

# The Swainsboro Kiwanian

November 17, 2009

President David Bartram opened the meeting by asking Bobby Seamans to lead the Pledge and Bob Losser to offer the invocation.

**Note of Sympathy:** The club offers deepest sympathy to Jim and Linda Dekle in the recent passing of his mother.

**Guests:** Believe it or not, we had no guests with us last night other than our speaker.

Next week is the fourth Tuesday, and David Bartram, Ed Bolton, Tim Goodman, Bob Losser, Jim Dekle, Paul Cerpovicz, and Jesse Hackle are invited to bring their spouse or a guest.

**Sports:** Tobe Karrh had a lot of sports news last night. Swainsboro High and ECI both won and have a chance at the playoffs. In other local sports, the EGC Bobcats played their first home game. Both the men and the women played an outstanding game, but came out on the short end at the final buzzer. Collegiate football winners included both Georgia and Georgia Tech, Virginia, Florida, Samford, LSU, Alabama, North Carolina, and Michigan State.

**Court:** Judge Charles Brewer recessed court for the evening. I heard a couple of sighs of relief at that announcement.

**Program:** Travis Garrett was program chair for the evening, and he invited Dr. Kemp Jones, a local optometrist to present the program. Dr. Jones brought us an interesting and informative program on diabetes and vision. He told us that seven percent of the population has diabetes, but about half of them don't know they have it. He went on to say that diabetes is one of the leading causes of blindness. There are two types

of diabetes. One of them is insulin dependent, which usually begins when a person is less than 20 years old. In this case a person must take insulin shots to control their diabetes. The other type is non-insulin dependent and begins in adults, generally over the age of 40. This type can usually be controlled by diet and exercise.

Diabetes can damage blood vessels in the eye, and this is what causes the blindness. Symptoms of diabetes include frequent urination, especially at night, unusual thirst, blurred vision, and fatigue. Dr. Jones urged anyone experiencing any of these symptoms to see their doctor for an evaluation.

Thanks to Travis for arranging the program and to Dr. Jones for bringing it to us.

**Door Prizes:** Gary Couse furnished the cake, a German chocolate butter cake, baked by Petite Garrett. Debbie Jones of Catered Creations was the lucky winner. L.H. Weise won the Domino's pizza, provided by Chris Cann. Tobe Karrh and L.H. won the takeout meals.

## Coming up: Program                      Cake

November 24	Gary Couse	John Blackburn
December 1	David Bartram	Dwight Watt
December 8	Jason Johnson	L.H. Weise
December 15	Jim Daughtry	Jim Dekle
December 22, 29	No Meeting	

Please note that no bulletin will be published next week. The bulletin editor and his assistant are both entertaining visitors that week.

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