



January 22th, 2020

# The Fortarian

## Rotary Club of Thunder Bay, (Fort William)

### 2019/2020 Board of Directors

President: Stephen Margarit  
 Treasurer: Boris Cham  
 Secretary: Joan Krisko  
 President Elect: Cynthia Judge  
 Past President: Sante Sottile  
*Meets: 3rd Tuesday of each month,  
 George Jeffrey Children's Centre  
 Boardroom 200 Brock St E., 6.30pm*

### Website [www.fwrotary.ca](http://www.fwrotary.ca)

Directors: Steven Beaucage  
 Glen Craig  
 Robert Moore  
 Steven MacDonald  
 Dawn Sebesta  
 Jill Zachary

### Allocations Committee

Chair: Bob Hookham  
*Meets: 2nd Tuesday of each month,  
 Weiler Maloney Nelson Board Room 12 noon.*

### Rotary House Lottery Committee

Chair: Dave Knutson  
*Meets: 1st Tuesday of each month,  
 Weiler Maloney Nelson, 12 noon.*

### Weekly Dinner Meetings

*Wednesday at 5:30 p.m.  
 Airline Hotel and Conference Centre  
 698 W. Arthur St. Thunder Bay, ON*

### Mailing Address

Thunder Bay, ON  
 P.O. Box 10061  
 Canada P7B 6T6

Note: For July and August, meetings will be on the 2nd and 4th Wednesday only.

### Newsletter Editors

Erle Wheatley & Brian Phillips

## January 22, 2020

Boris Cham was the Sergeant-at-Arms for the evening. Two members of the Rotaract club attended the meeting. They were Club President, Andraya Colistro, and Community Outreach person, Catherine Kibiuk.

Sharon Badanai gave the toast to the Queen.

David McColl introduced the guest speaker, Dr. Jim Morris. Dr. Morris was born in Toronto but lived all of his life in Thunder Bay. He attended Queen's University and the University of Oregon. He has a Master's degree and a Doctorate. Dr. Morris has written two books, is currently the Chairperson for Tobacco Free Thunder Bay, and teaches a senior's spin class at the Complex.

The question that Dr. Morris asked was: "How long do you plan to live?" People plan for all things in life so why not plan for a long and healthy life. Dr. Morris's goal is to die younger at an older age. The questions one has to ask are: how important is it to you to have a long life; how confident are you that you will have a long life; and how hard are you willing to work for that long life. Dr. Morris talked about Blue Zones and the Telomere Effect. Exercise and nutrition are key factors in a long life. Performing cardio and weight-bearing exercise are important. Dr. Morris talked about a vegan diet. He also discussed body weight. President Stephen thanked Dr. Morris for his presentation.

Craig Sandberg was Fine Master. Cynthia Judge's good news was that a winner had been chosen for the 4-Way Test contest. President Stephen's good news was that he had turned 30 on January 21 and had celebrated with family and friends. Craig then had club members look over the first weeks of 2020 to see what random acts of kindness they had done during that time.

A new member was inducted. She is Mandi O'Connor. Her sponsor is Mary Ann Breton. The two women met when they were involved with Child Find. Mandi received her BA from Lakehead University. She has worked with Healthy Babies and in realty. Since 2014, she has worked with indigenous youth. Welcome Mandi!

Andraya Colistro and Catherine Kibiuk provided an update on what the Rotaract club has been doing. The Rotaractors will be having a bake sale at the LU Agora on January 23 to support Australia's emergency bushfire relief and recovery programs. On Friday, January 24, the club will be hosting "Dash through the Decades" at Shooters Tavern. This will feature music from each decade from 1970 onwards. The event begins at 9:00 p.m. Tickets are \$5 and can be purchased at the door. The club is also hosting a toothbrush drive for the children of Guatemala. If Fort William Rotary club members are interested in contributing to this cause, they can bring toothbrushes to the RFDA event next Wednesday.

President Stephen received a thank you letter from the Salvation Army for the club's help with the Christmas kettles. The Nanabijou Club of Toastmasters International sent a letter stating that they are willing to work with Fort William Rotary in order to develop a partnership. Shelter Box sent a letter with updates. The Art Gallery sent a

letter thanking the club for the second installment payment toward the new gallery. Missions to Seamen sent a letter with updates. The Thunder Bay Regional Health Sciences Foundation sent a letter thanking members for the second cheque toward the cardiovascular campaign.

David Knutson, Chair of the House Lottery committee, provided an update. The club has now received the license. Dawn Sebesta is working on a database. February 29/March 1 will be the first weekend for ticket sales.

Steve MacDonald had the new cargo van for George Jeffrey Children's Centre parked outside of Daytona's for all view. He thanked the club for their generous donation in helping to purchase the van. The Fort William Rotary Club logo is on the van.

Sharon Badanai is looking for club members to spread the word about the RYLA camp being held in Crookston, MN on July 12-18. Applicants must be in Grade 10 or 11. Application forms have been sent to the high schools' Guidance Offices. Interested young people may also apply online.

Miles Fucile talked about upcoming Gentlemen of Harmony events. On Saturday, February 8, there will be a Valentine's Dinner and Dance held at the Columbus Centre. Tickets are \$45.00 per person. The evening begins at 5:30 p.m. On Friday, February 14, the Gentlemen of Harmony present Singing Valentines. One can serenade their sweetheart with a singing Valentine sung by a quartet. The person will also receive a rose. The cost is \$50 and one must reserve their spot. For more information on these two events, contact Miles or go to [www.gentlementofharmonytbay.com](http://www.gentlementofharmonytbay.com)

On January 29, the club will be meeting **at** RFDA, located at 570 Syndicate Ave. S., at 5:30 p.m.

One Rotary Summit is being held on February 1 in Duluth, Minnesota. For club members who are unable to attend, a webinar of the event is being broadcast in the Georgian Room at St. Joseph's Heritage.

The Valentine's Day Celebration will be held on February 12 at the Fort William Curling Club. The evening begins at 5:30 p.m. The meal cost is \$32.00. Please contact Irene if you are interested in attending.

The Lakehead Rotary Club will be hosting their fundraising event, the Spirit of Thunder Scotch-tasting, on Saturday, February 1, in the Scandia Room at the Valhalla Inn. It is \$90 for a taster's ticket and \$40 for a non-taster's ticket. For further information, please visit this website: <https://www.lakeheadrotary.com/Stories/spirit-of-thunder-bay-2020>

Tickets may be ordered online or by contacting Alan Kozlo.

The Rotary Anniversary Dinner will be held on February 22 in the Marco Polo room of the Da Vinci Centre.

K.S. Joseph did the Lighter Side. Boris ran the 50/50 draw. Twenty-three tickets were sold bringing the pot up to \$23.50. David Knutson held the ticket but he pulled the five of hearts. Better luck next time!



Editor – Erle

Scribe – Bev