



McKinney Sunrise Rotary Club Sunrise Sentinel

October 8, 2014

Officers and Directors 2014 – 2015

President	Steve Mitas
President Elect	Larry Offerdahl
Secretary	Gary Taylor
Treasurer	Dennis Snavely
Vice President, Fund Raising	Chuck Koehler
Club Service Director	Phyllis Davis
Vocational Service Director	Ruben Delgado
Youth Services Director	Gene Sera
Community Service Director	Scott Parker
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

Sponsored by Rebecca Drekman

Past Presidents

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
1998-99.....	Chuck Koehler



1st Lt. Detje Printz &
2nd Lt. Flora Brands
Civil Air Patrol

Rotary District 5810

District Governor	Bill Dendy De Soto Rotary
District Governor Elect	Larry Webb, Prestonwood Rotary
District Governor Nominee.....	Bill Dendy, E-Club

Rotary International

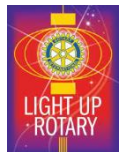
President..... Gary C.K. Huang, Taipei Rotary, Taiwan

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



Civil Air Patrol

Since 1946, Civil Air Patrol has been an auxiliary of the United States Air Force. The programs ensure that all CAP members (seniors and cadets) have an appreciation for and knowledge of aerospace issues. To advance within the organization, members are required to participate in the educational program. While there are many youth oriented programs in America today, CAP's cadet program is unique in that it uses aviation as a cornerstone. It also encompasses Emergency Services and Leadership as part of its training. Thousands of young people from 12 years through age 21 are introduced to aviation through CAP's cadet program. The program allows young people to progress at their own pace through a 16-step program including aerospace education, leadership training, physical fitness and moral leadership. Cadets compete for academic scholarships to further their studies in fields such as engineering, science, aircraft mechanics, aerospace medicine, meteorology, as well as many others. Those cadets who earn cadet officer status may enter the Air Force as an E3 (airman first class) rather than an E1 (airman basic).

Search and Rescue - Perhaps best known for its search-and-rescue efforts, CAP flies more than 85 percent of all federal inland search-and-rescue missions directed by the Air Force Rescue Coordination Center at Tyndall Air Force Base, Fl. Outside the continental United States, CAP supports the Joint Rescue Coordination Centers in Alaska, Hawaii and Puerto Rico. Just how effective are the CAP missions? Nearly 100 people are saved each year by CAP members.

1st Lt. Detje Printz – Holds Cadet Programs technician rating. Public Affairs Officer. Drug Demand Reduction Officer. Assistant Finance Officer. Ground Team certified for Search and Rescue missions. Coached cadets in Texas, Southwest region and National Color Guard Team Competition. Also CERT Team member. Facilitates cadet PT program.

2nd Lt. Flora Brands - PT Officer to cadets at Frisco squadron. Currently Homeland Security Officer, Alerting Officer, and Assistant Aerospace Officer at McKinney squadron. Taught rocketry and facilitates Presidents Fitness Challenge.

Retired

Now that they are retired, my mother and father are discussing all aspects of their future. "What will you do if I die before you do?" Dad asked Mom.

After some thought, she said that she'd probably look for a house-sharing situation with three other single or widowed women who might be a little younger than herself, since she is so active for her age.

Then Mom asked Dad, "What will you do if I die first?"

He replied, "Probably the same thing."



Mending the Lingering Effects of Japan's Triple Disaster

More than three years after an earthquake, tsunami, and nuclear disaster triggered widespread devastation in Japan, the physical scars are beginning to mend. Debris has been removed. Coastal communities are being rebuilt. Farming and fishing have resumed, and thousands of people have moved in to new housing.

But the Rotary Clubs of Koriyama West, Japan, and Englewood, New Jersey, USA, are concerned with the emotional and psychological impact caused by the triple disaster, known in Japan as 3/11, which claimed more than 19,000 lives and displaced hundreds of thousands of people.

In a country that prides itself on stoicism, it is difficult for survivors to seek and accept mental health care. "We believe that the first step to overcome the grief is to be able to talk about what they're going through and share their personal experiences," says Englewood club member Ikuyo Yanagisawa.

With a Rotary global grant, the clubs purchased mobile video conference equipment for four mental health clinics in areas most affected by the Fukushima nuclear power plant crisis. These tools now connect mental health care providers in Japan with trauma experts at the Arnhold Global Health Institute in New York City, where psychologists treated survivors and witnesses of the September 11 attacks.

