



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

The Rotary Sun

The weekly newsletter of
The Rotary Club of Grand Cayman Sunrise

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Edited by
Christine
Sanders

Rotary Club of Grand Cayman Sunrise chartered April 18th, 2002
Meeting Place: Harvey's Restaurant, George Town * Wednesdays at 6:45am for 7am
Visit our website www.rotarysunrise.org.ky for more information on our Club

2007-2008 BOARD OF DIRECTORS

- President: J. Rosalie Jamieson
- President-Elect: Woodrow Foster
- Vice-President: Winston C. Connolly
- Secretary: Michael S. Levitt
- Treasurer: J. Paul Drake
- Immediate Past President: Hendrik Jan van Genderen
- Serjeant-at-Arms: Nigel Twohey
- Club Service Director: Dawn Cummings
- Community Services Directors: Andrew Salisbury & Maree Martin
- Fundraising Directors: Kim Remizowski & Olson Anderson
- International Service Director: Hazel Brown
- Vocational Service Director: Deborah Chambers

Meet Jonathan Adam

Jonathan was born in the UK in 1959, in Darlington in County Durham. Being the son of a police officer he moved around the north of England, most of his childhood being spent in the town of Hartlepool. He had early ambitions to be an actor. As a 5 year old he appeared on a BBC arts programme called "Omnibus" as the Prophet Elijah. Despite several years of amateur dramatics at school and beyond, his acting career never really progressed although he did appear in a South Korean Rolex watch commercial filmed in Manchester. Summer jobs revealed possible careers for which he was not cut out, including beach lifeguard (near drowning), welder's mate (flash burns) and private detective (sacked after two days).



Sport played an enormous part in his life, and still does. He was a competitive swimmer, played rugby, all of the racket sports and in his 30s played quarterback for an American football team in Yorkshire. He quarterbacked for the North of England against the South and played for a team in Germany. He was made Chairman of the British National Football league in the mid 90s.

He qualified as a solicitor in 1984 and went into criminal defence and matrimonial practice in Yorkshire. In his criminal practice he dealt with offences ranging from careless driving to homicide, and everything in between.

As a matrimonial lawyer he dealt with divorce and the ancillary matters of children and finances. He was authorised by the Law Society to conduct investment business and was trained in many aspects of investments and pensions law.

In 1998 he left the law, to move into the field of offshore financial planning and wealth management. After a spell with another company he set up his own in 2000 with two other partners, initially in Bermuda and then in 2005 here in Cayman, to service the residents of both.

He also founded and manages a property development business, undertaking developments in the UK and France.

Jonathan was married last year, to Sian, after 13 years together. Clearly compatible after so long they have a passion for skiing and motorcycling (having four motorbikes instead of a collection of children and pets). He is also a frustrated rock musician, tinkering with his electric guitar from time to time.

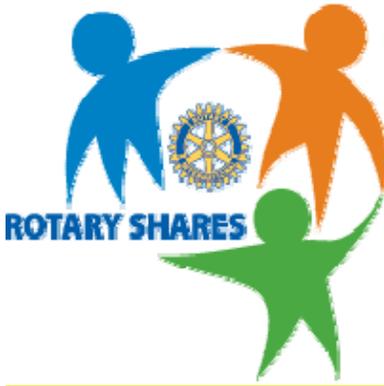
DUTY ROSTER November 14, 2007

- Greeter:
- Four-Way Test:
- Rotary Grace:
- Raffle:
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Definition of Rotary
"Rotary is an organization of business and professional persons united worldwide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world."



Foundation News - Message from Trustee Chair



Dear family of Rotary,

In 2004, The Rotary Foundation embarked on a new venture to boost its ability to do good in the world. The goal was to encourage every Rotarian to support Foundation programs by giving at least US\$100 to the Annual Programs Fund every year.

We've come a long way since the Every Rotarian, Every Year (EREY) effort began. Contributions to the Annual Programs Fund have nearly doubled – from \$55.8 million in 2002-03 to a record \$102.5

million in 2006-07.

But reaching the 2007-08 Annual Programs Fund goal of \$120 million is not merely about every Rotarian donating \$100. It's about each of us generously giving to the best of our ability. For some Rotarians, that amount might be \$100, for others \$1,000, for still others \$10,000.

