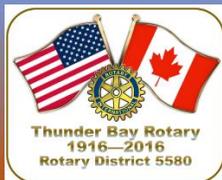




Rotary



Lakehead Rotary Chronicle

March 23, 2017



Entrepreneur Nadine Kelly talks about her new venture

A crisp spring morning for our meeting with 18 Lakehead Rotarians on hand plus guests Assistant District Governor Irene Sottile, new member candidate Kady Stachiw, prospective new member Paige Martin, and our special guest Nadine Kelly.

ON THE DOOR IN 2016/17:

Mo Papich was on the desk this morning and for the month with PE Wayne on deck for the month of April. See below our 2016/17 line-up. Thank you Rotarians for your service to our Club. The sign-up sheet for 2016/17 is available now so pick a month and sign on to help your Club.

JULY	Clint Kuschak	JANUARY	Gail Brescia
AUGUST	Mo Papich	FEBRUARY	open
SEPTEMBER	Graham Stewart	MARCH	Mo Papich
OCTOBER	Michel Caza	APRIL	Wayne Robinson
NOVEMBER	Wayne Robinson	MAY	
DECEMBER	Volker Kromm	JUNE	

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	NOSM	JANUARY	open
AUGUST	Blair Schoales	FEBRUARY	Beaux Daddy's
SEPTEMBER	Sunset Memorial	MARCH	RFDA – Volker
OCTOBER	Ken Boshcoff	APRIL	Sandy Lychowyd
NOVEMBER	Shelter House	MAY	Salvation Army
DECEMBER	Investors Group	JUNE	Star Rotarians

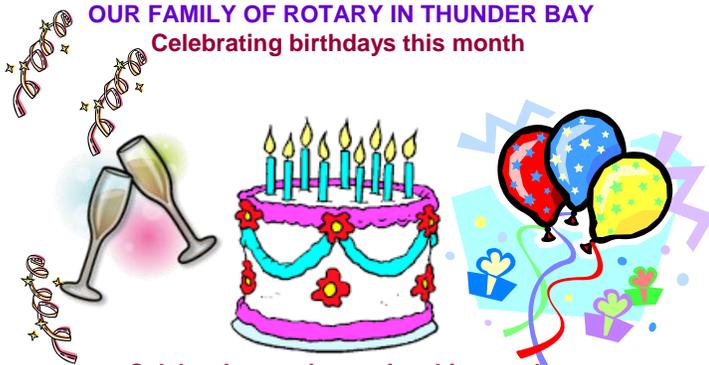
**OUR SPONSOR THIS MONTH
THE REGIONAL FOOD DISTRIBUTION ASSOCIATION**

Thank you Rotarian Volker Kromm



Volker was in Toronto for meetings but conveyed his message through Gail. Food banks are running out of food, especially canned goods such as spaghetti sauce, beans, canned meats, and so on. It's a hard time of year and many people are in need. Those who work to fill hampers for people are stretched to meet these requirements so we are all asked to drop off donations at the RFDA.

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



Celebrating anniversaries this month

CLUB CALENDAR:

MARCH IS WATER & SANITATION MONTH
MAR 30 LINDA BRUINS – EVERGREEN A UNITED NEIGHBOURHOOD

APRIL IS MATERNAL & CHILD HEALTH MONTH
APR 4 BOARD MEETING
APR 6 REV. JONATHAN BLANCHARD CLASSIFICATION
APR 8 PETS – DULUTH
APR 13 KELLY ROONEY – CNIB
APR 20 BUSINESS MEETING
APR 27 WAYNE ROBINSON
A LONG TIME AGO IN A FARAWAY LAND
APR 27 – 29 DISTRICT 5580 CONFERENCE – TOWER, MN

MAY IS YOUTH SERVICES MONTH

MAY 2	BOARD MEETING
MAY 4	MEETING CANCELLED
MAY 5	SHRIMP FEST - RFDA
MAY 11	OPEN
MAY 15	VICTORIA DAY
MAY 18	BUSINESS MEETING
MAY 25	OPEN

JUNE IS ROTARY FELLOWSHIPS MONTH

JUN 6	BOARD MEETING
JUN 8	OPEN
JUN 10 – 14	ROTARY CONVENTION – ATLANTA, GA
JUN 15	OPEN
JUN 22	MEETING CANCELLED
JUN 22	CANADA CLUB MEETING
JUN 22	PRESIDENT'S BBQ – VIKING ROOM
JUN 29	BUSINESS MEETING – FINAL 16/17 MEETING

PRESENTATION:

Our special guest today was Nadine Kelly, Owner of Breakfast Lunch & Deener in Thunder Bay. Nadine was born and raised in Germany and moved to Canada in 2005. Since then, she has lived in countless cities and attended 10+ different schools. She graduated from the University of Guelph with a Kinesiology degree in 2015. She moved to Thunder Bay as soon as she was done with school to pursue some business ventures. In May 2016 she launched Breakfast Lunch & Deener, her second small business venture in the city.

