



Founded on the rock
Bonded by the sea.
Guided by the light.

The Lighthouse

Newsletter of Rotary District 7820, Zone 22

46 Clubs strong covering Newfoundland and Labrador, Nova Scotia, Prince Edward Island, Iles de la Madeleine, Québec and Saint-Pierre et Miquelon, France.

District Governor 2006/07 - Dennis Knight



Creating reality
from dreams.

Issue No. 04-07 Editor - Peter Stuempel April, 2007

Message from the Governor



Thank you...

One of the great challenges of a Rotary District which encompasses three provinces and part of another country is communication. While it is wonderful to have dedicated club executives and Assistant Governors, there simply isn't the time or the opportunity to say thank you to each of you, but as your District Governor, I want to say a gargantuan **"thank you"** for your part in Rotary and for your daily practice of *Service Above Self*.

Looking ahead, May is a month to say thank you to our members, but also to challenge you *to appreciate what the world of Rotary can be*.

For each of us, our Rotary World has a different dimension. Last fall, we in St. John's had the privilege of greeting our RI President, Carl-Wilhelm Stenhammar. His Rotary World and that of our *Lead the Way* President Bill Boyd really is the globe and their years as RI President have been spent circumnavigating the world, greeting and thanking Rotarians for their "Service Above Self."

The month of May will see our annual District Convention in St. John's, from May 10th - 13th. It is being held at the Fairmont Hotel with an "off site" session at Memorial University and another in a famous part of downtown St. John's called George Street.

As I have toured District 7820 this year as your District Governor, I have met Rotarians who have done "make-ups" in all parts of the globe and others who have never been outside their own meeting room. What could I say to you (and your spouse or partner) which would have you take the tiny step to expand your Rotary World? What would it take to get you to come to St. John's for a weekend in May?

The Convention Committee has worked diligently to keep the convention affordable and fun. Add to that, speakers like Dr. Bruce Aylward, Polio-Plus Champion from the World Health Organization (and a St. John's boy); Mark Cook, Founder of Hope and Homes for Children in war-torn regions of the globe; Andrée Cazabon, an award-winning Canadian film maker who was a "street kid" at 13 years old and Susan Knight, educator and innovator, who develops young leaders and ambassadors through artistic excellence. Her internationally acclaimed choir **Shallaway** will also perform at the convention.

I only ever started to really appreciate the World of Rotary when I left my club's meeting room and attended a Rotary meeting at another club. Then I attended a meeting in another city. Soon, I was attending Rotary meetings and being greeted as a friend in other countries, and attending conferences of Rotary International. I heard about Polio Eradication and saw what other Rotarians were doing to improve the human condition and build world peace and understanding.

But do you know where my Rotary journey really took off? ... at a District Convention - in Charlottetown.

I urge you to expand your Rotary world by joining us in St. John's.

And what is this George Street mentioned earlier? Well, you'll just have to come and experience that part of the convention. Our famous folksong "We'll Rant and We'll Roar Like True Newfoundlanders" could have been written after a walk down George Street!

Susan and I join in inviting every Rotarian in the District to come to the convention and expand their Rotary world. To quote Assistant Governor Derek Key, come to: *"celebrate the onset of Spring; celebrate your club's year of Leading the Way; celebrate common people doing remarkably uncommon things; celebrate the weekend; just about any excuse offers a chance for celebration. It promises to be a fabulous time for Rotarians and for the whole family. Take advantage of this offering of great hospitality by a wonderful group of folks in Newfoundland and Labrador."* www.rotary7820convention.ca

What more can I say; spoken like a true Summersider.

See you there, *DG Dennis*

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Click here to register for the Annual Assembly and Convention and find more information

Seven Compelling Reasons

to come to your District Convention

- **world class** speakers,
- a program focused on **youth**,
- a window on the **most uncommon** accomplishments of **common people** around the world,
- great ideas and best practises on how **to make you and your club more effective** agents of service,
- **fun and foolishness**, an essential part of the cultural fabric of Newfoundland and Labrador,
- the **historic character and fun atmosphere** of North America's oldest city, and
- a **Rotary Leadership Institute** the day before the convention (designed for leaders of the future) www.rotaryleadershipinstitute.org/IntlDiv.htm (for information, contact PDG Dorothy Britten, thepond@accesswave.ca).

