

28 March, 2012
Vol. 5 No. 36

Editor J.D. Mosley-Matchett
If you have any comments or questions, please contact the editor.

Club Events

International Service Committee Monthly Meeting
Ortanique
Mar 27, 2012 06:00 PM

Literacy Committee - Debate Finals
Court House
Mar 29, 2012 06:30 PM

Smith Cove Beach - New Picnic Tables
Smith Cove Beach
Mar 31, 2012 07:00 AM - 09:00 AM

Curry for a Cause - Home + Life Orphanage
58 Anne Bonny Crescent
Mar 31, 2012 06:30 PM

Spotts Park Sand Replenishment & General Clean-up
Spotts-Newlands Road
Apr 14, 2012 07:30 AM - 10:30 AM

Community Service Committee Monthly Meeting
Ortanique Restaurant
Apr 16, 2012 06:00 PM

SUNRISE 10
Agua Restaurant
Apr 27, 2012 07:00 PM - 12:00 AM

Weekly Programs

Mar 28, 2012
Dr. John Lee, Specialist Clinic,
G.T. Hospital
Chronic Pain Management

Apr 11, 2012
Ms Lynne Wood (Awaiting confirmation)
Caribbean Haven

May 09, 2012

Our Dictionary Project

A Literacy Month feature
submitted by IPP Michael Levitt

Dictionary projects have always been very much part of Rotary with many clubs having such projects. At the Rotary International Convention in Los Angeles in 2008, I discovered a beautifully illustrated dictionary, which was the product of The Dictionary 4 Life Project (www.dictionary4life.com). This is a freestanding project working in association with the Rotary Club of Tooting (District 1130), Rotary International in Great Britain & Ireland and Usborne Publishing Ltd.

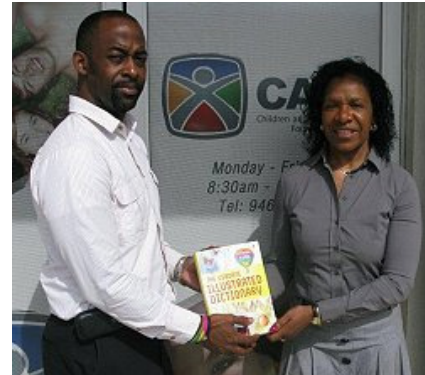
Initially the idea of a dictionary project in the Internet era of smartphones, tablets and laptops was met with some scepticism.

However, with the assistance of then Director of Literacy, Marilyn Connolly, we decided to test the idea locally on both some schoolchildren and teachers, including Ms. Martin, the Principal of George Town Primary School. It was met with a resounding 'yes', with the only change being suggested by Ms. Martin that instead of giving the dictionary to the students in June as they graduated from Primary School, we rather hand them out in September as they begin High School.

In December 2010, the first batch of 700 dictionaries was ordered and these arrived in Cayman in June 2011. It was decided that as International Literacy Day fell on 8 September, the project would be launched that day, which coincided with the visit of DG Guy. The first dictionaries were delivered to John Gray High School and thereafter to every student commencing high school in Cayman, including 26 dictionaries for Cayman Brac.

Dictionaries were also donated to the CAYS Foundation for distribution in the Bonaventure Boys Home and the Francis Bodden Girls Home. (Photo insert: Rotarian Finley handing over the dictionaries to the CAYS Foundation.)

This will be an ongoing Sunrise project with the next order already placed and expected in June. There are limited copies of the dictionary available from Director Woody at CI\$10.



Curry Night This Saturday!

This is your last chance to buy a ticket to the spiciest event of this Rotary year. This Saturday, Rotarian Berna is opening her South Sound home for the Sunrise club's Curry Night benefitting the purchase of a van for the Home & Life Orphanage in Thailand.



As Rotarian Christine notes: "Tickets are \$30 and include your first drink, dinner and live entertainment. 100% of the ticket price will go towards the purchase of a van for the Home & Life Orphanage in Thailand thanks to the generosity of Sunrise Rotarians, restaurants and others in the community

Mr Bradley Johnson (Awaiting Confirmation)
Cayman's Lionfish Control Program

[View entire list...](#)



Curry Night!

When?

Saturday, March 31st

Where?

Rotarian Berna's home

Why?

Raising money for the Thailand orphanage van

Contact Rotarian
Christine for
more details!

ClubRunner Sponsors



Please visit our Sponsors.

[Click here to place your ad](#)



who have donated the food and beverage for the evening.

If you wish to attend please contact either Rotarian Pat, Rotarian Christine, or Director John. If you wish to donate a food item, please contact Rotarian Pat."

