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The Diabetic

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The Newsletter of the **Friends of the Manx Diabetes Centre**
Caarjyn Laare Chingys-Shugyr Vannin

Registered as a charity in the Isle of Man. Charity registration number 894

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All monies from whatever source received by the Group shall be exclusively spent on the Isle of Man in the furtherance of the well-being of the diabetic patient and to facilitate the work of their medical carers

Border Television claims £5 million pounds spent on Obesity by DHSS on Island

Mr Eddie Shallcross holds AGM audience spellbound

First ever street collection brings in £311.00 for just two hours collecting in Douglas

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The Obesity Forum at the Manx Museum

The Friends of the Manx Diabetes Centre are very proud to have been associated with the obesity debate at the Manx Museum on Thursday 20th May last.

This was organised by the Friends of the Manx Diabetes Centre in conjunction with the Isle of Man Obesity Forum.



The Manx Museum

The Friends of the Manx Diabetes Centre have always been alive to the necessities of our Manx population and in particular diabetics on the Isle of Man

The debate was chaired by Mr Roger Watterson of Manx Radio fame, and was recorded and will be aired on Manx Radio in an edited form at 12 noon on Sunday 4th July, with a discussion in the studio which you can access as usual on the phone if you so desire.

So you can hear it on air if you were unable to attend the debate.

If you miss this transmission it will be on the Manx Radio website for the whole week after transmission on their archive section.



Answering the questions

Answering the questions at the Manx Museum were Dr Emran Khan the Chairman of the Isle of Man Obesity Forum and Consultant Diabetologist at the Manx Diabetes Centre.

Dr Annie Kurien the Consultant Paediatrician at the Children's Ward at Nobles Hospital.

Dr Paul Emerson the Consultant in Public Health Medicine, Public Health Directorate of the Isle of Man.

Mrs Penny Creighton, Educational Consultant, and ex member of the Education Department.

Mrs Sue Christie, the Dietetic Services Manager at Noble's Hospital.

Three stands were also in evidence which were set up on each side and the centre of the rostrum.

One was from the Manx Sports and Recreation, specialising on exercise, manned by Mr Andy Varnom, Mr Paul Bridson and Mr Gianni Epifani.

The second by the dieticians of the Manx Diabetes Centre entitled Healthy Eating. This was manned by Sarah Surgeon and Ruth Hartley.

Last but not least an area provided by Bree Carruthers the representative of Roche Pharmaceuticals, who specialise in obesity and weight loss.

Roche Pharmaceuticals also provided the refreshments.

This was the first time that representatives of those who were dealing with the obesity problem on the Isle of Man had got together to debate this all important issue.

The debate was opened by Mr Roger Watterson who in welcoming all those present gave them an explanation of what the debate was all about why we were gathered at the Manx Museum and explained the origins of obesity from its Latin beginnings to the present day.

He ended up with an assessment of the impact of obesity on the Island, were those responsible for the Health of our community not to address this issue with the utmost urgency.

Mr Watterson then invited Dr Khan to set the scene to the debate.

Dr Khan with a plethora of slides and a wealth of information brought those in the auditorium up to date with developments around the world and why obesity if not checked would take a toll, not only in lives but also on our National Health budgets.

In particular he took his amazed listeners through a map of America which showed all States. and how from one little red dot denoting obesity, the obesity epidemic had spread slowly but surely over all the states until the slide on the screen showed all the states and the whole of America completely in

bright red.

His dissertation brought a hush through the lecture hall that you could have heard a pin drop.

Mr Watterson then proceeded to present all members of the Panel and asked for an opening statement.

Dr Emerson emphasised that obesity was now an epidemic, but that unfortunately it appeared to be accepted as a norm in society and that it was felt that if the Governments interfered we would be labelled a nanny state but if we let things slide this was at our peril.

Mrs Creighton brought to the notice of the meeting that a group of business men and educationalist had got together to promote a healthy diet, with the object of living healthy, eating local, and trusting Manx. She said that the pyramid that had been devised was a guide to choosing a healthy diet.

She emphasised that we all had to do something, we just could not sit back and do nothing. She thanked Manx Radio for all their help and for putting the obesity issue on their website.

She was of the opinion that vending machines in school should carry more fruit and water.

Mrs Buckley the schools meals organiser at the Department of Education in response to Mr Watterson's prompting agreed that what was required in schools was healthier diets, less fried foods, and more local produce.

Dr Emerson felt that to achieve this, policies had to be geared to have a greater influence in budget implications.

Dr Annie Kurien, said that in her experience she was seeing children who were heavier than before, this was probably because they did less exercise.

She was of the opinion that obesity was on the increase in children and she

felt that it was the combined responsibility of parents and schools

She strongly believed that parents had a lot of responsibility for what they themselves ate, which rubs off on the children.

Mrs Sue Christie the Dietetic Service Manager at Noble's Hospital pointed out that one or two pieces of fruit a day was good but that was not the end all and be all. There had to be motivation and make changes and keep to the changes.

