



"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

17th June, 2009,  
Volume 2  
Issue 42  
Edited by Tara Handal

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

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President-Elect:  
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Fellowship & Public Relations Director:  
Geoff Mathews

## DUTY ROSTER 17th June 2009

Greeter: Rotarian Tara Handal  
Four-Way Test: Rotarian Douglas Murray  
Rotary Grace: Rotarian Steven Sokohl  
Raffle: Rotarian Des Ebanks  
Serjeant: Rotarian James Chiweshe

## Rotary Fellowship Month

June is Rotary Fellowships month. The Rotary Fellowship program fosters international fellowship, friendship, and service among Rotarian interest groups. You can connect with Rotarians in other areas of the world who have similar hobbies or interests, share ideas and develop service projects. These groups create life-long friendships and keep members active in Rotary by helping to sustain their interest and further inspire commitment.

There are nearly 100 Rotary Fellowships. They encompass a wide variety of vocations and avocations, ranging from sports and hobbies to professional interests. They all serve as a way to extend international fellowship, friendship and service. These "interest" groups offer members an opportunity to share their passion for a particular interest with like-minded Rotarians.

Often times, these special interests or talents can be used to serve others. For example: Canoeing Rotarians have organized cleanups of polluted rivers; Computer Users Fellowship members conduct training sessions on how to use electronic media to Rotarians and other folks in their community; Rotarians with Repaired Hearts (aka the "Zipper Club") have provided life-saving surgeries to disadvantaged children with severe heart defects.

Rotary Fellowships began informally in 1928, when a group of Rotarians with a shared interest in Esperanto got together. In 1947, the Yachting Fellowship group organized and began flying the Rotary flag from their crafts. The scope of Rotary Fellowships has changed much over the years, but today their common purpose is still to unite Rotarians in friendship and provide venues for enjoying their favorite recreational or professional activities.

RI has established specific policies for forming a Rotary Fellowship. The Board of Directors evaluates and approves each new group before it receives official recognition. Each fellowship operates independently of RI, with its own rules, dues, requirements and administrative structure.

If you have a special interest and would like to see if other Rotarians have a similar interest, all the different Rotary Fellowships are listed on-line. Just a small sampling of Fellowships include ones involving: Accountants; Bird Watching; Bridge; Cycling; Doll Lovers; Drug Abuse Prevention; Environment; Home Exchange; Marathon Running; Old and Rare Books; Quilters; Railroad; RVs; Stamps, Scuba Diving; and Wine.

If you check out the list and find your particular passion is not already organized. The Rotary Fellowships Handbook will give you all the information you need on how to organize and have RI sanction a new interest group. Rotary is an international service organization that brings together folks with like-interests and values. The Rotary Fellowships is just one of the many ways this mission can be carried out

## 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

# Why People find Change so Hard

by Shannon Sylvestre

Change is hard - so hard in fact, that most of us avoid it at all costs. But by avoiding change, we create even bigger problems, like lost opportunities.

I can relate. I've had to make some major changes in my life and each time they were painful. I usually fought the changes until I reached my misery threshold, then reluctantly did something rash to escape a potentially bad situation.

Each time I needed to make a change, I was afraid because I didn't know what was coming. Most people like predictability and sureness. Change means stepping into the unknown and losing your comfortable routine, and that's frightening.

I also knew, to a large degree, I had to give up control. Sure, I prepared as well as I could, but I couldn't run everything. Change involves so many factors that you just can't manipulate all of them.

Developing a sense of humor about life's changes is a great technique that can actually lead to better overall health, as well as simple stress management. That's because, aside from the health benefits of laughter (which are numerous and significant), having a sense of humor about life's difficulties can provide a way to bond with others, look at things in a different way, normalize the experience and keep things from appearing too overwhelming or scary. Properly developed, a good sense of humor can keep people strong.

### *A couple of tips:*

**Start with a smile** - Studies show that having a smile on your face can release endorphins, which make you feel better and can lead you to actually feeling more happy (rather than just looking more happy). If you can put a smile on your face, the laughter will come more easily and the stress will melt more readily.

**Take a step back** - When you're in the middle of a difficult situation, it can seem overwhelming. If you try and see your situation as an observer would, it's easier to recognize what's funny.

**Value the extremes** - If your situation seems ridiculously frustrating, recognize the potential humor in just how ridiculously frustrating and annoying it is. In your imagination, take the situation to an extreme that becomes even more ridiculous, until you find yourself amused.

**Have a fun buddy** - Find a friend with whom you can laugh! You can each share your frustrations, and laugh about them in the process. Even if your friend isn't there, you can lighten your mood in a difficult situation by thinking about the retelling that will happen later.

People have deep attachments to their work groups, organizational structure, personal responsibilities and ways of accomplishing things. When any of these are disturbed, whether by personal choice or through an organizational process from which you might feel quite removed and uninvolved, a transition period occurs. During this transition people can expect to experience a period of letting go of the old ways, as they begin moving toward the new.

**"The world hates change, yet it is the only thing that has brought progress."**





Guess who's exotic hair-do?



### 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

- 11th June - Tara Bush
- 20th June~Glen Trenouth
- 24th June - Desmond Ebanks
- 24th June Anthony Scott
- 29th June - Mark Macfee
- 30th June - Paul Drake

Anniversaries

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!



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## Wednesday Morning Funny

Bob died.

His will provided \$40,000 for an elaborate funeral.  
As the last guests departed the affair, his wife Sharon turned to her oldest and dearest friend. 'Well, I'm sure Bob would be pleased,' she said.  
'I'm sure you're right,' replied Brenda, who lowered her voice and leaned in close.

'How much did this really cost?'

'All of it,' said Sharon. 'Forty thousand.'

'No!' Brenda exclaimed. 'I mean, it was very nice, but \$40,000?'

Sharon answered, 'The funeral was \$6,500. I donated \$500 to church. The whiskey, wine and snacks were another \$500. The rest went for the Memorial Stone.'  
Brenda computed quickly. '\$32,500 for a Memorial Stone? How big is it?'



Members

Rotary Sunrise

District 7020

Zone 34

Rotary International

### 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)

