

# NEWSLETTER

## ABOUT OUR FOUNDER

Carolyn Karle lost her daughter, Dayna, in September 2021 to an unintentional overdose after a relapse following nearly ten months of sobriety. She founded the Dayna Elizabeth Karle Addiction Recovery Foundation (DEK Foundation) in 2022 to support individuals facing addiction in the community.



## ABOUT DEK FOUNDATION

DEK Foundation is a community of trust, compassion, and unity, creating connection among all those impacted by addiction. DEK is built on the value of activism by creating change, ending stigma, and providing nurturing spaces for people living with addiction. DEK demands everyone is treated with dignity through kindness, respect and understanding.

## OUR MISSION

A community free of stigma surrounding addiction where everyone belongs and is valued.

## OUR VISION

Dedicated to supporting and improving the lives of community members impacted by addiction.

## OUR MEMBERS

Our members are volunteers moved by the realities of addiction and recovery, committed to making a difference in our community.

**NEW! ONLINE 50/50!**

DEK Foundation is excited to announce our 2026 Online 50/50 Raffle Series, four back-to-back draws throughout the year! Every ticket purchased helps support individuals on their journey to recovery—while giving you a chance to win big.



Scan the QR code to purchase your tickets today!

## Driving Success: Our Biggest Fundraiser Yet!

Our Annual Golf Tournament continues to be our largest fundraiser and a tremendous success, raising an incredible \$62,328.47 in September 2025. This milestone is a direct result of the generosity of our sponsors and the energy of our participants. With the tournament selling out every year, be sure to secure your team or sponsorship early and join us for an even more impactful 2026 event. Thank you for your continued support! Let's make 2026 our biggest year yet!

## Backpacks for Hope

We've distributed over 100 backpacks filled with essentials to support individuals beginning their recovery journey meeting people where they are with care, dignity, and compassion. Special thanks to the United Way for the funding that supported this program.

## Big Hearts. Full Hands. Nourishing Community.

From November through March, our "Sandwich Sisters" program has been showing up every week with fresh, made-with-love food for the NWCHC Care Bus. Huge thanks to Wendy, Teri, and Chris for their dedication in preparing snack bags directly for Norwest for their clients of the Care Bus week after week, you make a difference. Special thanks to the Fort William Rotary Club for the funding that supported this program.

We're also so grateful to Ardina, Lorraine, and Chris for providing hearty Wednesday treats that continue to nourish our community.



## Westfort Village Association Partnership

From the Street Fair to Christmas celebrations, we've been proud to support local events through security and road closures. A big thank you to the Westfort community for your continued trust and partnership. We're excited for what's ahead!

## Annual Pasta Dinner

Our 4th annual pasta night was held on March 14th at the Columbus Centre. It was a joyful evening filled with laughter, connection, trivia, games, and great food, all in celebration of recovery and community. With a festive St. Patrick's Day theme and a fun photo booth donated by Photo Monkey Stylings, the night was even more memorable. The event also featured a community store filled with gently used items, giving attendees the chance to take home new treasures. Thank you Linda Hutton for the beautiful store!

Thank you to the organizing committee Wiley, Morgan, Kyle, and Nikki for making it all possible.



## Snowshoe Drop-In Days

Winter brought us outside together! These fun, casual outings created space for fresh air, movement, and connection. Special thanks to Ashley and Kristin for leading these welcoming and inclusive adventures.



## Christmas Tea

DEK Foundation will host another wonderful Christmas Tea this year, an afternoon filled with heart, warmth, and connection. Guests will enjoy dainty sandwiches, homemade baking, local crafts, and a penny auction, all within a welcoming community atmosphere. The most meaningful part of the day will be being served by individuals in recovery, creating space for connection, healing, and hope. Stay tuned, there's exciting news brewing for our next Christmas Tea!

