



THE HUB The Rotary Club of Park Cities

Volume 65, Number 22

www.parkcitiesrotary.org

January 17, 2014

Serving to Make a Difference Since 1948

TODAY'S PROGRAM

Program Chair of the Day: Bill Sleeper



John Peavy Economic Forecast

Dr. Peavy is an investment and portfolio manager with over 35 years of investment management experience. He has testified as an expert witness in more than 100 cases, many addressing financial and investment issues such as asset valuation, portfolio management and investment suitability. Dr. Peavy has been retained as an expert by major corporations and firms in banking, finance, insurance, energy, high technology, telecommunications, manufacturing, and professional services, as well as by public employee retirement funds and the Internal Revenue Service.

Most recently, he worked as an investment advisor at Smith Group Asset Management, L.P., where he managed equity assets of approximately \$2.5 billion for individual and institutional investors. From 1999 to 2002, Dr. Peavy served as Chief Investment Officer of the Teacher Retirement

System of Texas and was responsible for the investment of approximately \$80 billion in retirement assets for more than one million plan participants, including a \$2.5 billion private equity program and a \$1 billion hedge fund program. In addition to being a Distinguished Finance Fellow at the M.J. Neeley School of Business at Texas Christian University, he also serves on several boards of directors, boards of trustees, and investment advisory boards.

Dr. Peavy is an associate editor of the *Journal of Investing*, and has coauthored five books and published more than 60 articles, monographs, and case studies on investments, valuation, and portfolio management. His PhD in Finance is from UT-Arlington and his MBA in International Finance is from the Wharton School of the U. of Pennsylvania. He is a CFA charterholder.

COMMITTEE TIME

Interact Visits the Bush Library

by Linda Tunnell

Thirty of the top members of the HHS Interact Club had an amazing field trip to the Bush Library. This was arranged by our very own, Karen Farris, who also serves as a docent at the museum. She even made arrangements for the students and chaperones to visit the situation room. This is not a part of the regular tour; even Karen had not been in there. It is an exact replica of the one in Washington!

The docent is a staff member at the Bush, an archivist, and had so much information to share. There is also a temporary exhibit of the Christmas tree that was in the White House just after 9/11. We are so proud that we were able to share this "jewel" with some of the Interact students!



Dawson Orr Interviewed in the DMN's NeighborsGo

"HP Superintendent Focuses On Change, Growth" appeared in the NeighborsGo section of the Dallas Morning News on January 3, 2014. This year will be the 100th anniversary of the HPSD. In the article Dawson outlined the goals and challenges of the school district for the coming year, as well as some history of the district and the successes of last year.

The centennial weekend will be celebrated October 17-19. However, Dawson points out that the celebration will start off by participating in the RC PC Fourth of July Parade!

Last summer HPHS was well represented with the members of the teams of various sports putting together their own floats.

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

LAST WEEK

Presiding: **Cleve Clinton**
 Invocation: **Mary Bishop**
 Pledge: **Gerry Montgomery**
 Introductions: **Nolan Duck**
 Photographer: **Bill Matthews**
 Chair of the Day: **Jim Zapffe**
 Speaker: **Maj. Carl Earp**
 Program: **Chili Day at Salvation Army**



President **Cleve Clinton** called this first meeting of 2014 to order.

Roy Washburn gave the invocation, noting that

PP **Charles Delphenis** was still in need of our prayers, as was **Orville Salmon** who now is at home.



PP **Karl von Bieberstein**

led the Pledge of Allegiance and "The Star Spangled Banner," followed by "Auld Lang Syne." **Will Reppeto**, assisted by **Nolan Duck** with the mike, introduced our visiting Rotarians and guests.

Shawn Foster announced The Hub and web advertisers of the week. PP **Greg Pape** recognized President **Cleve** for his second level Paul Harris Fellow and **Bill Kelly** and **Richard Jodry** for their fourth level PHFs. He also awarded **Mary Bishop** a PHF, contributed by **Dax Seale**. PP **Greg** also reported that to date RCPC members had contributed about \$15,000 to the Rotary Foundation. He mentioned an American Rotarian who returned to Afghanistan to open a free, private school for girls; this is the spirit of Rotary.

PP **Phillip Bankhead** introduced new member **Charles Polansky**, a private client advisor for Hub International.

Shawn Murphy announced that Interact would be participating in District 5810's trip to Nicaragua in the second week of March. All RCPC members are invited to participate! **Fred Speno** announced the District 5810



Please remember ...

Charles Delphenis

Orville Salmon who is home from the hospital.

Please let us know your Joys or Concerns at -announcements@parkcitiesrotary.org

Gala on February 22. He also asked for items to be included in the silent auction. **Pam Carvey** announced that Dentistry with a Heart would be on February 14, and that volunteers are needed throughout the day.

Chris Clausen

introduced our speaker today, **Laura DeFina, MD**, Medical Director of Research at the Cooper Clinic. She remarked that it was hard work to live well and be healthy. There are ways to improve your chances of aging without disease or disability and with your memory intact. It requires making good choices and being personally accountable for your own health. Important factors include being physically active and exercising, maintaining good nutrition, remaining social and productive, limiting alcohol consumption, maintaining a healthy weight, avoiding tobacco use, getting the proper amount of sleep, and managing stress. Physical activity lowers heart disease and other risk factors, but it is not clear why it is so good for you. To be effective, a person should have 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity every week, as well as resistance activity and flexibility activity two days a week. Exercise is so helpful, she feels that doctors should prescribe exercise as if it were a medicine.

