



# THE HUB

The Rotary Club  
of Park Cities

Volume 71, Number 37

[www.parkcitiesrotary.org](http://www.parkcitiesrotary.org)

May 15, 2020

*Serving to Make a Difference Since 1948*

[Livestreaming on Facebook, 12:00 \[www.Facebook.com/RotaryClubOfParkCities\]](https://www.Facebook.com/RotaryClubOfParkCities)

## TODAY'S PROGRAM

*with thanks to Kyle Marmillion, Mark Neace and SyncLab Media*



## John DeFillipo, Dir. of the Wetlands Center Water, Wetlands, and Wildlife at the John Bunker Sands Wetland Center

John DeFillipo, Director of the John Bunker Sands Wetland Center, is a visionary naturalist with over twenty years of experience blending ecological concepts with business insights. After receiving his BS degree in Business Administration in 1992 from the Mississippi University for Women, he pursued a naturalist career with two nature centers in the southeastern United States; Camp McDowell Environmental Education Center in Alabama and Crow's Neck Environmental Education Center in Mississippi. In 2002, John refined his focus as an Outreach Educator with the Mississippi Museum of Natural Science where he presented endangered species programs, including live Alligators. While living in Mississippi, John served as the president of the Mississippi Environmental Education Alliance and was the recipient of the 2008 Environmental Educator of the Year Award.

John moved to Dallas in late 2008 to accept the Lead Natural Science Educator position with the Perot Museum of Nature and Science before becoming the Director of the Wetland Center in March 2010. In August 2015, John received the New Outstanding Leader Award from the Association of Nature Center Administrators (ANCA) where he currently serves as VP of Development.

Through his leadership skills and enduring passion of man's stewardship of the Earth, he has guided the Wetland Center to become a premier example of environmental education with a strong focus on habitat and water conservation, public education, partnerships, and wetland research.

**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

### **Changes To July 4th Festivities**

*from Sarah Oliai*

In a joint decision, RCPC, the Town of Highland Park, and the City of University Park have decided to cancel the Fourth of July Parade and Goar Park Festivities. Our club is still planning a patriotic community celebration. We are planning on hosting the following community patriotic events.

#### **Patriotic Yard Competition:**

- Decorate Your Yard!
- Incorporate this year's theme, "Stars, Stripes and Service."
- Patriotic
- Winning top three yards will receive recognition

#### **Community Spirit Award:**

- Award to the block that shows the most festive and patriotic decorations throughout the block.
- Decorations must not block or impede traffic.



#### **Flag Art Competition:**

- Patriotic Art
- Creative art incorporates the theme of "Stars, Stripes and Service."
- First, second, and third place winners in these age groups:
  - Under 6 years old
  - 7 to 12 years old
  - 13 to 18 years old

#### **Spirit of Service Award:**

- For Highland Park H.S. Teams
- Service project for the benefit of our Fourth of July beneficiary, The North Texas Food Bank
- Trophy to winning team

All of these are in the planning stages. The Parade Planning Committee will meet next week to shift into implementing our new plans.

### **RCPC's Strategic Planning in *Rotary Voices***

#### **"Do More Than Ever Through Strategic Planning"**

is the title of the Rotary Voices story, published on April 28, submitted by George Ritcheske, facilitator of RCPC's strategic planning meetings. He concluded, "The club has seen great success with increased opportunities, more collaborative partnerships, and bigger impact due to this [strategic planning] program."

Read this story of RCPC's successes at- <https://blog.rotary.org/2020/04/28/do-more-than-ever-through-strategic-planning/>

When on the blog page, be sure to rate the post and share it from the bottom of the page. We are pleased to receive this recognition from Rotary International.

