



Frisco Sunrise Rotary

Meetings are held on Tuesday mornings, 7:30am at Randy's Steakhouse
Located at 7026 Main Street, Frisco, TX 75034

Frisco Sunrise Rotary Information for Week of: October 20th, 2009

Press Release Information for the
7:30 a.m. meeting on October 20th,
2009

[Frisco Sunrise Rotary](#)
[Rotary International](#)
[Rotary District 5810](#)
[Link to Frisco Sunrise Calendar](#)

Questions or Comments? Contact
Erin Meltabarger
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Frisco Sunrise Rotary Speaker
Coordinator

Quote of the Week:

**"The best way to
find yourself is to
lose yourself in
the service of
others."**

**Mohandas K.
Gandhi**

Dear Frisco Sunrise Rotarian,

Our speaker for October 20th, 2009 is Alison Etter.
Alison was part of the Rotary International's
Jamaican Field Service Project.

Erin Meltabarger

Our October 27th meeting will feature Cathy
Reynolds from Frisco Cares.

Current & Upcoming Events:

Mix and Mingle:

Mix and Mingle for October has been changed! It's still going to be held at The Frisco Bar but the date has been changed from Tuesday, October, 13th to Thursday, October 22nd, from 5:30 to 7:30 pm. The Frisco Bar is located at 4851 Legacy Drive, Frisco, TX.

Street Clean Up:

The next Street Clean Up is going to be Saturday, November 14th, 2009 at 9:00. Location and other details to be announced.

Definitely Worth Mentioning:

1. We all know our very own Byron Ingraham has been training and training for a marathon in which the sponsorship dollars he gets goes to benefit the Leukemia and Lymphoma Society. You can support Byron's efforts by clicking on the following link [Sponsor Byron](#) and donating online.
2. Let's support Mark Pacheco in his participation in the Dallas Breast Cancer 3 Day Walk. Please go to www.the3day.org and follow the links to donate and search for Mark Pacheco - part of Team Saving Second Base. Thank you!
3. Let's also support Frisco Sunrise's Geoffrey Davis in his Ride for the Roses Project for the Lance Armstrong Livestrong Foundation. Click this link to help Geoff make his fundraising goal Ride for the Roses. [Ride for the Roses](#)

International News:

From Warrior to Peace Builder:

Wilson Kimeli Naiyomah drew the international spotlight to his Maasai village in 2002, when tribal elders presented a herd of 14 cows to the people of the United States as a symbolic gesture of compassion and healing after hearing his firsthand account of the terrorist attack on New York City on Sept. 11, 2001.

The village's heartfelt act was reported worldwide and eventually prompted Naiyomah to collaborate with author Carmen Agra Deedy on a children's book, "14 Cows for America," released in the United States in August. The entire experience also inspired him to refocus his professional plans. Instead of going to medical school, Naiyomah will embark on a career as a peacemaker when he begins postgraduate work at the Rotary Center for International Studies at the University of Queensland, Brisbane, Australia, in early 2010. As a Rotary World Peace Fellow, Naiyomah will study the theories, techniques, and skills of effective peace-building and conflict resolution.

This year, Naiyomah spent the week of 9/11 visiting his home village of Enoosaen, where his people continue to nurture the gift herd as a living symbol of peace. On Sept. 25, Naiyomah will be in Washington, D.C., to address the National Press Club at 3 p.m. in the Zenger Room. On Sept. 26, he will attend the U.S. Library of Congress National Book Festival on the National Mall.

As an incoming Rotary World Peace Fellow, Naiyomah says it is time for citizens who are concerned about the prevalence of war and conflict to take action.

"The Rotary World Peace Fellowship accords me the opportunity to study the nature of conflicts in our world today," said Naiyomah, citing as an example the post-election violence in his homeland in 2008. "This showed me the vulnerability that exists for any section of the world to erupt into violence if peace is not deliberately and consciously promoted. Peace is a work - not a hope. We have to actively and creatively sow it."

