



THE HUB

The Rotary Club of Park Cities

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www.parkcitiesrotary.org

March 6, 2026

Serving to Make a Difference Since 1948

TODAY'S PROGRAM

Program Chair of the Day: Sarah Oliai



Glynis Worthington, EdD

Pickleball

Dr. Glynis Worthington, known as the "Pickleball Scientist," is among the first researchers to study the depth of the cognitive and psychological engagement experienced during sport participation by adults age 60 and older — an experience many pickleball players jokingly describe as being "addicted to the game."

Dr. Worthington earned her EdD from the University of Northern Iowa in May 2023, where her research examined the flow experience — a validated psychological state of deep focus and high engagement — in adult recreational pickleball players. Through this work, and through additional study of flow research in video game environments, she has developed a broader understanding of the concept of flow and the potential importance of intentionally seeking flow experiences in the later years of life. Her soon-to-be-published research demonstrates that players are not just exercising; they are engaging in complex cognitive and psychological activity that may support long-term brain health and quality of life.

A National Senior Games athlete and Ms. Senior World 2025 titleholder, Dr. Worthington connects scientific research with real-world sport participation and advocates for challenging, enjoyable sport as a powerful tool for lifelong mental sharpness and resilience

While pickleball may not be the answer for everyone, Dr. Worthington encourages adults to explore activities that create rich, deeply engaging concentration experiences - because finding the activity that fully engages your mind, challenges your skills and brings you joy may be one of the most important investments you can make in your long-term health and quality of life.

Pickleball is a racket sport in which two or four players use a smooth-faced paddle to hit a perforated, hollow plastic ball over a 34-inch-high net, until one side is unable to return the ball or commits a rule infraction. Pickleball is played indoors and outdoors. It was invented in 1965 as a children's backyard game in the U.S. on Bainbridge Island in Washington State

Aspects of the sport resemble tennis and table tennis played on a doubles badminton court, but pickleball has specific scoring rules, paddles, balls and court lines. On each side of the net is a 7-foot area (2.1 m) known as the non-volley zone (or kitchen); a player standing there may not strike the ball before it has bounced. The hard plastic pickleball produces less bounce than a tennis ball. The limited bounce, non-volley zones, and underhand stroke give the game a dynamic pace. *from Wikipedia*

Coming Attractions

Volunteers needed for **Meals on Wheels**. Ask **Jim Weichel** about details and available times.

Think about what you can do to help with the Parade! Not in town for the Fourth? Volunteer for prior to or after the Parade.

The vote for the 2026-27 RCPC Officers will be at the Annual Meeting on **March 6**.

Sat, March 7, 10am to 1:00pm Crossroads Community Pantry, 4500 Cockrell Hill Rd. Different jobs available. Sign up on RCPC websit

Sat, April 11, 9:30am **NTFB** Food Packing Day

Thurs, April 23. 5:30-8:30 pm **Dockside Social** at White Rock Lake hosted by Downtown Dallas RC. \$30 per Person

District 5810

Sat, March 21, Fly Day Service Project hosted by Commemorative Air Force at Dallas Executive Airport, 5651 Mariner Dr, Dallas 75231.

2026 RCPC Fourth of July Parade Theme America 250!

Breakfast Social at Flying Fish

March 4, 2026



A friendly and hungry group of RCPC members and guests met for coffee, breakfast, and conversation this week.



R.I.

Turning crutches into connection by Janet and Lonny Stormo, Rotary Club of Stillwater Sunrise, Minnesota *excerpted from Rotary 360, March. 3, 2026*

When a simple set of crutches lands in the hands of someone in need, it can change a life. *(cont. pg 3)*

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

LAST WEEK

Presiding: President **Sarah Oliai**
 Invocation and Pledge: **Shawn Foster**
 Advertiser of the Week: **Richard Stanford**
 on behalf of CC Young

Photographer: **Phillip Bankhead**
 Speaker: **Beverly Hill**
 Program: **"Gendercide Awareness Project"**
 Many Thanks to **Mary Bishop** for these Meeting Notes



President **Sarah Oliai** called the meeting to order with **Shawn Foster** giving the Invocation then leading the Pledge and Anthem.



Several joys were shared during the "Happy Bucks" time and our guests were introduced.

Our marketplace advertiser, **Richard Stanford**, was recognized by **Herb Ziev**.