## Reid's Christmas Tree Friendly Competition in support of Regional Food Distribution Association (RFDA)

We were proud to be named winners of Reid's Christmas Tree Contest! Through this joint initiative in support of the RFDA, which included eight charities, community members were invited to donate canned goods to the organization of their choice. It was a true win-win for both RFDA and DEK. Collectively, the eight charities gathered an incredible 3,940 kg (4.3 tons) of food in support of the RFDA! What an inspiring show of community spirit!



## RFDA Partnership

We're thrilled to be growing our partnership with the RFDA. Thank you for welcoming us into your beautiful space for crafts, baking, fellowship, and exciting new programming! This is just the beginning!



## Grace Place Volunteer Opportunity - Thursdays and Fridays

We're proud to support Grace Place as they expand services. Volunteers are needed on Thursdays and Fridays from 10:00am to 4:00pm to help serve hot meals and build meaningful connections in the community. To volunteer, contact Grace Place at 807-627-9848

## Drivin' Miss DEK Program

Removing barriers one ride at a time. Helping community members get to appointments, school, and groceries. A heartfelt thank you to Karen for your ongoing care and dedication behind the wheel.

## WANT TO HELP?

**There are many ways to support the work of the DEK Foundation, whether by volunteering your time through hands-on community efforts or by making a financial contribution.**

**Your support makes a meaningful difference, providing hope, dignity, and essential resources to individuals on their journey to recovery, exactly when they need it most.**

**Ready to get involved? Scan the QR code to volunteer or make a donation.**



**SAT.  
MAY 2**

## **Overdose Awareness Walk in Memory of Joey DaCosta**

Join us in remembrance and solidarity as we walk together to honour those we've lost and support those still on their journey. Wear purple and stand united as a community. To purchase your own *In Memory Of* hoodies, please contact [admin@dekfoundation.com](mailto:admin@dekfoundation.com)

**SUN.  
MAY 31**

## **Potluck Picnic in the Park | 1:30pm**

Grab a blanket, bring a dish, and join us at Vickers Park from 1:30pm to 4:30pm for a relaxed afternoon of food, laughter, and connection.

Dogs welcome!

Rain date: Sunday, June 7

**THURS.  
JUNE 11**

## **Lighthouse Rescue (United Way Event)**

Set sail for a pirate-themed adventure full of fun and community spirit!

Huge thank you to Overall Electric (2025) and Bur-Met Contracting Ltd. (2026), each generously contributing \$5,000 as matching sponsors.

**SAT.  
JUNE 20**

## **Kayaking & Summer Activities**

Get ready for sunshine, paddling, and BBQs at Boulevard and Hazelwood!

A perfect way to connect, unwind, and enjoy the outdoors.

Our first paddle is set for Saturday, June 20 at Hazelwood!

For details or to get involved, contact Kristin Gravel.

**ALL  
SUMMER**

## **Bordercats Games (Volunteer Opportunity)**

Batter up! Join us at Border Cats games, where we're helping run the 50/50 draws in support of both the Border Cats and DEK. Come out, show your volunteer spirit, and cheer on our home team!

**AUG 13 -  
AUG 15**

## **"Once Upon a One More Time" Fundraiser**

Get ready to hit play on a high-energy fairytale remix set to the iconic music of Britney Spears! All proceeds support DEK.

Three shows available! Scan the QR code to get your tickets!



**SAT.  
AUG 22**

## **Ride for Overdose Awareness | 1:00pm**

Rev your engines for a meaningful ride in support of overdose awareness.

Registration starts at 1:00 PM at Thunder Bay Harley-Davidson, with kickstands up at 3:00 PM. \$25 per rider.

**THURS.  
SEPT 17**

## **Annual Golf Tournament**

Back again for 2026 and bigger than ever! Join us for a day of golf, connection, fun, and community impact. Teams sell out quickly, so be sure to register early. Sponsorship opportunities available.

# DEK *Foundation* MEMBER HIGHLIGHT

## MEET OUR ACTIVITIES LEAD



**Kristin Gravel**

### **Kristin Gravel**

Hi! My name is Kristin Gravel, and I am the self-appointed Activities Coordinator for the DEK Foundation. Losing Dayna made me face how disconnected I really was from others, but mainly myself.

