

T-G-I-F-I-Y



"Thank Goodness It's Friday in Yarmouth!"



**CREATE HOPE
in the WORLD**

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

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May 17, 2024

The Main Event

Local Navy Recruiter Details Challenges Facing Military Recruitment



The second program in our month-long focus on Youth was extremely timely and important. All the military services depend on a steady flow of qualified recruits – especially young people – to meet their manpower goals. However, this has been no easy task. Most of the services have had trouble achieving their recruitment objectives in the past few years. And this has serious implications for our ability to maintain military readiness, and ultimately our national security.

To help us understand why this is happening and what is being done to address it, we were very fortunate to have as our guest an expert in Navy recruitment, Navy Career Counselor First Class (NC1) Niccolai Grant.

Petty officer Grant is a native of Onset, Mass., and a graduate of Wareham High School. He enlisted in the Navy in November 2008 as a Yeoman and has since earned a bachelor's degree from Post University (which he received the day after his presentation to us!). Over his 15-year Navy career, he has had numerous assignments, including duty in Newport, Groton, Conn., Meridian Miss., and Norfolk, Va. He has also deployed to the Middle East in support of various operations. NC1 Grant began his recruiting tour of duty in 2018 with Navy Talent Acquisition Group New England, and is one of the region's top recruiters, covering southeast Massachusetts and the Cape and Islands. He is also highly decorated for his service, having been awarded the Navy Commendation Medal, Navy Achievement Medal (12 times), Recruiting Station of the Year (2 times), 2021 Recruiting Leading Petty Officer of the Year, 2023 Diversity Recruiter of the Year and several additional awards.

NC1 Grant spoke about the challenges of recruiting today, for not just the Navy but all the services. In fact, in 2023, every military branch except the Marine Corps and the Space Force failed to meet their recruitment quotas (the Navy missed by 10,000). Among the key issues are that only 23% of their recruiting "targets" are even eligible for military service because of academic, physical, health and mental health issues. Complicating this statistic is the fact that only 14% of families reported a connection to the military in 2021 as compared to 40% in 1999. And NC1 Grant reported that he and his recruiters have difficulty accessing students in high schools because of local regulations and policies, in some cases only being able to visit once a year at career fairs, or maybe not at all (we should try to encourage such visits at D-Y). NC1's approach to recruitment is to not emphasize the military aspects of the service, but learning about the individual's goals and then discuss how the service can meet them. He has been successful enough in this approach to be among top recruiters in the New England district for the past four years.

If you know of a young person – ages 17 to 25 - who might be interested in the Naval service, please reach out to NC1 Grant at 603-717-8774.



50 Best Self-Care Ideas for Mental and Physical Wellbeing

When did self-care become a thing?

1950s

And understanding the origin of self-care may help you connect more deeply with what you want to get out of your own self-care. So, where did the term come from? The history of self-care began in the 1950s and grew in power and popularity through the civil rights movement. Today it's a well-known term.



Source: <https://rmit.pressbooks.pub/mentalwellbeingessentials/chapter/what-is-self-care/>

Who is the founder of self-care?

Socrates has been credited with founding the self-care movement in ancient Greece, and care are of oneself and loved ones has been shown to exist since human beings appeared on earth. Self-care has also been connected to the Black feminist movement through civil rights activist and poet Audre Lorde.

<https://en.wikipedia.org/wiki/Self-care#:~:text=Socrates%20has%20been%20credited%20with,activist%20and%20poet%20Audre%20Lorde.>

Nope, it's not just you: We live in **extra-stressful times**. That's why a solid self-care routine is critical to keeping your you-know-what together (at least most of the time — it's totally normal to have the occasional **anxiety explosion**.) And what taking care of yourself means is different depending not just on who you are, but on what you're going through, how much time you have, what you find **makes you feel less stressed** and **what you can afford**. Whatever your self-care routine winds up being for you, the important thing is that it **gives you life**, rather than **sucking the life out of you**.

"It's sort of like a car driving 100 miles an hour is eventually going to wear down. When it's go-go-go all the time, it's just not sustainable over the long haul," says **Debra Kissen, Ph.D., MHSA**, a psychologist and CEO and Clinical Director of the Light on Anxiety Center CBT Treatment Center. "There's eventually going to be wear and tear to keep up that level of momentum of doing and giving," she says.

What you're looking for in a self-care routine, says Kissen, is a **feeling of rejuvenation** during or after the activity you choose. "It should be charging your battery in some way, versus depleting it," she says. You want it to be energy-neutral or energy giving, she says, as opposed to you expending emotional energy. Which is why self-care might not look like **getting your nails done** or **soaking in the tub**, although these are both viable options. Sometimes they're about **getting out for a walk**, **organizing your house** so you feel calm when you're home, or taking the time to figure out how to set some new boundaries **with your partner** so you feel safe and happy in your relationship. Even **healthy meal prep** (especially if you get into the meditative aspects of **chopping veggies**) can be self-care, especially because it sets you up for a nutritious week ahead.

