

# The Windjammer

## News from the Rotary Club of Portland, Maine

Fri Dec 19, 2014

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Hello Loretta! This email has been generated just for you as a member of our club. We hope you enjoy receiving this newsletter!

*Editor David Smith*

*If you have any comments or questions, please contact the editor.*

### Speakers

Dec 19, 2014  
Holiday Program

Dec 26, 2014  
**NO MEETING!**  
Happy Holidays!

Jan 02, 2015  
**NO MEETING!**  
Happy New Year!

Jan 09, 2015  
Liz Helitzer, Exec Dir. Holocaust and Hum Rgts Ctr

Jan 16, 2015  
Dora Mills, Maine Health Issues

Jan 23, 2015  
Mayor Michael Brennan, City of Portland

Jan 30, 2015  
Theo Kalikow, Univ ME System  
University Engagement in Community

Feb 06, 2015  
Rev. Robert Grove-Markwood, Bangor  
Theo Sem

Feb 13, 2015  
Honorable Erik Jorgensen, Maine  
Legislator

[View entire list...](#)

### Club Executives

President  
**Kris Rosado**

First Vice President  
**Bowen Depke**

Second Vice President  
**Laura Young**

Treasurer  
**Scott Blakeslee**

Executive Secretary  
**Loretta Rowe**

Immediate Past President  
**John Marr**

### Stories

#### 12/19/14 MEETING LOCATION

Posted by Loretta Rowe on Dec 14, 2014



**FRIDAY, DECEMBER 19, 2014**

**PORTLAND ROTARY WILL MEET AT  
THE HOLIDAY INN BY-THE-BAY**

#### 12/19/14 SPECIAL HOLIDAY PROGRAM, Mainely Treble

Posted by Loretta Rowe on Dec 14, 2014



This week at Rotary we are offered a special holiday program, brought to us by Kathy Grammer. Our featured group will be Mainely Treble.

Mainely Treble is Maine's premier a cappella group, known for their eclectic contemporary sound. Returning to her home state of Maine from New York City, founding member Eliza Ruth Watson was looking for an a cappella presence that could match her prior experience. Not

finding that resulted in her decision to start her own group. Each member of Mainely Treble has a deep love for music and together the group is rich in musicianship and experience. Some of that experience includes performing at Carnegie Hall, involvement with collegiate and post-collegiate a cappella groups, singing with Portland's Choral Art Society and heading one of Southern Maine's top wedding bands.

It's sure to be a delightful program that will put us in the holiday spirit. You won't want to miss it!

[12/12/14 Dr. Sheila Pinette. What's Happening With the CDC in Maine](#)

Sergeant-at-Arms <b>Mike Fortunato</b>
Vocational Service Chair <b>Ralph Hendrix</b>
Director-Term End 2015 <b>Charlie Frair</b>
Director-Term End 2015 <b>Steve Stromsky</b>
Director-Term End 2016 <b>Mac Collins</b>
Director-Term End 2016 <b>Julie L'Heureux</b>
Community Service Chair <b>Steve Stromsky</b>
International Service Chair <b>John Curran</b>
Youth Service Chair <b>Laura Young</b>
Rotary Foundation <b>Amy Chipman</b>
Administrative Coordinator <b>Elise Hodgkin</b>
Club Protection Officer <b>Kath Grammer</b>
Communications-Bulletin Ed <b>David Smith</b>
Communications-PR (Ext) <b>Tom Talbott</b>
Web Administrator <b>Erik Jorgensen</b>

<b>Download</b>
<a href="#">Maine Outdoor Challenge 2014</a>
<a href="#">Portland Rotary Constitution</a>
<a href="#">Portland Rotary Bylaws</a>

**12/12/14 Bits & Pieces, What's Happening With the CDC in Maine**

Posted by Carl Spang on Dec 14, 2014



Dr. Sheila Pinette, the Director of the Maine Center for Disease Control (CDC) and Prevention in the Department of Human Services, gave us an excellent and rigorous presentation on the role of the CDC in Maine, the contributions of its five departments, and some startling health statistics. For example: CDC estimates that a 5% weight reduction and 30 minutes of exercise a day could result in \$150 million in health care savings for Maine.

The five CDC departments are: Division of Environmental Health (drinking water, health inspection, radiation control, etc.), Division of Infectious Disease, Division of Population Health (Cancer Registry, School Health, etc), Division of Public Health Systems (Data, Research, Statistics, etc.), and Office of Health Equity (Women's health, Rural Health, etc.). Together, they provide comprehensive health services delivery and research.

