

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
<b>Honorary Member</b>				
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 28, 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 Donas Cole

Dr. Michael J. Parisi, DO



McKinney Adult Medicine

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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## Dr. Michael J. Parisi, DO – McKinney Adult Medicine

Dr. Michael Parisi is a native Texan although he grew up all over the country. He received his Bachelor of Science degree at the University of Texas at Austin and his Doctor of Osteopathy degree from the University of North Texas Health Science Center (Texas College of Osteopathic Medicine) in Fort Worth. He completed his internship and residency at East Tennessee State University, James Quillan College of Medicine, in Johnson City, Tennessee. He served as Chief Resident at Holston Valley Hospital & Medical Center in Kingsport, Tennessee.

Prior to moving to McKinney in 1999, Dr. Parisi spent two years in practice at Scott & White Hospital clinic in Gatesville, Texas. He also served as Assistant Professor of Internal Medicine for Texas A&M College of Medicine from 1997 to 1999.

Since relocating to McKinney, Dr. Parisi has participated on many committees at Medical Center of McKinney, including serving as Chief of Staff and a member of the Board of Trustees.

Dr. Parisi is married and has two young children. When away from the practice, he enjoys spending time with his family and attending his children's activities.

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## 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.

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## It is Time For District Governor Nominations

Often when a Rotarian meets a District Governor the comments are, "I don't know how you do this"; or, "I could never do that", etc. What you may not understand is that being a Rotary District Governor is one of the best jobs on the planet. The DG training available today is outstanding. The support of a well trained and enthusiastic group of District leaders and Club Officers, plus meeting so many new friends through the Club visits, makes the job very special and worth pursuing. Any Rotarian who has a minimum of seven years of continuous membership in Rotary, has served as a Club President, and has District Leadership experience qualifies for nomination by their Club. Nominations are encouraged for all who qualify and are interested in serving the Rotary Clubs of a District. Nominations are due by December 19<sup>th</sup>. Send them to PDG L. B. Showalter either in an electronic version at his email address, which is [lbs@designincrete.com](mailto:lbs@designincrete.com) Interviews will be held Sat., January 9, 2010.

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## Heads Up! Programs and Events

October 28-----Dr. Michael J. Parisi, DO – McKinney Adult Medicine  
Sponsored by Donas Cole

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

November 11-----Calvin J. Spann – Tuskegee Airman – Combined with Downtown Club  
Sponsored by Nathan White

November 18-----Flag Partners Appreciation

November 25-----Dark for Thanksgiving

December 2-----Pending

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

### Halloween – October 31

I'll bet living in a nudist colony takes all the fun out of Halloween.

- Author Unknown

### All Souls Day – November 2

"O divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life."

- St. Francis of Assisi (1881 – 1226)

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A lawyer runs a stop sign and gets pulled over by a sheriff's deputy. He thinks that he is smarter than the deputy because he is a lawyer from New York and is certain that he has a better education than any cop from Houston, TX. He decides to prove this to himself and have some fun at the Texas deputy's expense.

The deputy says, "License and registration, please."

"What for?" says the lawyer.

The deputy says, "You didn't come to a complete stop at the stop sign."

Then the lawyer says, "I slowed down, and no one was coming."

"You still didn't come to a complete stop," says the deputy. "License and registration, please."

The lawyer says, "What's the difference?"

"The difference is you have to come to complete stop, that's the law.

License and registration, please!" the Deputy repeats.

Lawyer says, "If you can show me the legal difference between slow down and stop, I'll give you my license and registration; and you give me the ticket. If not, you let me go and don't give me the ticket."

"That sounds fair. Please exit your vehicle, sir," the deputy says. At this point, the deputy takes out his nightstick and starts beating the daylights out of the lawyer and says, "Do you want me to stop, or just slow down?"

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

## How polio affected their lives

Historically, polio has been one of the greatest causes of disability.

Polio survivors and their families know all too well how the disease attacks the motor neurons of the brainstem, causing breathing difficulty and sometimes death. Some know what it's like to spend years, and maybe a lifetime, recovering from the disease.

For as little as US\$0.60 worth of vaccine, a child can be protected against polio for life. Total eradication is vital. If polio isn't eradicated, the world will continue to live under the threat of the disease, with more than 10 million children at risk of becoming paralyzed over the next 40 years.

As World Polio Day, 24 October, approaches, we asked polio survivors to share their personal reasons for ending polio now. Read what they had to say below.

### Ann Lee Hussey



Ann Lee Hussey is governor-elect of District 7780 (parts of Maine, Massachusetts, and New Hampshire, USA) and a member of the Rotary Club of Casco Bay-Sunrise (Portland Area), Maine. Hussey, chair of the Rotarian Action Group for [Polio Survivors and Associates](#), contracted the disease when she was 17 months old, in July 1955. Her brother and uncle also had polio. Hussey says the disease temporarily paralyzed her from the waist down.