Mr Jim Hall, Chairman of the Port Saint Mary Commissioners was of the opinion that young children did not have the proper information in schools to deal with the obesity problem. He also pointed out that in his days in school they were not allowed to leave school during the lunch hour. However this was not so under the present system and consequently the junk food temptation outside school was even greater.

The Chairman of the Friends of the Manx Diabetes Centre said that the UK Minister for Education had only yesterday called for Mr Hall's suggestion to keep children in schools during the lunch hour.

The Chairman welcomed and thanked Mr Anderson, Mr Earnshaw and Mr Gawne for coming to the meeting and regretted that 16 of their colleagues had not even bothered to reply to the invitations.



Cross section of the Audience

He brought to the notice of the meeting the contents of a letter he had received in apology by a headteacher who had been unable to attend the debate.

In this letter the headteacher bemoaned the fact that very little time was allocated to PE and health related activities because schools are judged on test results and was of the opinion that education leaders had become obsessed with that which was measurable.

He also drew the attention of the meeting to the fact that Border television in a programme the previous week had quoted the sum of £5 million pounds being at present spent on the Island by the DHSS in dealing with the obesity problem.

Ms Lez Dorward the director of health promotions informed the meeting that though £5 million pounds had been mentioned her budget for health promotion was only £28,000 and you couldn't in reality do an awful lot with that.

Ms Tracy Gough of Mann Vend said that their organisation was endeavouring to help by trying to stimulate the children into keeping fit. They had replaced some things from their machines and introduced others of a more healthier range. But she said that children didn't buy them, and it was a question of stimulating the children to accept alternatives to what was being offered at present.

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Friends of the Manx Diabetes Centre

However she said that what they sold more of was bottled water which was welcomed by those on the panel.

Sarah Surgeon from the dietician department at the Manx Diabetes

Centre was of the opinion that children had now lost the cooking skills that were taught in school in her time. In today's environment with parents working it was essential that these skills were reintroduced in the present school curriculum.

Mrs Dorothy Metaxas, the ex chief of dieticians at Noble's, welcomed the fact that more water was being drunk at schools and felt that all fizzy drinks should be avoided. Children did not taste fruits at home and this should be introduced in schools.

The Head of Rushen Primary School, Mr Tom Thomson explained his school offered children fruit which was paid for by the parents who were happy to support this initiative of healthy snacks at school.

They had ready access to water filters and a salad bar was also an option.

Mr Watterson then invited the opinion of the three MHK's present. Mr Earnshaw wanted to know how sport in our schools compared to that of the UK.

Mrs Creighton said that our schools compared better and that those who wanted to avail themselves of these facilities were at liberty to do so, as these facilities were available to all.

Mr Gawne welcomed the interdepartmental work that appeared to be going on. He said that people should recognise that there is a lot happening. It may at present be a small step, but a step in the right direction.

Mr Watterson implied that what was needed was support from Government.

Mr Earnshaw though agreeing that the Government had to do more, nonetheless felt that it was not a question of throwing money into quick fixes, but rather look at the problem long term.

Mr Gawne praised the NSC saying that it had tremendous facilities to

encourage sports and the message should be to get people to use these facilities not just to produce funding.

Mr Anderson agreed that we should get people to use the NSC Centre. The obesity problem needed a multi-agency approach and at the end of the day the multi-agency needed the parents support.

He was of the opinion that any investment now into preventative care was millions saved long term.

The representatives of the NSC gave a rundown of the activities available at National Sports Centre and the fact that they were working closely with schools, the hospital and G P's. Mr Varnom reminded those present that the NSC was open to all. Their stand had available the autumn and winter aerobic and exercise programme.

Mr John Horsthuis representing Robinson's explained that his company supported schools by giving them free or at very special prices fruit etc. He said that children were inclined to go for easy peeling fruits, but he emphasised that this was a long term commitment and not just an easy fix.

Mr Hall wanted to know how obesity on the Island compared with obesity across the water.

Dr Khan was succinct and to the point, he said that the percentage of obesity was higher on the Isle of Man than in the UK.

Mrs Margaret Brown representing the Manx Blind Welfare society felt that meals at restaurants should be looked into, as children's menus were not conducive with good healthy eating. Most of them provided burger and chips, sausages and chips, and everything with chips, and agreed that what was needed was a multi-agency approach.

The debate was very lively, with many interventions from the floor. Over two hours had elapsed when Mr

Watterson wound up the proceedings by inviting each member of the panel for their final comment.

Mrs Christie felt that what was needed were more resources, to expand the dietetic services, with the introduction of healthy diets at a young age. This she said, could only be done with more funding.

Mrs Creighton once again drew attention to the pyramid on healthy eating and encouraged everyone to take it on board.

Dr Emerson was convinced that mothers had to breast feed for the first three months, adjustments to products contained in vending machines, no prepacked meals, and children who lived within one mile of schools should walk to school.

