



The Rotary Sun

14th January,
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Issue 26
Edited by
Christine Sanders

The weekly newsletter of
The Rotary Club of Grand Cayman Sunrise

Rotary Club of Grand Cayman Sunrise chartered April 18th, 2002
Meeting Place: Grand Old House
Wednesdays at 6:45am for 7am

"Quality is never an accident—rather, it is always the result of high intention, intelligent direction and skillful execution."

2008-2009 BOARD OF DIRECTORS

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DUTY ROSTER 14th of January, 2009

Greeter: Rot. Simon Watson
Four-Way Test: Dir. David Watler
Rotary Grace: Rot. Shawn Wilcox
Raffle: Rot. Greg Brooks

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Rotary Sunrise last week

Last week's meeting was a lively meeting as members shared fellowship with each other after a break for Christmas and New Year's holidays.

Additionally, members were treated to a panel discussion, moderated by Director Bruce John, on handling the financial crisis. Panel members included Rotarian Steen Elderval, Director Kim Remizowski, and guest speaker Sheree Ebanks.





Make Dreams Real

2007-2008 Leadership

RI President:

D.K. Lee

District 7020 Leadership

District Governor:

Rupert Ross Jr.

Past District Governor:

Richard McCombe

Asst. Governor - Cayman:

Raymond Whittaker

*

The Four-Way Test

Of the things we think, say or do:

Is it the truth?

Is it fair to all concerned?

Will it build goodwill and better friendships?

Will it be beneficial to all concerned?

*

The Rotary Grace

O God and giver of all good

We thank thee for our daily food

May Rotary friends

and Rotary ways,

Help us to serve thee all our days.

*

PAST PRESIDENTS

ROTARY SUNRISE

Charter President

Alastair Paterson

2002-2003

J. Gordon Hewitt

2003 - 2004

Christopher Bowring

2004 - 2005

Stuart N. Diamond

2005 - 2006

Hendrik Jan van Genderen

2006 - 2007

J. Rosalie Jamieson

2007-2008

9 Tips for a healthier heart

If January 1st prompts you to make health resolutions, or if you just want to be sure to take the best care of your heart, these nine tips are for you. Some are old, some are new, each will help your heart beat true.

1. Learn CPR. When a person's heart suddenly stops beating, cardiopulmonary resuscitation (CPR) is all that stands between him or her and the great beyond. The new hands-only technique is simple and effective. Although cardiac arrests sometimes come out of the blue, they're more common in people with heart disease. Ask your family members and friends to take a CPR class with you. You can find one by calling the Cayman Islands Red Cross.

2. Know your numbers. Make sure you know your cholesterol profile, blood pressure, and blood sugar, and track them through the year. Ask your doctor if you should have your C-reactive protein (CRP) checked, especially if your cholesterol is in the normal range. Estimate your heart attack risk. You can use a comprehensive tool, such as Your Disease Risk, or the simpler Framingham Risk Score or Reynolds score.

3. Reduce stress, network more. Personal turmoil, pressure at home or work, loneliness, and other stressors contribute to heart disease. Stress-busting techniques, like exercise, meditation, and other relaxation techniques, and making better connections with family and friends can help protect your heart and health.

4. Update your understanding. Heart attacks, and the disease that causes most of them, are a bodywide chronic condition, not merely a plumbing problem characterized by discrete blockages. This new view has repercussions for preventing and treating heart disease.

5. Create a personal health record. Collecting your entire health story in one place, rather than having disjointed chapters stored with each of your doctors, can help you get better medical care, especially in an emergency.

6. Plan ahead. Making an advance directive, also known as a living will, tells your doctors what kind of care you would like to have if you can't communicate your preferences, which would be the case if you are having a cardiac arrest or are in a coma.

7. Pick a proxy. If you can't make medical decisions for yourself, you want someone you trust to do it for you. Don't leave this to chance. Once you have chosen your stand-in, or proxy, make it official by giving him or her your durable power of attorney for health care.

8. Become a searcher. Help keep yourself healthy by learning how to search for medical information.

Continued on page 3



Did You Know? Facts about [Andrea Bryan, M.B.E., J.P.](#)

Born in Kingston, Jamaica.

Educated in Jamaica, Trinidad and Tobago and England.

Is Caymanian.

Now retired - was Chief Officer, Ministry of Health and Human Services.

9 Tips—continued from page 2

9. Be good to yourself. Pamper your heart and arteries with a better diet and more exercise. If you smoke, make this the year to stop. If you are overweight, shedding even a few pounds can take a load off your heart by improving blood pressure, blood sugar, and artery function.

This information originally appeared in the 6th January edition of the Harvard HealthBeat. For more information on healthy lifestyles, order their Special Health Report, *Living Better, Living Longer* at www.health.harvard.edu/LLLLB. You can also contact the Cayman Heart Fund.

