

# TWO LIGHTS

**Rotary Club of South Portland – Cape Elizabeth  
July 16, 2025**



## Upcoming Dates:

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

**July 21, 6 p.m.** – Sounds by the Sea at Fort Williams: Pejepscot Station (the band that entertained us in February)

**July 23** – Lobsterbake! Please RSVP to Anne if you haven't done so already!

Note that there will be free parking at the top of the hill. Or if you arrive after 5, parking is free throughout the park.

4:00 – Setup

5:00 – Socialize

5:30 – Dig in!

**July 26** – **BUG LIGHT 150<sup>TH</sup> ANNIVERSARY CELEBRATION!** See online signup to help out!!

***NOTE: Free parking for Rotarians in the lot at the corner of Broadway & Pickett St. (Thank you, Tiffanie!!!)***

**July 28, 6 p.m.** – Sounds by the Sea at Fort Williams: Pine State Pitches (bandstand)

**July 30** – Service Project: Assemble “move-in” kits for Greater Portland Family Promise

Our club will purchase the kit components but they could use diapers (see last week's bulletin for specifications)

**August 4, 6 p.m.** – Sounds by the Sea at Fort Williams. High Spirits performing. Bev has reserved the picnic shelter so bring a picnic supper before the concert!

**August 9, 9:00 – 4:00** – Art in the Park; we will be selling popcorn & whoopie pies

## August 27 – Official Visit from District Governor Emma Bodwell

### July 23 Duties

Opening Words – Wagner  
Raffle Gift – Gabrielson

### July 30 Duties

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

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

**Opening Words** – I think the opening words were about July being Maternal & Child Health Month on the Rotary calendar. President Peter described a program for healthy families in Nigeria, which reduces maternal and infant mortality by increasing access to quality health care in a 4-year project. Nigeria has the highest child mortality in the world. Rotary is joining forces with its partners to dedicate volunteer time and nearly US\$3 million to support a member-led, evidence-based program to train health care workers, equip health facilities, and create new feedback and referral systems which will increase Nigerians' access to high-quality health care and lead to more births at health facilities and fewer deaths among women, newborns, and infants.

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

*Happy Anniversary to Phil & Claudette Dube - 53 years on July 22!*

*Thank you to everyone who parked cars at the Cape Elizabeth Land Trust's Paint for Preservation event on July 13:*

- ❖ Bill Lohrman*
- ❖ Ray Healey*
- ❖ Nicole Albert*
- ❖ David Righter*
- ❖ Mike Tranfaglia*
- ❖ Phil Dube*
- ❖ Patty Sprague*
- ❖ Roger Berube*
- ❖ Tony Wagner*

*A HUGE THANK YOU TO ADRIENNE FOR TAKING NOTES AT THIS WEEK'S MEETING!!!*

**Healthy Aging in Maine** – Our program on Healthy Aging in Maine was presented by Doctor Elizabeth Dugan, a gerontologist, (our own Marge Dugan's sister); her presentation was fascinating and fact filled.

Dr. Dugan referenced this website: [healthyagingdatareports.org/maine-healthy-aging-data-report/](http://healthyagingdatareports.org/maine-healthy-aging-data-report/) - very detailed reports can be run for specific communities.

My biggest takeaways:

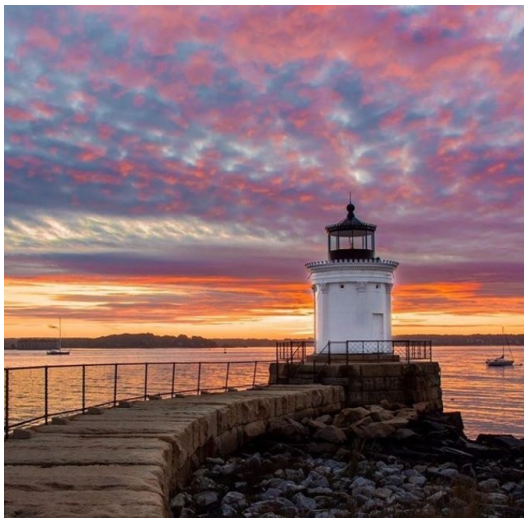
- 29% of people in Maine are over 60
- Education plays a big part in wellness
- Increased diversity: the increase in Maine's 65+ non-white population has doubled since 2010
- Risk of social isolation- 66% of older women live alone in Maine, vs. 35% of men)
- 1 in 3 older Mainers have depression (the highest rate in New England)
- Half of older Mainers manage 4 or more chronic conditions (56%)

Dr. Dugan wrote a book: "The Driving Dilemma" on older driving which includes criteria for determining if it is safe for someone drive:

- "See" (visual impairment?)
- "Think" (cognitive impairment?)
- "Move" (physical impairment?)

Thank you, Dr. Dugan for this very interesting program!

*And in Preparation for next Saturday's big celebration, here are a couple photos of our lighthouse (one is from the internet, the other was taken by Tony at a recent wedding at Bug Light)*



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

Officers

President – Peter Bennett  
President-Elect – Laurenz Schmidt  
Vice-President – Chuck Redman  
Secretary – Kathy Cotter  
Treasurer – Marge Dugan

Directors

Club Administration – Bev Altenburg  
Youth Services – Ray Healey  
Community Services – Sari Greene  
International – Patty Sprague & Chris Speh  
Membership – Scott Irving  
Director-At-Large – Nancy Irving

Committee Chairs

Tree Sale – Matt McAleney  
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 – Nicole Albert

**DISTRICT 7780 GOVERNOR**

Emma Bodwell, Rotary Club of Bridgton-Lake Region

**ROTARY INTERNATIONAL PRESIDENT**

Francesco Arezzo, Rotary Club of Ragusa, Italy

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