Focus on Rotary and Family
Submitted by Rotarian Martha Connolly

December is Rotary Family Month and during this time we focus not only on our Rotary Family but our own families as well. The spouses and children of our fellow Rotary Sunrisers play a vital role in Rotary too. Our club can benefit immensely when we strive to achieve a balanced interaction between our members and their families.

This month we asked President Tony to give us a glimpse into his family life and what his Rotary Family means to him.

My family consists of: my wife Lisa and my beautiful children, Anthony 7 and Francesca who will turn 3 in January.

Favourite family vacation activity or place? – As our families are in Canada and Florida most of our vacations tend to take us there. While there, we do try and do some of the touristy things like visiting zoos, special attractions, etc. We did get to Disney a couple of years ago and plan to do so again next year.

Favourite family holiday or time of year? – We all really enjoy the spirit of Christmas and all that it has to offer. In addition, we usually spend American Thanksgiving with some family in the US as this too is another of our favorite times of the year!

What is a typical Sunday like in the Catalanotto household? – Usually up early and I make breakfast. After that, it’s off to church followed by some lunch.
and if the weather cooperates, we typically spend the afternoon out on our boat. There is a great little beach over by Rum Point and we usually meet up with friends and then after a stress-free day hanging out with family and friends, we jump back on the boat and head home.

**How does Rotary Sunrise apply to your family life?** – This year is quite a commitment and my family is supportive of my role. In order to balance my Rotary and family life, I try to engage my kids in some of the community activities. For example, a few weeks ago, Rotary Sunrise hosted a Birthday Party at the Pines Seniors home and both of my kids came along to serve (and eat) cake. Personally, I find it important to expose kids to the life of service!

**What my Rotary Sunrise Family means to me?** – I have made some great friends through Rotary and this year especially, Rotary is a huge part of my daily life. I am thankful for all that I have and I know that there are many others less fortunate so I continue to be encouraged to help. In addition, I am grateful for the influences of other Rotarians as it continues to keep me inspired.

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**Welcome 7020's District Governor Vance Lewis**

Vance Lewis joined the Rotary organization in 1991 as a Charter Member of the Rotary Club of Road Town. In 1994, he was voted Rotarian of the Year by his Club members. He has served his Club as Sergeant-At-Arms, Club Service Director, International Service Director, Vice President, President-Elect and as Club President in 1996-97.

Rotarian Vance is a member of District 7020’s Paul Harris Society, a Rotary Foundation Sustaining Member, a Multiple Paul Harris Fellow to Major Donor level, and a member of several Rotary Action Groups and Fellowships.
With a background in Telecommunications spanning some 36 years, Lewis rose through the ranks of Cable & Wireless starting as Technician Trainee in the BVI in 1972, becoming Branch Engineer in 1989, Vice President Network Services Leeward Islands in 1999 and in 2002 ascending to the role of Chief Executive in the BVI.

At the end of 2008, Vance retired from Cable and Wireless and started a Business Consultancy company, VM Professional Services Ltd, a telemedicine company and several other business ventures in which he is involved as Partner or Director. He is also currently a special advisor to the Government of the Virgin Islands in Energy and Telecommunications.

Vance has a son Trevon and a daughter Taryn. An avid sports enthusiast, he and his partner, Past President Monica Ramgeet, when not busy with Rotary, enjoy travelling, reading, networking and spending time with their families.

Did You Receive the FLU SHOT?
Submitted by Rotarian Enoka Richens

Why? To prevent Influenza.

The “flu” kills several thousand people each year in North America. Mostly these are senior citizens, people with chronic illnesses, those who have recently had a heart attack, stroke, on kidney dialysis or people who are immunocompromised i.e. cancer patients, AIDS patients etc. 

Who should get the vaccine? Adults, children over the age of 6 months and pregnant women in their 2nd or 3rd trimester.

When? Ideally before the flu season begins. Here in Cayman, it is available in medical clinics from about October 1st each year. Every year, you should get the new flu vaccine with updated antigen composition.

What? In Cayman, we administer the Fluarix vaccine. This is an inactivated influenza vaccine which complies with the WHO recommended strains for the Northern Hemisphere for the season 2012/2013. How: It is usually given as an intramuscular injection into the upper arm. Adults and children over the age of 3years (36months) receive 0.5ml. Children from 6months up to 36months receive 0.25ml.

Who should not have it? Anyone with a hypersensitivity to any of the components of the vaccine.
Anyone with an allergy to eggs, chicken protein, formaldehyde, gentamicin sulphate or sodium deoxycholate.

