

T-G-I-F-I-Y

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The Main Event

Calmer Choice's Fiona Jensen – Guest Speaker – Calmer Choice has been working in the Dennis-Yarmouth school district since 2012. Calmer Choice was founded in 2010 in response to the emotional devastation experienced by high school students and the surrounding community after the tragic deaths of several Barnstable High School students and graduates. Due to a primarily seasonal economy and high cost of living, many of the youth are at risk economically and socially. It has become clear that most mental, emotional and behavioral challenges actually begin in childhood. Jensen stated that the onset for anxiety disorder is ages 4 or 5 and depression is ages 11 or 12. This is much younger than in the past. The program teaches emotional regulation and learning the skills to pause and create space between emotion and action.

Jensen updated the club regarding the sustainability of the program in the Dennis-Yarmouth school district. Each school in the district has trained teachers to teach the curriculum, meaning Calmer Choice is sustainable and will reduce costs to the district. There are 5 school districts on the Cape currently being trained. The training takes 60 hours and includes an apprenticeship, where teachers will shadow Calmer Choice instructors. The Rotary Club of Yarmouth has supported the program as a sustaining partner. There are opportunities to support the program by becoming a business alliance partner and supporting a classroom. More information can be found at <http://www.calmerchoice.org/>.



Paul Harris Fellow +3 – Steve Albright – Steve and Jill Albright were recognized by PDG Barry Clayman for their continuing support of the Rotary Foundation and Youth Exchange. Steve was pinned by Jill for his contribution and he is now a Paul Harris +3. In brief remarks, Steve mentioned that his \$1000 contribution is matched 2 to 1 by the Bill & Melinda Gates foundation. A Polio vaccine costs 60 cents and his contribution will vaccinate 5,000 children! The Yarmouth Rotary Club matches dollar for dollar donations of \$500, which can be done over several years.

Christmas Party – A signup sheet was distributed for the upcoming Christmas Party. The shopping day will be on December 3rd at 8am at KMart. Wrapping presents will be on December 9th at the Yarmouth Senior Center and the party will be on December 10th at the Senior Center. There will be one additional meeting TBD before party. ***As a reminder, we will need tins of cookies for Friday, December 8th***



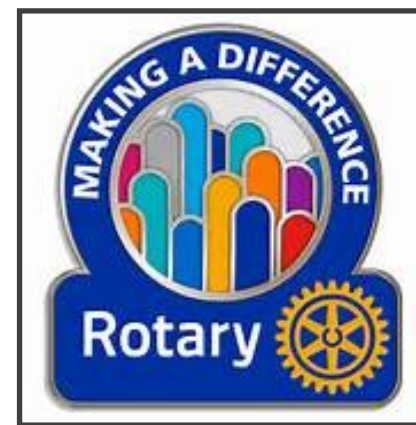
STUFF- A- CRUISER EVENT:
On Saturday November 11 volunteers from our club collected food and paper donations at two different locations in town to benefit the Yarmouth Food Pantry. Although totals were not available at press time it appears we had another successful drive. We thank all of the volunteers and those of you who made donations to the pantry. You are what makes this club so great.
Thank you!!!!!!!!!!!!

Happy Birthday!!!!

11/20 Phil Morris
11/23 Donna Baldwin
11/23 Curt Sears

Happy Anniversary!!!!

11/21 Ron & Barbara Hawes



AUCTION ITEMS :

One week in Cabo San Lucas at Hacienda Encantada Resort (Sleeps 6) – A \$2,500 value.
One week at Christmas Mountain Resort in Bartlett, NH. A 2 bedroom with loft condo that sleeps 6 – A \$1,750 value.
A five course international dinner and wine tasting.
A week in the Alps for skiing or sight-seeing.
A week in Captiva Island.
A boat cruise and dinner to Cuttyhunk.
A villa in Tuscany, Italy.

BROWN BAG
December 1
January 5
February 2
March 2
April 6
May 4
June 1

MEALS ON WHEELS
11/21 Fran Webb & Robert Kaull
11/28 Phil Morris & S. Albright
12/5 Geo. Davis & Bill Lemoine
12/12 Charlie Adams & R. Cannon
12/19 Jim Bogle & Mike Duffy
12/26 Rafi Chaprut & Dr. Bruce
Substitutes Steve Albright
Frank Mastromauro

MEET
at the Yarmouth Senior Ctr.
528 Forest Rd., South Yarmouth
9:30 A.M.

FRONT DESK

11/17 Bud Nugent & Bernie Nugent
11/24 No Meeting
12/1 Bill Savicki & Tom Ulrich
12/8 Ann Knell & Dave Botting
12/15 Jil & Steve Albright

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

Nov 17 Chantel Hayes Rice
Nov 24 No Meeting
Dec 1 Wayne Hohler (6 am)
Dec 8 Ken Jenks
Dec 15 Matt Johnson
Dec 22 Mike Karras
Dec 29 Ann Knell

Veterans Day – Thank you to those who have served in one of the 5 branches of military. Those who served were asked to stand and be recognized and received a standing ovation from the club.

CALENDAR

Nov. 17—Lt. Kevin Lennon—Intruder Training
Nov. 24—No Meeting Happy Thanksgiving
Dec 1 Christmas Auction—6:30 AM
Dec 10—Children's Christmas Party

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.

November
The Rotary Foundation
Tammy Saben

December
Disease Prevention and Treatment
Melissa Farrell