

| 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 21, 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 |
|----------------|-----------------------------------|

Club Meeting Time and Location

07:30 Wednesday Morning
Eldorado Country Club
McKinney, TX

Today's Program

Sponsored by Jeff Caserotti

Bruce Painter



The Giving Zone

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



Bruce Painter – The Giving Zone

For 36 years Bruce Painter has been speaking to hundreds of audiences. He has been featured on radio nation wide, and has been on TV programs including “Pittsburgh Live Today” and “Positively Texas.” This media interest is connected to his powerful Amazon best-selling book titled “The Giving Zone.” Bruce shows us how to use the power of giving to make our professional and personal dreams come true.

Painter and his associates work with leaders and independent business people to create breakthroughs to grow their business as well as attain their personal goals.

Bruce’s client list ranges from an aspiring golf pro, to a former House Majority Leader, House of Representatives, State of Hawaii, to a successful head of a large Equitable Life office.

Paul Mayer, CEO of the Garland Chamber of Commerce says of Mr. Painter, “After listening to you for forty-five minutes my entire outlook changed. The problem is not with my staff, but with the way we look at the problem, and our attitude toward success.”

Bruce is well suited for programs that include training along with speaking – 30 minutes, one hour, half day, full day, or longer.

He and his wife Shoshana Painter, his business partner, live in Frisco, Texas. Let’s welcome Bruce Painter speaking on “Three Success Secrets for tough Times.”



District 5810 Round Table Report

The District 5810 leadership team meets monthly in a roundtable to hear about Rotary club activities and to plan for coming attractions. Here is a quick overview of some items from last Saturday’s meeting:

The District Assembly for training incoming club officers and committee members will be held on Saturday morning, February 28, at Richardson High School on Beltline Rd. This event is open to any Rotarian, but club leaders are expected to attend. Clubs are encouraged to have tabletop displays and exhibits. Flag Committee??

The next Rotary International Leadership Institute (RILI) will be held at the Sherman LaQuinta Hotel, January 31-Feb 1. Registration cost is \$250 for the weekend and is covered by club budget. This training is designed to give any Rotarian a heads-up on leadership skills for Rotary and business/professional/personal life.

The District Conference will be held at the Frisco Embassy Suites on April 16-18. This family event celebrates Rotary service projects and offers great opportunities for fellowship and fun. Make this event a great getaway weekend and book a room for your family at the Embassy Suites. Watch for more information coming soon on the District website, www.rotary5810.org.

Rotary Foundation giving for 2008 was reported as down by 16% over the same period in 2007. Interestingly, only the U.S. and Canada reported a drop in giving in the past year. All other Rotary countries reported gains in Foundation giving.

Heads Up! Programs and Events

Jan 21-----Bruce Painter – The Giving Zone – Sponsored by Jeff Caserotti
Jan 26-----Board Meeting – 7:00 AM at Market Street Culinary School
Jan 28-----Dr. Hind Jarrah – Sponsored by Nathan White
Jan 29-----Flag Committee Meeting – 11:00 AM at Market Street
Feb 4-----Tim Kocsis
Feb 11-----Chuck Koehler
Feb 18-----Angie Hoquang – Sponsored by Eric Holt
Feb 25-----Jeff Caserotti
Mar 4-----Tom Parker

Today’s Thoughts in Honor of

National Measure Your Feet Day – January 23

“We have not wings we cannot soar; but we have feet to scale and climb, by slow degrees, by more and more, the cloudy summits of our time.”

- **Henry Wadsworth Longfellow (1807 – 1882)**

National Spouse’s Day – January 26

There is one thing more exasperating than a spouse who can cook and won’t, and that’s a spouse who can’t cook and will.

- **Anonymous**

There is a school bus that has its route down Sesame Street.

At the first stop, a really fat Irish boy gets on the bus. His name is Paddy O’Malley. At the second stop, a somewhat large girl gets on the bus. Her name is Patricia. These two children are quite large, but on Sesame Street the children are kind and do not make fun of them.

