

Lakehead Rotary Club—Thunder Bay

c/o 331 N. Harold Street
Thunder Bay, Ontario. P7C 4C7
www.lakeheadrotary.com

Rotary



2018/19 President—Brian Brescia



Lakehead Rotary Chronicle

July 26, 2018



A beautiful summer morning for our meeting with 19 Lakehead Rotarians on hand; President Brian at the helm; prospective new member Lori Martineau; Richard's guest Lexie Penko [from the CEDC's Entrepreneur Program] and Lexie's guest – another entrepreneur in their Program; and our special guests Dr. Sheri Robertson and Dr. Laura Cupp from Cornerstone Chiropractic.

ON THE DOOR IN 2017/18:

Mo was on the door today and for the meetings in July. Thank you Rotarians for your service to our Club. Help your Club this year by taking on the door for one of the months – confirm your choice with Clint.

JULY	Mo Papich	JANUARY	
AUGUST	Clifford Mushquash	FEBRUARY	
SEPTEMBER	Graham Stewart	MARCH	
OCTOBER	Richard Kehrig	APRIL	
NOVEMBER		MAY	
DECEMBER		JUNE	Gail Brescia

SPONSORSHIP:

If you can help your Club and wish to promote your business or community interests through a month sponsorship, please contact Sergeant Bill or Clint. Here is the sponsorship line-up so far:

JULY	CEDC	JANUARY	
AUGUST		FEBRUARY	
SEPTEMBER	4 Amigos	MARCH	
OCTOBER		APRIL	MS Society
NOVEMBER		MAY	Salvation Army
DECEMBER		JUNE	5 Star Rotarians

OUR SPONSOR THIS MONTH

Lexie Penko
Programs Coordinator
Tel: (807) 625-3286
Email: apenko@thunderbay.ca



Lexie talked about the “mentorship database” that she is building at the CEDC to be able to match mentors with new entrepreneurs as they enter the Entrepreneurship Program. If you would like to be a future mentor for someone wanting to develop a business or enterprise and who needs some guidance and direction. Contact Lexie for more information about being a mentor.



OUR FAMILY OF ROTARY IN THUNDER BAY

Celebrating birthdays this month

Bill Butuk
Olavi Jarvela
Georgina Voulgaris



Celebrating anniversaries this month

Donna & Don Yocum

CLUB CALENDAR

- AUGUST IS MEMBERSHIP AND NEW CLUB DEVELOPMENT**
- AUG 2** LISA FOSTER, EXECUTIVE DIRECTOR & MIKE DUNCAN, DIRECTOR OF FINANCE & PROPERTY COMMUNITY LIVING
- AUG 6** CIVIC HOLIDAY
- AUG 9** DEANNA FORD DEVELOPING BETTER SPEECHES
- AUG 16** CLUB BUSINESS MEETING
- AUG 23** SANDY LYCHOWYD - MEMBERSHIP
- AUG 30** RYLA STUDENT [TENTATIVE]
- SEPTEMBER IS BASIC EDUCATION & LITERACY MONTH**
- SEP 3** LABOUR DAY
- SEP 6** BRIAN EDWARDS – OPERATION RED NOSE
- SEP 13** BETTINA JACOBSON – EQUINE ASSISTED LEARNING

SEP 20 CLUB BUSINESS MEETING
SEP 27 MAJOR LORI MITCHELL – SALVATION ARMY

OCTOBER IS ECONOMIC & COMMUNITY DEVELOPMENT
OCT 4 GAIL & BRIAN BRESCIA – DRAGON BOATS
& TRAVELS IN ITALY

OCT 8 THANKSGIVING
OCT 11 CHARLIE BROWN – THE ALEXANDER HENRY
OCT 18 CLUB BUSINESS MEETING
OCT 25 JAMIE SITAR - LHIN
OCT 31 HALLOWEEN

NOVEMBER IS ROTARY FOUNDATION MONTH

NOV 1 MME ELOIDE et PAULA AFNOO
NOV 8 RESERVED – ARMY CADETS
NOV 11 REMEMBRANCE DAY
NOV 15 BUSINESS MEETING
NOV 22 CINDY LEVANTO-KAWAHARA
HEARTS FOR HOME

DECEMBER IS FAMILY OF ROTARY MONTH

DEC 1&2 DECEMBER DREAMS
DEC 6 OPEN
DEC 13 MEETING CANCELLED
DEC 13 CHRISTMAS FELLOWSHIP – NOR' WESTER
DEC 20 BUSINESS MEETING & ELECTIONS
DEC 24 CHRISTMAS EVE
DEC 25 CHRISTMAS DAY
DEC 27 OPEN
DEC 31 NEW YEAR'S EVE

PRESENTATION:

Our special guests today were Chiropractors Dr. Sheri Robertson and Dr. Laura Cupp.