Launched in 2002, the Rotary Centers program is a master's level program aimed at equipping the next generation of leaders with skills needed to reduce the threat of war and violence. The Peace Fellows are selected every year in a globally competitive process in which applicants must demonstrate a commitment to peace through their personal, academic and professional achievements. The Rotary Centers are located at leading universities in England, Japan, Australia, Argentina, and the United States. The Rotary Center at the Chulalongkorn University in Bangkok offers an intensive, three-month course aimed at mid-level professionals in governments, NGOs, and international industry.

Did you know that the Rotary International has more than 1.2 million members in more than 33,000 clubs in over 200 countries and geographic regions?

When The Need Is Great, Rotary Is There: Rotary's Response To Asian-Pacific Disasters

Rotarians are ramping up aid to victims left homeless by a series of disasters that struck areas in Southeast Asia and the South Pacific.

A devastating tsunami that hit American Samoa, Samoa, and Tonga; earthquakes in Indonesia; two typhoons in the Philippines; and flooding in India have left thousands dead and millions displaced.

Rotarians are focusing on distributing relief goods, including food, water, medicine, clothing, and shelter.

Rotary clubs from districts in Australia and New Zealand are leading efforts to bring emergency response kits to victims of the 29 September tsunami that wiped out several villages in American Samoa and Samoa.

Rotarians and Rotaractors in Samoa have distributed more than 200 kits, costing roughly US\$55,000 total. Full of blankets, food, clothing, cooking utensils, tools, and medicine, they were donated by Rotary clubs in New Zealand in collaboration with Air New Zealand.

"I'm amazed at how fast the support came," says Leanne Jaggs, governor of District 9920, which covers several islands in the South Pacific. "I am proud to be a Rotarian right now because of the way everyone comes together when needed." Learn more about these relief efforts and how you can help.

A violent earthquake flattened areas on the Indonesian island of Sumatra on 30 September, killing more than 1,100 people and leaving an estimated 500,000 homeless. Immediately after the quake, District 3400 set up a disaster relief team to survey hard-hit communities and worked with rescue agencies to distribute tools and about 1.5 tons of medical supplies to stricken areas.

Learn more about these relief efforts and how you can help.

Two powerful typhoons also slammed into the Philippines in late September and early October, causing widespread flooding and landslides. The Rotary clubs of Cabuyao and Cabuyao Circle, Laguna, distributed 700 relief packs containing rice, sardines, and instant noodles.

District 3770 designated the Rotary Club of Meycauayan Uptown, Bulacan, as the custodian of all donations from the district.

"All districts in the Philippines are continuously unrelenting in their efforts to help all these victims, no matter how long it will take," says Ruben V. Mabagos, District 3770 extension chair.

Also in early October, flash floods and landslides swamped much of southern India, leaving 2.5 million people homeless. Rotary clubs in the twin cities of Hyderabad and Secunderabad have begun providing relief supplies to victims in the Mehboodnagar District.

Clothes, clean water, and medicine are still desperately needed, says Jhansi Premanand, World Community Service chair for District 3150.

"The catastrophe of these floods is unprecedented, and the number of families displaced unimaginable," says Premanand. "As Rotarians, it is necessary to extend all our help to these victims."

E-mail Jhansi Premanand for information on how to help.

ShelterBox, a grassroots disaster-relief organization supported by Rotary clubs, has deployed response teams to distribute hundreds of boxes of supplies to several areas hit hard by the disasters.

International Extras



[Text to End Polio and help out RI's \\$200 Million Dollar Challenge!!!](#)



[2010 Rotary International Conference Montreal, Canada](#)

Frisco Sunrise Rotary

2009-2010 Board

Angela Reed, President
Nick McCoy, President-Elect
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Jennifer Kimble, Secretary
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Bob Clark, Sergeant of Arms
Erin Meltabarger, Programs

Last Week's Meeting and Events

A big thank you to CareFlite last week for a great presentation!