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Service
Above
Self

January 21, 2011

TODAY'S PROGRAM

Program Chair of the Day: Wayne Suelzt



Tom Grieve and Mike Maddux The Texas Rangers



Tom Grieve enters his 17th season as the analyst in the Rangers' television booth after debuting on Prime Sports broadcasts in 1995. He has been with the Washington/Texas franchise for nearly forty-three of his forty-four years in professional baseball and was elected as the 13th member of the Texas Rangers Baseball Hall of Fame during the 2010 season.

Named the Rangers' Vice President and General Manager Sept, 1984 Grieve became the youngest General Manager in baseball at the time. He remained in the position until Sept, 1994, still the longest tenure of any General Manager in team history. Grieve was the Senators' first round pick in the October, 1966, free agent draft after an outstanding high school career in his hometown of Pittsfield, Massachusetts. He played in the majors with the Senators, Rangers, Mets and Cardinals from 1970-79. Grieve was the Rangers' Player of the Year in 1976 with career bests of twenty homers and eighty-one RBI.

He joined the Rangers' front office as director of group sales in 1980, became assistant director of player development in 1981, and was promoted to director of player development after the 1982 season.

Tom and his wife, Kathy, have three children, all accomplished athletes. His oldest son Tim, a 1994 graduate of TCU, pitched in the Kansas City and Arizona organizations and is now a Texas scout for the Detroit Tigers. His son Ben was the second pick in the nation in the 1994 June draft. In 1998 he was the American League's Rookie of the Year with the Oakland A's. Daughter Katie was an all-state volleyball player at Arlington Martin HS and went on to play at Auburn University.

Mike Maddux recently completed his second season as Texas pitching coach, leading a staff that posted the club's lowest ERA since 1990. The Team ranked fourth in A.L. in ERA in 2010, the Rangers' best ranking in the league in twenty-seven years, since the only time Texas led the league in ERA, in 1983 (club-record 3.31).

In fact, it was just the sixth time for Texas to ever finish in the league's top four in ERA. The staff's .246 opponents average in 2010 was third in the league, while 319 OBP was the lowest since 1983. The staff had a club-record 1181 strikeouts in 2010.

Prior to joining Texas, Maddux spent six seasons (2003-08) serving as pitching coach for the Milwaukee Brewers, which secured the N.L. Wild Card spot in 2008 to earn a postseason berth for the first time since 1992. He oversaw a Brewers pitching staff that ranked second in the National League with a 3.85 ERA in 2008, the lowest figure by a Milwaukee club in sixteen years since registering a 3.43 ERA in 1992. Prior to joining the Brewers, Maddux was the pitching coach at Double-A Round Rock for three seasons. He played fifteen seasons in the major leagues for nine different teams. He played collegiately at the University of Texas-EI Paso.

COMMITTEE TIME

Caught in the Act . . .

by Tracy Gomes

We caught them. Caught them "red-handed", four Hillcrest students doing good deeds for others--

- Helping a teacher with her books
- Tutoring other kids during school
- Helping a teacher after class
- Picking up trash that others walked by

Little things that we should all do, but don't always....

Hillcrest HS in partnership with RCPC is sponsoring the Caught Doing Good program, part of the Club's new Ethics program for youth to raise awareness and foster a culture of positive values and a higher standard of personal behavior. (continued on pg. 3)

Park Cities Rotary Blood Drive!!

by Michael Rainwater

Big day at NorthPark on Saturday Jan. 15th as 48 people signed up to donate blood at our club's blood drive. Those making donations were signed up in Carter Blood Drive's drawing for Super Bowl tickets! Thank you to the Park Cities Rotarians donating blood and volunteering – making this day a success!! Pictured showing off big Rotary smiles and spirit are Bill Matthews, Bill Hervey, Susan Rogers and Jim Zapffe.

Great Job!



