

Sunrise Sentinel

March 3, 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 |
|-----------|-----------------------------------|

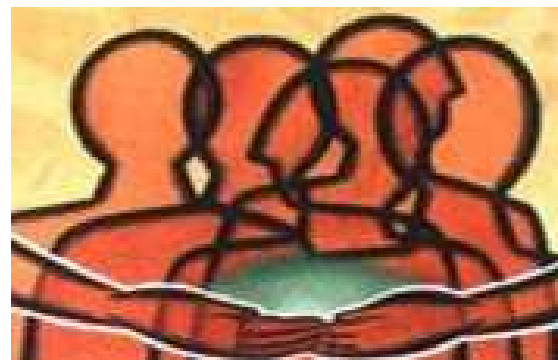
Club Meeting Time and Location

07:30 Wednesday Morning
Eldorado Country Club
McKinney, TX

Today's Program

Sponsored by Lyle Froese

Becky Neeley



Event Chair
McKinney Relay for Life

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



Cancer Prevention Study-3

You can join the movement for more birthdays and fight back against cancer by enrolling in a new research study called the Cancer Prevention Study-3 (CPS-3). In 2009 alone, more than 1.4 million people in the United States will be diagnosed with cancer and more than 562,000 people will die of the disease. By joining CPS-3, you can help us understand how to prevent cancer, which will save lives and give people more of their most precious resource: time. More time with their families and friends, more memories, more celebrations...and more birthdays.

The American Cancer Society's Epidemiology Research Program is recruiting 500,000 adults across the United States and Puerto Rico for CPS-3. Enrollment is taking place at select locations across the country.

CPS-3 will help us: better understand the genetic, environmental, and lifestyle factors that cause or prevent cancer and ultimately eliminate cancer as a major health concern.

Who is eligible to participate: Anyone who: is willing to make a long-term commitment to the study, which involves completing periodic follow-up surveys at home, is between 30 and 65 years old, and has never been diagnosed with cancer (not including basal or squamous cell skin cancer).

The Enrollment process involves two steps. The first step takes place at a local enrollment event, where you will be asked to: read and sign an informed consent form, complete a brief written survey, provide a waist measurement, and give a small blood sample (similar to a doctor's visit – 7 teaspoons total). The blood sample will be drawn by a trained, certified phlebotomist.

The second step takes place at home, where you will complete a more detailed survey. This survey will ask for information on lifestyle, behavioral, and other factors related to your health. Upon completion of the two steps, we will continue to mail follow-up surveys every few years to update your information. CPS-3 is not a clinical study, so participants will not receive individual blood test results. If you have specific concerns, you should consult your doctor. We will send annual newsletters to tell you about ongoing Cancer Prevention Studies research.

Proposed Member Approved for Publication

Robert Ridgeway of Ridgeway Law Firm, PLLC has been approved for publication. His classification would be general law practice. If there are no objections by March 3, he will be inducted into our club on March 10.

Rotary Club of Chicago Marks 105 Years

As members of the Rotary Club of Chicago celebrated Rotary's 105th anniversary at a downtown hotel on 23 February, the city's historic Wrigley Building was illuminated in the background with an urgent message: End Polio Now.

The Wrigley Building joined several other iconic landmarks worldwide, each lit with an anniversary message or the three words representing Rotary's commitment to rid the world of the crippling childhood disease.

Joining Chicago Rotarians at the lighting ceremony were Illinois Governor Pat Quinn; the Reverend Jesse Jackson, president of the Rainbow PUSH Coalition; Dr. Ciro de Quadros, executive vice president of the Sabin Vaccine Institute; James Galloway, U.S. assistant surgeon general; and RI General Secretary Ed Futa.

Before the lighting, Rotarians handed out End Polio Now postcards at the Wrigley Building.

"This is a very significant event," says Angelo Loumbas, president of the Chicago club. "Rotary's end polio campaign is the initiative I want my club to sponsor as much as they can this year. The fact that we were able to promote End Polio Now and at the same time celebrate Rotary's 105th anniversary really turned out to be a big advantage for us."

