



THE HUB

The Rotary Club of Park Cities

Volume 75, Number 10

www.parkcitiesrotary.org

September 15, 2023

Serving to Make a Difference Since 1948

TODAY'S PROGRAM

Program Chair of the Day: Pat Martin



Jenn Zientz, Deputy Director of Programs and Head of Clinical Services, Center for Brain Health

Jennifer Zientz, Deputy Director of Programs and Head of Clinical Services at Center for BrainHealth®, focuses on the translation of BrainHealth research to improve how people think, work and live.

Jennifer administers performance-based assessments and facilitates training workshops that empower individuals across the lifespan to take the lead in strengthening their focus, mental efficiency, reasoning and possibility thinking.

She has facilitated SMART™ Brain Training for specialized groups – including military leadership, active-duty special operators, veterans and

their spouses, law enforcement officers, corporate executives and leadership teams, community leaders, athletes and graduate students.

Her career in clinical research and translational application has contributed to the growing knowledge of cognitive training's impact on health. Jennifer's early work focused on the important role that complex language processing plays in diagnosis and treatment of dementias. She also worked to define best practices for speech-language pathologists in the path of care for individuals with Alzheimer's disease. centerforbrainhealth.org

What is Brain Health?

Traditional thinking about brain health is rooted in the medical model, focusing on disease, disorder and deficits. Our research shows that better brain health helps people thrive within the context of their personal life.

We are reframing how to define brain health: it's about making the most of your capacity to thrive in life.

DISTRICT 5810

Youth Exchange General Information Meeting from Mike Pugh, District 5810 Youth Exchange Officer

Hello anyone interested in Rotary Youth Exchange. You may know a young person 15 - 18 1/2 years old wanting to have an experience of a lifetime. They do not have to be related to a Rotarian or even know a Rotarian. Just interested in this opportunity.

Parents, students, potential host families and just interested parties are welcome

We are having a general information meeting on ---

Saturday, September 16, 11:00am-1:00pm
Fretz Park Branch Library
6990 Belt Line Rd., Dallas, TX 75254

Help for Hawaii

August 9, 2023 was a tragic day for the residents of Maui. If you would like to help donate directly to the Rotary District 5000 Foundation which is a special relief fund for the fire victims. Charitable contributions to this fund are tax deductible

RCPC IN ACTION

Volunteers Needed Before and During the Next Foot Care Clinic

from Holly Hollenbeck

A second Foot Care Clinic for the Homeless is planned for Sat, Sept. 30.

Volunteers are needed beforehand to help organize the event and during the event. [See eBulletin.]

Last year almost 150 homeless people received foot care, and each given a foot care kit, new socks and new shoes.

Volunteers Needed: Ronald McDonald House Sept 2023

from Kathleen Klaviter

Your help is needed!

A few more Volunteers are required for Ronald McDonald House dinner next **Monday, 9/18**

Register to bring food you will prepare. Bring a driver's license for entry

Wear closed-toe shoes, (no shorts/no heels) and long hair pulled back

It's a heart-warming event helping families with kids in the hospital.

ROTARY INTERNAT'L

Resilience and a Hope-Filled Smile In Ukraine

excerpted from Rotary Voices By Dr. Marina Theododou, president-elect of the Rotary Club of Crystal City-Pentagon, Arlington, Virginia, USA

Thousands of Ukrainian children [have been] displaced by war in Ukraine. Several Rotary clubs and individual Rotary members have stepped up to help support these Ukrainian refugees living in Poland.

In May, our club contacted the Rotary E-Club of Poland in District 2231 to learn how we could help. We collaborated over Zoom to raise funds to send 50 orphan refugees to an 11-day cultural immersion camp near Gdansk on the Baltic Sea. It cost \$575 to send one child to the camp. We were able to send 26 orphans to the camp, thanks to the generosity of Rotary members throughout District 7160 as well as several nonmembers. The E-club was able to fund the other 24.

