

"Thank Goodness It's Friday in Yarmouth!"





GOVERNOR, DISTRICT 7950

David Sampson, 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

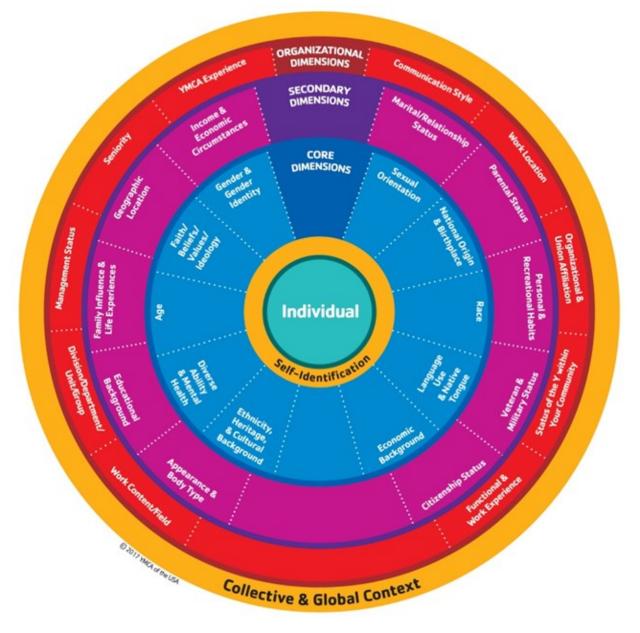
Vol. 33 No. 33

March 3, 2023

The Main Event

Guest Speaker Jeanne Morrison, M. Ed. – Jeanne is a Diversity, Equity and Inclusion Advisor with 35 yrs. senior management of community programs in transportation and human services. She has 30 years' experience in strategic planning and development of corporate civil rights policy and procedures, training and diversity initiatives. She is president of the board of Amplify POC and holds a Master's Degree in Education. "DEI makes for a better community. A community advances when it has everyone's input into the policies, cultural rules, mixture brings a richness that enhances the community. Cape Cod is a tourist destination and we want our tourists to feel included. That's why it is important to work on DEI." Jean's career began in working with people with disabilities. "Working with them helped me to learn and grow. That's the purpose of DEI – helping people to feel included." She discussed the DEIB committee's work – scholarships DEI speaker series, self-awareness training and sharing DEIB moments.

The DEI roadmap is below and includes organizational, secondary, and core dimensions



She walked us through a self-identification session to show where we are on the Cape in terms of demographics. She used beads in order to demonstrate the demographics represented on Cape Cod based on the 2020 Census data. She also walked us through an exercise to identify how diversity impacts all of us and our circle of influence.

Moving Forward, Jeanne asked us to consider the following:

Community Awareness – who do you serve?

Relationship building - contacts and new interests

Community engagement – partnerships

Build an inclusive environment – openness and flexibility – "You have this nailed. I walked in and everyone greeted me, were welcome and warm."



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

Pam Rideout – Speaker/Family visiting
Jim Seymour– YPD Ridealong
Mary Vilbon – Speaker/Fellow Rotarians @ Winter Carnival – Curley with cotton candy head to waist/4,500 attendees!! 3 staff members and 70 volunteers
Joe Potzka – Winter Carnival
Barry Clayman – Speaker/On the mend
Barbara Adams – Speaker/John Reed passing
Carol Woodbury – Speaker/New school on March 1st! 7-year labor of love!
Zaira Rideout – Speaker/25 years ago came because of Rotary Club of Yarmouth!

John from Osterville – 5 year old granddaughter/Roll out the welcome is true

Turkey and Syria were struck by a devastating earthquake on 6 February that has killed tens of thousands of people, destroyed thousands of homes and other structures, and left people across the region without shelter in bitterly cold winter weather.

