

# TWO LIGHTS

Rotary Club of South Portland – Cape Elizabeth  
December 11, 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:

December 11 – Briana Warner, Atlantic Sea Farms  
December 18 – Carolyn Delaney, Owner & Publisher of Journey Magazine  
December 25 – Merry Christmas!  
January 1 – Happy New Year!

## ASSIGNMENTS

	<u>December 18</u>	<u>January 8</u>	<u>January 15</u>
Opening Words	Bruneau	Butler	Callahan
Raffle Gift	L Schmidt	U Schmidt	V. Schmidt
Conductor	Schauf	L Schmidt	U Schmidt
Set Up & Breakdown #1	Bennett	Callahan	Butler
Set Up & Breakdown #2	Britt	Daniels	Danielson

*Nicole was the lucky winner of a gift certificate to C Salt Gourmet donated by Doug Schauf.*

## What's New With Our Members

*Happy Birthday to*

- 🌸 Dave Bagdasarjian (Dec. 19)*
- 🌸 Rick Dobson (Dec. 23)*
- 🌸 Ray Healey (Dec. 23)*
- 🌸 Jim Britt (Dec. 28)*
- 🌸 Kathy Cotter (Dec. 28)*
- 🌸 Anne Swift-Kayatta (Dec. 31)*

*Happy Anniversary to:*

- 🏠 Laurenz & Barbara Schmidt (Dec. 18)*
- 🏠 Dan & Shirley Mooers (Dec. 31)*
- 🏠 Alec & Sharon Livingston (Jan. 7)*

*Come see the ghost of Christmas Past, aka Marc Mutty's wife Pam, performing in A Christmas Carol at Footlights Theater.*

**Unloading Trees** – I don't have a list but thank you to everyone who helped at both the Saturday morning unloading, and the Wednesday afternoon unloading. A special thanks to Meghan who came with the truck and told Tom Meyers that she usually throws the trees down from the top of the truck by herself!

**What We Didn't Know About Kelp** – Briana Warner, CEO of Atlantic Sea Farms, spoke to us about their fast-growing business of harvesting kelp. She provided a ton of information - for instance did you know that:

- Most of the seaweed consumed in the US comes from Asia. Sam's Club is the largest importer of seaweed.
- Farming kelp allows lobstermen to diversify their income and become less dependent on lobstering. Atlantic Sea Farms works with 24 lobstermen who grow kelp for them.
- Kelp helps to mitigate climate change – it removes carbon and nitrogen from the ocean and lowers the ocean's acidity level.
- Natural kelp beds, which provide protection from storm surge, are disappearing rapidly.
- Kelp imported from China has been dried and dyed – Atlantic Sea Farms is fresh and has no food coloring.
- Kelp imported from China is grown in “dirty” water and has been found to have high amounts of cadmium and lead – Maine-grown kelp is farmed in clean water.
- Kelp is one of the most nutrient-rich foods on the planet – it is especially high in iodine.
- You can buy Atlantic Sea Farms kelp at Lois', Rosemont and Harbor Fish Market, or from their new e-commerce site.
- Among the restaurants serving kelp farmed from Atlantic Sea Farms are B Good, Luke's Lobster, Legal Seafoods and Flatbread.

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

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