Rotary Pins

Partially Excerpted from an article by Nina Mandell, The Rotarian

When did it all start? In 1909, the first lapel pin in Rotary history was created for the Rotary Club of New York. Only the club president, Bradford Bullock, got to wear the pin. After he left office in 1911, the pin changed forms a few times. Today, it depicts the official Rotary emblem. Now, all Rotarians are encouraged to wear their pins.

Exclusive pins are still around, such as those given to Paul Harris Fellows or handed down in an individual club. The Rotary Club of Laredo, Texas, carries on a tradition from the club's beginning. The president proudly wears a pin that has been passed down from its first district governor. (How have they managed not to lose it in the laundry or at the dry cleaners????)

Pins have been popular fundraising tools, too. In 1969 the Rotary Club of Orange, California, began fining people who didn't wear their pins to meetings – the money collected went into the club's general fund. Many clubs still do that today.

The pin is a great way of publicizing Rotary. Wear it on your lapel and see how many folks will ask you about it. It's a great icebreaker and way to get the "Rotary conversation" going. It can often lead to an invite to a club meeting and potentially a new member.

Happy Birthday Rotarian Tony Catalanotto



BRITCAY

Rotary Calendar of Events

January 2009

January 31st - Art@Governors
Family Day—Information TBC

February 2009

Sunday 22nd of February - Oscar Night - Information to be confirmed.

April 2009

April 25th—Rotary Sunrise Health Fair

Radio Auction - TBC

June 2009

Car Raffle

Do you have a committee meeting scheduled? Do you have a community event you wish to place on the calendar?

Email the information to Rotarian Christine for inclusion.

Rotary Sunrise Birthdays & Anniversaries

Birthdays

1st January Treasurer Dawn Cummings

5th January PP Hendrik-Jan van Genderen

5th January Rot. Tony Cowell

6th January Rot. Tony Catalanotto

12th January Rot. Mark Fagan

13th January Rot. JD Mosley-Matchett

14th January PP Chris Bowring

15th January Rot. Dr. Bob Kostich

15th January Rot. Phil Thomas

Anniversaries

3rd January Rot. Des Ebanks

12th January Rot. Paul Drake

Reminder to Red Badgers

Red Badgers are reminded to submit their bio / job talk to Rot. Christine for publication in the Sun. Please include interesting facts like hobbies, most embarrassing moment etc!

Did you know?

You can do a make-up by attending a committee meeting, reading on Friday or Junior Achievement.

Sunny Smiles - Computer Gender

A Spanish teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. "House" for instance, is feminine: "la casa." "Pencil," however, is masculine: "el lapiz." A student asked, "What gender is 'computer'?"

Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether "computer" should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

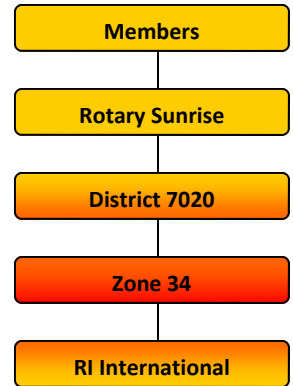
The men's group decided that "computer" should definitely be of the feminine gender ("la computadora") because:

1. No one but their creator understands their internal logic.
2. The native language they use to communicate with other computers is incomprehensible to everyone else.
3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

The women's group, however, concluded that computers should be masculine ("el computador") because:

1. In order to do anything with them, you have to turn them on.
2. They have a lot of data but still can't think for themselves.
3. They are supposed to help you solve problems, but half the time, they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

The women won.



Grand Cayman Make-Up Opportunities

Rotary Central meets on Tuesdays at 7:15 pm at the Marriott Beach Resort

Rotary Grand Cayman meets on Thursdays at 12:15 pm at The Westin Casuarina.

Rotaract Grand Cayman meets on Thursdays at 6:45 am for 7 am at Icoa

Rotaract Blue meets on Wednesday at 6 pm at Fusion Restaurant (Mirco Centre)

Words of Wisdom - submitted by Director Bruce

A Year From Now

Where will you be a year from now? Where would you most like to be?

There is so much you've learned and experienced on your journey to this day. Imagine what you can now do with it all.

This new year is a grand opportunity, filled with promise and possibilities. Choose now the very best of those possibilities, and know that you have the power to bring them to life.

You will spend this coming year moving in one direction or another. Commit now to making that direction the one that will take you toward what you sincerely desire.

Life in each moment is influenced by your presence and participation. As this new year unfolds, continue to make that influence a positive and fulfilling one.

Consider today where you would like to be a year from now. For now is the beginning of the year in which you can truly make it happen.

Ralph Marston



Stride Against Cancer

Sunday 25th January 2009

Half-Marathon Walk/Run - 6:00 am

6.5 Mile Walk / Run - 7:00 am

Registration \$25 - Proceeds benefit CI Cancer Society

Call Rot. Christine at 916-2575 for more information