

Lakehead Rotary Club—Thunder Bay

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Thunder Bay, Ontario. P7C 4C7  
www.lakeheadrotary.com



2018/19 President—Brian Brescia



# Lakehead Rotary Chronicle

September 13, 2018



**OUR SPONSOR THIS MONTH!**

**Four Amigos**  
Rotary

**Richard Kehrig, Graham Stewart, Wayne Robinson & Roy Lucas**

Richard used his sponsor's moment to tell us about his early aspiration to be a politician. As it turned out, he is now a political consultant preferring to coach others to pursue the life. He described the kind of research he does to prepare himself and his client(s) with their campaigns. He is also getting lots of experience writing speeches though his client(s) seem to prefer to "wing it". He will one day be looking to sell his speeches on Kijiji. Could there be a book deal in Richard's future.

Another full house for our meeting with everyone in good spirits

A beautiful late summer morning for our meeting with 23 Lakehead Rotarians on hand; President Brian at the podium; visiting Rotarian and prospective new member for our Club Don MacDonald [Winnipeg Rotary Club]; Lori's guest Donna Bold; and our special guest Bettina Jacobson.

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

Graham was on the door today. 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.

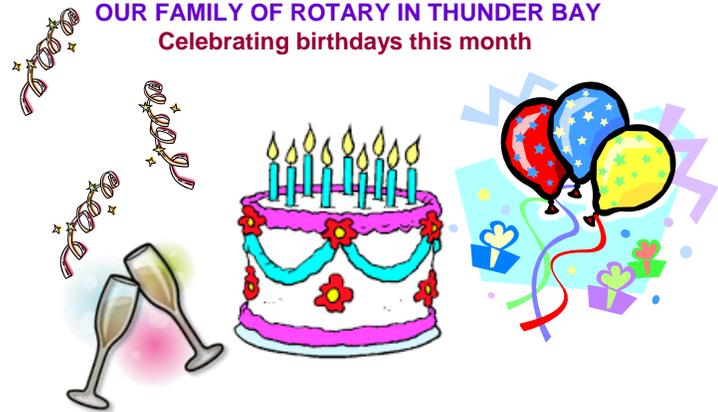
JULY	Mo Papich	JANUARY	
AUGUST	Clifford Mushquash	FEBRUARY	
<b>SEPTEMBER</b>	<b>Graham Stewart</b>	MARCH	
OCTOBER	Richard Kehrig	APRIL	
NOVEMBER	Jennifer Kahan	MAY	
DECEMBER	Carol Dagenais	JUNE	Gail Brescia

**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	
<b>AUGUST</b>	<b>Shirley DeWilde</b>	FEBRUARY	
SEPTEMBER	4 Amigos	MARCH	
OCTOBER		APRIL	MS Society
NOVEMBER	Clint Kuschak/TBAG	MAY	Salvation Army
DECEMBER	N.O.S.M.	JUNE	5 Star Rotarians

**OUR FAMILY OF ROTARY IN THUNDER BAY**  
Celebrating birthdays this month



**Celebrating anniversaries this month**  
**ALLAN & LORI-ANN KOZLO**  
**ROY & JANE LUCAS**  
**KARL & EVIE RATZ**

**CLUB CALENDAR**

- SEPTEMBER IS BASIC EDUCATION & LITERACY MONTH**
- SEP 20 CLUB BUSINESS MEETING – OFFSITE @ BAY VILLAGE COFFEE
- 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 - MEMBERSHIP
- 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 guest today was Bettina Jacobson with a presentation on Equine Assisted Learning.

Equine Assisted Learning (EAL) is an experiential learning approach, promoting the development of life skills through facilitated interactions with horses.



How does it work...

Experiential learning focuses on clients' individual, self-explorative learning through experience: by first making the experience, processing it, and then applying the learnings in everyday life. EAL centres on developing life skills and finding the confidence to handle and improve the present and future.