Another thing to keep in mind is that self-care — as important as it is — may not feel easy or comfortable, especially if you're not used to it. "People should feel like they *should* want to do it, when sometimes there are feelings of guilt and shame around it," says Kissen. "It should feel good, but that's not always the case right away." If this sounds like you, expose yourself to it a little at a time, and it will start to feel good eventually, she says. "It's important for your brain and your body, having that pause, so it is something to work on." One thing you don't want to do, however, is make self-care a chore. **Eating less sugary food** can be self-care; obsessively cutting it out so you feel deprived is not. **Meditation** is amazing self-care ... unless you sit cross-legged telling yourself you suck at it. When it starts to feel punishing — even if on the surface it's "good for you" — that's when it stops being self-care.

And that's fine! Pick something else — there are loads of options. Need some inspiration? **Here are 50 best self-care ideas and activities to try.**

<https://www.goodhousekeeping.com/health/wellness/g25643343/self-care-ideas/>

The Helping Hands Committee continued it's great work of refreshing gardens around town. Their latest project was to rebuild the sign garden in front of town hall. Thank you to Ken Knell, Ken Livingston, Joe Potzka, Jackie Carnivali, Curt Sears, and Bill Boyd.



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)**

The District Conference was attended by Jill and Steve Albright. The conference this year included four Rotary Districts from three states and was attended by almost 250 Rotarians including 8 Youth Exchange Students. Our club was recognized with the following awards at the District Business meeting on Saturday morning.

The Presidential Award of Excellence
The Vibrant Club Award
The Public Image Award
The International Service Award
The DEI Award

India Project

Thank you, Yarmouth Rotary, for donating over \$5000 in scholarships. There are 5 students currently taking classes with the help of these scholarships. In addition, Jackie showed updated photos of the great changes that have been made to some of the schools. Changes included libraries, RO Water Systems in every school, A compute lab sponsored by Goldman Sachs, updated bathrooms and kitchens.



Golf Tournament Update: We kick-offed his year's Golf Tournament. Brochures and flyers are always at our Friday meetings. The committee needs everybody's help in making this another successful event. Currently we need MAJOR SPONSORSHIPS, FOURSOMES, OTHER SPONSORSHIPS SUCH AS HOLE IN ONE, LONGEST DRIVE, PUTTING GREEN, TEE & GREEN, AND GENERAL SPONSOR. Everyone of these helps us reach our goal. Please take some brochures and flyers and ask businesses, friends, and relatives to be a part of this great fundraising event.



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

Announcements

RI President elect Stephanie Urchick recently announce the theme she has chosen for the 2024-25 Rotary Year. Stephanie from the Rotary Club of McMurray, PA will become the 2nd female RI President in the history of Rotary International. She has chosen "The Magic of Rotary" as her theme to inspire Rotarians to continue doing great things in our communities and the world.



MEALS ON WHEELS

May 21—Ken Knell & Ann Knell
 May 28—Carol Woodbury & Mike Duffy
 June 4—George & Beth Davis
 June 11—Ken Livingston & Bill Lemoine
 June 18—Frank Mastromauro & Tom Deltz
 June 25 Sally Bowles & Dr. Tom Tomasik
 July 2—Chantal Rice & Dr. Bruce Gordon
 July 9—Phil Morris & Joe Potzka
 Substitutes Steve Albright or Frank Mastromauro
 Meet at the Yarmouth Senior Ctr.
 528 Forest Rd., South Yarmouth, MA
 9:30 AM

UPCOMING DYRHS MUSIC EVENTS

Wednesday May 22 (7 PM) – Annual Pops Concert – Both Concert bands, Combined Chorus, String orchestra. (Upper Gym)

FRONT DESK

May 17—Janet Soja & Jim Leighton
 May 24—DY Interact Club
 May 31—Bob McInnis & Chris Morin
 June 7—Paul Chatelain & Bernie Nugent
 June 14—Bud Nugent & Chantal Rice
 June 21—NO MEETING
 June 28 Roby Whitehouse & Hollie Handrahan
 July 5—Bill Savicki & Tom Deltz

MAY Birthday's

May 2—Linda McKnight
 May 19—Dr. Bruce Gordon
 May 19—Jim Seymour
 May 22—Carol Woodbury
 May 23—Brian Braginton Smith
 May 28—Charlie Adams
 May 29—Frank Mastromauro

MAY Anniversaries

May 2—Roby & Brad Whotehouse 21 yrs
 May 8—Betty & John Herr—70 yrs
 May 8—Sue & Dick Corsini—48 yrs
 May 27—Barbara & Joe Potzka—52 yrs

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

Calendar

May 17—Jim McLoughlin—Navy's Sea Cadet Program
 May 24—Joint Rotary/Interact Meeting at DYRHS
 May 31 —Emily Stukalo—Exchange Student—Year End Report
 June 20—Installation of Officers—Yarmouth House Restaurant
 September 24—Golf Tournament—Cummaquid Golf Club

GUEST POLICY

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

GREETER

May 17—Ken Livingston
 May 24—DY Interact
 May 31—Frank Mastromauro
 June 7—Elizabeth McInnis
 June 14—Bob McInnis
 June 21—No Meeting
 June 28—Jim McLoughlin

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.