The Rotary world responded to this catastrophe immediately. RI President Jennifer Jones activated our disaster response efforts, communicated with the affected districts, and encouraged governors in those regions to apply for disaster response grants and share information about their relief efforts so that Rotary can amplify the calls for support.

Rotary's project partner ShelterBox has an emergency response team assessing the needs in the region and how it can respond. That team is communicating with Rotary district leaders. Our service partner Habitat for Humanity International is also working on its response. Many Rotary members are asking how they can help. Here's how to have the greatest impact:

<u>Give to The Rotary Foundation's Disaster Response Fund</u>. Donations help clubs and districts provide aid and support rebuilding efforts where the need is greatest. The funds are distributed to affected communities through disaster response grants. The Disaster Response Fund can accept cash contributions and District Designated Funds (DDF). Donations to the Disaster Response Fund are combined and cannot be designated for a specific disaster.

<u>Support local initiatives</u>. As we learn about local response efforts that are being led by clubs and districts, Rotary raises awareness about how to support them. People can then support these projects by working directly with Rotary members in the region. If you want us to publicize information about local response efforts, write to <u>relief@rotary.org</u>.

How to be an ally in the workplace:

Oct 21, 2021 / Melinda Briana Epler

Many trainings and articles about microaggressions focus on how you can intervene in the moment, which is a crucial part of allyship. But in addition to intervening, there are other important ways to support people who experience microaggressions, systemic inequities and other barriers to opportunity — and one way is through microafffirmations.

In contrast to microaggressions, microaffirmations are little ways that you can affirm someone's identity; recognize and validate their experience and expertise; build confidence; develop trust; foster belonging; and support someone in their career. Microaffirmations can help mitigate and disrupt the harmful effects of historical oppression, systemic inequity, cultural marginalization, and personal biases.

Here are some to try:

Keep an eye out for key moments that might be important in someone's life and recognize them.

Microaffirmation #1: Get to know people, and pay close attention to their words and ideas

Show genuine curiosity and compassion about the lives and work of your team members and colleagues. Build relationships with them so you can better collaborate together and advocate for each other. When they are speaking, listen and be fully present. And when they are sharing their ideas or experiences, make sure you show compassion and empathy.

Microaffirmation #2: Mirror the language that someone uses to describe their own identity.

Listen and learn how someone pronounces their name, describes their identity, and uses their pronouns. Then mirror the language they use to describe themselves — it shows them you're paying attention and that you care about them.

Microaffirmation #3: Acknowledge important religious and cultural holidays and life milestones.

Keep an eye out for key moments that might be important in someone's life and recognize them. You might wish them a lovely Diwali if they celebrate it or make a note on your workplace intranet about Indigenous People's Day, Transgender Day of Remembrance, National Coming Out Day, Black History Month, Juneteenth, Ramadan, Lunar New Year, Disability Employment Awareness Day, Pride Month, Yom Kippur, Holocaust Remembrance Day, International Women's Day, Hispanic Heritage Day, Deaf History Month and so on.

Birthdays, births, graduations, promotions, and weddings are also nice moments for you to send a quick note. And make sure you check in during harder life moments too, such as deaths and illnesses.

A person who is feeling marginalized or excluded, tokenized or like an impostor may sideline themselves — by not speaking up, not contributing, not showing up.

Microaffirmation #4: Work hard to encourage participation from everyone on your team.

Solicit ideas and feedback on projects. If you're leading a meeting or a project, explicitly invite participation from everyone, and if someone has not contributed, invite them to share their thoughts either in the moment or afterward.

Microaffirmation #5: When someone isn't participating, take notice and support them.

A person who is feeling marginalized or excluded, tokenized or like an impostor may sideline themselves — by not speaking up, not contributing, not showing up. In the remote workplace, people may turn off their video because they aren't engaged, don't have a home environment they want to show on video, feel excluded, or are burned out from inequities and exclusion. Check in with them, and see if and how you can support them.