The raffle drawing continues to grow. PP **Richard Stanford** gave a Memorial Tribute for **Hank Gaines**.



Some of the **Gaines** family was present.

Scott McLaughlin introduced new member **Cullen Quin**.



Ron Clinton gave his new member's speech.

Mark your calendars:

- March 6 will be the annual voting for the 2026-2027 slate of officers.
- March 7 is the volunteer project at Crossroads Community Pantry.
- North Texas Food Bank packing day will be on April 11 at 9:30 am
- We will join the Downtown Rotary for a Social at White Rock Lake Apr. 23 at 5:30.

Our speaker today is **Beverly Hill**, founder of the "Gendercide Awareness Project in 2017. Having been a college professor and advocate for women's rights, she now directs the 501 C.3 to bring awareness, education and action on behalf of the voiceless women who have died and are missing. Worldwide

Please remember and keep them in your prayers.

Rod Pirtle is in Rehab.

Please let us know your concerns.

1.43 million lives of women have been lost and 1 female is lost every 10 seconds due to honor killings, preference for male babies (China and world wide), preventable maternity/infant deaths, widows who have no value in their culture. Dowry for a female can lead to financial ruin so females are disposed of. Child brides die during childbirth and many are abused leading to a young death. The result is a sexual imbalance that leads to sex trafficking, the breakdown of the family unit and economic issues.

"Gendercide Awareness" educates vulnerable mothers and their daughters and provides solutions. Over 338 girls have received school education, 40+ girls are currently supporting and educating low-income girls in over seven countries: Guatemala, Honduras, Thailand, Cambodia, India, Uganda.

Challenge: Very few people are aware of the loss of these girls and women but we can make a difference.

Note: Beverly Hill is one person but is a example of what one person with dedication and a truly noble cause can do for the betterment of the human race.

More on Gendercide

By 2030, projections suggest that more than 25% of Chinese men in their late 30s will never have married.

Indian girls between the ages of 1-5 are 75% more likely to die than a boy of the same age group.

Every 12 seconds, a baby girl is aborted in India. That's about 7,000 girls killed every day just because they are females. The United Nations now calls India the most dangerous place on earth for a girl. Abortion is legal in India. Sex-selective abortion, however, is illegal but widely common.

Three years after the Taliban returned to power, ... between January 2022 and June 2024, 840 Afghan women and girls experienced gender-based violence, with more than 300 killed.

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

The Hub is the weekly newsletter of the **Rotary Club of Park Cities** (Dallas)

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DALLAS TEXAS



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Happy Franklin, At Large

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www.rotary.org

UNITE FOR GOOD

Mary Bedosky

RC of Richardson East

Governor, District 5810

www.rotary5810.org







March						
S	M	T	W	T	F	S
1	M	M	M	F	Mtg	Dist CC
8	M	M	M	M	Mtg	
15	M	M	M	M	Mtg	Dist
22	M	Mc	M	BD	Mtg	
29	M	M				

- A=Agape Health Serv Day**
- BD= Bnd of Dirs Mtg, 8am**
- BF=Bonton Farm**
- CC=Crossroads Com. Pabtry**
- Cn=PCR Connect Event.**
- CP=ChildsPlay Work Mtg-Jill Jordan.**
- D=District 5810 Event**
- DH=Dentistry with a Heart- Michael Rainwater**
- F=Fellowship Event**
- FF=RCPC Foundation Fund Mtg- Ed Fjordbak**
- FC= Foot Care Clinic**
- FB=NTFB Event-Susan Glen I**
- CM=Cafe Momentum**

- LL=Legacy of Leadership**
- M= Meals On Wheels- Jim Weichel various days and times**
- Mn= Mentoring at Hillcrest HS various days and times**
- Mc=RonaldMcDonaldHouse 1 x/mo-Kathleen Klaviter**
- NM=New Member Event**
- Pr= Program CommitteeMtg**
- RL=Readers2Leaders-various days, times- Rob Levy**
- Rct=Rotaract- Ruth Alhilali.**
- SP=Strategic Planning Mtg**
- SpE=Special Service Event**
- VA=Veterans Support-**

UPCOMING PROGRAMS

- 
Mar. 13 **Holly Shipley**
AI: What to Know
- 
Mar. 20 **D'Juan Wilcher**
George W. Bush Presidential Center
- 
Mar. 27 **Cullum Clark**
TBA, but it will be interesting
- 
Apr. 3 **NO Meeting**
Easter weekend

ROTARY CONNECTED

-  <http://bit.ly/RPCFacebook>
-  <http://bit.ly/RPCLinkedIn>
-  <http://bit.ly/RPCTwitter>
-  <http://bit.ly/RPCTwitter>
-  <http://bit.ly/RPCGooglePlus>

Miss a Meeting? Watch it on YouTube or as an event on **Facebook!**

 <http://bit.ly/RPCYouTube>
<https://www.facebook.com/events/>

Share Rotary! Post on your social media when you're at a meeting or event. Use our hashtags!