Find out more at www.rotary7820convention.ca. If you can't attend the entire convention, there are packages available for partial attendance.

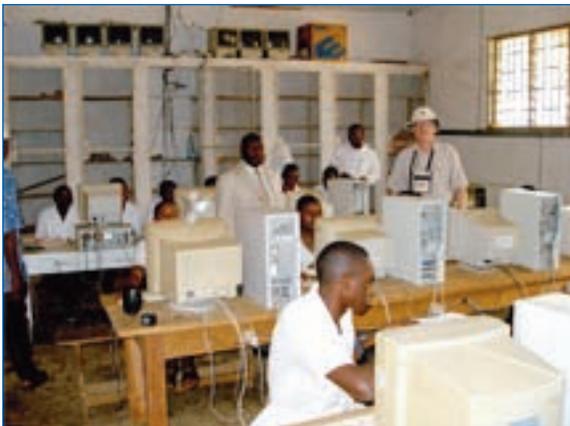
Cameroon Update

Cameroon 2007

A Thank you from RIMES

From February 19th to February 27th I was visiting D9150 to monitor the distribution of our humanitarian equipment to Cameroon, visit government officials and organize Rotary's Bio Sand Filter system for water purification.

Our equipment from D7820, seven containers so far, has gone out to 28 hospitals, three schools and one university. It makes me very proud to be part of D7820 who see the need for supporting this wonderful RIMES project by helping to gather, load and fund these shipments. We do make a difference. This year an additional three more containers will be shipped thanks to the caring Rotary clubs in our district.



These computers were sent in 2005 and were re-built by the Community College in Middleton. Over 30 computers have been sent so far for various applications.

The official handover over of container #7. Shown starting from the left is the CIDA Area Rep, PDG Pete Smith, Canadian High Commissioner Jean Lavoie, Rotary Club of Limbe President John Ndakwa. This day 14 hospitals benefited from D7820 RIMES project. Some 150 Rotarians, Government officials and Hospital Administrators attended this event.



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The picture on the left was taken at a Cameroon Development Corporation hospital. CDC, a national company, operates the majority of rubber, palm oil and banana plantations. The lady, a quadriplegic, sits outside the examining room in our wheelchair. This poor lady was raped while her mother was shopping and became pregnant. Her baby must be propped into the feeding position on her lap. I was very pleased to see that the hospital sent our wheelchair home with her. She thanked us for the gift with a huge smile.

To ease future delays in clearing our shipments I met with the Minister of Health, Minister of Customs and Finance and finally went to the Presidential Palace for an audience with Secretary General Philemon Yang. Our High Commissioner Jean Lavoie attended with me and as a result the Cameroon Government apologized for any subsequent delays and ensured that future shipments by Rotary International from Canada would be unimpeded by government officials. This clears the way for many humanitarian projects in Cameroon. I should also note that D9150 has now been reinstated with The Rotary Foundation, and grants are now being accepted. Shown to the right is the Minister of Customs and Finance Antoine Massina and myself.

Rotary International Medical Equipment Supply will continue to make a difference, with your continued assistance this project will have no end.



PDG Pete Smith
RIMES Chair

Membership Minute

Prospective and new member kits are now available.

Is your club looking for prepackaged information to give to prospective or new members? The RI Catalog now offers two new kits that can help.

The **Prospective Member Information Kit** (423-ENB) provides a general overview of Rotary's history and programs and includes publications such as **What's Rotary** (419-EN) and **This is Rotary** (001-EN). The **New Member Information Kit** (426-ENB) provides a more detailed overview of the history, structure, and programs of Rotary International and The Rotary Foundation and includes publications such as **Rotary Basics** (595-EN) and **The ABCs of Rotary** (363-EN). Both of these kits can be ordered from the RI Catalog at <http://www.rotary.org/shopping/index.html>.

Consider enhancing the kits by adding your own club brochure or newsletter and the most recent edition of your regional Rotary magazine.

