

T-G-I-F-I-Y



"Thank Goodness It's Friday in Yarmouth!"



SERVE TO CHANGE LIVES

GOVERNOR, DISTRICT 7950

William "Billy" Roberts, 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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August 6, 2021,

The Main Event

Kevin Lennon introduced Executive Director Nicole Spenser and Cyndy Jones from Heroes in Transition, Inc. The motto of Heroes in Transition is Assisting Veterans and Military Families.

Heroes in Transition provides assistance in four key areas: transitional support groups, PTSD service dogs, financial assistance, and home modification. Since its inception in 2021, HIT has assisted many veterans and their families on Cape Cod. It offers support to empower participants in strengthening relationships, healing individuals and families and empowering individuals.

It strengthens relationships by providing veterans monthly programs, couples Bi-monthly programs, family monthly programs and couples Bi-annual retreats.

It helps to heal individuals and families by its canine co-pilot program, its families in transition (FIT) program and equine warriors' program (EW).

It empowers individuals with its REBOOT Course and its yoga and wellness on base program.

In addition, it provides financial assistance and assists with home modifications and repairs.

Families in Transition (FIT) is an innovative program designed for veteran and military families who are dealing with stressors than can exist within a military family. The five-day camp brings families together in a setting where they experience the therapeutic qualities of horses while learning to groom and ride. Families spend time with each other, participate in planned activities and enjoy wholesome meals.

Veterans Equine Warriors (EW) provides an opportunity for veterans to become totally immersed with horses. The program gives each participant the healing effects of horses and helps to promote connection with other veterans. Skills in horsemanship and handling are enhanced with the energy connection between horse and veteran through grooming, massage therapy, Reiki, riding and building trust.

Couples Bi-monthly program provides military couples an opportunity to meet others who share in the unique bond of being in service. Every other month, HIT provides various activities such as yoga, sailing, meditation, corn hole tournaments and outings. Dinner at a local restaurant completes each gathering.

Couples Weekend Retreats focus on communication tools that can enhance and empower couples. These practical tools help to restore and rekindle relationships. Retreats are held twice a year in the spring and in the fall.

Veteran Monthly Program offers an opportunity for all veterans/military to share in activities such as sporting events, fishing, and hiking. All activities conclude with an informal meal.

The Canine Co-Pilot Program funds service dogs from ADI accredited schools such as NEADS.

The Spouses Bi-Monthly Program provides an opportunity for the Military/veteran spouses to gather for a variety of activities followed by dinner out together. Activities include painting, trail walking, yoga, and meditation. This bonding creates a community of support for those married to military/veteranmen and women.

HIT provides monthly family programs for veterans and military families, from tickets to transportation, HIT provides all aspects of an outing. Outings include events such as a Red Sox game, Disney on Ice, fishing charters, or a holiday concert at the Cape Cod Symphony.

It's REBOOT six-week course is a program for women who have served or are currently serving in the Military, and female spouses of veterans and active military. REBOOT is an innovative six-week program that helps to:

Develop evidence-based skills to build resilience to help meet and overcome life's stressful challenges.

Cultivate mindfulness to foster health and well-being.

Discover empowering choices to increase daily happiness.

(CON'T on Page 4)

Announcements

Save The Date—Sept. 28, 2021

Yarmouth Rotary Golf Tournament

Cummaquid Golf Club

More to Come

Contact Jim Seymour if you want to help!



MEALS ON WHEELS

Aug. 10 Mike Duffy & Steve Albright
 Aug. 17 Ann Knell & Stephanie Riley
 Aug. 24 Ken Knell & Jim Seymour
 Aug. 31 Frank Mastromauro & Ken Livingston
 Sept. 7 Bill Lemoine & Liam Butler
 Sept. 14 Ken Sheytanian & Rafi Chaprut

Substitutes Steve Albright
 Frank Mastromauro
 Meet at the Yarmouth Senior Ctr.
 528 Forest Rd., South Yarmouth, MA
 9:30 AM

Golf Tournament Update – Jim Seymour reminded everyone that the golf tournament is on! The brochure is being finalized and will be distributed soon. PP Kevin Lennon showed the online portal for registration. The link for registration is <https://birdease.com/yarmouthrotarygolf>. By going online with the registration, it will streamline the process and make it easy for us to register golfers, maintain contact with them, and make the day-of events easy. Jim Seymour will be sending out a detailed email for silent auction items, the registration process and more in the coming days.

