

Member Name	Work	Home	Cell	Classification
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	972-562-0838	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
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
Matt Hilton	214-632-1020	214-632-1020	214-632-1020	Real Estate Mgt
Eric Holt	972-542-4359	972-800-7552	972-800-7552	Financial Advisor
George Kadera		972-562-3219		Human Resources – Ret.
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	972-744-2420	972-529-1110		Financial Mgmt
Mary Lou Lee	972-529-1778	972-529-1778	214-733-2084	Printing – Ret. - Honorary
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

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

January 7, 2009

Officers and Directors 2008 – 2009

President	Pamela Zeigler-Petty
President Elect	Nathan White
Secretary	Jim Pearson
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	Stacey Kemp
International Service Director	Donas Cole
Rotary Foundation Chair	Steven "Steve" Mitas
Sunrise Sentinel Editor	Gary Taylor
Sergeant-at-Arms	Lyle Froese

Past Presidents

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
1992-93.....	Tom Healy

Rotary District 5810

District Governor.....	L. B. Showalter, Plano
District Governor Elect.....	Dave McSpadden, Waxahachie
District Governor Nominee.....	Linda Elliot, Grand Prairie

Rotary International

President.....	Dong Kurn Lee, Seoul, South Korea
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Club Meeting Time and Location

07:30 Wednesday Morning
Eldorado Country Club
McKinney, TX

Today's Program

Sponsored by Trevor Castilla

Stan Tatum



Development Manager
Baylor Medical Center of McKinney

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



Stan Tatum – Baylor Medical Center of McKinney



Stan Tatum is the Development Manager of the Baylor Medical Center at McKinney project. This facility will be a new 332,000 square foot full service, acute care facility located at the NW corner of Highway 380 and Lake Forest Drive. Opening is scheduled for November, 2010. His health care career spans 36 years. Prior to coming to McKinney, he served as President of Baylor Medical Center at Garland. His experience also includes Edmond Medical Center in Oklahoma, Integris Baptist Medical Center in Oklahoma, Norman Oklahoma Regional Hospital, Baylor Medical Center at Irving, and was the Director of Medicare Financial Services for Blue Cross & Blue Shield of Oklahoma. He has served on numerous Boards including the Garland Chamber of Commerce, Edmond Chamber of Commerce, the Oklahoma Hospital Association, the Regional Advisory Board for the American Hospital Association, and the Advisory Board for Oklahoma Christian University. He has been married to his high school sweetheart, Darlene, for 37 years and they live in Pilot Point, Texas.

This Years Christmas Party

We hope everyone had a great time at this years Christmas Party which was so graciously hosted by Judge Nathan White and his lovely wife Wanda. It was a great night of food, fellowship, and fun with our Rotary Family and there were fortunately no major fights during the white elephant gift exchange. Here are a few pictures from the party.



Frisco Noon Rotary Club Fundraiser

Rotary Club of McKinney SunrisePlease join us (and be sure to tell ALL your friends to join us) for dinner at Cantina Laredo located at the northwest corner of Legacy and 121 on Tuesday, January 13 between 5:00 and 10:00 p.m. Cantina Laredo will donate a percentage of the receipts during this time to the Frisco Noon Rotary Club. Rotary International is the world's first service club organization. Its more than 1.2 million members volunteer their time and talent to further the Rotary motto, Service Above Self. The Frisco Noon Rotary Club is committed to serving those in the local community and beyond.

Heads Up! Programs and Events

Jan 7-----Stan Tatum – Baylor Medical Center Mckinney Presentation
Sponsored by Rotarian – Trevor Castilla
Jan 14-----Sponsored by Eric Holt
Jan 21-----
Jan 28-----Sponsored by Nathan White
Feb 4-----Tim Kocsis
Feb 11-----Chuck Koehler
Feb 18-----Weldon Copeland

Today's Thoughts in Honor of

National Pharmacist Day – January 12

"Sickness is poor-spirited, and cannot serve anyone; it must husband its resources to live. But health or fullness answers its own ends, and has to spare, runs over, and inundates the neighborhoods and creeks of other men's necessities."

- **Ralph Waldo Emerson (1803 – 1882)**

International Skeptics Day – December 21

"The skeptic does not mean him who doubts, but him who investigates or researches, as opposed to him who asserts and thinks that he has found"

- **Miguel D. Unamuno (1864 – 1936)**

So this Department of Water Resources representative stops at a Texas ranch and talks with an old rancher. He tells the rancher, I need to inspect your ranch for your water allocation.

The old rancher says, "Okay, but don't go in that field over there."

The Water representative says, "Mister, I have the authority of the Federal Government with me. See this card? This card means I am allowed to go **WHEREVER I WISH** on any agricultural land. No questions asked or answered. Have I made myself clear? Do you understand?"

The old rancher nods politely and goes about his chores.

Later, the old rancher hears loud screams and spies the Water Rep running for his life and close behind is the rancher's bull. The bull is gaining with every step. The Rep is clearly terrified, so the old rancher immediately throws down his tools, runs to the fence and yells at the top of his lungs.....

