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SUNRISE FASHION STATEMENT

It's time to check our wardrobe...are your shirts starting to look a little tired? Rotary Golf Shirts are now available in a plethora (red, white, yellow, navy & black) of colours \$45 + tax

Wayne Wormald will be taking orders until August 2...“I can't keep the samples for much longer than a week and if we want to have the shirts by the golf tournament we need to get the order in ASAP. The embroidery is done by Quick stitch

after the order arrives therefore if someone misses the order we could do something with product in stock at Carters.” Ok, folks – get your orders in – let Wayne know what you'd like.

NEW TRENDS IN PHARMACY

Did you know...the average 70+ yr old takes over 11 medications, and the average 60+ yr old takes over 8 medications? Wow, what a pill-popping society!

However, “hope springs eternal” as my dad says, and the tide seems to be turning. Consumers increasingly want more education and information to enhance their health, and they are definitely being proactive about PREVENTION of disease, rather than TREATMENT.

Our guest, Steve Flexman, pharmacist with Clark's Pharmasave, pointed out that pharmacists are now being brought into the health professional / consultative role more than ever before. Examples of this are evident in the increased home visits to evaluate a person's medications, reviews with doctors to analyze patient treatments and current scientific evidence regarding new

drug treatments, and regular community seminars on Diabetes, Cholesterol etc. Other great services include Compounding (manufacturing a treatment that's user friendly – do you prefer a gummi bear, lollipop, ointment, pill or liquid? They can make them all!) , Compliance Packaging (putting pills in daily / weekly plastic strip containers, so meds are taken properly) and even compounding Veterinary meds.

Steve told us to consider our pharmacist as part of our personal health care team, and use their knowledge to help us manage the health of ourselves and our family members. He emphasized that pharmacists today are highly accessible, and want to be actively involved in promoting wellness and great health – both physical and emotional. Access to resources and information is not always easy, as the provincial law prohibits records from being shared by pharmacies. However, we got the impression that this is a shining example of how our health care system is responding to market demands. Our thanks and congratulations go out to Steve for taking the time to speak with our club, and we wish you many years of healthy success!





THANK YOU! THANK YOU! THANK YOU!

Lynne B read a Thank You Card to the club members from Marcy Michener, of Simcoe Health & Fitness, for the volunteers who came out to assist with their 4th annual Triathlon / Duathlon event held last Sunday. For their fine effort, Steve M, John R, John and Jan K, and Sherry Schell were all awarded with commemorative T-shirts. Marcy summed it up when she said (from her lane in the pool, goggles and all) "Wow, it's so nice to know that I can count on you". Congrats to all you go-getter Rotarians!

Keith passed on a hearty thanks to all the Rotarians who helped make the AMAMPONDO July 9th evening at Lynnwood a success. Our club donated a total of \$1000 to this wonderful cultural centre (\$500 was from the food proceeds) which the Lynnwood folks sincerely appreciated.

MUSIC FROM HEAVEN

It only takes a moment to realize that I'm in for a treat. I'm listening to DIVAS...if you have never heard any of Kim Shippey's recordings, get your hands on this CD. It is awesome.

Last week, I sat with Kim, who's very breath of life is music. Classical notes floated through the air, as we settled down with a cuppa joe in her living room to chat about where she's been and where she's headed.

CW: Tell us a little about your background.

KS: I was born in Hagersville, have an older sister Karen, and an older yet (16 yrs older!) brother, Doug. Karen's involved in the financial world, and Doug is the head of arts for Oxford County, as well as an extremely talented violinist and jazz trombonist. Originally my parents came from Sault Ste. Marie, and through the years, my dad, (who was an incredible operatic tenor), taught music for years in Haldimand Norfolk, both at Cayuga H.S. and Hagersville H.S.

CW: When did you know you wanted to pursue a musical career?

KS: I was 11 years old. My dad was teaching at Hagersville, and nearly every day after school, I would hang out at his music room, pick up a sax or clarinet or oboe, bring it home and practise in our basement. I guess I sounded really terrible, because Dad would ask me not to play anymore.



But one fine day, I saw an old blackened, dented flute, picked it up and started to play. My dad came to the top of the stairs and asked me "Would you like to take lessons?". That was the beginning of my flute career. Dad bought me James Galway records, (which I still have), which I would listen to constantly. My goal was to play like him someday.

CW: Paint us a picture of your training and early professional life.

KS: I chose a small music school, because I felt I really needed the one-on-one coaching. I was at Queens from 1988-90, but I finally outgrew that environment, and needed a bigger challenge. I attended UWO, played principal flute in their orchestra, which was a fantastic experience. I was having a great time, winning competitions, awards, the Lawson scholarship, and eventually went on the Royal Conservatory Music School, London England Exchange program. I completed my Masters degree there, and somewhere through those years, also trained at the Banff School (of Fine Arts).

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MUSIC FROM HEAVEN (continued

I returned home in 1990, went through a ton of orchestral auditions, which are EVIL ...I was in New York, Texas, Chicago, Calgary, Rochester...I've probably done over 30 auditions in my life. I remember a critical day around 1995 when I'd received about 3 or 4 rejection letters in one day. I visited my mother and told her that I was packing my flute away, and that I was done. Then came the Ruthven Event.

CW: What happened there?

KS: I played at a function and met harpist Patricia Johnson, who told me all about her plans to record a CD of flute and harp pieces. She was on her way up, and here I was, struggling. When would I get my turn? As it happened, a few days later, she called to ask if I would join her on the project, as her other flutist couldn't participate. That was the beginning of my recording career.

CW: What is your passion? Your heart?

