



# McKinney Sunrise Rotary Club Sunrise Sentinel

August 3, 2016

## Officers and Directors 2016 – 2017

President	Juli Smith
President Elect	
Secretary	Gary Taylor
Treasurer	Dennis Snavelly
Vice President, Fund Raising	Chuck Koehler
Club Service Director	Sandi Froese
Vocational Service Director	Bill Bilyeu
Youth Services Director	Larry Offerdahl
Community Service Director	Tom Parker
International Service Director	Trevor Castilla
Membership Chair	
Rotary Foundation Chair	Nathan White
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

LeAnn AuBuchon



Maingait

## Past Presidents

2015-16.....	Larry Offerdahl
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

## Rotary District 5810

District Governor.....	Bill Dendy, E Club
District Governor Elect .....	Rick Amsberry, Park Cities Rotary
District Governor Nominee..	Beverly Grogan, Grand Prairie Mtr

## Rotary International

President.....John F. Germ, Chattanooga, Tenn. Rotary Club

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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## LeAnn AuBuchon - Maingait



LeAnn has been with ManeGait since last November, but ManeGait was founded 10 years ago by Bill and Pris Darling. ManeGait provides therapeutic riding lessons to about 135 special needs children and adults. In addition to our therapeutic riding lessons, ManeGait also offers therapeutic driving for those who can't ride, and our innovative Gaitway to the Brain program enhances the lessons with brain training that often result in significant cognitive, emotional, and physical improvements. ManeGait's largest

fundraising event of the year, Gala at the 'Gait, is coming up on October 1 and you are all invited. Complete information is at [www.manegait.org](http://www.manegait.org)

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## District Awards

Clubs can now submit club and individual award nominations. John Johnstone is this year's District Awards Chairman. District Awards History and the club and individual award nomination forms are online.

Nominations must be received by John Johnstone electronically by midnight on June 30th. More information on this year's awards banquet will be announced soon. The event is tentatively scheduled to be held in August.

Please send one award submission per email and send the nominations to John at [jejrotary@managementplus.net](mailto:jejrotary@managementplus.net)

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## Membership Orientation – Aug 6

If you are a new member of Sunrise or Sunset Rotary Club or thinking about joining Rotary, this is for you!

New members who joined Sunrise or Sunset Rotary Club this past year and guests of Rotarians who are interested in learning about Rotary are invited to an informal coffee and orientation session on Saturday, Aug 6 at 10:30 AM at the home of Lyle and Sandi Froese, 3301 Gillespie Road. Learn how you can become an effective member through service opportunities! RSVP to Sandi Froese, Director of Club Service, at 903-815-4779 or ([swfroese@sbcglobal.net](mailto:swfroese@sbcglobal.net)) by August 5.

## The Visionaries: Young Women in Peru Learn to See a Future for Themselves

*From the August 2016 issue of The Rotarian*



*Photo Credit: Christopher Carruth*

It's 3 a.m. on a Sunday, and Katheryne Rosa Barazorda Cuellar is up, preparing to work in her mother's soup stall in the small Peruvian town of Anta, near the Inca capital of Cusco. Smart and seemingly indefatigable, she has a quick smile and infectious laugh.

Rosa is studying to be a chemical engineer, and she has unmistakable talent and drive. She needs them. Poverty, gender bias, and violence darken the lives of many young Peruvian women, including her.

Rosa is lucky, though. Her family supports her. And for the past four years, so has Visionaria Perú – a Rotary Foundation-supported leadership and self-empowerment project in Peru's Sacred Valley. Colorado Rotarians launched the summer program for adolescent girls with career and community-service aspirations. The project team hopes to generate measurably effective and sustainable empowerment projects worldwide. Peru is the first step on that ambitious journey.

In Peru, women suffer higher rates of poverty and unemployment than men. About 50 percent of Peruvian women in the Sacred Valley region, which lies outside Cusco, will suffer severe

physical or sexual intimate-partner abuse during their lifetimes, the World Health Organization reports.

Meanwhile, Peru's environment suffers. Peruvians – particularly in rural areas – endure high levels of smoke from cooking over indoor fires. About 4 million of the country's 30 million residents lack access to clean water.

Untangling such a knot is difficult.

In 2012, members of the Rotary Club of Boulder's New Generations pilot satellite club came up with a plan to address all of those problems by concentrating on empowering local women – specifically in their ability to make and act upon their decisions.

The town of Urubamba shares its name with the river that flows past shops, farms, and ramshackle buildings painted with candidate ballot symbols from the 2011 general election – a soccer ball, a mother and child, a purple striped potato, a traditional cap. Downstream, the river snakes far below the misty ruins of Machu Picchu and tumbles toward the Amazon River.

Here, well-heeled tourists may drop \$475 apiece – nearly the mean monthly salary in Peru – to ride the Hiram Bingham luxury train from Cusco to Machu Picchu. Visitors glide past squalid barrios where grandmothers bathe in ditches, children may breathe toxic indoor stove smoke, and dogs paw through piles of garbage, seeking food.

