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Say What? Only in Wales SUBMITTED BY ROSS GOWAN

By all accounts the Welshpool exchange students and chaperones weren't surprised or concerned when they arrived at the Toronto airport amidst a blizzard – the worst storm of the winter, but delivered in spring. Their image of Canada was confirmed. And their Canadian hosts were delighted to meet such a superb group of guests. We hardy Canucks, however, were quite disgusted with the weather.

In his presentation to the Norfolk Sunrise Club on April 2nd, Welshpool Rotarian Dr. Chris Townsend paid tribute to Dave Douglas for his dedicated work spanning several years with the Welshpool Exchange. With the help of teacher-chaperone Cherrill

Cann, Chris delivered a geography lesson on some names of Welsh towns – our tongues would need a lot of exercise before we could speak the Welsh language.

Many people representing the Norfolk Sunrise club deserve a huge “thanks” for helping out with tours and activities with the Welsh delegates. The host families, pictured below, shared their homes and lives for several days during the exchange, providing a memorable experience for all.



Aimee with host Barb Slawich



Ed with hosts Shirley and Rotarian Doug Cater



Welshpool exchange delegates (from left) Aimee Gethin, Ed Marsh, Katy McNab, Michael Mainwaring, Cherrill Cann (teacher) and Rotarian Dr. Chris Townsend.



Michael with host Carolyn Borse



Katy with hosts Scott & Jean Montgomery



Waterford host teacher Kris Coulombe (centre) with Cherrill and Chris



Classification Talk - Dr. Paul Medve SUBMITTED BY BLAIR HARRISON

"Integrity is one of several paths. It distinguishes itself from the others because it is the right path, and the only one upon which you will never get lost" M.H. McKee. This is one of four quotations which Paul has on his office wall. He finds this and the three others guideposts for living.

Paul used an outline of "Phases of Great Life Change" as a guide to his talk. This divides the life journey into five phases of 18 years each. Paul at 40 has recently entered Phase Three which ranges from 37-56. It is the fine tuning phase: honing the details of home and family, integrated with community living. This is the phase when there is time, energy, and desire to be of service to others. This phase tells the difference between the person who contributes and the person who "just gets by".

Phase One (from birth to 18 years) is the phase when ideas are formed and morals developed. A conceptual framework for life is also developed during the later part of this phase. Phase Two (19-36 years) is the building phase: education, career, spouse, young family, but details not honed. Phase Four (57-75 years) is characterized by continued growth and contribution, but a time for savouring what you have wrought/sown. Finally, Phase Five (74-92 years) can still be vital years, if the mind and body has been kept fit. Emotional maturity and wisdom can make you an effective mentor for those who follow.

Paul is a graduate of the University of Western Ontario. He later practiced family medicine in Ottawa and Kitchener prior to opening a clinic.

At this point in Paul's career he owns and operates The Medve Clinic in Kitchener, specializing in obesity management. Two other physicians practice in the clinic with him. He commutes to the clinic from the century home which he and his wife, Ellen, recently purchased on Main Street in Waterford. Paul and Ellen along with their two children, Theo and Victoria, are becoming active members of the community. The Medve family is a welcome addition to Norfolk.



Thoughts to Ponder

"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want. If they can't find them, they make them." -- George Bernard Shaw

"Criticism, like swearing, is actually nothing more than a bad habit. When we criticize, it's a statement to the world and to ourselves, 'I have a need to be critical.' Notice how often you criticize, and turn your criticism into tolerance and respect. Just for fun, agree with criticism directed toward you (then watch it go away). -- Author Unknown



Editor's Inspirational Message SUBMITTED BY CAROLYN WIENS

It seems to me that in these challenging days, we are all searching for a little more "help, support, and less stress." As my running buddy (a.k.a. Lynne) said this morning " JOINERS like us are always involved in everything. At some point you just have to re-prioritize things a little bit." Which brings me to my story.....

PULLING TOGETHER

"At a county fair, the townspeople held a horse-pulling contest. The first place horse ended up pulling a sled weighing 4500 lbs. The second place finisher pulled 4000 lbs. The two owners decided to see what these horses could pull together. They hitched them up and found that the team could pull 12,000 lbs. Their synergism added an additional 3500 lb. capacity to what they'd pulled individually. It's a hard lesson for us, but unity consistently produces greater results than individual endeavours. Team work divides the effort and multiplies the effect."

