

Lakehead Rotary Club—Thunder Bay

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www.lakeheadrotary.com

Rotary



2018/19 President—Brian Brescia



Lakehead Rotary Chronicle

January 24, 2019

OUR SPONSOR THIS MONTH!



Students cooking in Mandi O'Connor's food program at Dennis Franklin Cromarty High School.



Rotarian Donald MacDonald

Our sponsor this month, Donald MacDonald, in the interest of time deferred his two minutes about Scouts Canada to next week.

On a slightly milder January morning, 22 Rotarians ventured out for a morning fellowship. President Brian welcomed all including our special guests Mandi O'Connor and AJ Haapi.

ON THE DOOR IN 2018/19:
Moe was at the door today.

Help your Club this year by taking on the door for one of the remaining months – confirm your choice with Clint.

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

Thank you Rotarians for your service to our Club.

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	Don/Scouts
Canada			
AUGUST	Shirley DeWilde	FEBRUARY	Clint/TBAG
SEPTEMBER	4 Amigos	MARCH	Volker/RFDA
OCTOBER	Shirley DeWilde	APRIL	MS Society
NOVEMBER	Lori/A&W	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

CLUB CALENDAR

JANUARY IS VOCATIONAL SERVICE MONTH

- JAN 1** NEW YEAR'S DAY
- JAN 3** DR. JORDAN SOKOLOSKI, NATUROPATHIC CLINIC
- JAN 10** JASON NAPER, THUNDER BAY DIVING CLUB
- JAN 17** BUSINESS MEETING
- JAN 24** MANDI O'CONNOR, DENNIS FRANKLIN CROMARTY
- JAN 31** KARL EVERETT, ROTARY WORLD COMMUNITY SERVICE: BOLIVIA

FEBRUARY IS PEACE & CONFLICT PREVENTION/RESOLUTION MONTH

- FEB 1** SPIRIT OF THUNDER BAY
- FEB 7** OPEN
- FEB 9** ONE ROTARY SUMMIT - DULUTH
- FEB 14** VALENTINE'S DAY

The
Rotary
Foundation



FEB 14 DONALD MACDONALD
FEB 18 FAMILY DAY
FEB 21 MEETING CANCELLED
FEB 22 ROTARY ANNIVERSARY EVENT – ITALIAN CULTURAL CENTRE
FEB 23 ROTARY INTERNATIONAL ANNIVERSARY
FEB 28 BUSINESS MEETING

PRESENTATION:

Paul Carr introduced Mandi O'Connor and AJ Haapi from Dennis Franklin Cromarty High School.

Mandi is a culinary & confectionary arts coordinator at the school. Her family owned the first bakery in the city, Purity Bakery and she's a 6th generation baker.

Ten years ago, Mandi was diagnosed with a rare connective tissue disorder and after lengthy treatment has recovered. During this time she started researching healthy eating. Over an eight year period she developed a curriculum for at risk youth. On advice from Dr. Cynthia Wesley she took the program to DFC who welcomed her ideas. Since then, a cooking lab has been set up. She has students participating in cooking and baking classes twice a week.

DFC has decided to change the meals at the school to healthier foods. They will be phasing out packaged processed foods that are high in sugar and sodium. The new menu will include more fiber. Indigenous people have a higher intolerance for sugar so it is very important to reduce the sugar in their diets. In North America, 90% of our sugar intake comes from processed food. The benefits of the menu change has already resulted in weight loss, increased energy, less illness during the school year, and moods are stabilized. Students are involved in planning the menu and cooking the food. They are trying new foods and learning how to cook them. There are a few challenges with this change. The new menu requires more preparation. There is an initial monetary investment for equipment. Some of the students were resistant at the beginning but are now embracing it. They have been taking recipes home and cooking for their families.