Chartered in 1948

LAST WEEK

Presiding: **Jim Mills**
 Invocation: **Charles Delphenis**
 Pledge/Song Leader: **Charlotte Kroeker**
 Introductions: **Ley Waggoner**
 Chair of the Day: **John Gilchrist**
 Speaker: **Sandra Bond Chapman**
 Program: **Brain Health**



President-Elect **Jim Mills** called the meeting to order. **Charles Delphenis** gave the invocation. **Charlotte Kroeker** led the Pledge of Allegiance, followed by "Michael Rowed the Boat Ashore." **Ley Waggoner** introduced our visitors, including a long-distance visitor from South Carolina. **Mark Kashar** introduced The Hub and the web advertisers. **Bill Clark** reminded everyone that RCPC has its own Foundation; if your name begins with B, it may be your turn to support it. P-E **Jim** awarded a check to **Tracy Gomes** for supplies for the new Caught Being Good Program at Hillcrest H.S. The teacher who sponsors the program



described the program which encourages students to do small "good" deeds around the school. **Fred Brown** announced Dentistry with a Heart on February 11 to provide free dental care to low income families. Our three dentists, **Michael Rainwater**, who is spearheading it, **Roy Washburn** at whose offices it will be held, and **Moody Alexander**

who will be organizing the groups of patients, need our volunteer time. Also, there will be AED Training on January 29; learn to save a life.

Nolan Duck introduced our speaker today, Sandra Bond Chapman, the founder and chief director of the Center for Brain Health. She

started by asking how many had made brain health resolutions. The brain is the most important part of the body, yet people don't believe they can improve their brains. Fifty percent of what we do is bad for your brain. She said that much of what she learned in college has been proven untrue. We have learned that the brain is the most modifiable part; we make it smarter or dumber every day. Their goal is understanding, protecting and healing the brain. Typically, people worry most about their memory. As we get older, we need to build more cognitive reserves, but often we go on automatic pilot. Since they have moved into their new building, the Center has grown from twenty-six scientists to one hundred and twenty-seven scientists, and they have attracted some of the top talents from around the country. Rather than focusing on what's wrong, they study how to make the brain function better. They take a horizontal approach so that research from one area affects all areas. Brainomics is how to utilize your brain the most effectively. They are working with large corporations to help the employees live up to their brain potential. Fear is the greatest factor in keeping people from seeking help, but in the last five years, researchers have learned that the brain can be helped. The brain actually changes from hour to hour. What you know does not make you smart. Critical thinking and decision making are crucial, but they are the last to develop and the first to decline. However, using the brain keeps it sharp. Strategic attention, integrated reasoning, and mental flexibility are the things that matter the most and they get better and better with age. Your brain can do only one thing at a time so multitasking is very ineffective. Eliminating all the distractions helps to focus on accomplishing a task. Sleep consolidates information and is important to making the best decisions. Become an expert in something rather than a jack-of-all-trades, but try to apply what you know in novel concepts. Practicing makes your brain efficient.



THE HUB

Newsletter of the
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Members with guests

Linda Tunnell
 Tracy Gomes
 Karl von Bieberstein
 Kendra Yanchak

EVENTS CALENDAR

January						
S	M	T	W	Th	F	S
2	M	M	M	VV	M In	Mtg
9	M	M	M	Cn	M In	Mtg BI
16	M	M	M	BD	M In	Mtg
23	M	M	M	M	M In	Mtg Web AED
30	M					

- 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 Jim Mills

Get involved!

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

UPCOMING PROGRAMS

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January 28 Rotary Day
New Member Speeches



February 11

Stephen Jones
Dallas Cowboys



February 4 4 Way Speech Contest
Hillcrest H.S. Finalists



February 18

Pete Delkus
Weather Technology

CLUB ANNOUNCEMENTS

Sign up at
www.parkcitiesrotary.org

Dues are Due! If you just paid the first half of your dues in the Summer, the rest is due. Pay by credit card online or by check to Laurie.

Web Lite, Fri, Jan 28, 1:00-1:15pm Immediately following the noon meeting. Especially for Red Badges. See Dennis Harrison.

