

TWO LIGHTS

Rotary Club of South Portland – Cape Elizabeth
September 16, 2020



Rotary Opens Opportunities

*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 Dates:

Each Friday – work detail at South Portland Food Cupboard, 8-11 (or any part thereof – see below)

September 23 – Bob Crowley, Yurts for Veterans

September 23 – Board meeting follows our regular meeting

September 23-25. 7-8:30 p.m. each evening – Rotary Zone 28 & 32 Institute – speakers will include Mike McGovern & Brenda Cressey (on Thursday evening). You need to register but the price is right – FREE! While ordinarily the Zone Institute is only for certain officers, ALL Rotarians are encouraged to attend this year's virtual Institute.

September 25 – Bath Rotary Club golf event

September 30 – Ronda Ferreira, American Red Cross

OPENING WORDS

Upcoming:

September 23 – Catherine Callahan

September 30 – Michele Danois

What's New With Our Members

Our heartfelt sympathies to Joe Conroy and his family on the recent death of his dear wife Ibbey. If you haven't seen it, there is a lovely write-up of her life in Thursday's (9/17) Portland Press Herald.

Thank you to Sharon Livingston for designating that donations in Alec's memory should be directed either to the Gosnell House or to our own SPCE Rotary Charitable Fund. Our club has received several generous donations so thank you, Sharon for your thinking of us!!

Lobster! – I didn't get the bulletin out in time to remind you of the Cape Elizabeth Lions Club lobster dinner tomorrow but you should have received the notice from John LoBosco. Apparently several of us have reserved our dinners because Colette said "the Rotarians have been calling to reserve their meals. We certainly appreciate your support and look forward to partnering with you in your future endeavors as well."

Think Spring! – The Portland Sunrise Club is currently selling purple crocus bulbs as a fundraiser for polio eradication. The cost is \$10 for 25 bulbs, or \$20 for 50 (what a bargain!). They are taking orders through September and they will notify you of the pickup date & location when they arrive (late September or October).

How I Spent My Friday Morning – Since it's a slow news week, Rotary-wise, I thought I would tell you about my first experience working at the South Portland Food Cupboard. Tony told us earlier this summer that they worked outside and that it was very safe from a health perspective. So I thought I would check it out. I arrived about 7:45 and Tony and 4 other workers were already there. I left around 10 to "go to" my yoga class (i.e. to my living room) and Michele Danois arrived from work shortly before I left. So you can come and go as you're able. Tony and Phil are pretty much regulars and Michele and Patty Sprague also show up whenever they can.

I worked outdoors under an awning. There were 2 women at a large table inside sorting produce, and 2 men who seemed to be moving food around. (The inside workers all wore masks or shields, were spaced pretty far apart, and there were overhead fans circulating as well as UV light.) Food kept coming in while I was there and Tony said that they often have no idea when food will show up or what it will consist of. This morning there were bags and boxes of food from Hannaford, 2 very large bags from Starbucks and then later a whole van stuffed with boxes of butter and produce (corn, tomatoes, sweet potatoes and apples –all of which appeared to be in excellent condition) arrived from Wayside. The Starbucks bags contained pre-packaged gourmet sandwiches and breakfast sandwiches, and my mouth was watering as I worked on those.

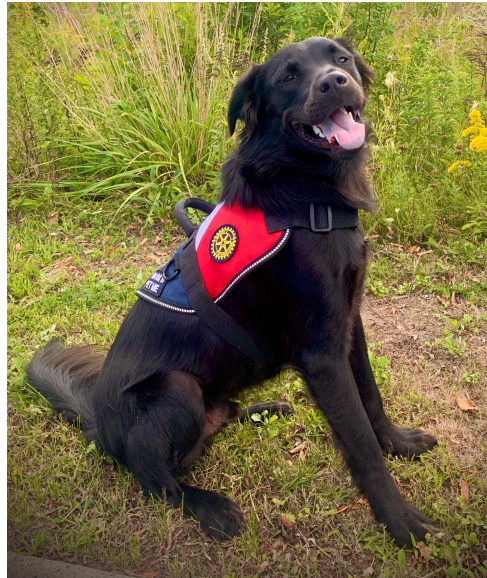
When I arrived, they outfitted me with an apron and a name tag, and I could select plastic gloves from several boxes with different sizes. I was also given a big black marker and my job was to take all the cans, boxes and bottles of donated items that hadn't yet been "processed" and make a black mark through the barcode on the food item (so they can't be returned to the store). On the deli items from Hannaford and Starbucks, I also blacked out the "sell by" dates. Then I spread them all out on a table so that they could be boxed up by type of product and taken inside. I did that for almost 2 hours and time really flew.

As I was leaving – BONUS – there were some food items that they felt would go bad before they were distributed so I came home with milk, bananas and a whole bunch of slightly bruised tomatoes which will end up in my freezer this afternoon.

Tony was working outside along with me part of the time and, true confessions, because of the mask I didn't hear everything he said, but I did hear him say that working at the Food Cupboard always makes him feel good. Even without the jackpot of free food, I agree that it's a great way to start the day!

Kirby, the Rotary Service Dog! – If you've been paying any attention at all, you know that our club has a very active Veterans Committee – in fact we have donated over \$40,000 to benefit veterans in the past 7 years. One of the projects we have donated to is K9 on the Front Line, an organization that trains service dogs and provides them to veterans who are suffering from combat-related PTSD. Our contributions paid for Kirby, whose owner is extremely appreciative:

"Kirby is my everything. He's my lifeline and my absolute best friend! He's the most loyal dog I've ever had. When I'm down or depressed, Kirby comes to me and licks my face and will not leave my side - he understands me, and I understand him. I feel so calm when I'm out in public with him. I was taking four medications a day, morning and night and I am already down to three! My goal is to not need them at all when I leave the house and I believe I will get there. I now strongly recommend getting a service dog to any combat veteran who's struggling. I had seen stories about service dogs before, but I never knew how much of a difference it would make – he is so much more than a dog. The people at K9s on The Front Line are the salt of the earth and will always be family to me. Anyone who supports this organization should know that they are saving Veteran's lives. Thank you from the bottom of my heart for making it possible for Kirby to come into my life!"



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

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