



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 engagements,

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 near-by 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://](https://global.gotomeeting.com/join/326287373)

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.



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

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/fundraiser/charity/2288789



NTX Food Bank

from Sarah Oliari

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 jsheehan@site_selectiongroup.co



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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Happy Franklin, Vice President

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Scott McLaughlin, Treasurer

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Herb Ziev, Youth Services

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Mark Daniel Maloney

RC of Decatur, AL

President, Rotary International

www.rotary.org

Beverly Grogan,

Grand Prairie Metro

Governor, District 5810

www.rotary5810.org



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 A Skirt**

Program: **Why Successful People Are Self-Disciplined**

President **Richard Stanford** welcomed members and guest 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 Maggianos 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*)

EVENTS CALENDAR

May						
S	M	T	W	Th	F	S
					Virtual Mtg	
3	M	M	M	Virtual Cn	Virtual Mtg	
10	M	M	M	Virtual Cn	Virtual Mtg	
17	M	M	M	Virtual Cn	Virtual Mtg	
24	M	M	M	Virtual Cn	Virtual 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 (Differ-

ent 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!

ROTARY CONNECTED



May 15 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



June 5 Chad Kaufman Junior Achievement



<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/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

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 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

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!)
- Great speakers • No dressing up!
- 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

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

HAPPY BIRTHDAY*



Barbara Barney 5.12
Linda Tunnell 5.13
Greg Page 5.14



You are our RCPC Foundation Funders for this week

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 unlivd.

~ **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

Check the Red Cross website, www.redcross.org for the current schedule and locations to donate.




Do You

• Need a Hand? 

 • Need a Ride? Need an Errand?

Can You

• Lend a Hand? 

 • Give a Ride? Run an Errand?

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 replenishing those funds. Never forget the Rotary International Foundation. Giving is one of the most important things we can do in times like these

VP **Happy** introduced our speaker today, Judy Hoberman, to speak about "Why Successful People are Self-Disciplined." She began by explaining that everything she does revolves around empowerment. She wants people to have the tools they need to have the positions they want, but more importantly that they deserve. She said she talks a lot about business and being professional, but the most important things are your priorities. No matter how you describe yourself professionally, don't forget there are people who are important in your life. Make sure you let them know that because life is fast and life is short Lou Holtz said, "without self-discipline success is impossible. Period." Successful people are self-disciplined. The truth is there is one special quality you can develop that will guarantee you greater success, more accomplishments and happiness in life. Of the thousands of principles of success that have been developed, this one practice does more to assure that you will accomplish wonderful things than anything else. If you don't develop it to the highest degree, it is impossible for you to achieve what you are truly capable of. The quality that I am talking about is self-discipline. All successful men and women are highly disciplined in the important work that they do. Theodore Roosevelt said, "With



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 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, let us hear from you. Please provide your name, number, address, what you need, or how you can help.

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 let's 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 helps us get back up again. Failure is an event, not a person.