

SUGAR WHEEL

NEWSLETTER OF THE ROTARY CLUB OF ST KITTS
(CHARTERED JULY 1969)

Bulletin No. 03 – 2007/2008

SEPT 13, 2007

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ESTABLISHMENT OF A CHILD DEVELOPMENT FOUNDATION

By PP Charles Wilkin

Violent crime and delinquency in general have increased substantially in St. Kitts in the past 5 years. The murder rate which not too long ago was 1 per year has reached 1 per month. Gun crimes have risen alarmingly. Gangs have become fashionable for increasing numbers of young men. If this situation remains unchecked St. Kitts will in short order face a major crisis which will inevitably damage our quality of life, our growing tourism industry and our economy.

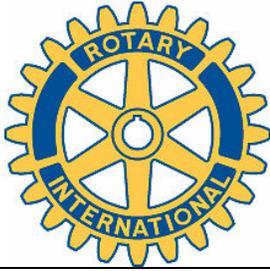
Too many of our young men have chosen lives of violence and other anti-social behaviour. While this phenomenon is not unique to St. Kitts the threat which it poses to our development is greater than elsewhere because we are a very small country. At risk are the impressive strides made by our country in economic and social development which have placed us at the top among Caribbean Countries of the United Nations Index on Human Development.

This generation has much better access than their predecessors to education, healthcare and other social services. Despite the closure of the sugar industry the growth in tourism and the economy generally have provided increasing numbers of jobs in the construction industry and in tourism related businesses. Opportunities abound for enterprising young men to start their own service-oriented businesses.

Despite these impressive developments we face a generation of misguided and violent young men with the potential to reverse all the gains made. We are at the cross roads. A strong counter-thrust is required.

The reasons for the unfortunate trend described above are well known. The proliferation of guns, the negative influences of cable television, the reduced impact of the Church, vastly improved communications, more leisure time, peer pressure, increased consumerism, political tribalism, a weak police force are all contributors. However, perhaps the greatest factor is lack of proper parenting and positive influences on our children at an early age.

In days gone by although times were harder for the majority of our people our society was more closely knit. The village helped to raise the child, there was greater respect for elders and for persons in authority. Discipline was stronger throughout the society. Nowadays children are having children; there are 35 year old grandparents. Our men are shirking their responsibility to their children to an even greater extent than before. Where children are being raised in established homes the parents, distracted by the conveniences of modern life, spend less quality time with their children, exercise less control over their movements and associations and impose less discipline on them. Parents themselves show no respect for teachers, the police and others in authority and thereby provide a negative example to their children. They spend more and more of their money on consumer products and non-necessities. Where they do spend money on their children they prefer to buy cell phones and name-brand sneakers than books and other educational material. The growing aggression of people generally to each other



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has resulted in members of our society refusing to correct and guide the children of others.

The Foundation is to be established as a coalition of public, civic and private sector organisations to counteract these negative trends and through the promotion of good parenting, family and social values to give the next and future generations the positive influences which too many of the current generation lack. This will be a costly and long term project and requires the co-operation of all social partners. But it is a fight which we cannot afford to lose. If we do the very fabric of our society will be threatened.

Submitted by Charles Wilkin, QC, on September 6, 2007 as part of a proposal to establish a child development foundation

September is New Generation's Month

Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you,

And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,

For they have their own thoughts.

You may house their bodies but not their souls,

For their souls dwell in the house of tomorrow,

which you cannot visit, not even in your dreams.

You may strive to be like them, but seek not to make them like you.

For life goes not backward nor tarries with yesterday.

You are the bows from which your children as living arrows are sent forth.

The Archer sees the mark upon the path of the infinite, and He bends you with His might that His

arrows may go swift and far.

Let your bending in the Archer's hand be for gladness;

For even as he loves the arrow that flies,

so He loves also the bow that is stable.

