



ROTARY  
CLUB OF *Norfolk Sunrise*

Box 31,  
Simcoe, Ontario  
Canada  
NSY 4K8

## Front Page Sunrise News

### District Governor Dick Earne Visits Norfolk Sunrise in August



President Ross Gowan welcomes District Governor Dick Earne to Norfolk Sunrise on August 22, 2006

District Governor Dick Earne was welcomed to Norfolk Sunrise this past month. In his presentation to the group Governor Earne reinforced and expanded upon this year's Rotary theme "**Lead The Way**".

Governor Earne was also on hand to recognize the newest Sustaining Foundation Members from Norfolk Sunrise. These Sunrisers have committed to contribute \$100 to the Rotary Foundations Annual Program Fund.

Norfolk Sunrise gave the Governor a unique memento of his visit to Norfolk County. A cheque for \$6200 was presented to the Governor from Sunriser Steve Malo as fulfilment of the **Every Rotarian, Every Year** campaign. You'll find additional photos of the Governor's visit throughout the newsletter.

## Are you ready for Pumpkin Head's Chest?

Sue O'Dwyer

That's right, this year's Spookhouse theme is Pirates of Waterford - Pumpkin Head's Chest. Event Co-ordinator Sue O'Dwyer describes the preparatory work leading up to this year's Pumpkinfest event.

The work starts on Sunday Sept 10 from 1pm - 4pm. As in the past, we'll be creating the Spookhouse on every Sunday afternoon from Sept 10 to Oct 15. This gives us 6 Sundays. The first Sunday is cleanup, organizing, and brainstorming what each scene will be.

The theme is "Pirates of Waterford - Pumpkin Head's Chest" and promises to be lots of fun.

Steve Malo has already started to collect the real teeth we need for Pumpkinhead. He said "Unfortunately, I hate to say there will be no problem supplying the teeth." If he has enough teeth, we could have more than one Pumpkinhead or a really giant Pumpkinhead.

Think about volunteering to create a scene. I'm sure Jeff Mereweather is already thinking about where his "water hazard" will be. It doesn't have to take a lot of time as I've learned from one of my sisters. You decide what your scene is going to be, collect your props, and come in and set it up. Kids love helping to create the props and get involved in

*Please see Pumpkin Head's Chest on page 5*

## Community Concerns &

### Environment Committee Report on Cathy Harrop

The Community Concerns and Environment Committee is required to present any donations in excess of \$1000 to the membership as a motion to be seconded and then passed by the general membership. We have also decided as a committee that the membership should be advised of how we are spending the hard earned fund raising dollars regardless of whether a motion is required or not. This year we have a budget of \$25,000 to be spent in our community.

These are the motions presented for a vote on Aug 22, 2006:

1) \$1000 Children's Nutrition Network-Apples for Breakfast Program. A presentation was made to our membership by representative from Children's Nutrition Network about this program. In association with Norfolk Apple Growers, bushels of apples will be delivered to schools weekly at a cost of \$8 per bushel for school children to supplement the breakfast program. Good nutrition and a healthy breakfast have been proven to help children learn and concentrate better in school. RCNS has supported the breakfast program in the past.

2) \$1000 Norfolk County Fair Board. Busing for 4th graders to Ag Awareness Day. This is a project we have supported in the past. The Ag Awareness Day is designed to introduce 9 year olds to the importance of agriculture in our community, the food chain, the science of farming and seeing farm animals do their thing i.e. cows being milked, chicks peck their way out of the egg shells, sheep being sheared etc. The midway is closed during this time so the children have their attention focused solely on what they are learning. The teachers have praised this program for years and we receive very nice thank you letters from the 4th grade classes for our support.

