of the Day: Richard Stanford



Paul Chafetz, Clinical Psychologist, Author Loving Difficult Older Relatives

Dr. Paul Chafetz is a psychologist, author, educator and speaker from Dallas.

Dr. Chafetz earned his Bachelor's degree in psychology at Brown University, and his PhD in Clinical and Health Psychology at the University of Florida. He completed his Clinical Psychology internship at Duke University Medical Center, and a two-year post-doctoral fellowship at T.R.I.M.S. (Texas Research Institute of Mental Sciences) in the Houston Medical Center.

Dr. Chafetz opened his private practice of clinical psychology when he arrived in Dallas in 1982. It was part-time until 2003 and has been full time since then. Along the way, he also taught psychology at Texas Woman's University for two years and at The University of Texas Southwestern Medical Center in Dallas as an associate professor for nineteen years.

He has served as president of the Dallas Psychological Association. His popular Blog became a video blog (or Vlog) in January, 2018, and can be

found on YouTube or his website, PaulKChafetz.com.

Dr. Chafetz's practice focuses on adult transitions, including:

- Psychotherapy for Adults
- Mental Readiness for Life After Work
- Mental Capacity to Sign a New Will
- Loving Difficult Relatives

His book, *Loving Hard-To-Love Parents: A Handbook for Adult Children of Difficult Older Parents* was published in 2017, and has been widely praised.

ROTARY INTERNATIONAL

Rotary Establishes Peace Center at Makerere University

Inaugural 2021 class will focus on shaping peace and development in Africa from Rotary Weekly, January 17, 2020

KAMPALA, Uganda (9 January 2020)

Rotary and Makerere University are offering a postgraduate certificate program to peace and development leaders who are from or who have worked in Africa to address the underlying challenges to peace in the region.

The year-long program in Peacebuilding, Conflict Transformation and Development will emphasize issues and solutions that are of particular relevance throughout the African continent and beyond. Hands-on experience and coursework will address topics including human rights, governance, and the role of the media in conflict. Other studies will focus on refugees and migration, as well as

resource and identity-based conflicts.

The program will incorporate the Positive Peace framework pioneered by the Institute for Economics and Peace and will apply concepts grounded in mediation and negotiation, African philosophy, and indigenous mechanisms for conflict resolution. "For centuries, we have looked at peace as the absence of violence, without fully considering the other drivers in play," said Olayinka Babalola, VP, RI Board of Directors. "Instead of merely examining the causes of war, Rotary Peace Fellows at Makerere University will explore the underpinnings of peace to achieve tangible measures of human well-being and progress."



RCPC IN ACTION

Contribute to Agape Clinic @ Bonton

By Credit Card:

<https://portal.cftexas.org/rcpcagapebontonproject>

By Check to The Agape Bonton Clinic Fund at CFT

New Service Opportunity from Ruth Alhilali Readers2Leaders

Becoming a reading "Buddy" with Readers2Leaders will give you the opportunity to help reduce the 62 percent of third graders in Dallas county who are not reading on grade level. Low income children who are not reading on grade level by third grade are six times less likely to graduate from high school than their peers and experience the dismal outcomes that follow.

The commitment is thirty minutes per week until the end of the Spring semester. See what's involved and how you can make a very meaningful impact on a child's future. See **Ruth Alhilali**



2020 Parade News! from Sarah Oliai

The winner for the 2020 Parade Theme is **"Stars, Stripes and Service."**



Thank You for your support of Fisher House!

★ **Maggianos**

★ **Tupinamba's**

★ **Baker's Ribs**

Mexican Cafe

Please support these restaurants!

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

LAST WEEK

Presiding: **Richard Stanford**
 Invocation: **Kita Hobbs**
 Pledge: **Rick Amsberry**
 Chair of the Day: **Ley Waggoner**, and
Pam Carvey
 Speakers: **Matthew Trogdon** and
Stephen White from Bonton Farms, Stephanie Bohan, Exec. Dir. of Agape Clinic, PPs Ley Waggoner and Pam Carvey
 Program: **Agape Clinic @ Bonton Farms Project**

President **Richard Stanford** is back and called the meeting to order. **Kita Hobbs** gave the invocation. PP **Rick Amsberry** led the Pledge of Allegiance and "The Star Spangled Banner." Our visitors and guests were introduced. VP **Happy Franklin** introduced our Marketplace Advertiser of the Week. She then reminded us of PCR Connect breakfast on February 13 at Flying Fish. **Sarah Oliai** reported that the winning vote for the theme of the Fourth of July parade was "Stars, Stripes and Service."

Stan Wright highlighted the six Humanitarian Outreach Committees saying the members are Unsung Heroes. **Jim Weichel** is the Chair of the Meals on Wheels Committee; the volunteers on this committee deliver meals on two routes four days every week. **Michael Rainwater** chairs Dentistry with a Heart, which held their ninth annual clinic in October when they treated thirty-eight patients. PP **Doug Means** is chair of the Fisher House Committee which serves dinner once or twice a month to the families of veterans being seen at the VA Hospital. **Jina McDaniel** is chair of the Ronald McDonald House Committee, which serves dinner once a month to families who have children being treated at Children's Medical Center or Scottish Rite Hospital. **Stan Wright** is the chair of the Mobile Food Pantry Committee, which is manned by RCPC members once a month. President **Richard** awarded **Rob Levy** his Blue Badge.

PPs **Ley Waggoner** and **Pam Carvey** began the program by saying that the RCPC

Please remember ...

