

T-G-I-F-I-Y



"Thank Goodness It's Friday in Yarmouth!"



IMAGINE ROTARY

GOVERNOR, DISTRICT 7950

David Sampson, DG.

THE ROTARY CLUB OF YARMOUTH, MASSACHUSETTS

SERVING OUR COMMUNITY AND THE WORLD FOR 30 YEARS

BOX 448, SOUTH YARMOUTH MA 02664

MEETINGS: FRIDAY, 7:00 AM, HEARTH 'N KETTLE, SO. YARMOUTH

T-G-I-F-I-Y

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The Main Event

Stephanie Goley - Mindfulness Coach DYRSD - Calmer Choice

Stephanie works at all the elementary schools in the district. Her role helps support both students and teachers by providing evidence-based mindfulness education, training, and mentorship to build resilience, foster compassion, and nurture well-being for all people and communities.

Programs are age appropriate, reflect the Massachusetts Department of Elementary Education guidelines and reflects a trauma-informed care approach. They do this by providing 8 week classroom programs in all K-3 classrooms. They also offer embedded Mindfulness coaching to educators as well as professional develop-



Ciarra Torres - Cape Cod Tech Rising Star

Ciarra is a Junior in the engineering program. As a sophomore she continually reached out to guidance office to find out more about opportunities available to her. She has been described as a motivated, fiercely independent, and original thinker.

She is a member of the National Technical Honor Society, a Skills USA Attendee, a member of the Cape Cod Tech Senate and serves as a student ambassador who provides tours to prospective students. Growing up she worked in her family restaurant. After Covid the restaurant



closed she started working in an art gallery. Her passions include photography and walking her dog.

After she graduates CC Tech (where she is expected to be the valedictorian) she plans to go to 4 C's to get her associate degree in Architecture and Interior design.

Worthy Patterson, first UConn alum to play in the NBA, Huskies of Honor inductee.



Worthy Patterson was a classmate of Rotarian John Herr when they attended UCONN. John shared with me his renewed bond with Worthy. John was the team manager while Worthy was the Captain and star athlete. A Greenwich, CT native, Worthy did not live a privileged life, but his mother ensured that he and his brother got equal access to all of the services and educational opportunities the more affluent and white students received in Greenwich. Worthy's story of assimilation while enduring racial prejudice both in the north and south is a microcosm of American history. While his professional career in the NBA wasn't a long one, he lived a very successful life in the military as well as the music industry. He was a pioneer in the record industry as one of a few minority executives. The attached YouTube video is a 30-minute documentary of his life and times inside collegiate and professional sports as well as his ascension to become a successful businessman. Worthy and John's friendship was rekindled through phone calls over the past years until Worthy's passing in December 2022 at 91 years old. John continues to enjoy a long-distance friendship with Worthy's wife Queen Patterson. You will find his story inspiring.

Please watch "Pushing Boundaries."

https://m.youtube.com/watch?fbclid=PAAaZFNUUyx2ZQDOWGKdUfs7_IsrJ5REUgMIzaAldECowW2gwQ3sdBBVs3A87k&v=PHi2q3B1c8U&feature=youtu.be

2023 HELPING HANDS SCHEDULE

APRIL

Saturday April 22 – Yarmouth Annual Clean Up Day

JUNE

Saturday June 3 – Baker Square and Town Hall Garden Planting

Saturday June 17 Baker Square & Town Hall Mulching

SEPTEMBER

Saturday September 9 – YPD 9/11 Memorial Fall Cleanup

DECEMBER

Saturday December 16 – Wreaths Across America



BAKERS SQUARE CLEAN UP CREW FROM YARMOUTH ROTARY AND COMMUNITY CONNECTIONS

Additional Baker's Square Photos

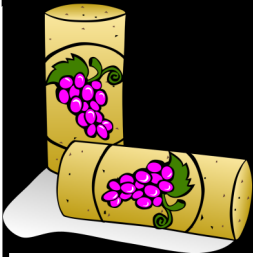


9/11 Memorial Garden Clean Up at YPD



This morning, fellow Rotarians Ken Knell, Joe Potzka, Lou Preziosi, Curt Sears, Kevin Lennon, Bill Boyd and Chris Morin, were joined by Rob Spongberg and Bob from Community Connections and worked together cleaning up and tending the 9/11 Memorial Garden at YPD.

