



McKinney Sunrise Rotary Club Sunrise Sentinel

October 29, 2014

Officers and Directors 2014 – 2015

President	Steve Mitas
President Elect	Larry Offerdahl
Secretary	Gary Taylor
Treasurer	Dennis Snavelly
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 Larry Offerdahl

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



Laura Cegelski
Senior Recreation Center Supervisor
McKinney

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

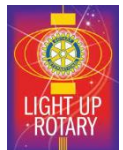
President..... Gary C.K. Huang, Taipei Rotary, Taiwan

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



Laura Cegelski – Senior Recreation Center Supervisor

Laura Cegelski brings to you nearly twenty-two (22) years of experience working in municipal Parks and Recreation. Laura has worked for the City of McKinney Parks, Recreation and Open Space Department for the past 12.5 years, when she was hired as Senior Recreation Center Supervisor. Laura oversees the operations of the senior recreation center including staff, recreation programming, customer service and custodial services.

Prior to being hired by the City of McKinney, Laura worked for the City of Farmers Branch Parks and Recreation Department for nine (9) years. Working her way through college with the City of Farmers Branch, Laura had the opportunity to work in various areas throughout Parks and Recreation that included: the Parks side, Historical Park division, Administration, Recreation Center and Senior Center. The latter years of her working in Farmers Branch focused solely on recreation programming for older adults, as a Recreation Programmer. As a Recreation Programmer, Laura supervised, planned, and coordinated activities, workshops, and many special events with up to 2,000 participants.

She received her Bachelor of Science degree in Recreation and Leisure Studies from the University of North Texas in Denton. Laura has presented at State and Regional Conferences for the Texas Recreation and Parks Society, has served on several State and Regional boards and committees', and formerly served on the Recreation and Leisure Studies Advisory Board at UNT. Laura is a Certified Park and Recreation Professional (CPRP).

Laura lives north of McKinney and has been married to her husband, Tom, for 20 years. They have two very active teenage children.

Upcoming District Conference

This year's District 5810 Conference will be held April 16 – 19, 2015, at the Inn of the Hills in Kerrville, TX. Kerrville in the spring has much to offer. Thrill to the beauty of the bluebonnets nestled in the rolling hills, experience the stirrings of spring by venturing out of doors to golf, shoot skeet, bicycle, kayak, or just stroll along nature paths. This District Conference will have something for everyone in the family.



Register today by going to www.rotary5810.org. Click on District 5810 Conference in the Hill Country, and registration is simple. The cost is low - only \$195/person if you register early. Registering your spouse as well will insure that he/she gets to hear dynamic speakers, watch excellent entertainment, eat delicious food, and hear about exciting things that are going on in our district. There will also be excursions that are family-friendly and fun for all, so bring the kiddies.

After you register, be sure that you call 800-292-5690 to reserve your room at the low, discounted rate of \$99 a night. This will be a vacation to remember for your whole family with fun, fellowship, and facts about Rotary's impact on the world that will make you proud to be a Rotarian.

The White House Honors Rotary Women For Their Humanitarian Service

Senior Rotary leaders gathered Tuesday at the White House to honor [10 women](#) for their service projects, [an event](#) attended by members of U.S. President Barack Obama's senior staff.

The Rotary members presented their projects, in the hopes of creating new inroads for government partnerships and support.

"This is recognition of the great work that they do but also serves as a great vehicle to inspire others to do similar kinds of things," said Rotary General Secretary John Hewko. "One of the things we're doing a better job of is sharing our story to the non-Rotary world."



The honorees were selected by Rotary senior leaders and endorsed by the White House from clubs around the U.S. but their projects touch lives across the globe.

[Carolyn Jones](#), of Anchorage, Alaska, has served numerous times as a Rotary volunteer in Russia, three of them as a preschool teacher for developmentally delayed children in orphanages. During her presentation she lamented hearing about a child sold for a bottle of vodka, and vowed to use her honor as a stepping stone to save more lives.

[Jacqueline Parsons](#), a licensed professional counselor from San Antonio, Texas, works on projects in her community and abroad, including the [FLAG](#) (Fitness, Literacy, Attendance, and Grades) program, which provides incentives to students to go to school, including bikes, sports equipment, and other items.

[Ginger Vann](#) from Baker, Louisiana, coordinates tutoring for at-risk students. With the help of her club, she renovated an uninhabitable school building, and worked with tutors to reach 50 students each day. She's also passionate about workforce development in Baker, where well-paying craftsman jobs often go unfilled.

"We just don't have enough craft workers, people who are certified to do the jobs," she said.

[Michelle Candland](#), from San Diego, California, works with [Monarch High](#), an alternative school designed for homeless children.

"Right now there are over 1.3 million homeless kids on the street in America. That's more than there are Rotarians around the world," said Candland. "Twenty thousand of those kids are in San Diego alone."

"How can a child focus on school if their tummies are growling, their shoes don't fit, and they don't even know where they are going to be sleeping the next day?" she asked. "It takes an entire community to work together to solve this problem."

The other honorees Tuesday were Bernadette Blackstock, Marion Bunch, Carol Butler, Elizabeth Usovicz, Deepa Willingham, and Jane Winning.

Winning, a registered nurse from Chowchilla, California, has provided immunizations and health exams to more than 2,500 people in need across Mexico, Honduras, Ecuador, and Guatemala. She's also worked with [Rotaplast International](#) to provide free cleft lip and palate reconstructive surgery to those who cannot afford it.

