

# Sunrise Sentinel

Jan 13, 2010

## 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
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## Club Meeting Time and Location

07:30 Wednesday Morning  
Eldorado Country Club  
McKinney, TX

## Today's Program

Sponsored by Ed Miles

Alan Lagrone M.D., Ph.D.



Aviation Psychiatry

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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## **Alan LaGrone – Aviation Psychiatry, More than just a fear of Flying**

Dr. Alan LaGrone graduated from medical school with an MD degree in 1982 from the University of Texas Medical Branch in Galveston, Texas. He received his PhD in Atmospheric Chemistry from the State University of New York in Stony Brook, New York in 1996. Dr. LaGrone is a native of Texas and has held many prominent positions in mental health. He was the Medical Director for the Mental Health/Mental Retardation (MHMR) in Amarillo, Texas and was the Medical Director for the North Texas Behavioral Health Authority which is the local mental health authority for the Dallas region that includes Collin County. In addition, he has been on the medical faculty at Texas Tech, UT Southwestern, and the UNT Health Sciences Center. While at UT Southwestern, he served as the Medical Director of the Parkland Hospital Emergency Room/Services for Mental Health in Dallas and was the Director of Psychiatric Services for the Katrina evacuation response in Dallas, Texas. He had the honor of serving in the Air National Guard where he was the only Flight Surgeon who was a Board Certified Psychiatrist. He presently has a Private Practice in psychiatry with an office in Grapevine, Texas with plans to open additional offices in the Metroplex during the next year.

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## **Rotary District 5810 Blood Donation Report**

I want to wish everyone a very Happy New Year and ask your help to bring the 2009/2010, Rotary Blood Donation year to a strong finish. The December report attached shows that our District has secured 3927, units of blood. That number is very good but not good enough to bring us to our District's goal of 6610, units of blood.

We need the help of all Clubs in District 5810, to put on a very strong finish to this Rotary year's blood donation effort. We do have some things to brag about and they are we do have 20, Rotary Clubs with 100% or more in donations. There is another 31, Clubs that have secured at least 2, units of blood. That means that we have only 16, clubs who still are at zero donations.

Please contact your American Red Cross, Carter BloodCare or Texoma Regional person to help your club to set up a blood drive before this Rotary year ends, in March of 2010. Please get my help if you don't know who your contact person is.

George Elking  
Rotary District 5810, Blood Donation Chair  
Phone 972-424-1485

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## **The Next RILI Class**

The next RILI Class still has a few registrations available for the January 30-31, 2010, Class #16. All Presidents-Elect for 2010-11 who haven't attended should sign up today. Sign up today by registering online at [www.Rotary5810.org/](http://www.Rotary5810.org/) and look for the "RILI Registration" in the left hand column of the Home Page; or by calling Ginny Ryan, the RILI Registrar, at **214-914-5611**.

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## Rotary Coordinators to Start in 2010

Rotarians will soon gain a new resource – someone who will be well-versed in the many programs of Rotary International and knowledgeable about Rotary club and district best practices.

That new resource will be a Rotary coordinator (RC).

“We want clubs to be assured that they are the most important thing in Rotary,” says RI President-elect Ray Klinginsmith, who championed the RC program. “If we don’t take care of the clubs, the clubs won’t take care of Rotary International.”

Adopted by the RI Board of Directors at its November meeting, the program will launch on 1 July.

Klinginsmith is appointing the initial 41 RCs, who will serve the same geographical regions as the regional Rotary Foundation coordinators (RRFCs), with at least one RC serving each Rotary zone.

“RCs will be people who have senior leadership experience and a good, strong background in Rotary,” says Duane R. Sterling, a member of the Rotary Club of Warrensburg, Missouri, USA, and Rotarian coordinator for the 2010-11 RI president.

Many RCs will be former RRFCs and past regional Rotary International membership coordinators, Sterling says.

“They already know the territory,” Klinginsmith adds.

### Similar to RRFCs

Just as RRFCs are knowledgeable about The Rotary Foundation’s programs, RCs will be a resource when it comes to multiple aspects of Rotary International and its programs, providing a vital link of communication between RI senior leaders and Rotary clubs.

RCs will focus on offering guidance and tools in three areas: RI programs such as the youth programs, Rotary Fellowships, and Rotarian Action Groups; best practices that strengthen clubs and districts such as strategic planning, effective public relations, and leadership development; and building membership through stronger clubs and districts.