On an early January morning in Urubamba's La Quinta Eco Hotel, young women gather for a weeklong leadership training institute through Visionaria Perú. The girls – the team calls them *visionarias* (female visionary, in Spanish) – come from both the bucolic Andes and the noisy city. Most receive tutoring, scholarships, and other help from Peruvian nonprofits such as project partner Peruvian Hearts, which supports Rosa.

Sitting in a circle, the young women each take a small piece of paper and write a fear they harbor. They put their paper in a hat, and each (anonymous) fear is read aloud and discussed. Genevieve Smith, a Rotarian and program director of Visionaria Perú, works with them to understand that shame and fear need not stifle their personal or professional growth.

This “fears in a hat” exercise is one of the lessons taught during the institute, in which *visionarias* are coached on leadership skills, professional growth, environmental awareness, and self-esteem. The training follows a 150-page curriculum developed by Colorado Rotarians in partnership with local Peruvian professors and experts.

“Before, I never really thought much about how I treated myself. I always used to tell myself ‘You can't’ and ‘You're so stupid because you messed up,’ ” one participant says after the training. “But not now. Now I know I should treat myself better. And I know that when I fail, it's just a chance to learn how to do something better the next time around.”

At the end of the institute, the *visionarias* form teams and enter one of three activism tracks: improved cookstoves, water and sanitation, or solar lighting. The activism tracks give participants the chance to exercise their skills by working on sustainable development projects they envision and carry out from beginning to end.

Members of the Rotary Club of Cusco attend portions of the leadership institute to review and provide feedback on the girls' community project plans. They also participate during implementation of the projects and attend the final celebration to review and support the girls'

achievements. A mentor and local NGOs assist each team in project planning and implementation, and Rotary Foundation-supported vocational training team members such as Smith participate.

The project started in 2012 when Smith, then a Rotaractor, was in Peru through her studies at the University of Colorado Boulder and visited a *hogar* (home for girls) supported by Peruvian Hearts. There, she asked the girls what kind of support they would need as they got older. She found out that while the students in Peruvian Hearts' college prep program were smart and qualified to attend a university, they lacked confidence and felt discriminated against because of their indigenous, and often troubled, backgrounds. Smith crafted a project plan to support the girls by the time her bus took her back to where she was staying.

Marika Meertens, a Rotarian with experience at Engineers Without Borders, pitched the Peru project to the Rotary Club of Boulder's New Generations members. And Abigale Stangl, who has been working alongside one of her instructors at the University of Colorado to produce metrics that show how well the project works, "got on board as soon I heard about the project," she recalls.

The trio is the driving force behind the project. They assumed roles reflecting their strengths: Smith with planning, Meertens in fundraising (including two global grants totaling \$55,000 from The Rotary Foundation), Stangl with project evaluation.

Evaluating the annual program design and execution is one thing. "Measuring empowerment is a different kind of challenge," Stangl says.

In four years, 55 *visionarias* have installed 62 cleaner cookstoves, sold 61 water filters and 75 solar lanterns, and addressed 145 students in workshops. Some 1,640 individuals have been touched by this work, *Visionaria Perú* calculates. *Visionarias* themselves report positive results in their own lives: 80 percent said participating in *Visionaria Perú* improved their status in their communities, and 100 percent agreed or strongly agreed that the program improved their capacity to imagine and create change in their lives and the lives of others. "The program helped me a lot because I had visions and goals, but I did not feel capable in making decisions," says one girl in an assessment. "Now I am capable of making decisions and taking risks for my life."

Peruvian Rotarians are preparing to take full control of the project once Rotary funding ends this year. Flavio Miraval, past president of the Rotary Club of Cusco, is working to form a nongovernmental organization to carry on the work. Colorado Rotarians have sought local input every step of the way, including cultural adaptation of lesson plans, involvement by local NGOs, and adjusting the program to fit participants' priorities. That transfer back to local control, the final objective of the Rotary project, is what the group means when it speaks of "sustainability" and is an important component of any vocational training team project.

With all metrics in hand, Colorado Rotarians want to replicate the empowerment program for women in other countries and continents. Since 2014, the team has conducted empowerment, leadership, and business training in 10 countries, including Bolivia, Kenya, India, Uganda, and Guatemala, with funding from USAID, German partner GIZ, and the United Nations Foundation.

The team recently launched Visionaria programs in two Peruvian schools and plans to expand throughout the country. It is designing a mobile-friendly online platform to allow *visionarias* to share their visions with one another. This team doesn't think small.

Meanwhile, Rosa believes she will find a good job in chemical engineering "with perseverance and with my sacrifice." Getting to the university in Cusco is a four-hour trip several times a week, but the time she has put in has borne fruit: She just completed an internship at a top laboratory in Lima, Peru's capital. That lab offered her a chance to pursue her thesis work this fall. She works hard but is grateful. She is quick to credit Peruvian Hearts for its steadfast support.

And she praises Visionaria Perú, which helps "us to believe more in what we may be able to achieve each day, empower us, and give us strength to achieve our dreams."