Dr. Sheri Robertson

Dr. Sheri Robertson is a graduate of Lakehead University with a Bachelor of Science degree. She continued her education at the Canadian Memorial Chiropractic College in Toronto and began practicing chiropractic in 2001. "Throughout the past several years I have had the opportunity to work with a variety of patients. Being able to help people achieve success through such a gentle and natural form of healthcare is very rewarding. I have worked closely with prenatal, infant/child care, sports related injuries and everyday wear and tear injuries. These experiences have all helped to evolve my practice into what it is today: patient focused healthcare". Dr. Robertson has developed many community relationships and is

keenly interested in how different health disciplines can work together to provide optimum patient care. She currently works 1 day/week at the ISAEC spine assessment centre. In this collaborative model of care, she works with both an orthopedic surgeon and a physiotherapist providing spine assessment and education. At home, life is fun and active. Alongside with her husband, they are a busy family raising 3 active boys. To keep herself healthy and ready to keep up with the demands of mothering 3 boys and working a fantastic career, Dr. Sheri likes to spend time trying out new healthy recipes and staying fit.



Laura Cupp

Born and raised in Thunder Bay, Dr. Cupp began her professional studies at Lakehead University. After obtaining an Honours degree in Kinesiology, she enrolled in the Chiropractic program at Northwestern Health Sciences University in Bloomington, Minnesota. In 2003 she began practicing family based Chiropractic in Southern Ontario. While living in Southern Ontario she completed her training in Acupuncture and became certified in 2006. After living there for four years, her and her husband (also from Thunder Bay), missed the north and decided to move home. In her practice, Dr. Cupp uses diversified joint manipulation, Thompson technique, activator, deep tissue therapy, exercise therapy and of course Acupuncture. These techniques allow her to treat different age groups and cover numerous different health conditions. Every patient receives a treatment plan specifically tailored to their own individual needs. When not treating patients, her home life alongside her husband consists of raising their daughter and son who are actively involved in competitive dance and hockey. Sports have been a huge role in her life since childhood and now with her children and for that reason, she sees many athletes in her practice.

Sheri and Laura talked about their new health care enterprise – Cornerstone Chiropractic.

"At Cornerstone, we strive to offer the best chiropractic care for each and every patient. Our goal is to become a solid foundation for your personal health care. We want to be an integral part of your health care team. We work well with other health care providers and our clinic has the most diverse referrals from other health care providers! This is because we are leaders in the community in offering exceptional care for each and every patient. We pride ourselves in

learning about what other HC providers are offering and have made every effort to develop trusting relationships with other providers in our community. We have the privilege of receiving referrals from a wide variety of providers including: orthopaedic surgeons, obstetricians, midwives, physiotherapists, family doctors, nurse practitioners, personal trainers, massage therapists.”

Chiropractic
Acupuncture
Custom Orthotics
Kinesio-Taping
Ultrasound Therapy
& More!

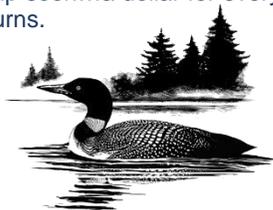
Laura and Sheri began their presentation with a summary of the many myths surrounding their profession. They demonstrated one of the devices that is used in their practice to alleviate tension and neck and back pain. They also focused on health tips to keep us fit and well through the summer season. The often-overlooked key is hydration – make sure to drink water through the day. They also see many people with injuries or pain due to poor preparation before a strenuous activity. This includes running and golf and active sports. The best thing we can do is to warm up before hitting the links or heading out for a run. To learn more about their health services or to make an appointment, visit their website:

www.cornerstone-clinic.ca
or call them at 475-8523

FELLOWSHIP FINES:

Gail Brescia was thrilled to take a turn on the cup and sported a great big smile starting out with tribute from President Brian for his skill on the golf cart at yesterday's PA Rotary tournament...something to do with backing up. Donna followed up with a happy dollar noting that the Lakehead Rotary team placed second. Shirley offered her happy dollar for the work being done at Wilderness Discovery to get it ready for this season. Ken also had a happy dollar for the great success of the Staal Golf Tournament. Picking up on the hydration tip offered by our guests, Gail invited all those who are not keeping up their quota of water [and beer doesn't count] to pay tribute. Gail Kromm had a happy dollar for much fun at family gatherings. Roy was happy to celebrate one son's promotion at Interac. Donna was happy to recognize those who participated in this year's PA Golf event and hoped to see more Lakehead teams next year. Gail Brescia was happy to note the next 3 weekends in town are loaded with great things to do. Bill wrapped up this round with an amazing donation to celebrate his 80th birthday coming up soon...a dollar for every year. Thank you Bill and many happy returns.

FUN & SUN AT LOON LAKE:



Roy and Jane Lucas will once again host us and our families for a day out at their cottage on Loon Lake. Mark the date in your books – **SATURDAY, AUGUST 25th**. It's a pot luck affair and we are invited to bring salads, entrees, or desserts. Roy has started a sign-up list so see him at meetings or contact him by email.

