

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	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
Tom Flood	214-232-9508	214-232-9508	214-232-9508	Real Estate Broker
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
Stacey Kemp	972-548-4136	972-837-2534	214-356-4808	Cnty 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
Zan Moltz	972-516-4359	214-726-0599		Atty – Const Law
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.
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
Honorary Member				
Mary Lou Lee	972-529-1778	972-529-1778	214-733-2084	Printing – Ret. - Honorary

*Note: Please notify Jim Pearson if there is a change in your phone number or e-mail address. Thank you
Having you number here makes it a public record, please notify Gary if you prefer not to have it listed here.*



Sunrise Sentinel

Oct 21, 2009

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
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Club Meeting Time and Location

07:30 Wednesday Morning
Eldorado Country Club
McKinney, TX

Today's Program

Sponsored by Ron Danforth



“Bring your joke or funny story”

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



Laughter is Good for You

Everyone enjoys a good laugh, don't they? If they don't, they should! Laughter has many benefits, which in turn have positive effects on the human body. Laughter lowers blood pressure, activates the immune system, triggers the release of endorphins (the body's natural painkillers), reduces stress hormones, helps reduce pain, allows muscles to relax and is helpful for breathing as frequent laughter empties the air of lungs. And that's just the beginning!

More and more doctors are prescribing laughter therapy for patients feeling the stress of day-to-day life. Humor is a universally recognized language- it is spoken by people in every corner of the world. Laughter is rejuvenating to mind, body and soul, it sparks creative thoughts and it is so useful in maintaining healthy relationships with others. The best thing of all is that laughter is contagious so by all means, pass it on! It costs nothing and no negative side effects have ever been found from laughing (or even laughing too much).

Doctors, patients and health care professionals alike are all catching on to the concept that laughter might very well be the best medicine for whatever ails. It is believed that laughter should come naturally to everyone, much as a smile does. And if it is our nature to laugh, we should do so, often.

Veterans Day Flag Schedule

- 1) Flag ***maintenance*** for Veterans Day is emailed for you and your team to implement.
- 2) Cut-off day for new and renewal flags is Friday, October 23rd.
- 3) Veterans Day route lists for new and renewal installation will be available on Monday, October 26th for Rotary Flag Captains.
- 4) Veterans Day route lists will be available to our Partners by Wednesday, November 4th. ***Be sure your maintenance and new installs are completed by Friday, November 6th.***
- 5) Partners pick-up flags at the Shed - Saturday, November 7th between 7:30 and 8:30 AM.
 - a) Partners set flags no later than 10:30 AM on Saturday, November 7th.
- 6) Partners deliver-back to Shed - Thursday, November 12th between 5:30 and 7:00 PM.
 - a) If it is raining after 2:30 PM on pick-up day, we will re-schedule.

Register Now for a Special Foundation Seminar

The District Rotary Foundation Director, Bill Perryman, has created a unique, one of a kind, line up of speakers, tools and information that every Rotarian should take advantage of during the upcoming Rotary Foundation Seminar in the Museum of Biblical Arts. On November 7th, Rotarians who invest their time, talents and a small registration fee will come away with an enlightened and new understanding on how to make a huge difference in ways to positively impact and create an important legacy as a Rotarian. The Rotary Foundation will become a more valuable resource for all who attend and embrace the opportunities that will be shared in this very different approach to what The Rotary Foundation is all about. Register at www.rotary5810.org

Heads Up! Programs and Events

October 21-----Bring a Joke or Story Day
Sponsored by Ron Danforth

October 28-----Donas Cole

November 4-----Jerry Hoagland – Collin County Commissioner – Precinct 2
Sponsored by Stacey Kemp

November 11-----Veterans Day Program with Downtown Club

November 18-----Open

November 25-----Dark for Thanksgiving

December 2-----Open

Today's Thoughts in Honor of

United Nations Day – October 24

"The UN is not just a product of do-gooders. It is harshly real. The day will come when men will see the U.N. and what it means clearly. Everything will be all right -- you know when? When people, just people, stop thinking of the United Nations as a weird Picasso abstraction, and see it as a drawing they made themselves."

