



McKinney Sunrise Rotary Club Sunrise Sentinel

Mar 9, 2016

Officers and Directors 2015 – 2016

President	Larry Offerdahl
President Elect	Juli Smith
Secretary	Gary Taylor
Treasurer	Dennis Snavelly
Vice President, Fund Raising	Chuck Koehler
Club Service Director	Ron Baker
Vocational Service Director	Bill Bilyeu
Youth Services Director	Marc-Andre Gagnon
Community Service Director	Jeff Caserotti
International Service Director	Trevor Castilla
Publicity Chair	Stacey Kemp
Rotary Foundation Chair	Fred Bahrenburg
Sunrise Sentinel Editorian/Webmaster	Gary Taylor
Sergeant-at-Arms	Ed Miles

Club Meeting Time and Location

07:30 Wednesday Morning
Eldorado Country Club
McKinney, TX

Today's Program

Alicia Jerome, MS, RD, LD

Past Presidents

2014-15.....	Steve Mitas
2013-14.....	Bill Smith
2012-13.....	Gary Taylor
2011-12.....	Stacey Kemp
2010-11.....	Donas Cole
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



Manager of Health & Wellness – Market
Street, United, Albertsons Amigos

Rotary District 5810

District Governor.....	Larry Webb, Prestonwood Rotary
District Governor Elect	Bill Dendy, E-Club
District Governor Nominee.....	Rick Amsberry, Park Cities Rotary

Rotary International

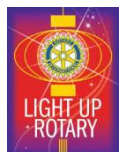
President..... KR "Ravi" Ravindran, Colombo Rotary, Sri Lanka

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



Alicia Jerome – Dietician Market Street

This year at Market Street we hope to convince you of the power of food and the power of color. From vibrant reds to rich purples and blues, each hue offers a unique healing a protective benefit. And don't think we are stopping in produce. Plan to learn about

black rice, red lentils, green tea and rainbow quinoa and so much more. We want to invite new foods into your basket that can change your health, your life and the future of your family's health. We want to help you color your basket so you can then, color your plate. In March we explore amazing things you never knew about blue and purple foods.



Alicia M Jerome is a Registered and Licensed Dietitian. She obtained her BS degree in Exercise Science from Hardin Simmons University and her MS degree in Exercise and Sports Nutrition from Texas Woman's University. She completed her dietetic internship at Texas Woman's University and passed her RD exam in 2006.

Alicia has been a dietitian for DFW area Market Streets since 2008. Previously, she worked for a health resort providing preventative nutrition care. Alicia is a member of the Academy of Nutrition and Dietetics and was President of the Dallas Dietetic Association from 2011-2012. In 2009, she was honored to receive the Registered Young Dietitian of the Year Award (RYDY).

As a Corporate Dietitian, she works with store guests and team members to provide nutrition education in a variety of ways. Alicia has a passion for making nutrition fun, especially for kids.

When she is not at Market Street, Alicia enjoys spending time with her wonderful husband, sweet daughter and rowdy chocolate Lab. Together they love to explore all things new: new places, new food, and new experiences.

District Training Assembly

District training assembly helps presidents-elect build on the leadership skills they obtained at LoneStar PETS, while incoming club leaders learn their new roles. Club leadership teams refine their goals for the year.

There is no registration fee for this training but you are asked to register. Please register online on the district website.

Goodwill Games



The fierce July sun beat down on us as we approached the field where the match was to take place. It wasn't much of a soccer pitch, with its uneven terrain and rusty poles for goalposts, but the local teens we had met came ready to play. They guided us over the piles of bricks and broken tiles that separate their neighborhood community

center from the field behind it and took their positions.

Much like any schoolyard competitors, incursions from grazing cows notwithstanding, players stretched and warmed up, took turns retrieving out-of-bounds balls, and, after the final goal, lined up to exchange high-fives. The Vietnamese contingent handily outscored our group of American Rotary volunteers, but the defeat was far from bitter. The five Rotarians, four Interactors, and two 20-something alumni of Rotary Youth Leadership Awards had already achieved what they had come to Vietnam to do: distribute durable soccer balls to promote play and to spread Rotary's message of service and goodwill.