Announcements



COVID & CORKS—Wine cork recycling benefits our earth’s sustainability. The Rotary Club of Yarmouth has over the last 18 months collected 14 pounds of corks which are sent to be recycled and then upcycled. Funded by the Widget Company, Cork Club is a sustainability initiative started in 2007. The goal of the Cork Club is to grow wine cork recycling and make donations to causes that protect our oceans and forests. The Cork Club donates to non-profit entities that clean plastic from our oceans, prevent deforestations and teach better ways to live in harmony with our environment. To date Cork Club has donated \$121,800 to these projects. For each natural cork, 2 cents is donated. Synthetic corks are recycled properly. So enjoy your wine and save the corks. All corks can be given to Jill Albright who will then ship them to Cork Club. **KEEP THOSE CORKS COMING!!!!**

MEALS ON WHEELS

April 18—Dr. Bruce & Sally Bowles
 April 24 -Pat Armstrong & Bill Lemoine
 May 2 –Steve & Jill Albright
 May 9—Ken Knell & Phil Morris
 May 16—Rafi Chaprut & Tom Deltz
 May 23—Joe Potzka & Tom Tomasik
 May 30—Mike Riley & Ken Livingston
 Substitutes Steve Albright or Frank Mastromauro
 Meet at the Yarmouth Senior Ctr.
 528 Forest Rd., South Yarmouth, MA
 9:30 AM

April’s Birthdays

Happy Birthday!!!!

April 9—Rufus Jones
 April 14—Bob Wells
 April 21—Jill Albright

April’s Anniversaries

Happy Anniversary!!!!

No Anniversaries this Month

FRONT DESK

April 14—Bernie Nugent & Jimmy Walker
 April 21—Tom Deltz & George Davis
 April 28—Paul Chatelain & Bill Lemoine
 May 5—Rufus Jones & Bud Nugent
 May 12—Bob McInnis & Jill Albright

PLEASE be available at 6:30 AM on your scheduled Friday. If you cannot attend, please swap with another committee member.

Calendar

April 14—Mary Wilson—Owner Pitter Patter Puppets
 April 21—Kerry McCarthy-Miller—The Cape and Islands Maternal Depression Task Force
 April 28—Robert Eckel, Executive Director—Cape Cod Tech Foundation
 April 28-29 District Conference—Seacrest resort in Falmouth
 June 29—Officers Installation—The Loft—Rt 28, West Yarmouth

GUEST POLICY

Prospective members are the guests of the Club for their first meeting.

GREETER

April 14—Ken Livingston
 April 21—Janice Martin
 April 28—Frank Mastromauro
 May 5—Bob McInnis
 May 12—Mary Lenihan
 May 19—Jim McLoughlin
 May 26— Chris Morin
 June 2—Phil Morris

SCHEDULES

The schedules through the end of the year for Greeter, Front Desk and Meals on Wheels have been updated.

They can be found on the home page on the Yarmouth Rotary Website. All you need to do is click on the link on the left side of the home page.

Program Committees: Please notify Steve Albright of your speakers. You are responsible for providing the write up on the speaker for the following week.

April
 Maternal & Child Health
 Tomas Tolentino

May
 Youth Service
 Pat Armstrong



FOOD of the MONTH for April is

SPAGHETTIO'S

All cans collect will go to assist CAPE COD Brite Lights to provide weekend backpack bags of food for children in grades K-3

Cash or Checks are Welcomed and we will do the Shopping for you.

SAVE THE DATE

Installation of Officers

Thursday June 29, 2023

5:30—9:00 PM

At the LOFT, RT. 28 West Yarmouth

\$\$\$\$\$ HAPPY BUCKS \$\$\$\$\$

John Herr – UCONN – National Champs

Barry Clayman – Happy Holidays to all

Barbara Adams - John Herr and UCONN

Carol Woodbury – Stephanie our speaker

Kevin Lennon – Missed several meetings due to work, Sean Gannon 5 yr. Anniversary coming upon April 12th.