On 27 July, our team arrived in Warsaw for a seven-day visit to build bonds with the Poland E-Club, see the camp, and visit the orphanage *(cont. on pg. 3)*

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

LAST WEEK

Presiding: **Jeff Sheehan** Invocation/
Pledge: **Richard Stanford** Marketplace
Advertiser: **Scott McLaughlin**
Photographer: **Phillip Bankhead**
Chair of the Day: **Paul Pirok**
Speaker: **Gina Norris**
Program: "The Great 2023 State Fair of Texas"



President **Jeff Sheehan** called the meet-ing to order. **Richard Stanford** gave the invocation and then led the Pledge of Allegiance and "The Star Spangled Banner." President

Jeff asked for Happy Bucks. He then introduced our visitors and guests, including a visiting former Rotarian from Ft. Worth and a visiting Rotarian from Cape Girardeau, MO, who brought a flag to exchange. Other visitors were a future RCPC member who was a member of the Yuma, AZ club, and a former member of a RC in Bangladesh who lives in Dallas now.



Shawn Foster announced our MarketPlace Advertiser of this week, **Scott McLaughlin** and Vista Bank. He sent a brief video about the history and goals of the bank.



PP **Eric Heitkamp** introduced our newest member **Daniel Voigt**. He is the relationship manager for Comerica Bank.

PP **Jeff McNaughton** recapped the District Awards won by our club:
Outstanding 1st Year Rotarian: **Susan Glen**
Service Above Self: **Holly Hollenbeck**
Star Award: **Happy Franklin**
Spirit of Cooperation: with Uptown Rotary Most Fun Club, and Community Service Award
RCPC won the second highest number of awards.

President **Jeff** announced the raffle, which is now over \$2000. One of our guests won the drawing, but not the raffle.

PP **Paul Pirok** introduced our speaker today, **Gina Norris**, to speak on "The Great 2023 State Fair of Texas," one of the great things about Texas and Dallas. She was the

Please remember

President **Jeff** gave an update on **Alan Winn**. He is doing better, but still has a long way to go. Please keep him in your prayers.

Please let us know your joys and concerns.

first woman Chairman of the Board of the State Fair. She said it was a great experience. Big Tex was brought to the Fair in the 1950s by R. L. Thornton. He has become the mascot of the Fair. He burned down in 2012, but they realized Big Tex was a heart and soul symbol for the state of Texas. They have built a new one. She said the Mission of the Fair is straightforward. It is to celebrate all things Texan by promoting agriculture, education and community involvement through quality entertainment in a family-friendly environment. The Fair is a big non-profit with one major 24-day fundraiser. The State Fair and Fair Park have always been linked. The State Fair was founded in 1886. It has always been on that fair grounds which is now called Fair Park. Fair Park is 277 acres and is owned by the City of Dallas. It is operated by a non-profit called Fair Park First. The State Fair is only one of the tenants of Fair Park. The State Fair paid the City of Dallas \$1.55 Million in rent to go to Fair Park First. They have 2300 seasonal employees, and they are paid a living wage, beginning at \$17.82 an hour. Many of those employees come back year after year because they enjoy it. The State Fair is run by a Board of twenty voting members, with several committees. They have been going into the community and seeking more vendors. Our attendance last year was two and a half million people over twenty-four days. There are a lot more green spaces and places to sit this year. They have applied to trademark the phrase "The Most Texan Place on Earth." The three pillars of their mission are agriculture, education and community programs. They want to be one of the most impactful non-profits in North Texas. From the 2022 State Fair they have awarded more than \$4 million in philanthropic giving and more than \$8.6 million for the upkeep and historical preservation of Fair Park. The buildings were built in 1936 and are the largest collection of Art Deco buildings in the world.



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)

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Bulletin/Internet Advertising

Mark Neace, Interim Chair

ROTARY CLUB

DALLAS TEXAS

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www.rotary5810.org

September						
S	M	T	W	Th	F	S
					NO Mtg	
3	M	M	M	M	Mtg	D
10	M	M	M	M	Mtg	
17	M	Mc	M	BD	Mtg	
24	M	M	M	M	Mtg	SpE

A=Agape Health Serv Day

BD= Bnd of Dirs Mtg, 8am

BF=Bonton Farm

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

FT=NTFB Truck.

