



THE HUB

The Rotary Club
of Park Cities

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www.parkcitiesrotary.org

January 31, 2020

Serving to Make a Difference Since 1948

TODAY'S PROGRAM

Program Chairs of the Day: Ley Waggoner and Pam Carvey



Daron Babcock, Exec. Dir. of Bonton Farms



Stephanie Bohan, Exec. Dir. of Agape Clinic

Agape Clinic @ Bonton Farms Project

The **Bonton Community** is a historically African American neighborhood that was developed pre-World War II. Disadvantaged from the start, it was built along the Trinity River flood-plain with a commercial rail line running through it.

- 63% of residents lack personal transportation and the nearest grocery store is a 3-hour round-trip bus ride away.
- An area where, "cardio-vascular disease rate is 54% higher than that of the city of Dallas. Diabetes is 45% higher. Stroke 61% higher. Cancer 58% higher.
- Men live an average of 11 years less than men in Dallas County
- 44% of the residents are below the poverty line / 95% are single parent households
- 70% of the men over 25 years old will go to prison
- 80% of the children are born to unwed mothers

Daron Babcock left his job in Corporate America because he was compelled to make a real difference in the lives of others. A self-described urban missionary, he believed that a small urban farm can transform a community - even a community where 85% of men have been to prison, poverty is rampant and jobs are scarce. Bonton is also a "Food Desert", where access to healthy foods is nonexistent. Bonton is a neighborhood that has not had access to fresh food for over 50 years.

www.bontonfarms.org

On August 19th, 1983, the **Agape Clinic** was born in the basement of the Grace United Methodist Church in a room the size of a large closet. Dr. Barbara Baxter founded the first independently funded charity medical clinic serving the poor. Over the years the Clinic purchased its own building and expanded services. For every \$1 spent to provide services, \$8 of care is returned to the community. This is all possible because of dedicated volunteers and collaborations with medical and dental schools and advanced nursing programs.

In addition to basic primary medical care, the clinic offers the following specialty services: women's health, neurology, pediatrics, orthopedics, dermatology, asthma and allergy, ophthalmology, and limited counseling services.

In one day of providing medical care to Bonton patients the Agape Clinic saw the following:

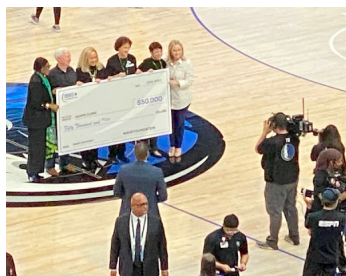
- 100% had chronic diseases
- Five women reported that it had been over 10 years since their last pap smear, and one of the five had a visible mass
- 64% were obese
- 14% had an initial critical lab result
- All patients seen needed follow up care to treat their medical conditions.

www.theagapeclinic.org

FAMILY OF ROTARY

Agape Named a Mavs Charity from Karen Farris

Agape was selected as one of the Mavericks Foundation's 2019-2020 Charities. The check presentation was January 10 at the Mavs - Lakers Game at half-time. This check was not for our project - but to Agape in general.



(left to right) Cynthia Marshall, Dallas Mavericks CEO
Fred Brown, Karen Farris - Co Board Chairs, Agape Clinic
Dr. Bobbie Baxter, Founder, Agape Clinic
Stephanie Bohan - Executive Director of Agape Clinic
Katie Edwards - Dallas Mavericks Foundation Director

RCPC IN ACTION

RCPC Fourth of July Parade from Cleve Clinton

We need your Nominee(s)!

If you kindly provided nominees last year, they will remain nominees for three years. Yet, we are happy for you to send us their names again. Parade Chair Sarah Oliai opened nominations for **Grand Marshal of the 2020 Rotary Club of Park Cities Fourth of July Parade**. and asked me to assist in the selection process. **By the end of February please send your nominees to Cleve Clinton.**

RCPC Super Bowl LIV Party!!!

Sunday, February 2nd, 5:15 to 9:00 pm
Ozona Bar and Grill, 4615 Greenville

Enjoy Football, Prizes and Fellowship. Bring Guests!
RSVP on the RCPC website!



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

LAST WEEK

Presiding: VP **Happy Franklin**
 Invocation: PP **Cleve Clinton**
 Pledge: **Cindy Cummings**
 Photographer: **Catherine Anderson**
 Chair of the Day: **Dennis Harrison**
 Speaker: **Frank Lloyd**,
 Program: **From Employee to Retiree: Transition Journey**



VP **Happy Franklin** called the meeting to order while President **Richard** is in the Holy Lands and PE **Barb Jeffries** is in New York. **Cleve Clinton** gave the invocation. **Cindy Cummings** led the Pledge of Allegiance and "The Star Spangled Banner." Our visitors and guests were introduced.

Mary McMahon introduced our Marketplace advertiser of the week, **Lynn Surls**, Board Chairman and CEO of Oldham Lumber, a ninety-nine year old lumbar company whose best year was 2018. **Cindy Cummings** updated us on the RCPC Foundation and reminded those who have birthdays in January that it is their month to make their "voluntary" contributions, although contributions are welcome



from any member any time. **Herb Ziev** introduced our new member **Michael Wald**. **Jill Jordan** introduced our new member **Tammy Cowser**.

PP **Cleve Clinton** updated Legacy of Leadership. He said that the idea started when a group of members wondered what RCPC could do that was different. They started with a cohort of fifteen to sixteen members who met once a month at seven in the morning to hear speakers from outside of Rotary. Participation is becoming a prerequisite for leadership in the club. They want to spread the idea across the state.



Ruth Alhilali explained the Readers to Leaders Program. It requires only thirty minutes a week,

Please remember ...