Like and Follow us on Social Media: Website: <https://parkcitiesrotary.org/>

Facebook: www.facebook.com/RotaryClubOfParkCities

YouTube: www.youtube.com/channel/UCf4ZH-2nwIscW8XNTnsbnw

LinkedIn: www.linkedin.com/company/park-cities-rotary-club/?viewAsMember=true

Make a post about or while at Rotary and use these hashtags

-  #PeopleOfAction
-  #parkcitiesrotary
-  #district5810proud
-  #goodthingshappeneonfridays

CLUB ANNOUNCEMENTS

Please note that RCPC meetings and other events are public events where photos and video are customarily taken. By attending you are consenting to free use of your likeness on RCPC and related websites, social media, streaming video, emails, newsletters and similar methods.

Have a Great Idea for a Speaker? Your ideas are needed! Send your ideas with the details to Richard Stanford.

Help Wanted! At ANY RCPC Event or Project. Take a few pictures, include a few sentences (who, what, when, where and WHY) and send to Betty for The Hub

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

RCPC Foundation: \$100 (or more). See Birthdays below, then Jack Carpenter.

Attendance Rule Change. For those wanting to maintain Perfect Attendance, make-ups may now be completed within a year. RI is no longer tracking attendance.

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

THOUGHTS ON ...

Games

Daring ideas are like chessmen moved forward. They may be beaten, but they may start a winning game. ~ **Goethe**

Of course the game is rigged. Don't let that stop you--if you don't play, you can't win. ~ **Robert Heinlein**

It's never just a game when you're winning. ~ **George Carlin**

You learn a lot about people when you play games with them. ~ **Laura Moncur**

Life is like a game of cards. The hand that is dealt you is determinism; the way you play it is free will.

~ **Jawaharlal Nehru**

Keep playing games. Make time to play games with your friends and family, because it's surprisingly heartbreaking to wipe a thin layer of dust off a game you love, before you put it back on the shelf because the real world is calling you.

~ **Wil Wheaton**

Whatever games are played with us, we must play no games with ourselves.

~ **Ralph Waldo Emerson**

It's not so important who starts the game but who finishes it. ~ **John Wooden**

If life doesn't offer a game worth playing, then invent a new one.

~ **Anthony J. D'Angelo**

ROTARY INTERNATIONAL (continued)

(crutches cont. from pg 1)

When thousands are collected, shipped, and distributed across the globe through Rotary collaboration, it becomes a movement. Our Rotary club launched and spearheaded a district grant project in partnership with Crutches 4 Africa that not only collected crutches but created community. The project united more than 150 members from 15 Rotary clubs in District 5960 who gathered, sorted, and shipped 3,681 mobility devices — including crutches, walkers, wheelchairs, canes, and other adaptive equipment — to people in Zambia who lack affordable access

to these life-transforming tools.

This project, which provided US\$1.4 million worth of medical devices to those in need, became a catalyst for public awareness, member engagement, and a way to engage thousands of community members to participate in a Rotary service project.

Polio, age-related disabilities, and injuries leave many in sub-Saharan Africa without access to mobility devices. The result? Isolation, unemployment, and loss of dignity. Through Crutches 4 Africa, these barriers are lifted. With mobility restored, individuals can return to school, find work, care for family, and reenter society with newfound independence.

HE WHO LAUGHS LASTS

Scientist: "My findings are meaningless if taken out of context"

Media: "Scientist claims findings are meaningless."

Proposed New Member

Dominic Anderson

Type of Membership: Individual
Classification: Wealth Manager
Proposed by **Siobhan Abraham**

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Happy Birthday*

Rene Santana	3.7
Stephanie Bohan	3.7
John Glancy	3.8

*You are our RCPC Foundation Funders for this month

Rotary Club of Park Cities Market Place

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