



The Flywheel

Thursday, October 23, 2008

www.dentonrotary.com

Denton Rotary Club

Chartered
May 1, 1920
District 5790
Club No. 1779

P. O. Box 1622
Denton, Texas
76202

Meeting Time:
Thursday, Noon
Fremaux's



Report from Beijing



At the Oct. 23 meeting of Denton Rotary, UNT assistant professor and former gymnast Karen Cogan will offer insights into her trip this past summer to Beijing,

China, as sport psychologist to the U.S. Olympic taekwondo team.

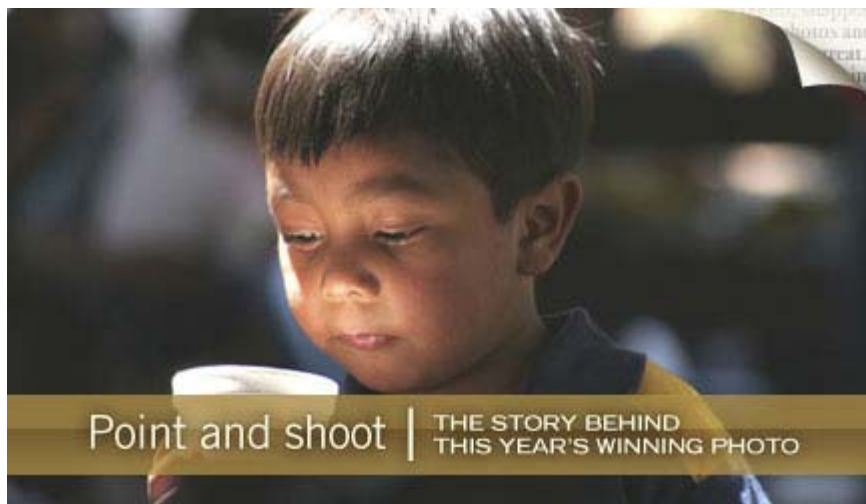
Cogan has been to the Olympics three times – the winter Olympics in Salt Lake City in 2002 and in Torino, Italy in 2006, and this past summer’s games. Working with the U.S. freestyle mogul team, she helped to provide support to the coaches and athletes - including silver medalists Travis Mayer and Shannon

Bahrke in 2002 and bronze medalist Toby Dawson in 2006.

She accepted the job as sport psychologist in the 2008 Olympics even though she knew nothing about taekwondo, a Korean martial art and combat sport. “I asked a lot of questions and learned the terminology. Just by watching, I picked up a lot of things,” she said.

Cogan works with athletes on relaxation, management of anxiety, positive thinking, and goal setting. “I help them devise some sort of plan or routine leading into the competition that becomes more personal for each athlete,” she remarked.

Cogan said her biggest challenge with the taekwondo team, which has not had a formal sport psychology program in the past, was to avoid being intrusive while, at the same time, building personal relationships with the coaches and athletes that enabled them to talk to her.



Richard Lawrence has a Rotary make-up in Antigua, Guatemala, to thank for his winning photo in *The Rotarian*’s annual photo contest. To learn more, click on the picture to the left.

Rotary Notes



Vocational Service Month

Rotarians have put Service Above Self for more than a century. Through vocational service, Rotarians serve others through their professions and promote high ethical standards. In honor of Vocational Service Month, apply the skills and talents you use in your profession to Denton Rotary's service projects. Create new projects that tap into Denton Rotary's collective talent.

Rotary in 2 minutes

The Rotary International website posed the question, "How do you describe Rotary in less time than it takes to ride in an elevator?"



Bill Green, Rotary Club of Walsall, wrote: "For a Rotarian to say what Rotary means to them in the elevator is unlikely to do the trick because they will talk about what is important to them and we naturally assume everyone wants to listen to what we have to say. But human nature is that the other person wants to tell you what they think. What we have to do is to get the other person talking about Rotary and giving a response that is relevant to them.

"So how do we do that? I would say something like 'You know, I think there are two types of people in the world. Those who use their success to help make the world better for everyone and those who just make it better for themselves.' Then the hardest part is you shut up and let them talk. What they say will tell you if they will make a Rotarian or not.

"Based on their response you then say, 'I do so agree with you. That is the kind of view that made me become a Rotarian. I think you would like it too. Can I get your details so I can invite you to meet some other people who think like us?' Of course if they say, 'Yes. I like making it better for me and not for others.'

"You have just found out in 15 seconds what could have cost you a day and your club a lunch, to find out."

