



EXCHANGE
THE EXCHANGE CLUB OF KILLEEN, TX

Service to Our Community
Since 1955

XC-Dispatch

Volume 1, Issue 6 Official Newsletter of the Exchange Club of Killeen Sep 25, 2013 (Editor, Larry Holly)

OFFICERS 2013/2014

- President:** Larry Holly
President-Elect: Charlie Guidry
VP/Bingo: Don Sutton
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Secretary: Ursula Rushing
Treasurer: Maureen Jouett

Board of Directors

- Kathy Clark-Jones
 Kenneth Murray
 Peggy Murphey
 Geraldine Lorio
 Barbara West
 Mark Hyde

News/Events

- ♦ **Sep 30, 2013** Guest Speaker. Margaret Matthews, Area Agency on Aging.
- ♦ **Oct 7, 2013** Honoring Killeen Police Officer and Killeen Fire & Rescue Officer of the Year.
- ♦ **Oct 14, 2013** Columbus Day

No Meeting

- ♦ **Oct 21, 2013** Guest Speaker. Sgt. Betty Adams, Killeen Police Department; Subject will be area scams.
- ♦ **Oct 26, 2013:** Exchangites will participate in National Exchange Day of Service with a visit to Killeen Care Center to include presenting cash donations.



Killeen HS Excel Club

First meeting of new administrative year was conducted on September 4, 2013. Elections of club officers were conducted during their second meeting Sep 19, 2013 for year 2013/14. Installation of officers will be Oct 3, 2013 at 4:15pm. Exchangites will provide refreshments for this event. Members are encouraged to attend the installation ceremony at the school.



Sep Birthdays

David M. Jones.....	9 Sep
John Craft.....	17 Sep
Raye Mayhorn.....	24 Sep



Sep Anniversaries

Robert Sutton.....	1 Sep 1961
Sharon Darmon.....	5 Sep 2010
Robin Crouse.....	7 Sep 2007
Brockley Moore.....	13 Sep 2010
Edd Melton.....	14 Sep 2008
Lawrence Holly.....	18 Sep 2007
Richard Jouett.....	18 Sep 2007
John Craft.....	18 Sep 2012
Denise Pennington...	18 Sep 2012
Peggy Murphey.....	20 Sep 2011
Christine Simon.....	26 Sep 2011

Just One More 2013-2014 Campaign



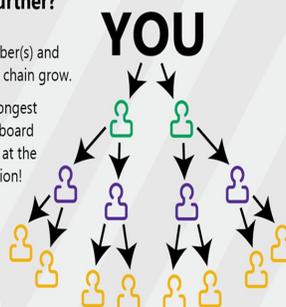
Each One, Reach One!

Exchange is asking you for one new member
 Recruit a new member and receive a Just One More pin.

Can you reach further?

Don't stop at just one
 Mentor your new member(s) and watch the membership chain grow.

End the year with the longest chain and receive a billboard in your hometown and at the 2014 National Convention!



Congratulations !! 76 Projects Completed As of 26 Sep 2013

We achieved our NSA
(National Service Award)
September 9, 2013

Meeting!

Club meets every Monday
at Noon at the Yank Sing
Restaurant, CTE,

Unity for Service



Mrs Teresa Young

- ◆Excel Club Builder
- ◆Board of Directors
- ◆Past Secretary, RFAC

A Faith Message

About ten years ago, out of the blue I said, "If I ever had brain cancer, I would want my friends Cindy Berry playing music over me, Joyce Tuggle reading scripture over me and Barbara Little praying over me in the hospital". So, I started making a list of hymns I loved and kept them in my Bible. I even told my daughter that if anything happened to me to look in my Bible for the songs. I realize God speaks to us all of the time and we have to listen, to hear His voice.

You see, I am a worrier and a fretter. I am like a magnet attracting things to worry about. I carried my worries for many things for many years. I did not give things up to the Lord even knowing that He would take it

Faith Message Continued.....

from me. That He is in control of everything. I took a self-help seminar where one of the exercises was to make a list of all of the junk and yucky stuff in your life ...up to 100 things. My list was not that long because my life was good...no issues from childhood because I had a wonderful family. As we stood in a circle in the seminar and tore our list to pieces, I dropped a piece and bent down and picked it up. The leader yelled and jumped on me..." Why are picking the junk backup? You dropped it...leave it there!!!" Then we symbolically threw the pieces in the air and stomped them, I realize all my junk look like everyone else's. A very eye-opening experience!

Now if you will, fast forward to January 2012. I had a normal mammogram for the first time after enduring years of many biopsies, aspirations and ultrasounds. My condition never turned into cancer, they assured me.

Late January our daughter decided to sue her ex for primary custody of our grandson, so that he could go with her and new husband to their military assignment. In early October 2012 the trial finally ended. It ended well for us and our grandson is a happy, well-adjusted 2nd grader. While the trial was going on my left breast "blew up" and became red, swollen and painful. I put off going to the doctor thinking it was nothing different than what I had experienced before. My

Faith Message Continued

Family Dr. gave me some antibiotic and sent me to Temple for an ultrasound biopsy. On October 30th the "Brest Navigator" assigned to me, from Scott & White called me to tell it was not good news, stage 3b breast cancer! Of course it was devastating to us. I flew our grandson to Alaska in late November, after he had spent Thanksgiving with his dad. I spent a whirlwind 3 days and 2 nights in Alaska so I could be back to start treatments on November 28th.....

I cannot tell the story without putting some love on my dear husband (Dick). He basically walked out of his business office and has taken care of and been with me 24 hours a day, for a year. He has ministered to me in ways that I did not know he was capable. Our love has grown so much this past year. God Bless You All! I love Exchange and am missing working with the KHS EXCEL and "Ride for a child" motorcycle ride fundraiser! I am hoping to be around to see "The Ride" in person next March 2014.

I encourage each of you to remove the stress from your lives, replace it with friends and family Lay down your troubles and forgive those who have wronged you. Forgive yourself for your imperfect ways. Know God and his love and blessings.

I love each of you and thank you for sharing my life. **Teresa**

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