The community center sits on the outskirts of Hoi An, a resort town on the South China Sea. Orange and fuchsia bougainvillea blossoms spill over stalls selling scarves and spices at one of Vietnam's oldest marketplaces, and along the banks of the Thu Bon River, food vendors serve aromatic *pho* (noodle soup) and *banh mi* (sandwiches). By night, tourists dine under glowing silk lanterns at the seaside restaurants and hotels.

The kids we met in Hoi An have a few soccer balls on hand, but are just as likely to kick around rocks or bundles of banana leaves. Tim Jahnigen first observed this phenomenon in 2006 as he watched news footage of a refugee camp in Darfur, Sudan. The children on the screen were playing soccer



using a bundle of trash tied with twine. Struck by the evidently universal tendency of children to play no matter how difficult the circumstances, Jahnigen set out to develop a soccer ball tough enough to endure the harshest conditions. Almost 10 years later, One World Play Project – the company Jahnigen founded with his wife, Lisa Tarver – has provided more than 1.5 million durable soccer balls in over 175 countries. The ball itself is made of a proprietary foamlike blend that bounces like a soccer ball but won't puncture, deflate, or otherwise fall apart.

“Play is vital for humans to thrive,” Tarver says, echoing recent research. “Play is one of the most effective therapies for any kind of trauma or hardship, whether in refugee camps or inner cities afflicted with gang violence – anywhere kids have suffered human rights abuses or the effects of poverty or natural disasters. Play is what allows them to recover and connect with their community.”

Our team of Rotary members and youth program participants from the San Francisco Bay Area brought to Vietnam 2,400 of these balls, bound for schools and community centers. We traveled south from the capital, Hanoi, through the mountains and along the scenic coastline to Ho Chi Minh City and the villages of the Mekong Delta. In each community we visited, we



met with local officials, handed out balls, and challenged the recipients to a game – no translation required.

“Play is the universal language,” Tarver says. “You go somewhere and you may not be able to talk to the people, but if you pull out this ball, you’ll be connected, because it’s intuitive. The ball is the connector between the visitors and the community.”

There are no Rotary clubs in Vietnam; they were disbanded in the 1970s. Since 1994, however, when the U.S. government lifted the trade embargo that had been in effect since the Vietnam War ended, Rotary clubs have worked with government approval on several successful projects with local charities.

Sue McKinney, a member of the Rotary Club of Oakland Sunrise, has divided her time between Ho Chi Minh City and her native California since 1994. A lawyer by training and a serial entrepreneur in practice, McKinney has worked on 21 projects in Vietnam, coordinating Group Study Exchange trips, organizing wheelchair distributions and medical camps, hosting dozens of visiting U.S. Rotarians, and tapping into her extensive in-country network to promote Rotary’s work.

The collaboration with One World Play Project also has its roots in McKinney’s Rolodex. She once hosted a GSE participant from California’s District 5170 named Ingrid Fraunfelder, and the two kept in touch. When Fraunfelder went to work for One World Play Project as a program manager, McKinney saw a natural fit for the district’s Interact program. She

presented the idea to the district and reached out to contacts at Aid for Kids and Football for All in Vietnam, two local nonprofits that provided logistical support and helped coordinate distribution events.

McKinney also saw an opportunity to expand Rotary's network and build goodwill through cultural exchange. "Group Study Exchange was my introduction to Rotary 30 years ago," before clubs accepted female members, she recalls. "I went to Holland on an all-female GSE team, and I'm still in touch with those women. Those connections are for life. It's a way of networking, and it helped recruit me into the organization. Once I'd seen Rotary at work on the world stage, I wanted to be a part of it."