FB=NTFB Evt- Susan Glen

In=Interact Special Project 8 am - Tracy Gomes.

LL=Legacy of Leadership

M= Meals on Wheels, Jim Weichel

M= Mentoring at Hillcrest H.S. various days, times

Mc=Ronald McDonald House

1 x/mo-Kathleen Klaviter

NM=New Member Event

Pr= Program Committee Mtg

RL=Readers2Leaders-various days, times- Rob Levy

Rct=Rotaract- Ruth Alhilali.

SP=Strategic Planning Mtg

SpE=Special Service Event

VA=Veterans Support- Evan Altemus

UPCOMING PROGRAMS



Sept. 22 Rabbi Nancy Kasten, Beril Dogan Berk, and Rev. Dr. Petra Weldes. Moderator: Dr. Andy Stoker
Interfaith Dialogue as Balm in the Desert.



Sept. 29 Scott Ehlers
Horse Racing in Texas



Oct. 6 Michal Powell
Salvation Army



Oct. 13 Russell Martin, Director DeGolyer Library-SMU
The Rees-Jones Library of the American West

ROTARY CONNECTED



<http://bit.ly/RPCFacebook>



<http://bit.ly/RPCLinkedIn>



<http://bit.ly/RPCTwitter>



##parkcitiesrotary <http://bit.ly/RPCYouTube>



<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! Make a post on your social media when you're at a club meeting or event and 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-2nwlsW8XNTnsbonw

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

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 Van Oliver.

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>

THOUGHTS ON . . .

The Brain

The brain is a wonderful organ. It starts working the moment you get up in the morning and does not stop until you get into the office. ~ **Robert Frost**
Estimated amount of glucose used by an adult human brain each day, expressed in M&Ms: 250

~ **Harper's Index**

Brain: an apparatus with which we think we think. ~ **Ambrose Bierce**

I used to think that the brain was the most wonderful organ in my body. Then I realized who was telling me this. ~ **Emo Phillips**

I believe in an open mind, but not so open that your brains fall out.

~ **Arthur Hays Sulzberger**

There's a place in the brain for knowing what cannot be remembered.

~ **John Green**

Brains, like hearts, go where they are appreciated. ~ **Robert S. McNamara**

The human brain is unique in that it is the only container of which it can be said that the more you put into it, the more it will hold. ~ **Glenn Doman**

ROTARY INTERN'T'L continued

'Resilience' continued from Front Page where a total of 240 children live. We visited the camp as the children were enjoying the beach. We observed them participate in sports and immersive mental health activities designed to help counter their stress as an orphan refugee and build resilience and hope

Research by Deutsche Welle shows that refugee children can carry unseen scars for life. Younger children have a chance of recovering faster. As we observed some of the older children in their early to late teens, we noticed a budding hope that safe shelter brings but also fear and uncertainty.

We visited two orphanage centers. We realized the immediate, pressing need is to help older children develop skills to navigate their immediate future, including education or vocational options. They also need practical life skills to turn sadness, fear, and uncertainty to resilience, perseverance, and hope.

HE WHO LAUGHS LASTS

Everyone has a Photographic Memory. Some just don't have film.

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Proposed New Members

Kacey Lambert

Type of Membership: Individual
Classification: Non Profit
Former member of the RC of Yuma, AZ
Proposed by **Eric Heitkamp**

Melinda Mitchell

Type of Membership: Individual
Classification: Medical Sales
Proposed by **Mary Bishop**

Bob Helt





Type of Membership: Individual
Classification: Banking
Proposed by **Mark Kashar**

Happy Birthday*

Scott McLaughlin 9.18

*You are our RCPC
Foundation Funders for
this month.

Rotary Club of Park Cities Market Place

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Renew at the RCPC website "store" or with a check.

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To change or update your ad, send an updated digital Business Card
to bedawson@swbell.net and to kyle.marmillion@protonmail.com.

Questions? Ask Mark Neace at mark@synclabmedia.com