Recognition of Membership Development Initiatives

Does your club have a unique and successful membership development strategy? Rotary International recognizes clubs that develop and implement creative strategies that promote membership in their area. Each year, district governors can choose up to three clubs per district to receive a certificate of recognition for fulfilling one of the three areas of membership growth and development:

- Retention
- Recruitment of qualified new members
- Organization of new Rotary clubs

To be considered for this award, download the club submission form at <http://www.rotary.org/newsroom/downloadcenter/membership/index.html#development> and submit a detailed explanation of your club's strategy, initiative, or program **to your district governor by 15 April**.

Spread the word!



Invite someone to become a
Rotarian
today.

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Interact



The Interact Club of Holy Spirit School in Conception Bay South has made a major contribution to the District's initiative to drill village wells in Africa. They recently demonstrated great ticket selling prowess by raising \$1,000.00 in a very short time. Club President Emly Shea and Executive member Katie Andrews presented the cheque to DG Dennis at a recent meeting of the RC of Avalon Northeast. Shown in the photo, left to right, with DG Dennis are Katie Andrews, Emily Shea and President Jerry Ward, Rotary Club of Avalon Northeast.



Night of 1000 Dinners - Adopt a Minefield

A number of clubs held an annual "Night of 1000 Dinners" lately, money from which goes to help the removal of landmines which have killed and/or injured many civilians in war torn countries.

You may remember Katie from Gord Hankin's district conference. Here is her report about Landmine Action...

OSLO - A Defining Moment in the History of the World!

A group of States, united Nations Organisations, the International Committee of the Red Cross, the Cluster Munitions Coalition and other humanitarian organisations met in Oslo on 22 – 23 February 2007 to discuss how to effectively address the humanitarian problems caused by cluster munitions.

Civil Society protest and lobbying does work! I saw civil society in action in Oslo last week. On Wednesday 21st February members from over 100 different NGOs from around the world attended a meeting at the Nobel Peace Centre in Oslo where they heard a range of speakers who all called for the banning of cluster munitions.

At the same time, Parliamentarians who had come to Oslo from around the world at the invitation of the Cluster Munitions Coalition held a meeting with Ministers at the Norwegian Parliament.

I had been at the international press conference at The Oslo Press Club on Tuesday 20th - and it was obvious that the world's press were there in force for all the meetings. This was an excellent sign.

49 Governments were represented at the Government Meetings on Thursday 22nd and Friday 23rd April.

Several NGOs (who form the International Cluster Munitions Coalition) spoke at the Governmental Meetings. The presentations by our members made a huge impact. Several governmental spokespersons spoke - some mentioned that cluster munitions with 'self destruct mechanisms of less than a 1 - 2% failure rate were used successfully.

A presentation from Grethe from Norwegian People's Aid included film taken by John Rodstead the international photographer and film maker from Australia. This showed a hillside in Southern Lebanon absolutely littered with dozens of cluster bomblets all intact, none had exploded, and all had the 'self destruct' mechanism. We had just been advised in a presentation from 'Jane's Defence' that the slightest movement - even the wind - could activate these cluster bomblets. During John's film it was difficult to hear his voice because of the noise of the wind as he filmed! I was with John as this film was shown, and even he admitted to being terrified as he watched - it was a miracle he wasn't killed.

After our success at the UN Convention on Certain Conventional Weapons held in Geneva last November - we really hoped for about 30 countries to attend the meetings called by the Norwegian Government - 49 arrived!!

The draft declaration had been on the table from day one, the final Declaration reads as follows:

Oslo Conference on Cluster Munitions

22-23 February 2007

Declaration

Recognising the grave consequences caused by the use of cluster munitions and the need for immediate action, states commit themselves to:

1. Conclude by 2008 a legally binding international instrument that will:

(i) prohibit the use, production, transfer and stockpiling of cluster munitions that cause unacceptable harm to civilians.

(ii) establish a framework for cooperation and assistance that ensures adequate provision of care and rehabilitation to survivors and their communities, clearance of contaminated areas, risk education and destruction of stockpiles of prohibited cluster munitions.

