

# Trip to Kenya to help kids is a 'chance of a lifetime' say Georgetown teenagers

**LISA TALLYN**  
Staff Writer

Two Georgetown youths will spend three weeks in rural Kenya this summer volunteering in the Masai area.

Zach Austin and Marc Drake, both 16, will be visiting Kenya in August as participants in The Kenya Study and Leadership Program 2007.

While there, Austin and Drake will be teaching a physical education summer program with the Masai children, teaching them a variety of sports such as handball, soccer and football, and also hosting an area Olympics.

They will also be helping to build a school.

"It seems like a chance of a lifetime to see a part of the world and also to have an impact on those less fortunate," said Austin, a Grade 10 student at Georgetown District High School.

"I'm most looking forward to meeting the kids who live there," said Drake, who is in Grade 10, at Christ the King.

The program, offered through the Toronto Catholic District School Board in partnership with Leaders Today, provides participants with a once in a lifetime experience to take part in service learning, volunteerism and educational programs in Africa.

Participants will stay in a safari camp

on the edge of Africa's richest wildlife reserve— home to elephants, rhinos, lions, buffalos and leopards.

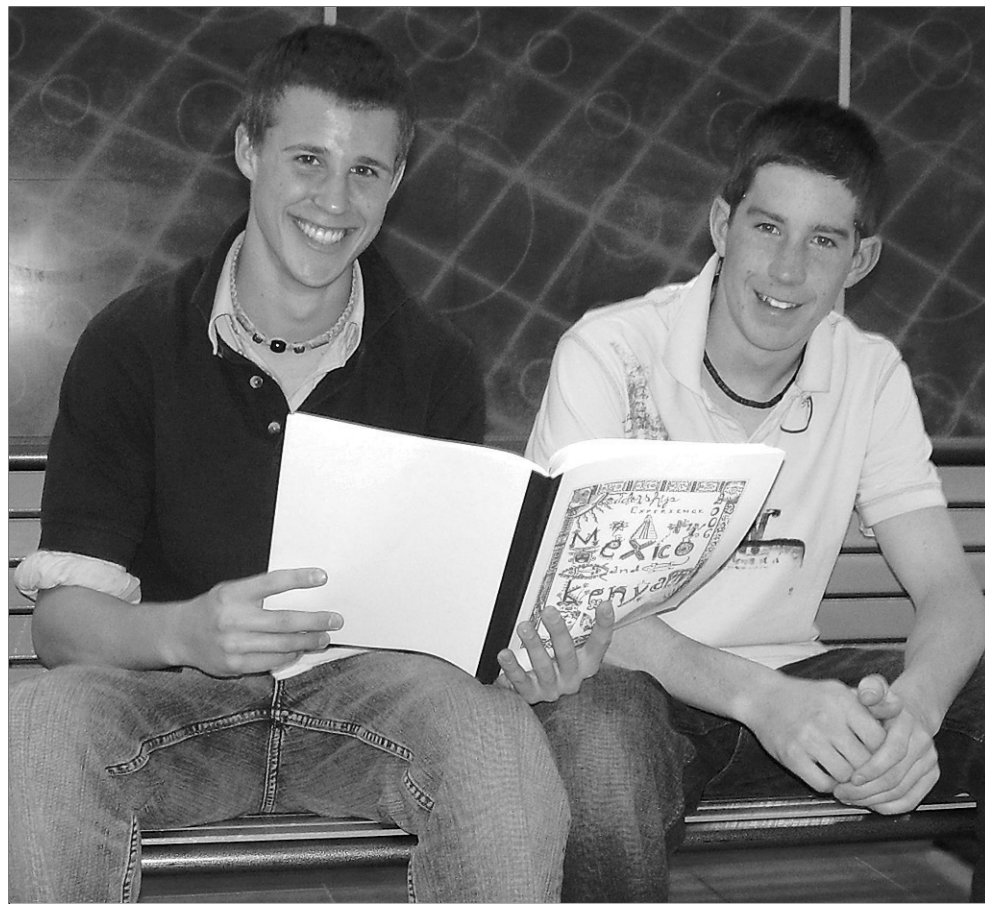
Through their volunteer efforts they will be working to improve the local community while interacting with the Masai people.

The Masai people have little access to education and health care services and there is a high primary school dropout rate in the area— a result of poor education facilities, the need for children to tend cattle and goats and the lack of educational and health support. New schools are desperately needed, as many of the Masai children who attend school actually start late because schools are too far away from their communities.

"The schools are very rundown. They are mud huts," said Austin.

The two, and other participants will be helping with the hard labour in the construction of a school. They will also learn about wildlife migration patterns and participate in seminars about issues affecting the native cultures of Kenya such as poaching and environmental protection.