FRONT DESK

Aug. 6 Paul Chatelain & Jill Albright
 Aug. 13 Ann Knell & Chantal Rice
 Aug. 20 Frank Mastromauro & Janet Soja
 August 27 George Riley & Liam Butler
 Sept. 3 Mike Riley & Jimmy Walker

8/6—8/12

Happy Birthday!!!!

August 6—Bob McInnis

August 8—Chantal Rice

Happy Anniversary!!!!

August 11—Jan & Allan Tkaczyk

BROWN BAG

August 6—Wear a Mask

September 3**

October 1

November 5

December 3

** Need to Verify these two dates

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

GUEST POLICY

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

Calander

August 6—Detective Michael Zontin, High Risk/Special Victims Unit— Annie Catalano, Victim Service Specialist/Advocate -Trafficking on Cape Cod

August 13—Mary Waygan—Affordable Housing in Yarmouth

August 14—Stuff A Cruiser Food Drive w/YPD

August 20—Keith Long—Massachusetts Air & Space Museum

August 27—Membership Committee—Membership Update

Sept 28—Yarmouth Rotary Golf Tournament—Cummaquid Country Club

GREETER

Aug. 6—Pat Armstrong
 Aug. 13—Dave Botting
 Aug. 20—Stephanie Riley
 Aug. 27 — Brian Braginton Smith
 Sept. 2—Liam Butler

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

August
 Membership
 Jill Albright

September
 Basic Education and Literacy
 Allison McEachern

(CON'T from Pg 2)

Lastly, HIT provides financial assistance and home modification. It provides on-going funding for those in the military or veterans who are facing financial difficulty. It provides monthly funding to the fresh market food pantry on JBCC. It provides gift cards for JBCC families in need and during the holiday season it provides food boxes for JBCC families.

Finally, Heroes in Transition, LLC is dedicated to the memory of Captain Eric A. Jones, USMC who made the ultimate sacrifice while on a combat mission in Afghanistan. It was because of his dedication to the troops that his parents, Ken and Cyndy Jones, and best friend Michael Warshaw, decided to carry on Eric mission: "to assist the troop on the ground".

For more information visit their website: www.heroesintransition.org

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

Francis of Assisi

\$\$\$\$ Happy Bucks \$\$\$\$

Bill Lemoine – Heroes in Transition, Birthday last week

Jim Seymour – Cape & Island Veterans, Heroes in Transition

Frank Mastromauro – Heroes in Transition & his son and daughter who are both Marines.

Dave Akin – Heroes in Transition

John Herr – Heroes in Transition, his guest and dinner this past week with Curley & Kelly Carey.

Brian B. Smith – Heroes in Transition



**Stuff a Cruiser Food Drive
For the Yarmouth Food Pantry
Sat. August 14th 9:00-1:00
Volunteers Still Needed (11-1)
Please see Steve Albright to sign up.**

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

Francis of Assisi

**Don't judge each day by the
harvest you reap but by the seeds
that you plant.**

Robert Louis Stevenson

BrainyQuote

ROTARY ANNIVERSARIES

August

Dr.. Bruce Gordon 29 Years

Louis Preziosi 2 Years

Thank you for being a part of our great club and Rotary organization.

Possible Upcoming Events—Watch for additional information!!

August or September (Date to be Announced) Virtual Wine Fellowship (No Lies with this one)

Only great fellowship and great wine (or whatever you care to drink)

Family Feud

Trivia Night

If you have an idea for a different type of fellowship event, please give Roby Whitehouse a call. We would love to entertain any new additional ideas.

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—Fri. 10am to 12 noon.
Mail check donations to Yarmouth Food Pantry, PO Box 982
West Yarmouth, MA 02673

CAPE COD BRITE LIGHTS

You have heard me mention or talk about the new 501c(3) corporation that was recently started by our Rotary Club. It is named Cape Cod Brite Lights and 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, to the backpacks we have focused on providing a weekly food bag to clients at Community Connections. These clients are ones that are living on their own but are also struggling to keep their heads above water. About 15 – 18 food items are provided each week to each client to help supplement their food insecurities.

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 6:00 PM 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 second Wednesday of each month. We are trying to make it a community organization where anybody can be a part of it.

Third: It costs \$150 yearly to support one child's backpack and \$250 yearly to support a weekly food bag. If you would like to financially support a child or a Community Connection client, checks can be mailed 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.

