



McKinney Sunrise Rotary Club Sunrise Sentinel

June 22, 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

Terry G. Box



Sheriff, Collin County

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

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

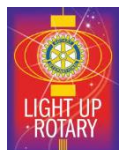
President..... KR "Ravi" Ravindran, Colombo Rotary, Sri Lanka

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



Terry G. Box – Collin County Sheriff

As your sheriff, I am charged with the responsibility of enforcing the law in a fair and impartial manner to prevent and deter crime, and when that fails, to apprehend and detain those who are accused or convicted of violating the law. Enforcement of the law must be conducted within the statutory and judicial limitations of police authority. It must ensure the safety and well-being of the community while preserving the constitutional rights of all persons.

Operation of the sheriff's office and jail has become an increasingly difficult and complex task, due to rapid growth of Collin County's population and increasingly stringent state regulations. Where possible, we identify and implement alternative methods of enforcing laws and housing criminal offenders in order to make efficient use of public resources.

Steak 101

Love Beef and tired of chicken? Want to learn how to buy and grill a great steak?

The Rotary Clubs Of McKinney are hosting a fundraiser for the ALL-ABILITIES PLAYGROUND at Local Yocal's **Steak 101**:

Friday July 8th, 6PM – 9 PM

213 N. Tennessee...just off the square.

\$60.00 per person for the evening.....

Bring your appetite and BYOB!

Contact Juli Smith to order tickets by text or email: 972-658-9977

Or julismith@tx.rr.com

Make checks out to: McKinney Rotary Foundation with “Steak 101” in memo section... mail to P.O. Box 552, McKinney, TX 75070

Steak 101 includes Matt Hamilton's walk through all things “beef”. Learn about the meat industry, certification, the anatomy of beef and the grilling and samplingall this plus..... ***helping the Rotary Clubs of McKinney build a playground for children with special needs at Bonnie Wenk Park.***

Altruism: Individual Serving

The sun rises on a new school day. In rural Ganguli, India, 450 students climb aboard school buses. Five years ago they couldn't have gone to school because the distance from their village was too far to walk.

In San Agustín, Ecuador, students used to attend classes in the town morgue when it rained, because their school had no roof. Since 2012, hundreds of children there have learned to read and write in a real classroom.

Quietly orchestrating these and other projects was Vasanth Prabhu, a member of the Rotary Club of Central Chester County (Lionville), Pa. When he was growing up in India, education was not free, and he saw how hard his father worked to pay for schooling for eight children. Understanding how school can change a person's life keeps Prabhu working to provide education to those with no access to it, he says. "I feel that everyone is a diamond in the rough," he says. "But it must be cut and polished to show its brilliance." So instead of spending his money on luxuries, he is using it to bring out that brilliance.

There are three ways we can deal with enormous problems and our emotional responses to them. We can let them overcome us until we feel too paralyzed to act. We can bury our heads in the sand. Or we can act. And when we help others, we often find that we benefit as well. "Taking action allows me to exercise passion," Prabhu says, "to give it a good place to go." James Doty, director of the Center for Compassion and Altruism Research and Education at Stanford University, wrote *Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart*. "We're adapted to recognize suffering and pain; for us to respond is hard-wired into our brain's pleasure centers," says Doty. "We receive oxytocin or dopamine bursts that result in increased blood flow to our reward centers. In short, we feel good when we help."

Caring for others brings other benefits, too. "When we engage in activities that help, it also results in lowering our blood pressure and heart rate," he notes. Research shows that it can help us live longer. And the good deeds we do can inspire others. On the flip side, Doty says, "People can create mistrust or fear by implying that another group is threatening our safety. When that happens, fear or anxiety makes us want to withdraw into our own group and not care for others. Hormones are released that are detrimental to long-term health. But generally speaking, most people will be kind and compassionate to other people."

For years, Peggy Callahan has told stories that are hard to hear. A documentary producer covering social justice issues, she's also a co-founder of two nonprofits working to help people who are enslaved or caught in human trafficking. But perhaps paradoxically, her difficult work brings her happiness, and, thanks to neuroscience research, she understands why. "When you do an act of good, you get a neurotransmitter 'drop' in your brain that makes you happy," she says. And there's a multiplier effect: "Someone who witnesses that act also experiences that, and remembering that act makes it happen all over again." She wondered how she could leverage that.

The result was Anonymous Good, a virtual community and website where people post stories or photos of acts of kindness they've carried out, observed, or received. For each act posted, website sponsors make a donation to feed the hungry, free people who are enslaved, plant a

tree for cleaner air, or dig a well for clean water. “One act of good is much more than simply one act of good,” says Callahan. “It’s part of a much bigger force.” Like Prabhu and Callahan, P.J. Maddox – a member of the Rotary Club of Dunn Loring-Merrifield, Va. – has felt the joy of tackling issues that seem too big to face. Rotary projects she has supported include funding a nurse-led clinic in war-ravaged rural Nicaragua. She has also mentored and made a Youth Exchange trip possible for a student otherwise unable to participate because of hardships at home.

“Some problems are so complicated and huge, it could be easy to say, ‘Why bother?’” Maddox says. “But in addition to Rotary’s power of collective talents to make something happen, I realized that the outcome of these projects wouldn’t have been what they were if I wasn’t there. I realized that a single human being can change the world.”

As the sun sets around the globe – as students in India head back home on the school bus, as pupils in Ecuador close their books for the day, and as people in many places are well-fed, free, and happy – the world looks a little different. Because one individual extended a hand, there are people newly ready to change the world tomorrow.

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

June 22-----Terry G. Box – Sheriff Collin County

June 23----- Patio Party at the Newells

June 29-----Tracy Rath

June 30----- Club Assembly

June 30-----Flag Distribution at the Flag Shed 5:00 PM to 7:30 PM

July 5-----Flag Retrieval at the Flag Shed 6:30 to 8:30

Today's Thoughts in Honor of

Take Your Dog to Work Day – June 24th

If you are a dog and your owner suggests that you wear a sweater, suggest that he wear a tail.

- Fran Lebowitz (1950 –)

Insurance Awareness Day – June 28th

People who live in glass houses.....should take out insurance.

- Unknown

There was a feud between the Pastor and the Choir Director of The Hicksville Southern Baptist Church.

It seems the first hint of trouble came when the Pastor preached on "dedicating yourselves to service" and the Choir Director chose to sing: "I Shall Not Be Moved."

Trying to believe it was a coincidence, the Pastor put the incident behind him.

The next Sunday he preached on "giving." Afterwards, the choir squirmed as the Director led them in the hymn: "Jesus Paid It All."

By this time, the Pastor was losing his temper. Sunday morning attendance swelled as the tension between the two built. A large crowd showed up the next week to hear his sermon on "the sin of gossiping."

Would you believe the Choir Director selected: "I Love To Tell The Story."

There was no turning back. The following Sunday the Pastor told the congregation that unless something changed he was considering resignation. The entire church gasped when the Choir Director led them in: "Why Not Tonight."

Truthfully, no one was surprised when the Pastor resigned a week later; explaining that Jesus had led him there and Jesus was leading him away.

The Choir Director could not resist: "What A Friend We Have In Jesus."

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
Bobbi Wright			707-245-8212	Escrow Officer
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.*