

THE HUB The Rotary Club of Park Cities



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.

November 11, 2011

Program Chair of the Day: John Brown

TODAY'S PROGRAM



John Hart, MD New Approaches to Help Returning Warriors Home

The Center for BrainHealth is dedicated to improving the lives of America's brave fighting men and women. This commitment includes preparing our service members to be the absolute best they can be – before, during, and after deployment. It takes years to make civilians battle-ready, and BrainHealth research is designed to minimize the time it takes to successfully reintegrate veterans into civilian life. www.brainhealth.utdallas.edu/

John Hart, M.D., is Medical Science Director at the Center for BrainHealth, where he also holds the Jane and Bud Smith Distinguished Chair and the Cecil Green Distinguished Chair at The University of Texas at Dallas. The Johns Hopkins-trained neurologist is also a Professor of Behavioral and Brain Sciences with a joint appointment in the departments of Neurology and Psychiatry at The University of Texas Southwestern Medical Center at Dallas.

Dr. Hart is the President of the Society for Behavioral and Cognitive Neurology and the Behavioral Neurology Section of the American Academy of Neurology. He is one of the world's foremost experts on how you store and access knowledge in your brain, known as semantic memory. In 1985, Dr. Hart was the lead author on the seminal paper published in the prestigious journal *Nature* that established that knowledge is stored in the brain by categories. This was followed by a second major finding published in *Nature* showing that features and categories are the storage units of knowledge in the brain. In

1998 and 2002, two more major discoveries were published as Track II articles in *Proceedings of the National Academy of Sciences (USA)* that showed the actual time it takes in the brain to recall an object memory, and Dr. Hart's key discovery of the actual mechanism of how the brain combines parts of memories together to form an integrated object memory.

He and his collaborators have now used this fundamental finding to assess patients with a wide variety of disorders, including normal aging, dementia, Alzheimer's disease, mild cognitive impairment, traumatic brain injury, attention deficit hyperactivity disorder, **Post-Traumatic Stress Disorder**, **Gulf War Syndrome**, and schizophrenia. The findings in these studies will lead to targeted treatment interventions for semantic memory retrieval problems in these diseases. In addition, the work that he has performed in knowledge storage will be applied to children with difficulties in this area (e.g., autism, ADHD, TBI, and others) and in developing optimal programs for use in educational systems.

REMEMBERING VETERANS

with thanks to Elaine Allen

The Tomb of the Unknown Soldier

Here Rests In Honored Glory An American Soldier Known But To God

The guard at the Tomb of the Unknown Soldier takes twenty-one steps during his walk across the tomb. It alludes to the twenty-one gun salute, the highest honor given any military or foreign dignitary. He hesitates after his turn to begin his return walk for twenty-one seconds for the same reason.

His gloves are moistened to prevent his losing his grip on the rifle. He carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder.

The guards are changed

every thirty minutes, twenty-four hours a day, 365 days a year.

Persons who apply for guard duty at the Tomb must be between 5' 10" and 6' 2" tall and his waist size cannot exceed 30. They must commit two years to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform or the tomb in any way.

After two years, the guards are given wreath pins that are worn on their lapels signifying they served as guards of the tomb. There are only 400 presently worn. The guards must obey these rules for the rest of their lives or give up the wreath pin (cont on pg 3)



Join RCPC on Nov. 20

Chartered in 1948

LAST WEEK

Presiding: **Jim Mills**
 Invocation: **Bill Matthews**
 Pledge/Song Leader: **E.G. McMillan**
 Introductions: **Margaret Collins**
 Chair of the Day: **John Brown**
 Speaker: **Hellen Mtawali and Denny Morrow**
 Program: **Afrizo - African Leaders for Tomorrow**



President **Jim Mills** called the meeting to order, and explained that while he was in Austin he developed his Ark Theory, that there is a female to match every male, even in Austin. He then explained that like RCPC, its members match because are above average; they are committed. He urged everyone to sign up for the holiday service projects that are coming up. **Bill Matthews** gave the invocation, and noted that **Braxen Hyman's** father had passed away. Please keep him in your prayers. **E.G. McMillan** led the Pledge of Allegiance, but Afrizo led "The Star Spangled Banner." **Margaret Collins** introduced our visitors and guests, including one of our speakers who is a long-distance visiting Rotarian from Minnesota. **Howard Fitch** announced The Hub and the web advertisers of the week. **Nolan Duck** announced the One Plus One Day on November 18, where every member should bring one person they believe would make a great Rotarian. **Mary McMahon** reported on some flyers and brochures that had been printed to explain Rotary to guests. President **Jim** that we would be spending some time on table manners before the guest meeting. He introduced all the Rotary Leadership Alums, and said that there would be another Rotary Leadership event coming up; the club will pay the fee if any member wants to go.

John Brown introduced our program today, Hellen Mtawali and Afrizo. Hellen is a well-known entertainer in Kenya, as well as a teacher and ambassador for Daystar University. Afrizo is a singing group comprised of

current Daystar students. They began by singing two traditional Kenyan songs. Denny Morrow, the Interim Executive Director for Daystar U.S. then interviewed Hellen. She said that her father was a Christian minister, who had been imprisoned when she was younger, and that he believed that he was to do something positive from his experience. She said that this had shaped her beliefs also. She said that in Kenya, Rotary is made up of civic leaders and businessmen, and they are influential in improving the situation in the country. One of their major efforts is to bring clean water to the citizens. Currently Daystar University must ration water because their student population has doubled. She also explained that in Kenya, Afrizo is made up of one hundred and twenty students, but that the small group touring the U.S. were selected by audition and because of their attitude. They are touring for a hundred days all over the U.S. The students on the tour will lose a semester of their classes, so will graduate a semester later. She explained that it costs \$5800 per student to attend Daystar, which is a great deal of money, compared to the income of many Kenyans. Daystar is a nondenominational Christian university, and they partner with several similar universities in the U.S. She said that young people in Kenya are learning to put Kenya first, and to look past the traditional tribal loyalties. The students were asked what they were studying. Three were studying Communication and Public Relations, two were studying Communications and Electronic Media, one was studying Computer Science and Management Systems, and one was studying Management Information Systems. For more information see www.daystarus.org/



