

Rotary Club of Sussex Inc.

P O Box 7004, Sussex Corner, NB E4E 5M3

www.sussexrotary.org

Club # 6355 / District # 7810

Cowbell

Date: April 13, 2015.

Attendance: Erik H., Ian S, Rhoda, Rhonda H, Don D., Tina M., Kathy C., Wendy O., Shelley V., Bob T., Scott, Lisa B., Lorinda P., Sandra M., Alaina A., Robert L., Donna G., Mary McN, Cindy D.,

Regrets: Alaina L., Rob D., Bob B., Bruce, Jeff F., Lou McN,, Robert K.

Guests: Don Ingersoll, Randy Cogswell & Carol Tracy from the administration of Portage Atlantic.

Rotary Grace

Toast to the Queen

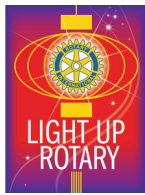
Chairperson Bob Tremblett welcomes all members and our guests to today's meeting. Bob Introduces Don Ingersoll.

Bob received regrets received from; Rob D., Lou McN., Jeff F., and Alaina L.

- ❖ **Rotary Minute:** Cindy DuBois spoke on her former club of Nipigon Ontario one (1) east of Thunder Bay. Their club is an older club with an average age of members between 60 and 80 years of age. 23 member club that is very active in the community.

Wendy O. introduces Mrs. Carol Tracy, Director of Development Portage Atlantic Foundation and her team for a talk on the Atlantic Facility located at Cassidy Lake, NB.

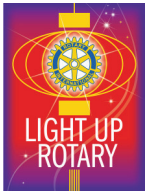
- ❖ **Guest Speaker:** Mrs. Carol Tracy, Director of Development Portage Atlantic Foundation:
 - The Portage organization is a not for profit organization founded in 1970 in Montreal, Quebec and opened its first centre in 1973. Portage currently operates not-for-profit residential treatment centres in Quebec, Ontario, New Brunswick, British Columbia and also welcomes clients from other provinces.
 - Portage Atlantic is a non-profit organisation that was founded in 1995. In 1996, it opened a residential rehabilitation centre for adolescents on the shores of Cassidy Lake, near Sussex, New Brunswick. Over the years, more than 1,600 youth from New Brunswick and other Atlantic provinces have been treated at the 64-bed substance abuse rehabilitation centre.



- Portage Atlantic provides an integrated program to help people who are suffering from substance abuse to seek Freedom from addiction. Based on the therapeutic community approach, the program stimulates personal development that teaches residents how to overcome their substance abuse problems take back control of their lives.
- The Portage Program for Drug Dependencies Inc. is one of North America's leading organisations in the treatment of drug abuse. Based on the therapeutic community model, Portage provides a special type of living experience that strives to rehabilitate, educate and reorient participants so they can develop a new drug-free way of life.
- The Portage Program treatment approach emphasises self-help and the creation of family-like support systems. Using a number of therapeutic techniques, including role modeling and group counseling, Portage staff members teach participants to shape their own values, develop a realistic perception of their lives and increase self-respect. It is designed to respond to the individual needs of the participants. Through case management and individual treatment planning, residents learn to identify their own problems and develop the skills and competencies to address them.
- Once a person leaves the Portage Program, they then become members of the Aftercare Program. This phase lasts up to two years and provides bi-weekly community-based support group meetings facilitated by a Portage staff member. Returning to their everyday world, their newly acquired values and behaviours are challenged and put to the test. Aftercare is therapeutic community-based with one youth supporting another. There are also family support meetings for the parents.
- Carol also introduced a project Portage Atlantic is currently working on. The Lewis Fitness Centre was started through the generosity of a private donation in the amount of \$750,000. The Board is currently in the process of fund raising to secure an additional \$800,000 for the new facility.

Don Dow thanks Carol Tracy and her team for their interesting talk on the Portage Atlantic Facility and Program's available. Don presented representatives of the Portage Atlantic with a token of the Club's appreciation for their talk.

- ❖ **Club's new Web Site Design:** Lorinda P. and Robert L. demonstrated the active work has been undertaken and was introduced to the Club to the new website design on screen. Minor tweaks and the finishing touches are being placed on the new design and active work is being undertaken to transfer content.
- ❖ **Camp Rotary:** Clean-up day has been announced and is scheduled for May 30th, 2015. The camp is looking for help on that day and if any member had a spare day to assist it would be appreciated.
- ❖ **Amphitheatre Project:** President Bob T. indicated that plans are underway for a grand opening and celebration on Canada Day July 1, 2015. Scott indicated the superstructure



has arrived on site and erection of the roof structure should begin April 2-th. 2015.

- ❖ **Annual Dinner and Auction:** Sandra spoke on the finalizing of the planning for the April 23rd, 2015 event.

Chef's Table will be catering the event. 56 Tickets sold to date and much work is needed to complete the planning and fundraising to recognize Alfie Smith with a Paul Harris Fellow on the event night.

Happy / Sad Bucks

50/50: Wendy O.

Meeting Adjourned, 1:15 pm.

Stay tuned for the Next Cowbell!!!