

Sunrise Sentinel

March 3, 2010

Officers and Directors 2009 – 2010

President	Nathan White
President Elect	Donas Cole
Secretary	Juli Smith
Secretary Emeritus	Mary Lou Lee
Treasurer	Weldon Copeland
Vice President, Fund Raising	Chuck Koehler & Jeff Caserotti
Club Service Director	Eric Holt
Vocational Service Director	Gary Taylor
Community Service Director	Jim Gilmore
International Service Director	Bill Smith
Rotary Foundation Chair	Jim Pearson
Sunrise Sentinel Editorian/Webmaster	Gary Taylor
Sergeant-at-Arms	Lyle Froese

Past Presidents

2008-09	Pamela Zeigler-Petty
2007-08	Bill Bilyeu
2006-07	Tom Parker
2005-06	K. Lyle Froese
2004-05	Timothy Kocsis
2003-04	Scott Dillashaw
2002-03	Linda Paluga
2001-02	Steven Mitas
2000-01	Jeff Caserotti
1999-00	Larry Offerdahl
1998-99	Chuck Koehler
1997-98	Frank Shushok
1996-97	Pat Beaman
1995-96	Linda Terry
1994-95	Paul Yeager
1993-94	Bob Flinchbaugh

Rotary District 5810

District Governor	Dave McSpadden, Waxahachie
District Governor Elect	Linda Elliot, Grand Prairie
District Governor Nominee	Bud McBrayer, Plano Sunrise

Rotary International

President	John Kenny, Grangemouth, Scotland
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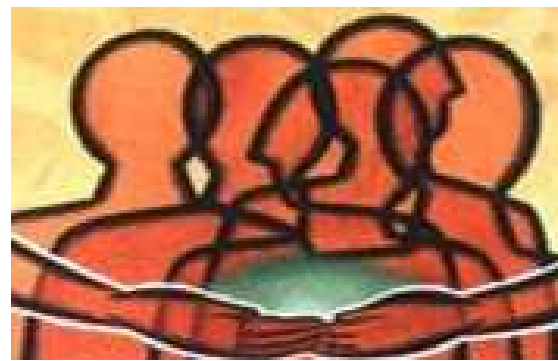
Club Meeting Time and Location

07:30 Wednesday Morning
Eldorado Country Club
McKinney, TX

Today's Program

Sponsored by Lyle Froese

Becky Neeley



Event Chair
McKinney Relay for Life

The Four Way Test
of the things we think say or do....

1. Is It the Truth
2. Is It Fair to All Concerned
3. Will it Build Goodwill and better Friendships
4. Will it be Beneficial to all Concerned



Rotary Club of McKinney Sunrise, District 5810
Club Number 28762, Chartered May 22, 1992
P.O. Box 2244, McKinney, Texas, 75070
www.mckinneysunriserotary.org



Cancer Prevention Study-3

You can join the movement for more birthdays and fight back against cancer by enrolling in a new research study called the Cancer Prevention Study-3 (CPS-3). In 2009 alone, more than 1.4 million people in the United States will be diagnosed with cancer and more than 562,000 people will die of the disease. By joining CPS-3, you can help us understand how to prevent cancer, which will save lives and give people more of their most precious resource: time. More time with their families and friends, more memories, more celebrations...and more birthdays.

The American Cancer Society's Epidemiology Research Program is recruiting 500,000 adults across the United States and Puerto Rico for CPS-3. Enrollment is taking place at select locations across the country.

CPS-3 will help us: better understand the genetic, environmental, and lifestyle factors that cause or prevent cancer and ultimately eliminate cancer as a major health concern.

Who is eligible to participate: Anyone who: is willing to make a long-term commitment to the study, which involves completing periodic follow-up surveys at home, is between 30 and 65 years old, and has never been diagnosed with cancer (not including basal or squamous cell skin cancer).