**October is
Vocational Service
Month!**

October birthdays



Denton Rotary members celebrating birthdays in October:

John Cabrales	October 10
Jim Lisenby	October 10
Ernie McGee	October 11
Doreen Rue	October 15
Condell Garden	October 22
Randy Sudderth	October 23

Rotarians relentlessly pursue polio in Pakistan

Dan Nixon

Rotary International News — 14 October 2008

Driven by compassion, commitment, and courage, members of the Rotary Club of Peshawar, Pakistan, recently helped immunize children in one of the most remote and dangerous parts of the world.

Members of the club took part in the country's 15-17 September Subnational Immunization Days, reaching children in a federally administered tribal area in North-West Frontier Province near the troubled Pakistani-Afghan border.

"The area is comprised of 320 houses, and the local tribal population is [lagging] in all the development sectors of life, such as education, health, and communication," says club member Syed Feroz Shah.

Before the immunization campaign, he says, "a social mobilization workshop was arranged for the tribal elders, and especially the tribal youth participated with great enthusiasm. A polio awareness walk was conducted in the area to make sure of the efficacy of social mobilization for polio vaccination."

During the three-day campaign, Peshawar Rotarians went house to house to immunize 905 children under age five against polio. They also advised parents of other routine immunizations their children should have.

For the rest of the story, click [here](#).



Photo courtesy of World Health Organization

Attendance Report:

October 16, 2008

Members Present

44 of 86

Percentage for this meeting

51.16%

Guest Speaker:

Amy Dennis

Topic: *Keep Denton Beautiful*

Guests of Members:

Casey Braswell

Guest Of Sarah Muniz

Dean Orrell

Guest Of Tim Mangrum

Jo Ann Englebrecht

Guest Of Jim Engelbrecht

Pat Cheek

Guest Of Jim Clark

Rotarian Guests:

Bob Bishop

Rotary Club - Hurricane Creek

Gary Toothaker

Rotary Club of Mission

Liz Robinson

Beaumont Spindletop Rotary Club

Mark Dickinson

Simi Sunset Rotary Club

Leave of Absence

Dick Stewart

10/16/2008 to 4/17/2009

The Rotary 4-Way Test

Is it the TRUTH?

Is it FAIR to All
Concerned?

Will it Build

GOODWILL and
BETTER

FRIENDSHIPS?

Will it be

BENEFICIAL to

All Concerned?

Meetings

October

23rd:

Karen Cogan,
Olympics
Psychologist
& UNT
Assistant
Professor

October

30th:

Beth Jillson,
Head Basketball
Coach
TWU Athletics

November

6th:

Rotary
Foundation,
Ken Ingram and
Kimberly Karl

November

13th:

Stephen
Dubberly,
UNT Opera

2008-09 Officers

President – Eva Poole
President Elect – Larry Aaron
Past President – Sonja Rogers
Treasurer – Robert Seay
Secretary – John Iverson
Sergeant-at-Arms/Song Leader – Dick Stewart
Assistant Sergeants-at-Arms – Tom Syler
Co-Historians – John Shrader
and Ralph Flesher
Cheryl Hedric – Executive Secretary
CHedric@datcu.org

Club Service (A)

Larry Aaron – Director
Attendance – Doreen Rue
Classifications – Tim Mangrum
Club Bulletin – Demi Prentiss
and Don Barnes
Membership – Mark Ragsdale
Membership Development – John Shrader
and Jack Cross
Membership Retention – Harv Kitchens
Rotary Information – Jack Cross
Bylaws – Mike Gregory
Audit – Danny Mitchell

Club Service (B)

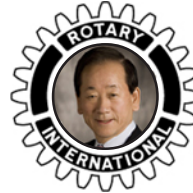
Steven Coburn – Director
Fellowship Activities – Don Barnes
Fundraising Projects – Harv Kitchens
Magazine – Dick Stewart
Program – Lilia Bynum
Public Relations – John Cabrales

Community Service

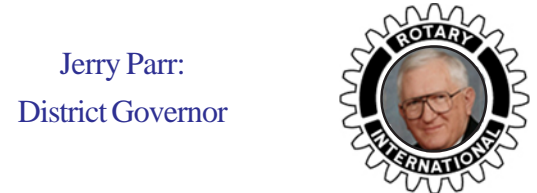
Charles McCarty – Director
Community Development – Ricky Grunden
Environmental Protection – Ray Croff
Human Development – Condell Garden
Partners in Service - Bill McKee
Scholarships – Olive Morton
Blood Drive - Virginia Langston-McDaniel

2008-09 Directors-At-Large

Condell Garden – Club Family
Mike Gregory – Bylaws
Ricky Grunden – Community Service Projects
Harv Kitchens – Fundraising Projects



