

# TWO LIGHTS

**Rotary Club of South Portland – Cape Elizabeth  
February 26, 2025**



## **Upcoming Dates:**

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

**March 5** – Stephen Fine, Melanoma

**March 6-8** – Northeast President-Elect Learning Seminar

**March 9, 5-8** – Comfort Food Challenge at Cape Elizabeth Lions Clubhouse to support CE Robotics Team. \$15 per person; Scott & Nancy will be judges!

**March 12** – Club Business: SpringFest & Rotary Foundation

**March 19** – No Meeting

**March 22, 9:30 – 10:45** – Zoom learning event hosted by our District Rotary Indigenous Partnerships Committee; see email you should have received from Michele Bois-Gilbody for more information

**March 26** – Ken Johnson, Farms for Food Equity

**April 4, 7:15** – Maine Mariners Hockey Game

**April 5** – District Learning Assembly at Westbrook High School

**May 16** – SPRINGFEST Party at Redbank

**May 17** – SPRINGFEST continues at Mill Creek Park

### **March 5 Duties**

Opening Words – Olshansky  
Raffle Gift – Bennett  
Meeting Room Setup – *please sign up\**  
Owl – *please sign up*

### **March 12 Duties**

Opening Words – Redman  
Raffle Gift – Bentley  
Meeting Room Setup – *please sign up\**  
Owl – *please sign up*

Meeting Setup Reminder: Locker Combination is **11-21-11**

### **President Nancy's Questions of the Week:** **How can you help on a committee?**


**Opening Words** - Adrienne couldn't attend our meeting but she submitted these words by Goi Nasu for President Nancy to read:

"An entire sea of water can't sink a ship unless it gets inside the ship. Similarly, the negativity of the world can't put you down unless you allow it to get inside you."

### **What's New With Our Members (& Friends)**

*Our sincere sympathies to Bret LeBleu and Catherine Callahan on the passing of Bret's father David LeBleu in Kalispell, Montana.*

*Happy Birthday to*

 *Dick Yerxa (March 5)*

 *Dan Mooers (March 11)*

*Happy Anniversary to Tom & Marti Meyers - March 9*

*Congratulations to Scott on winning a Home Depot gift certificate courtesy of Fran Bagdasarlian*

*Thank you to everyone who worked at the South Portland Food Cupboard on Thursday:*

- *Bill Anderson*
- *Dave Bagdasarian, Sr.*
- *Jaymie Chamberlin*
- *Mary McGreehan*
- *Tom Meyers*
- *Adrienne Murphy*
- *Tony Wagner*
- *Brent Wilson*

**CONGRATULATIONS!** - to several businesses who received awards last week from the City of South Portland. Most notably, our own Catherine Dorrington whose business, Coastal Care Solutions, was recognized as the Small Business of the Year. In her acceptance speech she mentioned Rotary and thanked her dad – also a Rotarian – who was in attendance.

The CEO and staff of Boys and Girls Club Southern Maine were given special recognition for 50 years in South Portland. Tony Wagner made introductory remarks for the presentation, in which he mentioned the formation of the South Portland clubhouse and Rotary's role in its founding.

Also recognized were the Soucy family (owners of Port Harbor Marine) who were Business Leaders of the Year. Rob mentioned Rotary as the primary organization that they sponsor. Another of our sponsors, Broadway Bowl, was recognized as New Business of the Year.

**Recovery Basics** – Our speaker on Wednesday was Carolyn Delaney, founder and CEO of Journey Enterprises, the publisher of the magazine that informs readers about the issues around recovery. She was very upfront in telling us that she has been sober since 1993. She was excited to tell us about a brand new online course available on the Journey website called “Recovery Basics.” This 45-minute course, which can be accessed without providing your personal information, is designed to educate the masses about recovery. She shared facts with us such as:

- ✓ There are 26 million people in recovery in this country (although that may be a low estimate)
- ✓ 40 million people struggle with addiction
- ✓ 75% of addicts are employed
- ✓ 1 in 3 people are affected by someone else's addiction
- ✓ Addiction occurs due to processes within the brain beyond the person's control
- ✓ 46% of addicts stop using without any formal outside support

This was a very interesting and informative program, of which we have many many during Chris Speh's tenure as program chair. Many of the ideas come from club members so please keep feeding him those ideas. And Chris believes in succession planning so please consider becoming his apprentice so that you could perhaps take over the reins from him sometime. It's a very interesting and rewarding “job” in the club and he'd love to talk to you about it.

**SpringFest Update** – Bev reported that the sponsorships have reached over \$41,000 with some sponsorships still in the works. If you have any suggestions for a business they should approach, please let Bev, Tony or Adrienne know.

**Special Olympics was really Special!** – a huge THANK YOU to Ray and Tom for getting us involved in the Special Olympics Winter Games. What a great way for us to be involved with young people (mostly) and have fun in the process. Volunteering along with Tom and Ray on a beautiful sunny day last week were:

- ❖ Nancy Irving
- ❖ Scott Irving
- ❖ Patty Sprague
- ❖ Phil Dube
- ❖ Peter Bennett
- ❖ Dan McDonald
- ❖ Dave Bagdasarian, Sr.
- ❖ Sue Sturtevant
- ❖ Nancy Hawes

The event requires a lot of volunteer effort – for instance a timer is assigned to each athlete during the races – the timers are all lined up on the finish line as you can see in the photos. A bonus for the volunteers is that many of the athletes share their exuberation in reaching the finish line with their personal timer.





**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 – Scott Irving  
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

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