Through their work, RCs will support the three priorities of the [RI Strategic Plan](#): support and strengthen clubs, focus and increase humanitarian service, and enhance public image and



RI President-elect Ray Klinginsmith believes Rotary coordinators will provide a vital link between RI and clubs. *Rotary Images*

awareness. Clubs will also find RCs to be a valuable resource in determining how to meet the annual requirements for the Presidential Citation, Klinginsmith says.

In addition, RCs will assist at Rotary institutes, governors-elect training seminars, and other zone-level meetings. They may also plan and conduct district and regional seminars and workshops where needed, with the assistance and support of district leaders.

Because they will operate in the same geographical areas, RCs and RRFCs will be able to work closely with each other, as well as with the RI director for the zone, Klinginsmith notes.

Moving forward, RCs will be appointed by the RI president-elect and serve three-year terms. Appointees will attend a March institute to prepare for their new role.

- Also in November, the Board amended the Rotary Code of Policies to create the RC program and dissolve the RRIMC program, effective 1 July.

## Area Meeting Makeup Locations

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p style="text-align: center;"><b>11:45</b> Farmers Branch Rotary Club, Holiday Inn Select Galleria Area 2645 LBJ Freeway Dallas, Texas</p> <p style="text-align: center;"><b>Noon</b> Richardson Rotary Club Canyon Creek Country Club 625 Lookout Drive</p>	<p style="text-align: center;"><b>7:30 AM</b> Frisco Sunrise Rotary Club Embassy Suites, Gaylord &amp; Parkwood</p> <p style="text-align: center;"><b>Noon</b> Farmersville Rotary Club O.E. Carlisle Civic Center 201 Orange St. @ Hill Street</p> <p style="text-align: center;"><b>Noon</b> Plano West Rotary Club Greek Isle Rest. @ 3309 N. Central Expressway</p>	<p style="text-align: center;"><b>Noon</b> Allen Rotary Club Chase Oaks Golf Club @ 7201 Chase Oaks Blvd</p> <p style="text-align: center;"><b>Noon</b> Plano Metro Rotary Club Glen Eagles Country Club 5401 W. Park Blvd.</p> <p style="text-align: center;"><b>Noon</b> Prestonwood Rotary Club Prestonwood Country Club 15909 Preston Rd., Dallas</p> <p style="text-align: center;"><b>Noon</b> Richardson East Rotary Club Canyon Creek Country Club 625 Lookout Drive.</p>	<p style="text-align: center;"><b>Noon</b> Frisco Rotary Club Dallas Baptist Univ. at Frisco 3211 Internet Blvd.</p> <p style="text-align: center;"><b>Noon</b> Hurricane Creek Rotary Club Hurricane Creek Country Club 1800 Fairway Lane, Anna</p> <p style="text-align: center;"><b>Noon</b> Plano Rotary Club Southfork Hotel 1600 N. Central Expressway</p>	<p style="text-align: center;"><b>7 AM</b> Plano Sunrise Rotary Club Tino's Two Restaurant 2205 Avenue K</p> <p style="text-align: center;"><b>Noon</b> McKinney Rotary Club Ricks Chop House 107 N. Kentucky St.</p> <p style="text-align: center;"><b>Noon</b> Richardson Central Rotary Club Richardson Hotel 701 E. Campbell</p> <p style="text-align: center;"><b>Noon</b> Park Cities Rotary Club Maggiano's Little Italy 205 North Park Center, Dallas</p>
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p style="margin: 0;"><b>Online Makeup</b> <a href="http://www.rotaryclubone.org">www.rotaryclubone.org</a></p> </div> <p style="text-align: center; margin-top: 10px;">Edited 04/01/08</p>				

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## Heads Up! Programs and Events

January 13-----Alan LaGrone M.D., Ph.D. – Aviation Psychiatry  
Sponsored by Ed Miles

January 20-----Michael Simpson  
Sponsored by Juli Smith

January 25-----Board Meeting at Market Street Culinary School – 7:00 AM

January 27-----Mark Lowe

February 3-----Bill Smith

February 10-----Steve Mitas

February 17-----Mrs. Kevyn Robertson – Artistic Director, McKinney Summer  
Musicals  
Sponsored by Sandi Froese

February 24-----Bill Bilyeu

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

### Martin Luther King, Jr. Birthday – January 15

Rarely do we find men who willingly engage in hard, solid thinking. There is an almost universal quest for easy answers and half-baked solutions. Nothing pains some people more than having to think.

