

"Thank Goodness It's Friday in Yarmouth!"



GOVERNOR, DISTRICT 7950

Angela Ponte 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

PUBLISHED WEEKLY BY THE ROTARY CLUB OF YARMOUTH

Vol. 34 No. 27 February 9, 2024

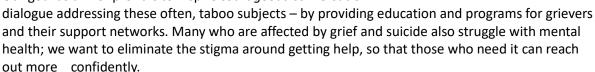
The Main Event

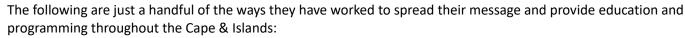


Sharing Kindness – Dr. Kimberly Mead-Walters – Founder & Executive Director

Sharing Kindness, seeded from the shared devastation of suicide and grief, tends a thriving community through empathy, education, and courageous conversation.

Both our community and the world are still learning how to support grievers and those who have been affected by suicide. Our goal as a nonprofit is to inspire *courageous conversation* –





- Partnering with schools and community programs, in addition to collaborating with other nonprofits, to educate, advocate and prevent suicide, including school suicide prevention policies.
- Educating community members on how to reach in, if they suspect that someone may be suicidal.
- Reviewing and distributing best practice policies for print and spoken media around news coverage of suicide.

 Offering grief programming throughout the Cape and Islands, with curriculum developed and overseen by our licensed mental health clinician.

One in Nine children in Barnstable County will experience the death of a parent or sibling by the age of 18. Children and Youth who have experienced the death of a parent or sibling are:

More likely to experience early mortality, including death from suicide.

Less likely to complete high school or enter higher education.

More likely to experience substance abuse.

More likely to experience mental health problems (e.g., depression, anxiety, somatic complaints, post-traumatic stress symptoms)

At increased risk for traumatic grief (e.g., a yearning for the deceased and lack of acceptance of the death)

Hope Squad is an evidence-based program for schools that reduces youth suicide risk through education, training, and peer intervention. Students are nominated by their peers to become members.

For additional information go to: https://sharingkindness.org

DEIB Information Corner

RACE to Be Human addresses the impact of racism on our mental health through the lens of students, experts, and educators.

Created for schools, communities and corporations, RACE To Be Human addresses the apprehension and confusion so many of us feel when it comes to talking about race and racism. The film examines microaggressions, allyship and the role of social media. It also shares how we can participate and build empathy through conversations at home, work, and school.

The program includes the full film, 11 film chapters, 2 bonus chapters, discussion guides, strategies, and tips to check ourselves and others while inspiring self-reflection, so that as individuals we are more aware, and as communities we can move forward more equitably.

As with our other film programs, RACE To Be Human weaves together personal testimonials and insights from students and parents with perspectives and data from educators, mental health practitioners and diversity and inclusion experts. Appropriate for all ages starting at 10 years old.

Check out the trailer for the documentary film: https://www.youtube.com/watch?v=G11uXtdAm2A

Here is an opportunity to see the entire film and participate in a community discussion. See the flyer for details:



SHARING YOUR DEIB MOMENT

A goal of our **Club's** DEIB Committee for the 2023-2024 Rotary year is to continue to have a Club member share their DEIB moment during our Club meetings held on the 2nd and 4th Friday of each month. Our weekly Rotary meetings are a safe place and time for all to share their personal experiences on diversity, equity, inclusion and belonging.

If you are interested in presenting your DEIB moment to our membership during a Club meeting, please contact Ann Knell to sign up and schedule a date to share your DEIB moment.

Announcements

CLERGY SCHEDULE

February 9—Brian B. Smith

March 8-Phil Morris

February 16—Jan Martin

March 15—Mary Lenihan

February 16—Carol Woodbury

March 22—Jim McLoughlin

March 1—Bill Glass

Meet at the Yarmouth Senior Ctr. 528 Forest Rd., South Yarmouth, MA 9:30 AM

MEALS ON WHEELS

Feb. 13- Chantal Rice & Dr. Tom Tomasik
Feb. 20- Sally Bowles & Ken Livingston
Feb. 27- Joe Potzka & Tom Deltz
Mar. 5—George & Beth Davis
Mar. 12—Pat Armstrong & Dr. Bruce GOrdon

Mar. 19-Mike Duffy & Rafi Chaprut

Mar. 26— Ann Knell & Carol Woodbury Apr. 2— Ken Knell & Phil Morris

Substitutes Steve Albright or Frank Mastromauro

February Birthday's

2/6 Jan Tkaczyk

2/23 Jim Leighton

2/29 George Davis

February Anniversaries

2/20 Deb & Phil Morris 17 Yrs.