Dr Kurien was of the opinion that parents also had a part to play, and diet in the household was a very important factor in what had been debated.

Dr Khan explained that the obesity problem on the Isle of Man could not be resolved overnight, but in his opinion it was a 15 to 20 year project that had to be addressed now. He pointed out that it cost £10,000 for one surgery on obesity, but whatever the cost, it was a cost too much, as it would impact long term on Manx patients with the consequent expenditure to the DHSS. Investment now was needed to help get the message across to the public.

214 official invitations were sent out of which 58 signified their intention to attend, 34 wrote to say they were unable to attend and 122 did not even bother to reply, amongst which were 16 MHK's/MLC's, 39 heads of a cross section of all our schools at all levels, and only one GP replied.

Those who did not bother to attend or answer the invitation unfortunately missed a profound and thought provoking debate on the problem that

is afflicting our Island.



Section from the top of the auditorium

The Friends of the Manx Diabetes Centre and the Isle of Man Obesity Forum would like to thank all those that participated, and in particular Mr Roger Watterson and all the members of the panel that answered the questions that contributed to an evening of debate and enlightenment on the obesity problem that is afflicting our Island.

The Friends of the Manx Diabetes Centre sincerely hope that the debate, which was the first of its kind on the Island, will have stimulated action in all those that in any way contribute to the health and nutritional care of our Island population.

The Friends of the Manx Diabetes Centre appreciate that there is no magic wand that will resolve this problem over night, but if we all work together towards a solution to enable us to save lives and to alleviate the budgetary problems that the DHSS will be faced with, the solution will eventually be found.

We have to concede that in the natural order of things that it is the responsibility of manufacturers and producers to promote their products, conversely it is the mandate of all Governments to promote health care in their community and to facilitate and to educate

If this means the statutory introduction

of measures to afford protection to their citizens from any product that would impact on the health of their citizens, then so be it.

The AGM

The first Annual General Meeting of the Friends of the Manx Diabetes Centre took place at Keyll Daree, the Combined Educational and Training Centre at Noble's Hospital the Strang Douglas on Thursday 6th May at 7.30 in the evening.

After the Chairman's introduction the Chairman took the meeting through a detailed appreciation of the Accounts. The accounts of the Group were then unanimously accepted by the members present

The Chairman then proceed to present his report for the past year.

In his report, the Chairman took the meeting through the activities of the Group since its inception to date.

He brought to the notice of the meeting the aims of the Group to remind them what the Group was all about.

The problems encountered with opening their bank account, how the Charity Status came about and the fact that we were registered with the Data Protection Commission.

He explained that the website was now a tremendous success and being read as far afield as New Zealand not to mention big drug

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companies that had made contact with the Group through the website

Also the influential and prestigious "Step Forward" the Magazine of the Limbless Association in the UK had

described the website as “comprehensive”.

The Group has now also received donation through the Website.

The Chairman informed the meeting of the activities that the Group had participated in during the last six months.

They had had a stall at the two day Southern Agricultural Show: They had had a stall at both finger pricking Day in Douglas and in Ramsey at which they had give out 337 and 330 information packs.

They had organised a painting evening in October and a Carol Concert in December.

The Chairman pointed out that it was no use complaining that we were doing nothing if those that complained did not bother to attend or help in our ventures.

He also explained that it was the intention during the coming quarter to organise event at the St Marks Fair, The Laxey Fair, The Southern Agricultural Show and the Northern Agricultural show.

In addition he said that the Group were very proud to be organising an obesity debate at the Manx Museum in conjunction with the Isle of Man Obesity Forum, and that any member who may want to attend was welcome to do so.

He spoke of the Newsletter and how well this was now being received and brought to the notice of the meeting the collection day in Douglas on Saturday 22nd May.

He thanked the Multi-Disciplinary Team at the Manx Diabetes Centre for the wonderful work that they were doing and wondered what all these people that in one way or another took advantage of the Centre would have done without the Centre and its wonderful medical team.

He reminded everyone that charity

begins at home, and that home in this instance is the Isle of Man and of course your own charity, The Friends of the Man Diabetes centre.

There were four motions set down for consideration by the membership.

In the First the committee was asking for “approval of £10,000 to be spent on equipment and facilities as and when needed during the coming year and as directed by Dr Khan for the Manx Diabetes Centre ”

Dr Khan asked that “Dr Khan” be replaced by the “Diabetes Centre” It was the view of the Chairman that Dr Khan was the head of the centre and he had to deal with him. This was discussed and it was agreed to retain the motion as it original stood. It was approved unanimously.

The Second motion read” that your committed is endeavouring at present to organise some fund raising events and in this regards we may require up to £2,000 in initial expenditure over the course of the year” The Chairman explained that any money spent in setting up events would be recouped by the actual event. The motion was unanimously agreed..

