



# Lakehead Rotary Chronicle

March 29, 2018

*Happy Easter*



Carol Voth speaking on behalf of the MS Society – Lake Superior District

A crisp spring morning for our meeting with 23 Lakehead Rotarians present and visiting Rotarian Bob Hookham [FW Rotary] who is also representing Wilderness Discovery plus our special guest today – Carol Voth. We also welcomed some people involved with the MS Society in Thunder Bay including Corrin, Mark, Warren, Brenda and Margaret Jurcic [who is the MS Society – Lake Superior District Board Chairperson. Our guests from the MS Society were out to share the viewing of the new promotional video produced by the MS Society with financial support from our Club.

**ON THE DOOR IN 2017/18:**

Mo Papich was on the door today and for the meetings in March. Thank you Rotarians for your service to our Club. The sign-up sheet for 2017/18 is available now so pick a month and sign on to help.

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

**OUR SPONSOR THIS MONTH**



Our sponsor this month is the Regional Food Distribution Association – thank you Rotarian Volker Kromm. Volker has been away for most of our meetings this month working with others on food security solutions. He praised the good work being done here in Thunder Bay, regionally, provincially, and across our country.

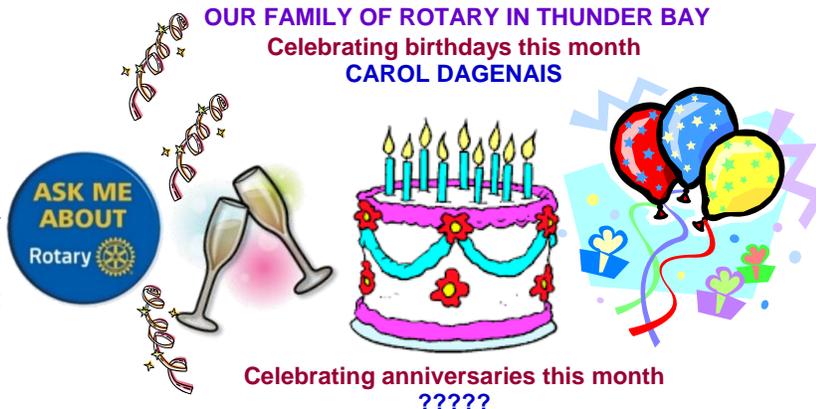
**SPONSORSHIP:**

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	<b>MARCH</b>	<b>RFDA/Volker</b>
OCTOBER	Nexus/Audrey	APRIL	MS Society/Sandy
NOVEMBER	NOSM/Gail	MAY	Salvation Army/Gail
DECEMBER	open	JUNE	5 Star Rotarians

**OUR FAMILY OF ROTARY IN THUNDER BAY**

Celebrating birthdays this month  
**CAROL DAGENAIS**



Celebrating anniversaries this month  
?????

**CLUB CALENDAR**

- APRIL IS MATERNAL & CHILD HEALTH MONTH
- APR 1 **EASTER SUNDAY**
- APR 5 DOUG LUND/SALMON ASSOCIATION
- APR 12 **MEETING CANCELLED !!!**
- APR 12 **SHRIMP FEST**
- APR 19 BUSINESS MEETING
- APR 19 **ROTARY CANADA CLUB MEETING**
- APR 26 **MEETING CANCELLED !!!**
- APR 26-29 **DISTRICT CONFERENCE – THUNDER BAY**

### MAY IS ROTARY YOUTH SERVICE MONTH

MAY 3	VOLKER KROMM
MAY 10	JENNIFER KAHAN – CLASSIFICATION TALK
MAY 17	BUSINESS MEETING
MAY 21	VICTORIA DAY
MAY 24	CAROL DAGENAIS – CLASSIFICATION TALK
MAY 31	OPEN

### JUNE IS ROTARY FELLOWSHIPS MONTH

JUN 7	OPEN
JUN 14	OPEN
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



**BUILDING BRIDGES  
GOODWILL & FRIENDSHIP**

### DISTRICT CONFERENCE – 2018

### THUNDER BAY

Our District Conference will be held in Thunder Bay this year with the Valhalla Inn serving as the host hotel for most of the events. Conference Registration is now open on our District website – register today. Here is a direct link to get you started:

<http://rotary5580.org/page/2018-district-conference-thunder-bay-ontario>

**You also have the option to register and pay in Canadian dollars. Here is the link to this registration form that can be found on our Club's website in the Downloads Section:**

<https://clubrunner.blob.core.windows.net/00000001036/en-ca/files/homepage/district-conference-registration-form/Registration-Form---Canadian-Dollars.pdf>

### PRESENTATION:

Our special guest today was Carol Voth who talked about Multiple Sclerosis and how the local Society supports the growing number of clients. Carol is an active volunteer and ambassador for the MS Society.



