

T-G-I-F-I-Y



"Thank Goodness It's Friday in Yarmouth!"



GOVERNOR, DISTRICT 7950

Nicole Brien DG.

THE ROTARY CLUB OF YARMOUTH, MASSACHUSETTS

SERVING OUR COMMUNITY AND THE WORLD FOR 35 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

Dr. Tom Tomasik – Sheinkopf & Tomasik Eye Care The Aging Eye

Regular eye exams are very important. Many serious eye exams have no early symptoms. Optometrists and ophthalmologist detect eye and systemic health issues early during routine eye exams. For those 40 to 60 it is recommended every two years and for those over 60 it is recommended every year.

Things that change with eyes can vary. There is a difference between natural aging and disease related changes. Common changes include presbyopia, reduced contrast sensitivity which makes night driving hard, and dry eye.

Cataracts is the clouding of the natural lens. Vision is all about light. As the natural lens clouds, the refraction light changes and eventually even distance is affected.

Glaucoma is the leading cause of blindness in people over 60 years old. Blindness can be often prevented by early treatment. Glaucoma is a progressive eye disease that damages the optic nerve, which leads to visual field loss.

Diabetic Retinopathy is damage to retinal blood vessels caused by un controlled blood sugar. Ozempic and other GLP may worsen Retinopathy if diabetes was poorly controlled before starting to take these medications.

Age related Macular Degeneration causes central vision loss. Most common cause of severe vision loss among people age 50 or older.

Hypertension is a hidden threat. High BP affects retinal and optic nerve circulation.

May cause hypertensive Retinopathy, vascular occlusion, TIA's, loss of vision or stroke by un-controlled blood sugar. Ozempic and other GLP may worsen it.

The secret to all of this is to have regular eye check-ups and address any issues at the earliest possible moment.



Announcements

August Birthdays

August 5—Jackie Carnevali
 August 6—Bob Mcinnis
 August 8—Chantal Rice
 August 11—Jan Martin
 August 16—Kevin Lennon
 August 19—Ken Livingston
 August 19—Matt Fitzsimmons
 August 22—John Gilligan
 August 30—Janet Soja

August Anniversaries

Aug. 8—Jane & Rick Cain
 Aug. 11—Jan & Allan Tkaczak
 Aug. 23—Martha & Rafi Chaprut
 Aug. 23—Ryan McClusky & Amber Olson
 Aug. 27—Sondra & Kevin Lennon
 Aug. 27—Jill & Steve Albright
 Aug. 29—Pat & Jim Leighton

MEALS ON WHEELS

Currently we will be doing Meal on Wheels the 1st, 3rd and 5th Wednesday of Every Month

Aug. 20—DR. Bruce Gordon & Tom Deltz
 Sept. 3—Ken Livingston & Joe Potzka
 Sept. 17—Phil Morris & Carol Woodnury
 Oct. 1—Fran Mastromauro & Bill Boyd
 Substitutes Steve Albright or Frank Mastromauro
 Meet at the Yarmouth Senior Ctr.
 528 Forest Rd., South Yarmouth, MA
 9:30 AM

FRONT DESK

August 8—Bill Lemoine & Jim Leighton
 August 15—Janet Soja & Chantal Rice
 August 22— Ken Sheytanian & Andi Taylor
 August 29—Roby Whitehouse & Wendy Brown
 Sept. 5—Dave Botting & Jill Albright

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

Jill Albright - Dr. Tom, Steve Stung by Bee
 Carol Woodbury - Dr. Tom
 Jim McLoughlin - Rufus for meal, little voice in head from Bill Glass
 Mark Ameres - Go to Dr If you notice eye issue
 Visiting Rotarian - at 2018 convention Alex Tilly hat
 Phil Morris - Dr. Tom,
 Steve Albright - Dr Bruce, Rufus for BBQ, Offer on house
 Frank -Mastromauro - Dr Tom

Calander

August 8— Stacy Wiessbock
 August 15— Hollie Handrahan & Mary Vilbon
 August 22— Matt Pitta—Seaside LeMans
 August 29— Crutches for Africa

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.

GREETER

August 8—Howie Onik
 August 15—Karina Polk
 August 22—Joe Potzka
 August 29—Chantal Rice
 September 5—Pam Rideout
 September 12—Curt Sears

SCHEDULES

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

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..

