



BE THE INSPIRATION

2018-2019

## UPCOMING PROGRAMS

**April 25th**  
**Dr Ashesh Parikh**  
 Cardiologist – Texas Health  
 Resources Plano

**May 2nd**  
**(NO NOON MEETING)**  
 1st Thursday of the month

**May 9th**  
 TBD



## APRIL BIRTHDAYS

|                    |        |
|--------------------|--------|
| Askari, Daniel     | Apr 04 |
| Haggard, Rutledge  | Apr 05 |
| Reed, Robert       | Apr 07 |
| Flannery, Lawrence | Apr 09 |
| Sayers, Andy       | Apr 11 |
| Bell, Kirk         | Apr 12 |
| Eisenhard, Eric    | Apr 25 |
| Kasmiskie, Ricardo | Apr 27 |



ROTARY  
SERVING  
HUMANITY

# WINTER Weekly

Volume 273, Issue 338, April 25th, 2019

# Reader

The Plano Rotary Club  
[www.PlanoRotary.com](http://www.PlanoRotary.com)

## You Want Fries With That?

**A**S we stuffed our faces with *Gleneagles* Buffet items, we were treated to a lecture on hunger in North Texas. The irony wasn't lost on us as we wolfed down the apple cobbler. Indeed, it probably increased our appetite so that we waddled out a little heavier than usual. Well...**Sainted Editor** can only speak for himself.

**Carolyn the Petite** cautiously aroused our attention at 12:09, summoning **Rick Horne** for the Invocation and his climbing buddy, **Eric Eisenhard**, for the Pledge. **Maria Mott** served as Greeter and **Roy Reeves** reprised his role as **SERGEANT-AT-ARMS** in **Nancy's** (perpetual) absence.



With no Visiting Rotarians, Roy prompted **Larry FLASH Flannery** to welcome back member candidate, **Varun Joseph**. Then Roy made a beeline for an incredibly-present **Casey Stewart** for 3



**Minutes of Fame.** Casey joined Rotary in 2004 to get connected to the community. His first car was a '72 pickup. Favorite musical group was **VAN HALEN** (before and after **Sammy Hagar**), pleasing Roy. His weirdest business experience was when he walked in on a bank robbery in progress by the Dapper Bandit himself, **Mark Reeves**. After his getaway, the cops got a description and cornered a bank customer by mistake. Reeves (no relation to Roy we hope) was caught and Casey hears he's working on a book deal. (I thought Texas had a law against profiting from criminal behavior.) Casey's TARDIS moment would be a European vacation which **FLASH** immediately offered to facilitate. He has no tattoos. One thing we might not know about him is that he's worked at three banks, his current one for 25 years.



**Mark Johnson** chastised Roy for failing to recognize a "guest," **Mark Waterbury**, who said that he's visiting from Manchuria. He too must be a time traveler; it's not been called that since WWII.



**John Caldwell** announced that we would be collecting school supplies for Puerto Rico at **Bruce Mr. Clean Glasscock's** "graduation party" at **Rutledge's Party Barn** on 28 March.

We resurrected the "Moving Candlelight Ceremony" on the occasion of a dual induction! **Peggy Fenwick** was pinned by sponsor **Howard Matson** and Eric Eisenhard was bled by sponsor **Rick Horne** after collecting the hardware from **Karen**. Some concern was expressed by members both for verbosity and fire hazard. **Chief Greif** grumbled.



**Carolyn** next awarded Rotary Service Pins to Maria Mott (4), Casey Stewart (15), and **Kelly Palmer** (33).



Howard Matson traded **Pradeep Samudra** and **Janelle Twyford-Silvis** **RED** badges for **BLUE** ones.



Program Chair **Olin Jaye** introduced the speaker saying that those of us living around 75093 might be unaware of hunger existing in Plano and North Texas for that matter. That is not the case with **Trisha Cunningham**, President and CEO of **North Texas Food Bank**.

TrishaCunningham@NTFB.org

**NTFB** is a \$130M nonprofit focused on eradicating hunger in a 13-county area. Prior to **NTFB**, Trisha was Chief Citizenship Officer at TI. In other roles, Cunningham has developed and executed several global marketing, branding, and communication programs for TI at the corporate and semiconductor levels. She serves on the Feeding Texas state board, Girl Scouts of Northern Texas Board, and the Junior League of Texas Community Advisory Board. She is a member of the

UTDallas Institute for Excellence in Corporate Governance where she is on the faculty of the Nonprofit Management Certificate Program. She is a member of the Park Cities Rotary Club and the Regional Chamber Executive Women's Roundtable.

In 2009, Cunningham founded the DFW Corporate Citizenship Network, creating a collaborative impact model for ~100 companies. In 2011, the Center for Nonprofit Management named her Corporate Social Responsibility Executive of the Year. Last year, she was named a Paul Harris Fellow by the Rotary Club of Park Cities, and she was the first recipient of the Lana Garner Porter Women in Technology Award from her Alma Mater, Murray State University, where she received her B.S. in CIS. This year, she was given the honor of Director Emeritus from Leadership Women.

We had a "can you hear me now" moment as she eschewed the microphone in favor of roaming. She said that she loved talking to Rotarians, especially "fellow **RED Badgers**." She is missing only one item to turn **BLUE**.