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

2021-2022 OFFICERS

President	John Gilligan	Public Image	Jim Seymour
President Elect	Roby Whitehouse	New Generations	Lou Preziosi
Vice President	Jill Albright	Secretary	Mary Lenihan
Community Service	Bud Nugent	Treasurer	Steve Albright
International Service	Jackie Carnevali	Past President	Gerald Carey
Vocational Service	Mary Vilbon	Sergeant –At-Arms	
Club Administration	Rufus Jones		

PAUL HARRIS FELLOWS

Barbara Adams +1	Betey Ghiazza	Joe Potzka
Charlie Adams +1	Ed Ghiazza	Larry Putman
Dave Akin	Dr. Bruce Gordon +2	Shirley Putman
Jill Albright +1	Tom Gregory	Jim Quirk
Steve Albright +6	Faith Hallett	Pam Rideout
Dave Angelica	Sharon Hartley	Richard Rideout
Dick Appleton	Ron Hawes	Denise Ring
Andy Armstrong	Betty Herr	Michael Riley
Pat Armstrong	John Herr +5	Jim Saben
Matthew Barr	Richard Holden	Tammy Saben
William Bergstrom	Bob Huckman +1	Brian Salatiello
David Bisbee	Sue Huckman	Dr. Paula Santos
Judi Bisbee	Matthew Johnson +2	Elena Schuck
Blood Donor Center at CC Hospital	Johnny Kelley	Curt Sears
Jim Bogle	Howard Kendall +3	Marcia Shannon
Jack Bohlin	Nicholas M. Kerrigan	David Seinkopf
Rick Boucher	Barbara LeFleur	Ken Sheytanian +1
Robert Boucher	Fern Lemay	Janet Soja +1
Sally Bowles +2	Kevin Lennon	Dick St. George
Brian Braginton Smith	John Leon, Jr.	Kathy St. George
Jack Braginton Smith	Jim & Pat Leighton	Esther Stocchetti
Rick Cannon	John Lewis	Jefferson Sherman Strom
Gerald "Curly" Carey +1	Bob Lindquist	Jerry Sullivan
Giuseppe Carnevali	Charles LoBue	Jim Sullivan
Jacqueline Carnevali	John Lynch	Paul Tardif
Peter Carnes	Jack MacLelland +1	Art Taylor
Rafi Chaprut	Jerry Manning	Mary Ann Taylor
Bob Churchill	Tom Martin	Jan Tkaczyk
Barry Clayman (Major Donor)	Frank Mastromauro	Bernice Todres
Gail Clayman (Major Donor)	Ken McGuire	Dr. Tom Tomasik
Carol Clossen	Doreas McGurrian	Mike Tulman
Hal Cooper	Robert McInnis	Tom Ulrich +1
Finbarr Corr	Linda McKnight	Josephine Umbro
Dick Corsini	Dave Miller	Ron Umbro
Richard Covell	John Miller	Scott Vandersall
Therese D'Abre	Margaret Morgan	James Walker Jr. +3
Dylan DeSilva	Phil Morris	James Walker Sr.
Bob Dubois	G. Anthony Morrison	Marilyn Walker
Mike Duffy	Peter Murray	Michael Walker
Kenneth Eubanks	Bernie Nugent	Erik Wallin
Marianne Eubanks +1	Bud Nugent	Connie Weare
Leslie Fedge	Judi Olkkola	Norme Weare +3
Jim Footer	Howard Onik	Fran Webb +1
Paul Funk	Marilyn Pedalino	Bob Wells +1
Sgt. Sean Gannon, YPD	Jim Peros	Carol Woodbury
KP Nero, YPD	Linda Pisacano	Nicholas G. Xiarhos, USMC
Nancy Gardner	Rick Plumb	

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 Stocchetti	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
Doreas 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

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?"



Make-Up Days and Times for Local Rotary Clubs

Mon.	7:00 AM	Barnstable Sunrise	Cape Space 100 Independence Dr. Hyannis, 02601
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	12:00	Osterville	Wimpy's, 752 Main St, Osterville, MA 02655
	12:10	Martha's	The Barn—Bowl & Bistro 13 Uncas Ave, Oaks Bluff, MA 02557
	12:15	Nantucket	Fairgrounds Restaurant, 27 Fairgrounds Rd, Nantucket, MA
	6:15 PM	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
	12:15	Hyannis	Hyannis Golf Club, 1840 Iyannough Rd. Hyannis, MA 02601
			Updated 7/03/2020