



The Rotary Sun

The weekly newsletter of
The Rotary Club of Grand Cayman Sunrise

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Issue 30
Edited by
Christine Sanders

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

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

2008-2009 BOARD OF DIRECTORS

President:
Woodrow Foster
President-Elect:
Winston C. Connolly
Vice-President:
Michael S. Levitt
Secretary:
Deborah Chambers
Treasurer:
Dawn Cummings
Immediate Past President:
J. Rosalie Jamieson
Serjeant-at-Arms:
Richard Purdom
Club Service Director:
Bruce John
Community Services Directors:
David Watler &
David Reid
Fundraising Directors:
Toney Reid &
Perry Rombough
International Service Director:
Kim Remizowski
Vocational Service Director:
Marilyn Conolly
Fellowship & Public Relations Director:
Geoff Mathews

DUTY ROSTER 18th of February, 2009

Greeter: Director Bruce John
Four-Way Test: Rot. Mark Fagan
Rotary Grace: Rot. Claudette Saint-Reid
Raffle: Rot. Tara Bush

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Valentine's Day celebrations at Sunrise

Keeping up a long-standing Sunrise tradition, lady Rotarians and their guests were last Wednesday, presented with red roses and chocolates by the male members of the Board, in honour of Valentine's Day.



Top Left: Rotarians Colleen and Pauline with their roses. Top Right: Rotarians Christine and Maree pose for the camera with their roses. Bottom Left: Treasurer Dawn with VP Michael. Bottom Right: Rotarian Hazel and Director Marilyn are dressed in red for the occasion.



Rotary Conferences
Have you registered yet for the District Conference in St. Croix from May 5th - 9th?
Don't forget the International conference in Birmingham, England from June 21st - 24th.



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

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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

WI-FI for hospital

Having spent time in the maternity ward at the George Town Hospital, Emma Drake and her husband Paul thought it would be a good idea to have patient internet access. "The maternity ward at George Town Hospital is fantastic and the staff were excellent. I appreciate every-

thing they have done and I could not have asked for

more attentive and caring people to look after me and my children". In the past, patients staying in the maternity ward have had no access to the internet or emails. Rotarian Paul Drake, worked in partnership with Blair Lilford of MCS and Craig Merren of TeleCayman to see whether wireless internet (WiFi) could be installed on the ward for patient use. As a result, last month they flicked the switch, turning on the first WiFi hotspot at the hospital. They have confirmed that they would like to see WiFi hotspots introduced in other wards at the hospital. With people relying more and more on the internet to communicate and for entertainment, we expect wireless internet will become increasingly important to patients. This is especially true in the maternity ward where patients can now use the internet to talk, send photos and even stream video to friends and family around the world. If we see that there is a demand for free WiFi, we hope to be able to install other terminals in other wards.

Paul Drake has already secured corporate sponsorship from Genesis Trust & Corporate Services Ltd. Fosters Food Fair and Scotiabank, but he is always looking for additional sponsors! Blair Lilford from MCS, who provide IT support to many of the large companies in the Cayman Islands, took care of the technical side of the installation and Craig Merren at TeleCayman did not hesitate to offer free internet service when approached.

TeleCayman is a premium supplier of telecommunications services to both business and residents in the Cayman Islands. TeleCayman has a strong commitment to provide robust & cost effective services to the community and was delighted to team up on this project.



Blair Lilford from MCS with Rotarian Paul Drake from Genesis Trust and Craig Merren from TeleCayman

Health Benefits of Love

Apparently love and health are linked and there is research to prove it. Ten ways in which it has been proven that love and health are linked are: fewer doctor's visits, less depression and substance abuse, lower blood pressure, less anxiety, natural pain control, better stress management, fewer colds, faster healing, longer life, and last but not least happier life. To read about this in more detail visit <http://www.medicinenet.com>



National Gallery Memoirs of a Geisha Gala Fundraiser

When: Saturday, 7th March at 7:00pm

Where: The Westin Casuarina Resort

Cost: \$175 per person or \$1750 per table

Need more information or tickets? Contact the National Gallery of the Cayman Islands.

Chainsaw Warriors



Left: Rotarian Des tries to get the chainsaws in operation.