[Butler](#), also from Anchorage, highlighted two projects. The first is a statewide suicide prevention plan. According to Butler, Alaska has the highest rate of suicide per capita in the nation. The public awareness plan educates Rotary members and Alaska residents to recognize the warning signs of someone in crisis. She also talked about her club's partnership with the [Alaska Mission of Mercy](#), a collective of dentists, staff, and other volunteers who provide free dental services throughout the state.

[Usovicz](#), of Shawnee Mission, Kansas, has worked on service projects in Missouri as well as abroad. [In Malawi](#), she helped to reduce the rate of malaria deaths by 65 percent to 70 percent in less than a year by supplying the community with mosquito bed nets.

[Willingham](#), of Solvang, California, is the founder and chair of [Promise of Assurance to Children Everywhere](#) (PACE), an organization that educates girls and their mothers, and works to prevent child trafficking and early marriage in India.

[Bunch](#), of Atlanta, Georgia, is the CEO of [Rotarians for Family Health and AIDS Prevention](#). She has received numerous awards on behalf of her work for AIDS, and considers herself a mom who represents the face of AIDS because she started her work after losing her son to the disease in 1994.

Like Bunch, [Blackstock](#), of Franklinville, New Jersey, has turned her love of service into a career, launching the People for People Foundation, which [assists](#) families struggling with financial hardships. To date, the foundation has helped some 10,000 families afford food, clothing, rent, utilities, medications, and other life necessities.

Area Meeting Makeup Locations

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p style="text-align: center;">11:45</p> <p>Farmers Branch Rotary Club, Holiday Inn Select Galleria Area 2645 LBJ Freeway Dallas, Texas</p> <p style="text-align: center;">Noon</p> <p>Richardson Rotary Club Canyon Creek Country Club 625 Lookout Drive</p>	<p style="text-align: center;">7:30 AM</p> <p>Frisco Sunrise Rotary Club Randy's Steakhouse, 7026 W. Main St.</p> <p style="text-align: center;">Noon</p> <p>Farmersville Rotary Club O.E. Carlisle Civic Center 201 Orange St. @ Hill Street</p> <p style="text-align: center;">Noon</p> <p>Plano West Rotary Club Greek Isle Rest. @ 3309 N. Central Expressway</p>	<p style="text-align: center;">7:30 AM</p> <p>Prosper Rotary Club Cotton Gin Cafe@ 204 W. Broadway</p> <p style="text-align: center;">Noon</p> <p>Allen Rotary Club Courtyard by Marriott @ 210 E. Stacy Road</p> <p style="text-align: center;">Noon</p> <p>Hurricane Creek Rotary 1800 Fairway Lane Anna</p> <p style="text-align: center;">Noon</p> <p>Prestonwood Rotary Club Prestonwood CC 15909 Preston Rd., Dallas</p> <p style="text-align: center;">Noon</p> <p>Richardson East Rotary Club Canyon Creek CC 625 Lookout Drive.</p>	<p style="text-align: center;">Noon</p> <p>Frisco Rotary Dave & Busters Stonebriar Centre</p> <p style="text-align: center;">7:00 PM</p> <p>Dallas Evening 415 W. 12th St. La Calle Dolce</p> <p style="text-align: center;">Noon</p> <p>Plano Rotary Club Southfork Hotel 1600 N. Central Expressway</p> <p style="text-align: center;">7:30 AM</p> <p>Melissa Rotary Hale Hall 1708 Harrison</p> <p style="text-align: center;">5:15 PM</p> <p>McKinney Sunset Louisiana St. Grill 350 E Louisiana</p>	<p style="text-align: center;">7 AM</p> <p>Plano Sunrise Tino's Two Restaurant 2205 Avenue K</p> <p style="text-align: center;">Noon</p> <p>McKinney Rotary Club Ricks Chop House 107 N Kentucky st.</p> <p style="text-align: center;">Noon</p> <p>Richardson Central Hyatt Regency- North Dallas Hotel 701 E. Campbell</p> <p style="text-align: center;">Noon</p> <p>Park Cities Maggiano's Little Italy 205 North Park Center, Dallas</p> <p style="text-align: center;">Noon</p> <p>Celina Rotary 320 S. Preston Rd TX Star Bank</p>
<div style="border: 1px solid black; display: inline-block; padding: 5px; margin-bottom: 10px;"> <p style="margin: 0;">Online Makeup</p> <p style="margin: 0;">www.rotaryclubone.org</p> </div> <p style="margin: 0;">Edited 12/06/12</p>				

Heads Up! Programs and Events

October 29-----Laura Cegelski – Senior Recreation Center Supervisor City of McKinney
October 30-----Rotary Club Assembly & Networking
Nov 5-----Youth Services – RYLA, Interact, and Youth exchange student
Nov 6-----Amy Miller – Media Director – Texas Legends Basketball Team
Nov 12-----Carol Martinez – Bea’s Kids
Nov 13-----DeeDee Guerra, Executive Director, McK Convention & Visitors Bureau
Nov 19-----TBD
Nov 20-----Rotary Club Assembly

Today’s Thoughts in Honor of

Hermit Day – October 29

“Hermits have no peer pressure.”

- Steven Wright (1955 -)

Halloween – October 31

For as children tremble and fear everything in the blind darkness, so we in the light sometimes fear what is no more to be feared than the things children in the dark hold in terror and imagine will come true.

- Titus Lucretius Carus (99 BC – 55 BC)

A funeral service is being held for a woman who has just passed away. At the end of the service the pall bearers are carrying the casket out when they accidentally bump into a wall, jarring the casket. They hear a faint moan and open the casket to find that the woman is actually alive! She lives for ten more years, and then finally dies.

A ceremony is again held at the same place, and at the end of the ceremony the pall bearers are again carrying out the casket. As they are walking, the husband cries out, "Watch the wall!"



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.*