Examples of life skills include:

- Self-awareness and empathy
- Coping with emotions and stress
- Communication and interpersonal skills
- Creative and critical thinking
- Decision-making and problem-solving
- Leadership and Team Building

As opposed to Therapeutic Riding, EAL is ground-based (non-mounted). Each session and activity is individually designed to target the client's specific needs and areas of development. It is the facilitator's role to support client's growth by stimulating reflection based on the horse's reactions, leading to self-discovery, and drawing individual conclusions.

In the EAL process, horses serve as guides, partners and co-facilitators. It is in their nature to seek safety, connection and leadership. Being herd and prey animals, they instantly and intuitively consider their counterparts, wondering: Who are you? Can I trust you? Are you a threat? Who is the leader?

Horses react to human body posture, tone of voice, energy, and authenticity. During times of conflict and stress, people tend to try to hide their problems and difficulties, which results in a discord of what is happening on the inside and what is portrayed on the outside. Horses react to these incongruences by remaining wary and distant. It is the facilitator's responsibility to help clients see the horse's responses and find meaning in them. Clients then learn to adjust and find ways to build common rapport. When these insights are incorporated in further interactions with the horses, mutual understanding, confidence, trust and connection can grow. Having found success, clients are encouraged to apply their newly acquired skills and learnings in everyday life.  
EQUASCENT TEAM

EquAscent offers Equine Assisted Learning for youth, adults and corporate clients in a comfortable, safe and stimulating barn environment in the Thunder Bay area. Interactive sessions with horses are individually designed to promote personal and professional growth, and the development of the life skills necessary to handle problems and successfully navigate through life's challenges.



Bettina Jacobson combines her personal and professional background with her training and experience into a strength-based EAL approach. Having grown up in Switzerland, and lived in the United States and Canada, she is no stranger to change, re-adjustment, and finding her path amongst new challenges.

Bettina is a Certified Equine Guided Education Facilitator, holds various certificates in the field of Equine Assisted Learning, and has worked side-by-side with instructors and staff in an immersion program at Strides to Success in Indianapolis. She is continuing her EAL education as a member of the HorseWork Facilitator program at Strides. Bettina also earned a Master's degree in Organizational Leadership, as well as certificates in Strategic Business Management and Business Administration. She has studied learning and teaching principles as part of her certification as Flight and Advanced Ground Instructor.

In Equine Assisted Learning sessions, horses fulfill an equally important role as the facilitator. They serve as key participants and learning partners, offering their reactions, responses, and feedback during interactions with clients. Bettina has a number of different horses available to work with. This allows her to select the appropriate equine partner and co-facilitator depending on the client's needs and session requirements. As a life-long enthusiast, Bettina Jacobson has discovered early on the powerful and yet calming effects of interacting with horses. She has founded EquAscent to extend this experience by facilitating clients working with horses to grow and strengthen their personal and professional lives through self-exploration. Bettina combines her background with her training and experience into a strength-based EAL approach.

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### FELLOWSHIP FINES:

