



Sunrise Sentinel

September 1, 2010

Officers and Directors 2010 – 2011

President	Donas Cole
President Elect	Stacey Kemp
Secretary	Phyllis Davis
Treasurer	Weldon Copeland
Vice President, Fund Raising	Bryan Northington & Eric Holt
Club Service Director	Trevor Castilla & Ed Miles
Vocational Service Director	Tom Parker
Community Service Director	Kris Falvo
International Service Director	Bill Smith
Rotary Foundation Chair	Jim Pearson
Sunrise Sentinel Editorian/Webmaster	Gary Taylor
Sergeant-at-Arms	Ron Danforth

Past Presidents

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
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	Linda Elliot, Grand Prairie
District Governor Elect	Bud McBrayer, Plano Sunrise
District Governor Nominee.....	Sandra Forster, Garland

Rotary International

President	Ray Klingensmith, Missouri, USA
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Club Meeting Time and Location

07:30 Wednesday Morning
Eldorado Country Club
McKinney, TX

Today's Program

Sponsored by Steve Mitas

Misty Verschoor



Manager
Sunstone Yoga

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



Misty Verschoor – Manager Sunstone Yoga

Misty is the manager of Sunstone Yoga in McKinney. Sunstone Yoga was founded in 2002. They currently have 12 studios in DFW and 3 studios between Austin and Colorado. Misty began teaching yoga after her training requirements of 500 hours were met in November of 2008.

Our unique series of yoga postures are a combination of technique and approach, directing you into your body to awaken your health, vitality, mind and spirit. Here you will reduce stress, increase strength, improve flexibility, balance the weight of your body, and improve the quality of your life.

Rotary Night at the Follies



Saturday, September 4 will be Rotary night at the Follies for this year. The Spectacular Senior Follies are the brain child of soon to be 92 years old Rotarian, Ned Startzel, who with his mostly Rotarian board of directors are producing the third production of the follies. Ned and his artistic director, Mark Carroll, have assembled the best ever cast of seasoned professionals to entertain us this year.

The performers have a long list of credits from their illustrious careers, and have donated their time to perform an encore performance to benefit the Follies charity, the Visiting Nurse Association and their Meals on Wheels. This is a joyous production of nostalgic songs and dance of our past. Some of us lived through the time of this music, and

many of us grew up listening to our parents and grand-parents enjoying it. The music is timeless and will be enjoyed by an audience of all ages. The costuming is a treat for your senses, and the overall production is "Broadway Quality."

Come see a great show, see your Rotary friends, and support a very deserving charity. Tickets range from \$10 to \$45 and there is a 10% discount for more than 10.

Friday evening 8:00 pm, September 3

Saturday matinee 2:00 pm, September 4

Saturday evening 8:00 pm, September 4 (Rotary Night at the Follies)

Sunday matinee 2:00 pm, September 5

The Eisemann Center
2351 Performance Drive
Richardson, TX 75082-4332
(972) 744-4650

Rotary Peace Fellow Tells Her Story

I was in a taxi on the way to testify before Congress on the situation facing Colombia's human rights defenders, the first time I was to appear before a congressional hearing, and I had the jitters.

I turned to my Colombian colleague – a human rights lawyer with two decades of experience backing the victims of Colombia's 40-year war – and asked if he felt anxious too.

“What makes me nervous is the thought of returning to Colombia after these hearings and what could follow,” he responded.

In that moment, he summed up the challenge of my job as executive director of the independent U.S. Office on Colombia and as an advocate in Washington, D.C., defending human rights workers. None of it would have been possible without the Rotary Peace Fellowship I was awarded for 2005-07.

I'd just returned from working with indigenous communities in the Ecuadorian Amazon and Chiapas, Mexico, and wanted to promote peace and conflict resolution, but had no idea how to move forward without a master's degree.

Then a person I met while volunteering for Oxfam told me about the Rotary Peace Centers program. Being Australian, I contacted the Rotary Club of Roseville Chase, in a suburb of Sydney, and a few months later, I was selected as one of 50 fellowship recipients.

The program brought me to the University of Bradford in the United Kingdom to study international conflict resolution where I focused on mediation and politics. I developed friendships with other fellows – two of them came to Australia for my wedding. I was able to research human rights, regional politics in Latin America and Africa, internal displacement, religion, and conflict resolution.

I was fortunate to do my applied field experience – a requirement of the Rotary Peace Fellowship – with the United Nations independent expert on minority issues. I examined human rights abuses against Afro-Colombians, who have been disproportionately affected by conflict, especially by forced displacement.

Now, three years after graduating, I've met with young women who have shown me their wedding photos, much like my own. The difference is that their husbands are dead, murdered by the armed forces and later dressed up to look like enemy guerrillas killed in combat. Between January 2007 and July 2008, nearly one person a day was murdered by the armed forces.

Efforts to bring international attention to this have forced the government to purge some officers and officials. In my position at the U.S. Office on Colombia, I have met with senior



Kelly Nicholls joins a march in memory of the victims of the conflict in Colombia. Photo courtesy of Kelly Nicholls

Obama administration officials and members of Congress to urge them to pressure Colombian leaders to end the lethal abuse of power. We've been able to reduce the number of "extrajudicial executions." We've also helped persuade the country's government to rid the armed forces of over 50 rogue officers and senior officials, and to establish an armywide human rights curriculum.

