

# THE HUB The Rotary Club of Park Cities



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

Service  
Above  
Self

*Leaders united worldwide to provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world.*

August 26, 2011

Program Chair of the Day: Greg Pape

## TODAY'S PROGRAM



## Larry North Health, Fitness and Nutrition

### Books

*Living Lean:  
The Larry North  
Program, 1997*

*Larry North's  
Slimdown for  
Life, 1999*

*Getting Fit!  
The Last  
Fitness Book  
You Will Ever  
Need, 1997*

**L**arry North was born in NY and raised in Dallas, Texas. In 1981 he started his first business at age 20. His media career started shortly after that by arriving on talk radio where he performed for over twenty-five years.

Shortly after that his best selling infomercial became one of the most popular weight loss infomercials ever. Three books, a chain of health clubs, and thousands of TV appearances and live presentations here and abroad have turned Larry North into a household name in fitness, weight loss, and health.

He continues to spread his motivational messages and wisdom to dozens of fortune 500 companies and just about anyone who will listen. He can make you laugh, touch your heart, and more importantly connect with you in a way that makes you want to Change Your Body and Your Life!

### Calories In

Apple	60
Bagel	140
Banana	70
Broccoli (boiled)	10
Carrots (boiled)	7
Celery	2
Chocolate Cake	235
Cheeseburger	300
French Fries (large)	539
Chile Fries (medium)	370
Frozen Yogurt 1/2 c	117
Hamburger	250
Mac and Cheese	207
Mushroom	4
Orange	60
Fried Rice	500
Steak (3 oz)	158
Salsa	36
Scrambled Eggs	102

### Calories Out

Aerobics	115/10 mins
Biking	120/10 mins
Gardening	49/10 mins
Golf	81/10 mins
Kayaking	57/10 mins
Racquetball	90/10 mins
Running	131/10 mins
Shopping	42/10 mins
Volleyball	34/10 mins
Climbing stairs	175/10 mins
Basketball	90/10 mins
Dance Exercise	109/10 mins
Rope skipping	121/10 mins
Soccer	92/10 mins
Swimming laps	120/10 mins
Walking	60/10 mins

## COMMITTEE TIME

Have a camera?



Post some pics; share the fun!

### Intrepid Volunteers for the Clay Shoot to benefit SRH



**Standing** (l to r): Andy Carothers, Fred Speno, Ley Waggoner, Betty Dawson, Bob Dill, Steve Herman, Mark Kashar, Jim Zappfe, Jeff Sheehan, Michael Rainwater, Phillip Bankhead, Mike Jarrell, Jon Petersen. **Seated** (l to r) Dean Chance, Chris Clausen, Ruth Alhilali, Cmte Chair London O'Dowd.

### Rotary District 5790

(Ft. Worth and north and west of Ft Worth)



### End Polio Now Night at the Ballpark in Arlington

Sunday, August 28  
5:00pm to 11:00 pm

We will be featured on the field before the game starts to promote Rotary's fight against polio!

Please contact Chris McLucas for tickets: [chris.mclucas@yahoo.com](mailto:chris.mclucas@yahoo.com) or (c)817-874-4372 or (w)972-434-5900.

Details at <http://rotary5790.org/>

Are You  
a Park  
Cities  
Rotarian?



Well,  
Get Your  
Swagger  
On!

Chartered in 1948

## LAST WEEK

Presiding: **Jim Mills**  
 Invocation: **Jim Evans**  
 Pledge/Song Leader: **E.G. McMillan**  
 Introductions: **Will Reppeto**  
 Photographer: **Barb Jeffries**  
 Chair of the Day: **Eric Heitkamp**  
 Speaker: **Dr. Dawson Orr**  
 Program: **Texas Education**

President **Jim Mills** called the meeting to order. **Jim Evans** gave the invocation and noted the good news that **Joe Walker** was back to day.

**E.G. McMillan** led the Pledge of Allegiance, followed by "The Star Spangled Banner." **Will Reppeto** introduced our visitors and guests. **Dax Seale** announced The Hub and the web advertisers. **Mark Cameron**, after awarding President **Jim** the No-Bell Prize, remarked that there is a new Guest Registration at the Desk, so please be sure that your guests register. **Herb Burkman** reminded the club of the many benefits of the Youth Exchange, and the enriching experience that Kimberly Uymataiio had with our club last year. **Herb** especially recognized **Ruth Alhilali**, **Jim** and Sherry **Wolfe**, and **Dick** and Jane **Orrock**, but also Highland Park H.S., **Rick Amsberry**, **Roger Hogarth** and **Jim Mills**. He also suggested considering hosting another Youth Exchange Student next year, and reminded everyone that their own children might be eligible, as well.

