

TWO LIGHTS

**Rotary Club of South Portland – Cape Elizabeth
December 4, 2024**



Upcoming Dates:

Pickleball – dates may vary - contact Dave Bagdasarian Sr. if you're interested in participating.

December 6 (2:00 -7:00) & 7 (9:00 – 3:00) –International Artisan Fair at Partners for World Health, 40 Walch Drive, Portland.

December 7 (Sat.) – 2nd Tree Delivery

December 11 – Stefanie Gill, IntWork LLC

December 18 – NO Meeting – we will party on the next day instead!

December 19, 5:30 – 7:30 – Party at Purpoodock! Heavy hors d'oeuvres and cash bar. \$25/person. Please respond to Bev by Sunday if at all possible as she needs to give them a headcount next week.

December 25 – NO Meeting – Happy Holidays!

January 1 – NO Meeting – Happy New Year!!

January 2 – Food Processing at South Portland Food Cupboard

January 27 – “Fireside Chat” about the ShareForever campaign – meeting with Celeste Herbert from RI. Let Tony or Nicole know if you're interested in attending (invitations will go out in January).

December 11 Duties

Opening Words – LoBosco
Raffle Gift – Wagner
Meeting Room Setup – *please sign up**
Owl – *please sign up*

January 8 Duties

Opening Words – Lohrman
Raffle Gift – Wilson
Meeting Room Setup – *please sign up**
Owl – *please sign up*

Meeting Setup Reminder: Locker Combination is **11-21-11**
**And a tip about the meeting setup – if you sign up, you won't be doing it alone – there are always people there to help!*

President Nancy's Questions of the Week: **What is something you like to do with others?**

Opening Words – Mark Leasure had the opening words duty but since he has been in the hospital, President Nancy filled in for him with words from Winnie the Pooh:

"You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes."

What's New With Our Members (& Friends)

Happy Birthday to

-  Adrienne Murphy - Dec. 8
-  Tom Meyers - Dec. 17
-  Dave Bagdasarjian - Dec. 19
-  Ray Healey - Dec. 23
-  Chris Speh - Dec. 26
-  Kathy Cotter - Dec. 28
-  Jim Britt - also Dec. 28
-  Anne Swift-Kayatta - a New Year's Eve baby
-  Paul Smith - Jan. 6

Happy Anniversary to

-  Laurenz & Barbara Schmidt - Dec. 18
-  Dan & Shirley Mooers - Dec. 31

Thank you to DeeDee who donated the raffle prize which she won herself but waived in favor of the next person who was... me! Only DeeDee has the creativity to come up with a raffle prize of a nice bottle of wine paired with - a bag of Oreos!

Get well wishes to Mark Leasure who is recuperating at home.

Congratulations to Tony who was honored as the "RYLA Coordinator of the Year!"

Thank you to Jack Roberts for donating the wreath at Bug Light (which was pictured in the Portland Press Herald this week) and was hung by Tony and Sam Wilkens-O'Brien.

A huge thank you to the South Portland High School football and basketball teams for helping with the lot setup and the first tree delivery.

December Rotaversaries:

- ❁ Kevin Williams - 1 year
- ❁ Bob Hanson - 22 years (our club and others)
- ❁ Frank Butterworth - 27 years

Trees! – Matt reports that tree sales have been brisk. As noted above, there is a tree delivery tomorrow morning and there will be a sports team of young men to help us out. Also helping to unwrap and carry trees tomorrow will be the CEHS Robotics Team, as a way of thanking us for our past support. Tom Meyers, who was the inspiration behind the Tree Trivia question about reading the instructions, again urges us to **READ THE INSTRUCTION MANUAL** in the tree trailer, put together by Scott, which tells you everything you need to know.

More Mr. & Ms. Perfects – There have been two football trophy winners since the last bulletin. Tom won last week ago, just in time to display the trophy on their Thanksgiving table. He described the win as "truly a life-changing moment."



This week there were THREE perfect scores – from Kathy, Peter Bennett and John LoBosco. And nobody would have guessed that the Monday night score would be as high as 73, but John came closest with his guess of 42.



It's Official – We held our annual election this week to confirm the officers who were nominated in November. Thank you, Dan McDonald and his lieutenants John LoBosco and Tony Wagner who were responsible for nominating this fine slate of officers who are now officially elected to their offices for next year:

- President-Elect – Laurenz Schmidt
- Vice-President – Chuck Redman
- Treasurer – Marge Dugan
- Secretary – Kathy Cotter
- Membership Director – Scott Irving
- International Service Director – Hannah Olshansky
- Community Service Director – Sari Greene
- Youth Service Director – Ray Healey
- Club Administration Director – Bev Altenburg

These two board positions are automatic:

- President – Peter Bennett
- Past President – Nancy Irving

Congratulations to all and thank you for your service to our club!