Please watch Melinda's Ted Talk at this link:

https://embed.ted.com/talks/melinda_briana_epler_3_ways_to_be_a_better_ally_in_the_workplace# https://ideas.ted.com/

Committee Members:

Rufus Jones, Chantal Rice, Phil Morris, Andrea Taylor, Jackie Carnevali, Curley Carey, Paul Chatelain, Joe Potzka, Pat Armstrong & Bruce

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*

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.

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.

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Announcements



COVID & CORKS—Wine cork recycling benefits our earth's sustainability. The Rotary Club of Yarmouth has over the last 18 months collected 14 pounds of corks which are sent to 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!!!!

March Birthdays

Happy Birthday!!!!

3/1 Rafi Chaprut 3/4 Bernie Nugent 3/12 Barbara Adams 3/18 Jim McLoughlin 3/20 Bill Boyd 3/24 Tom Deltz 3/27 Mike Karras 3/29 Pam Rideout 3/31 Jimmy Walker March Anniversaries Happy Anniversary!!!! No Anniversaries This Month

Calander

March 3—Roby Whtehouse—Recycling in Yarmouth

March 7—Fellowship Event at Captain Parkers—6 PM

March 10—TBD

March 17—Laurie Ruszala—Yarmouth Waste Water Superintendent—PFSA Water Conservation

March 24—Jeff Colby—Yarmouth Public Works Director— Water /Wastewater

March 31—Robert J. Whritenour, Jr. Yarmouth Town Administrator—Wastewater

SCHEDULES

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

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.

February
Peace & Conflict Resolution

Rufus Jones & Phil Morris

Meals On Wheels

March 7—Bill Lemoine & Ken Knell March 14—Rafi Chaprut & Phil Morris March 21—Joe Potzka & Tom Deltz March 28 –Mike Duffy & Ken Livingston

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

FRONT DESK

Mar. 3—Paul Chatelain & Jimmy Walker Mar. 10—Bill Lemoine & Bud Nugent Mar. 17—Bob McInnis & Bill Savicki March 24—Mike Riley & Chantal Rice March 31—John Gilligan & Dave Botting

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

Mar. 3—Bill Glass Mar. 10—Ann Knell Mar. 17—Jim Leighton Mar. 24—Bill Lemoine March 31—Mary Lenihan April 7—Kevin Lennon

> March Water & Sanitation Roby Whitehouse



February: The item of the month will be Mac & Cheese. Donations of this will benefit Cape Cod Brite Lights Backpack program.

Bright Lights Fund Raiser

Raffle tickets are being sold to help fund it. \$10 per ticket and a total of 300 tickets being sold.

Tickets may be purchase from Steve Albright, Jill Albright, Roby Whitehouse, Kevin Lennon, Curley Carey, Hollie Handrahan, John Cooke

Grand Prize 58 inch LED TV and Echo Dot

2nd Prize \$250 in scratch Tickets

3rd Prize \$100 in scratch Tickets





Rising Star Kristen Hagg - Head Guidance Counselor, Dale Fornoff, introduced Kristen by stating, "Kristen packed so many activities that she did not let anything stop her from participating and being a leader in our community. It is amazing to me to see how much she does." She is at the top of her class, has varied interests, and whatever she focuses on, she will make it happen. Kristen spoke to the club and is clearly an outspoken person. She is a class officer for the class of 2023 and is class president. She played field hockey for 4 years and was the captain in senior year. She has been very involved in the DY Theatre program. This is her 9th performance. She will be playing Roxy in Chicago. She is a very energetic and tactile person. She is in Marching Band and Winter Percussion.



