



Sunrise Sentinel

September 8, 2010

Officers and Directors 2010 – 2011

President	Donas Cole
President Elect	Stacey Kemp
Secretary	Phyllis Davis
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 Klinginsmith, Missouri, USA
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Club Meeting Time and Location

07:30 Wednesday Morning
Eldorado Country Club
McKinney, TX

Today's Program

Sponsored by Bryan Northington

Ty Lake



Director McKinney Main Street

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



Ty Lake – Director – McKinney Main Street

Ty was born in Amarillo Texas and is the youngest of eleven children. Ty and her husband Brad moved to McKinney in 1996 and have a 5-year old little man named Parker. Her background is in retail marketing and communications where she held the position as Marketing Director for a national retail chain for several years before joining the City of McKinney's Main Street Organization. She has been in her existing role since August of 2005.



The Main Street approach is to see the continued growth of McKinney's vibrant downtown area through economic development, increased promotion, enhancing tourism, infrastructure redevelopment, historical preservation efforts and an increased awareness of McKinney's history. Main Streets mission is to ensure that downtown McKinney continues to be the vibrant, inviting, safe and growing area it is known for today.

In an effort to achieve annual goals, the organization focuses on a four point approach; design, organization, promotion and economic re-development.

Lyle & Sandi Celebrating 50 Years Together

"Please come to a Fiesta to Celebrate the 50th Wedding Anniversary of Lyle and Sandi Froese, Friday, September 24, 2010, 6:30 PM at Eldorado Country Club, 2604 Country Club Drive. Join us for a Reception and Margaritas at 6:30 PM and Fajita Buffet at 7:30 PM. RSVP to Janet Nelson jnelson1126@att.net or call 469-396-6294 by September 15. No gifts, but cards are welcome!"

A Message From the District Governor

The Rotary International theme for 2010-2011 defines our mission as: "Building Communities and Bridging Continents".

Our International President Ray Klingensmith explains that "Rotary is the best in the world at linking people of goodwill around the globe and gaining their cooperation and support to make the world a much better place to live and work". Through my club visits so far, I have learned that the many local and international activities that have been planned are certainly designed to extend our great tradition of service to the community and the world.

September is Rotary New Generations Month. The Rotaract Club at Northwood University will be coming on board in September. The past president of the Eastfield College Rotaract Club is in discussion with the Commerce Rotary Club to start a Rotaract Club at A&M Commerce. The Wylie Rotary Club will have a new Interact Club at Wylie High School.

District 5810 is going forward to become Bigger, Better, Bolder.

Yours in Rotary Service, Linda Elliott - District Governor

Getting active to fight polio

Rotarians have been cycling, swimming, and dancing to raise money for polio eradication.

On 21 August, the Rotary Club of Greater Albany, Oregon, USA, held its second annual Pedal Away Polio ride, raising close to \$7,000 for PolioPlus. About 30 riders took part in the event, which offered 52-, 27-, 11- and 7-mile courses, and a 1-mile loop for children.

Len Hainz, a club member and cancer survivor, came up with the idea after participating in a similar event two years ago in Coos Bay. Hainz was an avid runner before prostate cancer forced him to stop. He turned to cycling upon a suggestion from his son, a die-hard cyclist, and it ended up playing a large role in his recovery.

"I fell in love with it," Hainz says. "My whole family cycles. After taking part in the event in Coos Bay, it got me thinking, we ought to do this too."

Publicity from the first Pedal Away Polio event attracted the attention of a local polio survivor, Bonnie Helpenstell. This year, Helpenstell and her husband agreed to match some of the funds the club raised through the ride.

"I am profoundly appreciative that Rotary has not forgotten the impact of this disease on the world population just because we don't have it in the United States anymore," says Helpenstell, who was diagnosed with postpolio syndrome three years ago. "To see Rotarians in my community make an effort on behalf of people around the world is inspiring."

Other Rotarians have used their athleticism to raise money for the cause.

Jatin Mehta, a 70-year-old member of the Rotary Club of Bridgeport, Connecticut swam a mile and a half across Lake George in New York on 9 August, raising more than \$24,000 for Rotary's US\$200 Million Challenge .