Canada has one of the highest rate of multiple sclerosis (MS) in the world, with an estimated 100,000 Canadians living with the disease. While it is most often diagnosed in young adults aged 15 to 40, younger children and older adults are also diagnosed with the disease.

MS is currently classified as an autoimmune disease of the central nervous system (brain, spinal cord, and optic nerves). The disease attacks myelin, the protective covering of the nerves, causing inflammation and often damaging the myelin. Myelin is necessary for the transmission of nerve impulses through nerve fibres. If damage to myelin is slight, nerve impulses travel with minor interruptions; however, if damage is substantial and if scar tissue replaces the myelin, nerve impulses may be completely disrupted, and the nerve fibres themselves can be damaged.

MS is unpredictable and can cause symptoms such as extreme fatigue, lack of coordination, weakness, tingling, impaired sensation, vision problems, bladder problems, cognitive impairment and mood changes. Its effects can be physical, emotional and financial. There is no cure, but each day researchers are learning more about what causes MS and are zeroing in on ways to prevent it.

There are various types of MS:

- Clinically Isolated Syndrome
- Relapsing-remitting MS
- Secondary-progressive MS
- Primary-progressive MS

The earliest form of MS is **clinically isolated syndrome, or CIS**. CIS refers to a single episode of neurological symptoms suggestive of multiple sclerosis. Often, on investigation using MRI the doctor finds evidence of another abnormality in the brain or spinal cord. Having multiple attacks of symptoms defines relapsing-remitting MS, the most common disease course at the time of diagnosis.

**Relapsing-remitting MS (RRMS)** is characterized by unpredictable but clearly defined relapses (also known as attacks, exacerbations or flare-ups) during which new symptoms appear or existing ones get worse. In the period between relapses, recovery is complete or nearly complete to pre-relapse function (remission).

**Secondary-progressive MS (SPMS)** follows a diagnosis of RRMS. Over time, distinct relapses and remissions become less apparent and the disease begins to progress steadily, sometimes with plateaus. About half of people with relapsing-remitting MS start to worsen within 10-20 years of diagnosis, often with increasing levels of disability.

**Primary-progressive MS (PPMS)** is characterized by a slow accumulation of disability, without defined relapses. It may stabilize for periods of time, and even offer minor temporary improvement but overall, there are no periods of remission. Approximately 15 per cent of people diagnosed with MS have PPMS. About five per cent of people diagnosed with PPMS experience occasional relapses with steadily worsening disease from the beginning.

### Treatments in Development

There has been a surge in the development of treatments for MS over the last two decades. Currently, there are 14 disease-modifying therapies approved by Health Canada. The development of new treatments is a time consuming and expensive process, and there is no guarantee as to whether a treatment under trial will be approved by Health Canada. This emphasizes the importance of stimulating research that will uncover new therapeutic targets for MS.

### Living with MS

Each person's experience with MS will be very different. Managing the disease will also be different for each person depending on their disease course, type of MS, symptoms, prior health status, and lifestyle. Life with MS can be challenging and its effects can have a significant impact on those with the disease, their loved ones and their caregivers. The MS Society respects people's personal autonomy when making decisions about their health, but we are here to provide as much information and support as possible. People are encouraged to maintain open and ongoing discussions with their MS healthcare team when exploring options related to their disease.

Carol talked about the work of the MS Society in our area noting that they need to raise \$45,000 each year to provide for the needs of local clients. The MS Society does not receive any government funding so must rely on private donations and proceeds from various fund raising events. An example that most of us are aware of is the annual MS Walk – this year, the MS Walk will be held on Sunday, May 27<sup>th</sup> at the CLE. Another is the 50/50 raffle and many of us buy these tickets from Sandy or MS volunteers. All funds raised through local fund raising events support local MS clients.