Guest Speaker:

Dr. John Lee

Specialist Clinic, George Town Hospital
Topic: Chronic Pain Management

Dr. John Lee joined the Cayman Islands Health Services Authority this in 2012 as a full time chronic pain doctor, working from the Specialist Clinic. He has over a decade's experience as a consultant in pain medicine at the National Hospital for Neurology & Neurosurgery in the UK where he lead the department of around 40 staff. He has also sat on numerous British committees setting standards and guidelines for chronic pain medicine in addition to an extensive list of publications in the field. Dr. Lee hopes to further develop the pain services in the Cayman Islands with the introduction of pain programmes. He also hopes to work closely with his specialist colleagues, particularly within spinal services, and provide more education about the management of chronic pain for primary care, non-medical healthcare providers and, of course, the public.



Chronic pain affects just under 20% of the population, with a slight excess of woman suffering, and is defined as pain that has gone on for more than three months. There are a number of ways of treating it, depending on the cause, but one of the most important things is that the person who is suffering should understand the nature of their problem and also the options for managing it. It is not infrequent that the cause of the pain is no longer present but the pain persists, so it is the management of the issue that becomes a long term goal. The key person in the management plan is the sufferer and Dr. Lee emphasises self management skills, something which is widely accepted as the best chance for long term success.

Upcoming Community Service Projects

by Director Barbara Anley

Gather for fellowship and to assemble 3 picnic tables at **Smith Cove Beach** which are being donated by Rotary Sunrise. **Saturday, 31 March from 7 – 9 am.** A light breakfast will be provided.

Gather for fellowship and to replenish the sand at **Spotts-Newlands Park**, and do a little cleaning and sprucing up. **Saturday, April 14th from 7:30 – 10:30 am.** A light breakfast will be provided.

If you have questions, please contact Dir. Barbara: Community@RotarySunrise.ky



The 4-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.

Important Links

- » [Rotary Club of Grand Cayman](#)
- » [Rotary Club of Grand Cayman Central](#)
- » [Rotary Club of Cayman Brac](#)
- » [Rotaract Club of Grand Cayman](#)
- » [Rotaract Blue Cayman Islands](#)
- » [Rotary Club of Weston](#)
- » [Rotary District 7020](#)
- » [2011 District Conference in St. Thomas](#)
- » [Rotary International](#)
- » [RI YouTube Site](#)
- » [2011 RI Convention in New Orleans](#)
- » [Paul Harris Society](#)

Welcome Our Newest Sunrisers!

Rotary Sunrise Club New Members Inducted 21 March, 2012

Gina McBryan

Sponsor: Joanne Lawson
Classification: Information Technology
Committee Assignment: Undecided

John Lee

Sponsor: Andrea Bryan
Classification: Physician Services – Pain Specialty
Committee Assignment: Fundraising



Getting to Know: Gina McBryan

Gina McBryan was born in Montego Bay, Jamaica where, at the age of 4 years, her family then relocated to Ontario Canada. She graduated from L'Amoreaux Collegiate Institute in Scarborough, Ontario and attended the University of Guelph to major in Animal Science. Still seeking her true career calling, she relocated to British Columbia Canada where she graduated with a Diploma of Technology in Operations Management from the British Columbia Institute of Technology. Later pursuing a Degree in Operations Management.



Gina then secured several career positions in the Transportation, Logistics and Warehousing industry. Advancing to senior management positions she applied her education at Distribution Service Limited, HUDD/Maersk Sealand, and Coastal Pacific Xpress. Throughout her positions she continued to advance her skills with continued education. Picking up courses structured in Human Resources allowed Gina to strengthen her management and training skills. Not only does Gina have a strong Information Technology background but she also has a natural talent for the soft skills of human resources. Working in positions of Systems Support, Database Developer, Crystal Report Designer, Systems Analyst, Systems Trainer, Human Resource Manager and Operational Communications Manager. In 2010, she decided make a change and branch off with her own business as a consultant in the Transportation and Logistics industry.

Gina has also managed to pursue a passion for public speaking. After acquiring her certificate as a Competent Communicator for Toastmasters International she became a motivational speaker as a weight loss expert and group leader for Weight Watchers Canada.

In addition to Gina's busy career she is also a wife and mother of two sons. In August 2011, she decided to relocate her family to Grand Cayman not only to give her children the ability to open their horizons to new cultures but to also reconnect with family and the Caribbean culture she and her husband grew up with.