Mehta, a native of India who moved to the United States in the 1960s, chose Lake George in upstate New York because he had swum across it years ago, when he took his children there for an annual vacation.

"My first motivation was to do something to raise money for polio," Mehta says. "I also figured the idea of a 70-year-old swimming across a lake would grab attention and help publicize the good work Rotary does."

He was right. In addition to generating donations from Rotary clubs in Connecticut and India, Mehta's swim brought out members of the community and received ample media coverage.

"I was able to reach many non-Rotarians who were interested in finding out about polio and what we are doing to end it," Mehta says. "Rotary's brand name is good. If we approach people right, we can really get the word out there about what Rotary does."

Other recent fundraisers have included:

- Thie Convery, a member of the Rotary Club of Dundas, Ontario, Canada, raised US\$44,000 for Rotary's challenge in August in a bid to swim across Lake Ontario, from Niagara-on-the-Lake to Toronto. Read more .



From left: Melissa Hainz, Sara Normandin, and Ole Nygaard take part in the Pedal Away Polio event, sponsored by the Rotary Club of Greater Albany, Oregon, USA. Photo courtesy of Len Hainz

- Stephen Wallace, governor-elect of District 5330 (California, USA), and members of his family cycled 450 miles across Iowa in seven days at the end of July, collecting pledges for PolioPlus. Wallace's daughter Cris hiked the Pacific Crest Trail, which stretches from Mexico to Canada, in 2008, raising more than \$70,000 for PolioPlus. Inspired by their daughter's accomplishment, Wallace and his wife trained for three months to take part in the Des Moines Register's annual Great Bicycle Ride Across Iowa. "This has been one of the most physically demanding adventures I have ever had," Wallace says, "but also very rewarding. The number of people who rode alongside us during the ride, asking questions about polio and Rotary, made every minute worth it."
- The Rotary Club of Sherman Oaks Sunset, California, held a dance marathon on 7 August, raising several thousand dollars for PolioPlus. Community members danced for several hours and received free dance instruction. (See their video on YouTube) Mel Powell, a past president of the club, says more than two-thirds of the donations came from non-Rotarians. "A young lady who works as a custodian in the condo building where I live saw our flier and was so moved, she collected \$44 from her neighbors -- all people with very little money -- in a sandwich bag," Powell says. "That little bag she handed me the Monday after the event was more meaningful than checks we received for much greater amounts."

Area Meeting Makeup Locations

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

Heads Up! Programs and Events

September 8-----Ty Lake – Director McKinney Main Street
Sponsored by Bryan Northington

September 12-----Flags Returned to Shed – Ned lots of help

September 15-----Jeran Akers – Organ Donations
Sponsored by Bill Bilyeu

September 22-----Dr. J.D. Kennedy – Superintendent McKinney ISD
Sponsored by Lyle Froese

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

September 29-----Stacey Kemp

October 6-----Robert Rusoff

October 13-----Linda Terry

October 20-----Nathan White

Today's Thoughts in Honor of

Grandparent's Day – September 12

Our grandchildren accept us for ourselves, without rebuke or effort to change us, as no one in our entire lives has ever done, not our parents, siblings, spouses, friends - and hardly ever our own grown children.

- **Ruth Goode (1905 – 1997)**

National Pet Memorial Day – September 12

We call them dumb animals, and so they are, for they cannot tell us how they feel, but they do not suffer less because they have no words.

- **Anna Sewell (1820 – 1878)**

Show and Tell

A kindergarten teacher gave her class a 'show and tell' assignment. Each student was instructed to bring in an object to share with the class that represented their religion.

The first student got up in front of the class and said, 'My name is Benjamin and I am Jewish and this is a Star of David.'

The second student got up in front of the class and said, 'My name is Mary. I'm a Catholic and this is a Rosary.'

The third student got in up front of the class and said, 'My name is Tommy. I am a Baptist , and this is a casserole.'

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	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
Gretchen Gayowski	972-548-3616	972-562-5306	214-669-5091	Consultant
Steve Goodman	972-548-3616		214-226-2901	Criminal Investigation
Jim Gilmore	972-562-6950	214-544-1361	972-529-8503	Residential Ins
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				Printing – Ret. - Honorary
Paul Yeager				City Council – Ret.- Honor

*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.*