Gail Brescia worked the cup today starting out with President Brian as she advised him to have more coffee in the morning before attempting to lead us in the singing of O Canada. To be fair to Brian, there were several different keys heard in the room as we started to "sing". Thankfully, Volker and Graham came through with one key that most of us eventually merged with. Time to buy the Club a pitch pipe. Gail offered her own tribute as she presented us with the trading banner of the Toronto Rotary Club – from a recent trip to Toronto on behalf of NOSM. She invited similar tribute from others in the room who have visited another out-of-town Rotary Club...and in true Rotary tradition she invited those who have not to pitch a coin in the cup. Carol was first up with a happy dollar for all the home preserving and canning she has been able to do. Clifford was next up with his news that he has been promoted to Administrative Assistant – a part-time position with the Faculty of Ed at LU. Clifford also encouraged us to watch for a new production on APTN – First Contact. *[Most Canadians have never taken the time to get to know Indigenous People or visit their communities. First Contact takes six average Canadians, all with strong opinions about Indigenous People, on a unique 28-day journey into Indigenous Canada. Leaving their everyday lives behind the six will travel deep into Winnipeg, Nunavut, Alberta, Northern Ontario, and the coast of BC to visit Indigenous communities.]* One of Clifford's friends is involved in this production. Audrey followed with her happy dollar with news that Stirling is home again following a lengthy stay in hospital. Clint was happy to acknowledge Carol for setting a new example for one of our annual service projects – she is taking on a 2-hour shift collecting food and donations during the Shelter Food Drive at the end of the month with help from her Girl Guide Unit. We have welcomed family members over the years but this is the first time a group of people is invited to share in the experience. Volker wrapped up this round with a sad dollar as the RFDA will be closed for a day so that they may celebrate the life of a dear friend. He also expects to see many of us out for the annual Savour Superior – Food and Drink Festival – in support of the RFDA and the United Way. Cheers!

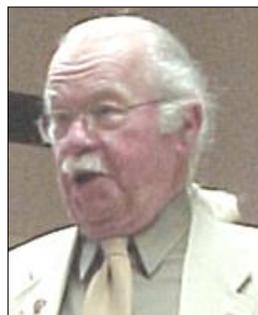
### 50/50:

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

### BILL'S STUFF...

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

# LEE FIELDS



Elmer "Lee" Fields (born 1951 in Wilson, North Carolina) is an American soul, blues funk, R&B singer, songwriter, composer, and musician who has been active from 1969 to the present. He bears a physical and vocal resemblance to the legendary James Brown, and is sometimes nick-named "Little JB". He was the second oldest of 5 children who showed an early interest in music. He spent his adolescence singing in church choirs and listening to R&B songs by singers such as James Brown, The Temptations and Otis Redding. He joined a few of the South's "racial balance" bands and began playing the college circuits including East Carolina University, Duke University and Georgia Tech.

In the late '60s he moved to New York City to pursue a musical career. With moves and style inspired by James Brown, he soon had the nick-name "Little JB ". By the late '60s he had begun a singing career with bands that would lay the foundation for his musical styles. Some of these bands were "Kool and The Gang", "Sammy Gordon", "The Hip Hoppers" and "Little Royal". Fields released his first single "Bewildered" with "Tell Her to Love Me" on the flip side in 1969. In 1972 he recorded "Gonna Make Love" and his popular 45RPM "Let's Talk it Over" backed with "She's A Love Maker".

Most of the second half of the 1970s was spent recording singles for Angle 3 Records. His full length album "Let's Talk It Over" was released in 1980. When the disco era and synthesizer soul came around, Fields got into real estate to provide for his family. His musical career was essentially quiet. In the early '90s Field mounted a come-back, signing with ACE Records debuting in 1992 with "Enough Is Enough". He worked the Southern Soul-Blues circuit wearing the glitzy costumes of old and crooning love songs to mainly female audiences, and played keyboards and synthesizer on 4 albums released in the latter half of the 1990s. He recorded for several record companies in the early 2000s. In 2006 he toured France recording dance tracks including "Jealousy", "Everybody", and "I'm a Good Man".

In 2009, Lee Fields and The Expressions was formed and to this day they play Blues Festivals around the world including this June at the Portedone Blues Festival in Italy. He and his wife have 4 adult children and reside in Plainfield New Jersey. Watch and listen to Lee Fields at:

<https://www.youtube.com/watch?v=Zr6RAuUBcYU>  
<https://www.youtube.com/watch?v=aBFLjK871YI>  
<https://www.youtube.com/watch?v=QnmLkQOgLnU>

### NEXT MEETING

**THURSDAY, SEPTEMBER 20**  
**CLUB BUSINESS MEETING**  
**OFFSITE @ BAY VILLAGE COFFEE**