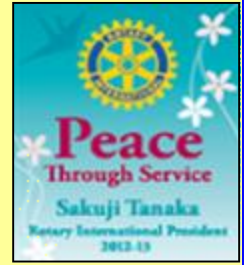


ROTARY GRIQUA

The Official Bulletin of
The Rotary Club of Kimberley
(Chartered 20 August 1951)

6 May 2013



**Rotary District
9320**

RI President
Sakuji Tanaka

**District 9320
Governor**
Dave Briggs

**AG Kimberley
& Bloemfontein**
Barry Downs

Club President
Pete van Zyl

Club Board
Allison Fletcher
Ken Quinn
Peter Thomas
Corlia v Tonder
Amanda van Zyl
André Oberholzer
Philip Maritz

Club Meetings
Kimberley Club
Monday
12:45 for 13:00

Bulletin Editor
Barry Downs

Meeting Report - 29 April

Corporal André opened the meeting with grace, the Four Way Test and a toast to South Africa.

President Pete made some announcements:-

- He enlightened us with some preliminary details of the forthcoming (9-11 May) Rotary Family Health Days, and sent around a provisional duty schedule for confirmation by those who had volunteered to assist.
- He congratulated the NCHS Interact Club on having raised over R11k for CANSA's recent Relay For Life fund-raiser. That club is still actively involved in a number of community projects.
- All present agreed that we should make our customary annual donation to Meals On Wheels.

Andre reported on the forthcoming Night At The Races, and distributed tickets for all to sell. He also handed out some posters to be displayed around town.

Gill reported that she had attended the Relay For Life prize-giving on behalf of the club. She continued by reminding us all of forthcoming Dates & Duties.

Ken, having received a number of apologies, reported our attendance as 16/22 for 72.7%.

Sharon Elliot (Kimberley's diabetes lady), told us about the causes and effects of diabetes [see page 2 for details]. After her talk she tested blood samples from a couple of us.

Corporal André raked in a supply of shekels for the benefit of TRF by means of some anecdotes, and finally closed the meeting with his thought-provoking tailpiece from the American activist Cesar Chavez (very much in line with Rotary's ideals):-

"We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own."

Last meeting's attendance—73%

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RC Kimberley & FaceBook: www.rotarykimberley.org.za
District 9320 & FaceBook: www.rotary9320.org.za
RI: www.rotary.org

TYPES OF DIABETES

(Source: *Diabetes South Africa*—www.diabetessa.co.za)



There are three main types of diabetes:

Type 1 diabetes - occurs when the pancreas stops producing insulin. It usually starts in young people under the age of 30, including very young children and infants, and the onset is sudden and dramatic. People who have type 1 diabetes must inject insulin to survive. Insulin dosages are carefully balanced with food intake and exercise programmes.

Type 2 diabetes - is caused when the insulin, which the pancreas produces, is either not enough or does not work properly. Approximately 85 - 90% of all people with diabetes are type 2, and many people who have this condition are undiagnosed.

Most type 2's are over 40. They are usually overweight and do not exercise. Type 2 diabetes may be treated successfully without medication. Often loss of weight alone will reduce glucose levels. Eating patterns and exercise play important roles in management. Tablets may be prescribed to help improve control, however, many type 2's will eventually use insulin.

Although type 2 is, in itself, not life threatening, in many ways it is more dangerous than type 1, as it's onset is gradual and hard to detect. High blood glucose levels over a long period of time can cause serious damage to the delicate parts of the body and lead to blindness, heart attack\stroke, kidney failure, impotence and amputation.

Gestational diabetes - is a temporary condition that occurs during pregnancy. Both mother and child have an increased risk of developing diabetes in the future.

How Do You Know If You Have Diabetes?

Early diagnosis of diabetes is extremely important if complications are to be prevented or delayed. If you are over 35 and have any of the risk factors highlighted in the "Who is at Risk" section, you should be tested every year.

A simple finger-prick test at your local pharmacy or clinic can diagnose the strong likelihood that you may have diabetes within a minute.

(Continued on page 3)

(Continued from page 2)

Who is at risk?