2/24 Catherine & Peter Murray 45 Yrs.

Calendar

February 9—Chris Morin, Independence House—Director, of Prevention, Education and Outreach
February 16—Eileen Elias—Coordinator of Barnstable No Place to Hate
February 23—Lauren Jones—MA Secretary of Labor & Workforce Development

SCHEDULES

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

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.

FRONT DESK

Feb. 9-Bernie Nugent & Chris Morin

Feb. 16—Bud Nugent & Andi Taylor

Feb 23-Bill Savicki & Chantal Rice

Mar. 1— Roby Whitehouse & Tom Deltz

Mar. 8— Dave Botting & Hollie Handrahan

Mar. 15 - Janet Soja & Jan Martin

Mar. 22-Jim Leighton & Bill Lemoine

Mar. 29 - Jimmy Walker & Bob McInnis

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

Feb. 9-John Cooke

Feb. 16—Steve Crum

Feb. 23—George Davis

March 1—Mike Duffy
March 8—Tom Deltz

March 15—Bill Glass

March 22—Dr. Bruce Gordon

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

February

Peace & Conflict Resolution

Rufus Jones & Chris Morin

March

Water & Sanitation

Roby Whitehouse

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

Chris Morin – Speaker, and Rising Star

Bill Glass – Rising Star, No shadow for Pawxatony Phil

Brian B. Smith - For presenting at SRAG event in Sarasota Florida

Carol Woodbury - Rising Star, Speaker

Steve Albright - Great two weeks in Aruba

Chuck Carey – Dave Akin and his palm trees

John Cooke - \$5 happy bucks: Caroline, who auditioned and is participating in the All Cape Music Festival. A buck for Mary Taylor as president-elect of Harwich Dennis Club and DY Band Parents and presenting to the club. Another happy buck for Caroline for participating in Winter Percussion and looking forward to representing Cape Cod and DY in the program Mary spoke of at world championships. Another happy buck for the grief support groups that have helped my parents and I after the passing of my brother, Rob, almost 14 years ago. 3 days skiing with Steve!

John Herr – For UConn Basketball

Jill Albright - Rising Star, Speaker, Great vacation, a Marthas vineyard student who will be going to South Korea

HELP WANTED: Needed one to three club members that can share the duties of writing the articles for the weekly TGIFIY. Tomas has been doing a lot of the writing this past year but has taken on other duties in the club. Steve Albright has been doing the layout, finding additional information/stories and publishing the TGIFIY for the past 12 years and will continue to do this but cannot take on the additional job of writing. To volunteer or find out additional information contact Tomas or Steve. If nobody steps up to volunteer it Could mean the end of or major changes to the TGIFIY. In addition, the DEIB committee has been providing weekly submissions for the newsletter and we have a DEIB speaker every other week so the workload has increased.

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 Jill Albright who will then ship them to Cork Club. KEEP THOSE CORKS COMING!!!!



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 devises 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.

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 weekly deliveries on Tuesday.





Rising Star - Alia Atwood Cape Cod Tech

Alia is an 11th grade student in the culinary program. She is a member of the school ambassador program giving tours to prospective students. She has been on the honor roll since the 6th grade. She volunteers doing clean up work at local beaches. Her plan is to study either at Curry College to obtain a law degree or Johnson and Wales to continue baking.



2024 HELPING HANDS ACTIVITY SCHEDULE

MARCH

Saturday March 30, 2024 Spring Cleanup -Baker Square and Town Hall Garden and sign garden

APRIL

Saturday April 6, 2024 YPD 9/11 Memorial spring cleanup

Saturday April 20, 2024 Yarmouth Annual Community Cleanup Day

(on or about)

<u>MAY</u>

Saturday May 11,2024 Rebuild Town Hall Sign Garden – TBD

(Tentative) The town is currently evaluating proposal to replace the Town Hall Sign. Garden work will be schedule

after the Installation of new sign.