Our Club was honoured to help the MS Society to finance a promotional video that will make the rounds around town and will be used to help people understand what it is and what is being done to help area clients. We were pleased to preview the video and noted that some of the people in the video were members of our Club including our President Wayne. Sandy shared a direct link to view the video:

[https://drive.google.com/file/d/1UfWK779\\_AZ11DcSfJb7YppD-ly73rdCC/view?usp=sharing](https://drive.google.com/file/d/1UfWK779_AZ11DcSfJb7YppD-ly73rdCC/view?usp=sharing)



**50/50 FOR THE FOUNDATION:**

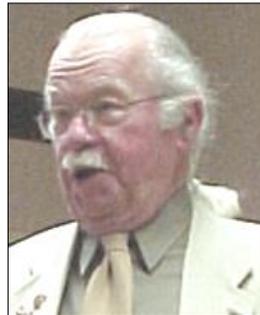
Paul Carr was our happy winner today and his winnings will be sent to the Rotary Foundation in June along with all other donations and 50/50 winnings from January to June.

**FINES:**

Volker was on the cup today relating the experience of indigenous people who consume every part of their wild game and inviting tribute from those of us who have never eaten moose nose or rabbit brain. Many coins landed in the cup but some of use recounted experience eating wild rabbit and “mystery meat” stew. Wayne changed the conversation with his happy dollars for his new twin grandsons who are moving to Toronto making it easier for him to visit. Sandy gave her happy dollar in thanks to Lakehead Rotary for its support of the production of a new MS promotional video and to Bob Hookham and the Fort William Rotary Club for their generous support of the MS Society – Thunder Bay.

**BILL’S STUFF...**

Welcome regular contributor to your weekly Club Chronicle – Bill Butuk with his “Bill’s Stuff” Column.



**ERJA  
LYYTINEN**



Erja Lyytinen (born July 7, 1976 in Kuopio, Finland) is a Finnish blues slide guitarist, singer and songwriter who has been active from 2002 to the present. She is part of a young generation of European blues artists who are carrying this music form into the future. Erja was born into a musical family in Kuopio, a city of 100,000 plus in Central Finland. Her parents had a band in the 1960s and 70s.. Her father played guitar, her mother played bass and they both sang. When Erja was 15, she was playing guitar, had some classical violin training and joined her parents’ band. They played Finnish dance music in a restaurant every Friday and Saturday night. Their sets included R&B, blues and soul. She was influenced by blues singer greats, Bonnie Raitt, Aretha Franklin and Koko Taylor. In 1995 she graduated from the Kuopio Senior High School of Music and Dance. After that she went to Helsinki, Finland to study at the Conservatory and Sibelius Academy where she received a Master of Music degree in 2003.

In 2005, she signed with German record label RUF where she recorded her international debut album, “Pilgrimage”. In 2006, she toured Europe and the U.S.A. with the Blues Caravan giving audiences a first taste of her live performances. She followed with a solo album “Dreamland Blues” which took her back to the U.S. where she recorded with Kinneyn and David Kimbraugh, the sons of Mississippi hill country blues legend Junior Kimbraugh. In 2008, after being on the road for 2 years, she returned to Finland to record “Grip of the Blues” in which she mixed hard-edged blues and modern R&B. She followed with her album “Voracious” which featured lavish orchestration, guest artists and cellos.

In 2014 The Canadian Blues Underground Network named her Elmore James tribute album “The Sky is Crying” the best European Blues Album and the Best Tribute Album. The album was universally acknowledged to be her best and “bluesiest” to date. In 2015 she released “Live in London” after which Blues Magazine named her Number 1 International Blues Artist and Artist of the Year at the Finnish Blues Awards. In the summer of 2016 she put together a group of talented musicians in Helsinki and went to London’s State Of The Ark Recording Studio to record “Stolen Hearts” which was released in 2017. Also in 2017 she did a sold out tour of Finland and made her first ever concert appearance in India. She took part in Finnish TV shows and in November of 2017 was awarded Best Guitarist by the European Blues Society.

Watch and listen to Erja Lyytinen at:

- <https://www.youtube.com/watch?v=otVqTsaFYVI>
- <https://www.youtube.com/watch?v=McA81q8gN7o>
- <https://www.youtube.com/watch?v=KPPAGKWdiNE>

**NEXT MEETING    APRIL 5/18**  
**DOUG LUND/SALMON ASSOCIATION**

**ROTARY INTERNATIONAL CONVENTION**  
**JUNE 23 – 27**

<http://www.riconvention.org/en/toronto>

**Register by March 31 to get early registration discounts**

In partnership with Rotary International, the Host Organizing Committee invites you to join us in Toronto, Canada June 23-27 2018. With the spirit of true Canadian hospitality, we wish to welcome Rotarians from around the world to experience everything Toronto and the Golden Horseshoe has to offer.