50/50:

Michel was our happy winner today and his share will be assembled with other weekly donations and forwarded to the Rotary Foundation in December.

PORT ARTHUR ROTARY GOLF TOURNAMENT

The annual Port Arthur Rotary Golf Tournament was held yesterday at the Thunder Bay Country Club on Golf Links Road. The team representing Lakehead Rotary did very well as we can see from the smiling faces in this photo provided by Gail Brescia.

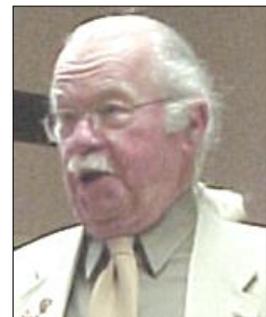


Lakehead Rotary team members Don and Donna Yocom, Shirley DeWilde, Brian and Gail Brescia

BILL'S STUFF...

Welcome regular contributor to your weekly Club Chronicle – Bill Butuk with his "Bill's Stuff" Column.

ASYLUM STREET SPANKERS



The Asylum Street Spankers was an American acoustic blues and roots music band from Austin Texas that was active from 1994 to 2011. The band was distinctive, playing a unique brand of acoustic blues and early jazz. Most often the band's material was blues from the 1920s and 1930s with original music in some live shows. The band was formed in 1994 in Austin Texas by Christina Mars, Gary Forsythe, and Wammo. They began by busking on the streets of Austin and playing for tips in bars. The band derived its name from Austin's Guadalupe Street, a street on which it often busked. Guadalupe Street was nick-named "Asylum Street" because it led to a state psychiatric hospital. "Spanking" is an old jazz term for playing your instrument vigorously but proficiently.

The band began attracting growing crowds after it began appearing every Wednesday night at the Electric Lounge in a suburb of Austin. From there it took its next step by recording its debut album "Spanks for the Memories" in 1996. By then the band had developed a raucous and irreverent sound focusing on musicianship and theatrics. In the album "Spanks for the Memories" many of the tracks are funny and entertaining for most audiences. In "Nasty Novelties", the band provided fans with old song "Rotten ****sucker's Ball" but it was 1997's "Hot Lunch" that was the real goods, winning rave reviews and setting the band apart from more gimmick-oriented revivalist bands.

Between 1997 and 2011 more than 40 members went through the band. Guy Forsythe departed the band in 1997 and the band began playing its own music, mostly in the "roots" style (early blues, country, gospel) with which the band was familiar. By 1999 only Mars and Wammo remained of the original band. They began to re-construct the band by experimenting with intricate arrangements, vocal harmonies and humorous songs, some with pointed social, political, and cultural commentary. Mars and Wammo formed "Spanks-A-Lot Records" in 1999 to release the band's music. The band broke up in 2011 and the remaining members announced a last tour "Spanks for the Memories-the Farewell Tour" of 50 cities in 9 months. In January 2008, the band won The Annual Independent Music Award in the Gospel Category for "GOD's Favourite Band". Watch and listen to The Asylum Street Spankers at:

<https://www.youtube.com/watch?v=vtBNtOoPi6k>

<https://www.youtube.com/watch?v=mgGF4PCrfaA>

<https://www.youtube.com/watch?v=wMEeNPpa-XYA>

NEXT MEETING

THURSDAY, AUGUST 2

**LISA FOSTER, EXECUTIVE DIRECTOR &
MIKE DUNCAN, DIRECTOR OF FINANCE & PROPERTY
COMMUNITY LIVING**

A MONARCH'S LIFE...BUTTERFLIES IN THUNDER BAY

The next chapter in this story of the monarchs in our gardens is about to happen as our numerous protected chrysalis show signs that the new butterflies within are about to emerge. Barbara has retrieved more than a hundred caterpillars from our gardens and the host of predators in the wild – everything from the miniscule "cat" just out of the egg to some very chubby "cats" who are munching madly on as much milkweed greens as we can gather from our stock and from friends and neighbours. We are going to plant more milkweed next season now that we know how much these voracious "cats" need to develop into butterflies.

We have every stage of monarch development in our indoor "farm" and this will be on display when we open our gardens for the Art Gallery's Garden Tour. We are expecting 400+ to take in our gardens and they will also learn about the life cycle of the monarch butterfly.



And so we wait and watch shelves packed with clear plastic boxes filled with the monarch chrysalis. Any day now we will see the next generation that will begin their amazing life cycle. Local monarch expert Dan Fulton says we could have 3 – 5 generations in town before the last one heads south. He expects that last hatch will take place late September depending on the weather.

Even as we wait for the new generation to emerge, the current crew are still at it with more butterflies laying more eggs on all of our milkweed...and Barbara continues her daily inspection of plants to save as many young "cats" as possible to improve their chances in the wild.