- **Dag Hammarskjold (1905 – 1961)**

National Tell a Story Day – October 27 (in Scotland and the UK)

The Storyteller's Creed - I believe that imagination is stronger than knowledge, that myth is more potent than history, that dreams are more powerful than facts, that hope always triumphs over experience, that laughter is the only cure for grief, And I believe that love is stronger than death.

- **Robert Fulghum (1937 –)**

I come from a large family, five sisters and three brothers. My sisters and I were looking through the family photo album one day. Picture after picture, we were all dressed in matching clothes. I asked my mother why she dressed us all alike, right down to the baby.

She explained, "When we had just four children, I dressed you alike so we wouldn't lose any of you. Then," she added, looking at the pictures in the album, "when the other five came along, I started dressing you alike so we won't pick up any that don't belong to us."

Area Meeting Makeup Locations

Monday	Tuesday	Wednesday	Thursday	Friday
<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>				

Itzhak Perlman joins New York Philharmonic in Concert to End Polio

Rotary International is teaming up with violin virtuoso Itzhak Perlman and the world-renowned New York Philharmonic to present the Concert to End Polio, a benefit performance supporting the global effort to eradicate this disabling, sometimes fatal, childhood disease.

The concert will be held on 2 December at 7:30 p.m. in Avery Fisher Hall at the Lincoln Center for the Performing Arts in New York City. [Buy tickets](#). Perlman will be introduced by actor, writer, and director Alan Alda. Both polio survivors, Alda will also present Perlman with a special award on behalf of Rotary at a private reception following the concert.

The polio eradication effort resonates strongly with Perlman, who contracted the disease at age four and overcame serious physical challenges to become one of the world's most celebrated

musicians. In this special one-night-only performance, his first with the New York Philharmonic in four years, Perlman will help Rotary in its effort to raise \$200 million to match \$355 million in challenge grants from the Bill & Melinda Gates Foundation.

"We are honored that an artist of Mr. Perlman's stature and a cultural institution as revered as the New York Philharmonic are supporting Rotary in our effort to achieve a polio-free world," says RI President John Kenny. "Their participation demonstrates the importance of this unprecedented global health initiative. It will be our lasting gift to the world's children."

"The fact that polio is still around is ridiculous," says Perlman, winner of 15 Grammy Awards, plus a Lifetime Achievement Award in 2008. "There is absolutely no excuse for anyone to get polio. This is an issue that has to be dealt with immediately."

Tickets to the concert are priced between \$70 and \$200. A private reception with Perlman will follow the concert. A premium concert seat and admission to the reception will be offered at a package price of \$500. Music program information will be announced at a later date.

- To buy tickets, phone the Philharmonic box office at 212-875-5656 (10 a.m. to 8 p.m. daily) and mention that you're a Rotarian so you can access the block of tickets reserved for Rotarians until 1 November.
- Tickets also can be [purchased online](#) through the Philharmonic, but they are not part of the Rotary ticket block. Tickets are expected to go quickly. All proceeds will benefit [Rotary's US\\$200 Million Challenge](#).
- If you can't attend the concert, [donate online now to help eradicate polio](#).
- Help promote this special event by placing an ad in your club or district newsletter or on its Web site. Download graphics and learn more at www.rotary.org/endpolioconcert.
- Also, [download a press release](#) about the event.

Rotary International, the World Health Organization, UNICEF, and the U.S. Centers for Disease Control and Prevention launched the Global Polio Eradication Initiative in 1988. Since then, ending polio has been Rotary's top priority. The number of polio cases has been slashed by more than 99 percent, preventing five million cases of childhood paralysis and 250,000 deaths. The wild poliovirus remains endemic in just four countries: Afghanistan, India, Nigeria, and Pakistan. However, the final 1 percent of cases are the most difficult and expensive to prevent, which is why support for Rotary's challenge is crucial to the initiative's success.

"It's important to recognize the progress we've made, and how we've made that progress," Lee says. "But we also need to acknowledge that there is still a great deal left to be done in the area of child mortality -- and that there is a very great deal that we as Rotarians can and should be doing."