The Enrollment process involves two steps. The first step takes place at a local enrollment event, where you will be asked to: read and sign an informed consent form, complete a brief written survey, provide a waist measurement, and give a small blood sample (similar to a doctor's visit – 7 teaspoons total). The blood sample will be drawn by a trained, certified phlebotomist.

The second step takes place at home, where you will complete a more detailed survey. This survey will ask for information on lifestyle, behavioral, and other factors related to your health. Upon completion of the two steps, we will continue to mail follow-up surveys every few years to update your information. CPS-3 is not a clinical study, so participants will not receive individual blood test results. If you have specific concerns, you should consult your doctor. We will send annual newsletters to tell you about ongoing Cancer Prevention Studies research.

Proposed Member Approved for Publication

Robert Ridgeway of Ridgeway Law Firm, PLLC has been approved for publication. His classification would be general law practice. If there are no objections by March 3, he will be inducted into our club on March 10.

Rotary Club of Chicago Marks 105 Years

As members of the Rotary Club of Chicago celebrated Rotary's 105th anniversary at a downtown hotel on 23 February, the city's historic Wrigley Building was illuminated in the background with an urgent message: End Polio Now.

The Wrigley Building joined several other iconic landmarks worldwide, each lit with an anniversary message or the three words representing Rotary's commitment to rid the world of the crippling childhood disease.

Joining Chicago Rotarians at the lighting ceremony were Illinois Governor Pat Quinn; the Reverend Jesse Jackson, president of the Rainbow PUSH Coalition; Dr. Ciro de Quadros, executive vice president of the Sabin Vaccine Institute; James Galloway, U.S. assistant surgeon general; and RI General Secretary Ed Futa.

Before the lighting, Rotarians handed out End Polio Now postcards at the Wrigley Building.

"This is a very significant event," says Angelo Loumbas, president of the Chicago club. "Rotary's end polio campaign is the initiative I want my club to sponsor as much as they can this year. The fact that we were able to promote End Polio Now and at the same time celebrate Rotary's 105th anniversary really turned out to be a big advantage for us."

Joined by Rotarians from districts 6440 and 6450, the Chicago club, the first Rotary club, commemorated its own 105th anniversary. At the celebration, Chicago Mayor Richard M. Daley congratulated Rotarians for their achievement and thanked them for their ongoing commitment to literacy, promoting peace, improving health, and eradicating polio. "I'm very grateful for Rotary's commitment to service, not only here in America but all over the world," said Daley. "In the spirit of volunteerism, Rotary carries the torch. Each and every one of you stands alone in leading the way to eradicate polio."

Within reach

"I'm honored to participate in the End Polio Now campaign in Chicago, where Rotary was founded 105 years ago," said Illinois Governor Pat Quinn. "The eradication of one of the world's most terrible diseases is finally within reach due to Rotary International's extraordinary efforts."



Top: The Wrigley Building illuminated with an End Polio Now message. *Rotary Images/Alyce Henson* Bottom: Chicago Mayor Richard M. Daley congratulated Rotarians for their achievement and thanked them for their ongoing commitment to literacy, promoting peace, improving health, and eradicating polio. *Rotary Images/Monika Lozinska-Lee*

The club awarded de Quadros its Chesley Perry Award for Distinguished Humanitarian Service for global polio eradication. He led a team responsible for developing a surveillance and response strategy to eliminate polio from the Americas.

The landmark displays coincide with a mass mailing of End Polio Now postcards to heads of state in more than 40 countries, encouraging governments to continue or increase their commitment to polio eradication.

In addition to the Wrigley Building, other landmarks illuminated during the week of 23 February include the Pyramid of Khafre in Egypt; the Taipei Arena in Taiwan; the Cathedral of Santiago de Compostela in Galicia, Spain; the Old Port Captain's Office on the V&A Waterfront in Cape Town, South Africa; the Obelisk of Buenos Aires, Argentina; and the Royal Palace at Caserta in Italy.

