

THE HUB

The Rotary Club of Park Cities

Volume 71, Number 36

www.parkcitiesrotary.org

May 8, 2020

Serving to Make a Difference Since 1948

Livestreaming on Facebook, 12:00 [www.Facebook.com/RotaryClubOfParkCities]

TODAY'S PROGRAM

with thanks to Happy Franklin, Mark Neace and SyncLab Media



Dr. Mary Warren, DC Health and Stress, Keeping Yourself Healthy

Dr. Mary Warren, owner of Road Warrior Wellness™ and Vital Force Wellness has been practicing, studying and researching in the field of Wholistic health care for twenty-five years. She works with businesses and associations that want to be healthier, increase productivity and improve employee retention while reducing health care costs, work-related injuries and sick time.

She authored *Road Warrior Wellness™* Handbooks; *The Good, The Bad and The Bankrupt, Get Yourself Out of Nutritional Deficit* and shares her enthusiasm about wellness and good health through speaking engage-

ments, workshops, consulting and writing internationally.

Dr. Warren is a professional member of the National Speakers Association and has achieved the Distinguished Toastmaster designation. Based in Dallas, Texas she obtained her Doctorate of Chiropractic at Parker University in January of 2000 and is licensed in both the United States and Canada.

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.

RCPC IN ACTION



Exciting News!

AT&T Believe Dallas just made a \$25,000 donation toward our goal of raising \$150,000 for our Agape Bonton Clinic project. We are that much closer to seeing a health

clinic in the Bonton health desert.

Thanks to PE **Barb Jeffries** who made a presentation to them. After they did their own research, they agreed on the need for the clinic. Stay tuned - more breaking news to follow!



Miss a Meeting? Want a replay? The Videos remain on Facebook!

Would you like to donate \$50 to cover the cost of lunch on a Thursday for the dedicated staff at Agape medical clinic?

IF SO, mail your checks made payable to "RCPC" for \$50 to PP **Fred Brown** [address in the online roster]. Write "For Agape Lunch" in the memo field. He will

coordinate the date, place the order from one of their favorite nearby restaurants and get it delivered. Call him at 214-908-7407.



Getting Back To "Normal"

We all look forward to getting back to meeting at **Maggiano's** but the latest word is that it may not happen until July. Stay tuned! Meanwhile, remember our friends at **Maggiano's in NorthPark** for you next "To Go" order or gift card.



WELCOME!

to 2 new members:

Kathy Wall (joined 4-29-20)

Sponsor: Stan Wright
Classification: Insurance
David Pratt (joined 4-29-20)
Sponsor: Daniel Drabinski

Classification: Law

TONIGHT! (Thurs 5-7 RCPC Online Happy Hour!

5:00 PM - 7:00 PM (CDT)

Share jokes, Rotary ideas, how you and your family are doing!
BYO drinks or snacks!

Join our meeting by computer, tablet or smart-phone. https://global.gotomeeting.com/join/326287373. You can also dial in using your phone. USA (Toll Free): 1 866 899 4679 USA: +1 (646) 749-3117. Access Code: 368-963-461. There is no audio pin. Press # when asked for an audio pin.

RCPC IN ACTION Opportunities for Service

The Salvation **Army**

The Salvation

Army is faced with a cash shortfall due to the closure of the Family Stores, while the demand increases. To help go to their PayPal account at www. paypal.com/us/fund raiser/charity/2288789



NTX Food Bank

from Sarah Oliai The NTFB needs our

help today! Please consider supporting the 2020 Fourth of July Parade beneficiary, The NTX Food Bank. The NTFB has been a beacon of support for our greater community during the COVID-19 crisis. Here is the link so your donation will count towards the parade fund raising. https: //rcpcjulyfourth.causevox.com/

We need you, your contacts and your ideas to continue the Club's proud tradition of outstanding weekly programs! The Program committee is looking for speakers for our Friday meetings. If you have a suggestion with contact information, contact Jeff Sheehan at isheehan@ site selectiongroup.co

Please remember! Continue to give to RI and our RCPC Foundations. You can do this online on our website www.parkcitiesrotary.org or mail your checks to Laurie at the office. *Note - donations made to the RCPC Foundation will go to the Agape Bonton Clinic fund, unless otherwise designated. See more about contributing to this fund on pg. 3.

LAST WEEK

Presiding: Richard Stanford Invocation: Richard Stanford

Pledge: By video

Announcements: Richard Stanford

Streaming: Mark Neace

Speaker: Judy Hoberman, Selling In

Program: Why Successful People Are Self-Disciplined

President Richard Stanford welcomed members and quest viewers to this seventh "virtual" meeting. He was joined by VP Happy



Franklin. President Richard gave the invocation, praying for comfort for those who have lost loved ones and for those who are sick and for clarity as things start to open up again, that we can be safe and that we can restore the economy. We hope that we learn from what we have been through, the spirit of cooperation and the spirit of compassion There has been so

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

much human good will, and a triumph of the human spirit, for which we give thanks. Then "The Star Spangled Banner" played.

