

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
Tom Flood	214-232-9508	214-232-9508	214-232-9508	Real Estate Broker
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
Stacey Kemp	972-548-4136	972-837-2534	214-356-4808	Cnty 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 Jim Pearson if there is a change in your phone number or e-mail address. Thank you
Having you number here makes it a public record, please notify Gary if you prefer not to have it listed here.*



Sunrise Sentinel

Sept 16, 2009

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 Chuck Koehler



Barbara & Mike Currence
Healing Through Horse Play

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



Healing Through Horse Play

Barbara began her career teaching Spanish and French in Plano ISD in 1979. During her five years of teaching, she went to Texas A&M Commerce and finished her masters in counseling in guidance in 1983. Barbara has been counseling students and families in both PISD and MISD since 1984, at both the elementary and secondary levels. After taking post master level courses, two thousand hours of counseling supervision and her professional licensure test, she became a licensed professional counselor in 1987.

In 2000, she attended a seminar on equine assisted psychotherapy, and began researching the benefits of this type of counseling which had started in 1999. Barbara had grown up riding horses, and knew how horses could help heal people. Along with her passion of counseling families, and love of horses, she co-founded Healing Through Horseplay, in 2001, after becoming certified in equine assisted psychotherapy. She continues to grow in her learning of this field by being a member and attending seminars and recertification conferences through EAGALA (Equine Assisted Growth and Learning Association). She has had articles published about this field and the effects it has had on families. She is working on her Advanced Level in Equine Assisted Psychotherapy.

She and her husband, Mike, have horses on their property in McKinney, TX, and have continued to counsel families using equine assisted psychotherapy techniques and see the positive changes it has helped to make in peoples' lives.

Barbara is a member of Trinity Presbyterian Church and has served as Elder of Christian Education and taught both elementary and secondary Sunday school.

Mike has worked with horses as a hobby for over 40 years. He has studied horse 'communication' at demonstrations by the original Horse Whisperer Monte Roberts, and at James Stroup's Equine Language Course. He has served in the capacity of Equine Specialist since the founding of Healing Through Horseplay in 2001 and is certified Level 2 through the Equine Growth and Learning Association.

Mike has over 19 years of experience working with youth and children through his involvement in Boy Scouts and Sunday School at his church.

He retired from Becton Dickinson, a medical products manufacturer, in 2007 after a 28-year sales career. He has a BA degree from Texas Tech University.

End of the Summer Cookout

A huge thanks from our club to Nathan and Wanda White for hosting our end of the summer cookout at their house. Another thanks to Bill Smith for stand over the hot grill and cooking up some great vittles for everyone to eat. It was an evening full of fun and fellowship and all those who attended had a great time.

Heads Up! Programs and Events

September 16-----Chuck Koehler
September 23-----Linda Terry – International
September 28-----Board Meeting – 7:00 AM Market Street Culinary School
September 30-----Jeff Caserotti
October 7-----Tom Parker
October 14-----Juli Smith
October 21-----Ron Danforth
October 28-----Donas Cole
November 4-----Open

Today's Thoughts in Honor of

Citizenship Day – September 17

“No one is born a good citizen; no nation is born a democracy. Rather, both are processes that continue to evolve over a lifetime. Young people must be included from birth. A society that cuts off from its youth severs its lifeline.”

- **Kofi Annan (1938 –)**

International Talk Like a Pirate Day – September 19

“Now and then we had a hope that if we lived and were good, God would permit us to be **pirates**”

- **Mark Twain (1835 – 1910)**

A four-year-old little boy was at the doctor's office with his mother in the waiting room when he spotted a pregnant lady on the other side of the room. Having nothing better to do, he walked over to her and inquisitively asked, "Why is your stomach so big?"

She replied, "I'm having a baby."

With big eyes, he replied, "Is the baby in your stomach?"

She said, "He sure is."

Then the little boy, with a puzzled look on his face, asked yet another question: "Is it a good baby?"

She said, "Oh, yes. It's a real good baby." At this point the woman was thinking the little boy was incredibly cute and looked forward to what he had to say next.

And, much to her surprise, with an even more surprised and shocked look than before, he asked, "Then why did you eat him?"

Area Meeting Makeup Locations

Monday	Tuesday	Wednesday	Thursday	Friday
<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>				

Rotaract paves the way into Rotary

Almost two decades ago, Cyril Noirtin, then a high school student from Nancy, France, received a special gift from Rotary: a chance to participate in an exchange to Wisconsin, USA, hosted by the Rotary Club of Lake Country-Hartland.

Noirtin had no idea that the one-year [Rotary Youth Exchange](#) trip would change his life and personality.

"The exchange gave me an appetite to be involved in an international network. When I came back to France, I decided to join [Rotaract](#)," says Noirtin, who later became charter president of the Rotary Club of Paris Agora and is now an RI representative to UNESCO. "Thanks to my

Rotaract membership, I have been able to gain leadership abilities, build friendships all around the world, and participate in many social and humanitarian projects."

In addition to holding many leadership roles in Rotaract, the tech-savvy Noirtin helped put together Web sites for Rotaractors. His skills caught the eye of Rotarian Bernard Dervaux, then governor of District 1660, who tapped him to serve on the district's Internet committee. He quickly became the district's webmaster, helped organize the district conference, and worked on the district's monthly newsletter.

"At the end of the year, the district governor and other members of the committee had forgotten I was not a Rotarian," he recalls. "And I can tell you, when we created the Rotary Club of Paris Agora, we had the support and help of every one of them."

Noirtin would like to see more Rotaractors take what he calls the "natural next step" and become Rotarians. Working side by side on projects, he says, is the best way to make the transition smoother.

"Rotarians and Rotaractors have to get to know more about each other, understand what the other can bring to a project," he says. "If they are successful in doing that, my belief is the age barrier no longer is a problem."

Noirtin, who also serves on the Rotary Centers Committee, feels that it's crucial for Rotaractors to keep searching for a Rotary club or to consider chartering a new one if they don't initially find a good fit.

"Even if they look around today and don't feel comfortable, it's important they keep looking," he says. "They are the ones who are going to build and shape the Rotary of tomorrow. It is critical for them to enter Rotary."

The Paris Agora club was chartered with younger members in mind. Noirtin says his club's average age of 35-40 is 15-20 years younger than most established clubs in the Paris area. It meets in the evenings and only twice a month, which he says is much easier than traditional meeting schedules on the club's leadership, who are young professionals.

Noirtin would also like to see an effort to organize former Rotaractors, perhaps into an alumni association, to help them keep in touch and find their way into Rotary. He feels the issue is important enough for Rotary leaders to make it a top priority.

"If we have no one to share our future with, we have no future."

This is the first in a series of articles about Rotary youth programs for New Generations Month.



Cyril Noirtin, a former Rotaractor and current member of the Rotary Club of Paris Agora and RI representative to UNESCO. *Photo courtesy Cyril Noirtin*