



Nov 28th, 2018

The Fortarian

Rotary Club of Thunder Bay, (Fort William)

2018/2019 Board of Directors

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

Website www.fwrotary.ca

Directors: Steven Beaucage
Glen Craig
Dave McColl
Dave Knutson
Sharon Badanai
Dawn Sebesta

Allocations Committee

Chair: Peter Stetsko
*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.
Airlane 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

November 28, 2018

President-Elect Stephen Margarit called the meeting to order on behalf of President Sante Sottile. Joan Krisko provided piano accompaniment for the singing of O Canada. Cynthia Judge invited Rotarians to raise a glass and toast to the Queen.

Dawn Sebesta was the Sergeant-At-Arms for this meeting and advised that other than the guest speaker and his mother and father, we had no other guests in attendance.

Dave Murray introduced our speaker, Ishaan Sachdeva, and his father and mother.



Ishaan is a Grade 12 IB student at Superior CVI in Thunder Bay. He is the founder of a student-led organization that raises awareness of mental health issues. Ishaan shared that he was introverted and felt overwhelmed in high school, especially with the heavy workloads of the IB program. He joined badminton and experienced, first hand, the benefits of physical activity on mental health. He was inspired by a quote from Michelle Obama:

For me exercise is more than just physical, it's therapeutic.
Michelle Obama

Ishaan believes that the groundwork of all happiness is good health. He has established team members of his Active Mental Health Initiative organization in Mississauga and Hamilton as well as Thunder Bay. He has organized a few fundraising events at each location.

Ishaan was interested in apps for mobile phones that could increase physical activity, rather than just recording it, as most of the current apps do. He held a student competition to inspire students to try their hand at developing apps that would accomplish this. Ishaan would like to recruit more people to join to ensure continuity of the initiative. He would also like to move the program into public schools to teach younger students about the concepts. Ishaan shared the following link to a video that provides more information:

<https://www.activementalhealthinitiative.com/video>



President-Elect Stephen thanked Ishaan and then called Steven Beaucage to the podium. Mr. Beaucage introduced Megan Bochko. Megan works at RBC with Steven Beaucage. She has a passion for working with youth in the community and expressed an interest in joining Rotary. Rotarians outlined the four-way test and Megan was advised of her responsibilities. Steven presented Megan with her pin and membership package. Megan was assigned the classification of “Banking Advisor” and inducted into the Fort William Rotary club. Members introduced themselves and welcomed Megan as a new member.



President-Elect Stephen offered a reflection on Andy Morrow, whose memorial service was earlier in the afternoon. Andy was heavily involved in supporting the Air Cadets. Stephen shared a few memorable stories that involved Andy, and then called for a moment of silence in his memory.

Irene Sotille assessed a fine on all Rotary members in attendance for being her friend. Wait, what? 😊

Dawn Sebesta reminded members of the Rotary Carol Sing on Sunday December 16 at St. Paul's Anglican Church on Ridgeway Street. Sharon Badanai recruited some helpers to deliver posters advertising the Carol Sing.

President-Elect Stephen reminded Rotarians of some upcoming dates:

Dec 5 – regular meeting, guest speakers from Salvation Army

Dec 12 – regular meeting **CANCELLED**

Dec 13 – Tri-Club meeting at RFDA, symposium 5:00 pm, dinner 5:30 pm

Dec 19 – Family Christmas party

Dec 26 – regular meeting **CANCELLED**

Jan 2 – regular meeting **CANCELLED**

Jan 9 – first meeting of 2019... remember that meal prices will have increased. A survey will be sent to members soon about future options going forward.

Dave McColl delivered the Lighter Side with some one and two-liners and a clarification on calendar parking.

Karl Wahl advised that there were still a few Salvation Army kettle shifts that require volunteers to cover.

President-Elect Stephen adjourned the meeting.

Dawn Sebesta conducted the bingo. Winner was Sharon Badanai.

A brief meeting of the website and PR committee was held after the meeting.

Editor – Erle

Scribe – Dave McColl

Photo's Irene

