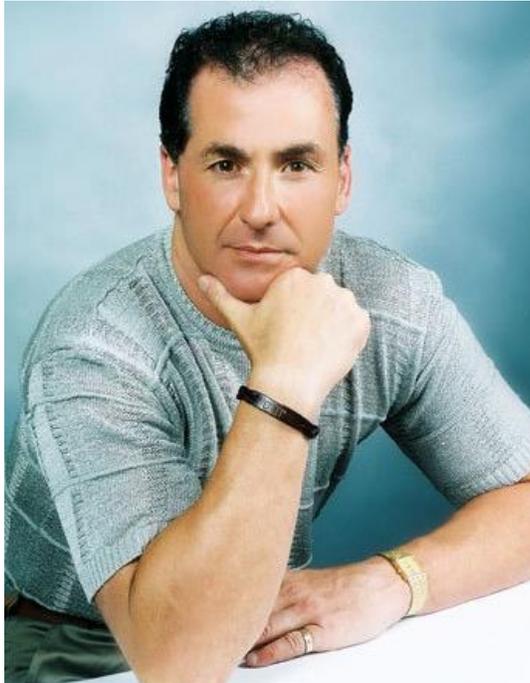




Lakehead Rotary Chronicle

June 7, 2018



Our guest Jeff Garofalo shares his approach to positive living

A fine spring morning for our first meeting in June with 19 Lakehead Rotarians and our special guest Jeff Garofalo with his presentation on Positive Aging. President Wayne noted that this was the 158th day of 2018 but, more importantly, he has only 24 more sleeps before he turns the podium over to PE Brian. On this day in history according to Wayne's research, Louis XIV of France was born. The Battle of Midway ended. This is also Election Day in Ontario.

On the way home from this meeting, I also learned something very significant thanks to the CBC – this is "Chocolate Ice Cream Day". Well, looks like it's chocolate ice cream for breakfast for your humble Chronicler.

ON THE DOOR IN 2017/18:

Mo Papich was on the door today and for the meetings in June. Thank you Rotarians for your service to our Club.

JULY	Clint Kuschak	JANUARY	Clifford Mushquash
AUGUST	Karl Ratz	FEBRUARY	Gail Brescia
SEPTEMBER	Graham Stewart	MARCH	Mo Papich
OCTOBER	Karl Ratz	APRIL	Karl Ratz
NOVEMBER	Karl Ratz	MAY	Karl Ratz
DECEMBER	Mo Papich	JUNE	Mo Papich

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	open	JANUARY	open
AUGUST	TBSO/Ken	FEBRUARY	Beaux Daddy's
SEPTEMBER	4 Amigos	MARCH	RFDA/Volker
OCTOBER	Nexus/Audrey	APRIL	MS Society/Sandy
NOVEMBER	NOSM/Gail	MAY	Salvation Army/Gail
DECEMBER	open	JUNE	5 Star Rotarians



OUR SPONSOR THIS MONTH



Our sponsors this month are those 5 Star Rotarians...Mo Papich, Paul Carr, Bill Butuk, Karl Ratz and Clint Kuschak. Clint used his share of the sponsors' moment to talk about the need for a review of our December Dreams show. After many years of steady success, we are starting to see an erosion of our capacity to earn funds through this annual event. Events age and new things enter the market that compete for interest and the attention of good artisans. It's time to consider some new things including the possibility of introducing a craft beer/wine concession at the event. Another is to make much more use of social media leading up to the event. He will invite interested members to a discussion soon to look at the performance to date of December Dreams and how we could change it to deal with diminishing interest and competition. Stay tuned.

OUR FAMILY OF ROTARY IN THUNDER BAY

Celebrating birthdays this month

- Ken Boshcoff
- Paul Carr
- Volker Kromm
- Don Morrison



Celebrating anniversaries this month

- Bill & Vicki Butuk
- Paul & Anne Carr
- Mo & Bonnie Papich
- Stewart & Laurie Graham

We learned that June 7th is Paul's Birthday so, as is our tradition when a member's birthday falls on our meeting day, we all sing a rousing rendition of Happy Birthday! We almost achieved harmony with our rendition and it put a great smile on Paul's face.

HAPPY BIRTHDAY PAUL !!!!!

CLUB CALENDAR

JUNE IS ROTARY FELLOWSHIPS MONTH

JUN 12	DAN FULTON – THE MONARCH GARDEN
JUN 19	BOARD MEETING – NORTHWOOD FAM. DENTAL
JUN 21	MEETING CANCELLED !!!
JUN 21	PRESIDENT'S BBQ & ASSEMBLY
JUN 23-27	ROTARY INT'L CONVENTION – TORONTO
JUN 28	BUSINESS MEETING – FINAL MEETING OF 17/18

JULY – A NEW ROTARY YEAR BEGINS

JUL 1	CANADA DAY
JUL 5	OPEN
JUL 12	BRYANNA SCOTT – INDIGINOUS EDUCATION PROGRAMS CO-ORDINATOR – L.U.
JUL 17	DG MEETS OUR BOARD OF DIRECTORS
JUL 19	DISTRICT GOVERNOR'S VISIT
JUL 26	OPEN

PRESENTATION:

Our special guest today was JEFF GAROFALO with his presentation on Positive Aging.

