



Sunrise Sentinel

March 24, 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
-----------	-----------------------------------

Club Meeting Time and Location

07:30 Wednesday Morning
Eldorado Country Club
McKinney, TX

Today's Program

Sponsored by Linda Terry

Eliska Counce



Director – Transforming Tomorrows
Counseling Center

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



Eliska Counce – Director – Transforming Tomorrows Counseling Center

Eliska Counce is a licensed professional counselor who specializes in counseling women, couples, and parents. She is the author of the “Holistic Living” blog that appears at McKinneynews.net and the McKinney Courier Gazette online. Her writing has been featured in The Dallas Morning News, and she has appeared on Good Morning Texas as a mental health expert. She is the director of Transforming Tomorrows Counseling Center in McKinney. Eliska has been working in the Collin County mental health arena for over a decade. She is a graduate of the University of North Texas, a wife of fourteen years, and a mother of three: Jack, 6; Jonah, 4, and Juliet, 2. She is also a self-professed “edu-tainer” who enjoys the opportunity to connect, motivate, and energize audiences. Eliska is a great source of information and support for Collin County families. She can be reached at 214-762-5617 or at www.mckinneycounseling.com.

Tejas Multi-District Conference

Club Leaders- I have very great news!! The Tejas Multi-District committee has extended early Registration price to the same deadline as the Hotels. So if someone was on the fence about going- they can still get in for **\$197 until April 6th**.

That includes ALL conference registration fees, lunches, Friday's Fiesta, Saturday Gala, transportation to special events and conference materials. What a Bargain!!

Golfers and PDG dinner invitees... you have to pony up a little extra! (okay- maybe we all have to buy ourselves a Thursday night Dinner out on the hot town of San Antonio! But it's not too tough to find something delightful, affordable and Fun to do!)

So come join the fun- better yet, encourage your club members to join you. Some clubs have reached and exceeded their 10% participation! You will not want to miss this exciting opportunity to learn from other Rotarians.

Learn Celebrate Enjoy Rotary and Viva la Fiesta!

Operation Veterans Support – Greet The Troops

Saturday April 3, 2010. Location: Terminal D, Gate 22, lower level, International Arrivals. Estimated time of arrival 8:00 AM. For updated flight information call 972-574-0392 after 8:00 PM for automated update on next days flight; then call again after 6:00 AM for automated update on current days flights.

Arrival times can change! Please call prior to your departure to DFW Airport for any updates on arrival.

Joining Rotary will be Blue Star Mothers and Girl Scout Troop 8857.

Former Scholar Prosecutes War Crimes at the Hague

Rotary experiences twice helped Ryan Carrier discover new cultures and enrich his education in a journey that led him to become a war crimes prosecutor for the United Nations.

Since 2008, Carrier, 38, has worked as a legal officer for the International Criminal Tribunal for the former Yugoslavia in The Hague. This ad hoc UN tribunal deals with crimes against humanity and war crimes that happened in that region after 1991.

Carrier is currently prosecuting three Croatian army generals for crimes alleged to have been committed during Operation Storm in August 1995. Then, more than 100,000 ethnic Serbs were driven out of Croatia in what Carrier describes as the largest case of ethnic cleansing during the Balkan wars.

“Ethnic cleansing is not limited to entering a town and killing everyone; it also encompasses illegal acts whereby someone attempts to reconfigure the demographics of a certain area, driving out certain ethnicities in order to ‘cleanse’ the area,” says Carrier, originally from White Rock, British Columbia, Canada.

“War crimes often affect hundreds of thousands of people. [The crimes] are incredibly serious and very upsetting, but you have to be able to distance yourself a little bit. At the end of the day, you have to do what is right.”

Carrier’s first Rotary experience was in 1989, when the Rotary Club of White Rock selected him as a Rotary Youth Exchange student. He lived for a year in Vetlanda, Sweden, where he attended high school, became fluent in Swedish, and grew close to his host family, a bond that continues to this day.

In 1996, Carrier studied criminology at the University of Cape Town in South Africa as a Rotary Foundation Ambassadorial Scholar, sponsored by the Rotary Club of White Rock-Peace Arch. He had the opportunity to witness a society that was changing quickly, after decades of apartheid.

“I was working with a lot of former African National Congress members in black townships and advising on policing issues with my professor, so I kind of lived between these two divergent worlds coexisting in South Africa at the time,” Carrier says. “It taught me how



Ryan Carrier at The Hague *Photo courtesy of Ryan Carrier*

important it is to adapt and try to appreciate peoples' perspectives before pushing your own agenda or viewpoint.”

Deciding that a legal career would be the best way for him to make an impact on the world, Carrier went on to earn a law degree at Cambridge University. He worked as a prosecutor, handling criminal cases emanating from one of Toronto’s most crime-ridden neighborhoods before landing the job at the UN. His Rotary experiences significantly shaped his career and outlook on life, he says.

“You can go on a trip somewhere, but that’s not the same thing as living in a place and getting to know the people, seeing their perspectives, and gaining their trust and really being welcomed in a deeper way,” Carrier explains. “It gave me a lot more confidence to do something bigger with my life. If I hadn’t had both of those helping hands along the way from Rotary – the exchange program and the Ambassadorial Scholarship – I wouldn’t have had the opportunities that I have now.”

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 24-----Eliska Counce – Director, Transforming Tomorrows Counseling Ctr.
Sponsored by Linda Terry
March 29-----Board Meeting – 7:00 AM at Market Street Culinary School
March 31-----Bryan Northington
April 7-----No Meeting this Morning
April 9-----Joint Meeting with Downtown Club at Noon – Ricks Chophouse
April 14-----Jim Gilmore
April 21-----Brian Loughmiller
April 28-----Trevor Castilla
May 5-----Jim Pearson

Today's Thoughts in Honor of

Smoke & Mirrors Day – March 29

“It is natural for man to indulge in the illusions of hope. We are apt to shut our eyes against a painful truth, and listen to the song of that siren till she transforms us into beasts... For my part, whatever anguish of spirit it may cost, I am willing to know the whole truth, to know the worst, and to provide for it.”

- **Patrick Henry (1736 - 1799)**

National Doctors Day – March 30

Is it not also true that no physician, in so far as he is a physician, considers or enjoins what is for the physician's interest, but that all seek the good of their patients? For we have agreed that a physician strictly so called, is a ruler of bodies, and not a maker of money, have we not?

- **Plato (427 BC – 324 BC)**

Goat for Dinner

The young couple invited their elderly priest for Sunday dinner. While they were in the kitchen preparing the meal, the priest asked their son what they were having for dinner.

'Goat,' the little boy replied.

'Goat?' replied the startled man of the cloth, 'Are you sure about that?'

'Yep,' said the youngster. 'I heard Dad say to Mom, 'Today is just as good as any to have the old goat for dinner.'

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.
Robert Ridgeway	972-439-1027			General Law Practice
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.*