I'd like to personally thank all of my PR COMMITTEE MEMBERS: Rhonda, Blair, Jenni, Ross, Ian ~ Thanks for all your help over the past few months. You've made this workload much easier to handle, knowing you're all out there at the other end of cyberspace to help "pull the load." Yours in Rotary - Carolyn

Guest Speaker Mike Columbus OMAFRA -- April 9 SUBMITTED BY STELLA GALLOWAY

Our Rotary club was treated to a very informative presentation by Mike on all the interesting work being done in agriculture in our area. Mike was raised on a tobacco farm in Windham and currently works as Manager of the OMAFRA in Delhi. Mike has also spent at least 15 years as a Municipal Councillor in Norfolk.

Mike's presentation began with a slides outlining the area that OMAFRA covers. On a map of Ontario you will notice the shape of an elephant. It was very important to note why it is not good to live in Owen Sound. (Check your map for the location of Owen Sound in relation to the elephant).

Did you know that Marijuana is the third most profitable Norfolk County crop? Did you know that it was a Norfolk County farmer who revolutionized the hemp crop in Ontario? Unfortunately there is not a lot of money in it for farmers. Tariffs on the U.S. border have stopped most of the exporting and it is difficult to compete with China. Currently Mike is working with a doctor from India to introduce new plants in Norfolk.

Did you know that Chicory root reduces the odours of hogs

by 36%? This was very important to Tilly. . Did you know that our climate by the end of the century will be 3.5 degrees warmer? This is allowing plants like sweet potatoes to grow easier in Norfolk. Sweet potatoes need to be cured so the tobacco kilns come in handy for this.

Did you know that cotton was growing across the road from Fanshawe College and NACL's head office? The cotton was being grown for a farmer near Caledonia but the crop did not materialize. I wonder if Ross or Rhonda have been out in the cotton fields?

Did you know that rice is being grown in Essex County as part of an experiment with Ducks Unlimited? Did you know that the extract from marigolds could prevent the need for bi-focals? Did you know that plants are being planted in Ontario that can produce hops to make beer?

Is there any end to the lack of knowledge that this reporter has about the agriculture industry in Ontario?

Just think one day, we will go to a road side stand operated by Dave Murphy on his 6 acres, next to the odourless hog farm, for a bowl of rice and a beer, and because of our perfect eyesight from using the marigold extract, we will be able to see what is truly growing behind the vending machines to make his profit margins smoke.



A Positive Approach to Life is Refreshing SUBMITTED BY SUE O'DWYER

DEAR ANN LANDERS: In a few months Elodie Armstrong will be 90 years old. Forty years ago she was diagnosed as having multiple sclerosis. Soon after, she wrote her personal commandments. Our local paper printed them on two occasions, and we are in the third printing for friends and acquaintances who would like copy. Elodie is a special lady, full of fun, spirituality and faith. She is an inspiration to all who know her. I would like to share her personal commandments with you in the hope that you will print them.

—Marge Wisner (her daughter).
Longview, Wash.

My Ten Commandments

1. Thou shalt not worry, for worry is the most unproductive of all human activities.
2. Thou shalt not be fearful, for most of the things we fear never come to pass.
3. Thou shalt not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.
4. Thou shalt face each problem as it comes. (You can handle only one at a time anyway.)
5. Thou shalt not take problems to bed with you for they make very poor bedfellows.
6. Thou shalt not borrow other people's problems. They can take better care of them than you can.
7. Thou shalt not try to relive yesterday for good or ill - it is gone. Concentrate on what is happening in your life today.
8. Thou shalt count thy blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.
9. Thou shalt be a good listener, for only when you listen do you hear ideas different from your own. It's very hard to learn something new when you are talking.
10. Thou shalt not become bogged down by frustration, for 90 percent of it is rooted in self-pity and it will only interfere with positive action.

— Elodie Armstrong

Sgt-at-Arms Follow-up SUBMITTED BY SUE O'DWYER

At the April 9 meeting, the SGT at Arms activity was to list What you Learned at Kindergarten. There was a book that was published in the 1980's titled "All I Need To Know, I Learned In Kindergarten." Below is a summary from that book.

All I Really Need to Know, I Learned in Kindergarten

Most of what I really need to know about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sandpile at Sunday School.

These are the things I learned:

Share Everything.

Play fair.

Don't hit people.

Put things back where you found them.

Clean up your own mess.

Don't take things that aren't yours.

Say you're sorry when you hurt somebody.



Sgt-at-Arms Follow-up (continued) SUBMITTED BY SUE O'DWYER

Wash your hands before you eat.

Flush.