Curley Carey – Stuff A Cruiser, Pam Mass Bike Ride

Tomas Tolentino – Stephanie our speaker, Rising Star, Our Club

Steve Albright – Kick off golf meeting right after our regular meeting.



Food Supplies at the Pantry are very low and the demand for the services of the food pantry are up due. If you can make any type of food donation it would be greatly appreciated.

THESE ITEMS ARE ALWAYS NEEDED AT THE YARMOUTH FOOD PANTRY

Canned Pasta

Mac & Cheese

Peanut Butter

Jelly

Cereal

Syrup

Tuna Fish

Soup

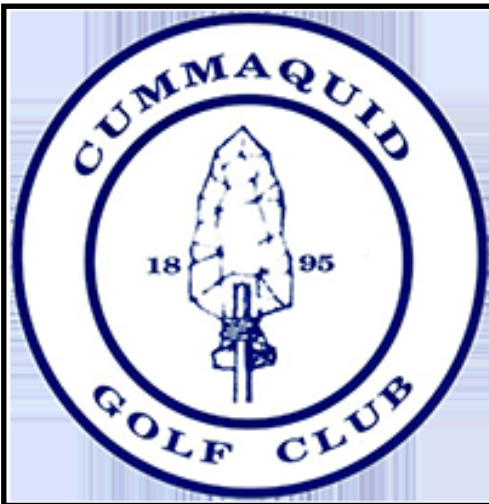
Instant Potatoes

Nutri-Grain Bars

Drop your donations off at the Pantry Mon—Thurs. 10am to 12 noon.

Mail check donations to Yarmouth Food Pantry, PO Box 982

West Yarmouth, MA 02673



SAVE THE DATE

Tuesday September 26, 2023

Our Annual Golf Tournament at Cummaquid Golf Club

Items we will need: Golfers, Sponsors, Raffle Donations (Silent and drop item raffle)



ROTARY ANNIVERSARIES

April

Tom Ulrich—61 Years

Mike Riley—22 Years

Kevin Lennon—12 Years

Jackie Carnevali—9 Years

Ann Knell—8 Years

Chuck Carey—8 Years

Thank you all for your years of service to Rotary and to our Club!!!!

GOOD WORKS EMAIL ADDRESS: The Good Works Committee has a new email address. All correspondences and applications for assistance can be sent to the new email address. In addition applications for assistance can be found on the home page of our website. The new email address is: rotaryarmouthgoodworks@gmail.com

CLERGY SCHEDULE 3/31/23—4/7/23

3/31/23—Steve Albright

4/7/23—Dave Akin Returns

If you have a conflict, please switch with another member of the committee. Please let Rufus & Steve know.

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

Francis of Assisi



We Recently Started a New Game
The Current Jackpot is:
\$192.00 plus this weeks Pot \$\$\$
You need to be there and buy a ticket to win!!!

CAPE COD BRITE LIGHTS

Cape Cod Brite Lights a501c(3) corporation that was started by our Rotary Club is now in it's third year. Its mission is "to help those in need on Cape Cod. "Our main focus to date has been to provide weekend backpacks of nutritional food for needy elementary students in the DY School System. A backpack of food consists of shelf stable milk (white & chocolate), juice carton, cereal, instant oatmeal, two proteins which could be a can of tuna, chicken, pasta, soup or beef stew, a cup of apple sauce, macaroni and cheese, Nutra grain fruit granola bar, cheese its, fruit snacks, pudding cup and 2 pieces of fruit. In addition, to give each student some activities to do during the holiday break we put a coloring book and crayons in each bag. We started with a total of 25 students but have grown to 45, an increase of over 80%. In addition, with the assistance of Interact we have started to provide the school nurse with feminine products for high school girls. In addition we will be providing students in need with bags of hygiene products during the upcoming school year. The Interact Club has applied for a District Grant to support this project.

How you can help:

First: Currently we have a board of directors of 11 members. Our bylaws allow us to have a maximum number of 13. If you would like to be a part of our leadership, please contact Steve Albright.

Second: We fill the backpacks and bags of food every Wednesday night at 5:30PM at the Yarmouth Food Pantry. If you would like to help one or two nights a month, again please contact Steve Albright. Currently we have enlisted the local Girl Scout Troop to help on the first Wednesday of each month and the DY Interact Club to help on the third Wednesday of each month. We are trying to make it a community organization where anybody can be a part of it.