President **Jim** said that RCPC would be sending a contingent to the District Membership Seminar on Saturday, as well as sending volunteers to the Clay Shoot Benefitting Scottish Rite Hospital. **Jim** also commented that one of the senior members of the club had opined that he thought the club had lost some of its swagger; so **Jim** reminded all the members that they had much to be proud of as members of RCPC.

**Eric Heitkamp** introduced our speaker today, **Dawson Orr**, superintendent of the HP ISD and RCPC member. He said that this is the most inclusive country in the world, and that over five million children will be attending public school in Texas. The shadow hanging over the



schools is a financial one. The last legislative session was difficult. Texas has the second largest population in the nation, and it grew by twenty-five percent in the last decade. In 2005 the Texas Supreme Court said that the Texas school finance system was unconstitutional because local districts had no access to funds beyond what the state required. The legislature responded by lowering the property tax and making up the difference with a business tax. Every district was given six cents of taxing power to use for enrichment. At that time the economy was good, so they used the state's surplus to fill the gaps. In 2009 the surplus was gone and revenues fell short, so federal stimulus funds were used to make up the difference. Now, in 2011 there are no federal funds, no state deficit, but there is a \$5 billion structural deficit, and a 170,000 student growth in enrollment. The legislature cut \$4 billion from previous levels of per pupil funding, and they cut \$1.2 billion from grants, such as those for Pre-K, remedial programs, dropout prevention, technology, etc. These cuts particularly affected districts with large numbers of economically-disadvantaged children. For the first time in sixty years the Legislature failed to fund education at the levels required by current law. In 1949 the Gilmer-Aikin Act required the state to budget for what they wanted the kids to learn. To create the current budget the legislature delayed the final payment of \$2 billion to schools so it was not counted as a part of this biennium. It assumed that there would be greater tax revenue than what is actually predicted. They also underfunded Medicaid by \$4.8 billion, and used \$3.2 billion from the Rainy Day Fund.

## EVENTS CALENDAR

September						
S	M	T	W	Th	F	S
				M	Mtg	
4	M	M	M <sub>VV</sub>	M	Mtg	
11	M	M <sub>Cn</sub>	M <sub>BD</sub>	M	Mtg	
18	M <sub>Mc</sub>	M	M	M	Mtg	
25	M	M	M	M	Mtg	

**Get involved!**  
 AED = Defibrillator Training  
 BI = Blood Drive  
 BD = Board of Dirs. Mtg, 7 am  
 LaMadeleine, 75 & Mockingbird  
 CM = Circles of Success  
 Mentoring See T. Gomes  
 Cn = PCR Connect Event.  
 CP = ChildsPlay Work Mtg  
 D = District 5810 Event  
 DH = Dentistry with a Heart  
 FR = Family of Rotary Event  
 F = Fellowship Event  
 FF = RCPC Foundation Fund  
 Mtg. See Fred Brown

In- Interact at Hillcrest H.S.,  
 8 am. See Tracy Gomes  
 M = Meals on Wheels (Different teams on each day)  
 See Hoyt Neal.  
 Mc = Ronald McDonald  
 House-See Jina McDaniel  
 NM = New Member Event  
 Pr = Program Committee Mtg  
 Reading and Radio Resources  
 See Jodie Ray  
 SpE = Special Service Event  
 VV = Vet to Vet - See Bob Dill  
 Web-lite = after noon mtg  
 Blue = Activities on own schedule

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## THE HUB

Newsletter of the  
 Rotary Club of Park Cities (Dallas)  
 Betty Dawson, *Editor*  
 Shutterbug Committee  
 Fred Speno, *Chair*  
 Bulletin/Internet Advertising  
 Dax Seale, *Chair*



## OFFICERS and DIRECTORS 2010-2011

**Jim Mills**, *President*  
**Fred Brown**, *President Elect*  
**Cleve Clinton**, *Vice President*  
**Mark Kashar**, *Secretary*  
**Barb Jeffries**, *Treasurer*  
**Mike Jarrell**, *Sgt. at Arms*  
**Susan Rogers**, *Club Service I*  
**Chris Clausen**, *Club Service II*  
**Michael Rainwater**,  
*Community Service I*  
**Tom Stutz**, *Community Service II*  
**Tracy Gomes**, *Vocational Service*  
**Pam Carvey**, *International Service*  
**Linda Tunnell**, *At Large*  
**Rick Amsberry**,  
*Immediate Past President*  
**Rod Pirtle**, *Parliamentarian*  
**Charles Delphenis**, *Historian*  
**Laurie Aldredge**,  
*Club Administrator*

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**Kalyan Banerjee**, *India*  
*President, Rotary International*  
 www.rotary.org

