

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, FREESTYLE LIVING 822 RT. 28, So. YARMOUTH

T-G-I-F-I-Y

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The Main Event

Dr. Bruce Gordon – Sleep Apnea

Sleep apnea is a common potentially serious disorder where breathing repeatedly stops during sleep. It often causes loud snoring and extreme daytime fatigue. Left untreated, it deprives your body of oxygen and strains your heart, increasing the risk of high blood pressure, stroke, and diabetes.

It's typically found in overweight people and mostly in men, however it can be found in skinny people and women.

It typically causes you to be sleep deprived. It typically is discovered by family members who either hear it or notice the changes.

A sleep test is the best way to diagnose that you have sleep apnea. The test can be done as a home test or in a sleep lab. Airway blockage apnea is the most common. A CPAP is the most common treatment with pressurized air forced into you. There are a variety of masks that people can wear with this.

Another option other than a CPAP is a mouth device that keeps your airway open. This is a very expensive option running around \$1500 to \$2000. Insurance typically does not cover as it is considered a dental procedure.

Hypoglossal Nerve Stimulation is a surgery that consists of a small pulse generator implanted under the skin of your upper chest, a breathing sensor lead, and a stimulation lead connected to the hypoglossal nerve (which controls the tongue).

If you think you or a family member have the signs of sleep apnea, please consult with your doctor or an ENT and get a sleep apnea test ordered.



RESMAP Sleep Apnea Machine with Full Face Mask

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

Tomas Tolentino - Installation dinner

Dick Corsini - oldest grandchild got married, oldest daughter celebrated 60th birthday

Jan Tkaczak - Dr Bruce challenging club

Daja - Happy to be here and the exchange program

Mike Riley - Rotary shirt made in Africa, Jack McMullen, Grandchildren concerts, Instalation dinner

Jill Albright - Exchange program

Jim Seymour - Dr Bruce, Wall that Heals

Announcements

July Birthdays

7/10—Bud Nugent
7/14—Tomas Tolentino
7/16—Dr. Tom Tomasik
7/16—Mary Lenihan
7/22—Ryan McCluskey
7/23—Pat Armstrong
7/26—Dick Corsini
7/26—Carley Carey
7/26—Elizabeth McInnis
July 27—Barry Clayman

June Anniversaries

6/27— Susan & Bill Glass
6/27—Jan & Frank Mastromauro
July Anniversaries

7/7 Carol & Keith Woodbury
7/10—Michelle & Richard Chwastiak
7/18—Jant Soja & Joan Sullivan
7/22—Lugeyri & John Cooke
7/30—Linda & Lou McKnight

MEALS ON WHEELS

Currently we will be doing Meal on Wheels the 1st, 3rd and 5th Wednesdays of every month.

July 1—Dave Akin & Frank Mastromauro
July 15 — Bill Lemoine & Steve Crum
July 29—Jan Tkaczyk & Carol Woodbury
August 5—Sally Bowles & Dr. Bruce Gordon
August 19—Ken Livingston & Joe Potzka

Substitutes Steve Albright or Frank Mastromauro

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

FRONT DESK

June 26— Roby Whitehouse & Steve Albright
July 3 —Happy Fourth of July
July 10—Bill Lemoine & Curley Carey
July 17—Jan Martin & Jim Leighton
July 24 —Matt Fitzsimmons & Andi Taylor

Calander 2026

June 26—Lt. Col. Frank Mastromauro, Jr. USMC Life as a Marine

July 3—NO MEETING HAPPY 4th of JULY

July 10—TBD

July 17—TBD

July 24—TBD

July 31—TBD

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

GUEST POLICY

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

GREETER

June 26— Tim Layman
July 3 —Happy Fourth of July
July 10 —Mary Lenihan
July 17—Kevin Lennon
July 24—Ken Livingston
July 31—Frank Mastromauro

SCHEDULES

The schedules for Front Desk and Meals on Wheels have been updated through the end of the June. Thank you to those of you that have volunteered for both of these important jobs.

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.

June
Rotary Fellowship
Steve Albright

July
A New Rotary Year
Kevin Lennon

Do Something.

If it works, do more of it.

If it doesn't, do something else.

(Franklin D. Roosevelt)

Save the Date

Golf Tournament 2026

October 1, 2026

Cummaquid Golf Course

It is never too early to start looking for sponsors and golfers and other donations such as gift cards.



Support Crutches 4 Africa



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

Keep aluminum
out of our landfills

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

Joe Potzka 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. You can also reach out to Joe 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.

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

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

JULY

Barry Clayman, PDG - 48 yrs.

Bill Glass - 38 yrs.

Howie Onik - 36yrs.

Carol Woodbury - 15yrs.

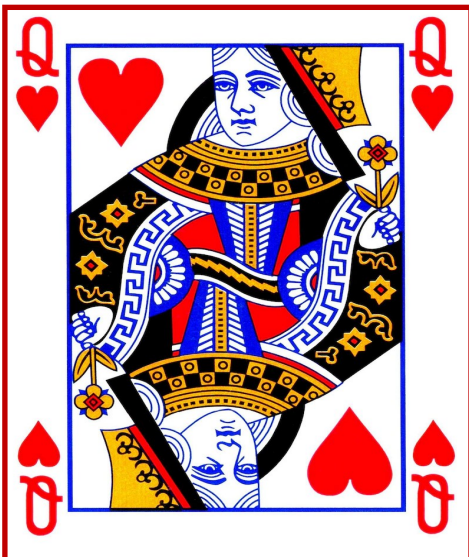
Mary Lenihan –11 yrs.

Roby Whitehouse –10 yrs.

Bud Nugent –10 yrs.

Ryan McCluskey –1 yr.

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



Another great game of Queen of Hearts is in progress.

The Jackpot now stands at:
\$902.00 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? Is this the week?
You have to BUY A TICKET OR SIX to win.



Newsletter Fall 2025

Cape Cod Brite Lights is now five years into our purpose of Helping Cape and Island Residents. We started with weekend nutrition for thirty elementary school children. This has grown to over 60 students who are provided with healthy options for weekend nutrition.

Our next outreach was to provide hygiene for high school students. This grew to include both the Dennis Yarmouth High School and Cape Tech High School and again grew to include two of the elementary schools.

A need for shoes for graduating seniors was identified and we were able to assist. This fall, the need for building blocks, whiteboard markers, glue sticks and binders was identified and again, Cape Cod Brite Lights was able to help. Also identified was a need for Kleenex and disinfection wipes, something teachers had been purchasing with their own funds. Cape Cod Brite Lights was again able to help out.

Additionally, we continue to support the Yarmouth Chamber of Commerce and the Yarmouth Police Department with gift cards to local grocery stores. These help those in need who could just use a little boost.

With the holiday season fast approaching, Cape Cod Brite Lights will be assisting the Yarmouth Rotary Club in providing holiday meals for both Thanksgiving and Christmas to families identified by the schools as needing help.

All this would not be possible without the generous support of our donors. With our all-volunteer workers, 100% of your donation goes to help others. We thank you for your continued support as Cape Cod Brite Lights continues to search for ways to help our fellow Cape Codder's.

Thank you

The Board of Directors, Cape Cod Brite Lights, Inc

<https://www.capecodbritelightsinc.com>

Cape Cod Brite Lights Inc .PO Box 286, West Yarmouth MA 02673

To Donate, Click on the QR Code



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+1	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?"

Rotary





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