Maine CDC organizes its outreach through 8 public health "districts" and one tribal "district" in the state: Aroostook District 8; Central District 5; Cumberland District 2; Downeast District 7; Mid-Coast District 4; Penquis District 6; Western District 3; York District 1; and Tribal Health Service.

Dr. Pinette's presentation confirmed that Maine CDC provides Mainers with an impressive array of health services and disease prevention activities. Dr. Pinette also urged us all to take advantage of available vaccines for influenza this season and to help increase awareness of their programs, especially those to curb obesity (64% of Maine adults are clinically obese) and to improve Child Health (in coordination with the March of Dimes).

More information is available on their website: <http://www.maine.gov/dhhs/mecdc/>

**12/12/14 BITS & PIECES**  
Posted by Erik Jorgensen on Dec 16, 2014



**President Kris** convened the meeting of 58 members, 3 guests and 1 visiting Rotarian. **Peggy "Queenie" Wescott** invoked and brought us an update on member Charlie McKee's passing.

Through our International Service Committee, a donation of \$1,000 was made to the "Gift of Life" program and accepted by Paul Emery of the South Portland/Cape Elizabeth Rotary Club.

**Bob Martin** led the raffle of \$572. **Don Lowry's** name was pulled from the pot, but he failed to find the elusive Queen of Hearts. Perhaps next Friday some lucky person will win a wonderful surprise for Christmas.

**Dick Giles** was asked to present us with a "Rotary Moment" and he spoke about his work in the Dominican Republic, with a list of things you should bring and things you shouldn't do... including using caution when taking cabs! Since then it has grown into something of a business, leading to four trips with multiple clubs. **Dick** gravitated to the water project, where he and his fellow Rotarians have to date, provided clean drinking water to 150 families. It's a wake-up call, he notes, to discover just how lucky we are to live in this country.



**George Crockett** Is still collecting toiletries for the Public Street Resource Center. He wanted to remind members that if

for the Preble Street Resource Center. He wanted to remind members that if you travel and get some of those small bottles of shampoo, conditioner and mouthwash, please bring them to a meeting, so we can pass them along to the people in shelters. Thousands have already been distributed.

**President Kris** remarked on the availability of decals. Rotary decals are now available for a modest fee to adorn your car or office. But, he noted, they are not allowed on junkers! Please see **Loretta**.



**Amy Chipman** reported on happenings with the Foundation – so far this year, we have \$8200 in sustaining-member contributions – more than halfway to our goal, and only about six months in. **Amy** expects that our club will hit this year's goal of \$15,000. She reminded us that our sustaining gifts of \$100 get matched by our Club, then go to the Rotary Foundation before eventually coming back to our District/Club. It's a great investment. If you've not given yet, by all means do!

Heard through the course of conversations during lunch:

- **Bruce Jones** has just finished moving to Cumberland – actually, it's so close to the Falmouth border that he's not entirely sure which town his new house is in. But wherever it's located, he says that the move has been a great opportunity to downsize and simplify. Wishing **Bruce** and his family all the best.
- **Ben Lowry** will be operating his law firm from Florida, where he'll be in January in February. Thanks to the ability to work remotely, to appear via Skype, and to make periodic visits back to Maine for court and official business, he might make the whole thing look easy. Stay tuned.
- **Larry Gross** continues to show interested people though the Southern Maine Area Agency on Aging's latest project, the Stewart Center in Falmouth. Providing a safe, pleasant environment for people with memory problems, the Center offers its clients a great place to spend the day, and their families with a respite from the often-constant needs of seniors with these issues. **Larry** can tell you more.

#### **SPECIAL NOTICE**

Posted by Roger Fagan on Dec 14, 2014

Every Rotarian is invited to join "Rotarians for Hearing Rotarian Action Group." Simply go to [www.ifrahl.org](http://www.ifrahl.org) and click on "Join/Donate" for 3 years for \$25 and to sponsor a child to receive the gift of hearing, by donating \$75 for a child with a severe hearing loss to receive a quality, digital hearing aid through the International Humanitarian Hearing Aid Purchasing Program.

"Rotarians for Hearing Rotarian Action Group" will then match the donation with a second hearing aid. Your \$100 investment will allow a child to learn to listen and speak, communicate with family and friends, hear the joys of music and the sounds of laughter and attend a regular school and develop this child's potential. The hearing aids will be fitted by Drs. Roger and Liz Fagan as they participate in Portland Rotary's Hearing-Hands & H2O program (3-H) in the Dominican Republic.