Below: PP Hendrik does some heavy lifting while in the background fellow Rotarians stare out to sea.



Board Games Party

The Fellowship Committee has organized a 'Board Games' Party at the home of Rotarian Berna Cummins in South Sound on Tuesday, February 24th. This event has been planned mid-week because the following day is a public holiday.

Games will include traditional board games including chess, checkers and snakes and ladders as well as other favorites such as dominoes and cards. If you have a favorite game be sure to bring it along. Rumor has it there may also be a fun quiz.

Cost is \$25 and includes sodas and beer as well as pizza, crisps and other party snacks. Guests wanting any other type of drink can bring their own bottle! Sign-up through Clubrunner or contact Director Geoff.



Make-up Opportunities

If you miss a weekly meeting there are several ways you can do a make-up and keep your perfect attendance!

You can attend a committee meeting, read with a kid on Friday mornings at 8am at Leading Edge, assist with a Club project or Junior Achievement or visit another club.



BRITCAY

Rotary Calendar of Events

February 2009

Tuesday 24th February - Board Games Night
 Saturday 21st February YCLA dinner. Contact PP Gordon for more information.
 Saturday 28th of February - Art@Governors
 Saturday 7th March Cayman Heart Fund Health Fair
 March 17th - Pot of Gold Raffle

April 2009

April 25th—Casino Night at Grand Old House

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

3rd February - IPP Rosie Jamieson
 5th February - Rot. Greg Brooks
 13th February - Rot. Clive Harris
 21st February - Rot. Hazel Brown
 23rd February - Rot. Raquel Solomon & Rot. Lynne Whittaker
 25th February - Rot. Gerry Mendez

Anniversaries

There are no Sunrise Rotarians with an anniversary in February.

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!

Sunny Smiles - George Carlin's views on aging

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions. "How old are you?" "I'm four **and a half!**" You're never thirty-six and a half. You're four and a half, going on five! That's the key

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. "How old are you?" "I'm **gonna be 16!**" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life. You **become 21**. Even the words sound like a ceremony . **YOU BECOME 21.. YESSSS!!!**

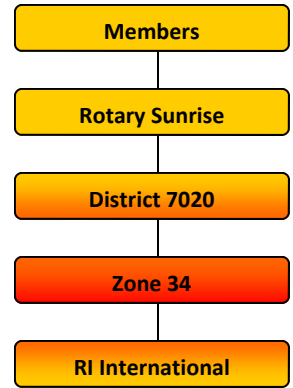
But then you **turn 30**. Oooohh, what happened there? Makes you sound like bad milk! He **TURNED**; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed?

You **BECOME 21**, you **TURN 30**, then you're **PUSHING 40**. Whoa! Put on the brakes, it's all slipping away. Before you know it, you **REACH 50** and your dreams are gone. **But wait!!!** You **MAKE it** to 60. You didn't think you would!

So you **BECOME 21**, **TURN 30**, **PUSH 40**, **REACH 50** and **MAKE it** to 60. You've built up so much speed that you **HIT 70!** After that it's a day-by-day thing; you HIT Wednesday!

You **get into** your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30 ; you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards; "I **Was JUST 92.**"

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!" May you all make it to a healthy 100 and a half!!



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)

All About Rotary Sunrise?

Do you think you know all there is to know about Rotary Sunrise? Take this fun quiz and check your knowledge.

1. How many members did we have on 14th February 2009?
2. How many Honorary Members do we have? Can you name them!!
3. How many lady members do we have as of 14th February 2009?
4. How many dental surgeons are members? Can you name them?
5. How many medical doctors?
6. How many television and/or radio executives? Can you name them?

1. 91
2. 7 - Eddie Balderamos, Rex Crighton, Emma Dinwiddly, Mariko Jack, Franz Manderson, Meg Paterson, Margaret Ramsay-
3. Hale
4. 29
5. 2 - Bob Kostich and Bert Thacker
6. 0
7. 2 - Shawn Wilcox (television) and Bryan Hollenbaugh (radio)



Pot of Gold Raffle

When: March 17th - St. Patrick's Day.

Where: To be confirmed.

Raffle books available from the Fundraising Committee.