Dong Kurn Lee:
International President



Jerry Parr:
District Governor



Eva Poole:
Club President

Vocational Service

Gary Conwell – Director
Career Development – Dan Leal
RYLA – Vicki Smith and Mary Ann McDuff
Vocation at Work – Karen Dickson
Vocational Awards – Bruce Burleson
Vocational Awareness – Penny Gee
Four-Way Speech Contest – Tim Mangrum

International Service

Margaret Griffin – Director
World Community Service - John Cooper
Mexico Project – Horace Brock
Nicaragua Project – Herman Oosterwijk
Rotary Foundation – Ken Ingram
PolioPlus – Rob Seay



Club Members

NAME...CLASSIFICATION.....	Bus. Phone
☺☺ AARON, LARRY.... Counsel-Marriage & Fam.....	(940) 382-0860
ADAMS, JAMES....Newspaper Publishing.....	(940) 566-2093
Alatzas, George....Investments.....	(940) 262-3047
☺☺†* ⚙️ ALDRIDGE, RON....Health Services- AIDS.....	(940) 381-1501
☺* ALEXANDER, JIM....Higher Educ, Univ.....	(940) 898-2133
☺* Alexander, Miogene....Real Estate-Sales.....	(940) 390-2355
☺☺†* BARNES, DON....Photography-Commercial.....	(940) 566-1888
* Baugher, Vince....Healthcare-Chiropractor.....	(940) 484 6336
* Bradbury, Pete....Mailing Services.....	(940) 382-8583
* Braswell, Ray....Public School, Admin.....	(940) 369-0001
†* BROCK, EULINE....Past Service.....	(940) 382-2436
☺+†* BROCK, HORACE....Higher Education.....	(940) 565-3369
* Burleson, Bruce....Law Enforcement.....	(940) 566-0401
†* Burroughs, Mark....Law Practices-Tax Law.....	(940) 382-4357
* Bynum, Lilia....Non-Profit Administration.....	(940) 566-5851
Cabrales, John....Municipal Gov, Admin.....	(940) 349-8509
Clark, Jim....Fire Protection Svcs.....	(817) 909-0566
†* CLAYTON, KAY....Education Admin.....	(940) 566-6208
†* COBURN, STEVE....Optometry.....	(940) 566-3413
* Conwell, Gary....Healthcare-Business Development.....	(940) 384-3273
☺* COOPER, JOHN....County Extension Agent.....	(940) 349-2887
☺ Croff, Ray....Financial Services.....	(972) 731-4031
* CROSS, JACK....Secondary Education Admin.....	(940) 382-9935
* Dickson, Karen....Economic Development.....	(940) 382-7151
†* ELIOT, JAMES....Printing.....	(940) 591-1329
Engelbrecht, Jim.....	(940) 206-5167
* FLESHER, RALPH.... Veterinary Medicine.....	(940) 382-1203
Furlow, Philip....Law Practice.....	(940) 387-3518
☺+* Garden, Condell....Non-Profit Mgmt.....	(940) 566-5927
Gee, Penny....Consultant.....	(940) 391-3254
Gotcher, Mary....Honorary.....	(817) 403-3808
* GREGORY, MIKE....Law Practice, Family.....	(940) 387-1600
☺☺†♦* GRIFFIN, MARGARET....Higher Ed Univ-Prep.....	(940) 382-7316
* Grunden, Ricky....Financial Services-Investments.....	(940) 591-9007
* HEATH, MILLARD.....	(940) 387-8916
* Hilton, Leigh....Law Practices.....	(940) 382-4357
* HOPKINS, GEORGE....Law Practices.....	(940) 566-8739
HUDGENS, DERV....Honorary	
☺* Ibarguen, Karen....Chiropractic Neurology.....	(940) 382-6000
Ingman, Stan....Higher Ed-Univ.....	(940) 565-2298
* INGRAM, KEN....Professional Banking Services.....	(940) 381-7365
* Iverson, John....Retired.....	(940) 891-4305
* Jester, Tom....Law Practice-Adoption.....	(940) 387-7585
* Jones, Leon....Events Management.....	(800) 430-0464
KARL, KIMBERLY....Consulting.....	(940) 391-0031
* KEITH, LEE....Cattle Raising.....	(940) 382-3709
* Kimble, Dale....Credit Unions-Admin.....	(940) 380-5902

