



Lend a Hand

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**St. Simons Island Rotary Club**

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**Community Service** Tom Parker

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**Programs & Fellowship** Kevin Lokey

**Vocational Service** Ted Wright

On-Line Makeup

[www.rotarydistrict6920.net](http://www.rotarydistrict6920.net)

**Give it a Try!**

Rotary Club of St. Simons • Founded in 1950

Meets Tuesday 1 P.M. - Sea Palms Golf & Tennis Resort

Rotary Club of St. Simons • P.O. Box 21887 • St. Simons Island, GA 31522

[www.rotarydistrict6920.net](http://www.rotarydistrict6920.net) • [www.rotary.org](http://www.rotary.org) for Rotary International



**Rotary Club  
St. Simons Island  
Georgia, U.S.A**

**District 6920**

**Rotary Spray  
October 14, 2003**

**Today's Program:  
Valerie Evans Goddard,  
Get Off the Interstate**

**Area Rotary Clubs**

Club	Meeting	Day & Time
Brunswick	P.G. Archibald's, Brunswick	Thu. 1:00 P.M.
Glynn County	P.G. Archibald's, Brunswick	Wed. 7:30 A.M.
Jekyll Island	Jekyll Island Club Hotel	Wed. 8:00 A.M.
St. Simons Island	Sea Palms (Confirm before attending)	Tue. 1:00 P.M.
SSI Marshes of Glynn	Epworth	Thu. 7:30 A.M.

### **Managing Editor & Publisher**

John Buchanan

### **Staff Reporters**

Lead – Susan Hardwick

Barbara Chal

Kevin Lokey

Maria Vogt

### **Attendance**

Last Meeting: 66.6%

### **Rotabucks**

\$50 won by Juanita (from Sea Palms Resort)

### **Wellness**

- Bob Kestor—Some improvement.
- Bill McDougall—Undergoing tests at St. Vincents.
- Homer Starr—Condition about the same.

### **Prospective Members**

- Fausto Gardini sponsored by John Buchanan

### **Visiting Rotarians**

- Dan Johnson—Neenah, WI.

### **Guests - Hosts**

- Bill Collard—Alyssa Mansfield

### **Makeups**

- Rick Powers – Marshes of Glynn

### **Upcoming Programs**

Oct. 21: Classification Talks

### **Greeters**

10/14 Dwight Plyler

Rick Powers

10/21 Jack Rayfield

Don Robertson

### **This Weeks Birthdays**

- Kent Taylor Oct. 14
- Bill Keim Oct. 16



**Special Report, The Rotary Foundation** - John Law spoke during last week's Oct. 7 club meeting, updating the counts for the Paul Harris Fellows (71) & the Paul Harris Sustaining Members (38). John distributed a paper providing member names and other information. He is making himself available following the meeting for member and prospective member contributions. The goal is 100% participation, with contributions accepted for as little as \$100/year. A drawing will be held for a T-Bird model automobile to be presented to a new contributing member in June, 2004.

### **Last Week's Program**

**Aimee Lamb, PA-C, MMSC**

**Diabetes and You**



Clyde Taylor introduced Becky Farrow, who in turn introduced Aimee Lamb. Aimee graduated from Eastern Michigan University and attended Emory University, receiving her Masters in Medical Science. Aimee is a certified Physician's Assistant with the Coastal Associates of OB-GYN,P.C., practicing with Dr. Henry Flournoy. Amy was diagnosed with diabetes at age 23. Highlights of Aimee's presentation follow.

Diabetes is a group of diseases characterized at diagnosis by a high blood level of sugar, or glucose. In type 1 diabetes, the production of insulin is cut off by the body. In type 2, the body makes less insulin than needed. Type 2 is nearing epidemic proportions in the U.S. and much of the following addresses type 2.

Risk factors for type 2 diabetes you cannot change: age (there is a steep rise in prevalence after age 45); family history (type 2 runs in the family - parent, brother or sister); some racial/ethnic groups; and gestational diabetes or large babies. Risk factors you can change: overweight; physical inactivity (no exercise and sedentary lifestyle); low HDL-cholesterol and high triglycerides; and high blood pressure. All people over 45 and all having any of the risk factors should be screened by a health professional.

Three ways to diagnose diabetes are: (1) symptoms such as frequent urination, thirst, and unexplained weight loss, plus a "casual" glucose level of 200 mg/dl or higher; (2) a fasting plasma glucose level of 126 mg/dl or higher; (3) A glucose tolerance test showing the level as 200 mg/dl or higher 2 hours after beginning of the test. Primary goals in management of type 2 diabetes are blood glucose control, blood lipid control and blood pressure control. Also, progressive treatment includes the critical goals of healthy eating and physical activity, possible oral diabetes medications or possible addition of insulin. Amy discussed spot checks of sugar levels and the A1C measurement.

Diabetes is a "silent killer" and can cause heart disease, stroke, high blood pressure, blindness, kidney disease, nerve damage and amputations. Aimee discussed each of these, including the risk of smoking and importance of regular exercise, eye exams, proper and balanced diet and effective medications. Slides were presented throughout the presentation showing acceptable and unacceptable glucose, cholesterol and blood pressure levels. Among Aimee's closing messages, "You have the best chance of staying healthy and reducing your risk of diabetes if you get and keep your glucose, lipids and blood pressure to the target levels we've discussed."