She also recommended eating less, but enjoying what you eat, and to avoid oversized portions. She said that half of your meal should be fruits and vegetables. and drinking water instead of sugary drinks is an easy way to reduce calories. She remarked that everyone needs seven to nine hours of sleep every night, but that inadequate sleep leads to illness. She said that it is hard to make these changes, but little steps are important, and it is important to keep trying.



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

Fred Speno, *Chair*

Bulletin/Internet Advertising

Chris Short, *Chair*



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Shawn Murphy, *New Generations*
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Ean H. Sullivan, RC of Plano
Governor, District 5810
 www.rotary5810.org

EVENTS CALENDAR

January						
S	M	T	W	Th	F	S
			M	M		
5	M	M	M	M	Mtg	
12	M	M	M	M In	Mtg	
19	M	M	M	M In	Mtg	BI
26	M	M	M	M In		

BI = Blood Drive

BD = Board of Dirs. Mtg, 7am

LaMadeleine, 75 & Mockingbird

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 Cleve Clinton

In- Interact at Hillcrest H.S.

8 am. See Tracy Gomes

M = Meals on Wheels (Differ-

ent teams on each day)

See Patsy Watson

Mentoring at Hillcrest H.S.

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 = on your computer

Blue = Activities on own schedule

Get Involved!

UPCOMING PROGRAMS



January 24 Texas Rangers
Recap of 2013 and Outlook for 2014



January 31 TBA



February 7 TBA



February 14 TBA

CLUB ANNOUNCEMENTS

Sign up at www.parkcitiesrotary.org

Nicaragua: Spring Break, 2014. Join us for 8 days and 7 nights of service and fun in Granada, Nicaragua. Trip cost of \$1200 (double occupancy) includes airfare, hotel, meals, in-country transportation and tours. www.rotary5810.org

Blood Drive, Saturday, Jan. 25, Noon - 5:00pm Various one hour shifts. See website for times or to sign up. Volunteers and donors needed! See Ariane.

Dentistry with a Heart, Friday, Feb. 14, 6:45am-5:30pm at HP Presbyterian Church and Roy Washburn's office. Various shifts. See Kennis Ketchum.

Volunteer for Meals on Wheels. Usually 10:00am to Noon. Various dates available or be a Sub. Very rewarding!! See Patsy Watson.

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

ROTARY CONNECTED

LinkedIn RI: www.linkedin.com/groups?gid=858557&trk=hb_side_g RCPC: www.linkedin.com/groups?gid=1248747&trk=hb_side_g

Interesting New Thread: What do you think motivates people to give of their time or money?

Twitter RI: <http://twitter.com/#!/rotary>
Tweet of the week: Tuesday night at #Rotary International Assembly is amazing. What an experience! Cultural night, so many countries represented. @Rotary's profile in the community #RotaryChat

Facebook RI: www.facebook.com/rotary
Dist. 5810: www.facebook.com/RotaryDistrict5810

Interesting New Thread: Who inspires you?
5 Inspiring People Living With Polio

Vimeo RCPC has its own channel: <http://vimeo.com/channels/rotaryclubofparkcities/>
Miss a Meeting? Watch it Online!

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/

Pinterest <http://pinterest.com/rotary/>
RI has Pinboards on major projects.

Instagram www.statigr.am/rotaryinternational
See RI's latest pictures via Instagram.

THOUGHTS ON ...

Wealth

Nothing is more admirable than the fortitude with which millionaires tolerate the disadvantages of their wealth.
~ Rex Stout

It is pretty hard to tell what does bring happiness; poverty and wealth have both failed.
~ Kin Hubbard

Many people despise wealth, but few know how to give it away.

Francois de La Rochefoucauld

Without a rich heart, wealth is an ugly beggar. **Ralph Waldo Emerson**

Wealth is the slave of a wise man. The master of a fool.
~ Seneca

The real measure of your wealth is how much you'd be worth if you lost all your money.
~ Unknown

RCPC FOUNDATION

Our Funders for Next Week are

Frank Leonard
Don Linnen
Bobby Majumder
John Maluso
Stuart Markussen

COMMITTEE TIME (continued)

Mentor / Mentee Reunion

by Shawn Murphy

Several students from the RCPC Mentoring Program returned to Dallas for winter break. Tracy Gomes, Tom Dortch and Jim Weichel organized a reunion held on Dec 15th at Peggy Sue's BBQ (thank you Marc Hall). The students shared stories from their college experiences



(dorm food, roommates, class schedules), but the most rewarding story was that they feel better prepared for college due to the help of the Mentoring Program. The program should produce its first set of college grads in 2015. Great job by Jarl Johnson, Tracy Gomes, Big Brothers Big Sisters, and Hillcrest HS AVID in getting the program up and running in 2009

HE PROFITS MOST WHO LAUGHS BEST

Everything I need to know, I learned from Noah's Ark

- Don't miss the boat.
- Remember that we are all in the same boat!
- Plan ahead. It wasn't raining when Noah built the Ark.
- Stay fit. When you're 60 years old, someone may ask you to do something really big.
- Don't listen to critics; just get on with the job that needs to be done.
- Build your future on high ground.
- For safety's sake, travel in pairs.
- Speed isn't always an advantage. The snails were on board with the cheetahs.
- When you're stressed, float awhile.
- Remember, the Ark was built by amateurs; the Titanic by professionals.

We gratefully acknowledge
ASTRO-GRAPHICS
for the partial funding of The Hub

Happy Birthday

Doug Gill 1.18
Tom Rhodes 1.19
E.G. McMillan 1.22