In the third motion the Chairman explained that the Friends of the Manx Diabetes Centre were organising a debate on obesity in conjunction with the Isle of Man Obesity Forum at the Manx Museum and that the Committee may “require to spend some money” and asked “to approve the expenditure of up to £1,000”

The Chairman explained that he had all bases covered and hope that any expenditure would be minimal if that.

Again the motion was unanimously approved..

The Auditors to the Group Messrs Horwath Clark Whitehill Audit LLC were unanimously re-elected for the coming year.

The Chairman Mr H J Ramage was

re-elected being proposed by Mrs Bailey and seconded by Mr Houghton MHK.

Mr Ludford-Brooks was re-elected being proposed by Mr Houghton MHK and seconded by Mrs Williams

The Secretary/Membership Secretary Mrs Jan Ramagge was in unison proposed and seconded by all present.

Dr Blackman: Mrs B Williams: Mrs Dorothy Metaxas: Mrs Margaret Bailey and Mrs Marian Ogden had all signified their intention to stand again and were unanimously voted to the Committee.

Mrs Larkham as the representative of the Manx Diabetes Centre had completed her year and Dr Khan undertook, in due course, to notify the Group who the representative from the Diabetes Centre would be..

The Chairman then invited Mr Eddie Shallcross who had kindly agreed to speak to the meeting to address the members.

Mr Eddie Shallcross on the BT Challenge

Mr Eddie Shallcross gave a most enlightened and exhilarating visual report on his adventures on the BT Challenge.



Mr Eddie Shallcross enthraling the audience

He showed four minutes of gentle and rough seas, followed by four minutes of very rough seas.

The pictures spoke for themselves and all present felt that they would not have survived the terrible condition that they were seeing on the screen

Every time the boat hit the waves and went under them, throwing the crew around like dolls, the exclamations from the audience were higher than the waves on the screen.

Mr Shallcross gave a very visual and meticulous dissertation of what life was like on board with the floor of the boat constantly at an angle of 45 degrees with sometimes even the tip of the mast touching the water. Constantly changing direction, hitting waves and falling off them.

At one point they lost a man overboard but as he was tied they managed to haul him in.

He took those present on a blow by blow adventure of what had happened on the high seas, which the audience relived with him, and the enjoyment sanctuary of the ports of call where his family were waiting.

He especially with pride remembered with affection his small grandson with a T shirt that read "My granddad is a hero" on the front, and a photograph of him on his back with the words "Eddie Shallcross" which he said brought tears to his eyes.

He pointed out that he was the oldest person on the challenge boats, having joined when he was sixty and returned when he was sixty one. He thoroughly enjoyed the experience, but would certainly not do it again.

After all the excitement and the uncontrolled flow of constant high adrenalin for ten months, he has found it hard to settle down to his normal routine in the few years since he had done the Challenge.

The only thing missing from his

absorbing lecture were some sick bags for the audience.

The Chairman thanked Mr Shallcross for his wonderful and riveting talk and asked the members present, who appeared to be in a state of bewilderment and gobsmacked, for any questions.

When they recovered from the mesmerising and enthralling experience through which Mr Shallcross had taken them, the questions were many and varied.

Dr Alison Blackman on the Diabetes UK Conference

After the floor of the auditorium had stopped heaving the next speaker at the AGM Dr Alison Blackman gave a brief update on the recent Diabetes UK professional conference.

Dr Blackman explained that the conference which was for professionals had been most informative and took those members present through the day by day lectures that had taken place and which some of the lectures she had found most comprehensive and informative

Dr Blackman explained briefly what each one had been about and felt that the many new treatments were most enlightening and most welcome and that some would be taken on board by the multi-disciplinary team at the Manx Diabetes Centre.

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Dr Alison Blackman telling members what happened at the recent Diabetes UK conference

Dr Blackman explained that the underlying message was that Diabetes was not mild. She brought to the notice of the meeting that diabetes took up 7% of the drug budget of the UK and 54% of the hospital costs of the DHSS across the water.

She pointed out that by next year, 2005 there would be more than 25 million diabetics and that there was at present 1 new diabetic case diagnosed every 10 minutes in the United Kingdom.

Dr Blackman ended her presentation by saying that we all need to think about what we eat and take more exercise, and ensure that our blood pressure and weight is down.

She congratulated the Friends of the Manx Diabetes Centre for organising the obesity debate at the Manx Museum on the 20th May which she felt was a step in the right direction.

Dr Blackman's dissertation was supported by a plethora of colourful slides that brought her points to the fore with the clarity that is her trademark and helps the layperson understand her medical terms.

The Chairman thanked Dr Blackman for her most informative and thought provoking dissertation.

Dr Blackman then entertained questions from the floor.

Next AGM

The next Annual General Meeting will take place at Keyll Daree the Combined Education and Training Centre at Noble's Hospital on Thursday 6th May 2005.

We shall remind you nearer the date, but in the meantime, please put it in your diaries. .

