



# The Rotary Sun

10th June, 2009,  
Volume 2  
Issue 40  
Edited by Tara Handal

The weekly newsletter of  
The Rotary Club of Grand Cayman Sunrise

"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 guest 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:  
Tony Catalanotto &  
Perry Rombough  
International Service Director:  
Kim Remizowski  
Vocational Service Director:  
Marilyn Conolly  
Fellowship & Public Relations Director:  
Geoff Mathews



## Who will sell the winning ticket for the BMW 616i ?

Major fund raiser for this year is a huge raffle with three great big prizes and lots of little ones. First prize is a brand new BMW 116i car with all the bells and whistles, Second prize - a weekend getaway vacation package to Havana, Cuba worth \$1500 and third prize a \$500 gas coupon, and there are lots of other prizes donated by local businesses. Don't forget to sign up to sell your tickets, at one of the many different locations, over the weekends coming.

## DUTY ROSTER 10th June, 2009

Greeter: Rotarian Ciara Neill  
Four-Way Test: Rotarian Johnathan Adam  
Rotary Grace: Rotarian Shannon Sylvestre  
Raffle: Rotarian Des Ebanks  
Serjeant: Rotarian Richard Purdom

## Rotary Conferences

Don't forget to register for the International conference in Birmingham, England from June 21st - 24th.





**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

## Your swine flu questions answered

### Q: What are "swine flu" and "bird flu"?

A: Flu is a disease caused by the influenza virus. Humans, pigs, birds, and other animals all can be infected by influenza viruses. Typically, influenza viruses can infect only one species, so the influenza viruses of humans are different from those of pigs and birds. However, sometimes a virus can infect more than one species. For example, pigs sometimes can be infected not only with pig influenza viruses, but also with human and bird influenza viruses. Then these viruses can sidle up to one another and swap genes, creating new viruses that have a mix of genes—from human, pig, and bird viruses. That is what has happened with this new swine flu virus. Sometimes this swapping of genes allows a virus that was originally able to infect only pigs or only birds to also infect humans. When that happens, we refer to the illness as "swine flu" or "bird flu." This current virus could actually be called "swine/bird flu," since it has some genes from pig flu viruses and other genes from bird flu viruses. However, for simplicity's sake, it is just being referred to as "swine flu."

### Q: Are swine flu or bird flu viruses dangerous?

A: Most viruses that cause swine flu or bird flu are very hard to pass from one human to another: they don't cause epidemics. Sometimes, however, further changes in genes create a virus that can spread rapidly among humans, and can produce a more severe illness. One reason this illness is more severe is that the virus is so new. The regular flu that comes each year is caused by a regular human influenza virus that often has similarities to the viruses that have caused the flu in years past, so people have some degree of immunity to the latest virus. The unusual swine flu or bird flu viruses that develop the ability for person-to-person spread are so different that people have little or no immunity to them. That is what some experts worry may be happening with swine flu.

### Q: Can this new swine flu virus be easily transmitted from person to person?

A: Unfortunately, the new swine flu virus can be transmitted between humans. It is not clear yet how easily it is transmitted, nor how it is transmitted. Almost surely it is transmitted by sneezing and coughing, and by skin-to-skin contact (like shaking hands or kissing) with an infected person.

### Q: How sick do people get from this virus?

A: Most people infected with the virus have recovered from the illness. In fact, all of the people in the U.S. have recovered.

However, in Mexico, some people have kept getting sicker, and eventually died. The regular flu viruses that come each winter can occasionally cause severe illness and death. Most often, this happens in very young children or frail elderly people. What worries some experts is that many of the deaths in Mexico have been in young, healthy adults. In past pandemics, like the influenza pandemic of 1918 to 1919, it was also young, healthy people who were most likely to die. Experts are puzzled as to why the infection currently appears to be worse in Mexico than in the U.S.

### Q: Are there treatments?

A: As of now, the new virus is killed by two antiviral medicines—oseltamivir and zanamivir. Based on experience with other flu viruses, treatment would be most effective if given within 2 days of the onset of symptoms. As long as this current swine flu virus is infecting people, it is likely that health authorities will recommend that people with more severe illness take these medicines.

On the other hand, there is no proven benefit from using the medicines before symptoms develop, and there is proven harm: unnecessary widespread use of these drugs could produce



drug-resistant viruses.