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

May
 Youth Services
 Bill Glass

June
 Rotary Fellowship
 Pat Armstrong

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

Barbara Adams- All good things the club does, Speaker, Carnavali foundation

Phil Morris - Growth of our international commitment

Joe Potzka - Working with Jackie and international committee, police academy for senior citizens.

Jackie Carnevali - Speaker don't give up

Brian B. Smith - State House judging a project for green school event, Event at DYRHS Civic Day.

Howie Onik - Speaker, son in Navy

Bill Glass - Speaker

Curley Carey - Speaker, Police Unity Tour bicycle, Chief Lennon,

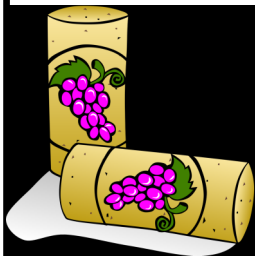
Steve Albright - Brother was a recruiter for Army for many years. Always talked about the quota's, son joined Marines at 18 got master's degree and traveled the world.

Jim Seymour - Jackie and Joe, Speaker



HELP WANTED: Needed one to three club members that can share the duties of writing the articles for the weekly TGIFY. 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 TGIFY for the past 13 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 TGIFY. In addition, the DEIB committee has been providing weekly submissions for the newsletter 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.

ROTARY ANNIVERSARIES

May

Charlie Adams—54 Years

Ron Hawes—31 Years

Bill Lemoine—19 Years

Stephen Albright—16 Years

Frank Mastromauro—14 Years

Hollie Handrahan—7 Years

Jim McLoughlin—6 Years

Tom Deltz—2 Years

Thank you for everything you do for our community, Yarmouth Rotary and Rotary International.

2024 HELPING HANDS ACTIVITY SCHEDULED

MAY

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

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

“Paul Harris”



FOOD of the MONTH for MARCH is

TUNA FISH

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
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

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.



We started a new Queen of Hearts game again last week..

The Jackpot now stands at:
\$85.00 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?

4/26/24

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. Lou Preziosi 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

2023-2024 OFFICERS

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

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 +4	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	Mary Lenihan	Esther Stocchetti
Jacqueline Carnevali	John Lewist	Jefferson Sherman Storm
Peter Carnes	Bob Lindquist	Jerry Sullivan
Rafi Chaprut	Charles LoBue	Jim Sullivan
Bob Churchill	John Lynch	Paul Tardif
Barry Clayman (Major Donor)	Jack Maclelland +1	Art Taylor
Gail Clayman (Major Donor)	Jerry Manning	Mary Ann Taylor
Carol Clossen	Tom Martin	Jan Tkaczyk
John Cooke + 1	Frank Mastromauro	Bernice Todres
Hal Cooper	Ken McGuire	Dr. Tom Tomasik
Finbarr Corr	Dorcas McGurrian	Mike Tulman
Dick Corsini	Robert McInnis	Tom Ulrich +2
Richard Covell	Linda McKnight +1	Josephine Umbro
Therese D'Abre	Lou McKnight	Ron Umbro
Dylan DeSilva	Dave Miller	Scott Vandersall
Bob Dubois	John Miller	James Walker Jr. +3
Mike Duffy	Margaret Morgan	James Walker Sr.
Kenneth Eubanks	Phil Morris	Marlyn Walker
Marianne Eubanks +1	G. Anthony Morrison	Erik Wallin
Leslie Fedge	Peter Murray	Connie Weare
Jim Footer	Bernie Nugent	Norme Weare +3
Paul Funk	Bud Nugent	Fran Webb +1
Sgt. Sean Gannon, YPD	Judi Olkkola	Bob Wells +2
KP Nero, YPD	Howard Onik	Roby Whitehouse +1
Nancy Gardner	Marilyn Padalino	Carol Woodbury
	Jim Peros	Nickolas G. Xiarhos, USMC

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

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?"

Mon.	7:00 AM	Barnstable Sunrise	YMCA Rt. 132, Hyannis, MA
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 Rt. 28 Mashpee, MA
	12:15	Hyannis	Alberto's Restaurant Main St. Hyannis, MA