**Bud McBrayer**, *Plano Sunrise*  
*Governor, District 5810*  
 www.rotary5810.org

## UPCOMING PROGRAMS

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**September 2** Steve Bryant  
Mentalist



**September 16** Com. Maurine Dickey  
Redistricting



**September 9** New Members  
Introductions



**September 23** Bo Carter  
College Football Today

## CLUB ANNOUNCEMENTS

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

**Web-Lite for Red Badge Members, Fri, Aug 26, immediately after the Noon Meeting.** See Dennis Harrison.

**Vet to Vet, Wed, Sep 7, 6:15-8pm** or Dallas VA Hospital, 4500 S. Lancaster Rd, Transitional Care Unit. *Bingo!* See Bob Dill.

**Dues for 2011-12 are Late!** Pay in full or first half by cc or by check

**Meals On Wheels** needs volunteers on the **1st Thursday, 3rd Monday or 4th Tuesday** of each month. See Hoyt Neal.

**Support our RCPC Foundation!** Make your *voluntary* contribution **now**. Help fund our Grants to help the community!

**Don't forget to Make Up Missed Meetings!**

## ROTARY CONNECTED

**LinkedIn** Interesting new thread: You are welcome to visit our club in Lisbon Portugal [www.rotaryclubelisboa.org](http://www.rotaryclubelisboa.org)

**Tweet of the Week:** Today's #water crisis isn't just about scarcity of water, but also lack of access: <http://on.undp.org/oyNR12> v @AlertNet @WaterAid #wwwweek

**f** Interesting new thread: Meet the general secretary online in a free one-hour webinar. One session will be held 12 September and the other 15 September. Register at [www.rotary.org/webinars](http://www.rotary.org/webinars).

**YouTube** 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/](http://www.flickr.com/groups/familyofrotary/)

## THOUGHTS ON...

### Exercise

*I have never taken any exercise except sleeping and resting.*

~ Mark Twain

*Reading is to the mind what exercise is to the body.*

~ Sir Richard Steele

*To get back my youth I would do anything in the world, except take exercise, get up early, or be respectable.* ~ Oscar Wilde

*Exercise ferments the humors, casts them into their proper channels, throws off redundancies, and helps nature in those secret distributions, without which the body cannot subsist in its vigor, nor the soul act with cheerfulness.*

~ Joseph Addison

*A good exercise for the heart is to bend down and help another up.*

~ Anonymous

## RCPC FOUNDATION

Our Funders for Next Week are

**Stew Norris**  
**London O'Dowd**  
**Dawson Orr**  
**Dick Orrock**

✓ = Contribution made for 2011-12

## ROTARY INTERNATIONAL

### District 9200 Delivers Famine Relief to Kenya

Drought-stricken villages in northern Kenya received desperately needed aid this week from Dist. 9200 (East Africa) and the Red Cross, which delivered more than 18 tons of food and water.

The hunger crisis plaguing the Turkana district in northern Kenya is a "stark example of what is happening to people in East Africa," says Geeta Manek, Dist. 9200 governor-elect. The Horn of Africa's worst drought in 60 years has sparked famine conditions in Ethiopia, Kenya, and Somalia.

Manek, along with three Rotarians and the secretaries general of Kenya Red Cross and Canadian Red Cross, visited the village of Kaikor on July 25.

The drought in Africa has affected more than 12 million people

### Are You Ready for Some Football?



**Tom Landry Classic**  
at SMU's Ford Stadium

**#2 ranked HP Scots**  
vs **#4 ranked Everman Bulldogs**

**Saturday, August 27**  
**4:30 pm**

## THEY PROFIT MOST WHO LAUGH BEST

### Some of the Dumbest Lines in Movie History

"Visits? That would indicate visitors."

from *Plan 9 from Outer Space* (1959)

"War! War! That's all you think of, Dick Plantagenet! You Burner! You Pillager!"

from *King Richard and the Crusaders* (1954)

"This is bad."

from *Titanic* (1997)

"When I'm sitting here with you, I don't even think about the slime people."

from *the Slime people* (1962)

Man: "I'd like to take you out in a monster free city."

Woman: "I'd like that."

Camera: *Guardian of the Universe* (1995)

### Proposed New Members

**Mary M. Bishop**, Non-Profit  
Proposed by **Susan Rogers**  
2nd Publication

**Kevin Chagnon**, Architect  
Proposed by **Nolan Duck**  
2nd Publication

**Tom Rhodes, Jr.**, Real Estate  
Proposed by **Howard Fitch**  
1st Publication



### Happy Birthday

**Jon Petersen** 8.30  
**Rick Amsberry** 8.31  
**Charles Delphenis** 9.1