There is no vaccine yet for the new virus, and the Centers for Disease Control and Prevention (CDC)

**Q: How do I know if I've caught swine flu?**

A: The initial symptoms of this flu virus are like those of the regular, annual flu viruses: fever, muscle aches, runny nose, and sore throat. Nausea, vomiting, and diarrhea may be more common with this swine flu than with the regular flu. If this epidemic hits your community and you develop flu-like symptoms, it is likely your doctor will take samples from your throat or material you cough up and send them to the state public health laboratory for testing.

**Q: How do I protect myself?**

A: To protect yourself from catching swine flu, take the same steps you would to prevent getting any cold or flu:

- Wash your hands or use alcohol-based hand cleaners frequently.
- When you greet people, don't shake hands or exchange kisses.
- Avoid contact with people with flu symptoms.

And to protect others, if you develop sneezing and coughing, be sure to use as expressed doubt that this year's regular flu vaccine will offer protection. tissues to wipe your nose and cover your mouth, and to throw the tissues in the trash or toilet bowl.

**Q: How long are people contagious?**

A: Adults should be considered contagious until at least 7 days after the start of symptoms; with children, it may be 10 to 14 days.

**Q: Can you get swine flu from eating pork?**

A: Absolutely not. But, as you probably know, you need to cook pork thoroughly to avoid getting other illnesses that can be spread by undercooked meat.

What are those symptoms?

**For adults, teens, and kids aged 3 to 12, the most worrisome symptoms are:**

- Shortness of breath
- Persistent vomiting
- Confusion
- Dizziness

**For children younger than 2, the most worrisome symptoms are:**

- Very rapid breathing
- Not interacting normally, not eating or drinking normally, being unusually irritable, or appearing unusually sleepy
- High fever and rash
- A bluish color of the lips and skin

**Q: Where can I get more information?**

A: For updated information from the CDC, go to: <http://www.cdc.gov/swineflu> or visit [Harvard Health Publications' Flu Resource Center](#).

Reprinted from *Swine Flu: How to understand your risk and protect your health*, a Special Health Report from Harvard Medical School, © 2009 by Harvard University. All rights reserved.

## Rotary Calendar of Events

### June 2009

Friday 26th June Changeover Night

### July 2009

Saturday 18th July 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

10th May - PP Gordon Hewitt

11th May - Toney Reid

19th May - Woody Foster

20th May - Michael Levitt

23rd May - John Epp

27th May - Marilyn Conolly

#### Anniversaries

4th May - Steen Elverdal

16th May - Tim Dailey

17th May - PP Chris Bowring

25th May - Rex Crighton

#### 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!



**Cayman Islands  
Yellow Pages®**

[www.caymanislandsyp.com](http://www.caymanislandsyp.com)



**CAYMAN  
yp2go.ky**



**BRITCAY**

# Ellen Krieger's Kitchen Sink Cookies

(Super healthy. A favorite in my house!)



- 2 tablespoons unsalted butter, softened
- 2 tablespoons canola oil
- 1/3 cup light brown sugar
- 1/4 cup applesauce
- 1 egg white
- 1 teaspoon vanilla
- 2/3 cup whole-wheat pastry flour
- 1/2 cup oatmeal
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/4 cup chopped dried cherries
- 1/4 cup chopped dried apricots
- 1/4 cup lightly toasted walnuts
- 2 ounces dark chocolate, cut into chunks

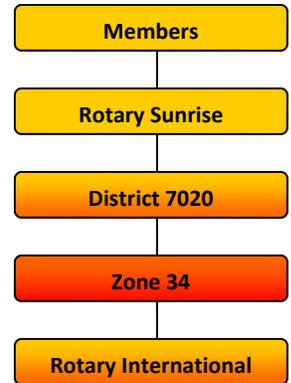
Cooking spray

## Directions

Preheat oven to 375 degrees F.

Combine butter, oil and brown sugar in the bowl of a stand mixer and mix on high speed, stopping occasionally to scrape down bowl, until mixture is light and fluffy, about 2 minutes. Add applesauce, egg white and vanilla and mix to combine. Add flour, oatmeal, salt and cinnamon and mix just until just combined. Add cherries, apricots, walnuts and chocolate and mix to combine.

Spray 1 baking sheet with cooking spray. Using 1 tablespoon cookie dough at a time, roll into balls and place 2-inches apart on baking sheet. Press cookies down with the palm of your hand to flatten slightly, as cookies will not spread as much as cookies with more butter. Bake for 12 to 14 minutes, or until lightly browned but still soft. Remove from oven and cool on racks.



## Grand Cayman Make-Up Opportunities

Rotary Central meets on Tuesdays at 7:00 pm for 7:30pm at The Post Restaurant

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)