**2011-12
Sunrise Leadership**

President:
Andrea Bryan

President Elect:
Tony Catalanotto

Vice President:
J.D. Mosley-Matchett

Immediate Past President:
Michael Levitt

Secretary:
Frank Balderamos

Treasurer:
Paul Drake

Club Service Director:
Deborah Chambers

Fundraising Co-Directors:
Glen Trenouth
Shannon Sylvestre

Fellowship Director:
John Elliott

New Generations Director:
Deirdre McFarlane

Literacy Director:
Woody Foster

Community Service Director:
Barbara Anley

International Service Director:
Richard Purdom

Public Relations Director:
Christine Sanders

**2011-12
Rotary Leadership**

RI President:
Kalyan Banerjee

District 7020 Governor:
Guy Theodore

Past District Governor:
Diana White

Asst. Governor - Cayman:
Rosalie Jamieson

Sunrise Happenings

by Rotarian Gina McBryan

A Rotary year is filled with many events related to service, fellowship, fundraising and scheduled speakers at our weekly meetings (just to name a few). So how do you keep track of all the events? How do you find out about all the events? How do you choose which events to get involved with?

On our Rotary Sunrise website, www.rotarysunrise.ky, you can access the Events Calendar to find out what is coming up and even sign up to help once you have logged into your ClubRunner account. And while you are logged in, you might as well update your profile details to keep everything current.

Keep an eye on our Sunrise calendar, as more information will be posted to keep you in the loop with what is going on. Don't let an opportunity for service slip by just because you didn't know about it.

| MARCH 2012 | | | | | | April | |
|------------|--------|--------|---|--|--|--------|---|
| February | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 25 | 26 | 27 International Service Committee Monthly Meeting | 28 Dr. John Lee, Specialist Clinic, G.T. Hospital | 29 Literacy Committee - Debate Finals | 30 | 31 Curry for a Cause - Home + Life Orphanage Smith Cove Beach - New Picnic Tables |

Don't let the last quarter of this Rotary year come to close without getting involved in at least a few events... like Building Picnic Tables for Smith Cove Beach or Sand Replenishment & General Clean-up at Spotts Park.

| APRIL 2012 | | | | | | May | |
|------------|--------|--------|---------|---|----------|--------|---|
| March | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 01 | 02 | 03 | 04 | 05 | 06 | 07 |
| | 08 | 09 | 10 | 11 Ms Lynne Wood (Awaiting confirmation) | 12 | 13 | 14 Spotts Park Sand Replenishment & General Clean-up |

**District 7020 Conference
COUNTDOWN to REGISTER**

Dear Fellow Rotarians,

We were able to get an extension for hotel reservations to accommodate Rotarians The cut off date is now March 30, 2012. Rotarians who have not yet registered should remember that due to the high season, the hotels will open booking to the public. This would mean that hotel rooms will fill up quickly. We would like to encourage you to sign up today, so you can join us in sunny Haiti !!!

Regards,



Sunrise Birthdays & Anniversaries for March

Posted by J.D. Mosley-Matchett on Mar 01, 2012

March Birthdays

Simon Watson, 2-Mar
Berna Cummins, 4-Mar
David Gordon, 11-Mar
Maree Martin, 11-Mar

Frans Vandendries, 15-Mar
Martha Connolly, 16-Mar
Garth Bryce, 18-Mar
James Chiweshe, 18-Mar
Richard Purdom, 26-Mar
David Watler, 27-Mar

Sunrise Club Membership Anniversaries

Ian Comins, 1 year on 2-Mar
Shannon Sylvestre, 3 years on 4-Mar
Ummi Kapoor, 2 years on 17-Mar
Krishna Mani, 2 years on 31-Mar
Marie Beatrice Taylor, 2 years on 31-Mar



Guests and Visitors from 21 March 2012...

Posted by Frank Balderamos on Mar 28, 2012

Visiting Rotarians on 21 March 2012 (as signed in):

Trevor Neckles, Rotary Club of Grand Cayman
Marcos Montana, Rotary Club of Grand Cayman
Eric Bush, Rotary Club of Grand Cayman
Sebastien Guilbard, Rotary Club of Grand Cayman
Bob Ketron, Rotary Club of Towson Towne, Maryland, USA
Desiree Charles, Rotary Club of Grand Cayman Central

Guests of Rotarians on 21 March 2012 (as signed in):

Peter Lundin - Guest of Rotarian Finley Josephs
Duncan McBryan - Guest of Rotarian Gina McBryan
Cullan McBryan - Guest of Rotarian Gina McBryan
Irene Gut - Guest of Rotarian Berna Cummins
Kent Green - Guest of Director Glen Trenouth
Sarah Hobbs - Guest of Rotarian Berna Cummins
Donald Aitken - Guest of Rotarian Raquel Solomon
Julian Lewis - Guest of the Club
Brent Finster - Guest of the Club



Duty Roster for 28 March 2012

Posted by Frank Balderamos on Mar 28, 2012

Here's the list of members performing the respective duties for this week's meeting:

Greeter: Rotarian Gina McBryan
Grace: Director Woody Foster
Four Way Test: Rotarian John Lee
Raffle: Rotarian Barbara Oosterwyk
Rotary Minute: PP Winston Conolly
Sergeant's Assistant: Rotarian Andy Scott
Sergeant: VP JD Mosley-Matchett