I've been sober since November 1, 2021, and part of DEK since the beginning, starting out helping with event set-ups, running errands, and whatever Carolyn needed. Today, I am committed to planning and executing fellowship events for DEK.

What started as a need for connection has grown into a passion for bringing people in recovery together. We've shared experiences like kayaking, beach BBQs, snowshoeing, picnics, farm tours, and dog sledding at Gerald Roy Jolly Ranch.

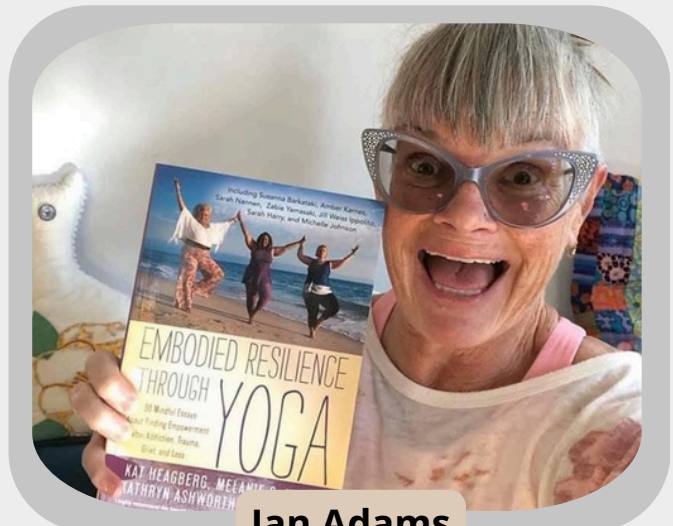
This year, we're creating more consistent opportunities through monthly community activities, seasonal premium activities, and a coffee meet-up at the RFDA. Fellowship matters because recovery isn't meant to be done alone. With DEK we can do it together.

## MEET OUR NEW BOARD MEMBERS

DEK Foundation is excited to welcome our two newest board members, Frances Chapman and Jan Adams. Both bring a wealth of experience and diverse skills, and we are thrilled to have them join Team DEK. We look forward to their valuable contributions and insights as DEK continues to grow and evolve.



**Frances Chapman**



**Jan Adams**

## SPECIAL THANK YOU

DEK Foundation is proud to shine a spotlight on three incredible volunteers who make a lasting impact in our community.

Karen shows up with pure heart, offering steady, compassionate support to those in recovery. Cameron leads with empathy, using his lived experience to create real, lasting hope. Robin continues to shine as a pillar in the community. She is welcoming, encouraging, and lifting others up.

We're proud to recognize Robin as the recipient of the first annual Dayna Elizabeth Karle Award and Cameron as the recipient of the Scott Wilson Award, honouring their compassion and dedication. Together, their kindness and quiet strength ripple through the community every day, The lives they touch say it all.



**Karen, Robin & Cameron**

## RECOVERY NEWS

Katie's journey in recovery is a powerful reflection of her strength, grace, and dedication. She has worked her program with commitment and resilience, showing up for herself each day and doing the hard work, no matter the challenges she has faced.

Her growth is truly inspiring. It does not go unnoticed. It is seen, deeply appreciated, and celebrated. This moment honours Katie, her strength, and the incredible progress she has made. Congratulations, Katie, on how far you've come.



**Katie**

*Supporting Addiction Recovery in Thunder Bay.  
One Step at a Time*

**BUY TICKETS NOW!**

**4 BACK-TO-BACK DRAWS:**

DRAW 1: MAY 31ST/26 • DRAW 2: JUL 31ST/26  
DRAW 3: SEP 30TH/26 • DRAW 4: DEC 18TH/26

300 FOR \$75  
150 FOR \$50  
30 FOR \$20  
5 FOR \$10  
2 FOR \$5

**DEK Foundation**

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