Our First Street Collection

Our first street collection took place in Douglas on Saturday 22nd May. As this was the Friends of the Manx Diabetes Centre's first venture into this field the committee felt that we should limit ourselves, for the first year to Douglas and that we would only collect over a period of two hours, from ten a.m. to midday.



The Stand at the Strand Centre

The Group had a good turnout of the committee and friends who volunteered to come and collect.

We would like to take this opportunity to thank all those that came to lend a hand. We would also like to thank the Douglas Corporation for allowing us to hold the collection, and of course the Strand Centre for so graciously giving us the facilities to set up a table and back boards to display and advertise the event.

Considering that we only did two

hours we collected £311.46p which was an extremely good contribution by the generosity of the Manx public.

Next year we shall with the approval of the Douglas Corporation hope to extend our collection day to a full day. We shall also be seeking approval from other commissioners to collect in their parishes across the Island.

Once again thanks to the many who answered the call to come and help the Friends of the Manx Diabetes Centre on Saturday 22nd May.

Exhibition by Mannin Quilters

As we reported in our March Newsletter the Mannin Quilters will be raffling a quilt that they have made, the proceeds of which will be divided between the Macmillan Cancer Relief and the Friends of the Manx Diabetes Centre.



This is the magnificent quilt that is being raffled

The draw for the quilt will take place at 2pm on Saturday 11th September at the Fabric Centre, 2 Crown Street, Peel.

The second and third prizes will be Lap Quilts.

From the 30th April to 3rd May last they held their 7th Exhibition at the

Methodist Hall at Ballabeg.

They hold these exhibitions of their splendid work bi-annually and consequently their Group has been in existence for over 14 years.

The exhibition which proved a resounding success is the only one of its kind in the Isle of Man.

The Group meets every Tuesday night at the Ballabeg Methodist Hall.

The Quilts that they make are made for themselves or given away to family members. However some members do undertake commissions.



Here we have one of the many quilts provided for the exhibition by members, in this case Mrs B Williams

The Mannin Quilters are not a registered charity but they do undertake many charitable works.

Previous charitable works have included giving 25 single quilts per year to the Children of Chernobyl during their visits to the Island and they continue to make and give baby quilts for the babies in the special care baby unit at the Jane Crookall.

The Quilt that they are raffling is about 90 inches by 104 inches and the Newsletter was told that its value was very difficult to quantify but were they going to sell it they would be asking for some £600.

The Quilt was constructed over a six month period and is the patient and excellent work of a cross section of the members of the Group.

It was on display at the Exhibition which was a plethora of colour, and the expertise of these ladies that judging by the colourful and the beautiful array of the many quilts on display is second to none and would have been a credit to Harrods.

They raffle quilts once every two years to run in conjunction with their exhibitions.

As a gentleman walked in they were quick to point out that the only men that come to their exhibitions are those that are accompanying their spouses.

The Friends of the Manx Diabetes Centre are very grateful to these ladies for all their help and dedicated work in trying to raise monies for our Group and we hope that their fund raising event will be a resounding success.

If you would like more information about Mannin Quilters or if you would like to join their Group, please ask any member for information or telephone Mrs Sheila Huxley, their Chairperson on telephone 824430.

If you would like to help sell some tickets to your friends and help augment our funds please get in touch

**An advert in four quarterly issues
of The Diabetic will keep your firm
on our world wide website
For TWO years
NO DEAL IS BETTER THAN THIS**

Asked how they would like to be described they said “a bunch of like minded ladies that get together to explore their passion for fabric and the design of patch work quilting and appliqué”.

If you think you can contribute, please join them, all are welcomed.

Our First Car boot Sale

Two members of your committee

took part in our first Car Boot sale on Sunday the 9th May at Morton Hall in Castletown.

They took a stall and they displayed a vast quantity of goods that had been kindly donated by members of the Group.

Mrs Margaret Bailey and Mrs Jan Ramage manned the stall from mid-day till four p.m.

Their verdict, there were a lot of people that went through the Hall but they as others with stalls, felt that those who came in were not really buying.

The goods on display ranged from 10p to £2, and over the four hours the two ladies took £34 pounds from which they paid for their stall.

Was it worth doing? Both of them said that they had had an enjoyable and entertaining afternoon and they were raring to go and do it again.

They need goods for sale if they are to keep this up, so if you can help please ring Jan.

Alternately if you can help at a stall itself please ring Jan on 613702 and she will tell you where they are going next.

Admittedly it may not have been much but the Friends of the Manx Diabetes Centre were in the public eye which is what matters.

So join them and have a different and enjoyable Sunday afternoon, and at the same time help your Group

On a lighter Note Life explained

On the first day the Lord created a Cow, and he said “ You must go to the fields with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer. I will give you a life span of sixty years”

The Cow replied “ That’s a kind of a tough life you want me to live for sixty

years. Let me have twenty years and I’ll give back the other forty”. To this the Lord agreed.

On the second day the Lord created a Monkey. The Lord said “Entertain people, do monkey tricks and make them laugh. I shall give you a twenty years life span” But the Monkey said

“How boring. Monkey tricks for twenty years? I don’t think so, I will take ten and will give you back the other ten” So the Lord agreed.

