



Sunrise Sentinel

October 13, 2010

Officers and Directors 2010 – 2011

President	Donas Cole
President Elect	Stacey Kemp
Secretary	Juli Smith
Treasurer	Weldon Copeland
Vice President, Fund Raising	Bryan Northington
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

PresidentRay Klinginsmith, Missouri, USA

Club Meeting Time and Location

07:30 Wednesday Morning
Eldorado Country Club
McKinney, TX

Today's Program

Sponsored by Linda Terry



McKinney Sunrise Rotary Quilt Fundraiser

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



Quilt & Wine Raffle

Rotary Club of McKinney Sunrise

Proudly Sponsors

A Quilt and Wine Raffle



1st Prize - A \$2000 Value Queen Size Quilt 92" x 101"

2nd - Prize - A \$300 Value Baby Size Quilt

3rd Prize - Wine from Mitas Vineyard

Wednesday, February 16, 2011*
(Regular Club Meeting Day)

*Winners need not be present to win and will be notified by telephone, mail or e-mail.

Tickets: \$5.00 each or 5 for \$20.00

Raffle Proceeds will be donated to local McKinney and Rotary International charities/programs including, but not limited to:

- Boy Scouts,
- McKinney Family YMCA
- The Spencer Taylor Memorial Scholarship
- Shoes and Warm Clothing to Webb Elementary School
- Youth Exchange Programs
- Youth Leadership Award (RYLA) and Camp Enterprise

Proposed Member Approved for Publication

Bob Johnson has been approved for publication. His classification would be Financial/Insurance. Bob is the owner of Johnson Insurance & Financial and has been in business since 1969. If there are no objections by October 13th, he will be inducted into our club on October 20th.

GSE helps provide 'legs to stand on'

A Group Study Exchange team from District 7300 (Pennsylvania, USA) broke new ground in May when it visited Ghana to participate in the first International Cross-Diseases Conference on Lower-Limb Care in the Developing World.

The team, composed of leading experts in diseases of the lower extremities, was led by Georgia Petropoulos Muir, current president of the Rotary Club of Oakland (Pittsburgh).

In concentrating on disease prevention and treatment, one of the areas of focus of The Rotary Foundation's Future Vision Plan, the Group Study Exchange (GSE) served as a prototype of the vocational training teams that are being funded during the plan's three-year pilot phase. (All districts will begin to participate in the plan in July 2013.) Foundation Trustee Samuel A. Okudzeto outlined the key features of the plan during his keynote address at the conference.

The conference theme, "Legs to Stand On," shared the name of an ongoing project that targets disabling diseases and conditions affecting feet and lower limbs.

Legs to Stand On "includes both the development of technical tools and the co-implementation of projects to prevent disability in developing countries," said Mary Jo Geyer, a physical therapist at the University of Pittsburgh and a GSE team member, in a report on the conference. "Two of the leading causes of global disability are diabetes and lymphatic filariasis [elephantiasis], affecting over 500 million persons. Somewhere in the world, a lower-limb amputation occurs every 30 seconds due to diabetes."

The conference focused on achieving a consensus among international and national experts on the technical tools needed to guide the implementation of programs for foot and lower-limb care in developing countries. It produced a vital framework for preventing disease, disability, and premature death from chronic wounds, edema, and joint limitations.

"Ghana has been targeted as one of the first countries where the cross-diseases approach to community-based foot and lower-limb care will be implemented," said Geyer, who heads a



Top: GSE team member Mary Jo Geyer meets with a patient. Bottom: Rotary Foundation Trustee Samuel Okudzeto addresses the conference. Photos courtesy of Mary Jo Geyer

University of Pittsburgh project for self-management of chronic edema/lymphedema in individuals with mobility limitations. Conference participants are drafting training manuals for nurses, technicians, community volunteers, patients, and their caregivers in Ghana.

“We also anticipate beginning three-year pilot projects to implement comprehensive lower-limb care programs in selected countries [including India, Nepal, Sri Lanka, and Togo] as funding becomes available,” Geyer said.

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>
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p style="margin: 0;">Online Makeup www.rotaryclubone.org</p> </div> <p style="margin-top: 10px;">Edited 04/01/08</p>				

Heads Up! Programs and Events

October 13-----Linda Terry – Sunrise Rotary Quilt Raffle
October 20-----Club Assembly – Flag Manual Fundraiser Discussion
October 25-----Board Meeting – Market Street Culinary School
October 27-----Robert Ridgeway
November 3-----Jim Gilmore
November 10-----Brian Loughmiller
November 17-----Trevor Castilla
November 24-----Jim Pearson

Today's Thoughts in Honor of

Be Bald and Free Day – October 13



Evaluate Your Life Day – October 19

"The great use of life is to spend it on something that will outlast it."

- **James Truslow Adams (1878 – 1949)**

Exam Assistance

In the examination paper, the professor wanted us to sign a form stating that we had not received any outside assistance. Unsure of whether he should sign the form, a student stated that he had prayed for the assistance of God.

The professor carefully studied the answer script and then said, "You can sign it with a clear conscience. God did not assist you."



Member Name	Work	Home	Cell	Classification
Scott Becker	972-548-3613	972-984-1817	817-269-0889	District Judge
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 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.*