

ROTARY ROTAGRAPH

Official Publication of the Rotary Club of Fort Worth, Texas

Vol. 91 No. 23

December 4, 2009

Editorial

Filling the Need

So many of us are proud to call Fort Worth home – a place where we not only “work, live and play,” but where we also support each other through challenging times. In fact, our service to others has helped distinguish our city as one of “America’s Most Livable Communities.”

While many components make a community a good place to live, it is how people unite for the greater good that makes a true and meaningful difference. The Rotary Club of Fort Worth and The Fort Worth Club are just two institutions known for bringing people together, each giving back to the community in a variety of ways.

Take a look at our Rotary Club. At 96 years old, the Rotary Club of Fort Worth is the fifth-largest Rotary Club in the world and over the years has put service above self in hundreds of ways, one of which is education in



Walter Littlejohn

the form of scholarships, loans and an annual back-to-school program.

Celebrating its 125th anniversary in 2010, The Fort Worth Club’s members and employees also share a tradition of volunteering, fundraising, and supporting our community. Occupants of The Fort Worth Club building, including the Rotary Club, the Fort Worth Chamber of Commerce, Downtown Fort Worth Inc. and the Davey O’Brien Foundation, share pride in making our city a better place to live,. The Fort Worth Club is also a venue for an array of events that support civic and cultural causes, with fundraising events ranging from the Lena Pope Home Sweethearts Dessert Fantasy, the Library Foundation’s Annual “Cigar Night”

and the annual celebration of the Boys & Girls Club of Fort Worth.

As we all know, non-profit organizations are reporting a reduction in contributions at the same time that they are experiencing an unprecedented demand for their services. Through volunteers and financial donations, these agencies provide important services at low or no cost to those who need them.

It is during tough economic times like these that our contributions make the biggest difference. Now is the time for all of us to band together to give to our community both financially and through service. It is really an extension of what the members of the Rotary Club of Fort Worth and The Fort Worth Club have done over the years. Service to others helps build a unified community promotes civic pride and fosters the ideals that make Fort Worth one of America’s most livable communities.

— *Walter Littlejohn,*
The Fort Worth Club

Program

December 4, 2009

SPEAKER:

J’Nell Pate
Author, *Military Fort Worth*

FORT WORTH CLUB

Chairman for the Day:
Karen Anisman

NEWSCAST: *John Fletcher*

Prevention: The Key to Cost-Containment

Healthcare costs are spiraling out of control. Consider the following facts presented by Towers Perrin in the 2009 Healthcare Cost Survey:

- The U.S. will spend approximately \$3 trillion on healthcare
- Companies will pay an average of \$9700 per employee
- 95% of every healthcare dollar will be spent on treating disease
- 75% of disease in the U.S. is lifestyle related and preventable

In an effort to contain the rising expense of health insurance, companies have shifted costs to employees, implemented high deductible health plans and attempted to create greater accountability of healthcare spending. All of these mechanisms alleviate the immediate pain employers experience however they fail to address the underlying issue by continuing to support a system that addresses health conditions only after they become chronic. By investing in prevention and wellness, in conjunction with a consumer driven option, companies can advance the future of their business and see a positive trend in medical spending and over all cost-containment

Historically, companies have of-



Rusty Reid

ferred employees the standard wellness activities, such as gym membership discounts and flu shots but due to a lack of structure, there has been little to show for that investment in the way of tangible risk reduction and cost containment. The National Wellness Institute defines wellness as “an active process through which people become aware of, and make choices towards, a more successful existence”. When developing a strategy for wellness implementation this definition is critical. A comprehensive wellness program is one that *actively* engages upper level management and employees, makes them *aware* of their current health status through preventive testing, provides resources to promote behavior change and offers measurements of tangible results. In addition to these principles, participation is vital to the success and cost-saving ability of the program. Implementing an incentive strategy, such as premium discounts for timely participation, promotes engagement.

Not only can a more complete wellness program help prevent dis-

ease, it can also decrease absenteeism, decrease workers compensation and disability claims, improve employee productivity, enhance employee morale and aid in recruitment, retention and loyalty. The American Journal of Health Promotion states that a well-designed program can yield an average ROI of \$3.48 for every \$1.00 invested. By implementing a strategically designed wellness program, a company will breed a culture of health engagement and prevention which will yield positive returns on the investment and enable the containment of future healthcare costs.

~*Rusty Reid,*
Higginbotham & Associates

Next Week's Program

December 11, 2009

SPEAKER:

Bill Grimson, CEO
Cancer Prevention & Research
Institute of Texas

Chairman of the Day:
Craig Schaefer

ROTARIANS: Jerry Hendrix, Charleen Goldston, Wade Wallace

ROTARIANS: Tim McKinney, Ann Rice, Sue Matkin

ROTARIAN: John Phillips

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Friday's Speaker



J'Nell Pate

J'Nell Pate retired after teaching American History, Texas History, U.S. Government and Texas Government for 32 years at Tarrant County College in Fort Worth. Prior to that she taught seventh and eighth grade Social Studies for the Fort Worth Public Schools for seven years.


Dr. Pate was born in Jacksboro, Texas, moved to Fort Worth when she was four years old when her father got a job at the newly-opened "Bomber Plant" (now Lockheed-Martin). She attended the Fort Worth Public Schools and earned a BA and an MA from Texas Christian University in journalism and history respectively. She received her Ph.D. in history from the University of North Texas.

