

Lakehead Rotary Club—Thunder Bay

c/o 331 N. Harold Street
Thunder Bay, Ontario. P7C 4C7
www.lakeheadrotary.com



2017/18 President—Wayne Robinson



Lakehead Rotary Chronicle

September 28, 2017



President Wayne is taking a break this week so President-Elect Brian Brescia gets to wield the hammer and keep us on track

A beautiful day for our last meeting in September with a meagre 13 Rotarians plus our special guests Anna Grenier and Lynda Lahteenmaa with a presentation on the HT Program at Hogarth Riverview Manor.

ON THE DOOR IN 2017/18:

Graham was on the desk today and for all of the meetings in the month of September. 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 your Club.

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

TODAY'S ROTARY MOMENT:

President Wayne introduced a new element for our weekly meetings – a “Rotary Moment” – for members to reflect on why they became a Rotarian, what expectations they had at the time they joined our Club and any new expectations they have now, and what they get out of being a Rotarian. Wayne plans to alternate this Rotary Moment with a Foundation Moment and has asked Karl Ratz to give us some news on the Foundation from time to time.

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

Four Amigos
Rotary

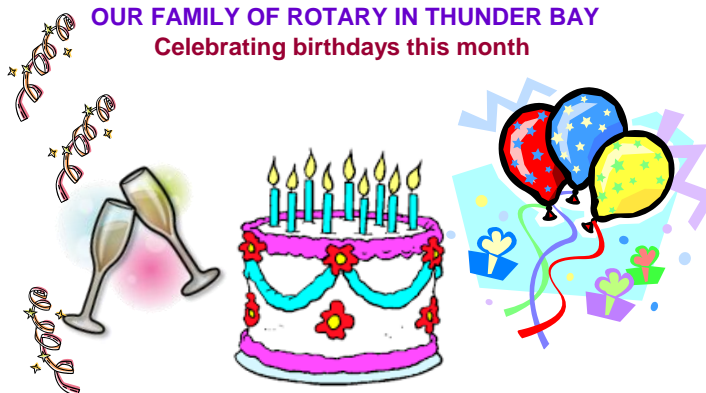
Richard Kehrig, Graham Stewart, Wayne Robinson & Roy Lucas

Our sponsors this month are “Four Amigos” – Graham Stewart, Roy Lucas, Richard Kehrig and Wayne Robinson. Thank you all!

Roy used his share of the Sponsor's moment to celebrate his 32 years as a Lakehead Rotarian next month. He also thanked everyone who came out to enjoy fellowship and have some fun at his summer home at Loon Lake.

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:

- OCTOBER IS ROTARY VOCATIONAL SERVICE MONTH**
- OCT 5 GOVERNOR DEBRA WARNER – CLUB VISIT**
- OCT 5 GOVERNOR DEBRA MEETS OUR DIRECTORS**
- OCT 9 THANKSGIVING**
- OCT 12 TRACEY ONULIAK – MEDICAL MARIJUANA**
- OCT 12 CLUB PLANNING – KEN'S CONDO**
590 BEVERLEY STREET 5 – 8 PM
- OCT 17 BOARD MEETING**
- OCT 19 BUSINESS MEETING & WILDERNESS DISCOVERY REPORT**
- OCT 24 WORLD POLIO DAY**

OCT 25 SHELTER HOUSE MEAL
OCT 26 JEAN PENDZIOWOL – N.O.W.W. ANTHOLOGY
OCT 31 HALLOWEEN

NOVEMBER IS ROTARY FOUNDATION MONTH

NOV 2 OPEN
NOV 9 OPEN
NOV 11 REMEMBRANCE DAY
NOV 14 BOARD MEETING
NOV 16 RICHARD TOGMAN
NOV 18 ROTARY CHRISTMAS PARADE
NOV 21 BOARD MEETING
NOV 23 BUSINESS MEETING
NOV 30 VOLKER KROMM

DECEMBER IS ROTARY FAMILY MONTH

DEC 2 & 3 DECEMBER DREAMS SHOW - COLISEUM
DEC 7 OPEN
DEC 8 & 9 KETTLES CAMPAIGN – ARTHUR ST. LCBO
DEC 14 OPEN
DEC 14 CANADA CLUB MEETING
DEC 21 BUSINESS MEETING & ELECTIONS
DEC 25 CHRISTMAS
DEC 28 OPEN
DEC 31 NEW YEAR'S EVE

PRESENTATION:

Our special guests today were Anna Grenier, Volunteer Services with Hogarth Riverview Manor and Lynda Lahteenmaa who is a volunteer with HRM and a Master Gardiner.



Lynda Lahteenmaa shares her passion for the benefits of gardening as therapy for the elderly at Hogarth Riverview Manor

Senior residents have a range of cognitive illnesses that manifest as dementia. Horticultural Therapy can be used to stimulate their senses, such as sight, sound, smell, touch, hearing and taste. The therapy is tailored to an individual participant's physical and mental abilities, with the goal of enhancing their quality of life. Gardening occurs throughout the year. In the spring, the residents help with planting with the guidance of master gardener volunteers. The residents can then follow the growth of the plants through the summer. Lynda says herbs have the greatest therapeutic value, because the scent can bring back memories.