Mandi is planning to take her cooking program on the road and running summer cooking camps in some of the reserves. The students find the kitchen is a non-threatening environment and they enjoy being there. It is a place where they often open up and talk about their experiences with loss and trauma. Mandi is then able to relay concerns to their prime workers. Each participant will be able to take home food for their family. This provides a positive activity for the non-athletic student. She would like to take the camp to four communities that have the right amenities. She will be focusing on eight females per camp as there is more funding for females and they have a higher suicide rate. The camp schedule is: Day 1 – healthy breakfasts/baked goods, Day 2 – soup and salad, Day 3 – cake/cookies decorating techniques, Day 4 – traditional dishes/feast preparation, Day 5 – prepare and serve a feast for families and invited guests.

The camp is for 12 and 13 year olds. This will provide continuity for students coming to DFC. It will engage and empower the youth. The budget is about \$100,000 with \$50,000 needed for air transportation. Mandi is working on partnerships and looking for donations to help reduce and cover these costs. Possible reserves for the camps are Deer Lake, Cat Lake, Sandy Lake, and KI.

PAUL HARRIS FELLOWSHIP FOR ROTARY ANNIVERSARY:

The board decided to gift a Paul Harris Fellowship to two community members to be presented at the Rotary Anniversary Event on February 22nd. The board nominated Vince Mirabelli, Jolene Kemp, and Marc Larocque. Nominated from the floor was Mandi O'Connor. Members presented voted with Marc and Mandi receiving the highest votes. The board apologizes for the timing on this. A process will be developed for future use.

FELLOWSHIP FINES:

Gail Brescia took a loonie from anyone who ate hot turkey sandwiches at Selkirk High School as well as anyone who doesn't like Brussel sprouts including President Brian. Those who didn't use a car starter this morning also paid a fine. And lastly, those not wearing red socks had to pay up. Clifford was happy as he missed Rotary last week as he was doing a placement in Kashechewan and he is going to Fort Frances on the weekend to judge figure skating. Clint is happy that 77 taster and 17 non-taster tickets have been sold for Spirit of Thunder Bay. Carol was happy to attend the Operation Red Nose Volunteer Dinner and that they had 111 volunteers this year and 665 vehicles were driven. Don MacDonald had a wonderful weekend camping in -30 weather. Gail Brescia had a good weekend in Sault Ste. Marie but she had a 12 hour trip back due to flight cancelations. Audrey was happy to hear Mandi's presentation and great ideas. Ken thanked those who bought Symphony tickets and he has 6 left. Bill Butuk is sad as Carol's Dad and he worked for Thunder Bay Hydro which doesn't exist anymore as it is now Northern Synergy. Al thanks everyone for the silent auction items and let him know of any others. He will be able to have six Chinese auction items. And, he is happy that Maya made the Dean's list for the first semester and she is busy organizing a group from Queen's going to Ottawa. Sandy invited members to her son's book signing on Feb. 16 at Chapters.

50/50:

Ken Boshcoff won the 50/50 draw today. His share will be forwarded to the Rotary Foundation.

Thought for the Week:

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible. *Francis of Assisi*

NEXT MEETING

THURSDAY, JANUARY 31
KARL EVERETT
ROTARY WORLD COMMUNITY SERVICE: BOLIVIA

Rotary
 Lakehead Rotarians Present
Spirit of Thunder Bay
A Premier Scotch Tasting Event
 In support of Lakehead Rotary's community service

Friday, February 1, 2019
 Valhalla Inn Scandia Room
 6:30 p.m. Fellowship * 7:00 p.m. The Tastings Begin
 \$ 90 per person [Taster's Ticket]
 \$ 40 per person [Non-Taster's Ticket]
 Meet the Whiskies...

Cardhu 12 Year Old Single Malt
 Dalwhinnie Distillers Edition Single Highland Malt
 Macallan 12 Year Old Double Cask
 Talisker 10 Year Old
 Highland Park 18 Year Old
 * Subject to availability—substitutions may be made

Major Sponsors
 The Valhalla Inn
 IG Wealth Management

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www.lakeheadrotary.com