

# TWO LIGHTS

Rotary Club of South Portland – Cape Elizabeth

April 10, 2019



*Together, we see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.*

## UPCOMING PROGRAMS:

April 17 – Michael McGovern, What’s New at RI  
April 24 – Chris Cary, New England Ocean Cluster  
May 1 – Terry Hayes, Hospitality Maine

## ASSIGNMENTS

	<u>April 17</u>	<u>April 24</u>	<u>May 1</u>
Opening Words	McCoy	McDonald	McGovern
Raffle Gift	Callahan	Conroy	Cotter
Conductor	Danois	Davidson	Daviero
Set Up #1	McGovern	Schauf	U Schmidt
Set Up #2	Roberts	L. Schmidt	V Schmidt

*Catherine Callahan won gift certificate to Little Tap House donated by Jim Britt.*

## MARK YOUR CALENDAR:

**April 20, 8-3:30** – Rotary Leadership Institute, York County Community College, Wells

**April 24, 12-2 or 5:30-7** – Open House at South Portland Food Cupboard (if you intend to go, please call ahead if you can)

**May 18** – Bug Light Kite Festival; Bug Light will be open for tours

**May 20 (Monday)** – Seniors Lunch at McKernan Center, SMCC

**May 29** – Antique Car Show at Bug Light (open for tours)

**June 15** – Family Fun Day, Fort Williams Park

**June 21-22, 2019** – RotaryFest 2019! District Conference at Fort Williams. Free event for the whole family – plan to attend!! Register online at District 7780 webpage.

**June 30** – Cape Elizabeth Land Trust Art for Preservation (we will help park cars)

### *What's New With Our Members*

*Happy Birthday to District Governor John (April 21)!*



**Let's Go Fly a Kite!** – Mark your calendars in June for two Family Fun Days – the first is the traditional Family Fun Day at Fort Williams on June 15. The following Saturday will also be a fun day at Fort Williams for the family – RotaryFest 2019! I had the opportunity to attend a planning meeting for the District Conference this week, and I was impressed with the variety of offerings for the whole family! If you're bringing kids, they can do arts and crafts, including making their own kites, which they can then fly! For adults who want to do arts and crafts, there will be a tent where we will be making Little Free Libraries – parts, tools and how-to guidance will all be provided. If you want to learn something, you can take part in the sessions on opioid recovery/Narcan training, international projects and more. Or you can just chill in the picnic shelter and listen to music all day long! And how could I forget – you can start your day with yoga by the flagpole! Truly something for everyone, not to mention the fabulous view and free food! And it wouldn't be as much fun without YOU there – sign-up is now available on the District website (no cost but they need a headcount for food, crafts supplies, etc.).

**Finding Health After Cancer: Stories of Renewal and Healing** – This is the title of the book authored by this week's speaker Deb Nelson. Deb is a health coach and former member of the Yarmouth and Kennebunk Portside Rotary clubs. Also attending the meeting was former Portland Rotarian Dick Sawyer who took many of the photographs in the book. The book features 23 cancer survivors who found a way to steer clear of a downward spiral when they were handed a cancer diagnosis. They looked at their options, decided which treatment suited their particular situation, and forged ahead. They also became advocates for themselves and other cancer patients.

**ROTARY CLUB OF SOUTH  
PORTLAND/CAPE ELIZABETH, MAINE**

[www.sp-ce-rotary.org](http://www.sp-ce-rotary.org)

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