



# Sunrise Sentinel

August 25, 2010

## Officers and Directors 2010 – 2011

President	Donas Cole
President Elect	Stacey Kemp
Secretary	Phyllis Davis
Secretary Emeritus	Mary Lou Lee
Treasurer	Weldon Copeland
Vice President, Fund Raising	Bryan Northington & Eric Holt
Club Service Director	Trevor Castilla & Ed Miles
Vocational Service Director	Tom Parker
Community Service Director	Kris Falvo
International Service Director	Bill Smith
Rotary Foundation Chair	Jim Pearson
Sunrise Sentinel Editorian/Webmaster	Gary Taylor
Sergeant-at-Arms	Ron Danforth

## Past Presidents

2009-10.....	Nathan White
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 .....	Linda Elliot, Grand Prairie
District Governor Elect .....	Bud McBrayer, Plano Sunrise
District Governor Nominee.....	Sandra Forster, Garland

## Rotary International

President .....Ray Klingensmith, Missouri, USA

## Club Meeting Time and Location

07:30 Wednesday Morning  
Eldorado Country Club  
McKinney, TX

## Today's Program

Sponsored by Donas Cole

Club Assembly



Donas Cole  
President – McKinney Sunrise Rotary

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](http://www.mckinneysunriserotary.org)



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## **Club Assembly**

At this week's meeting updates will be presented from your club officers about what is happening within their areas of focus following our board meeting on Monday.

### **Notes**

**President Donas Cole:**

**Secretary Phyllis Davis:**

**Treasurer Weldon Copeland:**

**Vice President Fundraising Bryan Northington:**

**Club Service Directors Trevor Castilla and Ed Miles:**

**Vocational Director Tom Parker:**

**Community Service Director Kris Falvo:**

**International Service Director Bill Smith:**

**Foundation Chair Jim Pearson:**

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## **2011 District Conference on an Alaskan Cruise Ship**

Join your fellow Rotarians on an Alaskan cruise for our 2011 conference! We are already taking reservations, with the best cabins (and potential upgrades!) going to those who reserve and make full payment first. Friends and family are most welcome on this once in a lifetime adventure too! For more info **Email: [Holly.Sim@icruisecontrol.com](mailto:Holly.Sim@icruisecontrol.com)**



## Canadian Rotarian swims to end polio

A 43-year-old Rotarian from Dundas, Ontario, Canada, raised thousands of dollars for polio eradication through her attempt to swim 32 miles across Lake Ontario earlier this month.

Although Thie Convery's Swim to End Polio did not end as she had hoped -- weather conditions forced her to stop halfway across the lake -- she helped her Rotary club raise US\$44,000 for Rotary's US\$200 Million Challenge. The Rotary Club of Dundas hopes to bring in an additional \$30,000 through three future fundraisers that will capitalize on the publicity the swim generated.

"I was plugging along. I could have swum to Newfoundland. But we just didn't have luck on our side," Convery said, of the decision to end the event after eight hours. The 6-foot waves were getting larger, and support boats were having difficulty keeping Convery in sight. "I was very disappointed. But safety is the most important thing," she said.

Her effort received extensive print and broadcast coverage, both before and after the event. She said Rotary clubs throughout Canada have contributed directly to Rotary's challenge after hearing about the attempt. "We wanted to raise awareness, and we certainly did that," she said.

Convery, a financial adviser, said she decided to take on the endeavor after club members gathered last year to discuss raising money for the challenge.

### Motivation

She was also motivated by her friendship with two polio survivors. Sadique Alli, a former Dundas club member, contracted the disease as a child in India and now uses a leg brace to walk. Convery also met Ramesh Ferris, of the Rotary Club of Whitehorse, Yukon, several times, and earned his support. Ferris hand-cycled across Canada in 2008 to raise more than C\$300,000 for polio eradication.

Before her training, she had never swum more than a few laps in a local pool.