By raising the bar for support of our Foundation, we can guarantee that its educational and humanitarian programs will be available to more people than ever before. More students will become Ambassadorial Scholars, and many more young professionals will take part in a Group Study Exchange. Increased donations will give greater access to safe drinking water, food supplies, and health care. Imagine once-malnourished children becoming doctors, newly literate people becoming teachers, and those in conflict areas becoming peacemakers.

Learn how Rotarians are turning EREY into high-energy fuel for the Foundation's programs by subscribing to the free [Every Rotarian, Every Year](#) newsletter . Let's open this promising pipeline of help even further to a hurting world, bringing with it greater hope for understanding and peace.

Robert S. Scott
Trustee Chair, The Rotary Foundation, 2007-08

Meet Garth Bryce

Mr. Bryce was born and schooled in Jamaica and after dissolving his company in 1998, he was given the opportunity to relocate to the Cayman Islands in 1999. He worked with KirkISS for 3 years in the capacity of Systems Consultant/Engineer. During his time at KirkISS he got the opportunity to work with almost all the industries in these Islands, assisting in the development of systems or implementing systems.

Garth is presently working at Truman Bodden & Company as their IT Manager. He is married to Francine.



Rotary by the numbers

- 1,221,298 Rotarians worldwide in 32,747 clubs in 532 Rotary districts.
- 161,874 Rotaract members worldwide in 7,038 clubs.
- 256,243 Interact members worldwide in 11,141 clubs.
- 150,558 RCC members worldwide in 6,546 Rotary Community Corps

2007-2008 Leadership
RI President:
Wilfrid Wilkinson
*

District 7020 Leadership
District Governor:
Richard McCombe
Past District Governor:
Alastair Paterson
Asst. Governor - Cayman:
Sophia A. Harris
*

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

Health Check - Prostate & Testicular Cancer

There will be a health check presentation during the meeting today focusing on awareness of men's health issues in particular, prostate and testicular cancer. Here are some of the key take home messages from the presentation.

The greatest risk factor for these two types of cancer is being male as both the prostate and the testicles are uniquely a part of the male reproductive system.

Prostate cancer is the most common cancer in men in the Western world. A man's lifetime risk of developing prostate cancer is 1 in 6, which is greater than that of a woman developing breast cancer (1 in 8). Traditionally, prostate cancer is considered a disease of older men and while it is true that risk develops significantly with age, prostate cancer can strike at any age. Prostate cancer is usually a slow-growing cancer and can be asymptomatic in many men.

Signs and symptoms of prostate cancer can be summarized as changes in patterns of urination e.g. more frequent urination, dribbling,. Men may also notice blood in their urine or semen.

Studies have shown that men of African heritage i.e. with dark colored skin are at great risk for prostate cancer and this may partially explain the high incidence of this type of cancer in the Caribbean region. The other major risk factor is family history particularly if your father, brother or son was diagnosed with prostate cancer before the age of 40. Contrary to popular belief there are few protective measures a man can take to lower his risk.

The significance of screening is debatable . However men should be aware of the screening options available and be screened on an annual or bi-annual basis beginning at the age of 50 or earlier if they are at high risk. While the PSA blood test is the modality most preferred by men this test has a high false positive / false negative rate. It is therefore recommended that men also have a digital rectal exam with "digital" in this case not referring to technology.

Testicular cancer has traditionally been diagnosed in men between the ages of 15 and 39 years of age but the incidence of testicular cancer is increasing globally and as it does, more men aged 40 and older are being diagnosed. Unlike prostate cancer, it is most common in white men.

The single biggest risk factor for testicular cancer is a medical condition that causes boys to have an undescended testicle at birth. It is very important that males know if they had this condition. Family history, especially if your son or brother was diagnosed with testicular cancer will also place you at elevated risk for testicular cancer.

Testicular cancer can develop rapidly and signs and symptoms of this type of cancer include a painless lump or swelling in either testicle, a significant enlargement or shrinking of the testicle, a change in how the testicle feels, a dull ache or feeling of heaviness in the lower abdomen, groin or scrotum, a sudden build-up of fluid in the scrotum, pain or discomfort in a testicle or scrotum.

The best way to decrease your risk of developing testicular cancer is to perform monthly testicular self-examination.

