THE HUB

The Rotary Club of Park Cities

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Serving to Make a Difference Since 1948

TODAY'S PROGRAM

Program Chair of the Day: Bryan Dunklin



Dave Tanner

Veteran's Day musical program

Dave Tanner is a world class musician who has performed for delighted audiences for over 55 years, including 3 US Presidents, 6 Texas governors, and European royalty. You can hear many of his original songs recorded on CDs and DVDs or available on line, or you can hear him live taking requests (as long as it isn't rap or grunge or more recent than 1990), every Wednesday at Greek Isles Restaurant and often on Saturdays at Café de France.

You can also catch his band (which includes other world class musicians), regularly playing for dance clubs and private parties around town. His musical command and amazing ability to recall lyrics of a wide range of genres, and his talent, wit, and interesting backstories make him the consummate entertainer.

He performed research for Paul Harvey's "The Rest of the Story." He has appeared in hundreds of television and radio commercials, performed at numerous private, civic, and professional events, and acted in 8 films as an actor, including the Oscar-winning "Trip to Bountiful."

Check him out at davetannermusic.com.

Veterans Day (from Wikipedia)

Veterans Day was originally known as Armistice Day. It is a federal holiday in the United States observed annually on November 11. The day honors military veterans of the United States Armed Forces.

It coincides with holidays in several countries, including Armistice Day and Remembrance Day in the British Commonweaalth, which also occur on the anniversary of the end of World War I.

Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 when the Armistice with Germany went into effect. At the urging of major U.S. veteran organizations, Armistice Day was renamed Veterans Day in 1954.

RCPC *IN ACTION!*

Monday, Nov. 16, 4:00pm. Make dinner for families at **Ronald McDonald House**, 4707 Bengal St Dallas, 75235.. Sign up on the RCPC website to book online. Qs? Ask **Kathleen Klaviter**

Fridays, Nov 13 & 20, **Austin Street Center** needs rubbing alcohol, men's underwear (sz M), women's underwear (XS-L), shower shoes, winter coats and gloves (in a separate bag), towels, wash cloths, blankets, o-t-c meds, etc. Bring what you can.

Friday, Nov. 20 at the Regular Noon Meeting. Club's **Annual Meeting** and **Vote** for Officers and Directors for the 2027-28 Rotary year.

District 5810

Saturday, Nov. 14, 9:30am- 12:00 Noon, **Club Leadership Exchange.** East TX A&M Dallas, 8750 N. Central Expwy 75231, Floor 9 Zoom available.



Save the Dates!

These Holiday Service Projects Are On the List

Tuesday, Nov, 17, 5:00-8:00pm, **Trains at NorthPark,**



Saturday, Nov, 21, 9:00am **Scottish Rite Popcorn Packing,**



Saturday, Nov. 21, 8:30am-nNon. **Trains at NorthPark,**



Friday, Dec. 4,12:00 Noon, **Lunch at The Salvation Army**



Thursday, December 17. 6:00pm **Holiday Party** at Tom Rhodes' home



Dentistry with a Heart, November 7, 2026

Led by Dr. Michael Rainwater, a group of professionals volunteered their time and expertise to give dental services to the homeless. They met at Agape Clinic where members of RCPC helped make things go smoothly.







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

LAST WEEK

Presiding: President **Mark Kashar**
Invocation and Pledge: **Jeff Brady**
Introduction of Visitors and Guests: Pres. **Mark**
Advertiser of the Week: **Happy Franklin**
Photographer: **Van Oliver**
Speaker**: Dr. Thomas Allen**
Program: **"The Future of Longevity: Science, Regenerative Medicine and Living Better/Longer**



President **Mark Kashar** called the meeting to order on what proved to be a busy day. **Jeff Brady** gave the invocation, then led the Pledge of Allegiance and "The Star Spangled Banner."

President **Mark** asked for Happy Bucks. Several members had things they werer happy about. President **Mark** then introduced our visitors and guests. There were quite a few visitors from Advance ER. as well as visitors from The Salvation Army who have made application to join. There was a visitor from the Uptown RC, as well as other visitors.

Mark Neace introduced our MarketPlace advertiser of the week, **Happy Franklin**, a financial advisor.



Jack Carpenter introduced our members with November birthdays and reminded them ro donate to the RCPC Foundation. He said that so far $5,785 have been collected.



PP **Eric Heitkamp** introduced long-time member, **Orville Salmon**, who just celebrated his 100th birthday two weeks ago. He was presented with a birthday cake and a heartfelt round of applause and singing of "Happy Birthday." PP **Eric** referred us to the website, The Heritage of Heroes.org where there is an extensive biography of **Orville**'s life and his service in the military during WWII. PP **Eric** said he had asked **Orv** what wisdom he had learned, he had said, "Just live your life without a lot of fanfare, and when serving others, remem-ber what you see is what you get."

PE **Eric Harrison** introduced a representative of Soles for Souls. She said that their goal is to help people out of poverty. They want to provide shoes to every child in North Texas who is experiencing homelessness. They have found that a lack of shoes is one of the top barriers to education. The grant will allow them to buy 250 pairs of athletic shoes for children in the DFW area. PE **Eric** presented her a check for $5,000





Susan Glen introduced new member **Carol Kiburz. Susan said** that she and **Carol** had both been in the Fort Worth RC, and that **Carol** was an amazing executive leader. **Susan** said that she was already working with the club at the North Texas Food Bank and would be volunteering at Dentistry with a Heart.