3) \$2500 Memory Drive '06-First Link Program in association with the Alzheimer Society of Haldimand Norfolk. Again, this is a project we supported last year in its initial launch. This program is not funded by the Ministry so it counts solely on donations to operate. The program is designed to help families that are affected by dementia by linking them with physicians and community service providers from diagnosis through the duration of the disease. The program organizes and coordinates dementia education training



*Steve Malo presents the District Governor with a cheque for \$6200*

sessions for patients and family members as well as physicians and allied health professionals. The program also provides active follow-up and monitoring of patients and their family caregivers to assist in reducing the number of patient crises and stress on the family caregiver which, in affect, helps to improve the quality of life for all involved. This program is actively supported by our own Steve Flexman as well as Linda Peters (Jim's wife) and Wally Anderson of the Simcoe Rotary Club. Due to our generous donation in 2005, RCNS is recognized as a Founding Member on the First Link Program letterhead.

#### **We have also agreed to donate funds to the following (no motion required):**

1) \$400 PAL card program. Personal Adolescent Link card is given to students in grades 7 through 12 and is also available at the Information Centre. 15,000 cards are printed. The card contains information for various health and social service agencies in Haldimand and Norfolk providing youth with places to turn during difficult times. We have heard how prevalent teen suicide is and perhaps having this information available will help teens with their issues. The card is also sponsored by some of our local restaurants and fast food places so there is incentive for teens to carry it with them at all times. RCNS's sponsorship is recognized on the card.

2) \$675 Norfolk General Hospital-entry fee for the Dragon Boat Race. Members of our club are entering a boat in the race on August 26. Each participant is required to raise a minimum of \$40 in pledges to support our local hospital. With 20 oars(wo)men and 1 drummer in the boat that is at least \$880 raised for the hospital.

## GROUP STUDY EXCHANGE OPPORTUNITY SPRING 2007 TO EAST AFRICA

Carolyn Wiens

Please circulate this offer through your list of business contacts and friends to invite them to consider applying to participate in the Group Study trip to Africa next spring. If you are interested in being considered, Rotarians may apply as a team leader only. Team members must be non-Rotarians.

**Team Leader applications are due September 29, 2006** and interviews are October 14th.  
The Team Leader applicant must attend on that date.

**Team Member applications are due October 20, 2006** and interviews are November 4th.  
The Team Member applicant must attend on that date.

### September @ Sunrise

#### Youth Exchange Calendar Events:

**Clubs:** Sept. 16 Club Youth Exchange officer meeting 10 am Philip-Sheridan in Kenmore

**Inbounds:** Sept. 29- Oct. 1 Grape & Wine Festival Weekend - St. Catharines  
Club Assembly

**Tuesday Sept. 12 morning meeting is cancelled in lieu of the Club Assembly** meeting Monday September 11 @ 6pm. Join us for fun, fellowship and planning!! We need to know who is coming so that food, chairs and break out groups can be organized. If you haven't already replied by e-mail or put your name on the sign-up list that was circulated August 22, please send an email to Diane at dianerwill@bfree.on.ca.

Time: 6:00 p.m. – includes catered BBQ supper at 6:00 p.m.

Date: Monday, September 11.06

Location: 4 Summit Circle, Simcoe (chez Donna Raytrowsky)

Send applications via email or mail to:  
Carolyn Wiens, GSE Chair,  
Rotary Club of Norfolk Sunrise  
wellnesswithin@sunrisecoaching.ca  
c/o Sunrise Yoga Studio  
630 Ireland Rd.  
Simcoe, ON N3Y 4K2

All applications will be submitted for committee review.

Please see the team member/leader applications and brochure appended to this newsletter for further details.



*The newest Sustaining Foundation Members from Norfolk Sunrise.*

#### Reminder: Committee Chairpersons – LAST CALL!

RE: Sept. 11 Club Assembly

If you haven't already done so, please send your final "burning question" and facilitator name as well as confirmation that you are bringing a flip chart (or not) to Diane at dianerwill@bfree.on.ca

## Quick Notes:

### Classification Talks

Joanne Kiefer has asked all members who have not given their classification talks (and have not scheduled a talk yet) to send her a quick Email so that she can schedule them in the coming year. Don't be shy – as Mark Wales demonstrated August 29 – it can be quick and painless!  
[joanne.kiefer@sympatico.ca](mailto:joanne.kiefer@sympatico.ca)

### Toastmasters International in Norfolk

For all those interested in improving their presentation skills a club of Toastmasters International has started up in Norfolk. See the attached PDF document for further information or contact Sunriser Brian Carmichael.