On the Third day the Lord created a dog, and he said to the dog, “Sit all day by the door of your house and bark at anyone who comes in or walks past. I will give you a life span of twenty years”.

The dog said “That’s too long to be barking. Like the Monkey give me ten years and I’ll give back the other ten” again the Lord agreed.

On the fourth day the Lord created man. He said to him “Eat, sleep, play, enjoy, do nothing, just enjoy, enjoy. I will give you a life span of twenty years.

The Man said “What? Only twenty years? No way. Tell you what, I’ll take my twenty, and the forty that the cow gave back, plus the ten the monkey gave back and the ten that the dog gave back, that makes eighty, if it is all right with you” “OK” said the Lord “you have got yourself a deal”.

So that is why for the first twenty years we eat, sleep, play, enjoy, and do nothing.

For the next forty years we slave in the sun to support our family.

Then for the next ten years we do monkey tricks to entertain our grandchildren and for the last ten years we sit in front of the house and bark at everybody who comes in or goes past.

The meaning of life has now been explained

Many thanks to Petunia for her contribution which has been most

enlightening.

Developments Vitamin E

A Study in Finland of more than 4,000 men and women aged between 40 and 69 has found that those with a higher intake of vitamin E were less likely to get Type 2 diabetes, which as you all know is linked with obesity.

The newsletter need not remind you that sources of vitamin E include almonds, walnuts and cashews, wheat germ oil, soya bean oil, shrimps and brown rice.

Please don't go nuts, everything in moderation.

Farabloc

The Limbless Association in their magazine Step Forward for the Spring Quarter, run a paragraph to the effect that the Chairman of the Friends of the Manx Diabetes Centre runs a very comprehensive website and Newsletter for diabetics at www.diabetes.org.im and that we had been running articles on phantom pains.

Following the appearance of these remarks on the magazine, the Friends of the Manx Diabetes Centre were approached by Mr Richard Grey the Sales and Marketing Manager of MedEquip who distribute as one of the firms specialities Farabloc.

Farabloc is in reality a "Faraday Cage" constructed from a special weave of nylon and stainless steel fibres.

This was developed by the son of an amputee who observed that his fathers phantom pains was triggered by changes in the weather.

Learning that electrical charges occur in the atmosphere at such times

he reasoned that a "Faraday cage" would protect the nerves from being stimulated by these and other electromagnetic fields.

The manufacturers claim that 8 out of 10 users will benefit and that none of the studies so far carried out have reported any side effects with Farabloc.

They say that amputees that are allergic to stainless steel or nylon could still use Farabloc by having a layer of cotton between it and the skin.

It requires no batteries and no electrodes and every item is made to your specific measurements.

For any information please get in touch with Mr Richard Grey on Telephone 01761 453609 or E-mail him on: - meetsyourneeds@aol.com

Contrary to ill informed opinions on the Isle of Man, phantom pains do not, repeat do not prevent amputees from wearing a prosthesis, as they are just in the mind and not on the stump. That is why they are called "phantom" pains

Were real pains to be on the actual stump, then yes this could create problems in wearing a prosthesis.

Skippy the Kangaroo

Researchers at the Western Australia University have discovered that kangaroo meat is rich in CLA a polyunsaturated fatty acid found in much smaller quantities in beef and lamb.

CLA—conjugated linoleic acid is an anticarcinogen and it is claimed that it could boost the immune system.

It also appeared to have anti-diabetes properties.

Eating Kangaroo meat could help people suffering from obesity, heart disease, diabetes and possibly cancer, the study claims.

Is Skippy going to really become man's best friend?

Chocolates and sweets

In an effort to combat obesity The Department of Health across the water is asking supermarkets to move all sweets and chocolates from near checkouts to reduce the children's "pester power" and thereby reducing pressure on parents.

The Newsletter understands that Cadbury is already considering putting health advice on the labels of its chocolates, sweets and fizzy drinks.

Well done Cadbury.

The Elixir of Life

The European Union is spending £4.7 million pounds to fund an Italian based research company that will try to attempt to identify the genetic variations which hold off the aging process.

Experts world wide are going in search of the elixir of life.

**For your advert information
and rates ring
(01624) 613702**

This £4.7 million pounds will only fund their five year study which they hope will explain why some men and women live past 100 and others die prematurely without warning.

If successful it would pave the way for treatments as simple as an injection to boost life expectancy.

Computer Freaks

Take heart, anyone among you who believes you are technologically challenged, you "ain't seen nothin" yet..

This is an excerpt sent by Nigel that has appeared in a Wall Street Journal

article.

* Compaq is considering changing the command "Press Any Key" to "Press Return Key" because of the flood of calls asking where the "any" key is.

* AST technological support had a caller complaining that her mouse was hard to control with the dust cover on.

The cover turned out to be the plastic bag the mouse was packaged in.