For further information, contact Roger Fagan at: [rfagan@faganhearing.com](mailto:rfagan@faganhearing.com)

#### **12/19/14 THIS WEEK'S DUTY ASSIGNMENTS**

Posted by Loretta Rowe on Dec 14, 2014



**Invoker:** Peggy Wescott  
**Program Reporter:** Janelle LoSciuto  
**Bits & Pieces Reporter:** Bill Blount  
**Badge Box:** Carol Aten  
**Registration/Greeter:** Emily McEntee  
**Sell Meal Ticket:** Glenn Nerbak  
**Collect Meal Tickets:** Anne Fisher  
**Raffle:** Tom Nickerson  
**Music - Song Leader:** Spec. Holiday Prgm  
**Piano Player:** Russ Burleigh  
**Sgt-at-Arms - Early:** Jake Bourdeau  
**Sgt-at-Arms - Late:** Chase Bowker

#### 2014/15 ON-THE-ROAD LOCATIONS FOR PORTLAND ROTARY MEETINGS

Posted by Loretta Rowe on Dec 14, 2014

Rotary year....2014-15.

If you would like to mark your calendars for where our meetings will be held, we are at the following locations through February 2015:

**Dec 19 - Holiday Inn By-the-Bay**

**Dec 26 - NO MEETING**

Happy Holidays!

**Jan 2 - NO MEETING**

Happy New Year!

**Jan 9 - Holiday Inn By-the-Bay**

**Jan 16 - Holiday Inn By-the-Bay**

**Jan 23 - The Clarion**

**Jan 30 - Holiday Inn By-the-Bay**

**Feb 6 - The Clarion**

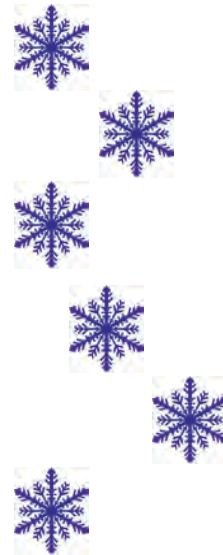
**Feb 13 - Holiday Inn By-the-Bay**

**Feb 20 - Holiday Inn By-the-Bay**

**Feb 27 - TBD**

**BOLD** dates are scheduled Board meeting days.

Any questions, please contact Loretta at: [lrowe@maine.rr.com](mailto:lrowe@maine.rr.com)



#### OH SO TRUE!

Posted by Loretta Rowe on Dec 16, 2014



#### FROM THE WORLD OF TENNIS (updated 12/16/14)

Posted by William Blount on Dec 16, 2014

**THE ROTARY DOUBLES TENNIS LEAGUE - Fall 2014** (updated 12/16/14)

Rotary Tennis!! Where Champions live! Week 14. Now with just one week left in the Fall season, Jim Barns' team held their own versus Dave Seddon's team splitting two sets each. Harry Sawyer and company have a shot at greatness next week. Team Laura Young are the obstacle to Harry's team's impressive come back at the end of this season. From last place - week five - to the champions?

The holiday party and winter season draft was fun. The spring season teams look very competitive. Thank you selectors and all for your input. Monday 12/29/14 is open tennis. Larry Gross(A), Amy Chipman (C), Erik Jorgensen (D) and I (B) will be arranging matches on our four courts. Are you available? Please call the player at your level and gift yourself a fun match that night.

One more night contesting holiday traffic. Please give yourself plenty of time to arrive courteously early for our 5:30 pm SHARP matches.

TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5	TEAM 6
J Barns	S Blakeslee	B Lowry	J Bourdeau	L Gross	D Seddon
D Hall	F Thompson	J Young	B Blount	K Ray	P Noyes
A Chipman	T Nickerson	B Moore	H Herodes	C Bowker	D Putnam
J Carr	L Young	K Grammer	H Sawyer	R Burleigh	E Jorgensen
<b>25</b>	<b>17</b>	<b>13</b>	<b>22</b>	<b>13</b>	<b>19</b>

**Board of Directors Meeting Minutes**

Posted by Loretta Rowe on Dec 14, 2014

The meeting minutes of the Portland Rotary Club's Board of Directors are posted on our website the month following their approval. From the "Home Page," click on the "Board Meeting Minutes" in the listing at the left.

**Missed a Program? Catch it on CTN Cable TV!**

Posted by David Smith on Dec 14, 2014



You can watch our recent Portland Rotary Club speakers on the Community Television Network website:

<http://ctn5.org/shows/rotary-club-speakers-series>

You can always find the link on the Portland Rotary Home Page!

**Loretta's Commitments**

**Current Club Committees**

**Committee**

**Role**

CONSTITUTION & BYLAWS

Member