Risk factors for developing diabetes include the following:

- Being aged 35 or over
- Being overweight (especially if you carry most of your weight around your middle.
- Being a member of a high-risk group (in South Africa if you are of Indian descent you are at particular risk).
- Having a family history of diabetes
- Having given birth to a baby that weighed over 4kg at birth, or have had gestational diabetes during pregnancy
- Having high cholesterol or other fats in the blood
- Having high blood pressure or heart disease

The new District 9370 web



Have you checked and updated your personal Rotary profile recently?

All Rotarians of the new District 9370 can now login to the Admin section of the D9370 web (at rotary9370.org.za) - no need to wait until 1 July. You just need to acquire your personal Login Name and Password. Click on the Login link near the top right of any page. Then follow the instructions for "New and existing users - Retrieve your password". Your Login Name and Password will be sent to your email address - don't forget to make a note of them—they are NOT the same as those for RI Member Access.

Once you login, **you will be able to update your own profile**, download **Club and District Directories**, communicate with **other D9370 Rotarians**. And depending upon **your position in your Club and in the District**, there will be other things you can do.

When you update your own profile (which should be everybody's priority, once your club executives have activated the integration between the RI's and D9370's ClubRunner databases—RC Kimberley is already integrated), don't forget to provide a suitable head-and-shoulders photo for the edification of those who don't know you, and the entertainment of those who do.

If your email address has not yet been recorded in your D9370 profile (perhaps RI was never notified of it), or if it is incorrect, then it needs to be entered or corrected by somebody who has the appropriate editing rights. For example, your club's current President or Secretary, or at the moment more likely the President Elect, or, in the last resort, a D9370 web Administrator. Until this is done you will not be able to acquire your own D9370 Login Name and Password.



Kimberley Rotary Club Calendar

(Meetings: 12:45 Monday lunchtime at the Kimberley Club—unless otherwise stated)



May—No Rotary designation

- 9-11 Rotary Family Health Days event in conjunction with Kimberley South & the DoH
- 31-1 Fellowship at Mokala Park

June—Rotary Fellowships Month

- 7 “Night at the Races” with the Kimberley Club
- 14 President Elect Janine Snyders’ Induction Dinner
- 31 **The last day of District 9320**

July—No Rotary designation

- 1 **The Birth of District 9370**

August—Membership and Extension Month

- 2-3 Club Officers’ training in Ladybrand

Dates & Duties

If you are unable to perform a duty, please make sure you arrange a replacement.
(and please advise Barry by email or SMS of any changes)

Fellowship

12:30 Welcome Rotarians & Guests. See that Rotarians wear their name tags and that guests are welcomed.

- May 6 Chris Louw & Philip Maritz
- May 13 Hugh McGibbon & Judy Morrison
- May 20 André Oberholzer & Div Pretorius
- May 27 Gill Quinn & Ken Quinn

Corporal

Grace, 4-Way Test, Toast to SA – Fines – Tailpiece.

- May 6 Div Pretorius
- May 13 Gill Quinn
- May 20 Ken Quinn
- May 27 Suzette Rautenbach

Birthday Greetings

- May 8 Ken Quinn
- May 12 Hugh McGibbon
- May 15 Hentie van Niekerk
- May 16 Barry Downs

Wedding Anniversaries

- May 17 Philip & Shirley Maritz
- Jun 28 Barry & Gill Downs
- Jul 16 Gordon & Shirley Dally (Honorary)
- Aug 7 Royden & Judy Morrison

Induction Anniversaries

- | | | |
|--------|-------------------|------|
| May 17 | Corlia van Tonder | 2010 |
| Jun 2 | Janine Snyders | 2008 |
| Jun 3 | Philip Maritz | 1981 |
| Jun 6 | Gill Quinn | 2005 |

Coffee Club



10:00 at the “Hole in the Wall”

- May 7 Jannie Jacobs ??
- May 14 Peter Thomas
- May 21 Corlia van Tonder
- May 28 Pete van Zyl

Coffee Club Birthday Greetings

Changes—please advise Barry Downs

- May 10 Ron Wilson
- Jun 14 Piet vd Merwe
- Jul 15 Mark Harding
- Aug 8 Derek Preece

Disclaimer

The views expressed in this newsletter are those of the editor and the contributors. They do not necessarily reflect the views of the Rotary Club of Kimberley, of Rotary District 9320 or of Rotary International.

Griqua Goodies

No man has a right to bring up his children without surrounding them with books.
Horace Mann—the first great American advocate of public education.