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

and is at several DISD schools. VP **Happy Franklin** announced the Super Bowl Party on Sunday, Feb. 2 at Ozona on Greenville.

Dennis Harrison introduced our speaker today, Frank Lloyd, who spoke on the transitional journey from employee to retiree. He began by joking that "retirement is like six days of Saturdays and then the big paper comes." He said the first four months of his retirement he took long morning walks, he read the paper, he finished books and traveled, but he didn't know what day it was. After four months he realized he needed a new focus; it was hard to give up making a difference. He needed new opportunities for learning. He said his father was forced to retire at sixty-two, which made him angry; he searched for new activities. He wanted to find a process of constructive transition. Retirement is not an employment transition, but a life transition. He realized he had to answer seven questions: how to stay professionally active, how to become active and contribute to the community, how to cultivate his faith, how to stay healthy and active, how to continue to travel and to stay in touch with distant family, how to cultivate creativity, and how to be a better friend. He turned to his network for ideas, but they all said the same four things: they should have retired sooner, they had no trouble staying busy, they recommended to take your time and to choose wisely what you chose to do. He said that retirement is too narrow a term; it is more like "elderhood," analogous to "childhood" and "adulthood." He described the first phase of retirement as "ending," when you delegate more of your work and are less interested in your usual daily work activities. The next is when you disengage from your previous employer and have less communication with those you worked with. The next is dealing with time; you disengage from your work calendar, and decide what to plan in the short term, but also make (cont. on page 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*



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6704 Snider Plaza, Dallas, TX 75205

Office Phone: 214-739-4170

Office Fax: 214/363-6980

Email: club@parkcitiesrotary.org

www.parkcitiesrotary.org



Mark Daniel Maloney
 RC of Decatur, AL

President, Rotary International

www.rotary.org

Beverly Grogan,

Grand Prairie Metro

Governor, District 5810

www.rotary5810.org



EVENTS CALENDAR

February						
S	M	T	W	Th	F	S
						D
F 2	M	M	M VV	M In	Mtg	
9	M	M	M	M In	Mtg	
16	M Mc	M	M BD	M	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 Rob E
 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. 7 Paul Chafetz, Clinical Psychologist/ Author
Loving Difficult Older Relatives



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



Feb. 21 TBA



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

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

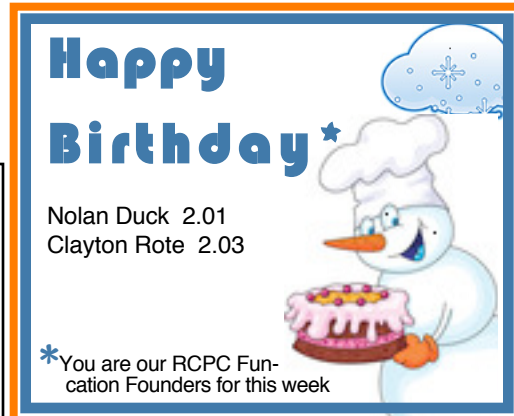
See RI's latest pictures via Instagram.

ROTARY INTERNATIONAL

RI Announced the 2020-21 Theme

RI President-elect Holger Knaack revealed the 2020-21 presidential theme, *Rotary Opens Opportunities*, to incoming district governors at the International Assembly in San Diego, CA in January, 2020. RI PE Knaack, who becomes president on 1 July, is a member of the Rotary Club of Herzogtum Lauenburg-Mölln, Germany

Rotary isn't just a club for people to join, but rather "an invitation to endless opportunities," said Knaack. He emphasized that Rotary creates pathways for members to improve their lives and the lives of those they help through service projects. "We believe that our acts of service, big and small, create opportunities for people who need our help."



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

2nd District Flag Summit, Sat, Feb 1, 9:00am-12 Noon, at Brookhaven Country Club, 3333 Golfing Green, Farmers Branch. Register on Dist 5810 website

PCR Connect, Thurs, Feb 13, 7:30-8:45am at Flying Fish, 6126 Luther Ln

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.



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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 (cont.)

Health

What some call health, if purchased by perpetual anxiety about diet, isn't much better than tedious disease. ~ **George D. Prentice**

Happiness is nothing more than good health and a poor memory.

~ **Albert Schweitzer**

Health is not the absence of sickness. ~ **Hannah Green**

Look to your health; and if you have it, praise God and value it next to conscience; for health is the second blessing that we mortals are capable of, a blessing money can't buy. ~ **Izaak Walton**

Of all the self-fulfilling prophecies in our culture, the assumption that aging means decline and poor health is probably the deadliest.

~ **Marilyn Ferguson**

We should manage our fortunes as we do our health – enjoy it when it is good, be patient when it is bad, and never apply violent remedies except in an extreme necessity.

Francois de la Rochefoucauld

Safeguard the health of both body and soul. ~ **Cleobulus**

long term plans for several years from now. It is also necessary to deal with the YoYo principle, "You're On Your Own." You are personally responsible for deciding on your supplemental insurance, investments, etc.; there are none of the supports available when working for a large company. It is important not to get frustrated when what is necessary gets in the way of what you want to do. He summed up by saying that you disengage from the old, but you must engage with the new. He summarized explore, adapt and have fun.

HE WHO LAUGHS, LASTS

I want to be a kid again. I want to go back to the time when

- Mistakes were corrected by simply exclaiming, "Do over!"
- Money issues were handled by whoever was the banker in Monopoly.
- Being old referred to anyone over 20.

Proposed New Members

Drew Shafer

Classification: Services
Sponsor **Dan Drabinski**

David Pratt

Classification: Attorney
Sponsor **Dan Drabinski**