



May 18, 2009

Happy Victoria Day everyone,
As you probably already surmised Ed Martin took the morning off - here's this week's Sunrise news:

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Happy 13th Birthday Norfolk Sunrise!!!

Congratulations on your 13th Birthday. Chartered by Rotary International May 16, 1996, you have now officially entered your "teenage" years. It's a good time to reflect upon all you have been able to accomplish in your early years. Well done!!!!

TOAST TO SPRING TICKETS

We are at a deadline and I need ALL TICKETS AND MONEY HANDED IN ON TUESDAY MAY 19TH. If you are not attending breakfast - please email gail-botting@coldwellbanker.ca ASAP
IF YOU HAVE NOT BOUGHT YOUR OWN PERSONAL TICKETS PLEASE LET ME KNOW THAT TOO
PLEASE & THANK YOU Gail :)

Notices of Motion from Community Concerns & Environment

Please see the attached document for motions from Jim Peter, Chair of the CCE Committee

Sunrise Cowpokes and Cowgals

Thank you Rotarians for the strong response to this fundraiser. Our club has purchased 200 seats to the OPENING NIGHT of OUTLAWS at Lighthouse Festival Theatre Pt Dover Thursday July 9th. Great play by Norm Foster who is one of the three actors in this performance. After the play we'll mingle with the cast and crew in the wonderful new bar lounge at LFT, enjoy some vittles, washed down with a quality of bubbly not usually found on the cattle drive. See **Cowboy Keith** Tuesday mornings to reserve your seating.

YEEEHAAA

Smokin' Wild Game Dinner

This annual fundraiser is being held on June 18th, 2009 at the Port Dover Yacht Club. Any members interested in attending should purchase their tickets soon as the tickets are going quickly. See the attachment for further details. signed your **Smokin' Wild Game Dinner Committee**

Sue's Excellent Adventure

Have you been following Sue's excellent GSE adventure? Check it out on the GSE Blog (www.gse2009.com)? If you haven't seen it yet, here's a taste of what you are missing:

After a very long day of travel (24 hours for some of us), we safely arrived in Asunción, Paraguay at 5pm Sunday, May 10th. We were welcomed by a very friendly crowd of Rotarians, although it was hard to tell if they were smiling under their surgical masks (Thanks to the H1N1 virus).....we were brought to our first official Rotary meeting with the Rotary Club Trinidad. We were quite nervous to do our first talk of the trip, but everyone did a great job. Some people mentioned that Heather, Susan and Lynn tended to say things with a French accent.....

Check the Blog for the full story and follow Sue and the Team through Paraguay and Argentina

Norfolk Sunrise hits the District Newsletter Again!

If you haven't already done so, check out the May 2009 District Newsletter release last week. As always, lots of interesting stuff - but look at the Norfolk Sunrise coverage! Page 1, photo and story about Sue Thompson about the GSE team at the NYCA international room done by RCNS last year (and more in Dist Gov Ralph's remarks on

page 3 & 4) . Page 2, photo and story about the Food Fight. Page 4 a story about the Norfolk Sunrise Trail. It's almost embarrassing!

Enough about Norfolk Sunrise - there's lots of other good stuff in the newsletter worth checking out;

- a Slapshot testimonial by a participant,

- an interesting article on partnering with non-Rotarian agencies and how that worked in St Catharines,

- 2 articles on international water projects - one in Uganda, the other at Iguazu Falls (Sue's GSE team will be visiting Iguazu later this month. Many of you may recall RCNS supported a project at Iguazu 2 years ago), and more. Check it out!

To download and view the District newsletter, please click on the link below:

<http://www.clubrunner.ca/data/7090/html/59872/RN90May09.pdf>

Talk About Ride for Rotary!

Ride along with Chicago journalist Jim Petersen as he shares personal insights from the motorcycle trip he took through Latin America for The Rotarian , visiting Rotary clubs along the way. "The first time I viewed the images in my camera, I realized I was not seeing the 'before' shots. . . . Rotary clubs had acted; I was seeing the 'after' shots." Go to the Rotary Interactive feature story at

<http://www.rotary.org/en/MediaAndNews/Newsletters/Interactive/Pages/200905/Feature.aspx>

Wonder if Jim needs some tee shirts?

Author praises Youth Exchange

By Ryan Hyland

Rotary International News -- 14 May 2009

Author Maya Frost says Rotary Youth Exchange is the best option for high school students to study abroad in her book, The New Global Student.

Studying abroad is the best experience high school students can have to enhance their lives and expand their horizons before college, author Maya Frost says in her book, The New Global Student .

In this handbook for students planning to travel abroad and their parents, Frost writes that although hundreds of organizations offer exchange programs, Rotary Youth Exchange is the best option hands-down.

"Every person I've talked to who went through Rotary's exchange program has, without exception and in every case, told me that it has positively changed their lives forever," says Frost. "It's an extraordinary program."

Frost's articles on education have been featured in more than 125 media outlets. She dedicates an entire chapter of her book to Rotary, offering tips for parents, stories from

former Youth Exchange students, and information about the benefits and challenges of the program.

Frost is not a Rotarian but has been involved with Youth Exchange for years. Her husband, Tom, and three of their daughters have participated in the program. Their experiences with Rotary were what inspired her to include the organization in the book, says Frost.

She hopes Rotarians can use her book as a promotional tool for Youth Exchange.

"I think the chapter on Rotary gives Rotarians an opportunity to easily explain what Youth Exchange is about and how it impacts students' lives," she says. "The testimonials are an amazing example of what students are doing with their experience." The New Global Student will be available in bookstores on 19 May.

That's all for now

Ed. Martin