Third: It costs \$200—\$250 yearly to support one child's backpack and although we don't have a total figure on the hygiene project, we know that the items provided are costly. You can make a donation to support these two projects by sending your check to:

Cape Cod Brite Lights—PO Box 286, West Yarmouth, MA 02673-0286

Or you can visit our website at Capecodbritelightsinc.com and make a contribution with your credit or debit card. In addition you can now sign up to make monthly donations to Brite Lights. A smaller amount each month makes it much easier. Visit our Website.

Fourth: Visit our website and learn more about us. Capecodbritelightsinc.com

Crutches For Africa

A Continuous Project by Yarmouth Rotary Club

Crutches for Africa is not a new project to our Rotary Club. We as a club have done collections for this great service and International project twice before. The first time we collected over 700 mobility devices and the second time we collected over 400 mobility devices. We are now hoping to set this up as an ongoing project. Mike Riley along with members of the International Committee are heading this project up but we would like all Yarmouth Rotarians to help out. Search for any of the desired items in your home, your extended families homes and your neighbors homes. Round up all of the devices and drop them off at the transfer station where we have a storage trailer to store them. They can be dropped off at the gate house just before you drop off your trash and recyclables. If you need help please give Mike Riley a call or send him a text to arrange pickup of your items. All of the items collected will be shipped to Africa to help disabled individuals gain mobility that they never have had.



Items that we are looking to collect include: Leg Braces; Crutches; Forearm Crutches; Walkers; Wheelchairs; Prosthetic Limbs; Baby Joggers and Strollers and Bike Trailers. No Commodes or any other type of Personal Hygiene Equipment.

(Also No Electric Wheelchairs or other types of devices.)



Leg Braces



Crutches



Forearm Crutches



Walkers



Wheelchairs



Prosthetic Limbs



Baby Joggers & Strollers



Bike Trailers

2022-2023 OFFICERS

President	Roby Whitehouse	Public Image	John Cooke
President Elect	Jill Albright	New Generations	Lou Preziosi
Vice President	Jim Seymour	Secretary	Mary Lenihan
Community Service	Paul Chatelain	Treasurer	Steve Albright PDG
International Service	Jackie Carnevali	Past President	John Gilligan PP
Vocational Service	Hollie Handrahan	Sergeant –At-Arms	Tomas Tolentino
Club Administration	Rufus Jones		

