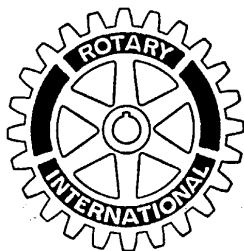


Check our web site – www.waunakeerotary.org



Waunakee Rotary Club

Aug. 3, 2006
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Sal Al-Ashkar discussed diabetes and its impact on the people of the U.S. at the July 27 meeting of the Waunakee Rotary Club.

Sal was born in Palestine and has lived in Madison since 1975. He is a biochemist and has worked in the agriculture chemical business. He is president of the Central Lions Club.

Diabetes is a marked increase in blood glucose caused by an insufficient supply of insulin. If not controlled, the disease can have serious implications.

About 2,400 people are diagnosed with diabetes in the U.S. every day. About 20 million people in the U.S. have the disease, and 5.2 million don't know it.

Some signs of the disease are frequent urination, fatigue, thirst and hunger, a burning or tingling in the feet, blurred vision and slow-healing sores.

Diabetes can cause complications such as heart and kidney problems, sexual dysfunction, stroke and vision problems. Diabetes is a major cause of death and often is involved in death from other causes. It is the top cause of adult blindness and non-traumatic amputation.

Diabetes can be controlled by diet, exercise and portion control. Keep plenty of vegetables, fruit, whole grains and high protein in your diet, Sal urged. For diet guidance, Sal recommends that you go to the web site, mypyramid.gov.

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Other items:

•Larry Felsheim announced that he'll be moving to a new home on wheels and make himself scarce for about a year. We'll need a new chair for the Service Club Olympics.

•This year's Olympics was a lot of fun, with a fair amount of participation from Waunakee Rotarians, Larry said.

•Madison Downtown Rotary is working to set up a Rotary Exchange Program trip to France next summer. Contact president Drew Lawrence if you're interested.

•Mary Weber presented a banner from Wausau Rotary to the Waunakee club.

Guests: Luke Tierney, guest of Greg Garton; Brandon Leonard, guest of Jim Leonard; Mitzi Kust, guest of Robert Tucker; Brent Fahlgren and Robert Fahlgren, guests of Wendy Fahlgren; Kelly Cefalu, guest of Kathy Cefalu.

Visiting Rotarians: Ralph Montello, Marco Island; Sandra Montello, guest of Ralph; Debbie Fox-Schroeder, Sun Prairie.

Birthdays: Aug. 3, Drew Lawrence; Aug. 4, Jon Townley; Aug. 5, Jim Leonard.

Anniversaries: Aug. 4, Rich and Carolyn Harris; Aug. 5, Lynne and Ken Spielman.

Prayers: Aug. 3, Leonard Allen; Aug. 10, Kim Wilde; Aug. 17, Pat Durden; Aug. 24, Msgr.

Calendar of Events:

September, Rustic Road Rally
Sept. 30-Oct. 1, Oktoberfest

Kramer; Aug. 31, Larry Felsheim.

Programs: Aug. 3, Club Assembly; Aug. 10, Wisconsin Sports Development Corp, Ron Vincent; Aug. 17, ???; Aug. 24, Professor Denis Collins on Lessons from Enron.

Greeters: Aug. 3, Ellen Schaaf and Jim Schmitz; Aug. 10, Gene Smith and Lynne Spielman; Aug. 17, Dan Statz and DuWayne Statz.

Facts...from the Internet...so you know they're true:

•Many years ago in Scotland, a new game was invented. It was ruled "Gentlemen Only...Ladies Forbidden." That's where we get the word GOLF.

•The first couple to be shown in bed together on prime time TV was Fred and Wilma Flintstone.

•Every day, more money is printed for Monopoly than the U.S. Treasury.

•Coca-Cola originally was green.

•The percentage of Africa that is wilderness: 28 percent. The percentage of North America that is wilderness: 38 percent.

See you Thursday!