†* KITCHENS, HARV....Innkeeper.....	(940) 365-9788
Langston-McDaniel, Virginia....Retirement Home.....	(940) 383-6347
* LaPoint, Thomas....Higher Ed-Administration.....	(940) 565-2694
* Leal, Dan....Nonprofit Admin.....	(214) 597-0868
* Leveridge, Ted....Banking-Comm Lending.....	(940) 482-6038
☺ Lisenby, Jim....Banking.....	(940) 686-3243
Mainja, Martin....Corporate Accountant.....	(940) 239-5172
* Mangrum, Tim....Financial-CEO.....	(940) 239-0564
* MARTINO, DAVID....Sleepware Mfg.....	(940) 898-8888 x305
* Mauldin, Dan....Higher Ed Univ-Mathematics.....	(940) 243-4252
☺☺* McCarty, Charles....Insurance Executive.....	(940) 243-4252
* McColly, Quinn....Financial Services.....	(940) 321-1850
☺☺† MCDUFF, MARY ANN....Higher Ed.....	(940) 898-3310
☺+ McGee, Ernie....Banking.....	(940) 891-2344
* McKee, Bill....Arbitrator/Mediator.....	(940) 565-3445
†* MITCHELL, DANNY....Banking.....	(940) 440-9100
* MOHELNITZKY, JERRY....Insurance-Health/Life.....	(940) 387-6196
☺ MORTON, OLIVE....Community Ed.....	(940) 262-0828
* Muniz, Sarah....Credit Union-Insurance.....	(940) 442-5581
* Nelson, Bob....Public Utilities.....	(940) 498-4044
* Oosterwijk, Herman....Healthcare-Imaging.....	(940) 440-9530
* Opperman, Becky....Youth Agencies - Admin.....	(940) 382-5850
* PETERSON, BOB....Medical Printing.....	(940) 262-0158
†* PHILIPS, TOM....Banking & Costruction Lending.....	(940) 349-5441
☺☺ POOLE, EVA....Public Library Administration.....	(940) 349-8750
☺☺* PRENTISS, DEMI....Religion-Development.....	(940) 369-7372
Price, Todd....Banking.....	(940) 383-6246
* PROUTY, HERB....Law Practice-Municipal.....	(940) 349-8333
☺* RAGSDALE, MARK....Optometry.....	(940) 387-9595
RAGSDALE, RICHARD....Honorary	
Rex, Tony....Long Term Care Admin.....	(940) 320-2300
Robinson, Randy....Banking Admin.....	(940) 349-5601
* Robison, Doug....Law Practice.....	(940) 380-0911
* RODEAN, RICHARD....Higher Ed Admin-Retired	
☺☺†* ROGERS, SONJA....Financial Services.....	(940) 565-1819
☺☺* Rue, Doreen....Health Services-Admin.....	(940) 381-1501
* SANDELIN, BRUCE....Retired Product Manager.....	(940) 262-3132
* SEAY, ROBERT....Accountant, CPA.....	(940) 387-8563 Ext. 21
Shepherd, Steve....Accountant, CPA.....	(940) 349-8996
☺☺* SHRADER, JOHN....Pharmacy.....	(940) 387-1255
Siegmund, John....Honorary Member.....	(940) 565-1819
☺* Smith, Vickie....Non-Profit Mgmt.....	(940) 566-5851
* Stanley, David....Banking-Lending.....	(940) 383-2641
* Stewart, Bob....Youth Organizations.....	(832) 217-9409
☺☺†* STEWART, RICHARD....Airline Pilot.....	(940) 382-4962
†* STREAM, RICHARD....Higher Ed Univ-Comm.....	(940) 246-3000
* Sudderth, Randy....Banking Trust.....	(940) 349-5600
* SYLER, TOM....Brick Manufacturing.....	(214) 727-8307
☺+ Thomson, Jack....Retired.....	(940) 382-5176
* Villarreal, Andre....Adult Day Care.....	(940) 383-8371
White, Cynthia....Higher Ed Univ-Trainer.....	(940) 349-2810
Wood, Tyler.....	(940) 566-3143
☺†* WOOLFOLK, RICK....Investment, Broker.....	(940) 382-5500

Highlighted Name...Past Club President NAME IN CAPS...Paul Harris Fellow *...Paul Harris Sustaining Fellow ♦...Bequest Society †...Foundation Benefactor

Highlighted Name...Past Club President-Other ☺...Perfect Attendance: August ☺+...Perfect Attendance since July 2008 ☺☺...Perfect Attendance since July 2007

☆...Past Dist. Gov. ⚙️...Assistant Dist. Gov.

"I would like to think that the pioneering days of Rotary have only just begun. There are just as many new things to be done as ever there were. Rotary must continue to pioneer or be left in the rear of progress."

Paul P. Harris, 1947