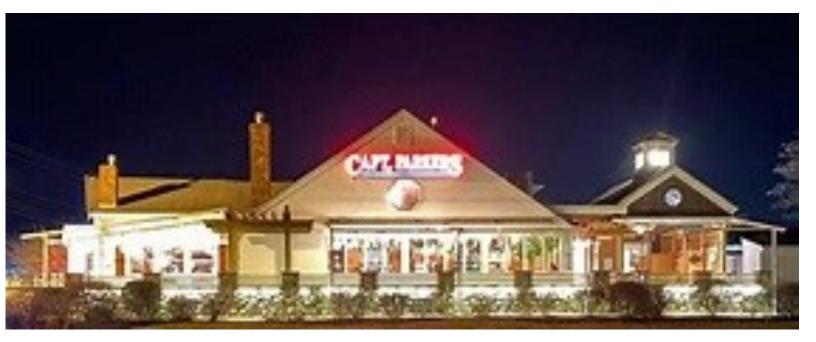
Food Supplies at the Pantry are very low and the demand for the services of the food pantry are up due. If you can make any type of food donation it would be greatly appreciated.

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

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



FELLOWSHIP GATHERING TUESDAY MARCH 7, 2023 6:00 PM

CAPTAIN PARKER'S RESTAURANT

(Newly Renovated)

Our way to say thank you to Gerry and his staff for helping us with our Children's holiday party

Please see Jimmy Walker to make reservations.





Recycle your household bags and wrap into Trex's earth friendly composite decking and railing!

Dry cleaning

What can be recycled?

All plastic must be clean, dry and free of food residue





plantic shipping



Grocery begs









April 10 - 14

Ziploc & other reclosable food storage bags



1000

SLEEK4

stretch film

Wood pellet DAGS

Public I

baas











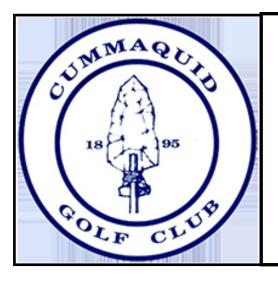
The DY LEO Club has set a goal to collect 500 lbs of plastic bags and wrap by April 15th. We need your help to meet this goal!

Bring your plastic to the Dennis-Yarmouth Regional High School main entrance for collections during these weeks:

March 20 - 24



When we meet our goal, Trex will provide our school with a composite bench to enjoy for decades! For more information: LEO Club Advisor, Annmarie Rita ritaa@dy-regional_k12.ma.us



SAVE THE DATE



Tuesday September 26, 2023

Our Annual Golf Tournament at Cummaquid Golf Club

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

ROTARY ANNIVERSARIES

March

David Akin—28 Years Gerald "Curley" Carey—16 Years John Gilligan—16 Years Mary Vilbon—7 Years Thank you all for your years of service to Rotary and to our Club!!!!

I'm no longer accepting the things I cannot change.

I'm changing the things I cannot accept.

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

CLERGY SCHEDULE 2/17/23-3/31/23

3/3/23 Jill Albright

3/10/23 Phil Morris

3/17/23 Mary Lenihan

3/24/23 Jill Albright

3/31/23 Steve Albright

If you have a conflict, please switch with another member of the committee. Please let Rufus & Steve know.



CONGRATULATIONS TO MIKE RILEY WHO FOUND THE QUEEN OF HEARTS AND TOOK HOME \$725. Thank you Mike for donating a portion of your winnings back to the club.

We started a new drawing this week with a new deck of cards. The jackpot is: \$19.00 plus this weeks Pot \$\$\$ You need to be there and buy a ticket to win!!!

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 \$200—\$250 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.





Leg Braces



Crutches



Forearm Crutches



Walkers





Wheelchairs

Prosthetic Limbs

Baby Joggers & Strollers

Bike Trailers



Items that we are looking to collect include: Leg Braces;

Limbs; Baby Joggers and Strollers and Bike Trailers. No

Crutches; Forearm Crutches; Walkers; Wheelchairs; Prosthetic

Commodes or any other type of Personal Hygiene Equipment.

(Also No Electric Wheelchairs or other types of devices.)