JUNE

Saturday June 15, 2024 Baker Square and Town Hall Garden planting
Saturday June 22, 2024 Baker Square and Town Hall Garden mulching

SEPTEMBER

Saturday September 7, 2024 YPD 9/11 Memorial fall cleanup

DECEMBER

Saturday December 14, 2024 Wreaths Across America

UPCOMING MUSIC PROGRAMS AT DYRHS

- -Tuesday, March 19th the chorus (Stephanie Riley, Director) and orchestra concert will take place at 7:00.
- -Wednesday March 20th at 7pm in the upper gym the 8/9 and 10-12 concert bands will perform. The two bands will perform a few songs separately then combine 8-12 along with my senior citizen community band (New Horizons) to make a huge super band. They will perform three pieces. Free concert.
- This weekend on Saturday February 3 at 1pm is the All-Cape Music Festival at Barnstable HS. Kids from all over Cape Cod auditioned to be in this festival and about 30 students from DY will be represented. There will be two choirs, concert band, and symphony orchestra. Not sure what the admission cost is but tickets will be sold at the door.



FOOD of the MONTH for February is

NUTRI GRAIN BREAKFAST BARS

All items collected will go to assist the Cape Cod Brite Lights weekend backpack program.

We thank you for your generous support of this project.

Cash or Checks are always welcomed.

Rising Costs of Food continues to hamper our mission to help those in need. If you can help out we would greatly appreciate it.

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 Syrup
Mac & Cheese Tuna Fish
Peanut Butter Soup

Jelly Instant Potatoes Cereal Nutri-Grain Bars

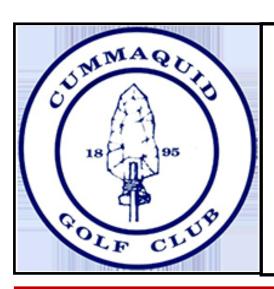
Drop your donations off at the Pantry Mon—Thurs. 10am to 12 noon. Mail check donations to Yarmouth Food Pantry, PO Box 982
West Yarmouth, MA 02673

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.



SAVE THE DATE



Tuesday September 24, 2024

Our 34th Annual Golf Tournament at Cummaquid Golf Club

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

ROTARY ANNIVERSARIES

February

George Davis—15 Years

Tomas Tolentino—2 Years

Bill Boyd—1 Year

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

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: **rotaryclubyarmouth26580@gmail.com**

Harwich Dennis Club -- Bob Frisone

DY High School Percussion band is heading out to Ohio for an international competition. Transportation alone is approximately \$18,000. Each student is required to pay \$1200 each. Harwich Dennis has fully funded 1 student and assisted 2 students with the remainder. There is an ask for our club to donate as well.





We have a great game of Queen of Hearts each week.

The Current Jackpot is:
\$1,495 plus this weeks Pot \$\$\$

You need to be there and buy a ticket to win!!!

1 for \$1.00

6 for \$5.00

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 \$300—\$350 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

2023-2024 OFFICERS

Public Image Tomas Tolentino President Jill Albright Lou Preziosi **New Generations** President Elect Jim Seymour Vice President Paul Chatelain Secretary Mary Lenihan Community Service John Cooke Steve Albright, PDG Treasurer International Service Joe Potzka Past President Roby Whitehouse, PP Vocational Service Hollie Handrahan Sergeant -At-Arms Ken Knell

Brian Braginton Smith

Club Administration

PAUL HARRIS FELLOWS

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

Mon.	7:00 AM	Barnstable Sunrise	
Tues.	7:00 AM 7:30 AM	Nauset /Orleans Falmouth	Orleans Police Dept. 99 Eldredge Park Way, Orleans, MA 02653 Holiday Inn 291 Jones Rd Falmouth MA 02540
7.3	7.50 AIVI	Taimoutii	Holiday IIII 251 Johes Na Failhouth Nin 02540
	12;10	Martha's Vineyard	The Barn—Bowl & Bistro 13 Uncas Ave. Oaks Bluff, MA 02557
Wed	12:15PM	Nantucket	Fairgrounds Restaurant, 27 Fairgrounds Rd. Nantucket, MA
	6:15PM	Chatham	400 East, 1421 Orleans-Harwich Rd. Harwich, Ma 02645
7:00	7:00 AM	Bourne-Sandwich	Upper Cape Regional Technical High School
Thur.	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

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 1998-99 Rick Cannon Barbara LaFleur 1999-00 Rob Umbro 2000-01 Sally Bowles 2001-02 Jack MacLelland 2002-03 2003-04 Jan Tkaczyk Rick Boucher 2004-05 Pat Armstrong 2005-06 **Dorcas McGurrin** 2006-07 2007-08 Tom Tomasik 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

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?"