#### **Third Thirsdlay RCPC Online Happy Hour! Thurs, May 21, 5:00 - 7:00 pm**



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, or USA: +1 (646) 749-3117. Access Code: 368-963-461. There is no audio pin. Press # when asked for an audio pin. **Join us!!**

*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](http://www.paypal.com/us/fundraiser/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 [jsheehan@selectiongroup.co](mailto:jsheehan@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

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

### Getting Back To "Normal"

We look forward to meeting at **Maggiano's** again. but it may not be until July. Stay tuned for updates! Meanwhile, remember our friends at **Maggiano's**, NorthPark for your To Go order or gift card

Please consider continuing to give to the RI and our RCPC Foundations. You can do this online on our website [www.parkcitiesrotary.org](http://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: **Mary Warren, DC**  
Program: **Health and Stress, Keeping Yourself Healthy**



President **Richard Stanford** welcomed members and guest viewers to this eighth "virtual" meeting. He was joined by VP **Happy Franklin**. President **Richard** gave the invocation, remembering our mothers right now before Mothers Day and praying for comfort for those who are ill or who are anxious, especially as we begin un-sheltering and going out again. Then "The Star Spangled Banner" played.

VP **Happy Franklin** announced the Marketplace Advertiser of the week, **Shawn Foster**, and Foster Financial Group, a private wealth management firm.

### 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

President **Richard** remarked that our calling committee continues to make calls, that Maggiano's has opened to 25%, and that our food truck has gained national recognition in helping distribute food. AT&T, through their Believe Dallas fund has made a \$25,000 donation to the Agape Bonton Fund. A Thank You video was made for AT&T. It was shown to the club. We also are taking lunch to the staff at Agape Clinic once a week. He reminded us to think about giving to our own Foundation and to the Rotary International Foundation. Giving is one of the most important things we can do in times like these.

He welcomed our two newest members **Kathy Wall** and **David Pratt**. He then introduced Dr. **Jenifer Hammond** to give her New Member Speech. She began by

**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*  
**Laurie Aldredge**, *Club Administrator*

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**Mark Daniel Maloney**  
RC of Decatur, AL

*President, Rotary International*

[www.rotary.org](http://www.rotary.org)

**Beverly Grogan**,  
Grand Prairie Metro  
Governor, District 5810  
[www.rotary5810.org](http://www.rotary5810.org)



## 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 (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 Programs are subject to change!

### ROTARY CONNECTED



**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



**June 12** Scholarship Recipients and New Member Speeches



<http://bit.ly/RCPCfacebook>



<http://bit.ly/RCPC/linkedin>



<http://bit.ly/RCPC/twitter>  
#parkcitiesrotary



<http://bit.ly/RCPC/youtube>



<http://bit.ly/RCPC/googleplus>



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](http://www.linkedin.com/groups?gid=858557&trk=hb_side_g)



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



RI: [www.facebook.com/rotary](http://www.facebook.com/rotary)

**Dist. 5810:** [www.facebook.com/RotaryDistrict5810](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://www.flickr.com/groups/familyofrotary/)



<http://pinterest.com/rotary/>

RI has Pinboards on major projects.



[www.statigr.am/rotaryinternational](http://www.statigr.am/rotaryinternational)  
See RI's latest pictures via Instagram.

### CLUB ANNOUNCEMENTS Sign up at [www.parkcitiesrotary.org](http://www.parkcitiesrotary.org)

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

**Wed, May 27, 7:00-8:00pm, Second 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?**



**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.

*Installment 2:*

**Wednesday May 27, 7:00 p.m.**

**WASH Focus: 5810's Chuck Eismann** 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 with us the latest exciting things he is doing there in Kenya.

*Installment 3:*

**Wednesday, June 3, 7:00 p.m.**

Exciting final session of our District Conference. Final plans are underway.

### Contribute: Agape Bonton Clinic

- **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\*

Kathleen Klaviter 5.16

John Whaley 5.18

Howard Parker 5.19

Chelsea Davidson 5.21

Rob Eggemeyer 5.21

You are our RCPC Foundation Funders for this week



### THOUGHTS ON . . .

#### Water

Water, taken in moderation, cannot hurt anybody. ~ Mark Twain

Irrigation of the land with seawater desalinated by fusion power is ancient. It's called 'rain'.

~ Michael McClary

Flattery is like cologne water, to be smelt of, not swallowed.

~ Josh Billings

Don't think there are no crocodiles because the water is calm.

~ Malayan Proverb

- More quotations on: [Proverbs]  
When you drink the water, remember the spring. ~ Chinese Proverb  
When the water reaches the upper level, follow the rats.