Anna Grenier talks about the Hogarth Riverview Manor and the important role played by volunteers such as Lynda Lahteenmaa

Hogarth Riverview Manor is a long-term care home located on Lillie Street North in Thunder Bay. The original home opened in 2004 with 96 beds and was recently expanded to accommodate 544 residents making it one of the largest long-term care homes in Ontario.

Lynda Lahteenmaa volunteers at Hogarth Riverview Manor, working with volunteer coordinator Anna Grenier. Lynda and other local master gardeners have created a Horticultural Therapy program for seniors in long-term care. The facility has an enclosed courtyard which contains accessible raised beds, vertical and container gardens. The courtyard is a safe, accessible environment where residents can get outside to walk and relax.



During the cold months, the gardening changes to indoor activities, such as planting bulbs for January blooms, creating colorful floral arrangements or doing crafts with dried flowers. The Hogarth Riverview Manor Therapeutic Horticulture program started in 2008. Lynda and Anna coordinate the master gardeners and staff who run the program and have taught gardening to Hogarth's staff. They also work with youth who have an opportunity to learn about gardening and helping the elderly.

Lynda closed her presentation with a picture of a mallard duck that best signifies the success of Hogarth's courtyard garden. Twice, including this spring, the duck has chosen to nest in one of the container gardens where residents can watch her.

WILDERNESS DISCOVERY:

Work has started out at Wilderness Discovery with Bob Hookham as project leader on site. Bob and his wife will be spending every weekend out at WD and he has asked for help from area Rotarians, Kinsmen, and any others who are able to help. The first few weekends involve demolition of bathrooms in the cabins and demolition and removal of the two trailer units at the top of the site that have been used as HQ for years. Lots of brush clearing has taken place so the focus now is on the cabins and the lower level of the main lodge building. Joan Krisko of the FW Club will be doing all of the scheduling for volunteers every weekend until early November. Watch for this schedule and be prepared to volunteer your time, energy and expertise.



50/50 FOR THE FOUNDATION:

Bill was our winner today and his winnings will be sent to the Rotary Foundation in December along with all other donations and 50/50 winnings from May 25th to December.

FINES:

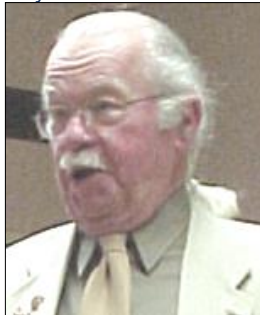
Karl took a turn on the cup today inviting tribute from PE Brian and encouraging him to use his big voice. In honour of our guests today, Karl invited those with no gardens to tend to pay tribute. Next up were those who have not checked their Rotary Foundation account online in the past few weeks. Audrey's happy dollar was to give thanks for having a garden that is a bit of a design mess and that turns out to be a good thing according to our guest. Shirley was happy to report on a fine trip to Red Rock recently with Georgina. Gail Brescia closed this fine round with a reminder that the Boobie Boogie is on this Saturday and more than 600 advance tickets have been sold so far.

PRESENTED BY THE DRAGONS OF HOPE



BILL'S STUFF...

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



MAT ANDERSON



Matthew "Matt" Anderson (born 1982 in Perth Andover, Victoria County, New Brunswick) is a Canadian blues guitarist and singer-songwriter who has been active since 2002. Matt grew up in the small blue-collar town of Perth Andover in a potato farming district on the Western edge of New Brunswick, next to the Maine border. He started playing music at an early age and played tuba and trumpet while in high school. He went on to learn guitar and by age 14 was playing in taverns and pubs/around his home town.

While studying engineering at the University of New Brunswick, he also worked at McCain's frozen food factory in Florenceville, N.B., making Pizza Pockets. He did this until 2002 when he discovered blues and the rest is history. In 2002 he started his career playing guitar in a New Brunswick rock and roll band called Flat Top. He then started playing on the East Coast of Canada and began to build his reputation for his singing and guitar playing the old fashion way—touring world-wide and letting his audiences and fans spread his reputation by word of mouth. He toured throughout North America, Europe and Australia headlining blues festivals, theatres and clubs. To do this, he toured with Tedeschi Trucks Band, Greg Allman, Buddy Guy, Bo Diddley and many others. He appeared at our Thunder Bay Bluesfest a few years back.

Matt issued his solo debut "Second Time Around" in 2007 followed by "Something In Between" in 2008, and in 2009 by "Piggyback". In 2010 Matt became the first Canadian to win the top prize in the International Blues Challenge in Memphis Tennessee. He beat artists from 11 other countries and 5 continents. His winning gave him festival gigs in the U.S., France, Italy and a slot on the Legendary Rhythm and Blues Cruise.

In 2011 he went to Levon Helm's studio in Woodstock, New York where he recorded "Coal Mining Blues" with Helm's daughter Amy Helm and The Band's keyboardist Garth Hudson. Also in 2011 he received more honours by winning the Maple Blues Award for Entertainer of the Year and Acoustic Artist of the Year. Further in 2011, he won an East Coast Music Award followed by 3 Maple Blues Awards. In 2014, he released the album "Weightless", for which he received a Juno Award nomination. Watch and listen to Matt Anderson at:

<https://www.youtube.com/watch?v=noYnK9KZXAA>

<https://www.youtube.com/watch?v=fYqeOU5WQsk>

<https://www.youtube.com/watch?v=L7BC3BJda5U>

NEXT MEETING:

THURSDAY, OCTOBER 5
DISTRICT GOVERNOR DEBRA WARNER