

The SUNRISE

April 14, 2003

The Newsletter of the Rotary Club of Norfolk Sunrise

PART 1 Cameroon Thoughts

Jim Dawson

There are many images that float through my mind as I reflect on the Cameroon experience. There is the unbelievable poverty along with the quiet friendliness of the people; the tremendous natural beauty of the landscape amidst the filth that is the reality of everyday living. Kids who have nothing, content to play "football" with a can in an alley and the huge

smiles of eager faces as we motor up to a remote village by boat.

There is the hint of domestic violence that permeates the air even more strongly than the garbage strewn in the street. I think of Esther, our health care worker climbing up the steep goat tracks between buildings in sandals in the incredible Limbe, which I thought at the time, was pretty rough housing- that is until I saw the slums of Tiko and the swamps in the Delta. I remember waiting for a woman to bring a child from a back hut and having pretty wood chairs brought out for Marjorie and I to sit on while we waited and the enjoyment of playing with the kids of Tyko who were fascinated by the Frisbees that John brought.



I tried to picture what it was like during the rainy season where it rains heavily for a few hours every day. In the mountainous Limbe, I couldn't imagine what these steep trails would be like-

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Jean Montgomery

Blair Harrison

On March 18 Jean Montgomery, Program Director for Haldimand-Norfolk of the Canadian Mental Health Association, made a very interesting presentation to our club. She emphasized the importance of mental health in our society by pointing out that one in five people will experience issues related to mental health during their lifetime. Some of these people will be debilitated by this disease and others will experience less crippling effects. Depression, bipolar disorder, and suicide take a great toll on our society.

Stress has an important role to play in our lives. To illustrate the effect of stress Jean instructed the club to form circles of about eight members each. She then gave us sponge balls which we tossed from one person to an-

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Sow the Seeds of Love

www.norfolksunrise.org

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just torrents of water and sheer slippery trails but Esther smiled and said that in the rainy season it is better because all of the filth washes away. In Tyko, which is on very flat ground, I also asked about what it is like during rainy season and the answer was it floods (!?) even in the good areas where there was some land for trees.



We did a lot of inoculations; some days we did over 200 and the Rotarians did the majority of them. However, as the all "A" personality Rotary team will tell you, patience was required almost all the time as we waited for buses, waited for planning, waited for officials and transportation. Even when we got to where we were supposed to go, we might have 3-4 health workers in tow when one or two would do. To western eyes, there was a tremendous amount of wasted manpower and resources. We know we are there more for ceremonial and political reasons, but still with so much need it is a shame to end up spending so little time actually doing something practical.

We brought suitcases full of over the counter medication such as bandages, Tylenol, condoms, antiseptic creams etc. In clinic after clinic, we asked to see their stores of medications and were amazed to realise that we had more in our grocery bag of donated supplies than they had in their clinic.

I was a little nervous about what I might see in human suffering and concerned about how I would take a crush of begging, grabbing children. But when you are there as a community health worker it is different, you go right into homes and do the vaccine treatment and you have a reason to be there and so are not treated the same as the foreign tourist. I was not really surprised at the poor living conditions but was amazed at how clean the people were; people living in squalor and in the continuous heavy pall of wood smoke from cooking and smoking fish and yet came out in fresh, bright white clothes!



What I did not expect to see is a village of stilts; this is in mile after mile of mangrove swamp in tidal salt water in the delta outside of Douala. The villages of perhaps 20 or 30 huts are built on stilts and there is no terra firma- the only place to walk is the 12-18" wide boards that serve as walkways between huts. Fresh water is 5 km away by dugout - one of the daily chores. Just imagine an entire world made up of 10 x 12 thatched huts and maybe 200 feet of wood plank walkways!

A Toast to Spring

Anyone who could donate white twinkle Xmas lights to our Decorating Committee Chair for the Toast to Spring event, please contact Louise Schebesch.

We appreciate everyone's efforts to support this wonderful event. There has been some confusion about whether Rotarians who are "working" on that evening need to purchase their tickets...yes please, we need for all tickets to be paid for so that we can generate as much revenue after expenses as possible. Everyone will eat, drink, be merry and enjoy it will be a lovely evening. Thanks again for everyone's hard work!

YOUTH AND EXCHANGE COMMITTEE

Outbound-Brittany- Stella reports that Brittany is with a new host family in Japan now and is getting along much better as she had a lot of problems with the past family. Stella sent her a red Norfolk Sunrise vest, paid by our youth budget.

New outbound-Caitlin O'Neill- is very excited about travelling to Estonia and knows it will be cold! Lucine will take on the role of counsellor as Ellen never did contact her. Caitlin attended our meeting with the 6 Welshpool exchange students on March 24th and was introduced to our club. A red vest was also purchased and given to her.

Inbound- Sam- Dave reports that the Slawichs asked that Sam leave as a result of personality conflicts. Dave took him to his home for 4 days and then to David and Candy Webb, who had called and expressed interest in hosting him until the end of May when he would go to the Thompsons. His present host Mom Candy is a Rotarian with Simcoe Rotary club.