"By lighting these historic landmarks with Rotary's pledge to end polio, Rotary is saying to the world that we will fight this disease to the end," said Rotary Foundation Trustee Chair Glenn E. Estess Sr. "People around the world will see these words and join Rotary and its partners in the historic effort to eradicate polio from the face of the earth."

Area Meeting Makeup Locations

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p style="text-align: center;">11:45 Farmers Branch Rotary Club, Holiday Inn Select Galleria Area 2645 LBJ Freeway Dallas, Texas</p> <p style="text-align: center;">Noon Richardson Rotary Club Canyon Creek Country Club 625 Lookout Drive</p>	<p style="text-align: center;">7:30 AM Frisco Sunrise Rotary Club Embassy Suites, Gaylord & Parkwood</p> <p style="text-align: center;">Noon Farmersville Rotary Club O.E. Carlisle Civic Center 201 Orange St. @ Hill Street</p> <p style="text-align: center;">Noon Plano West Rotary Club Greek Isle Rest. @ 3309 N. Central Expressway</p>	<p style="text-align: center;">Noon Allen Rotary Club Chase Oaks Golf Club @ 7201 Chase Oaks Blvd</p> <p style="text-align: center;">Noon Plano Metro Rotary Club Glen Eagles Country Club 5401 W. Park Blvd.</p> <p style="text-align: center;">Noon Prestonwood Rotary Club Prestonwood Country Club 15909 Preston Rd., Dallas</p> <p style="text-align: center;">Noon Richardson East Rotary Club Canyon Creek Country Club 625 Lookout Drive.</p>	<p style="text-align: center;">Noon Frisco Rotary Club Dallas Baptist Univ. at Frisco 3211 Internet Blvd.</p> <p style="text-align: center;">Noon Hurricane Creek Rotary Club Hurricane Creek Country Club 1800 Fairway Lane, Anna</p> <p style="text-align: center;">Noon Plano Rotary Club Southfork Hotel 1600 N. Central Expressway</p>	<p style="text-align: center;">7 AM Plano Sunrise Rotary Club Tino's Two Restaurant 2205 Avenue K</p> <p style="text-align: center;">Noon McKinney Rotary Club Ricks Chop House 107 N. Kentucky St.</p> <p style="text-align: center;">Noon Richardson Central Rotary Club Richardson Hotel 701 E. Campbell</p> <p style="text-align: center;">Noon Park Cities Rotary Club Maggiano's Little Italy 205 North Park Center, Dallas</p>
<p style="text-align: center;">Online Makeup www.rotaryclubone.org</p>				
<p>Edited 04/01/08</p>				

Heads Up! Programs and Events

March 3-----Becky Neeley, Event Chair – McKinney Relay for Life
Sponsored by Lyle Froese

March 10-----George Roddy
Sponsored by Stacey Kemp

March 17-----Flag Program Mail Stuffing Day

March 24-----Linda Terry

March 31-----Bryan Northington

April 7-----Paul & Connie Yeager

April 14-----Jim Gilmore

Today's Thoughts in Honor of

Hug a GI Day– March 4

“If our soldiers are not overburdened with money, it is not because they have a distaste for riches; if their lives are not unduly long, it is not because they are disinclined to longevity.”

- **Sun Tzu (544 BC – 496 BC)**

Employee Appreciation Day – March 5

It does not seem to be true that work necessarily needs to be unpleasant. It may always have to be hard, or at least harder than doing nothing at all. But there is ample evidence that work can be enjoyable, and that indeed, it is often the most enjoyable part of life.

- **Mihaly Csikszentmihalyi (1934 –)**

A man wakes up one morning in Alaska to find a bear on his roof. So he looks in the yellow pages and sure enough, there's an ad for "Bear Removers."

He calls the number, and the bear remover says he'll be over in 30 minutes. The bear remover arrives, and gets out of his van. He's got a ladder, a baseball bat, a shotgun and a mean old pit bull.