2. Consider taking steps at the national level to address these problems.

3. Continue to address the humanitarian challenges posed by cluster munitions within the framework of international humanitari-

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an law and in all relevant fora.

4. Meet again to continue their work, including in Lima in May/June and Vienna in November/December 2007 and in Dublin in early 2008, and welcomes the announcement of Belgium to organise a regional meeting.

46 nations have signed up to the declaration.

Only Japan, Romania and Poland refused to sign up to the declaration.

Our work of lobbying must and will continue to ensure that all the nations that have signed up continue to move forward so that we get the Treaty in force during 2008. We will also lobby all those countries who were not present or have not yet signed up. The next meeting of States Parties will be held in Lima, Peru on 22nd May 2007. We expect that because of the outstanding success of the Oslo Meetings with 46 countries now committed to a ban on cluster munitions by 2008, that many other countries will attend the Lima Meeting and 'sign up'.

Mines Action Canada are part of our Cluster Munitions Coalition - Paul Hannon (originally from Pictou) was present for the Oslo Meetings. As you can imagine, he was absolutely delighted when the Canadian Ambassador announced 'they were in'! We 'two old timers' were out celebrating on Friday night with the youngsters - amazed that our two countries the UK and Canada were 'both on board'!

I'm on a 'high' - maybe several weeks before I come down from the ceiling! I must wait patiently to see if I am invited to be part of the Landmine Action delegation to Lima on 22nd May!!!

Katie Moore
gk.moore@ntlworld.com

<http://www.landmineaction.org> • <http://www.stopclustermunitions.org> • <http://www.spreadingourvalues.com>

Other News

A CANADIAN FIRST !!!!!



It is with pleasure to announce that Cheryl Hebert of Halifax has been accepted as the first Canadian candidate into the Rotary Foundation *Peace and Conflict Studies* 3 month intensive program at Chulalongkorn University, Bangkok, starting in July.

Ms. Hebert, who won the appointment in worldwide competition, is a project Manager with the Nova Scotia Human Rights Commission with many years experience in mediation and conflict resolution across Atlantic Canada. Not only will she benefit from interacting with participants from around the world, she will be able to offer them insights from her experience. As a result she will bring back and apply alternative techniques in conflict resolution in her Nova Scotia practice and also be able to impart these ideas to co-workers and others in the field of conflict resolution.

The Rotary Peace and Conflict Studies Program hosts a universal group of experts encompassing seasoned faculty members from Chulalongkorn University, and visiting lecturers from leading institutions worldwide. Ms. Hebert's intensive three-month course, beginning in July 2007, will offer studies in peace, conflict resolution and mediation through both academic learning and practical field training.

As part of The Rotary Foundation's mission to encourage world understanding and peace, the Rotary Peace and Conflict Studies Program was established to provide professionals from around the world the valuable opportunity to gain knowledge in conflict resolution and mediation training to become better equipped to help prevent and resolve conflict, as well as foster policies and create settings that ensure peace. Offered in English, the program is aimed at mid-to upper-level professionals in governments, nongovernmental organizations and private corporations. Offered twice per year, each session accepts up to 30 participants

For more information and Rotary Peace and Conflict Studies go to <http://www.rotary.org/foundation/educational/rpcsp>.

HOME HOSTING - ZONE 22 INSTITUTE - Halifax Sept 9th – 16th 2007

D7820 is hosting the annual Zone 22 Institute this year in Halifax. Zone 22 extends from Cape Spear in Newfoundland across Canada and parts of the Northern US States up through Alaska and across into Siberia as far as the Ural Mountains - a huge Zone. Past, present and future Districts Governors come together for training sessions and other Rotary business. With our neighbours in St Pierre et Miquelon, Zone 22 covers four countries, Canada, France, USA, and Russia.

Some of those who attend like to extend their stay by visiting the region of the host District - this year Atlantic Canada. We would like to establish an inventory of those Rotarians interested in hosting these visitors in their homes over several days, either before the Institute week in September or after. We are promoting the glory of the Fall colours later in September. This is a great opportunity to make new friends and play host to showcase our region and all its attractions. It also usually leads to a reciprocal

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visit to your guests in their home town.