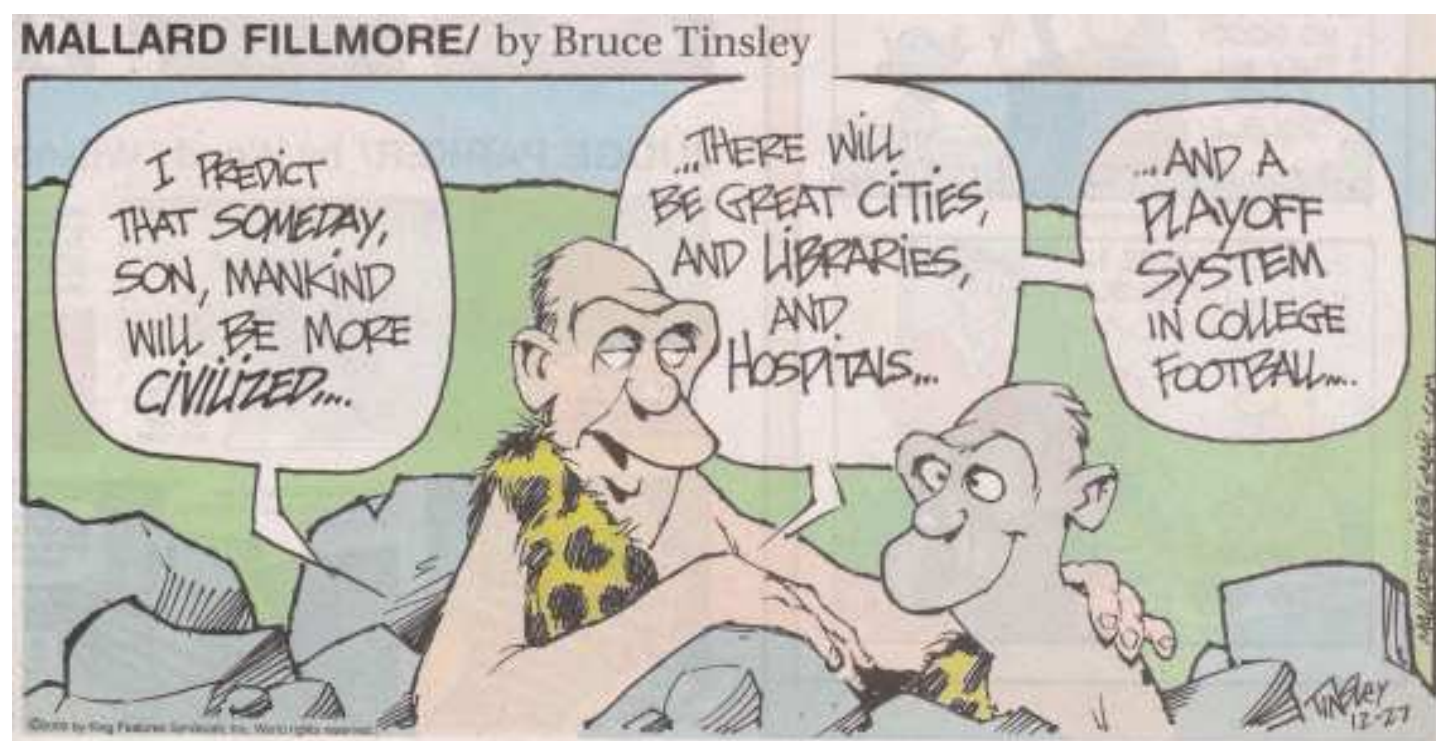
- **Martin Luther King, Jr. (1929 - 1968)**

### Thesaurus Day – January 18

"What is important-what lasts-in another language is not what is said but what is written. For the essence of an age, we look to its poetry and its prose, not its talk shows."

- **Peter Brodie**

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<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	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
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
Larry Jones	972-548-4532		214-733-9211	IT Architect
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
<b>Honorary Member</b>				
Mary Lou Lee	972-529-1778	972-529-1778	214-733-2084	Printing – Ret. - Honorary

*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.*