KS: When I play my flute, I'm in another world..the music I listen to is from a hundred years ago...there must be something to it. Hand gestures and words don't do it for me....playing my flute allows me to express myself the best...I love performing..there's no better high than to hear the audience applause...(Playing) is like a best friend.

CW: What happened once you started recording?

KS: We got great press, the media loved us. It was a great whirlwind. We'd play at private functions, and in malls, mostly around the GTA area, and primarily at Limeridge.

People loved our CD's, (ed's note: they sold over 20,000 –incredible!) and we sold a ton of them. We'd set up our sound system and play for 8-10 hours or more... it was exhausting and I actually fell ill by the end of it all. After consulting with some of my contacts in the industry, I met harpist Alyssa Michalsky of Toronto and we recorded 3 albums last summer under my own label Ruby Productions. We've had rave reviews, received 3.5 stars (out of 4) from James Manishen, music critic with the Winnipeg Review. (ed's note: James Galway says "Bravo!" after hearing Kim perform in Toronto. How's that for career success!)

CW: What's ahead?

KS: I want to have 10 CD's (recorded) over the next couple of years – I just love recording, and I don't know any other musician in Canada who'd doing what I'm doing...I do my own marketing under my own label, with great support from my husband Clarke, and my brother Doug. We hired a publicist last year, and our press kit is a great tool to promote our CD's. The fall is typically very busy...I have to hustle between October and January to perform and sell...but I love it. I'd love to record music that's especially composed for the flute, but that's not what sells. I need to record what people will buy...and that tends to be the "familiar" pieces, not the classical repertoire that I love. How many people can truly say they're happy in what they're doing? How lucky am I? I get to do exactly what I love to do.

HARLEY HAPPENIN'S

Next stop....Friendship Festival weekend (just around the corner!) – Jeff M. sent around a sign up sheet – if you missed it and can spare some time, call him to get on board for a shift.



DIRECTORS' DRIVEL (Highlights from the July 25th Directors Meeting)

Treasurer's Report

Charlie provided trial balances with up to date info and reviewed the numbers. Essentially, we have accumulated earnings of about \$16,000 in the club account. In simple terms, this is the excess of club dues and meal charges over the actual cost of running the club (e.g.meals, postage, supplies, plaques and regalia, etc.). This balance has accumulated over the past few years and Charlie suggested that the Board may want to consider transferring some of this balance to the Foundation Account. This suggestion will be dealt with at a future meeting, once budgets are submitted by all committees. The Foundation Account has accumulated earnings of \$24,500 and this balance has also accumulated over the years. The Foundation Account includes revenues from fundraising and designated donations received such as those to Operation Eyesight. Expenditures from this account are for Rotary projects (e.g.Community Concerns, RYLA, Youth Exchange, Group Study Exchange, Welshpool).

Appreciation was expressed to Charlie for his efforts in keeping the books up to date and keeping the Directors informed about the Club's financial status. It takes a significant amount of time and effort. Thanks again Charlie.

Community Concerns

Jim Dawson (Chair) and George Cornfield (Past Chair) reviewed the proposed budget for 2002. The budget was approved at \$25,160 (compared to 2001 actual of \$22,956). Many thanks to the Community Concerns Committee for bringing their budget forward in such a timely manner. Members are reminded that this budget does not include contributions to Norfolk General Hospital and this contribution will be dealt with by the Club as a whole because it is such a major issue.



Membership - Leaves of Absence:

[Judy Scrivener until August 21.](#)

Good luck with your move and new business Judy.

[Julianne West until Sept. 15.](#)

Have fun on the east coast.

[Scott Morris until early Sept.](#)

We think that's all he can stand to be away from us.

Recruitment - don't forget to ask your friends and colleagues to join us for a meeting to learn what we're all about.

Backus Picnic

Dave Murphy and Steve Malo have met with the presidents of the Delhi and Simcoe clubs for a post mortem on the picnic. Comments will be passed on to the Ways and Means Committee for their consideration in deciding on which fundraising projects to proceed with this year.



SOME MORE HUMOUR

How to impress a Client.....

I was in the airport VIP lounge last week en route to Seattle. While in the lounge, I noticed Bill Gates sitting on the chesterfield enjoying a cognac.

I was meeting with a very important client who was also flying to Seattle with me, but she was running a bit late. Being a forward type of guy, I approached Mr. Gates and introduced myself. I explained to him that I was conducting some very important business and how I would appreciate

it if he could throw a quick "hello Chris" at me when I was with my client. He agreed.

Ten minutes later, while I was conversing with my client, I felt a tap on my shoulder. It was Bill Gates. I turned around and looked up at him. He said, "Hi Chris, what's happening?"

To which I replied "Get lost, Gates; I'm in a meeting"



Food for Thought.....

Have you ever noticed that the waiter who takes your order is not the one who brings your food anymore? What is THAT about? And which waiter are you tipping, anyway? I think next time I go to a restaurant I'll just say, "Oh, sorry, I only eat the food. The guy who pays the bill will be along shortly."

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.

The 3-way Test.....

A very small Rotary Club can't afford a 4-way test, so they have a 3-way test which says:

1. Is it fun?
2. Will it hurt?
3. Will they find out?

While in Japan.....

A Rotary visitor to Japan told a joke lasting 2 minutes. The interpreter then translated using only a few words. Everyone laughed. Afterwards the visitor asked the interpreter how he translated such a long joke so quickly. "Well, I didn't think they would get the point, so I said, "Our guest has just told a joke. Everyone please laugh."

TUESDAY JULY 31 - DUTY ROSTER -

Chaplain - Paul Zorad
Greeter - Janet Kazakevicius
Sgt-At-Arms - Sue O'Dwyer

Meeting on August
7th is cancelled