If there are any Rotarians and their partners who are interested in being involved, we would appreciate hearing from you. Just e-mail Murray Nicoll PDG at murray.nicoll@ns.sympatico.ca with your name & location and we'll add your name to the list.
*Murray Nicoll PDG
Chair Special Events*



Rotarians Have a Heart

The District "Rotarians Have a Heart" PR Project was well attended by the Halifax Metro clubs and the Rotary Club of Bridgewater & District.



Here are keen Rotarians 'pumping their Hearts out' to bag the heart shaped candy for our Valentine's Day project. Believe it or not, we filled around 18,000 bags that day in a

little over 3 hrs. – the photos show part of the production lines!!!!

Although sunny but cold that day, Rotarians hit the streets and malls on February 14th to give out these bags of candies.

The event is not principally a fund raiser but more to showcase Rotary to the Community to make them aware of who we are and what we do. Accompanying each bag is a descriptive tag about Rotary and our Community projects.

Murray Nicoll

Are you buried in Virus Warnings and Hoax Alarms

FROM TIME TO TIME you may receive an e-mail with an attachment that warns you of an imminent virus attack on your computer. Whilst there is a continuous battle to protect computers from virus attacks, many of the warnings are based on urban myths. Typically, most of these warnings ask the recipient to circulate the information as widely as possible, thereby perpetuating the myth.

There are a number of websites that maintain up to date lists of real, active viruses and the hoaxes or urban legends. One of the most reliable is <http://www.snopes.com>. So, the first cautionary note is always to check out the warning before passing it on. If you inadvertently re-circulate a warning that turns out to be a hoax, it is good practice to circulate a reference to a website such as www.snopes.com to the same recipients so that they can check it out for themselves.

From the monthly newsletter of the International Computer Users Fellowship of Rotarians

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May is Mental Health Month

Have you planned your speaker yet?

The Schizophrenia Committee encourages you to “Lead the Way” in your community. Have your Rotarians try the following Schizophrenia Quiz.

SCHIZOPHRENIA QUIZ

Test yourself, then check the answers to see how you scored.

What are your chances of getting schizophrenia?

Schizophrenia generally strikes older people. **True** __ **False** ____

Schizophrenia is a split personality. **True** __ **False** ____

The number of people who have schizophrenia in Nova Scotia would **a)** fill a theatre **b)** fill the Metro Centre **c)** fill a large city

Schizophrenia is a brain disease caused by **a)** something wrong in the brain’s chemistry **b)** bad childhood **c)** smoking marijuana

Only people with above average intelligence & creativity get schizophrenia. **True** __ **False** ____

Schizophrenia is an illness that can most often be treated. **True** __ **False** ____

People who suffer from schizophrenia commit more acts of violence per capita. **True** __ **False** ____

How many people with schizophrenia totally recover? **a)** none **b)** 25 % **c)** all

People with schizophrenia live mostly **a)** on their own **b)** with their families **c)** in hospital.

We should increase our awareness of mental illnesses and this month we will focus on **bipolar disorder**.

What is Bipolar Disorder?

Bipolar Disorder is a mental illness with episodes of mania and depression. A milder form of mania is called “hypomania”. It is a recurrent disorder that has three states:

- a high state called “mania”
- a low state, called “depression”
- a well state during which many people feel normal and function well.

Each of these states has associated symptoms. They are listed below.

Symptoms of Bipolar Disorder:

Symptoms of Mania

Excessive elation or happiness
Decreased need for sleep
Increase in spending habits
Excessive energy or agitation
Feelings of grandiosity or inflated self-esteem
Poor judgment
Racing thoughts and flight of ideas
Excessive interest in activities
Rapid, unpredictable emotional changes
Increases sexual drive and energy
Extremely talkative and pressured speech
Extreme irritability
Overreaction
Loss of appetite and weight loss.