Warm cookies and milk are good for you.

Live a balanced life- learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon.

When you go out into the world, watch out for traffic, hold hands and stick together.

Be aware of wonder.

And now here's what some of our members said they learned in kindergarten.

To write the letter "P" straight.

To sing.

#2 is for poo

To clean chalk brushed with the wind blowing away from you.

Colour inside the lines.

Don't put your tongue on a frozen flagpole.

Segregation.

How to be shy when your mother comes to see you or while you are performing.

Don't run with scissors

Say please and thank you

Eat finger paint

How to put up one finger or two.

How to take care of pets.

How to play the triangle.

How to play possum – pretend you were sleeping.

Don't eat the sand.

Don't pick your nose and eat it.

Not to share.

Biggest always winds

Girls not Allowed.

How to count.

How to help.

Girls play with Girls.

Boys play with Boys.

Teacher sings everything.

Time to clean up toys.

Not to fall in love with an older woman.

An alternate way to put on my coat over head when I can't find the sleeves.

Strings attached to everything, even your mittens.

Don't trust anyone especially the charmers.

Everything I needed to know about women.

That Santa Claus didn't exist.

Count backwards.

Didn't like Tomato juice

Learned how to play kiss tag.

Not to hit or pull hair.

Don't sit beside Patrick when he wets his pants.

Don't eat dirt.

Girls don't hang upside down on the monkey bars.

Obedience.

Manners.

Colours

Pull girls hair.

Kill the Boys and make them cry.

Wear clean underwear.

Show and Tell

Sniffing Glue

Girls are smarter and better.

Raise your hand when you want to speak.

Lift the lid on the toilet.

What to do with your finger...when finger painting.

Accounting – everything you need to know.

Not to eat off the floor.

Tie my shoes.

Sand box etiquette.

Dress yourself

To be prepared (\$1.00)



Announcements

Moments to Remember, 40's & 50's music May 4th for 2 shows. There will be social time following at Capt'n Billys

The Cigar Night Committee is requesting donated items from club members for this year's Silent Auction. Please give your items to Keith J, Kim or Lynne. before Cigar Night on Wed. April 24th.

The GSE team from South Korea will be visiting the Simcoe Rotary clubs for three days during the week of April 29th. If you would like to host one of the adult male visitors in your home please contact John Matecsa. H.428-1350, W. 428-2500 x302 E-mail: matecsaj@picassofish.com.

April 20th - Niagara College is location for District Assembly

Sun April 21 - Brantford Classic Run (Club Team will be requesting member financial donations!)

April 27- Fund raiser at Holy Trinity School for Cdn Mental Health Assoc'n - Tickets avail. from Jenni

Sunriser Bulletin

Publication of the Rotary Club of Norfolk Sunrise
Communications & Public Relations Committee
Chair: Ian Thomas (Sunriser technical)
Members: Rhonda Clarke-Bruyn, Ross Gowan, Blair Harrison, Carolyn Wiens - Sunriser Editor

Committee Chairs

Youth & Exchange - Lucine McKay
Community Concerns & Environment - Jim Dawson
Rotary Foundation & World Community Service - Keith Jones
Membership & Attendance - Sue O'Dwyer
Club Fellowship - Brian Snow
Ways & Means + Major Events - Mark Boerkamp

Club President: Steve Malo
Club President-Elect: Sue O'Dwyer
Secretary: Judy Scrivener
Treasurer: Charlie Douglas & Lynn Jarvis
Directors: Dave Murphy, Donna Raytrowsky, Peter Wheatly

Send Sunriser submissions to: cwiens@adroinc.com

Deadline for submissions: Wednesday 1:00 p.m.

Club House Duty

Duties: Set up badge box/table (in cabinet in back – Golf Club staff knows location of box), Take attendance, say grace, announce guests and make ups, collect badges, put badge box away, fax attendance sheet to Judy, note guest speaker on attendance sheet You are responsible for replacing yourself if there's a date conflict!

The Duty Host Schedule is as follows:

April 16 & 23 :	Jim Peters and Dave Bradshaw
April 30 & May 7:	Jeff M and Marjorie D
May 14 & 21:	Jan Kazi and George C
May 28 & June 4:	Jim Dawson and Tilly
June 11 & 18:	Carrol L and Stella
June 25:	Dave Murphy & Lynn J

Tuesday's Program

Program for April 16th: Speaker is Norm Denkert from OPP.

HERMAN[®]

by Jim Unger



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“Did you tell the dog he couldn't go out tonight?”