"I'm not a distance swimmer. But when the idea came up a year ago, I decided to begin training," explained Convery, who achieved a national ranking in Canada as a drug-free bodybuilder six years ago. "I'm used to being physical. But this was really something different."

After months of practicing the efficient, gliding strokes necessary for long-distance swimming, Convery completed a 12-mile swim across Lake Erie in June, which served as a qualifier.



Top: Thie Convery promotes her Swim to End Polio during the 2010 RI Convention in Montréal, Québec, Canada. Bottom: Convery takes a practice swim in Lake Ontario in June. Photos courtesy of Swim to End Polio

Solo Swims of Ontario, a volunteer group that governs solo attempts to swim long distances, assesses swimmers and their crew for preparedness.

On 7 August, Convery dropped into Lake Ontario at Niagara-on-the-Lake at around 9:40 a.m., accompanied by a small fleet of boats loaded with support crew, physicians, and lifeguards. About 15 miles into the swim, and well short of her goal to reach Toronto, Convery's crew decided to pull her out of the water.

“She made a fantastic effort,” said Karen Cumming, a friend who handled publicity. “If it had not been for the weather, she would have made it across.”

Convery said that she has not ruled out another attempt, and that she was touched by the dedication of her crew and the support of Rotarians. “To look around and see the faces of the people who committed their time, energy, and money -- that was the most powerful experience.”

“We did make a difference,” she added. “We didn’t get across the lake, but we definitely made a difference. Ask the children who will be receiving polio vaccine if it was worth it.”

## Area Meeting Makeup Locations

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

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## **Heads Up! Programs and Events**

August 25-----Club Assembly #1 – Donas Cole

September 1-----Steve Mitas

September 8-----Bryan Northington

September 15-----Jeran Akers – Organ Donations

Sponsored by Bill Bilyeu

September 22-----Lyle Froese

September 27-----Board Meeting 7:00 AM – Market Street Culinary School

September 29-----Stacey Kemp

October 6-----Robert Rusoff

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## **Today's Thoughts in Honor of ....**

### **National Dog Day – August 26**

A person can learn a lot from a dog, even a loopy one like ours. Marley taught me about living each day with unbridled exuberance and joy, about seizing the moment and following your heart. He taught me to appreciate the simple things - a walk in the woods, a fresh snowfall, a nap in a shaft of winter sunlight. And as he grew old and achy, he taught me about optimism in the face of adversity. Mostly, he taught me about friendship and selflessness and, above all else, unwavering loyalty.

- **John Grogan (1957 – )**

### **Toasted Marshmallow Day – August 30**

But the place which you have selected for your camp, though never so rough and grim, begins at once to have its attractions, and becomes a very centre of civilization to you: "Home is home, be it never so homely."

- **Henry David Thoreau (1817 – 1862)**

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### **Boat Name**

My friend wanted a boat more than anything. His wife kept refusing, but he bought one anyway.

"I'll tell you what," he told her. "In the spirit of compromise, why don't you name the boat?" Being a good sport, she accepted.

When her husband went to the dock for the maiden voyage, this is the name he saw painted on the side: "For Sale."

<b>Member Name</b>	<b>Work</b>	<b>Home</b>	<b>Cell</b>	<b>Classification</b>
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	214-592-5279	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
Steve Goodman	972-548-3616		214-226-2901	Criminal Investigation
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
Bryan Northington	972-569-0170	972-547-4958	469-569-6814	Auto Collision Mgr.
Tom Parker	972-540-2180	972-540-2180	972-832-5590	Ed. Admin – Pers.
Jim Pearson	972-562-9787	214-533-2787	214-533-2787	Real Estate App.
Robert Ridgeway	972-529-7071	903-892-0637	903-744-0629	General Law Practice
Robert Rusoff	972-547-1672	972-547-1672	214-504-5133	Procurement
Juli Smith	972-562-6996	972-562-1866	972-658-9977	Non-Profit
Bill Smith	972-731-4000	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.
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 Phyllis Davis 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.*