She has had "five different roles" at TI in her 30-year tenure with the company. These included Global Corporation Management, Risk Management, and Corporate Social Responsibility. Now that she has "graduated from TI," she was casting around among several offers when the former CEO of a Food Bank passed away from cancer. She had been a "bold hunger fighter," and Trisha assumed that "she was always going to be there." The more she talked to people, the more excited she became about hunger, because "people can go without shelter but not without food." Senior citizens have to be fed "to avoid health issues. That's why I'm so passionate."

Her parents had only an 8<sup>th</sup> grade education. Mom went to a Cosmetology school and "canned pickles from cucumbers. We were middle-class." Dad's factory went on strike for a year, necessitating economizing.



When **NTFB** started in 1982, it was only distributing **400,000 pounds** of food per year; now the same amount is distributed every week.

Its mission is to facilitate a healthy, hunger-free North Texas. It accomplishes this through **Integrity, Compassion, and Collaboration**. But "we cannot make this happen by ourselves." So they find both volunteers and funding. They serve as advocates for the food insecure with legislators in Austin. "If we fail, people go hungry."





Incredibly, there are ~**800,000 hungry** folks in the 13-county service area! Collin College President **Neil Matkin** has said that his students need to be fed in order to learn, so **NTFB** is bringing food to his campii. Stats from Dallas Community College suggest that 40% of their students are “*food insecure*.”

1 in 4 children in the area are food insecure compared with a (better) national average of only 1 in 6. **NTFB** serves the “*working poor*,” 57% of who have held a job in the last 12 months. While fewer than 5% are homeless, 1 in 3 has diabetes and 60% have to trade food for medicine.

There are 133,000 children among the 15% of Collin residents who are food insecure.

They partner with other food banks, many of whom have not the refrigeration facilities to store fresh food. Some 20 such agencies get around 50% of their donations from **NTFB**, which, in turn, gets 54% of its from governmental sources, 41% comes from donations, and the remaining 5% is purchased.

Some 11,000 lucky students per week receive backpacks of food to hold them through the weekends.

**NTFB's** facility at **3877 Mapleshade** in Plano has a walk-in freezer “*larger than a football field*.” Next door they maintain a garden with its own gardener. *Park Cities Rotary* bought them a mobile pantry that “*fits palletes*” to offer food services to places where no pantry exists.

In addition to on-going food services, there are episodic ones. After Hurricane Harvey (2017), it cared for 7,000 people in shelters. During the recent federal government hiatus, **NTFB** worked with the Federal Executive Board to feed federal workers who had been living paycheck-to-paycheck.

The agency utilizes some 40K volunteers for two shifts per day (three, during the holidays). It has helped with “*Mayor Harry's*” annual peanut butter challenge. And its supported in turn by three events through the year: **Empty Bowls** (3/5), **Taste of the Cowboys** (5/5), and a **Harvest Festival** (9/20).

**NTFB** has earned Charity Navigator's four-star rating for its funneling 94¢ of every

\$1 directly to programs. That's a good ROI which issues three meals for every donated \$1.

### HOW CAN YOU HELP?

1. Monetary donations
2. Time and talent as a volunteer
3. Food donations
4. As an advocate with elected officials.

There is a Surplus Agriculture bill in the works which would provide “*more ugly carrots*,” unaesthetic veggies which can't be sold but are fresh and nutritious. But to receive such governmental largess, there's an off-putting 18-page application with recertification every six months! For seniors, it's a three-year renewal with a shorter form.

Olin Jaye asked about coordination between the seven food banks in Plano. Trisha told him to go to the **NTFB** website where all of the partners can be found. She suggested looking at their 990s for their financial health.

John Caldwell asked about “*food deserts*,” where no fresh options can be found. Trisha said, “*Grocery stores aren't the answer*.” Education is. Otherwise they won't buy fresh foods. In the backpacks, **NTFB** includes surreptitious recipes to nudge recipients in the right direction.

**Carrolyn the Petite** offered Trisha our flash card honorarium, notified us again of the Glasscock send-off which replaces the next meeting. **Mary Jo Dean** said spouses were also invited to that event at the **Party Barn** but they too required an RSVP via Sign-Up Genius.

After leading us in the Four-Way Test, **Carrolyn** belled us gone at 1:03.



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Thank you Kenny Wilson

#### The Plano Rotary Club

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### Guests & Visiting Rotarians

#### Guest

Bob Kehr

Rebecca Egleston-Caso

#### Visting Rotarian

None

#### Guest of

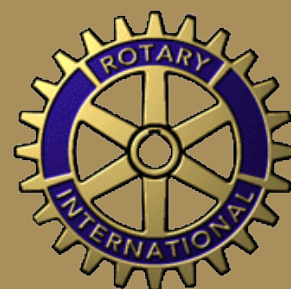
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#### Home Club

### Proposed Member

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bring a guest with  
a serving heart



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## NEW MEMBERSHIP PROPOSALS



### Proposed Member: Varun Joseph

Proposed by: Larry Flannery

Classification : Preventative, Restorative & Cosmetic Dentistry

Dr Varun Joseph established his dental practice in 1981. He received his DDS at the University of Texas Health Science Center San Antonio School of Dentistry. He was appointed to the University of Texas System Board of Regents by Gov. Abbott. He also serves on the Board of the Dallas Academy of General Dentistry. He has volunteered for several charitable efforts to include Habitat for Humanity, the Samaritan Inn & Ronald McDonald House.