



## Also in This **ISSUE**

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## MENTAL HEALTH

This morning's speaker was Chris Szymezcko, a coordinator of the Adult Mental Health Centre, who spoke about depression. Chris began by reciting some interesting, even surprising facts. Up to 50% of general practitioner billings are for mental health issues - often depression. Depression is a medical illness. It is a neurochemical disorder that can be triggered by external events. It is very common, affecting 5-20% of the population, and twice as many women as men. Depression is the leading cause of disability and loss of productivity in the workplace.

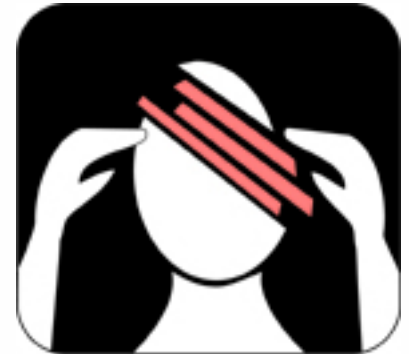
Chris went on to differentiate between feeling "down in the dumps" or "blue" for a few days, and true medical depression affecting one's thoughts, feelings, physical health, and behaviour. How do we know the difference?

Two weeks accompanied by three of the following suggests a problem for concern:

- .. Feeling slowed down or unable to keep still
- .. Feeling worthless or guilty
- .. Increase or decrease in appetite or weight
- .. Thoughts of death or suicide
- .. Problems concentrating, thinking, remembering, or making decisions
- .. Trouble sleeping or sleeping too much
- .. Loss of energy or feeling tired all the time

There are often physical symptoms as well:

- .. Headaches
- .. Other general aches and pains
- .. Digestive problems
- .. Sexual problems



As with any medical problem, there are varying degrees and severities of depression, ranging from short term and mild to long term and very severe. Depression is not an illness that can be just "shaken off". It is typically so insidious that it "sucks all the air out of you before you realize that you've been struggling for breath."

Treatment consists of medication, counselling, and alternative treatments, but it is important to realize that one has to adapt to having this illness and not trying to go back to the way things were. Chris stated that, "I don't think anyone can learn to love their depression but they have to learn to love themselves depressed."

There continues to be a stigma attached to this illness, and many fail to seek treatment because of shame or perception that it is a weakness to have it. Depression needs to be treated because

- 1 Early treatment may prevent the depression from becoming severe or chronic,
- 2 Risk of suicide increases without treatment,
- 3 Untreated depression has a greater chance of recurring.

Chris' presentation was very valuable because of the importance of being aware and sensitive to those who are afflicted, if not ourselves, our relatives, friends, or co-workers.



## SOME MORE HUMOUR

### Never Underestimate the Power of a Woman.....

There were 11 people hanging onto a rope that came down from a helicopter. Ten were men and one woman. They all decided that one person should get off because if they didn't the rope would break and everyone would die. No one could decide who should go so finally the woman gave a really touching speech saying how she would give up her life to save the others, because women were used to giving up things for their husbands and children, giving in to men, and not receiving anything in return. When she finished speaking, all the men started clapping. Never underestimate the power of a Woman.

### Meet the Parents.....

One night, a teenage girl brought her new boyfriend home to meet her parents, and they were appalled by his appearance: leather jacket, motorcycle boots, tattoos, and pierced nose. Later, the parents pulled their daughter aside and confessed their concern. "Dear," said the mother diplomatically, "he doesn't seem very nice." "Mom," replied the daughter, "if he wasn't nice, why would he be doing 5000 hours of community service?"

### Sunriser Bulletin

Publication of the Rotary Club of Norfolk Sunrise  
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Send Sunriser submissions to: [cwiens@adroinc.com](mailto:cwiens@adroinc.com)

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



### The Butler.....

A wealthy couple had plans to go to an evening ball. So they advised their butler that they were giving him the evening off to do as he pleased since they would be out quite late. The couple went to a ball and dinner. After an hour and a half, the wife told her husband that she was horribly bored and that she preferred to go home and finish some work for the next day. The husband responded that he had to stay for a few more hours to meet some very important business partners. So the wife went home alone and found the butler spread out on the couch watching TV. She slowly moved towards him and sat down very seductively. She then told him to come closer. Then even closer. She moved forward and whispered in his ear, "Take off my dress. Now take off my bra. Now remove my shoes and stockings. Now remove my garter belt and panties" She then looked deep into his eyes and in a sharp voice shouted, "The next time I catch you wearing my clothes, you're fired!"

### TUESDAY, AUGUST 14 - DUTY ROSTER -

Chaplain - Wayne Wormald  
Greeter - Keith Jones  
Sgt-At-Arms - Steve Jackson

Meeting on August  
7th is cancelled