~ Claude Swanson

The ocean is a body of water occupying about two-thirds of a world made for man - who has no gills.

~ Ambrose Bierce

We none of us expect to be in smooth water all our days.

~ Jane Austen

You could not step twice into the same river; for other waters are ever flowing on to you. ~ Heraclitus

A fool and water will go the way they are diverted. ~ African Proverb  
Water, water, every where;  
Nor any drop to drink.

Samuel Taylor Coleridge

Only in quiet waters do things mirror themselves undistorted. Only in a quiet mind is adequate perception of the world. Hans Margolius

### HE WHO LAUGHS, LASTS



### District 5810 Asks You To Donate Blood

Check the Red Cross website, [www.redcross.org](http://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? 🙌

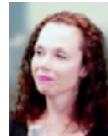
🚗 • Give a Ride? Run an Errand?

### LAST WEEK [Virtual Meeting] continued



noting that she was the first to give a virtual speech. She is a physician in family practice and practices urgent care locally. She has six children, but only her youngest is still at home. She was the Interact President when she was in high school, but even though she wanted to join, the clubs were only men back then. She is glad that times have changed and she can join now.

VP Happy introduced our speaker today, Dr. Mary Warren, to speak on "Health and Stress: Keeping Yourself Healthy and in Good Spirits." She began by say-



ing that people are really wanting to get out of their homes again. They want to know how to be healthier, how to make their immune systems better and how to be more resilient. One of the

first ways to be supportive to your wellness is drinking water. Having a water bottle with you helps you keep track of how much you are drinking throughout the day. Hydration is one of the cheapest, easiest, fastest ways to feel better almost immediately. Hydration is one way we pump the lymphatic system. Unlike the heart which pumps the blood, the lymphatic system is pumped through hydration, breathing deeply, sweating and moving, which makes a great case for exercising. Food and diet are an important way to support your immune system. One way is to reduce or eliminate your sugar consumption. Sweets and simple carbohydrates really reduce immune response because bacteria and viruses thrive on sugar. She advocates a balanced diet of forty percent complex carbohydrates, thirty percent good green protein and thirty percent of good clean fats. I've got my own acronym for good fats because people are always wondering what that means. My acronym for good fats is BACON, so we've got butter, avocados, coconut oil, olive oil and nuts. We really prefer these nuts to be raw because that way

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](mailto: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.

they are less likely to be rancid. Your proteins should be organic animal protein, like free range poultry, wild seafood, and free ranging beef and pork. Complex carbohydrates are whole grains and vegetables, organic if possible. By eating organic food, you eliminate a lot of pesticides. Pesticides and insecticides add toxins to your food. You want your food and water to be as clean and clear as possible. Water is just hydrogen and oxygen, so it's very clean. It's very easy to breakdown. Then on the opposite end of the scale are going to be things that are toxic to our bodies or really hard to digest. Try to keep your water quality as clean and as light as possible, as well. The third thing that we want to do to help our immune systems and our health in general is sleep. A lot of times we don't realize how nourishing sleep really is for our bodies. So we want to get good regular hours of sleep, seven to eight hours a night, every night, if possible. If you're minimizing your sugar intake in the evening which includes alcohol of any kind, you will be less likely to wake up in the wee hours. When you've had alcohol or treats, your body will wake up somewhere between 3:00 and 5:00 am. looking for for good protein and good fat. If you wake up and have a hard time getting back to sleep, have a good clean high protein snack. Three options would be a boiled egg, two or three slices of roasted turkey, or a little handful of raw almonds or a spoonful of almond butter. What about exercise? Walking is a great way to get outside and exercise. Even ten or fifteen minutes a day is better than zero minutes a day. For people who travel for work, when we're home is when we want really great habits. When you travel, even the least expensive motel chains have a little gym or you can exercise in your hotel room. Classes are great; you can attend or do them online, but often people are more motivated when they go to a class. Neurologically, our bodies like to do different things during the week. Much more on the video! Her websites are- <https://road-warrior-wellness.com> and <https://vitalforcewellness.com>