"My earliest recollections are my surgeries; constant physical therapy; Easter egg hunts from a wheelchair in the hospital; hot, heavy, and itchy plaster of Paris casts; heavy metal braces with leather straps; Buster Brown shoes with soles to accommodate my braces; a special janitor, Mr. Clark, who carried me up the stairs at school; continuing stares as I walked down the street; the inability to walk barefoot or to run; and the struggle of buying shoes.

"No child should have to suffer from the crippling effects of polio when it is totally preventable. If we stop, polio will return with a vengeance to places where today's children do not even know what polio is. Rotary made a promise, and we keep our promises."

### Urs Herzog



To physician and polio survivor Urs Herzog, polio is personal.

Urs Herzog, past governor of District 1980 and a member of the Rotary Club of Allschwil, Switzerland, contracted polio in 1956, when he was eight years old. Because of the disease's impact on his body, he was unable to participate in sports. But with medical intervention, he has been able to live a more or less normal life.

"When I learned about the polio initiative when I became a Rotarian, I knew that this will be a chance to share my experience as a polio victim and to do all my best to support this worldwide

[effort]."

He has already anchored a multidistrict PolioPlus Partners fundraising campaign in Switzerland. In partnership with districts 1990 (Switzerland) and 2000 (Switzerland and Liechtenstein), Herzog plans to raise more than \$90,000 during the next six months for

immunizations in India. He has asked each Swiss Rotarian and Rotaractor to donate at least \$10 to the campaign.

Herzog admits that the goals set by RI President-elect Dong Kurn Lee and The Rotary Foundation are challenging but important. "We are planting the seeds to finally eradicate polio."

As district governor, Herzog and some Rotarian friends created the Swiss/Liechtenstein polio day on 13 September 2008 and raised more than 1 million Swiss francs (US\$994,000).

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### Zaheer "Zak" Ahmed



In 2007, as a 22-year-old student from Pakistan studying in Australia, Zaheer Ahmed began to experience a high fever and a pain in his lower back and legs. His symptoms were at first attributed to fever, but as the pain continued and he developed a limp, he visited a clinic, which referred him to Melbourne's Box Hill Hospital, where a doctor diagnosed him with polio, the first case diagnosed in Australia in 21 years. He was isolated at the hospital until he tested negative for the poliovirus.

When Zaheer "Zak" Ahmed finally returned to Pakistan, after being diagnosed with polio and enduring weeks of isolation in Australia, one of the first things he did was sign up for a National Immunization Day. Ahmed's was the [first case of polio diagnosed in Australia in 21 years](#), so he knows firsthand that until polio is eradicated worldwide, it has the potential to strike virtually anywhere.

While a student in Australia, Ahmed contracted polio after a visit home to Pakistan – one of four remaining endemic countries, along with Afghanistan, India, and Nigeria. When he returned again to Pakistan after being treated, he contacted Rotarian Jenny Horton in Islamabad, who works as technical consultant for the World Health Organization. She helped him get involved with local immunization activities.

Ahmed participated in a five-day immunization campaign, held in October, which reached 32.2 million children. It included three National Immunization Days and two mop-up days, with health care workers and volunteers going door to door to administer the vaccine.

Through [PolioPlus Partners](#), all team members were equipped with a Rotary cap, ID badge, and lanyard.

Since Rotary launched its PolioPlus program in 1985, more than two billion children have received the oral polio vaccine, and the number of cases has declined by 99 percent.

Ahmed was kept in isolation during his stay at Melbourne's Box Hill Hospital until he tested negative for the poliovirus. Alerted by Horton, Rotarians in Australia replaced his clothing, which had to be destroyed, brought him games and newspapers and, above all, let him know someone cared while he endured constant media scrutiny.

It's believed that Ahmed's childhood polio immunizations in Pakistan protected him from permanent damage. Forced to leave Australia because his student visa expired, he hopes to return this month to resume his studies.

"I think during my isolation, it was not just polio I was fighting with. I was caught with so many thoughts and scared feelings -- and especially loneliness. Allah blessed me with Rotary International. They helped me to overcome my stress and pain I felt during isolation and, most important, they made me feel that I'm not alone -- that there are still those who want to help me and want to be friends with me.

"It's a very important cause for which you all are working. I love Rotary. It was very hard to cope with this disease, but with the help of Allah and the Rotarians' care, I made it."

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### Adrian Cornelius



Adrian Cornelius, past governor of District 1150 and a member of the Rotary Club of Caerphilly, Mid Glamorgan, Wales, was two years old when he contracted polio during World War II. Though he has little memory of that time, he heard from his parents how he was shuffled around from hospital to hospital for two years as different cities in South Wales were bombed.

"I remember well the aftermath of the disease from the age of five and into my early teens, when I was weak down my left side for many years. During that period, I was encouraged to partake in many physical activities, especially sporting ones."

Cornelius said his legs didn't grow properly, stunting his growth by as much as 2 inches.

"It's so important that people realize what a terrible disease polio is and how it impacts the young. I was very, very lucky. It is so important that we finish the job."