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THE HUB

Newsletter of the
 Rotary Club of Park Cities (Dallas)
 Betty Dawson, *Editor*

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6704 Snider Plaza
 Dallas, Texas 75205
 Office Phone: 214-739-4170
 Office Fax: 214/363-6980
www.parkcitiesrotary.org
 Email: club@parkcitiesrotary.org



Kalyan Banerjee, India
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www.rotary.org

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EVENTS CALENDAR

November						
S	M	T	W	Th	F	S
		M	M V V	M	Mtg	
6	M	MCn NM	M BD	M	Mtg	D
13	M FF	M	M	M	Mtg	
20	M Mc	M	M	M		
27	M FF	M	M	M		

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 (Differ-
 ent 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

UPCOMING PROGRAMS

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November 18 Carl Sewell, Dallas Business
- Today and Tomorrow - **Bring a Guest**



December 2

**Chili Day at the
Salvation Army**



November 25 **No Meeting**
Happy Thanksgiving!!



December 9

NO Noon Meeting
Come to the Holiday Party

CLUB ANNOUNCEMENTS

Sign up at www.parkcitiesrotary.org

RCPC Foundation Meeting, Nov 14. See Mike Jarrell.

Ronald McDonald House, Nov 21, 5:00pm at RMCD House.
Serve dinner to families of hospitalized children. See Jina McDaniel

Traveling during the Holidays? Visit a Rotary wherever you are!

Share your stories of Rotary in action on social media: Face-
book, Linked-In, Twitter, You Tube, and VIMEO. See Mary McMahon

Support our RCPC Foundation! See the Box on this page.

Every Rotarian Every Year. \$100 to the Rotary Foundation.

Don't forget! Report Make-Ups on the Website. See "Report
Makeups Here" on the left side of the Home Page

Holiday Opportunities for Service!

Snider Plaza Holiday Tree Lighting
Sun, Nov 20, 4:00 - 6:00pm

Trains at Northpark, Nov 28, 30, Dec
12, 29, 6-9:15pm at NorthPark

Salvation Army Angel Tree, Dec 5-12,
3 shifts each day at NorthPark

Popcorn Packing, Dec 6, 5:30 at SRH

Christmas Party, Dec 9, 7:00pm

Vet to Vet Holiday Party Details TBA

THOUGHTS ON . .

Courage

*Courage is resistance to fear,
mastery of fear - not absence of
fear.* ~ Mark Twain

*A timid person is frightened be-
fore a danger, a coward during
the time, and a courageous
person afterward.*

~ Jean Paul Richter

*Courage is the art of being the
only one who knows you're
scared to death.*

~ Harold Wilson

*Courage is the price that Life
exact's for granting peace.*

~ Amelia Earhart

*Life shrinks or expands in pro-
portion to one's courage.*

~ Anais Nin

*Courage is fear that has said its
prayers.* ~ Dorothy Bernard

RCPC FOUNDATION

Our Funders for Next Week are

Karl Von Bieberstein
Ley Waggoner ✓
Joe Walker
Kirby Warnock
Jerry Washam

✓ = Contribution made for 2011-12

REMEMBERING VETERANS (cont.)

The Tomb of the Unknown Soldier (continued)

Their shoes are specially
made with very thick soles to
keep the heat and cold from their
feet. There are metal heel plates
that extend to the top of the
shoe in order to make the loud
click as they come to a halt.
There are no wrinkles, folds or
lint on the uniform. Guards
dress for duty in front of a full-
length mirror.

During the first six months,
off duty time is spent studying
the 175 notable people laid to
rest in Arlington National Ceme-
tery. A guard must memorize

interred.

In 2003 as Hurricane Isa-
belle was approaching Wash-
ington, the US Senate and
House took two days off in anti-
cipation of the storm. It was re-
ported that because of the dan-
gers from the hurricane, the mili-
tary members assigned to
guarding the Tomb were given
permission to suspend the as-
signment. They respectfully de-
clined the offer, "No way, Sir!"
Soaked to the skin, marching in
the pelting rain of a tropical
storm, they said that guarding

**Are You Ready
for Some
Football?**



HP Scots - 52
McKinney
Lions - 15



HHS Panthers -19
Spruce
Timberwolves - 20

the Tomb was not just an as-
signment, it was the highest
honor that can be afforded to
a serviceperson.
[www.arlingtoncemetery.net/
tombfun.htm](http://www.arlingtoncemetery.net/tombfun.htm)

THEY PROFIT MOST WHO LAUGH BEST

Anagrams! Rearrange the Letters

Rearrange "astronomer" and you get "moon starrer"

Rearrange "George Bush" to get "he Bugs Gore"

Rearrange "eleven plus two" to "twelve plus one"

Rearrange "the Morse code" to "here coMe dots"

Rearrange "snooze alarms" to get "alas! no
more z's"

Happy Birthday

Cub Amos 11.12
Maryllyn Hargrave 11.14

We gratefully acknowledge
ASTRO-GRAPHICS
*for the partial funding of the weekly
printing of The Hub.*