Joined by Rotarians from districts 6440 and 6450, the Chicago club, the first Rotary club, commemorated its own 105th anniversary. At the celebration, Chicago Mayor Richard M. Daley congratulated Rotarians for their achievement and thanked them for their ongoing commitment to literacy, promoting peace, improving health, and eradicating polio. "I'm very grateful for Rotary's commitment to service, not only here in America but all over the world," said Daley. "In the spirit of volunteerism, Rotary carries the torch. Each and every one of you stands alone in leading the way to eradicate polio."

Within reach

"I'm honored to participate in the End Polio Now campaign in Chicago, where Rotary was founded 105 years ago," said Illinois Governor Pat Quinn. "The eradication of one of the world's most terrible diseases is finally within reach due to Rotary International's extraordinary efforts."



Top: The Wrigley Building illuminated with an End Polio Now message. *Rotary Images/Alyce Henson* Bottom: Chicago Mayor Richard M. Daley congratulated Rotarians for their achievement and thanked them for their ongoing commitment to literacy, promoting peace, improving health, and eradicating polio. *Rotary Images/Monika Lozinska-Lee*

The club awarded de Quadros its Chesley Perry Award for Distinguished Humanitarian Service for global polio eradication. He led a team responsible for developing a surveillance and response strategy to eliminate polio from the Americas.

The landmark displays coincide with a mass mailing of End Polio Now postcards to heads of state in more than 40 countries, encouraging governments to continue or increase their commitment to polio eradication.

In addition to the Wrigley Building, other landmarks illuminated during the week of 23 February include the Pyramid of Khafre in Egypt; the Taipei Arena in Taiwan; the Cathedral of Santiago de Compostela in Galicia, Spain; the Old Port Captain's Office on the V&A Waterfront in Cape Town, South Africa; the Obelisk of Buenos Aires, Argentina; and the Royal Palace at Caserta in Italy.

"By lighting these historic landmarks with Rotary's pledge to end polio, Rotary is saying to the world that we will fight this disease to the end," said Rotary Foundation Trustee Chair Glenn E. Estess Sr. "People around the world will see these words and join Rotary and its partners in the historic effort to eradicate polio from the face of the earth."

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>Edited 04/01/08</p> | | | | |

Heads Up! Programs and Events

March 3-----Becky Neeley, Event Chair – McKinney Relay for Life
Sponsored by Lyle Froese
March 10-----George Roddy
Sponsored by Stacey Kemp
March 17-----Flag Program Mail Stuffing Day
March 24-----Linda Terry
March 31-----Bryan Northington
April 7-----Paul & Connie Yeager
April 14-----Jim Gilmore

Today's Thoughts in Honor of

Hug a GI Day– March 4

“If our soldiers are not overburdened with money, it is not because they have a distaste for riches; if their lives are not unduly long, it is not because they are disinclined to longevity.”

- **Sun Tzu (544 BC – 496 BC)**

Employee Appreciation Day – March 5

It does not seem to be true that work necessarily needs to be unpleasant. It may always have to be hard, or at least harder than doing nothing at all. But there is ample evidence that work can be enjoyable, and that indeed, it is often the most enjoyable part of life.

- **Mihaly Csikszentmihalyi (1934 –)**

A man wakes up one morning in Alaska to find a bear on his roof. So he looks in the yellow pages and sure enough, there's an ad for "Bear Removers."

He calls the number, and the bear remover says he'll be over in 30 minutes. The bear remover arrives, and gets out of his van. He's got a ladder, a baseball bat, a shotgun and a mean old pit bull.

"What are you going to do," the homeowner asks?

"I'm going to put this ladder up against the roof, then I'm going to go up there and knock the bear off the roof with this baseball bat. When the bear falls off, the pit bull is trained to grab his testicles and not let go. The bear will then be subdued enough for me to put him in the cage in the back of the van.."

He hands the shotgun to the homeowner. "What's the shotgun for?" asks the homeowner.

"If the bear knocks me off the roof, shoot the dog."

| 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 |
| 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 |
| 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 |
| 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 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.*