But the young Rotarians behind Visionaria Perú believe that such power and strength existed all along and that their work to unleash adolescent girls' powerful visions has only begun.

## Area Meeting Makeup Locations

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>11:45</b> Farmers Branch Rotary Club, Holiday Inn Select Galleria Area 2645 LBJ Freeway Dallas, Texas</p> <p><b>Noon</b> Richardson Rotary Club Canyon Creek Country Club 625 Lookout Drive</p> <p>Edited 9/9/15</p>	<p><b>7:30 AM</b> Frisco Sunrise Rotary Club Randy's Steakhouse, 7026 W. Main St.</p> <p><b>Noon</b> Farmersville Rotary O.E. Carlisle Civic Center 201 Orange St.</p> <p><b>Noon</b> Plano West Rotary Greek Isle Rest. @ 3309 N. Central Expressway</p> <p><b>7:00 PM</b> Dallas Evening Rotary La Calle Dolce 415 W. 12<sup>th</sup> Dallas, Tx</p>	<p><b>7:30 AM</b> Prosper Rotary Club Cotton Gin Cafe@ 204 W. Broadway</p> <p><b>Noon</b> Allen Rotary Club Courtyard by Marriott @ 210 E. Stacy Road</p> <p><b>Noon</b> Prestonwood Rotary Club Prestonwood CC 15909 Preston Rd., Dallas</p> <p><b>Noon</b> Richardson East Rotary Club Canyon Creek CC 625 Lookout Drive.</p>	<p><b>Noon</b> Frisco Rotary Dave &amp; Busters Stonebriar Centre</p> <p><b>Noon</b> Hurricane Creek Rotary 1800 Fairway Lane Anna</p> <p><b>Noon</b> Plano Rotary Club Southfork Hotel 1600 N. Central Expressway</p> <p><b>7:30 AM</b> Melissa Rotary First Baptist Church 2101 E Melissa Rd</p> <p><b>5:15 PM</b> McKinney Sunset Hampton Inn 2008 N. Central Expressway McKinney</p>	<p><b>7 AM</b> Plano Sunrise Tino's Two Restaurant 2205 Avenue K</p> <p><b>Noon</b> McKinney Rotary Club Ricks Chop House 107 N Kentucky st.</p> <p><b>Noon</b> Richardson Central Hyatt Regency-North Dallas Hotel 701 E. Campbell</p> <p><b>Noon</b> Park Cities Maggiano's Little Italy 205 North Park Center, Dallas</p> <p><b>Noon</b> Celina Rotary 320 S. Preston Rd TX Star Bank</p>
<p><b>Online Makeup</b> <a href="http://www.rotaryclubone.org" style="color: blue; text-decoration: underline;">www.rotaryclubone.org</a></p>				



## Heads Up! Programs and Events

Aug 3-----LeAnn AuBuchon – Manegait, Therapeutic Horsemanship

Aug 4-----Carol Wood – Citychurch

Aug 10-----Tom Parker – Community Service Opportunity Meeting

Aug 11-----Jim Smith – 3eMcKinney

Aug 17-----RI changes in By-laws & how it may affect our club

Aug 18-----Club Assembly (Membership & prep for Governors visit)

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

### Olympics Begin in Rio – August 5th

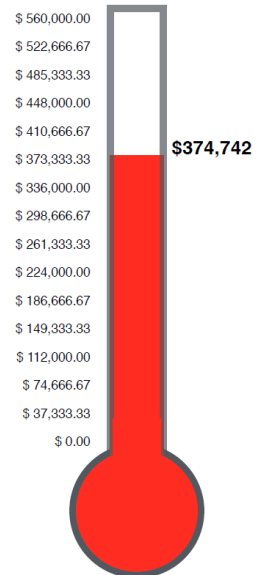
We all have dreams, but in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.

- Jesse Owens (1913 – 1980)

### Work Like a Dog Day – August 5th

Pleasure in the job puts perfection in the work.

- Aristotle (384BC – 322BC)

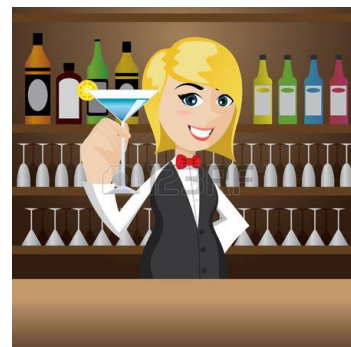


A man rushed into a bar and ordered a double martini. The man downed it with one swallow, put a five-dollar bill on the bar, and turned and rushed out of the bar.

The bartender picked up the five-dollar bill, folded it carefully, and tucked it in his vest pocket.

Just at that moment he looked up at the boss standing in the doorway staring at him.

Doing a bit of fast thinking, he said, "Hi boss, did you see that fellow just now? Came in here, bought a double martini, gave me a five-dollar tip, and rushed out without paying."



<b>Member Name</b>	<b>Work</b>	<b>Home</b>	<b>Cell</b>	<b>Classification</b>
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
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
Kyle Therrian				Criminal Defense Atty.
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.*