Prior to making the trip to Africa, Austin and Drake are doing a preparatory study program involving themes relevant to the Third World such as health care, child labour, colonialism, native culture and education. They are also studying the Swahili language.



Zach Austin (left) and Marc Drake will be volunteering for three weeks in Kenya this summer. The Georgetown youths will be teaching local Masai children various sports and they will be helping to build a much-needed school in the area. They are raising money for their trip and are hoping for individual and corporate donations.

Photo by Lisa Tallyn

The camp they will be staying in is very rustic with no electricity and limited running water, and they will experience a 24-hour fast when they arrive in Kenya.

The trip will cost each participant \$4.995 and both youths are attempting to defray some of that by raising funds.

They are hoping for both individual

and corporate sponsors and have been selling space in their sponsorship booklet and raffle tickets. One of the prizes is a box at a Toronto Argonauts game.

Anyone interested in donating funds to cover the cost of their trip is asked to contact Austin at 905-873-4460 or Drake at 905-873-4643.

## MAY 28, 2007 - INTERNATIONAL ACTION DAY FOR

# Women's Health

In the multitude of social and economic changes presently underway, health remains at the heart of women's preoccupations. Today, Canada faces issues of decentralization, impoverishment, and the reevaluation of health and social programs, all of which significantly affect women's health. In addition, sexist stereotypes continue to impose social requirements associated with eternal youth and slenderness, among others. On May 28, as we mark International Action Day for Women's Health, the time has come to view the beauty market not only as an element of social exclusion, but also as a threat to public health.

The physical portrayal of women has been a hot topic for many years. At the beginning, feminists were more preoccupied with the discrimination targeting body sizes. However, over the years, we have come to realize that the issue of weight is only one of the many facets of the subjugation that controls women when it comes to their bodies. May 28 offers an opportunity to expand the question to the more global issue of the female body image, a profound and complex social problem that poses serious health risks for women.

We are all encouraged to recognize the major risks associated with the over-sexualization of young women, the weight-loss

industry, the lack of regulation in cosmetic surgery, and the proliferation of sexist advertisement. We must promote the diversity of bodies to women, and help them develop a critical spirit towards body transformation practices. In short, we must propose ways for young women to act, individually or collectively, against the stereotypes that are imposed on them.

### What to expect when your changing your diet!

Please don't expect to feel better and better every day until you reach PERFECTION. The body is cyclical in nature and your health will improve in a series of gradually diminishing cycles. For example, you may begin eating better and start feeling better. After some time you experience a SYMPTOM such as nausea, or diarrhea. After a day or so you feel even better than before and all goes well for a while. Then you suddenly develop a cold, the chills, and lose your appetite. Without the use of DRUGS, you recover from these symptoms and suddenly you feel great. This well-being continues for a time until you break out in a rash. The rash flares up, but finally disappears. And suddenly you feel better than you have felt in years. As the body becomes PURE, each reaction becomes milder and shorter in duration, followed by longer and longer periods of feeling better than ever before, until you reach a level plateau, UNE SANTE SUPERBE!! (Amazing Health). Brian Clement, the Director of Hippocrates, was sharing at one of his lectures in February that the complete healing and restoration of the body takes a number of years. He breaks the process down into three stages of seven-year increments.

#### FIRST SEVEN-YEAR CYCLE

- \* The physical body is completely rebuilt
- \* 1 day to 1 1/2 years: digestive cleansing; major fat deposits and calcifications removed
- \* 1 1/2 - 2 years: deep tissue cleansing and joint cleansing
- \* 2 - 5 1/2 years: bone structure, cartilage and further joint cleansing
- \* 5 1/2 - 6 1/4 years: organ repositioning and renewal
- \* 6 1/4 - 7 years: brain tissue and neurological cleansing

#### SECOND SEVEN-YEAR CYCLE

An emotional cleansing occurs

#### THIRD SEVEN-YEAR CYCLE

The third cycle brings about further understanding of your role in life

For more information about Nancy Desjardins please visit her website at [www.womenshealthacademy.com](http://www.womenshealthacademy.com)

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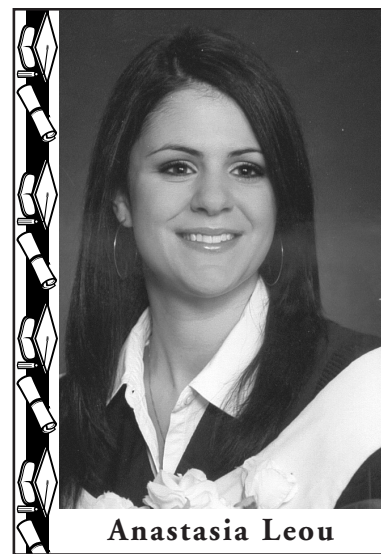
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