- Kahlil Gibran

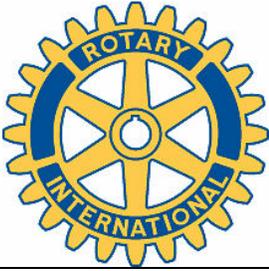
Test Your Rotary Knowledge Part 1

Question

Answer

- | | |
|---|--|
| 1. What is the official Rotary International theme for 2007-2008? | Rotary Shares |
| 2. Who is the RI president for 2007-08? | Wilfred Wilkinson |
| 3. What are the four Avenues of Service? | Club, Vocational, Community, International |
| 4. Where will the 2008 RI Convention be held? | Los Angeles, California |
| 5. Where is the World Headquarters of Rotary International? | Evanston, Ill., USA |
| 6. What is the name of the chief officer of the rotary district? | District Governor |
| 7. What are the official Rotary colors? | Royal blue and gold |
| 8. In what city was the first Rotary club launched? | Chicago |
| 9. What is our club's number? | 6829 |
| 10. Which club sponsored our club into rotary international? | Rotary Club of St Augustine, Trinidad |
| 11. How many members are currently in the club? | 48 |
| 12. Who is the current district governor? | Cees Delwig |

Congratulations Team A for winning Part 1 of this series



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Rotary International News

- ❖ **John Kenny**, of the Rotary Club of Grangemouth, Central, Scotland, is the selection of the Nominating Committee for **President of Rotary International** in 2009-10. He will become the president-nominee on 1 December if there are no challenging candidates.
- ❖ On 24 July, Rotary International recognized Côte d'Ivoire President Laurent Gbagbo with its **Polio Eradication Champion Award** in honor of his commitment to eradicating polio worldwide. Under Gbagbo's leadership, the West African country has been free from polio since 2005. Despite civil war in Côte d'Ivoire, Gbagbo facilitated mass polio immunization campaigns, giving the occasions the highest level of political support. In addition, he made a personal contribution of US\$36,000 to the cause.

Club Calendar of Events

September

Pre-Independence Care Packages - Sept 15
Classification Talk - Kerryanne - Sept 20
Guest Speaker - Val Henry - September 27

October- Vocational Service Month

HIV/AIDS program with high school students
(appearance by Ms Universe) - October 5

Visit by District Governor - Oct 25
Raffle Drawing
for laptop and cell phone - Oct 25

Also in October:

Fine Dining Dinner hosted by Rams and Marshalls

RI President's Monthly Message

September 2007
The Rotarian

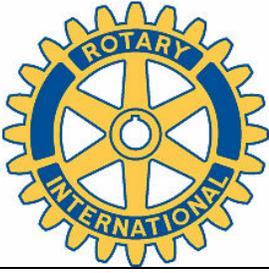
All of us in Rotary know that we're a part of something larger than ourselves. We know that Rotary is an organization that transcends the boundaries of religion, language, and culture. We know that it is a force for peace, goodwill, and fellowship, and we know that it is a force 1.2 million strong. But most Rotarians' involvement in Rotary is made up primarily of club meetings, community projects, and international work through partnerships with other clubs. Because of practical reasons, most Rotarians don't travel to distant countries when they're part of a service project abroad.

What this means, though, is that for most of us, the internationality of Rotary can seem distant, and it can be difficult to fully understand. As a new member of the Rotary Club of Trenton, Ont., Canada, I was very happy being part of an organization that I saw doing so much good work locally. I might have stayed focused on that local work for years had there not been an international convention scheduled in Toronto shortly after I joined.

That first convention was what really opened my eyes to Rotary. It brought the world of Rotary, the world that stretches far beyond my own club, all together in one place. I saw how truly international an organization Rotary was, and I understood, for the first time, just what I had become a part of - and just how much there was to do, to contribute, and to become.

At a convention, you start to see your own club in context, as part of a network of 32,000 clubs in more than 200 countries and geographical areas. You're inspired by the work that so many of these clubs are doing, and you bring new knowledge and ideas home to your own club. Most important, perhaps, are the personal connections made at a convention: the friendship and fellowship that will link your club to others for many years to come.