August
 Membership
 Jill Albright

September
 Basic Education and Literacy
 Carol Woodbury

We Miss You

*If you haven't been to meeting lately,
please come and share the fellowship.*

*If you can't make a meeting, join us at one
of the upcoming fellowship events.*

THINK GOLF—Our Annual Golf Tournament Thursday Sept. 18 At Cummaquid



Support Crutches 4 Africa



**Enable disabled in
developing countries to
have hope, dignity,
health and access**

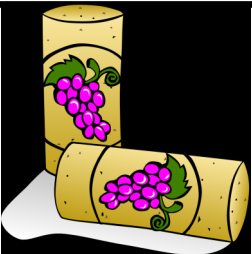
**Keep aluminum
out of our landfills**

Cutches 4 Africa - Collection of items for the Crutches 4 Africa is an ongoing project,

Lou Preziosi has taken over the leadership of this program.

If you, your relatives, friends or neighbors have any mobility devices please collect them and turn them in at the Yarmouth Transfer Station or the Boy Scout Office. You can also reach out to Lou if you need them picked up. Watch for people throwing them out when you visit the transfer station yourself. I saw someone discarding 3 great canes and was able to rescue them before they went into the dumpster.

Thank you to Roby for allowing us to use a storage container at the Yarmouth Waste Facility.



COVID & CORKS—Wine cork recycling benefits our earth's sustainability. The Rotary Club of Yarmouth keeps on collecting corks and to date we have shipped at least 10 boxes of corks 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 Carol Woodbury who will then ship them to Cork Club. **KEEP THOSE CORKS COMING!!!!**

**Life is like a camera—Focus on what's important; Capture the good times;
Develop from the negatives; and if things don't work out; Take another shot**

Mon.	7:00 AM	Barnstable Sunrise	YMCA Rt. 132, Hyannis, MA
Tues.	7:30 AM	Nauset /Orleans	Gibson Sotheby's Realty 6 MA 6A, Orleans, MA 02653
	5:30 PM	Falmouth	Check their Website for Meeting Place as it varies
Wed	12:10 PM PM	Martha's Vineyard	Portuguese—American Club 137 Vineyard Ave, Oaks Bluff
	11:45 AM	Nantucket	2nd & 4th Weds. 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	Cap Cod Coffee Roasters 53 Market Street, Mashpee Commons, Mashpee, MA 02649
	12:00	Hyannis	Alberto's Restaurant 360 Main St. Hyannis, MA

Updated 8/9/24

ROTARY ANNIVERSARIES

August

Dr. Bruce Gordon—33 Years

Steve Crum—2 Years

Wendy Brown—2 Years

**(Before joining Yarmouth Rotary, Wendy was a member of the
Mashpee Rotary Club for many years)**

Thank you for your years of Service Above Self and all that you do for our Club, our Community and the world.

MEALS ON WHEELS – Currently Meals on Wheels is experiencing a shortage of drivers for the delivery of daily meals. If you have a couple of hours one day a week and can volunteer to deliver meals for them, please contact the Elder Services Group at the Yarmouth Senior Center. They are there Monday – Friday from 9 -11. These deliveries are in addition to the service that we provide them though our deliveries on Wednesday.

Start where you are.

Use what you have.

Do what you can.

Arthur Ashe

"Friendship was the foundation rock on which Rotary was built and tolerance is the element which holds it together"

"Paul Harris"



We have a Great Queen of Hearts game going on every week.

The Jackpot now stands at:
\$1,143.00 plus this weeks Pot \$\$\$

You need to buy a ticket to win!!!

1 for \$1.00

6 for \$5.00

How many weeks will it take this time to find the Queen of Hearts?

Food Supplies at the Pantry are very low and the demand for the services of the food pantry have increased significantly. 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

The Rotary Foundation:

Any time of the year is always a great time to make a contribution to the Rotary Foundation. You can designate the Annual Fund, Polio Plus where your contribution will be matched by the Bill and Melinda Gates Foundation 2 to 1, or you can choose any of the seven areas of Focus to designate your contribution to. For more information or how to donate to the Rotary Foundation, please feel free to speak with Steve Albright who chairs the Rotary Foundation Committee for our cub.