* Another Dell customer called to say he couldn't get his computer to fax anything.

After 40 minutes of troubleshooting the technician discovered the man was trying to fax a piece of paper by holding it in front of the monitor screen and hitting the "Send" key.

* Yet another Dell customer called to complain that his keyboard no longer worked. He had cleaned it by filling up his tub with soap and water and soaking the computer for a day, then removing all the keys and washing them individually.

* A Dell technician received a call from a customer who was enraged because his computer had told him he "was "Bad and an invalid." The technician explained that that the computer's "bad command" and "invalid" responses shouldn't be taken personally.

* A confused caller to IBM was having trouble printing documents. He told the technician that the computer had said it couldn't find the printer. The user had also tried turning the computer screen to face the printer, but that his computer still couldn't "see" the printer.

* An exasperated caller to Dell computer tech support couldn't get her new Dell Computer to turn on. After ensuring the computer was plugged in, the technician asked her what happened when she pushed the power button. Her response, "I pushed and pushed on this foot pedal and nothing

happens. The “foot pedal” turned out to be the computer’s mouse.

* Another customer called Compaq tech support to say that her brand new computer wouldn’t work. She said that she unpacked the unit, plugged it in and sat there for 20 minutes waiting for something to happen. When asked had she pressed the power button, she asked “What power button”?

* Another IBM customer had trouble installing software and rang for support. “I put in the first disk, and that was OK. It said to put in the second disk. When it said to put in the third disk, I couldn’t even fit it in”. The user hadn’t realised that “Insert Disk 2” implied to remove Disk 1 first.

* A woman called the Cannon help desk with a problem with the printer. The tech asked her if she was “running it under windows.” The woman responded, “No, my desk is next to the door. But that is a good point. The girl sitting in the cubicle next to me is under a window and her printer is working fine.”

We shall finalise with a very informative conversation.

Caller: “Hello is this technical help support”

Tech: “Yes it is how may I help you?”

Caller: The Cup Holder on my PC has broken and as I am within my warranty period, how do I go about getting that fixed?”

Tech: “Did you say cup holder”?

Caller “Yes it is attached to the front of the computer”

Tech: “Did you receive this as part of a promotional at a Trade show? How did you get it? Does it have a trademark on it?”

Caller: “No promotional, it came with my computer, it just has 4X on it.”

I leave you to work this one out.

Our newsletter is now even read on our website in New Zealand. The above was contributed by Nigel from

as far away as Wellington.

Events for the Coming Quarter.

The Friends of the Manx Diabetes Centre intend to set up stalls at the following venue.

The St Marks fair.

The Laxey Fair

The Southern Agricultural Show

The Northern Agricultural Show

We also intend, to continue with the Car Boot Sales after the end of TT week.

So for all the above we need all the things that you may have lying about the house, that you may not want so that we can put them on our stalls.

Also if any of you out there may wish to lend a hand at any of the above events please get in touch with Jan at telephone number 613702.

If you cannot help you can always come and spend your money in a good cause.

Blood Testing Day

The next Blood Testing day will take place on 19th June at the Promenade Methodist Church in Douglas.

As usual the event is being organised by the Lions Club in conjunction with the staff at the Manx Diabetes Centre.

The Blood testing day will commence at 10 in the morning and will end at 4 in the afternoon, so there is ample time for all those who want to take part to attend.

In addition to Blood Testing there will also be the opportunity to test your blood pressure, in addition to obesity screening, with height weight and Body Mass Index assessments.



The Methodist Church on the Prom

The Promenade Methodist Church has lift facilities to all floors.

Don't forget that there will be as usual coffee and tea facilities.

This is your chance for you to come and test.

You should be made aware of any difficulties that you may have, and if this is the case then it is essential to make sure that preventative care is put in place at the earliest given opportunity.

The Friends of the Manx Diabetes Centre will also be there. Come and see us.

Membership

The Group has decided that over the course of the coming year we are going to have a drive to increase our membership. with the help of our members.

What we are going to do is to try and get each of our members to convince a friend to join the Group.

We do now have a comprehensive membership of over eighty in the first six month of operation, but nonetheless

We want to reach the 200 mark by next AGM.

Each of you now has a goal and an aim to achieve. So with this Newsletter is a membership form for you to try and convince your friends.

I don't know whether you have noticed that some charities are advertising on Television.

One says that if you give them £1 per month that is £12 per annum they can look after one dog.

Another says that if you give them £2 per month that is £24 per annum they can look after one child.

And yet another claims that if you give them £3 per month that is £36 per annum you can adopt a dolphin.

I guess that the dolphin people need more than those looking after a child as they presumably have to follow your dolphin into mid Atlantic to keep tabs on them and keep them out of mischief.

However the Friends of the Manx Diabetes Centre do not advertise on television, they advertise on the World Wide Net and you don't have to go into mid Atlantic, we are just a phone call away.

I don't know if you have already noticed, we are cheaper than everybody else.