More than ever before, we are living longer, healthier, and more productive lifestyles. The achievements in both health care and technology in the last fifty years has contributed greatly to our increased lifespan. People nowadays are spending more time and money on ways to improve how they look and feel. Unfortunately, the fact still remains that from a medical perspective the term "aging" has a much greater connotation than positive.

When we think about getting older, the first thing that comes to mind is "gray hair, wrinkled skin, memory loss, weakness, frailty, and an overall loss of independence". True or false? From what I have experienced in the past number of years is this. There is a strong correlation between a person's attitude and his or her ability. A positive mental attitude and a purpose or reason for living can actually make a person look and feel younger.

"From a medical point of view, negative thinking suppresses the immune system, raises the blood pressure, and creates a general level of stress and fatigue in the body. In short infections, cardiovascular irregularities, the degeneration of muscle, and the random growth of unwanted cells gets more opportunity."

Peter McWilliams

Let's consider the title of this article, "The Power of Positive Aging". The words "power" and "positive" do not equate to such terms as "frail", "weakness", or "an overall loss of independence". So, in the process of writing this article, I have created a simple idea called "The Three P's of Life". The motive of this principle is to live life with a "Plan", a "Purpose", and with "Passion".

In Asian philosophy, they discuss and use the concepts of the five natural elements in their way of life ("wood, fire, water, metal, and earth"). Abraham Maslow has his "Hierarchy of Human Needs". As individuals, we strive to succeed using our five basic fundamentals: physical, mental, social, spiritual, and financial. Everything we do in life can fall under each one of these categories.

PLAN

Physical

- beginning a new exercise program
- reading additional literature to gain a better insight on training
- joining a fitness club
- changing your eating habits
- making an appointment to see your doctor and nutritionist and let them know what you're planning

Mental

- changing your attitude from pessimistic to optimistic
- setting goals daily that will aid in improving your disposition
- reading materials on self-improvement

Social

- make a point of going out more socially ("with regularity")
- join different social groups
- travel someplace different on your next vacation
- get in touch with some old friends

Spiritual

- having a belief in something or someone
- read motivational and inspirational stories
- establish a faith ("it could be anything")

Financial

- open up another bank account
- do some investing
- maybe start a part-time business

PURPOSE

Physical

- wanting to lose some weight
- put on some lean muscle
- get healthy
- look and feel better

Mental

- an attitude change ("negative to positive")
- feeling better mentally
- reducing stress

Social

- meeting some new people
- networking for personal and professional reasons
- beginning new relationships

Spiritual

- a good internal feeling
- putting balance into your life
- helping other people
- your own emotional needs

Financial

- extra residual income
- the opportunities to travel ("business or pleasure")
- financial freedom

PASSION

Physical

- some amazing new results ("body transformations")
- motivating others to do the same thing
- becoming a mentor because it has become your "passion"

Mental

- very easy now to overcome obstacles
- a stronger and more positive disposition
- focused, driven, and more goal-oriented

Social

- becoming more charismatic ("confidence in a social setting")
- additional networking

Spiritual

- a deeper feeling of self-worth
- strong spiritual growth
- an internal bond with yourself

Financial

- becoming financially savvy
- good investment tips for family and friends based on your success
- financial independence

So this just gives you a general idea on how you can put your life into perspective based on your own thinking. Any of these points can be changed accordingly. The whole point I'm trying to get across here is that if you live a life with purpose and a plan; passion will soon follow. Life doesn't end at 50, 60, 70, or even 80; it stops when you tell it to. I firmly believe that you are the master of your destiny and you will become exactly what you think. The power of positive aging is within each one of us. To contact Jeff Garofalo:

807 356-5336

jeffshealthandfitness@gmail.com

50/50 FOR THE FOUNDATION:

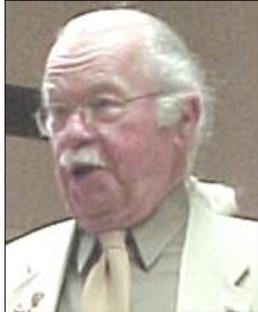
Gail was our winner today and her winnings will be sent to the Rotary Foundation at the end of this year along with all other donations and 50/50 winnings.