For Gloria Garing, a member of the Rotary Club of Freedom, Calif., the trip was an opportunity to honor her late husband, Ward, who served in Vietnam in the late 1960s and died of cancer in 2006. Midway through the trip, Garing made a solo detour down the coast from Hoi An to Cam Ranh Bay, where Ward had been stationed, to deliver soccer balls at a school.

"I wasn't sure about what it would be like going to a communist country," Garing says. "Growing up in the 1950s and '60s with a father in the Navy, the whole idea of communism was, 'They're the enemy.' There was a lot we didn't know, of course, but there was a real fear."

Garing met students, teachers, and families in Cam Ranh. "I was surprised by how welcoming everyone was," she says. Vietnam, she says, is beautiful and interesting, but there was more to the trip: "When we do service work, it's about the people we meet and the connections we make."



Vu Dinh, a member of the Interact club at Mount Eden High School in Hayward, Calif., until his graduation last spring, was born in Vietnam, but his family moved to the United States when he was a baby. He had returned to Vietnam only once since then, on a family trip 10 years ago.

"It's weird to think that one turn of events can change your whole life," he said as we left a secondary school in Hanoi where he had addressed students in hesitant Vietnamese. "I'm sitting across from these kids, thinking how I could have been in their seats, meeting these American visitors, but instead I'm coming to their school on a tour bus." Later, after he had reconnected with family members outside Da Nang, he said, "I'm glad my parents came to America, but I'm also glad I have the chance to come back to Vietnam, to spend time with my parents' brothers and sisters, and see what the world looks like from the back of their motorbike."

Dinh joined Interact during his sophomore year. He met new friends across the district, participated in leadership development programs such as RYLA, and served as club president in his senior year.

“In high school it’s often repeated that grades stay on your transcript forever. But these clubs teach you that the impact you make stays on these people’s lives forever,” Dinh says. “Interact has given me the opportunity to grow as a person, gain leadership skills, and give back. In Interact we have a structure and a network that allows participants to branch out in different communities and move toward a global community. That’s what sets Rotary apart.”

The way he sees it, our group is bringing that message of inclusion and opportunity to everyone we meet in Vietnam. “We’re giving away these soccer balls, but we’re also giving the opportunity to play and grow as a community through sports,” he says, “and we have the opportunity to let people know Rotary is important.”

The nearly indestructible soccer balls will go on conveying that message, says inventor Jahnigen. “When you go into a community and leave a ball behind, it reinforces the bonds and messages that came with it,” he says. “As long as it’s there being played with, it keeps the connection alive.”

Area Meeting Makeup Locations

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>11:45 Farmers Branch Rotary Club, Holiday Inn Select Galleria Area 2645 LBJ Freeway Dallas, Texas</p> <p>Noon Richardson Rotary Club Canyon Creek Country Club 625 Lookout Drive</p> <p>Edited 9/9/15</p>	<p>7:30 AM Frisco Sunrise Rotary Club Randy’s Steakhouse, 7026 W. Main St.</p> <p>Noon Farmersville Rotary O.E. Carlisle Civic Center 201 Orange St.</p> <p>Noon Plano West Rotary Greek Isle Rest. @ 3309 N. Central Expressway</p> <p>7:00 PM Dallas Evening Rotary La Calle Dolce 415 W. 12th Dallas, Tx</p>	<p>7:30 AM Prosper Rotary Club Cotton Gin Cafe@ 204 W. Broadway</p> <p>Noon Allen Rotary Club Courtyard by Marriott @ 210 E. Stacy Road</p> <p>Noon Prestonwood Rotary Club Prestonwood CC 15909 Preston Rd., Dallas</p> <p>Noon Richardson East Rotary Club Canyon Creek CC 625 Lookout Drive.</p>	<p>Noon Frisco Rotary Dave & Busters Stonebriar Centre</p> <p>Noon Hurricane Creek Rotary 1800 Fairway Lane Anna</p> <p>Noon Plano Rotary Club Southfork Hotel 1600 N. Central Expressway</p> <p>7:30 AM Melissa Rotary First Baptist Church 2101 E Melissa Rd</p> <p>5:15 PM McKinney Sunset Hampton Inn 2008 N. Central Expressway McKinney</p>	<p>7 AM Plano Sunrise 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 Hyatt Regency-North Dallas Hotel 701 E. Campbell</p> <p>Noon Park Cities Maggiano’s Little Italy 205 North Park Center, Dallas</p> <p>Noon Celina Rotary 320 S. Preston Rd TX Star Bank</p>
<p>Online Makeup www.rotaryclubone.org</p>				