2022-2023 OFFICERS

President President Elect Vice President **Community Service** International Service Jackie Carnevali Vocational Service Club Administration

Dave Akin

David Bisbee

Judi Bisbee

Jim Bogle

Jack Bohlin

Rick Boucher

Rick Cannor

Peter Carnes

Rafi Chaprut

Bob Churchill

Carol Clossen

Hal Cooper

Finbarr Corr

Dick Corsini

Bob Dubois

Mike Duffv

Leslie Fedge

Jim Footer

Paul Funk

Roby Whitehouse Jill Albright Jim Seymour Paul Chatelain Hollie Handrahan **Rufus Jones**

Betey Ghiazza Barbara Adams +2 Charlie Adams +2 Ed Ghiazza Bill Glass +2 Jill Albright (Major Donor) Susan Glass Steve Albright (Major Donor) Dr. Bruce Gordon +3 Tom Gregory Dave Angelica Dick Appleton Faith Hallett Andy Armstrong Sharon Hartley Pat Armstrong Ron Hawes Matthew Barr Betty Herr William Bergstrom John Herr +8 Richard Holden Bob Huckman +1 Blood Donor Center at CC Hospital Sue Huckman Matthew Johnson +2 Johnny Kelley Howard Kendall +3 Robert Boucher Nicholas Kerrigan Sally Bowles +2 Barbara LeFleu Brian Braginton Smith Fern Lemay Jack Braginton Smith Kevin Lennon +2 John Leon, Jr. Gerald "Curley" Carev +1 Jim & Pat Leighton Giuseppe Carnevali John Lewis Jacqueline Carnevali **Biob Lindauist** Charles LoBue John Lynch Jack Maclelland +1 Barry Clayman (Major Donor) Jerry Manning Gail Clayman (Major Donor) Tom Martin Frank Mastromauro John Cooke + 1 Ken McGuire Dorcas McGurrin Robert McInnis Linda McKnight +1 **Richard Covell** Dave Mille Therese D'Abre John Miller Dvlan DeSilva Margaret Morgan Phil Morris G. Anthony Morrison Kenneth Eubanks Peter Murray Marianne Eubanks +1 Bernie Nugent Bud Nugent Judi Olkkola Howard Onik Sgt. Sean Gannon, YPD Marilyn Padalino KP Nero, YPD Jim Peros Nancy Gardne Linda Pisacan

Public Image John Cooke **New Generations** Lou Preziosi Mary Lenihan Secretary Steve Albright PDG Treasurer Past President John Gilligan Sergeant -At-Arms **Tomas Tolentino**

PAUL HARRIS FELLOWS

Rick Plumb Joe Potzka Larry Putman Shirley Putman Jim Quirk Pam Rideout Richard Rideout Denise Ring Michael Rilev Jim Saben Tammy Saben Brian Salatiello Dr. Paula Santos Elena Schuck Curt Sears Marcia Shannon Dr. David Seinkppf Ken Shevtanian +3 Janet Soja +2 Dick St. George Kathy St. George Esther Stocchetti Jefferson Sherman Storm Jerry Sullivan Jim Sullivan Paul Tardif Art Taylor Mary Ann Taylor Jan Tkaczyk Bernice Todres Dr. Tom Tomasik Mike Tulman Tom Ulrich +2 Josephine Umbro Ron Umbro Scott Vandersal James Walker Jr. +3 James Walker Sr. Marlyn Walker Michael Walker Erik Wallin Connie Weare Norme Weare +3 Fran Webb +1 Bob Wells +2 Roby Whitehouse Carol Woodbury Nickolas G. Xiarhos, USMC

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;10	Martha's Vineyard	The Barn—Bowl & Bistro 13 Uncas Ave. Oaks Bluff, MA 02557
	12:15PM	Nantucket	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	Percy's Place
	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 **Rick Cannon** 1998-99 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

THE FOUR WAY TEST Of the things we think, say or do

2021-22

- 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?"