FINES:

Karl worked the cup today and started out with tribute from President Wayne for everything he said in his opening remarks. Brian was up next to be recognized for not having a President-Nominee in place to be President-Elect in his year. Methinks this was more of a round-about way of saying that we need a P-N and someone needs to step up. And in true sweep tradition, all those who have not volunteered to take on the role of P-E in Brian's year were invited to pay tribute. This included all those who have already served a President...in some cases more than once. Jennifer started the happy dollars with hers for celebrating her 86-year old aunt's birthday. Allan was happy to report that daughter Maya will be heading to Queens University. Clifford was happy to not have to have his birthday recognized in the way his former Club did. Sioux Lookout Rotary invites 10¢ x the number of years of age from each member on their birthday. So someone turning 70 would have to pay \$7 in happy dollars. Aging in the Sioux Lookout Club is costly...but makes their Treasurer smile. Gail and Brian have 19 more sleeps before they head out on their next adventure in Italy. Gail Brescia was also happy to report on her first "paint night" at Beaux Daddy's. It's time for women to socialize, have some food and refreshment and wield a paint brush for fun and artistic expression. Wayne had to pay a happy fine for promoting Beaux Daddy's and their birthday discount. Chris added his happy dollar noting that they just hosted their first 102nd birthday guest. They have had two who celebrated their 101st and 5 centenarians. Very cool. Before you wonder if these birthday celebrants received a 100% discount, the usual offer is to split that discount over a few children. Thank you Chris for closing down this round in fine style.

BILL'S STUFF...

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



MYRNA LORRIE



Myrna Lorrie and
Buddy DeVal

ABBOTT RECORD CO.
HOLLYWOOD, CALIFORNIA



Myrna Lorrie (Born Myrna Lorraine Petrunka August 6, 1940 in Fort William, Ontario) is a Canadian Country singer, songwriter and musician who was active from 1954 to the 1990s. She played and sang country boogie, country honky-tonk and rockabilly styles. She was one of the first notable Canadian female singers of Country music. She was the only Canadian Country music singer who commanded the world's attention as a child star and then went on to command the same attention as an adult.

She was the third of 5 children who grew up on a farm in Cloud Bay, 28 miles South of Fort William (now Thunder Bay). She was named after her father's favourite movie star, Myrna Loy. Her father recognized her musical ability when she was only two years old and sang "You Are My Sunshine" without missing a word. When she was 10, her father decided that she should be a singer and bought her a guitar. At age 12 she was singing on radio stations CKPR "School Of The Air" broadcast from the old Royal Theatre on Victoria Avenue in Fort William. Jack Masters was the host of the radio show and gave her her own radio show "Harmony Trails" on CKPR.

Around the age of 13, Myrna appeared on the Cowboy Copas Show at the Fort William Gardens. She appeared across the street from the Royal Theatre at The Embassy Grill where a portion of her show was broadcast live. Jack Masters told Don Grashey, a local songwriter/entrepreneur who became a producer and manager in the music business, about Myrna. Grashey then drove to Cloud Bay to help Myrna develop her own style. Grashey knew Jim Amadeo who he had met in Port Arthur pool halls, and who played guitar and sang on week-ends with various local bands. He subsequently became known as Buddy De Val who Grashey teamed up with Lorrie to go to Hollywood in July of 1954 to record "Are You Mine" written by Grashey, De Val and Lorrie. The song was a major hit in Canada, the U.S. and Europe. Basically a teen-ager Myrna was the first Country music artist to earn "Best New Female Singer" honour in the United States.

Her first tour in the United States took her to the Grand Ole Opry in Nashville and shows where she opened for major stars such as Johnny Cash, Hank Snow, Marty Robbins, Kitty Wells and Sonny James. In 1967 she formed The Myrna Lorrie Show that toured the Canadian Country music scene through 1968. From 1966 to 1968 she appeared on CBC-TV's "Don Messer's Jubilee". Through the 1970s she co-hosted TV shows from Halifax and Toronto. For several years she performed close to her home in Southern Ontario, no longer on the national scene and no longer recording or writing songs. In the late 1980s she teamed with her brother David Petrunka and formed Sibley Records to re-establish Myrna as a recording artist. She released the album "Blue Blue Me" in 1990 which went to Number 1 on the Canadian charts. She has received 2 Juno Awards and in 1996 was inducted to the Canadian Country Music Association Hall Of Fame. She has two children, a son Tim and a daughter Carolee. Watch and listen to Myrna Lorrie at:
<https://www.youtube.com/watch?v=Ptqc7C83IOI>
<https://www.youtube.com/watch?v=VWAuqv-kP-s>
<https://www.youtube.com/watch?v=nV783YxzObg>

SIGN ON NOW...FOR OUR ANNUAL PRESIDENT'S BBQ

PRESIDENT'S BBQ—JUNE 21 6:00 P.M.—VALHALLA INN VIKING ROOM & COURTYARD