The 2008 RI Convention will be held in Los Angeles, a multicultural city that is a fitting site for such an event. If you've already been to a convention, perhaps you need no convincing to register for this one. Los Angeles is a city of stars, and when you come, you will see the Rotary stars, the Hollywood stars, and the stars twinkling in the sky over the Hollywood Bowl. If you've never been to a convention, then I urge you to join Joan and our whole family for a wonderful few days of fellowship and inspiration. I believe this event will change your life, as it did for Joan and me in 1964.



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Paul Harris Fellow Laverne

Presentation of Paul Harris
Fellow to Partner-in-Service
Laverne – September 6, 2007



AG Paulette, PHF Laverne, Rotarian Scott



President Leah and PHF Laverne



Trainer Heather and President Leah

Training for Facilitators of
Reading Workshops -
September 6, 2007



Trainer Heather



ABC's

Participants included the 'Friends of the
Children's Home'



Health Check

Anxiety - Controlled Breathing Techniques

When you are anxious, you tend to breathe shallowly, using your upper chest muscles. Your breathing can become extremely rapid and erratic, leading to hyperventilation. Controlled breathing is a technique that you can use to counteract this stress response and induce a state of calm within 3 to 5 minutes. Try this simple technique, using the following steps:

1. Lie on your back, placing one hand over your heart and the other on your abdomen.
2. Inhale slowly and deeply through your nose for a count of 4.
3. Watch the hand on your abdomen rise as you fill your lungs with air, expanding your chest. (The hand over your heart should barely move, if at all.)
4. Hold your breath for a count of 4.
5. Exhale slowly through the mouth or nose for a count of 4.
6. Repeat for 10 full breaths. Work up to 2 or 3 sets of 10 breaths each.

Keep the following guidelines in mind while practicing controlled breathing:

- Stop if you feel faint or dizzy.
- Inhale slowly and deeply through the nose.
- Exhale slowly through the mouth or nose.
- Breathe in a smooth, regular pattern.
- Concentrate while inhaling on filling the lower portion of the lungs

(www.realage.com)

Joke of the Month

Some Men Won't Learn

A husband and wife are getting ready for bed. The wife is standing in front of a full-length mirror taking a hard look at herself.

"You know, dear," she says, "I look in the mirror, and I see an old woman. My face is all wrinkled, my bosom is barely above my waist, and my bottom is hanging out a mile. I've got fat legs, and my arms are all flabby." She turns to her husband and says, "Tell me something positive to make me feel better about myself."

He studies hard for a moment thinking about it and then says in a soft, thoughtful voice, "Well, there's nothing wrong with your eyesight."

Services for the husband will be held Saturday morning at 10:30 at St. Anselm's Memorial Chapel.

In the Waiting Room

I was sitting in the waiting room of the hospital after my wife had gone into labour and the nurse walked out and said to the man sitting next to me, "Congratulations sir, you're the new father of twins!"

The man replied, "How about that, I work for the Doublemint Chewing Gum Company." The man then followed the woman to his wife's room.

About an hour later, the same nurse entered the waiting room and announced that Mr. Smith's wife has just had triplets. Mr. Smith stood up and said, "Well, how do ya like that, I work for the 3M Company."

The gentleman that was sitting next to me then got up and started to leave. When I asked him why he was leaving, he remarked, "I think I need a breath of fresh air."
The man continued, "I work for 7-UP."

Celebration Time!

Happy Birthday to the August Crew

Rotarians Clayton, Robin, Trevor, Avonel
Partners-in-Service Andre Amritt, Laverne Caines,
Cynthia Dore

Happy Anniversary

Gordon and Avonelle, Marley and Yvette,
Kamal and Isha, Lloyd and Cynthia

Etiquette Corner

Ways to Sabotage a Good First Impression

- *Sloppy Language*: Use a vocabulary appropriate to the situation.
- *Inappropriate touching*: Keep your hands where they belong.
- *Gum chewing*: People are perceived as unprofessional especially in the work place.
- *Throat Clearing*: When the urge to clear your throat becomes a habit, try swallowing instead

Thought of the Month

"When obstacles arise, change your direction to reach your goal, not the decision to get there."
Zig Ziglar