Breakfast Lunch & Deener, launched in May 2016, is the **food service** Thunder Bay has been missing. We are here to bridge a gap that exists between the food industry and the health-conscious consumer. Meals are fully-cooked, fresh, and minimally-processed and made only from whole-foods.

It is ideal for individuals who live busy lives, those people who do not enjoy cooking, and those who cannot [always] cook for themselves. They strive to support other local businesses as best they can, therefore they source most of their meats from local businesses. They are in the process of transitioning the rest of their purchasing to local sources as well, although it is a slow process. All food is prepared and packaged at a fully-licensed and Health Unit-inspected commercial facility.

They collect orders online or over the phone until Saturday at 1PM. Meals are individually prepared and packaged based on your food selections and the details you provide in the order form. Your bag/box of orders will be ready for pick-up or delivery on Mondays.

How Do I Order?

You can place your order online.

They have recently implemented a NEW (& SIMPLIFIED) ORDERING SYSTEM!! This new ordering system allows you to simply build-your-own-meal.

- 1.Pick a Protein (plant-based/6oz of meat/10oz of meat)
- 2.Pick a Carb (no-carb option available)
- 3.Pick a Vegetable (no-vegetable option available)
- 4.Choose from the ADD-ON Menu

As you create your meals, you simply add them to the cart and continue shopping. Once you are happy with your order, you go to your cart to review all items. You will find your order total automatically calculated!

At the end of the ordering process, you will be asked for additional billing info as well as your method of payment. For online orders we accept e-transfers as well as credit card payments. Cash and cheque are accepted on Saturdays at the Farmer's Market.

Pick-Up & Delivery

Order pick-ups take place in both the north side (Eat Local at 801 Red River Road) and south side (TBD) of town. When placing your order, simply select your choice of pick-up location. On Monday, stop

by the selected location between 10am and 9pm to pick-up your order. Most of the deliveries are done via Driverseat Thunder Bay. Please add "Delivery" to your cart while placing an order. You will be prompted for all necessary delivery details.

Contact

To place an order online, please follow [this link](#).

For questions, concerns, to place an order over the phone, or any other inquiries please contact Nadine through the following platforms:

Instagram:	@breakfastlunchdeener
Email:	breakfastlunchdeener@outlook.com
Cell:	807.630.3365

THE ROTARY CONVENTION 2017:



Join thousands of Rotarians at the Rotary International Convention in Atlanta, Georgia, USA - June 10 – 14, 2017. The celebration of The Rotary Foundation's 100th Anniversary promises to be an unforgettable experience.

50/50 FOR THE FOUNDATION:

Clint was our winner today and his winnings will be added to the funds going to the Rotary Foundation in June.

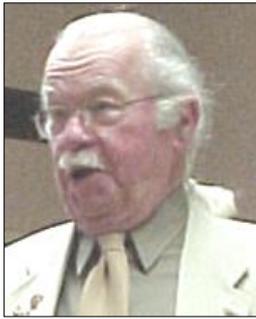
FINES:

Graham worked the cup today starting out with tribute from President Chris for changing the meeting order today and introducing guests after our speaker. He then recognized Mo who was well known for enjoying a hearty bowl of oatmeal at our weekly breakfasts. Pretty pricy bowl of oatmeal. Next up was Brian Brescia who must be the cook in his family considering Gail's comment about needing Nadine's service back when Brian was working down east. Nadine mentioned a preferred payment option for her service – e-transfers. Graham recognized all those who have never used e-transfer...and the cup overflowed. Ken shared his happy dollar to recommend Nadine's service as he has been a happy consumer of her food. Gail Kromm was next up with a happy dollar as she prepares to head down south to visit grandkids. Irene was happy to be with us today and for a recent reunion in town of fellow students in the School of Nursing. Audrey was happy to report that she had a shower today – they have had some water issues of late but everything's fixed now. Gail Brescia had a "story dollar" in keeping with Audrey's tale of water problems. Gail once lived out on Hwy 61 and her father had to transport water so a big treat for the kids was to head to the Airline Hotel once a week for a swim and a burger. Allan was happy to say that he and Lori-Ann are set to head to Cabo for a 4-week vacation. He will be back just in time for our Shrimpfest. Bill was happy to reminisce about listening to musicians in the past who are no longer with us but sad to acknowledge the latest loss – legend Chuck Berry has passed. Read about Chuck Berry in Bill's article in this edition of the CC. Chris offered his happy dollar to promote the upcoming "Wing it for MS" annual event at Beaux Daddy's and Sandy was happy to add her dollar to thank Chris on behalf of MS – Thunder Bay.