**We are a charity your advert is a contribution to our charity,
But you also get onto our website
and links page for free**

You can get your friends to join for the princely sum of 47 pence per week, £5 per annum if they are under sixty or just 17 pence per month, that is £2 per annum if they are over sixty.

Incidentally it won't even buy them a stamp if they are over sixty

This gives you tremendous power to your elbow to convince them to join.

We promise that no one will call, there will be no medical, and all they only have to tell us is if they are diabetic or not.

Most important of all we guarantee that no money donated to the Friends of the Man Diabetes Centre or received

in membership fees will be spent off Island.

Honestly, it's a deal that your friends just cannot refuse, the ball is now in your court, so lets see results.

Charity begins at Home and home is the Isle of Man. We are the Diabetic Charity that spends all monies received on the Isle of Man.

Attached is a membership form which you can use.

For any information please ring Jan at 613702 or Dorothy at 833928

Letter stickers

As you will have noticed from the envelope that this Newsletter arrived in, that on the top left hand side is a sticker with the following: -

i
Friends of the
Manx Diabetes
Centre

We are doing the sticker in black and in red.

Now, what we would like all our members to do is whenever they write a letter that they put one of these stickers of the top left hand side of the envelope opposite the normal stamp.

In this way we would advertise and bring to the notice of those that you are writing to, that the Friends of the Manx Diabetes Centre exists and maybe it would entice them to join.

If you want to join the campaign all you have to do is drop the Secretary a line and she will send you a supply of stickers, alternatively

give her a ring and she will send you some.

So don't be shy, if you belong to the Group or are just a friend of the Friends of the Manx Diabetes Centre

this is your chance to help publicize their efforts

Budding Journalists

Let us pick up where we left off in the March Newsletter and continue with our story of Diabetes,

“It was not until the Nineteenth Century that any significant advance was made in understanding the nature of diabetes.

The first major development breakthrough came in 1889 when two German scientists discovered that the removal of the pancreas, a large gland we all have in the abdomen, gave rise to diabetes.

About this time it was also discovered that damage to specific cells in the pancreas called Islets of Langerhans produced certain forms of diabetes.

But it was not until 1921 that two Canadian scientist, Frederick Bunting and Charles Best made their all important and famous discovery of Insulin, a hormone produced by the Islets of Langerhans.

Since 1922 when they treated their first patient millions of lives have been saved by insulin treatment.

As dogs also suffer from diabetes and like humans have to be injected daily with insulin to keep them alive, Banting and Best experimented on dogs.

The first dog that they kept alive with insulin was called Majorie.

I would not be alive writing this and if you also are on insulin, you too would not be alive reading this, if Banting and Best had not experimented on dogs and discovered insulin.

Today we live in a new era from that of Bunting and Best with all our technology and advancements, as prior to the discovery of insulin, if you went into a diabetic coma, this was always

fatal, you died.

So we must thank Bunting, Best and their dogs for being alive today.

The successful treatment of diabetes with insulin I consider to be without question, one of the major medical and scientific triumphs of the last Century.”

Next quarter, how this beautiful insulin works. That’s all for now, see you in the next Newsletter. Until then this is John Collins saying T.T.F.N.

Advertising in the Newsletter.

The Committee has decided that to defray the costs of the Newsletter we should entertain a certain amount of advertising so that we can break even on the printing.

Consequently as from this issue we shall be canvassing for advertising, which will be discreet and unobtrusive, yet conveying the message required by our advertisers.

The Diabetic, the newsletter of the Friends the Manx Diabetes Centre, is now established as the leading publication for diabetics on the Isle of Man.

For your advert information as to availability and rates please ring (01624) 613702 or E-mail:- editor@diabetes.org.im

When you advertise in the Newsletter, please bear in mind that the Newsletter goes on our website every quarter and therefore you are able to access four Newsletters at any given time. This will enable your advert to be on our website for a year.

However were you to take four insertions, as each Newsletter is on our website for four quarters your advert would be on the web for two years.

Also we run a links page for all institutions that help the Friends of the

Manx Diabetes Centre so consequently your enterprise would be on our Links page for a minimum of a year from the date of the advert insertion.

Of course we will entertain any requirements from our members who may want, or have something for sale privately. So again please get in touch with the Editor on (01624) 613702 or by E-mail: - editor@diabetes.org.im

So there you go, help us to help diabetics and their medical carers on the Isle of Man.

All contributions are welcomed.

Needless to say that all and any advertising is at the discretion of the Editor

The Diabetic is a serious publication and has to remain so.

***Good advertising,
is good advertising***

***Bad advertising
is still good advertising***

***No advertising
is bad advertising***

***So join us now and be at the
forefront of diabetic care on
the Isle of Man***

***Your advert will not cost the
earth
but will be all round the world
on our website and links page***

***Where will you get such low
expenditure for such
high profile***

***Never in advertising circles
has so much been offered
for so little,
give us a call and find out***