Please let us know your Joys or Concerns at- announcements@parkcitiesrotary.org

Foundation had been working on this project for about a year. The club has had large projects in the past: the Courtyard at Hillcrest H.S., the Centennial Project of an accessible playground at Bachman Lake, and in 2015 the Mobile Food Pantry for the North Texas Food Bank. In 2018 the RCPC Foundation gave grants of \$5,000 to Bonton Farms and of \$7,200 to Agape Clinic.

They then introduced Matthew Trogdon and Steven White from Bonton Farms. Matthew began by explaining that it is called Bonton Farms because they grow and cultivate people who, like plants, need the right environment to become what they could be. They need safe and affordable housing, education, jobs and job skills to flourish. So far they have created about thirty-five jobs, but the families also need to learn financial literacy and how to budget. Bonton is a food desert; there is no grocery store within three miles. They are now cultivating forty-two acres, so the residents have access to fresh food. Stephen explained that Bonton is six miles from Downtown Dallas near a levy of the Trinity River. There is inequity in healthcare in South Dallas. Bonton has grown tremendously; it's budget is ten times what it was, but they still have little access to healthcare, which is vital to a community.

Stephanie Bohan, the Executive Director of Agape Clinic spoke next. She explained that Agape Clinic provides healthcare to the indigent and to the working poor or to those with insurance whose deductibles are so high that they cannot use it. Last year they saw approximately 18,000 patients and provided about \$9 million in healthcare, with a budget of about \$1 million. She said that at Agape Clinic if someone asks you for help, you help them. RCPC were some of the first people to give them a grant. Then Dentistry with a Heart has provided services there, and the Mobile Food Pantry disperses food to families there. When she heard a previous program on Bonton Farms, she offered

(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)
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Shutterbug Committee
 Phillip Bankhead, *Chair*

Bulletin/Internet Advertising
 Mark Kashar, *Chair*



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www.rotary5810.org



EVENTS CALENDAR

February						
S	M	T	W	Th	F	S
F 2	M	M	M	M In	Mtg	
9	M	M	M	M In	Mtg	
16	M	M	M	M In	Mtg	
23	M	M	M	M In	Mtg	

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



Feb. 14 Dale Hansen, Sports Anchor, WFAA Channel 8



Feb. 21 TBA



Feb. 28 Cal Jillson, SMU Professor in Political Science 2020 Elections



March 6 Clark Hunt, Chairman of the Hunt Sports Group FC Dallas

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



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



RI: www.facebook.com/rotary

Dist. 5810: [www.facebook.com/Rotary District5810](http://www.facebook.com/RotaryDistrict5810).



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://pinterest.com/rotary/>

RI has Pinboards on major projects.



www.statigr.am/rotaryinternational

See RI's latest pictures via Instagram.

CLUB ANNOUNCEMENTS *Sign up at www.parkcitiesrotary.org*

Ronald McDonald House, Mon, Jan 20, 4:30-7:00pm, at 4707 Bengal, Dallas 75235. Prepare and serve dinner to the children and families at RMcDH.

Fisher House, Thur, Jan 23, Prepare and serve dinner to families of Vets at VA

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

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

THOUGHTS ON ... MEETING NOTES (continued)

Patience

You must have a lot of patience to learn to have patience.

~ **Stanislaw J. Lec**

There are two cardinal sins from which all others spring: Impatience and Laziness.

~ **Franz Kafka**

Patience has its limits. Take it too far, and it's cowardice.

~ **George Jackson**

A handful of patience is worth more than a bushel of brains.

~ **Dutch Proverb**

Our patience will achieve more

than our force. ~ **Edmund Burke**

It is very strange that the years teach us patience – that the shorter our time, the greater our capacity for waiting.

~ **Elizabeth Taylor**

Patience is the best remedy for every trouble.

~ **Titus Plautus**

Patience is the companion of wisdom.

~ **Saint Augustine**

Have courage for the great sorrows of life and patience for the small ones; and when you have laboriously accomplished your daily tasks, go to sleep in peace. God is awake

~ **Victor Hugo**

care to those who live there. So, they have been trying to bus people to the clinic, but they know that if you are in the community, you deepen the relationship. They need to be able to meet the needs of the community. They want to stop treating disease and start keeping people well.

PP **Ley Waggoner** introduced the new project to meet the medical needs of the community, to build a clinic at Bonton Farms. Habitat for Humanity has donated the land, and

HE WHO LAUGHS, LASTS

The doctor who had been seeing an 80-year old woman for most of her life finally retired. At her next checkup, the new doctor asked her to bring a list of all of her medicines. As the young doctor looked through these, his eyes grew wide. "Mrs. Smith, do you realize these are birth control pills?" "Yes, they help me sleep at night." "I assure you there is nothing here that could help you sleep." "Yes, dear," she said, patting the doctor's knee, "Every morning I grind one up and put it in my 16-year old granddaughter's orange juice. I sleep much better."

We gratefully acknowledge

ASTRO-GRAPHICS

for the partial funding of The Hub

Bonton will build the building. RCPC will raise \$150,000 to provide the furniture, fixtures and equipment for the clinic and to fund the first year of operation. Initially it will be staffed with volunteers, but then they will add paid staff. Ongoing upkeep is not included, just the medical needs. Already, \$70,000 has been raised: the Communities Foundation of Texas has pledged \$50,000 over three years, \$10,000 dollars has been contributed by the Roach Howard Smith & Barton Foundation which is chaired by PP **Karen Farris**, \$5,000 has been contributed by President **Richard** and \$5,000 has been contributed by District 5810. The club's history of major projects is stellar; there are extraordinary benefactors in the club and members with extraordinary connections. If any members have connections to a Foundation, RCPC has a powerpoint presentation to use or a member will make the presentation.

Happy Birthday*

Phillip Bankhead 2.11

Michael Wald 2.11

Matk Neace 2.12

*You are our RCPC Foundation Founders for this week