BILL'S STUFF...

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

CHUCK BERRY



Charles Edward Anderson “Chuck” Berry (born October 18, 1926 in St. Louis Missouri---died March 18, 2017 in St Charles , Missouri) was an American guitarist, singer, songwriter who sang and played Blues, Rhythm and Blues and Rock and Roll, and who was active from the 1950s to the 2000s. Although no one can say who invented Rock and Roll. Chuck Berry came closest to it. He put all the essential pieces together. He was one of the greatest guitarists, song writers and performers who was most important in the development of Rock and Roll music. Without him, there would be no Rolling Stones, Beach Boys, Bob Dylan and myriads of others.

Berry was the 4th child in a family of 6. His father was a contractor and his mother was an elementary school principal. His upbringing allowed him to pursue his interests in music from an early age. He learned to play 4-string guitar and gave his first amateur public performance in 1941 while he was a student at Summer High School in St Louis. In 1944, while still a school student, he was arrested and convicted of robbery of 3 shops in Kansas City, Missouri and stealing a car at gun-point. He was sentenced to Intermediate Reformatory in 1944 and was released in 1947 on his 21st birthday. While in the Reformatory, he formed a singing group and did some boxing. In

1948, he married Thermetta “Toddy” Suggs and had a daughter in 1950. Berry supported his family by working in automobile factories and as a janitor at the apartment building in which he and his family lived. After that he trained as a beautician and cosmetologist at a College of Cosmetology. In 1954 he began playing in Sir John's Trio led by his mentor Johnnie Johnson. Berry brought country and blues music to the group. In 1955, he moved to Chicago where his hero Muddy Waters introduced him to Leonard Chess of Chess Records. Two weeks later, Chess recorded his 12 bar blues ballad “Ida Red” which was changed to “Maybelline” and the record went to No 1 on the R&B charts. At Chess Records, he made music hits like “Roll Over Beethoven”, “Sweet Little Sixteen” and “Johnny B; Goode”. By the end of the 1950s, Berry was a high profile established star with several hit records, film appearances, and a lucrative touring career. From February 1962 to October 1963, he was in prison for transporting a 14 year old girl over state lines and having sex with her.

During the 70s and 80s Berry toured with his trusty Gibson guitar and hired local bands to perform with him. He expected to be paid in cash which led to him facing jail time for income tax evasion. At the request of President Jimmy Carter, he performed at the White House on June 1, 1970. In 1977 when the Voyager spacecraft was launched Chuck Berry's song “Johnny B. Goode” was included on the “Golden Record” with Mozart and Stravinsky as examples of the finest of Earth's culture. Berry was inducted into the Blues Hall of Fame in 1985 and into the Rock and Roll Hall of Fame in 1986.

Watch and listen to Chuck Berry at:

<https://www.youtube.com/watch?v=5eUc7o5lmtY>

<https://www.youtube.com/watch?v=kT3kCVFFLNq>

<https://www.youtube.com/watch?v=F1LZuQ9E4JQ>

(With Tina Turner)

NEXT MEETING:

THURSDAY, MARCH 30, 2017

LINDA BRUINS – EVERGREEN, A UNITED NEIGHBOURHOOD

Shrimpfest 2017

Friday, May 5, 2017
\$50 per person

Symposium at 6:00 pm / Dinner at 7:00pm
at the RFDA—Regional Food Distribution Association
570 Syndicate Avenue South

Dinner includes 1 lb ready-to-eat Gulf shrimp, salads, sides and dessert
...all prepared and served by the Valhalla Inn
Fellowship and a great silent auction
Proceeds support local charitable organizations

Ticket Order Form at:
www.lakeheadrotary.com

The family of Rotary in Thunder Bay celebrates its many achievements and contributions to our community and our world in its Centennial Year