AED Training, Sat, Jan 29, 8:00am-Noon at the Tower Lounge, \$50 for first time attendees, \$35 to renew. See Steve Herman.

District Assembly, Sat, Feb 5, 7:30am-noon, Collin Center in McKinney. \$15/Rotarian. See Greg Pape or Dist 5810 website.

Dentistry with a Heart, Fri, Feb 11, 7am-5:30pm. Volunteer to help meet dental needs of low income families. See M. Rainwater

ROTARY CONNECTED

LinkedIn Interesting new thread: Future Vision Plan provides incredible opportunity rotary.org

Tweet of the Week: Foundation report includes success of Future Vision grants and the Foundation's goals. #rotaryia <http://cot.ag/h7MbNB>

Facebook Interesting new thread: Rotarian Charles Foster was portrayed by actor Kyle MacLachlan in the film Mao's Last Dancer.

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/

THOUGHTS ON . . .

Winning

Sure, winning isn't everything. It's the only thing.

~ Henry Sanders

Winning is not everything but wanting to win is.

~ Vincent Thomas

If winning isn't everything, why do they keep score?

~ Vince Lombardi

It's never just a game when you're winning.

~ George Carlin

Winning may not be everything, but losing has little to recommend it.

~ Dianne Feinstein

One should always play fairly when one has the winning cards.

~ Oscar Wilde

FOUNDATION FUNDERS

Our Funders for Next Week are

Art Bollon
Charlie Bond
Fred Brown
John Brown

FAMILY OF ROTARY

There's a New Shoop!

Owen Paul Shoop was born Dec. 8, 2010. He is the son of Nick and Amy Shoop. He and his mom are both healthy and well. Big brother, six-year old Hudson has been a big help, according to dad.



Caught in the Act (continued)

Started last fall, by Lori Todd, the school's journalism teacher, Caught Doing Good asks teachers to nominate kids "caught doing good". Nominations are collected and once a month a drawing is held to recognize a young person for their positive actions of civic behavior.

Last week Rotary threw a little pizza party to officially kick-off its sponsorship of the program and recognize the four honorees from the first semester. Among the attendees were President Rick and Vocational Services Director Tracy Gomes, along the school's Principal Ron Jones.

THEY PROFIT MOST WHO LAUGH BEST

with thanks to Elaine Allen

More and more Seniors are texting and tweeting, so there appears to be a need for STC (Senior Texting Codes). Here are a few to get started:

ATD: At The Doctor's

BFF: Best Friend Fainted

BTW: Bring The Wheelchair

BYOT: Bring Your Own Teeth

CBM: Covered By Medicare

CUATSC: See You At The Senior Center

FWB: Friend With Beta Blockers

FWIW: Forgot Where I Was

GGPBL: Gotta Go, Pacemaker Battery Low!

GHA: Got Heartburn Again

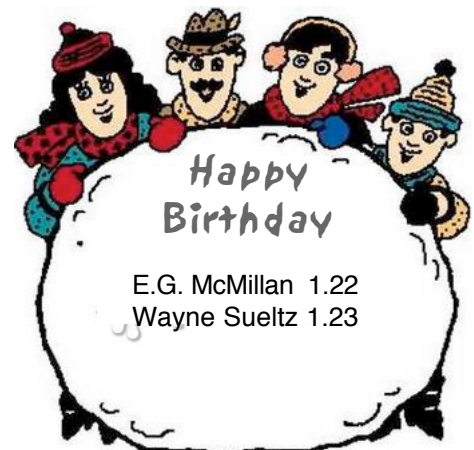
IMHO: Is My Hearing-Aid On?

LMDO: Laughing My Dentures Out

Proposed New Member

Howard C. Parker, Architecture
Proposed by: John Childs and Ed Fjordbak
1st Publication

Phillip Ray, Law
Proposed by: Jodie Ray
1st Publication



E.G. McMillan 1.22
Wayne Suelztz 1.23

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