



# Sunrise Sentinel

April 21, 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 Brian Loughmiller

Frank Ragan



McKinney City Manager

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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## Frank Ragan – McKinney City Manager

McKinney City Manager Frank Ragan moved to McKinney in March 2008 to lead one of the fastest-growing communities in the country. He leads a professional staff of 900 in administering the policies and priorities as set forth by the seven-member City Council.

Frank has undergraduate and Master's degrees from N. C. State University and one-half of the studies toward a doctorate at University of Colorado at Denver.

Prior to his position leading the City of McKinney staff, Ragan served as Deputy City Manager for thirteen years in Aurora, Colorado. During that period of time, he served as the City's coordinator for the redevelopment of the Fitzsimons Army Medical Center into the new home of the nationally-renowned University of Colorado Health Sciences Center and BioScience Research Park.

Ragan's 34-year career in local government spans four communities in four states, i.e., North Carolina, Indiana, Colorado and now Texas. Ragan is originally from Raleigh, North Carolina. He has a wife, Jackie, one son, Bryce and one stepson, Ryan.



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## Inbound GSE Team is Here and On The Go

Nikhil a Dentist and Rotarian Team Leader, Neeraj a Lawyer, Skand a Teacher, Salil a



Lawyer and Naveen a Banker arrived from northwest India District 3080 just as our Outbound GSE Team is settling back into their lives after their month-long trip to the same area of India in February.

The District 3080 Team hit the ground running here in the USA and is on a non-stop tour of our District as they are visiting many Rotary clubs across North Texas. This is a wonderful group of young professionals and

their presentation is educational and entertaining. Both the Outbound Team from 5810 and the Inbound Team from 3080 had the chance to reunite in Carrollton April 6th at a dinner sponsored by the District Alumni Committee.

Please check out their GSE schedule on the Rotary 5810 district website and try to visit a club to hear their presentation. They will also share their presentation at the Tejas Multi-District Conference in San Antonio.

## Reform School Redefined

Young violent offenders in Toronto have an alternative to jail: meeting the victims of their crimes. The PACT Urban Peace Program, launched by Toronto-area Rotarians Dan Cornacchia and David Lockett in 2000, brings the teenagers, their victims, and local residents together to talk about the crimes and craft restitution plans. The program is modelled on a conflict-resolution technique used in Australian Aboriginal communities. Violence is a learned behaviour," Cornacchia says. "By helping Children today, we can stop the cycle of violence."



Akeem Stephenson, a graduate of PACT's LifePlan coaching program, cautions others about his past transgressions. *Rotary Images/Alyce Henson.*

Founding members of the Rotary Club of Parkdale-High Park, Cornacchia and Lockett opened the Redwood, a shelter for abused women and children, in 1993. That work inspired them to tackle the growing problem of urban violence. PACT (Participation, Acknowledgement, Commitment, and Transformation) helps more than 500 teens a year. Along with the mediation program, it offers vocational training and life coaching for teens who have been charged under the Youth Criminal Justice Act as well as for at-risk youth, such as those living in homeless shelters.

### Learning by doing

There is also an economic benefit to PACT, run by volunteers and funded by more than 15 Rotary clubs. "Fifteen per cent of youth offenders will cost society \$3 million each" during their lifetimes, Lockett observes.

PACT has facilitated over 2,000 meetings between victims and offenders. The restitution plans developed at the sessions often include monetary compensation, letters to the victims, and community service.

The teens can fulfill community service requirements, whether handed down by a judge or recommended at a meeting, through PACT's eight LifeSkills programs, in areas such as film production, urban reforestation, and construction. Toronto high schools are adopting Grow to Learn, an offshoot of the LifeSkills urban agriculture program. The students plant and tend a vegetable garden, then donate their harvest to local food banks.

Many young offenders lose interest in traditional academic instruction, Lockett says, but PACT allows kids to learn by doing. Business owners and other local residents help run the LifeSkills programs. Some are former youth offenders, such as Paul Davis, director of the film program.

Many of the graduates have found jobs and enrolled in college courses related to the LifeSkills program areas, including ecology and communications. "Success is about achieving the goals established by each youth," says Terance Brouse, PACT's communications director.



## Clubs can make a difference

To guide the teens, PACT also offers LifePlan Coaching, which provides one-on-one counselling and mentoring. Craig Trowhill coaches Akeem Stephenson, a former youth offender who was living in a homeless shelter when a judge referred him to PACT. At a meeting, Trowhill reminds Stephenson why he has been successful in the program: “The process was the tool, but it was all you. It was all because of the choices you have made.” Stephenson is now supporting himself and pursuing a career in the music industry as a producer and rap artist. “PACT’s coaching program gave me a lot of options to see where I went wrong and what I could have done to change certain situations,” he tells Trowhill. “I now have a deeper perspective on life and the confidence to reach the big goals I set for myself. The sky’s the limit.” “Rotary clubs can make a remarkable difference in their own communities by solving this problem of urban violence,” Lockett says. When he speaks at club meetings to encourage support for PACT, he tells Rotarians: “It’s a game of inches, but inches add up. The journey for these teenagers starts with the choice to participate and the acknowledgement that they need to be responsible for their behaviour.”

## 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>
<p style="text-align: center;"><b>Online Makeup</b> <a href="http://www.rotaryclubone.org" style="color: blue; text-decoration: underline;">www.rotaryclubone.org</a></p>				
<p>Edited 04/01/08</p>				

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## **Heads Up! Programs and Events**

April 21-----Frank Ragan – McKinney City Manager  
Sponsored by Brian Loughmiller  
April 26-----Board Meeting Market Street Culinary School 7:00 AM  
April 28-----Trevor Castilla  
May 5-----Spouses Day – Hosted by Nathan and Wanda White  
May 12-----Eric Holt  
May 19-----Pamela Zeigler-Petty  
May 24-----Combined Board Meeting with incoming Board Members  
May 26-----Tim Kocsis  
June 2-----Chuck Koehler

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

### **Take a Chance Day – April 23**

Pitiful is the person who is afraid of taking risks. Perhaps this person will never be disappointed or disillusioned; perhaps she won't suffer the way people do when they have a dream to follow. But when the person looks back-she will hear her heart

- **Paulo Coehlo (1947 - )**

### **Executive Admin's Day – April 26**

"Appreciate everything your associates do for the business. Nothing else can quite substitute for a few well-chosen, well-timed, sincere words of praise. They're absolutely free and worth a fortune."

- **Sam Walton (1918 – 1992)**

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An elderly woman walked into the local country church. The friendly usher greeted her at the door and helped her up the flight of steps, 'Where would you like to sit?' he asked politely.

'The front row please,' she answered.

'You really don't want to do that,' the usher said 'The pastor is really boring.'

'Do you happen to know who I am?' the woman inquired. 'No.' he said.

'I'm the pastor's mother,' she replied indignantly.

'Do you know who I am?' he asked.

'No.' she said. 'Good,' he answered and walked away.

<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
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
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.
Robert Ridgeway	972-439-1027			General Law Practice
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.*