Neither prostate nor testicular cancer has to be a killer disease and men are being challenged to take charge of their health and visit their doctor on a regular basis.



Rotary Calendar of Events

November 2007

Saturday 17th Rotary Sunrise Mermaids at Reef Grill Dinner

Saturday 24th - Casino Night at Senor Frogs

December 2007

Rotary Club of Grand Cayman Christmas Tree Lighting
December 26th - Public Holiday Meeting Cancelled.

January 2008

January 2nd—1st meeting of 2008
January 20th— Family Brunch at the Foster Family home in North Side Joint Club Forum (TBC)

February 2008

Tuesday 5th Rotary Sunrise Dinner Club All About Curry at Taste of India (TBC)

February 14th - Rotary Foundation Gala Dinner

April 2008

April 16th meeting cancelled
April 18th - Charter Night

May 2008

May 6 - 10, 2008 District Conference, Paradise Island, Bahamas. Visit the conference website at www.district7020conference.com for more information.

June 2008

June 15 - 18, 2008 Rotary International Conference, Los Angeles, California

June 27th Changeover Dinner

Rotary Sunrise Birthdays & Anniversaries

Anniversaries

There are no Sunrise anniversaries this week.

Birthdays

There are no Sunrise birthdays this week.

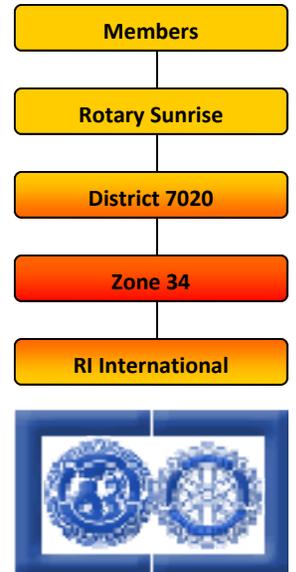
Rotary & The United Nations

Rotary International (RI) has a long and distinguished history with the United Nations (UN). At the organization conference of the United Nations held in San Francisco in 1945, the United States delegation invited RI to appoint consultants. Eleven Rotarians served in this capacity exerting influence on the humane aspects of the UN Charter., particularly Article 71. RI was granted consultative status and throughout the years prominent Rotarians have served as observers at various meetings. However, the right to make proposals has not been exercised since RI cannot claim to know the opinions of all Rotarians.

In October 1945 RI President T.A. Warren proclaimed a week in October as United Nations Week for simultaneous observance by Rotary clubs around the world to spread knowledge of the UN. In 1953, its designation was changed to World Fellowship Week in Rotary Service which now includes United Nations Day. In 1952 the RI Board of Directors adopted a Statement of Policy relating to the UN and this was confirmed in 1954. Over the years RI and Rotary clubs have published articles and booklets aimed at increasing awareness of the UN and have sponsored radio programs built around the United Nations and its work.

Many Rotarians have been involved in senior leadership positions with the UN from its inception including Carlos P. Romulo of the Philippines and a former Vice-President of RI. He signed the UN Charter and served as President of the General Assembly. He sent the following message to his Club while serving in this capacity and it perhaps sums up the sphere of influence of Rotary on the UN - *"Goodwill - the core of every Rotarian's service to his community - is one of the very essentials of this Union of States. Without goodwill no international agreement is possible. To this end, I propose, in the best tradition of goodwill known to Rotary to discharge the delicate and multifarious duties of my present office. I make public avowal of Rotary influence in having enriched my international outlook and human understanding, and in thus having helped to prepare me for this difficult responsibility."*

The relationship between Rotary and the UN continues to thrive with the current UN Secretary-General praising the work of Rotary around the world.



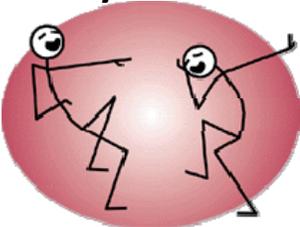
Grand Cayman Make-Up Opportunities

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 meets on Thursdays at 6:45 am for 7 am at Harvey's Restaurant

Sunny Smiles



*With age comes skills.
It's called 'Multi Tasking'*

I can

LAUGH, COUGH,

SNEEZE, FART

AND PEE

ALL AT THE SAME TIME