If you have an acute severe febrile illnesses postpone the vaccine until you are better.

What are the side effects? Pain and redness at the site of the injection. You can have low grade fever for less than 24hours. Any fever exceeding 100 C or lasting more than 24hours is not due to the vaccine, you should contact your doctor right away.

**Where?** You can get the vaccine at your family physician’s office or the Department of Public Health at the HSA. Some companies organize a flu vaccine clinic for their employees during the flu season.

“My friend got the flu vaccine last year and got the flu!": The Fluarix vaccine only prevents diseases caused by influenza viruses. It does not prevent infections with other agents causing flu-like symptoms.

Please get your flu vaccine and encourage your family, friends and co-workers to do the same.

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**Jingle Bell Walk/Run for Cayman Islands Crisis Centre**

Now in its tenth year, the Jingle Bell Walk/Run attracts hundreds of participants and has become the family event of the holiday season. With a protected venue off the main road, all members of the family young and old can safely participate. The first 300 registrants will get a momento t-shirt and everyone is treated to breakfast. Santa Claus has already confirmed his attendance!

The Cayman Islands Crisis Centre Jingle Bell Walk/Run is a major fundraising event for the shelter and finances much of its operating costs.

This is the last call for club member registration for the 10th annual Jingle Bell Walk/Run that will be held this Sunday 9th December in aid of the Cayman Islands Crisis Center.

As you know, we are a silver sponsor for this event and as such we are entitled to a **discounted registration rate of CI$20.00 (children under 12 are free) - include breakfast on the beach/tee-shirt/goodie bag.**
I would like to distribute your tee shirts and goodie bag this week, so if you are interested, please complete the registration form and bring in with your $20.00 on Wednesday.

Sunrise Christmas Party

Date: Tuesday, December 11, 2012 (or is it?) Other dates being proposed are Monday, December 17 or Tuesday, December 18

Location: Grand Old House – Deck Side
Time: Arrive for 5:45pm, Meeting/Party starts at 6pm sharp
Dinner Served: 6:30pm
Sinterklaas Plans to Arrive: 7:00-8:00pm
Music & Dancing
Price: $25 per adult; $13 5-11 years; Free for kids under 5 years

Following last week's meeting and concerns of having lower than normal attendance at this year's event we would like to propose two other dates. Grand Old House also has Monday, December 17th and Tuesday, December 18th available to host our event. If the majority of membership feels one of these alternative dates would ensure higher attendance then we will move the event from Tuesday, December 11th. The price has been confirmed but now we need a firm date. See you all tomorrow so we can vote on the date.

Notices & Reminders

Make-ups: In addition to make-up opportunities at Sunrise you can make up at another Club in
Rotary Club of Grand Cayman Central: Tuesdays at 7:30pm at Grand Old House
Rotary Club of Grand Cayman: Thursdays at 7:00am at The Black Trumpet, Camana Bay

Travelling: If you are going to be travelling for an extended period of time - more than two weeks be sure to let the Secretary know and remember to submit any make-ups you do in a timely manner.

Photos of the Week

Stories

Duty Roster for December 5, 2012
Posted by Gina McBryan on Dec 05, 2012

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

Greeter: Rotarian Berna Cummins
Grace: Rotarian chosen at random by President Tony - be on your toes
Four Way Test: Rotarian chosen at random by President Tony - be on your toes
Raffle: Rotarian Wendy Koll
Sergeant's Assistant: TBD
Sergeant: Rotarian Nigel Twohey

Sunrise Birthdays & Anniversaries for December
Posted by Gina McBryan on Dec 01, 2012

December Birthdays
David Reid, Dec. 02
Jennison Nunez, Dec. 05
Jennison Nunez, Dec. 05
Wendy Koll, Dec. 07
Niko Whittaker, Dec. 09
Conor Jennings, Dec. 10
John Lee, Dec. 20
Anthony Lawson, Dec. 22

Colleen Mellott, Dec. 29

**Sunrise Club Membership Anniversaries**
J.D. Mosley-Matchett, 5 years, Dec. 05
Sandra Finnegan, 1 year, Dec. 7
Betsy Kelly, 1 year, Dec. 07
Niko Whittaker, 2 years, Dec. 15
Christopher Anco, 2 years, Dec. 15
Paul Drake, 8 years, Dec. 15
Pavlov Rameau, 2 years, Dec. 15
Andrew Scott, 2 years, Dec. 15
Christian Cartagena, 3 years, Dec. 16
Eddie Balderamos, 5 years, Dec. 19
Colleen Mellott, 6 years, Dec. 20