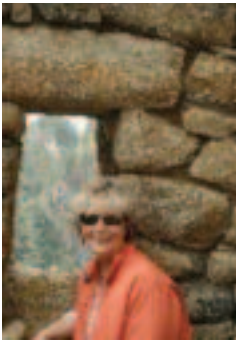




## SANDRA FORSTER

Rotary District 5810  
Sandra Forster  
District Grants Sub-Committee Chair 2006-09  
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Sandra (Sandy) Forster, currently retired, is the former owner of SunWest Activewear. SunWest Activewear was a commercial embroidery and promotional products company she owned and operated for over 14 years. SunWest specialized in safety award programs to the Trucking and Transportation industry with customers throughout the state of Texas and employed up to twenty people. In 2001 Sandra closed the company in order to focus on family and Rotary.

In 1999, Sandra married Bud Carmichael and together they share the joys of 10 grandchildren and five children. Their grandchildren have participated with them in various Rotary events and projects.

In 1993, Sandra joined the Garland Rotary club and was the first female president to serve the club. The Garland Rotary club was established in 1927 and has been active in the city of Garland serving many aspects of the community from scholarships to deserving high school seniors, the Rotary Youth Leadership Award (RYLA), Interact, English as a Second Language tutoring; and an annual Christmas party to over 70 under privileged children in the Garland Independent School District. Under Sandra's leadership the club has participated in Matching Grants, Group Study Exchange, Youth Exchange, and the RI Teacher Exchange program.

During Sandra's service in Rotary she has been privileged to serve as a counselor to RYLA for six years, helps with the Garland Rotary's Interact club, has served as a Governor's Representative for two years; District Secretary for two years; District Chair for Water Projects, District International Service Co-Chair and currently is the District Grants Sub-Committee Chair. She has participated in the distribution of wheelchairs in Dallas, Texas; Mexico and Peru. Sandra and her husband, Bud, have traveled to Europe, Africa, India, Mexico, and South America on various Rotary projects.

The Garland Rotary Club has honored Sandra with the Rotarian of the Year; Distinguished Service Above Self; the Pioneer Award; and Humanitarian of the Year. District 5810 honored Sandra with the Service Above Self Award for 2007-08.

She is a member of the Paul Harris Society and a Major Donor to the Rotary Foundation. Sandra has established the Forster New Generation Donor Advised Fund with The Rotary Foundation to award college scholarships to deserving students within District 5810. A believer in what Rotarians can do for others worldwide, she is a lifetime member of Rotarians For Fighting AIDS; Rotary Water And Sanitation Action Group; Rotarian Eliminating Malaria; Rotarian Action Group for Microcredit; and the Rotary Wine Appreciation Fellowship.