

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

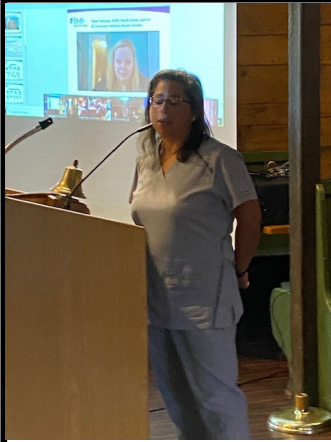
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July 2, 2021

The Main Event



Guest Speaker Alicia Gapstur, Duffy Health Center – Alicia Gapstur is a Certified Addictions Registered Nurse on the Medication Assisted Treatment team at Duffy Health Center. She began her work at Duffy in 2015. She is also the Care Coordinator for the Moms Do Care program. On any given night, over 300 people experience homelessness on Cape Cod. Hundreds more do not have stable housing and are effectively homeless, where they do not have a physical address to call their own. Alicia stated, “At Duffy Health Center, the team seeks to address the full range of needs of those who are experiencing or are at risk of homelessness. We provide individuals with the support to restore their health as a first step in rebuilding their lives.” Some of the services include medical care, behavioral health, treatment for substance use disorders, health insurance & benefits, case management, spiritual care and outreach.

Alicia spoke to the silver linings to come out of the pandemic, such as more frequent interactions with patients at their pace and willingness to communicate. “Sometimes, an in-person meeting or appointment may be intimidating, or lead to embarrassment. For some patients, a phone call, knowing we are available, or a text, has proven to be very effective in treatment.”

A case in point, Alicia mentioned a specific case where Duffy's Spiritual Care provider helped a woman in one of the groups recently stated, "This is the best thing that I've done for myself. Two of my health issues have gotten better because I have learned how to breathe." She describes situations that would have been very triggering for her, but rather than falling into old habits with her reaction, she removed herself from the situation and took several deep breaths, reducing her reactivity and giving her a sense of control. The Spiritual Care provider offers mindfulness and meditation groups designed to help clients with feelings of anxiety.

Duffy Health Center has many community partnerships to help those most vulnerable across Cape Cod. The care offered to patients is built on the trust, dignity, respect, and ongoing support that they need to regain hope and recover. Their vision for Cape Cod as a community where all persons have access to quality health care, safe and stable housing, and lives filled with hope and purpose.

For more information, visit: <https://www.duffyhealthcenter.org/>

District Awards – The club earned, once again, the Public Image award from District 7950 for excellence in promoting the club’s activities, the social media accounts, press releases and keeping the public informed. Kudos to all involved!

AWARD FOR BRITE LIGHTS – The club also was awarded a community service award for it’s work with Cape Cod Brite Lights. Steve then spoke about the organization, how it was started and what it has done for the community so far. Backpack weekend food for elementary students at DY schools and food bags for clients of Community Connections.

Perfect Attendance and Longevity Awards – John Herr has the distinction of 53 perfect years attendance at Rotary Meetings and was also awarded the longevity award for his 53 years of Rotary Service. Bravo Zulu John!

Dues Reminder – Paul Chatelain reminded those who have not yet paid their dues to please do so or reach out discreetly to Steve Albright if there is an issue with payment.

Brown Bag – Mike Duffy let the club know that Brown Bag is back and he will need help! While they do not have the entire program back yet, there are still 78 clients to pack bags of food for. He let the volunteers to know to pay attention to the weekly announcements in the meetings and TGIFLY for when we do this each month.

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

July 6 Steve Albright & Phil Morris
 July 13 George Davis & Rafi Chaprut
 July 20 Dr. Bruce Gordon & Mike Riley
 July 27 Dave Akin & Joe Potzka
 August 3 Pat Armstrong & Chantal Rice

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

Dues Notice: Dues invoices were emailed on Monday June 7 to all members. If you did not receive an email about dues, please let incoming treasurer Steve Albright know so a copy can be emailed to you. Sometimes Club Runner will drop an email and there is no way that I can tell that with the invoice emails. You can make your payment by credit card by clicking on the link in the email or you can mail your check to Yarmouth Rotary PO Bo 448, South Yarmouth, MA 02664. I will also be collecting dues payments at the July 3 in person meeting.

FRONT DESK

July 2— Bernie Nugent & Jimmy Walker
 July 9—Rufus Jones & George Davis
 July 16—Tom Ulrich & Bob McInnis
 July 23— Roby Whitehouse & Bud Nugent
 July 30—Bill Lemoine & Bill Savicki

BROWN BAG

July 2 **
 August 6
 September 3**
 October 1
 November 5
 December 3
 ** Need to Verify these two dates

7/2— 7/8

Happy Birthday!!!!

No Birthdays

Happy Anniversary!!!!

7/3 Bob & Barbara Wells
 7/7 Carol & Keith Woodbury

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

July 2—Roby Whitehouse
 July 9—Carol Woodbury
 July 16—Tom Zurn
 July 23—Barbara Adams

Calander

July 2—*Installation of Club Officers*
 July 9—*Bob Whritenour—Newly Appointed Town Administrator*
 July 16—*Kristin O'Malley & Dara Gannon—Cape Cod Foundation*
 July 23—*Cape Cod Veterans Outreach Program*
 July 30—*Nicole Spencer—Hero's in Transition*
 August 14—*Stuff A Cruiser Food Drive w/YPD*
 Sept 28—*Yarmouth Rotary Golf Tournament—Cummaquid Country Club*

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.

June
 Rotary Fellowship
 John Cooke

July
 A New Rotary Year
 Kevin Lennon

Sorry No Happy Bucks This Week – we forgot to hit record and were too busy during the meeting running the technology to take notes. If anyone would like to volunteer and help take notes and write up the content for the TGIF, please contact John Cooke or Steve Albright.

Photos from 6/28 meeting.



Ken Sheytanian leading us in song.



John Herr being presented with awards for 53 years of Rotarian membership and 53 years of perfect attendance.



Jim Seymour receiving the District Public Image Award.

Thank You to all of the members that served as officers and directors for the past year.

It was a year like no other. A raging pandemic, all meetings on zoom and very limited personal contact.

You all did a great job carrying our club to another very successful year.

Thank you to: Curley Carey, John Gilligan, Roby Whitehouse, Mary L.enihan, Paul Chatelain, Jill Albright, Mary Vilbon, Jim Seymour, Bud Nugent, Jackie Carnevali, Ann Knell and Mike Duffy.



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

Robert Louis Stevenson

BrainyQuote

ROTARY ANNIVERSARIES

JULY

- Bob Wells 54 Years
- Howie Onik 31 Years
- Carol Woodbury 10 Years
- Mary Lenihan 5 Years
- Bud Nugent 5 Years
- Roby Whitehouse 5 Years

“ Nothing great is created suddenly, any more than a bunch of grapes of a fig.

If you tell me you desire a fig. I will answer you that there must be time.

Let it first blossom, then bear fruit, then ripen.”

Epictetus (50 –135 AD)

Possible Upcoming Events—Watch for additional information!!

August (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