Is Anybody Handy? – Former member – but still our friend! – Kiley asked me to share this with the club:

Volunteers Needed

Are you handy or good at repairing?
We need your help!

The South Portland Sustainability Department and Waste Reduction Committee are hosting a Repair Fair on Saturday, January 25th from 10AM - 1PM at the Main Library

We need volunteers who can repair

- ☑ Clothing
- ☑ Electronics
- ☑ Lamps
- ☑ Small Appliances
- ☑ Jewelry
- ☑ And more!

If you have an expertise in repairing an item not listed, please reach out as well!

If you are interested in lending your expertise or have questions, please email Susan Parmelee at sparmelee@southportland.gov

CITY OF SOUTH PORTLAND

From One of Our Donee Organizations – One of the organizations that our club supports is Greater Portland Family Promise, which provides transitional housing and other services to homeless families, many of whom are New Mainers. This is what one of them said in GPPF’s yearend letter:

“Family Promise has made a difference in our lives. We were immediately welcomed into the shelter. We received emotional support, food, personal care products, bedding, clothes and shoes. Family Promise offered us a safe, loving environment. Staff spread love every day and gave us hope that better days would come for us here in America. In addition, we received help with public benefits, English classes, finding housing, furniture and household items.”

Another Donee Organization, Partners for World Health – Thank you to our International Service Director Hannah for arranging for us to go to PWH on Tuesday and Thursday this week. Some of us were treated to an in-depth history of the organization and details of its operation by its founder Elizabeth McLellan. Since both Kathy and a friend of Bev’s have been recipients of the PWH’s Medical Supply Program and were quite enthusiastic about it, I thought I would mention this domestic aspect of the organization. In addition to sending surplus medical supplies and equipment overseas, PWH sells these supplies and equipment to people right here in Maine at a very reduced cost. They have a long list of items (and prices) on their website – things like thermometers, crutches, wheelchairs, oxygen masks, on and on. They are not a store, however, so interested individuals, organizations or businesses have to contact the Medical Supplies Coordinator to make a request. The PWH website states that the program, which is fairly new, has served 6,789 individuals to date. Here is the story of one of them (from their website).

Simon, 52, is a Portland resident who suffers from insulin dependent diabetes that has severely impacted his ability to live a full and rewarding life. He had daily seizures and multiple ER trips per week and lost his license to drive. He explained that he could not feel when his blood sugar was at a dangerous level and thus could not intervene with a dose of insulin. He was diagnosed as a teenager and battled this his whole life. His best solution was to receive a Dexcom which monitors his blood sugar for him and alerts him to dangerous levels. In order for MaineCare to pay for this he needed to be able to test his blood sugar 4 times a day for 30 consecutive days. MaineCare would only pay for test strips for 3x a day and he could not afford the extra 30 strips. In addition, testing 4x per day was difficult for Simon due to other issues. That’s where PWH was asked to help. He received a Dexcom for no cost and was able to monitor his blood sugar for 30 consecutive days. Upon presenting this data to MaineCare, they subsequently agreed to pay for the Dexcom going forward.

Two years later, Simon has had no seizures, no ER visits, has his license to drive back, reports that he has his quality of life back in addition to being an engaged father to his 14-year-old son. By providing Simon with testing equipment and supplies from our Medical Supply Program (MSP) he has been able to manage his diabetes, engage in his other treatment protocols, and focus on building a better life with support from his community based social worker. Had Simon known of the MSP program earlier he could have accessed our supplies to help improve his health and it would have resulted in considerably less hospitalizations, visits to his PCP and other community impacts which likely cost the community around \$30,000 over the preceding six months.

**ROTARY CLUB OF
SOUTH PORTLAND-CAPE ELIZABETH**

Officers

President – Nancy Irving
President-Elect – Peter Bennett
Vice-President – Chuck Redman
Secretary – Kathy Cotter
Treasurer – Marge Dugan

Directors

Club Administration – Bev Altenburg
Youth Services – Ray Healey
Community Services – Sari Greene
International Services/Foundation – Hannah Olshansky
Membership – Brent Wilson
Director-At-Large – Dan McDonald

Committee Chairs

Tree Sale – Matt McAleney
SpringFest – Jim Britt
Program Chair – Chris Speh
Foundation Chair – Nicole Albert
Social Media - Matt McAleney
Publicity – Jim Britt
Web Administrator – Scott Irving
Bulletin Editor – Nancy Hawes
Club Protection Officer – Bob Knupp

DISTRICT 7780 GOVERNOR

Bob MacKenzie, Rotary Club of Kennebunk

ROTARY INTERNATIONAL PRESIDENT

Stephanie Urchick, Rotary Club of McMurray, Pennsylvania

PMB 239, 50 MARKET ST STE 1A, SOUTH PORTLAND 04106