Symptoms of Depression

Feelings of sadness, anxiety, and hopelessness
Feelings of guilt, worthlessness, and low self-esteem
Restlessness and irritability
An inability to feel anything at all, an “empty” mood
sense of impending doom and disaster
Loss of physical energy, feeling lethargic or tired all the time
Increase or decrease in weight
Increase or decrease in sleep
Insomnia or awakening during the night
Thinking or memory problems, or poor concentration
Thoughts of death, suicide or hurting oneself.

Bipolar disorder is also known as Bipolar Affective Disorder and Manic Depressive Illness.

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The mood swings associated with Bipolar Disorder may occur gradually or rapidly. During the depressed cycle, a person may experience some or all of the symptoms of depression. Symptoms of mania can affect judgment, thinking and behaviors, leading to potential problems.

What causes Bipolar Disorder?

Bipolar disorder affects about 1 – 32% of adults worldwide and men and women are equally affected. In Canada more than 450,000 people have, or will have, this disorder. It often begins in teen years and continues into adulthood. Although a single cause has not been identified, it is known that many factors, including bio-chemical, genetic and environment, play a part in this illness.

Research suggests that an imbalance of bio-chemicals in the brain is related to the symptoms and episodes of depression and mania. The imbalance may represent a genetic trait set into motion by stress, trauma, physical illness or some other environmental factor. Medications work by correcting the imbalance. There is growing evidence that heredity is involved, especially in the more recurrent forms of the disorder. The exact mechanism by which Bipolar Disorder is transmitted from one generation to the next is unknown.

ANSWERS TO QUIZ

If no relative is ill – a) 1 in 100; if a brother or sister is ill – b) 10-100; if aunt, uncle, grandparent is ill –c) 3-100

False. It generally hits between 17-30. Onset after 40 is rare.

False. Split personality is a totally different and very rare disease. Schizophrenia is a common disease.

b) about 8000 people in Nova Scotia have Schizophrenia.

a) is correct b) is a myth c) street drugs may trigger but do not cause schizophrenia.

False. Anyone can get schizophrenia.

True. Medications used are non-addictive and quite effective for symptom control. They do not cure and may have severe side effects.

False. Many people believe this, but indeed, those suffering from schizophrenia commit fewer violent acts than the average population.

b) 25% recover, 25% improve greatly with continued medication; 50% need extensive community supports; 10% will commit suicide.

b) most live with their families.

Please Note: The answers are based on the research and information known to date.

HOW DID YOU SCORE?

10 right... are you in schizophrenia research?

5-10... not bad, you are relatively well informed;

0-5... learn more about schizophrenia at mary.lynk@ns.sympatico.ca

Thank you for doing the quiz.

**If you don't have the booklet, *The ABC's of Rotary*,
the full version by PRIP Cliff Dochterman is available to read or download at
http://www.rotary9200.org/abc_of_rotary.asp**

**The latest information about Polio can be seen at
<http://www.mooers-law.com/PolioInTheNews.htm>**

March was PETS and SETS month

March was PETS and SETS month. The following are pictures from those sessions. Do you recognize anyone?



District Attendance

Be sure to get your clubs attendance to the District Secretary by the 10th. of the month (Kathryn Atkin: kathryn.atkin@easternhealth.ca). It is a requirement of Rotary International that **all** clubs report their attendance to the District secretary monthly. The District Secretary is then required to forward this information to RI.

Only 27 clubs provided an attendance report for the month of January (59% of 46 clubs) and 20 for February (43%). The average attendance of those clubs reporting in January was 74% and 72% in February.

Congratulations to the **Rotary Club of Dartmouth** for having **95%** attendance for the month of **January** and the **Rotary Club of Hillsborough** for having **98%** for the month of **February**.

How did your club fare? Check out the attached *District Attendance Report*.

Rotary Dates to Remember

10th. of the month - Attendance reports to Kathryn Atkin.

15th. of the month - Club News to *The Lighthouse* editor.

April 1, 2007 - Deadline for "Outstanding Club Recognition"

April 15, 2007 - Deadline for "Presidential Citation Award"

May 10-13, 2007 - District Convention - St. John's, NF

Please contact us with your questions, suggestions and articles...

Dennis Knight, DG - dknight@dwknightassociates.com
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Check out our District Web Site at
<http://www.rotary7820.com>