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Ask a relative, a friend, a neighbor, a business associate or a co-worker to join us so we all can do more in our community and our world.

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. Joe Potzka 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 Lou Presiosi 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)



Leg Braces



Crutches



Forearm Crutches



Walkers



Wheelchairs



Prosthetic Limbs



Baby Joggers & Strollers



Bike Trailers

2025-2026 OFFICERS

President	Paul Chatelain	Public Image	Karina Polk
President Elect	Tomas Tolentino	New Generations	Bill Glass
Vice President	Mary Lenihan	Secretary	Janet Soja, AG
Community Service	John Cooke	Treasurer	Steve Albright, PDG
International Service	Joe Potzka	Past President	James Seymour, PP
Vocational Service	Chantal Rice	Sergeant –At-Arms	Bill Boyd
Club Administration	Brian Braginton Smith		

PAUL HARRIS FELLOWS

Barbara Adams +2	Bill Glass +3	Joe Potzka
Charlie Adams +3	Susan Glass	Larry Putman
Dave Akin	Dr. Bruce Gordon +4	Shirley Putman
Jill Albright (Major Donor)	Tom Gregory	Jim Quirk
Steve Albright (Major Donor)	Faith Hallett	Pam Rideout
Dave Angelica	Sharon Hartley	Richard Rideout
Dick Appleton	Ron Hawes	Denise Ring
Andy Armstrong	Betty Herr (Major Donor)	Michael Riley
Pat Armstrong	John Herr (Major Donor)	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	Jim Seymour
Jack Bohlin	Nicholas Kerrigan	Marcia Shannon
Rick Boucher	Kenneth Knell	Dr. David Seinkppf
Robert Boucher	Barbara LeFleur	Ken Sheytanian +4
Bill Boyd	Fern Lemay	Janet Soja +2
Sally Bowles +2	Kevin Lennon +3	Dick St. George
Brian Braginton Smith	John Leon, Jr.	Kathy St. George
Jack Braginton Smith	Jim & Pat Leighton	Esther Stocchetti
Rick Cannon	Mary Lenihan	Jefferson Sherman Storm
Gerald "Curley" Carey +1	John Lewist	Jerry Sullivan
Giuseppe Carnevali	Bob Lindquist	Jim Sullivan
Jacqueline Carnevali	Charles LoBue	Paul Tardif
Peter Carnes +1	John Lynch	Art Taylor
Rafi Chaprut	Jack MacLelland +1	Mary Ann Taylor
Bob Churchill	Jerry Manning	Jan Tkaczyk
Barry Clayman (Major Donor)	Tom Martin	Bernice Todres
Gail Clayman (Major Donor)	Frank Mastromauro	Dr. Tom Tomasik
Carol Clossen	Ken McGuire	Mike Tulman
John Cooke + 2	Dorcas McGurrian	Tom Ulrich +2
Hal Cooper	Robert McInnis	Josephine Umbro
Finbarr Corr	Linda McKnight +1	Ron Umbro
Dick Corsini	Lou McKnight	Scott Vandersall
Richard Covell	Dave Miller	Mary Vilbon
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	Erik Wallin
Kenneth Eubanks	Peter Murray	Connie Weare
Marianne Eubanks +1	Bernie Nugent	Norme Weare +3
Leslie Fedge	Bud Nugent	Fran Webb +1
Jim Footer	Judi Olkkola	Bob Wells +2
Dale Fornoff	Howard Onik	Roby Whitehouse +1
Paul Funk	Marilyn Padalino	Carol Woodbury
Sgt. Sean Gannon, YPD	Jim Peros	Nickolas G. Xiarios, USMC
KP Nero, YPD	Linda Pisacano	
Nancy Gardner	Rick Plumb	
Betey Ghiazza		
Ed Ghiazza		

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
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
Roby Whitehouse	2022-23
Jill Albright	2023-24
James Seymour	2024-25

*Deceased

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?"





SHINE A LIGHT ON A CHILD'S FUTURE

Cape Cod Brite Lights, Inc. supports Cape and Islands residents in times of need. You can make a real difference in a child's life with a small monthly contribution.

With \$240/year or \$20/month, you can fill a child's backpack for an entire school year.



Learn More at
www.capecodbritelightsinc.com