

FORTARIAN

WEDNESDAY 14/05/2025

THUNDER BAY, CANADA

Meetings



2nd & 4th
Wednesdays



Dinner - 5:30pm
Meeting - 6:15pm



Daytona's Restaurant
965A Cobalt Crescent

2024-2025 Board of Directors

President:

Glenn Craig

President-Elect:

Jodi Phillips

Past President:

Irene Sottile

Secretary:

Stephen Margarit

Treasurer:

Dawn Sebesta

Directors:

Laura Craig

Dave Knutson

Stephen Margarit

Mandi O'Connor

Joseph Osei Ababio

Dawn Sebesta



Kay Parries

5580 District Governor



Glenn Craig

Club President



Stephanie Urchick

RI President

01/04

Fort William
Rotary
Club



LAST MEETING

President Glenn Craig welcomed everyone to the meeting. Honorary Rotarians Diane Sillen and Mark Breton were in attendance.

Therese Lim introduced Charmaine Cades, the guest speaker for the evening. Charmaine is the Manager of the Volunteer Program for the Children's Aid Society of the District of Thunder Bay. Charmaine presented on the Team Unbreakable program.

The mission of the Team Unbreakable program is to empower youth to strengthen their mental health and wellbeing by running. A lot of young people suffer from mental health issues. The program helps them to foster resilience, build community, and promote physical activity as a vital part of mental health.

The program is run at 609 James Street North. Advertising goes out to all of the local school boards. There is a twenty-five-person cap for the program but forty young people wished to participate this year. The age limit for the program is 10-18. Family members also participate. The program runs for 10 weeks and began on April 1. It will culminate with a race sponsored by the Thunder Bay Metre-Eaters at Boulevard Lake on June 7. This will be followed by a graduation ceremony.

Participants must run twice a week and once on the weekend. Each young person has to keep a journal throughout the program in which they compare their pre-run and post-run moods. Teams of volunteers review the journals each week. Healthy snacks are provided post-run. A person can only participate once in the program unless they participate as a junior coach.

Donations from Rotary go towards purchasing shoes, breathable jerseys, healthy snacks, and the graduation banquet. Charmaine thanked the Club for the generous contribution to the program.



Next Meeting: May 28

Jodi Phillips
President-Elect
Rotary Year 2025-26



CLUB UPDATES

Committee Structure

- Stephen Margarit asks that Club members fill out their Committee selection forms for the next Rotary year.
- If anyone is interested in filling the role of Club secretary or treasurer, please talk to Stephen.

Rotary Clean-up

- On Saturday, June 7, the Rotary Clubs of Thunder Bay will be sponsoring and participating in a clean up at the Pool 6 site. The event will run from 10 a.m. to 1:00 p.m. Please contact Craig Sandberg if you are interested in participating.

Peace Day 2025

- The Peace Day Ceremony will be held on Sunday, September 14, from 10:00 a.m. to noon, at Tai Chi Park, located at the Marina.

Foundation

- Therese Lim, Chair of Rotary Foundation Committee, explained the importance of the Foundation to Rotary and how one can contribute towards it. Contact Therese if you require any further information or wish to make a contribution.

RFDA NIGHT

Our members were out last Monday volunteering at the RFDA! Thanks to Craig, Jerry, Laurie, Mark, Mary Ann, and Stephen for their bell pepper cleaning and cutting abilities.

The RFDA received a large donation of peppers that needed to be cleaned and cut to be used in their kitchen. Our small but mighty team went through many bushels.



THIS WEEK'S SCRIBE:



Bev Knutson

Upcoming Events



MAY
28
5:30 PM | 6:15 PM
Club Meeting:
President-Elect Jodi

JUNE
7
10:00 AM - 3:00 PM
Volunteering:
Lunch at Shelter House

JUNE
11
5:30 PM | 6:15 PM
Club Meeting:
Air Cadets

JUN
25
5:30 PM
Club Meeting:
Passing of the Gavel

JUL
1

Happy Canada Day!

JUL
1
11:00 AM
39th FW Rotary House
Lottery Draw