Thank you cards were sent by Lucine to the Borsys, who were prepared to host him and the Slawichs for their interest in the Exchange, regretting that circumstances deterred their hosting.

New Inbound-Asuka SETO- from Japan- Tilly has agreed to be her counsellor, she will attend S.C.S., and Georgia Atkinson will be her first host family. The Marras will call Stella back as to whether they will host or not, and perhaps Brittany's aunt and uncle may consider as well. The required form was completed and faxed off to Japan's District 2610 by Lucine, and an acknowledgment was e-mailed to Sue by the president.

A copy was sent off to Ton Dicke along with a copy of Asuka's profile, as I was sent all three.

RYLA - Scott- was e-mailed the applications. Still wondering whether Kris Harrop is interested in attending. Blaine indicated that he had another interested individual and would talk to Scott about it.

New Business - Jamestown weekend- Tom O'Neill is kindly delivering all 5 students to the bus at the NGCC by 11 a.m. on Friday, April 4th. Thanks Tom, you do more than your share, because of that huge van you have! Next event is the District Conference on April 25th in Niagara Falls - Transportation is yet to be arranged depending on who and when Rotarians from our 2 clubs are going. This event is mandatory for inbound and outbound students.

~ Loonie Dinner Auction ~ Delhi Rotary Event

Delhi German Hall on Friday, April 25, 2003
Social Hour 6.00 pm, Dinner 7.00 pm
(Traditional German Hall fare) \$20.00/person
Auction 8.00 pm
(Loonie auction, 50 items to be auctioned ..., buy individual chances @ \$1.00 or buy block @ \$35.00 which gives you a chance at all items)
Proceeds to Delhi Community Health Centre.
Tickets are available from any Delhi Rotarian or President Sue.

Future Trips to Wales

There is an open invitation to our members to travel to Wales and meet with the Rotary Club of Welshpool. Also other trips could be arranged. Any interested members, please contact David Douglas.

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other within the circle. The number of balls was increased until we were all struggling to catch them. Even though this was a light hearted exercise we got the message. As our ability to cope is eroded stress increases.

Stress related illness has a significant effect in the workplace. The Canadian Mental Health Association is the Resource Affiliate for the mental health section of the Canadian Mental Health Network (www.canadian-health-network.ca). By using the search feature and typing the word "stress" links to many associated web resources can be obtained. Reviews recent research which suggests a relationship between working conditions and the health status of workers.

Our club is co-sponsoring "A Toast to Spring" with the Canadian Mental Health Association. What a great way to support this very important agency in our community.

Membership Committee

Recently, for the first time since our Club's chartering in 1996, our membership numbers fell below 50. With the induction of three fine new members on April 1, Don Emerson, Barb Ridout and Bill Clevette, we are officially at 51 members.

New members sustain our Club, bring fresh ideas and enthusiasm, and keep us moving forward.

PODS is a method of having fun, taking the pressure off individual members, and achieving membership goals, all the while having a great time with your fellow Rotarians.

POD captains are asked to arrange a meeting with your members. Please take this not as a task, but as a serious contribution to our Club. Give some real thought as to who would benefit from and be a benefit to our great Club. The POD invites them out to the meeting, the POD welcomes them to our meeting, and takes responsibility to introduce our guest to our members, the POD encourages our guest and answers questions and provides information, the POD nominates the new member, and the POD follows up on making that new members comfortable, welcomed, and starts the process of educating our new member in the Rotary way.

Our PODS and Captains are as follows:

The Hot Bod Pod	Tilly
Six P's	Janet Kazi
Prime Picks	Scott Morris
The Pod Squad	Diane Carter
The Imperialists	Jeff Goble
The Body Snatchers	Cathy Harrop
Sunny Disposition	Steve Malo

Congratulations to the PC Pod and Julianne West, for sponsoring Bill Clevette, and Don Emerson's POD (no grass grows under this guy's feet), the International Harvesters, for introducing Barb Rideout.

If you have a red seal on your badge, your POD has yet to introduce a new member.

Target new members for April and May, with a view to having them on side and members by our turnover meeting in mid-June. Any POD questions, see Keith Jones, Jeff Mereweather, and Yvonne.

World Community Service

1. Paul Harris Fellows have been chosen. Submission to RI in process. Discussed appropriate times for meaningful presentation.

2. John Wallace: Operation Eyesight. Experiencing some delays due to changes in RI matching grant rules but as per usual, John is right on it.

3. Jim Peters: Microbanks. Jim continues with his work in South Africa. His concerns center most recently on sustainability and accountability.....Jim serches for responsible participants and looks for proof of the bank in action.

4. Alan Plater: Cameroon. " The Long and Winding Road " leading to a project develops potholes on a regular basis. "What we have here is a failure to communicate". Welcome to Africa! I am writing to my contact in Bemenda, Cameroon as well as continuing to leave E mails. Things will happen as Jim and John remind me. The key words are patience and persistence. It was just 6 weeks ago that the Togo people became aware of a project that arose there!

President: Sue O'Dwyer
Secretary: Rhonda Clarke-Bruyn
Treasurer: Charlie Douglas
President Elect: Keith Jones
Past President: Steve Malo

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Peter Wheatley - Club Service
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