President **Mark** announced all of the club's upcoming events. **Kathleen Klaviter** explained about Trains at NorthPark and that this year it is on the first floor between Macy's and Nordstrom's. He also said that Austin Street Center was needing winter items and personal items for their residents. An email will be sent about what is needed and if you can help, bring items to the remaining November meetings.

President **Mark** called for the Raffle. **Jodie Ray** held the winning ticket, but did not win the money. More money, fewer cards next week!



Teresa DiFalco introduced our speaker today, Dr. Thomas Allen. He said that he was one of the co-founders of Advance ER to do concierge medicine with a wholistic approach. He said that there are so many miraculous things in medicine today, it is an exciting time to be a doctor. He said he has worked in trauma centers for thirty years where he has seen the worst of the worst. It was even worse to know that with better decisions those patients could have avoided that suffering. It was the preventable medical issues that really bothered him. He got interested in preventative medicine Longevity and health span are different. Health span is when you are in good health and have quality time. To have a good health span, it takes commitment, intelligence, resources and planning ahead. A lot of things have to come together to be successful (continued on page 3)

Please remember

Let us know your concerns.

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)
Betty Dawson, *Editor*
Shutterbug Committee
Ley Waggoner, *Chair*
Bulletin/Internet Advertising
Mark Neace, *Interim Chair*

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CREATE LASTING IMPACT

Mike Callahan
RC of Prestonwood
Governor, District 5810
www.rotary5810.org

November

S	M	T	W	T	F	S
1	M	M	M	M Soc	Mtg Gala	
8	M	M RMB	M	M	Mtg	Dent CLE
15	M Mc	M Flags	M BD	M	Mtg	Trains TPop
22	M	M Trains	M	M	NO Mtg	
29	M					

A=Agape Health Serv Day
F=Bonton Farm
BD = Brd of Dirs Mtg, 8am
CC=Crossroads Com.
PC =PCR Connect Event.
CP=ChildsPlay Work Mtg-
D=ctrict 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

M=Meals On Wheels-JimWeichel various days and times
Mn= Mentoring at Hillcrest HS various days and times
Mc=RonaldMcDonaldHouse 1x/mo-KathleenKlaviter
NM=NewMemberEvent
Pr=ProgramCommitteeMtg
RL=Readers2Leaders-vatious days, times- Rob Levy
Rct=Rotaract- Ruth Alhilali.
SP=Strategic Planning Mtg
SpE=Special Service Event
VA=Vetersna Support-

UPCOMING PROGRAMS

Nov, 20	Mikia Keith Dallas Wings
Nov, 27	NO Meeting Enjoy the Thanksgiving Holiday!
Dec. 4	Meeting at the Salvation Army Program To Be Announced
Dec. 11	Meeting at Bonton Farms Program To Be Announced

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.

HaveaGreatIdeaforaSpeaker?Yourideasareneeded! Send your ideas with the details to Richard Stanford.

HelpWanted!AtANYRCPCEventorProject. 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.

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

ıttp://bit.ly/RCPCyoutube
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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.comRotaryClubOfPark Cities

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

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

#PeopleOfAction
#district5810proud
#parkcitiesrotary
#goodthingshapp e
nonfridays

THOUGHTS ON . . .

Peace

I like to believe that people in the long run are going to do more to promote peace than our governments. Indeed, I think that people want peace so much that one of these days governments had better get out of the way and let them have it. **~ Dwight D. Eisenhower**

If man does find the solution for world peace it will be the most revolutionary reversal of his record we have ever known. **~ George C. Marshall**

War is a cowardly escape from the problems of peace. **~ Thomas Mann**

Courage is the price that Life exacts for granting peace. **~ Amelia Earhart**

War is not its own end, except in some catastrophic slide into absolute damnation. It's peace that's wanted. Some better peace than the one you started with. **~ Lois McMaster Bujold**

Peace is not a relationship of nations. It is a condition of mind brought about by a serenity of soul. Peace is not merely the absence of war. It is also a state of mind. Lasting peace can come only to peaceful people. **~ Jawaharlal Nehru**

We make war that we may live in peace. **~ Aristotle**

MEETING NOTES (continued)

longevity and quality of life. Strength, energy and mobility are a kind of currency. Many of us save up for retirement but we should also invest in our health and longevity so we can enjoy our later years We can learn about nutrition, exercise, preventative medicine and all the exciting developments in longevity but there comes a time when you have to decide what you are going to do with that knowledge and follow through. Let whatever you want to do give you direction. Taking care of health takes the same commitment as do many other endeavors in our life. There are several simple things that everyone can do for their health, and then there is some advanced medicine and research that can help with quality of life strength. There are things that we can start today that are the cornerstones of health span. They are exercise, nutrition, rest, quality of faith and peace of mind. Here are some things we can do.

We naturally lose muscle as we age, making it harder to climb stairs, and even risk falling. We need to find some muscle building activity and do it twice a week. Nutrition should include protein. Another aspect is cardio-vascular fitness. Adults should have at least 150 minutes of moderate aerobic activity a week, such as brisk walking or cycling. If you have not exercised in a long time, start out gradually. Heart disease is one of the primary killers in this country. Urge your doctor to have a preventative mindset. Another cornerstone is nutrition. You are what you eat. Changing you diet can be life changing. He recommended the Mediterranean diet, if you don't want to work with a nutritionist. He said there is a lot of research that will be helpful.

HE WHO LAUGHS, LASTS

I found a book called How to Solve 50% of Your Problems, so I bought 2.

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Rotary Club of Park Cities Market Place

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