### An Email appeal:

Electronic news and information is great, but entirely useless if you're not on the list! Please make sure that you forward changes in your electronic address as soon as practical to the

editor. It's a predicament that author Joseph Heller would appreciate – only you know if you are not receiving updates from Sunrise and - you should be expecting them. If you know of someone that is not receiving this newsletter but should be, please have them email the editor. The best way to ensure that your correct address is on file is to email; notes and verbal messages can be mislaid.

Editor: [martin.kiefer@sympatico.ca](mailto:martin.kiefer@sympatico.ca)

### Community Dates to Remember:

Terry Fox Run: September 17

10 am registration, contact Bettyann Carty to volunteer or for further information

Email: [Bettyann.Carty](mailto:Bettyann.Carty)

## Bruno Returns to Brazil

In August we said a sad farewell to Exchange student Bruno Carvalho. We were pleased to meet Bruno's family when they attended Bruno's last Sunrise meeting on August 1. From right: Dad: Aroldo Prohmann de Carvalho; Grandpa: Benedito Therezio de Carvalho; Grandma: Lia Irene de Carvalho; Bruno; Mom: Silvia Mayumi Kimura de Carvalho; Brother: Lucas Seiji Kimura de Carvalho.



## This past month at the Rotary Club of Norfolk Sunrise

**Jean Montgomery gave a presentation on the Canadian Mental Health Association (CMHA)** activities in Norfolk County on August 15. The CMHA provides valued mental health services to Norfolk County's residents. Jean gave a fun stress relief package to all Sunrisers at the meeting.



*Jean Montgomery of the Canadian Mental Health Association at Sunrise Aug 15*

**Golf and a great dinner were on the menu** at Springview Farm Golf Course the afternoon and evening of August 29. Norfolk Sunrise's regular 7 am meeting was time-shifted 12 hours and transported to 657 Culver Road. All reports were highly complimentary of Norfolk's newest 18 hole golf course.

**Sunriser Mark Wales** gave his classification talk at Springview Farm Golf Course August 29. Mark was born in Aylmer but now calls Norfolk County home. He is a Certified Accountant at Millard, Rouse and Rosebrugh. In his spare time Mark enjoys rock climbing and, apparently, mowing his lawn.

**Norfolk Sunrise delivered a solid performance** at the 6<sup>th</sup> Annual Dragon Boat Festival in Port Dover. Showing steady improvement throughout the day the team under the guidance of Bev Anderson finished first in their last race of the day.

### Links & Email:

The monthly Rotary District 7090 Newsletter is at [www.rotary7090.org](http://www.rotary7090.org)

Our club's website is at this link:  
<http://www.norfolksunrise.org>

George Cornfield can be reached at:  
[cornfg@tdbank.ca](mailto:cornfg@tdbank.ca)

## Sunrisers in the News

**Norfolk Sunrise's John Matecsa had front page honours** in the August 1 edition of the Tuesday Time-Reformer. John's business Picasso Fish was identified as one of several area businesses receiving funding through the Community Transition Program. The \$15 million program fund was established to help the communities of Norfolk, Elgin, Brant and Oxford transition from tobacco production reliance. The article identified that Picasso Fish is growing and hopes to hire between 15-20 people in the next year and a half. On behalf of Norfolk Sunrise, congratulations John!

### Pumpkin Head's Chest from page 1

the setup. Some of my nieces and nephews have already volunteered to do the cannibal scene and I have to go buy plastic light up skulls at Dollarama. If anyone knows where we can get large cardboard tubes (carpet stores?) to make palm trees; cardboard to cut out to make leaves; an old derelict rowboat; an old sail; or old white sheets to turn into sails; old ropes, please contact Paul Zorad or Sue O'Dwyer. Or, just bring it to the Spookhouse at Spruce Row Museum.

*Editor's Note – The ad that will placed in the Pumpkinfest brochure acknowledging Norfolk Sunrise's support of the festival is attached as a PDF document to this newsletter.*