VP Happy Franklin announced the Marketplace Advertiser of the week, Charles Polansky with Hub International Personal Insurance. Hub International is one of the largest personal insurance practices in the country. They offer advice to protect all of your belongings. He uses a wholistic approach.

President Richard remarked that he had great things to announce. Maggianos is going to open to twenty-five percent. We are working out how we will begin meeting again. Nothing is written in stone, but right now Maggianos is thinking we will begin meeting there the first week of July. In the meantime support Maggiano's with their take-out.

AT&T, through their Believe Dallas fund has made a \$25,000 donation to the Agape Bonton Fund. This gets us that much farther toward the reality of a clinic in Bonton. You have a chance to donate either (cont. on pg 4)

Building a legacy of good works and fellowship, we strive to:

Our Mission

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 Bud Naifeh, Institutional Outreach Herb Ziev, Youth Services Paul McFarland,

Community Outreach E G McMillan, Club Operations Stan Wright,

Humanitarian Committees

Daniel Drabinski,

Membership/Fellowship

Marketing/Communications Karen Farris, At Large

Paul Pirok, Immed. Past President Cindy Cummings, Sgt-at-Arms Lisa Amsberry, Parliamentarian L<mark>aurie Aldredge</mark>, Club Administrator 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

May						
S	M	Т	W	Th	F	S
					Virtual Mtg	
3	М	М	М	Virtual Cn	Virtual Mtg	
10	М	М	M	Virtual C n	Virtual Mtg	
17	М	М	М	Cn	Virtual Mtg	
24	М	М	М	Virtua Cn	l <mark>Virtua</mark> Mtg	

Get Involved!

A=Agane Health Service Days BD = Board of Dirs. Mtg, 7am 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 at Hillcrest H.S, 8 am. See Tracy Gomes LL- Legacy of Leade LaMadeleine, 75 & Mockingbird M = Meals on Wheels (Different teams on each day) See Jim Weichel Mn-Mentoring at Hillcrest HS Mc = Ronald McDonald House-See Jina McDaniel FT=NTFB Truck-Stan Wright FB-NTFB Event Pr = Program Committee Mtd RU = Rotary University SpE = Special Service Event

UPCOMING PROGRAMS Programs are subject to change!

John DeFillipo, Director of the Wetlands Center Water, Wetlands, and Wildlife at the

John Bunker Sands Wetland Center

May 22 City Council member, David Blewett, District 14

City of Dallas

May 29

Richard Stanford, Barb Jeffries State of the Union - Club Update

Chad Kaufman June 5 **Junior Achievement**

CLUB ANNOUNCEMENTS Sign up at www.parkcitiesrotary.org

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

Wed, May 13, 7:00-8:00pm, First installment Dist, 5810 Conference

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

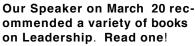
FAMILY OF ROTARY

Hunkerin' Down?



Stuck at Home?





- · 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

The Installment Plan for 2020 **District Conference for 5810**

Instead of canceling our Conference. we'll just re-invent it for Corona conditions Reasons you should attend:

- First Free District Conference ever (May be the last!)
- · No dressing up! Great speakers
- Only 1 hour at a time
 No Cash Bar! BYO! Please join us on Zoom as we hear timely and relevant speakers at three Plenary Sessions

Wednesday, May 13. 7:00 p.m. RI Director- elect Suzi Howe from Houston just attended her first RI Board meeting. She will report on items discussed as Rotary goes forward.

Wednesday May 27. 7:00 p.m. WASH Focus: 5810's Chuck Eisemann has worked on the Water, Sanitation and Hygiene task force. He will share what they are doing, especially as sanitation and hygiene take even more importance with Covid-19 implications.

Darren Collins, DeSoto RC member who lives in Kenya, has produced a commercial to teach proper hand washing. He will share exciting things he is doing there Wednesday. June 3 7:00 p.m.

Exciting final session: plans are underway

ROTARY CONNECTED



http://bit.ly/RCPCfacebook

in

http://bit.ly/RCPC/linkedin http://bit.ly/RCPCtwitter

#parkcitiesrotary http://bit.ly/RCPCyoutube

8+

http://bit.ly/RCPCgoogleplus

vimeo 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.