"What are you going to do," the homeowner asks?

"I'm going to put this ladder up against the roof, then I'm going to go up there and knock the bear off the roof with this baseball bat. When the bear falls off, the pit bull is trained to grab his testicles and not let go. The bear will then be subdued enough for me to put him in the cage in the back of the van.."

He hands the shotgun to the homeowner. "What's the shotgun for?" asks the homeowner.

"If the bear knocks me off the roof, shoot the dog."

Member Name	Work	Home	Cell	Classification
Scott Becker	972-548-3613	972-984-1817	817-269-0889	Asst. District Attorney
Bill Bilyeu	972-548-4698	214-686-1329	214-686-1329	Collin Co. Admin
Jeff Caserotti	972-548-1199	972-562-7249	214-850-4841	Auto Insurance
Trevor Castilla	972-569-9193	972-529-6534	469-371-5409	Civil Engineer
Donas Cole	972-548-5482	972-548-6908	903-348-3300	Hospital Admin
Weldon Copeland	972-548-3811	972-562-0838		Judge – Probate
Ronald Danforth	972-562-4112	972-562-9790	469-233-3871	Atty – Crim. Law
Phyllis Davis			972-658-5800	Real Estate Broker
Kris Falvo	972-529-2559	214-548-4928	214733-9558	YMCA Exec Director
Lyle Froese	972-523-8350	972-569-8843	972-523-8350	Ed Admin
Sandi Froese	903-815-4779	972-569-8843	903-815-4779	Ed Admin
Jim Gilmore	972-562-6950	214-544-1361	972-529-8503	Residential Ins
Eric Holt	972-542-4359	972-800-7552	972-800-7552	Financial Advisor
Larry Jones	972-548-4532		214-733-9211	IT Architect
Stacey Kemp	972-548-4136	972-837-2534	214-356-4808	County Govt. Admin
Tim Kocsis	972-547-6404	972-838-1808	972-670-3850	Comp. Programmer
Chuck Koehler		972-529-1110	214-796-0504	Financial Mgmt
Mark Lowe	972-540-2152	972-377-6688	214-870-5959	Trust Officer
Brian Loughmiller	972-529-5554	972-529-9030	214-924-6900	Atty – Family Law
Ed Miles		972-540-1541	214-673-5284	Psychologist
Steve Mitas	972-547-6404	972-838-1807	972-670-1197	Comp. Software
Zan Moltz	972-516-4359	214-726-0599		Atty – Const Law
Bryan Northington	972-569-0170	972-547-4958	469-569-6814	Auto Collision Mgr.
Tom Parker	972-540-2180	972-540-2180	972-824-8661	Ed. Admin – Pers.
Jim Pearson	972-562-9787	214-533-2787	214-533-2787	Real Estate App.
Juli Smith	972-562-6996	972-562-1866	972-658-9977	Non-Profit
Bill Smith	972-838-1313	972-569-8811	985-774-4048	Financial
Gary Taylor	972-548-5140	972-984-1052	972-984-0661	Groc. Store Mgmt
Linda Terry	972-542-5561	972-548-0091	469-450-4100	Fire & Casualty Ins
Nathan White	972-979-9204	972-562-6445	972-979-9204	Judiciary
Connie Yeager	972-529-1351	972-529-1351	214-693-2510	Health Ins. – Ret.
Paul Yeager	972-529-1351	972-529-1351	214-695-0074	City Council – Ret.
Pamela Zeigler-Petty	972-398-4027	972-540-5383		Bank Mgt – Bus. Banking
Honorary Member				
Mary Lou Lee	972-529-1778	972-529-1778	214-733-2084	Printing – Ret. - Honorary

*Note: Please notify Juli Smith if there is a change in your phone number or e-mail address. Thank you
Having your number here makes it a public record, please notify Gary if you prefer not to have it listed here.*