At the third stop, a boy named Russell gets on the bus. He has a mental disability, but he also receives respect. The other children simply say that Russ is simple.

At the last stop, a really gross kid named Lester Sleaze gets on the bus. You know he is gross because he hangs out with Oscar the Grouch. He does gross things on the bus too like taking off his shoes and picking at his bunions.

What this all amounts to is: two obese Paddies, special Russ, Lester Sleaze picking bunions on the Sesame Street run.

Last Weeks Meeting

Last week Eric spoke to our club about the state of the economy and what we can do to protect and grow our investments. He also spoke briefly about his former career as a professional fisherman. If you weren’t there you missed a great talk from one of our own. Thanks Eric!



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>Noon Richardson Rotary Club Canyon Creek Country Club 625 Lookout Drive</p> | <p>7 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 Southfork Hotel @ 1600 N. Central Expressway</p> | <p>Noon Allen Rotary Club Municipal Court/Parks & Recreation Office Building (SE corner of McDermott Drive & Century Parkway)</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 Hyatt 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> | | | | |

Medical mission provides care for Kenyan children

During a massive Rotary club-sponsored medical mission in September, a team of 70 volunteers from 11 countries provided preventive health care to more than 10,000 children in the poorest communities of Nairobi, Kenya.

The medical team, including health care professionals and nonmedical volunteers, screened patients to determine their most urgent needs before sending them to specialty stations set up to provide dental care, eye care, nutrition counseling, and treatment of infections.

"I'm blessed to have had the opportunity to be a part of this mission and share my skills and knowledge in a way that may improve the lives of the children," says Joseph Rebman, an

optometrist from the Rotary Club of Elizabethtown, Pennsylvania, USA. "In the midst of such astonishing poverty, the children were generous in their smiles and waves."

The medical mission, the 10th of its kind and the first in Kenya, focused on the health needs of children living in the slums of Mukuru, Mathare, and Korogocho outside Nairobi, where the poverty rate is high and preventive medical care is lacking.

The international team was hosted by the Rotary Club of Nairobi North, many of them members of Rotarians for Fighting AIDS, a Rotarian Action Group. The RFFA was one of several mobilizing partners, along with [Hope Worldwide](#), [AmericaShare](#) (the charitable arm of Micato Safaris), and the [Coca-Cola Africa Foundation](#).

In cooperation with RFFA, Hope Worldwide offered HIV testing and counseling during the mission.

Changing lives

The medical team treated as many as 3,000 children a day. Co-team leader Connie Spark, governor-elect of District 7390 (Pennsylvania), said the communities benefit from better hygiene, disease prevention, and education.

"Hundreds of happy-faced children lined the path, waving and chanting happy goodbyes as we left the Mukuru camp on the last day," says Spark. "That was quite a difference from the stares and solemn faces we passed on the first day. This international team changed many lives with their medical assistance."

The team had to turn away hundreds of people, mostly adults, says Patricia Santos, a nurse and a member of the Rotary Club of Americana-Carioba, São Paulo, Brazil.

"It was difficult to only focus on children with so many adults needing care as well," says Santos. "But what we did accomplish will go a long way. Providing health education will produce long-term benefits."

Santos said this was her fourth medical mission with Rotary. Her father, Waldir, a Rotarian and past district governor, joined her in Nairobi.

"After these medical missions, I become a better and stronger Rotarian," says Santos. "I understand more about what Rotary is all about. Anyone who goes through something like this will have a clearer vision of why they are Rotarians."

Local physicians and other Kenyan health care professionals took part to ensure that patients would continue to receive care after the mission concluded.

The mission was supported by contributions totaling US\$38,000, including a \$16,000 Matching Grant from The Rotary Foundation. Clubs in Pennsylvania and Georgia, USA, and Kenya also contributed funds.



Bob Elser, a physician and a member of the Rotary Club of York-East, Pennsylvania, USA, spends time with children during a medical mission in Nairobi, Kenya, in September. Photo courtesy of Connie Spark.