Dr. Pates loves to research and write about history. She has written a weekly history column called "Pages From Western History" for her hometown newspaper, *The Azle News* for

over 40 years. Her Ph.D. dissertation on the Fort Worth Stockyards was published as *Livestock Legacy* and won the Coral H. Tullis Award from the Texas State Historical Association in 1989. Her other books include: *North of the River A Brief History of North Fort Worth*, *Ranald Slidell Mackenzie Brave Cavalry Colonel*, and *Hazel Vaughn Leigh and the Fort Worth Boys' Club*. She has edited a primary source reader for college students entitled *Document Sets for Texas and the Southwest in U.S. History*.

Since her retirement she has completed three books: *America's Historic Stockyards Livestock Hotels*, *From Syria to Seminole* a memoir by Ed Aryain that she wrote an Introduction for and edited, and her latest, a photo book with Arcadia Publishing called *Fort Worth Stockyards*.

Her latest research topic concerns the impact of the military on Tarrant County for over 150 years and is tentatively titled, "Military Fort Worth."



Don't Forget...Ballots are due in the Rotary Office on or before 12:00 noon, Friday, December 11, 2009

Make-Up Attendance

Western Fort Worth — 11.24.09 — Clem Constantine
11.24.09 — Harry Knudsen



HALSTEAD, JEFFREY W.




"Jeff" Sept. 29
Municipal Government - Police
Fort Worth Police Department
350 W. Belknap St.
76102 817-392-4210
817-392-4216
police.chief@fortworthgov.org
221 W. Belknap St.
76102 817-718-1800
Kimberly 2009

Jeff has been the Chief of Police for the City of Fort Worth for the past several months. Prior to moving here, he served as Police Commander for the City of Phoenix for 20 years. Jeff is a member of the Institute for Law Enforcement Administration. He enjoys physical fitness, golf and remodeling his home when he is not hard at work, making Fort Worth a safer place to be.

ROTARIANS: Charlie Powell, Bill McCoy

ROTARIAN: Nancy Gibson

ROTARIAN: Walter Littlejohn



Charles Powell
President
817/255.2115

Bill McCoy
Corporate Banking Manager
817/348.5704

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December Birthdays

- 1 Michael Berkowitz
- 2 Drex Baker
- 3 Karen Meunier
- 4 Stan Granger
- 5 Marlene Beckman
- 6 J.R. Labbe, Greg Higgins
- 7 Jason Meyer, Urbin McKeever
- 10 Al Stephens, John Kelley
- 11 Robert Gleason, Dee Finley, Gordon Wells, David Bucher, Carol Noel
- 12 Randy McGuffee
- 15 Jim Parr
- 16 Preston Geren
- 17 Mattie Compton
- 18 Dick Ruddell
- 19 Tom Williams
- 22 Tim Bruster, Bob Parmelee, Jim C. Wright, Lynda Tiedtke
- 23 Rick Harrison
- 24 Bob Haltom, Carlo Capua
- 26 Whit Smith
- 27 John Riggins, Pat Woodson
- 28 Marilyn Sammons, Marty Markl,
- 29 Kathryn Bryan, Craig Schaefer
- 30 Bob Gill
- 31 Susie Peden, Scott Kirk, Jerry Mosman

Facts on Literacy Part One

- * One in five adults in Tarrant County cannot read well enough to succeed at a fourth grade level. (National Assessment of Adult Literacy Survey)
- * 41.3% of people in the metroplex between 18 and 25 say they could get a better job if they received additional training in reading
- * American business currently spends more than \$60 billion each year on employee training, much of that for remedial reading, writing, and mathematics. (ProLiteracy Worldwide)
- * There are 3.8 million adults in Texas without a high school diploma. (Texas LEARNS)
- * A rise of 1% in literacy scores leads to a 2.5% rise in labor productivity. (The Economist)
- * Workers 18 and over with a bachelor's degree earn an average of \$51,206 a year, while those with a high school diploma earn \$27,915; those without a high school diploma average \$18,734. (U.S. Census Bureau)

ROTAGRAPH

ROTARY CLUB OF FORT WORTH, TEXAS

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Executive Office, 715 Fort Worth Club Building
Luncheon Friday, 12:15 p.m., 12th Floor
Fort Worth Club Building
Neva Williams, Executive Director
Amy H. Bearden, Associate Director

District 5790 Governor, Rotary International
John Miller, Arlington, Texas
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Ames Fender	President-Elect
Gleniece Robinson	Vice President
Bo Soderbergh	Vice President
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Dennis Shingleton	Treasurer
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Kathryn Thompson	Tran Trong
Doug White	

ROTAGRAPH

Drew Martin	Editor
Associate Editors	
Robert Gleason	Last Meeting
Paula Parrish	Advertising
Betty Harvey	Personals
Pat Dohoney	New Members
Drew Martin	Editorials

Holiday Harmonies
December 18, 2009

Eggnog reception
begins at 11:15 a.m.



Workplace Literacy Summit ★ Reservation Card

Net proceeds to benefit literacy programs in Tarrant County
February 24, 2010 — Fort Worth Club

Company Name _____

Contact Name _____

Address _____

Phone (____) _____ Email _____

Reservations: \$50 each Total Reservations _____

- Check Enclosed (make check payable to: Endowment Fund-RCFW, Memo: Literacy Summit)
- To pay by Credit Card visit www.rotaryfortworth.org (go to Contact Information — then payment page)
- I am unable to attend the February 24th Summit, but want to help support literacy programs in Tarrant County with my enclosed donation.

Tickets will not be mailed, guests should check in at registration table upon arrival. Seating is limited. Reservations are first come, first serve. For more information please visit www.rotaryfortworth.org or call (817) 332.7977