Heads Up! Programs and Events

Mar 9-----Alicia Jerome – Corporate Dietitian – Market Street

Mar 10----- Major Paul White, Salvation Army – McKinney Corps services

Mar 16-----Deb Kilroy - Collin County Museum

Mar 17-----Dark – Enjoy Spring Break

Mar 23-----Joint meeting with Noon Club on Mar 25.

Mar 24----- Matt Hilton, Step-Up Realty “Hot Housing Market in McKinney”

Today’s Thoughts in Honor of

National Panic Day – March 9th

“Doubts and mistrust are the mere panic of timid imagination, which the steadfast heart will conquer, and the large mind transcend.”

- Helen Keller (1880 – 1968)

Ides of March – March 15th

It is better to create than to learn! Creating is the essence of life.

- Julius Caesar (100 BC – 44 BC)

During a visit to the mental asylum, I asked the director how do you determine whether or not a patient should be institutionalized.

"Well," said the director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," I said. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No," said the director, "a normal person would pull the plug. Do you want a bed near the window?"



Member Name	Work	Home	Cell	Classification
Ron Baker			541-420-9396	Retired
Fred Bahrenburg			469-506-3346	TV Cable Installation, ret.
Bill Bilyeu	972-548-4698	214-686-1329	214-686-1329	Collin Co. Admin
Paul Blacklock			469-503-3241	Financial Advisor
Jeff Caserotti	972-548-1199		214-850-4841	Auto Insurance
Trevor Castilla	972-569-9193	972-529-6534	469-371-5409	Civil Engineer
Weldon Copeland	972-548-3811	972-562-0838		Judge – Probate
Phyllis Davis			972-658-5800	Real Estate Broker
Ruben Delgado	972-548-3728	972-548-0326	214-686-6998	County Engineer
Rebecca Drekmann	214-436-3311		469-268-4178	Publisher
Lyle Froese		972-569-8843	972-523-8350	Ed Admin
Sandi Froese	903-815-4779	972-569-8843	903-815-4779	Ed Admin
Marc-Andre Gagnon		214-227-6744	469-247-1894	Leadership – Bus Consult
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	214-449-6868	972-529-1110	214-449-6868	Financial Mgmt
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	972-837-4474	972-670-1197	Comp. Software
Scott Parker	214-385-4142	972-727-9852	214-287-0737	Financial Consultant
Tom Parker	972-540-2180	972-540-2180	972-832-5590	Ed. Admin – Pers.
Larry Offerdahl		972-562-5722	806-672-0680	Retired Parks and Rec
Bill Smith	972-731-4014	972-569-8811	985-774-4048	Financial
Juli Smith	972-562-6996	972-562-1866	972-658-9977	Non-Profit
Dennis Snavelly	972-771-2155	972-562-3796	972746-6920	Business Communications
Gary Taylor	972-548-5140	972-984-1052	972-984-0661	Groc. Store Mgmt
Nathan White	972-979-9204	972-562-6445	972-979-9204	Judiciary
Pamela Zeigler-Petty	972-407-3643		214-471-3830	Bank Mgt – Bus. Banking

Honorary Members

Donas Cole

Connie Yeager

Linda Terry

*Note: Please notify Dennis Snavelly 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.*