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

flickr Check out or add to RI's Flickr group often, www.flickr.com/groups/familyofrotary/

Pinterest http://pinterest.com/rotary/ RI has Pinboards on major projects.



www.statigr.am/rotaryinternational See RI's latest pictures via Instagram.

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 ...

Stress

If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.

~ Marcus Aurelius Antoninus Indolence is a delightful but distressing state; we must be doing something to be happy.

~ Mahatma Gandhi

Reality is the leading cause of stress amongst those in touch with it.

~ Jane Wagner

If you had to define stress, it would not be far off if you said it was the process of living. The process of living is the process of having stress imposed on you and reacting to it.

~ Stanley J. Sarnoff

Adopting the right attitude can convert a negative stress into a positive one.
~ Dr. Hans Selye

It is how people respond to stress that determines whether they will profit from misfortune or be miserable.~ Mihaly Csikszentmihalyi

It is not an ennobling experience. Poverty entails fear and stress and sometimes depression. It means a thousand petty humiliations and hardships. ~ J. K. Rowling

At the worst, a house unkept cannot be so distressing as a life unlived.

~ Dame Rose Macaulay

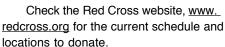
To be free of destructive stress don't sweat the small stuff and by realizing that all stuff is small.

~ Author Unknown

HE WHO LAUGHS, LASTS

- Day seven at home and the dog is looking at me like, "See? This is why I chew the furniture!"
- Quarantine has turned us into dogs.
 We roam the house all day looking for food. We are told 'no' if we get too close to strangers. And we get really excited about car rides.
- The world has turned upside down.
 Old folks are sneaking out of the house, and their kids are yelling at them to stay indoors.
- I just saw a robber kicking down his own door. "What are you doing?" I asked. He said, "Working from home."

District 5810 Asks You To Donate Blood



Do You

· Need a Hand?



Need a Ride? Need an Errand?

Can You

· Lend a Hand?



Give a Ride? Run an Errand?

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!

Contact **Fred Brown** at <u>fred.brown.tx</u> @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, let us hear from you. Please provide your name, number, address, what you need, or how you can help.

LAST WEEK [Virtual Meeting] continued

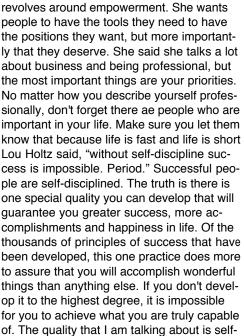
money or your chance to deliver lunch to the eight or ten people working at Agape Clinic. We have given \$10,000 to the Salvation Army which was matched. A lot of our members also gave individually.

We have just received the donation for Agape Bonton Clinic. We are planning for the parade, but we know we have already given a chunk of money to the NTX Food Bank. We are trying to take care of all of our collaborative partners when they really need giving.

Think about giving to our own Foundation; we always need to be replen-ishing those funds. Never forget the Rotary International Foundation. Giving is one of the most important things we can do in times like these

began by explaining that everything she does

VP **Happy** introduced our speaker today, Judy Hoberman, to speak about "Why Successful People are Self-Disciplined." She



discipline. All successful men and women

are highly disciplined in the important work

that they do. Theodore Roosevelt said, "With

self-discipline anything is possible." We have all had days when we were incredibly productive, focused and on task, and most likely we've had some of those other days, the days you end up wondering how did you spend the day or even contradicted the things you knew were really important. So lets figure out how we can become self-disciplined. As it takes time to build a muscle, it takes time to build self-discipline. Start by making the decision to go forward and learning what it takes to get there, one step at a time. Then find out what really motivates you by learning about yourself. Once you decide what is important to you and what goals you want to strive for, set a daily routine that will help you achieve them. Get rid of some of your bad, self-defeating habits, whatever they may be. Visualize what you desire, and feel how rewarding it is to get to do the different things that you are doing and get the benefit that you'll enjoy when you are self disciplined. You definitely have more self confidence. You also accomplish more, and therefore, you're more productive. You are able to maintain a higher level of tolerance for frustration, obstacles and negative emotions, and you have a better all around lifestyle. The more disciplined you are, the easier life gets. Almost forty-five percent of our behaviors are habitual; almost half the things you do every day, you do without considering the alternatives or consequences. Habits create results, sometimes that's fantastic, but in other cases not so good. Excellence is not an event it's a habit. Let's start with gratitude; the habit of gratitude helps move us away from wanting what we don't have, and towards appreciating what we do have. Forgiveness; when we forgive, we learn to let go of certain things. Active goal setting instills discipline because it gives us direction. Organization; this is going to include organizing the items in your head, and time management, since we all have the same amount of time in the day. We can't waste it; it is a great equalizer. Finally, persistence helpe us get back up again. Failure is an event, not a person.