To augment the new resources, Koriyama West members will organize multidisciplinary mental health care teams from Fukushima Medical University to make outreach visits to temporary shelters and schools in and around Tohoku, a town near Fukushima. Additionally, survivors of 3/11 will be able to talk via video conference to 9/11 family members and first responders who lost loved ones and colleagues in the tragedy.

"Despite the differences between 9/11 and 3/11, survivors of both events share a similar healing process by overcoming the shock, grief, and isolation," adds Yanagisawa. Last



Mourner prays at the memorial for students and teachers of the Elementary School of Okawa in Ishinomaki, Miyagi Prefecture, Japan, 11 September 2011.

Photo Credit: Rotary International/Alyce Henson

November, the Englewood club teamed up with Japanese Medical Society of America and American Airlines to fly five members of the September 11th Families Association to Tohoku to share their stories and give encouragement to 3/11 survivors still displaced by the tsunami and Fukushima nuclear disaster.

"The 9/11 members would open each conversation with the Japanese expression otagaisama which means 'we are all in the same boat,'" says Yanagisawa, who accompanied the team. "This helped 3/11 members open up more and feel at ease with sharing their story. I could see how deeply connected the two groups were. It was remarkable to see."

Yanagisawa says that 3/11 survivors came to her after group sessions to say how encouraged they were to move forward with their lives.

"This is our [the two participating clubs] goal: to help communities in Japan overcome their grief and find the strength to rebuild their lives," she says. "Bringing together survivors from two different disasters, from opposite ends of the world, we hope will bring about a sense of international community."

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 Randy's Steakhouse, 7026 W. Main St.</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>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 Hurricane Creek Rotary 1800 Fairway Lane Anna</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>7:00 PM Dallas Evening 415 W. 12th St. La Calle Dolce</p> <p>Noon Plano Rotary Club Southfork Hotel 1600 N. Central Expressway</p> <p>7:30 AM Melissa Rotary Hale Hall 1708 Harrison</p> <p>5:15 PM McKinney Sunset Louisiana St. Grill 350 E Louisiana</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>				
<p>Edited 12/06/12</p>				

Heads Up! Programs and Events

October 8-----1st Lt. Detje Printz & 2nd Lt. Flora Brands – Civil Air Patrol

October 9-----PDG Dr. Richard Gilman – Rotary International Foundation

October 15-----TBD

October 16-----Amy Rogers – Communication/Branding(Owner Smarty Pants Media)

October 22-----TBD

October 23----- Eppy Theren, Exec Director, Shiloh Place- a shelter for single mothers



The Rotary Club of McKinney Sunrise

Invites You and Your Spouse

To the Initiation of New Members

and Installation of Officers and Directors of

The McKinney Sunset Rotary Club

(a satellite club of the Rotary Club of McKinney Sunrise)

"Happy Hour" Appetizers and Cash Bar

Thursday, October 9, 2014 at 5:15 PM

Eldorado Country Club, 2604 Country Club Drive, McKinney

RSVP to Sandi Froese at (swfroese@sbcglobal.net) by October 8

Initiation and Installation by PDG Richard Gilman, Rotary District 5810 and

Steve Mitas, President of Rotary Club of McKinney Sunrise

The Honorees: Glenna Cromer, Christopher Davis, Bruce Digiacinto,

Glinda Digiacinto, Hal Harbor and Douglas Wilson

Member Name	Work	Home	Cell	Classification
Ron Baker			541-420-9396	Retired
Fred Bahrenburg		972-540-1311	972-523-4827	TV Cable Installation, ret.
Bill Bilyeu	972-548-4698	214-686-1329	214-686-1329	Collin Co. Admin
Jeff Caserotti	972-548-1199		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
Phyllis Davis			972-658-5800	Real Estate Broker
Ruben Delgado	972-548-3728	972-548-0326	214-686-6998	County Engineer
Rebecca Drekmann	972-548-5539		214-250-6627	Public Health
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
Gene Sera	972-542-0095	972-548-7884	972-670-7400	Defense Attorney
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
Scott Stineman	972-332-4663	214-384-4018		Wholesale Insurance
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
Jason Woodward	972-338-3022		954-444-2709	eCommerce
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.*