PAUL HARRIS FELLOWS

Barbara Adams +2	Betty Ghiazza	Rick Plumb
Charlie Adams +2	Ed Ghiazza	Joe Potzka
Dave Akin	Bill Glass +2	Larry Putman
Jill Albright (Major Donor)	Susan Glass	Shirley Putman
Steve Albright (Major Donor)	Dr. Bruce Gordon +3	Jim Quirk
Dave Angelica	Tom Gregory	Pam Rideout
Dick Appleton	Faith Hallett	Richard Rideout
Andy Armstrong	Sharon Hartley	Denise Ring
Pat Armstrong	Ron Hawes	Michael Riley
Matthew Barr	Betty Herr	Jim Saben
William Bergstrom	John Herr +8	Tammy Saben
David Bisbee	Richard Holden	Brian Salatiello
Judi Bisbee	Bob Huckman +1	Dr. Paula Santos
Blood Donor Center at CC Hospital	Sue Huckman	Elena Schuck
Jim Bogle	Matthew Johnson +2	Curt Sears
Jack Bohlin	Johnny Kelley	Marcia Shannon
Rick Boucher	Howard Kendall +3	Dr. David Seinkppf
Robert Boucher	Nicholas Kerrigan	Ken Sheytanian +3
Sally Bowles +2	Barbara LeFleur	Janet Soja +2
Brian Braginton Smith	Fern Lemay	Dick St. George
Jack Braginton Smith	Kevin Lennon +2	Kathy St. George
Rick Cannon	John Leon, Jr.	Esther Stochetti
Gerald "Curley" Carey +1	Jim & Pat Leighton	Jefferson Sherman Storm
Giuseppe Carnevali	John Lewis	Jerry Sullivan
Jacqueline Carnevali	Biob Lindquist	Jim Sullivan
Peter Carnes	Charles LoBue	Paul Tardif
Rafi Chaprut	John Lynch	Art Taylor
Bob Churchill	Jack Maclelland +1	Mary Ann Taylor
Barry Clayman (Major Donor)	Jerry Manning	Jan Tkaczyk
Gail Clayman (Major Donor)	Tom Martin	Bernice Todres
Carol Clossen	Frank Mastromauro	Dr. Tom Tomasik
John Cooke + 1	Ken McGuire	Mike Tulman
Hal Cooper	Dorcas McGurrian	Tom Ulrich +2
Finbarr Corr	Robert McInnis	Josephine Umbro
Dick Corsini	Linda McKnight +1	Ron Umbro
Richard Covell	Dave Miller	Scott Vandersall
Therese D'Abre	John Miller	James Walker Jr. +3
Dylan DeSilva	Margaret Morgan	James Walker Sr.
Bob Dubois	Phil Morris	Marlyn Walker
Mike Duffy	G. Anthony Morrison	Michael Walker
Kenneth Eubanks	Peter Murray	Erik Wallin
Marianne Eubanks +1	Bernie Nugent	Connie Weare
Leslie Fedge	Bud Nugent	Norme Weare +3
Jim Footer	Judi Olkkola	Fran Webb +1
Paul Funk	Howard Onik	Bob Wells +2
Sgt. Sean Gannon, YPD	Marilyn Padalino	Roby Whitehouse
KP Nero, YPD	Jim Peros	Carol Woodbury
Nancy Gardner	Linda Pisacano	Nickolas G. Xiarhos, USMC

ROTARY CLUB OF YARMOUTH

PAST PRESIDENTS

Richard K. Corsini	1989-90
Jerome J. Sullivan	1990-91
Linda McKnight	1991-92
Thomas J. Martin	1992-93
Phil Morris	1993-94
Rick Plumb	1994-95
Pam Rideout	1995-96
Judi Olkkola	1996-97
Esther Stochetti	1997-98
Rick Cannon	1998-99
Barbara LaFleur	1999-00
Rob Umbro	2000-01
Sally Bowles	2001-02
Jack MacLelland	2002-03
Jan Tkaczyk	2003-04
Rick Boucher	2004-05
Pat Armstrong	2005-06
Dorcas McGurrian	2006-07
Tom Tomasik	2007-08
Marianne Eubanks	2008-09
David Bisbee	2009-10
Jacqueline Adams	2010-11
Mike Riley	2011-12
Susan Provencher	2012-13
Stephen Albright	2013-14
Stephen Albright	2014-15
Tammy Saben	2015-16
Melissa Farrell	2016-17
Matthew Fitzsimmons	2017-18
Kevin Lennon	2018-19
Gerald Carey	2019-20
Gerald Carey	2020-21
John Gilligan	2021-22

THE FOUR WAY TEST

Of the things we think, say or do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?"

Mon.	7:00 AM	Barnstable Sunrise	
Tues.	7:00 AM	Nauset /Orleans	Orleans Police Dept. 99 Eldredge Park Way, Orleans, MA 02653
	7:30 AM	Falmouth	Holiday Inn 291 Jones Rd Falmouth MA 02540
Wed	12:10	Martha's Vineyard	The Barn—Bowl & Bistro 13 Uncas Ave. Oaks Bluff, MA 02557
	12:15PM	Nantucket	Fairgrounds Restaurant, 27 Fairgrounds Rd. Nantucket, MA
	6:15PM	Chatham	400 East, 1421 Orleans-Harwich Rd. Harwich, Ma 02645
Thur.	7:00 AM	Bourne-Sandwich	Upper Cape Regional Technical High School
	7:00 AM	Harwich-Dennis	Grumpy's, 1408 Rt. 6A, Dennis, MA 02660
	8:00 AM	Osterville/Mashpee	Percy's Place Rt. 28 Mashpee, MA
	12:15	Hyannis	Hyannis Golf Club, 1840 Iyannough Rd. Hyannis, MA 02601