Doing what I do takes commitment, but it also requires training. That's where my Rotary Peace Fellowship kicked in. I learned so much from my two years at Bradford that I've been able to put to use. Without that preparation, I'm not sure I would have been able to make any headway at all in a country with such complex and entrenched conflict.

After the congressional hearing, my Colombian colleague said to me, "Do you have any idea how important the work is that your organization is doing to allow us to continue to help Colombian victims?" In this line of work, it's hard to measure success, and calculating numbers doesn't seem all that relevant. Saving one person makes it worthwhile.

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>7:30 AM Frisco Sunrise Rotary Club Embassy Suites, Gaylord & Parkwood</p> <p>Noon Farmersville Rotary Club O.E. Carlisle Civic Center 201 Orange St. @ Hill Street</p> <p>Noon Plano West Rotary Club Greek Isle Rest. @ 3309 N. Central Expressway</p>	<p>Noon Allen Rotary Club Chase Oaks Golf Club @ 7201 Chase Oaks Blvd</p> <p>Noon Plano Metro Rotary Club Glen Eagles Country Club 5401 W. Park Blvd.</p> <p>Noon Prestonwood Rotary Club Prestonwood Country Club 15909 Preston Rd., Dallas</p> <p>Noon Richardson East Rotary Club Canyon Creek Country Club 625 Lookout Drive.</p>	<p>Noon Frisco Rotary Club Dallas Baptist Univ. at Frisco 3211 Internet Blvd.</p> <p>Noon Hurricane Creek Rotary Club Hurricane Creek Country Club 1800 Fairway Lane, Anna</p> <p>Noon Plano Rotary Club Southfork Hotel 1600 N. Central Expressway</p>	<p>7 AM Plano Sunrise Rotary Club 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 Rotary Club Richardson Hotel 701 E. Campbell</p> <p>Noon Park Cities Rotary Club Maggiano's Little Italy 205 North Park Center, Dallas</p>
<p>Online Makeup www.rotaryclubone.org</p>				
<p>Edited 04/01/08</p>				

Heads Up! Programs and Events

September 1-----Misty Verschoor – Manager Sunstone Yoga
Sponsored by Steve Mitas

September 2-----Flag distribution to Scouts at Storage Shed – 4:30 to 6:30 PM

September 8-----Bryan Northington

September 15-----Jeran Akers – Organ Donations
Sponsored by Bill Bilyeu

September 22-----Dr. J.D. Kennedy – Superintendent McKinney ISD
Sponsored by Lyle Froese

September 27-----Board Meeting 7:00 AM – Market Street Culinary School

September 29-----Stacey Kemp

October 6-----Robert Rusoff

October 13-----Linda Terry

October 20-----Nathan White

Today's Thoughts in Honor of

Be Late for Something Day – September 5

He was always late on principle, his principle being that punctuality is the thief of time.

- **Oscar Wilde (1854 – 1900)**

Labor Day – September 6

Far and away the best prize that life offers is the chance to work hard at work worth doing.

- **Theodore Roosevelt (1858 – 1862)**

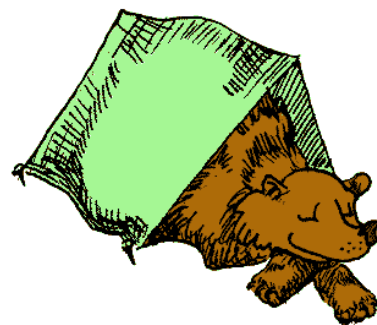
A married couple was vacationing in Yosemite. The wife expressed her concern about camping because of bears and said she would feel more comfortable in a motel. The husband said that he'd like to camp. To calm her concerns, he suggested they talk to the park ranger to see what the likelihood of a bear encounter would be.

The ranger told them, "Well, we haven't seen any grizzlies in this area so far this year, or black bears, for that matter."

The wife shrieked, "There are TWO types of bears out here? How can you tell the difference? Which one is more dangerous?"

The ranger replied, "Well, that's easy -- see, if the bear chases you up a tree and it comes up after you, it's a BLACK bear. If it SHAKES the tree until you fall out, it's a grizzly."

The motel room was quite nice.



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	214-592-5279	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
Gretchen Gayowski	972-548-3616	972-562-5306	214-669-5091	Consultant
Steve Goodman	972-548-3616		214-226-2901	Criminal Investigation
Jim Gilmore	972-562-6950	214-544-1361	972-529-8503	Residential Ins
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	972-832-5590	Ed. Admin – Pers.
Jim Pearson	972-562-9787	214-533-2787	214-533-2787	Real Estate App.
Robert Ridgeway	972-529-7071	903-892-0637	903-744-0629	General Law Practice
Robert Rusoff	972-547-1672	972-547-1672	214-504-5133	Procurement
Juli Smith	972-562-6996	972-562-1866	972-658-9977	Non-Profit
Bill Smith	972-731-4000	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.
Pamela Zeigler-Petty	972-398-4027	972-540-5383		Bank Mgt – Bus. Banking
Honorary Member				
Mary Lou Lee				Printing – Ret. - Honorary
Paul Yeager				City Council – Ret.- Honor

*Note: Please notify Phyllis Davis 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.*