"Your card! Show him your card!"

Area Meeting Makeup Locations

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11:45 Farmers Branch Rotary Club, Brookhaven Country Club 3333 Golfing Green Dr.</p>	<p>7 AM Frisco Sunrise Rotary Club Embassy Suites, Gaylord & Parkwood</p>	<p>Noon Allen Rotary Club Municipal Court/Parks & Recreation Office Building (SE corner of McDermott Drive & Century Parkway)</p>	<p>Noon Frisco Rotary Club Dallas Baptist Univ. at Frisco 3211 Internet Blvd.</p>	<p>7 AM Plano Sunrise Rotary Club Tino's Two Restaurant 2205 Avenue K</p>
<p>Noon Richardson Rotary Club Canyon Creek Country Club 625 Lookout Drive</p>	<p>Noon Farmersville Rotary Club O.E. Carlisle Civic Center 201 Orange St. @ Hill Street</p>	<p>Noon Plano Metro Rotary Club Glen Eagles Country Club 5401 W. Park Blvd.</p>	<p>Noon Hurricane Creek Rotary Club Hurricane Creek Country Club 1800 Fairway Lane, Anna</p>	<p>Noon McKinney Rotary Club Ricks Chop House 107 N. Kentucky St.</p>
	<p>Noon Plano West Rotary Club Southfork Hotel @ 1600 N. Central Expressway</p>	<p>Noon Prestonwood Rotary Club Prestonwood Country Club 15909 Preston Rd., Dallas</p>	<p>Noon Plano Rotary Club Southfork Hotel 1600 N. Central Expressway</p>	<p>Noon Richardson Central Rotary Club Hyatt Hotel 701 E. Campbell</p>
<p>Online Makeup www.rotaryclubone.org</p>		<p>Noon Richardson East Rotary Club Canyon Creek Country Club 625 Lookout Drive.</p>		<p>Noon Park Cities Rotary Club Maggiano's Little Italy 205 North Park Center, Dallas</p>
<p>Edited 04/01/08</p>				

New action group tackles growing diabetes problem

The [RI Board of Directors](#) has approved a new Rotarian Action Group to help fight the growing epidemic of diabetes.

According to the [International Diabetes Federation](#) (IDF), there are currently 246 million cases of the disease worldwide, with a projected 380 million cases by 2025. The greatest increases will likely occur in the developing world.

"It's clear there is an opportunity for Rotarians to help," says Larry Deeb, a physician and director of the Rotarian Action Group for Diabetes. "Rotary has a unique way of engineering awareness, funds, and ground support to growing problems in the world. Our action group will

bring visibility to the fight against diabetes."

The disease, characterized by a failure to regulate glucose, or blood sugar, can lead to serious health problems and even death. It occurs in two main forms: type 1, caused by a malfunction of the autoimmune system that compromises the ability of the pancreas to produce insulin, and type 2, often called adult onset, in which the body's ability to produce or use insulin is impaired.

The [U.S. Centers for Disease Control and Prevention](#) estimates that diabetes-related deaths will increase by more than 50 percent in the next 10 years without some kind of intervention.

With 44 members, the action group's initial service goals include addressing type 1 diabetes.

Early roots

The group has its roots in the efforts of Deeb, a member of the Rotary Club of Tallahassee, Florida, USA, and fellow club member Wayne Edwards, president of the new action group. Since 1995, the pair have collaborated on several Rotary Foundation Matching Grants aimed at raising money for diabetes education. In 2000, they donated funds to Life for a Child, an IDF program that helps children with diabetes in developing countries by providing existing health clinics with insulin and syringes, glucose monitoring machines, and transportation and clinical care for patients.

Deeb and Edwards traveled to Bolivia in 2003 and established clinics in seven cities across the country as part of the first Rotary club-sponsored Life for a Child program. More than 100 children were given free insulin and testing supplies. Projects in Cameroun, Nepal, and Nigeria soon followed.

Edwards, past governor of District 6940, says the group's existing relationship with the IDF will allow it to be more effective in addressing the disease's increasing incidence among children. Edwards's wife and eldest son have type 1 diabetes.

"There is a real need for Rotary International to participate," he says, adding that the new group "gives interested Rotarians worldwide a chance to get involved with improving the lives of those suffering from diabetes."

Deeb is chair of an IDF committee dedicated to improving insulin availability worldwide. He also has been involved with the American Diabetes Association for two decades, serving in a number of positions, including Medicine and Science president.

"The growing rate of diabetes will cripple countries with incredible costs," Deeb says. "In developing countries, communities are simply unaware of the seriousness of diabetes."

"This action group can be the catalyst for any projects Rotarians dream up."



Rotarian Larry Deeb, director of the Rotarians Creating Awareness of Diabetes Action Group, takes part in activities on World Diabetes Day 15 November. *Photo courtesy of Deeb*