

T-G-I-F-I-Y

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The Main Event

GUEST SPEAKER: FIONA JENSEN, CALMER CHOICE

Carol Woodbury, as a lead-in to the Rotary theme of Foundation month, equated the definition of “foundation” within educational organizations as exemplified by the essential importance of partnerships. Such is the partnership role of Calmer Choice, a non-profit organization that brings mindfulness programs into the schools of Cape Cod. **Carol** introduced (in a return visit to the Yarmouth Rotary) **Fiona Jensen**, founder & Executive Director of Calmer Choice.

Fiona, a graduate of Tufts University (where she has been a guest lecturer), is a clinical Occupational Therapist, Registered, Licensed (OTR/L). She started Calmer Choice in 2009 in response to the emotional devastation she witnessed in her daughter and her friends after the tragic deaths of several of their high school classmates. To date, Calmer Choice has reached over 6000 students, their teachers, and their families; and the demand for additional programming continues. **Fiona**, a tireless advocate for mindfulness in education, has been featured in the April 2013 issue of *Mindful Magazine*, and has presented the Calmer Choice program at numerous regional conferences.

In simple terms, mindfulness is a stress reduction program, utilizing the teaching and practicing of emotional self-regulation. With the realization that the onset of disruptive-to-learning anxieties in children can begin as early as age four and debilitating mood disorders as early as age eleven, there arises the need to develop and implement effective, data-driven, and age related responses within the school environment. This is crucial, not only in improving academic results, but in also teaching healthy alternatives to substance abuse and destructive behaviors. In partnership with Dennis-Yarmouth Regional School District – and in affiliation with Tufts University – Calmer Choice program integrates four avenues of teaching and research: • social and emotional learning, • Mindful Awareness training and practice, • current brain neuroscience, and • health promotion and awareness.

Across Cape Cod, Calmer Choice has worked with over 6000 students, taught more than 500 teachers in more than 18 schools, and provided training for guidance and mental health professionals – in schools as well as in community service agencies serving children. Contact information for Calmer Choice: • 23-G2 White’s Path, Suite 2, South Yarmouth, MA 02664, • 508) 398-0808, • <www.calmerchoice.org>, • <info@calmerchoice.org>.



Barbara Adams reminds us that the annual Christmas Auction is set for December 4th. Auction items have been coming in and normally keep coming in right up to the morning of the auction. Dinners at Rotarians homes have always been very popular and we have a number of them for this years auction. These include:

Howard and Ellen Kendall– Austrian Dinner for up to 4 people
Steve & Jill Albright—5 course Italian dinner and wine tasting for up to 8 people
John & Betty Herr—Dinner at the Hyannis Yacht Club and Cocktails at their home for up to 4 people
Tom & Sue Tomasik—BBQ dinner for up to 6 people
Jackie & Giuseppe Carnevali—Clambake for up to 6 people
Curly & Kelly Carey—Lobsta Dinner for up to 4 people

BID HIGH and BID OFTEN

Happy Birthday

11/20 Phil Morris
11/22 Dave Miller
11/23 Donna Baldwin
11/23 Curt Sears

HAPPY BUCKS

KEVIN LENNON – Good Works meeting after / reminder: food drive for Yarmouth Food Pantry.
DORCUS MCGURRIN – late buck / off-Cape for a confirmation (only 3 “left”).
TOM TOMASIK – \$5: condolences on Peter Kropp’s passing / Calmer Choice & comparison with the CC Collaborative / Kristina & Endicott College, then Newburyport.
PAT ARMSTRONG – \$2: thanks for the kind thoughts, surgery went well / Calmer Choice, have seen its impact.
JIM SABEN – \$2: let the Club Secretary (*Jim himself*) know when you do a make-up: also, note which club or send an email (*to Jim*) / a REAL happy buck: brother Bob’s cancer is in remission.
DAVE AKIN – Fiona Jensen / Carol Woodbury: most interesting month of Guest Speakers in 20 years, “amazing job” / Yarmouth had no Veterans Day commemoration this year, have offered to set it up for next year.
STEVE ALBRIGHT – for Peter Kropp / on Monday granddaughter to Parris Island to become a Marine / just received 1st hearing aid, heard that the turn signal actually has a click-click noise (plus some reference to a “wife button”).
BRUCE GORDON – best set of programs since being in Rotary / strong support.
HOWIE ONIK – Chelsea hired by Hyatt as Creative Director.
FINBARR CORR – \$2: Speaker’s comments mirror his experiences of 20 years of working with teen-agers.
BRIAN BRAGINTON-SMITH – today’s program: fundamental principles not religious but similarity to Buddhism / staring at leaves à paying attention / look up to media: relationships, disconnect, compassionate.
KEN JENKS – \$5: Interact Club / Fiona Jensen / tickets for D-Y vs. Nauset / ESPN / D-Y sports & Molly Scanlan.
CAROL WOODBURY – Thanks to Fiona & the D-Y – Calmer Choice partnership.
BARBARA ADAMS – Fiona & parents need Calmer Choice as well.
PHIL MORRIS – echo what Tom said about Peter Kropp / Fiona Jensen / Adrienne Tardif & Interact.
TAMMY GLIVINSKI – to Veterans / Calmer Choice / going to a wedding with Rotary friends / thanks to all.

ANNOUNCEMENTS

INTERACT CLUB: ADRIANNE TARDIF, PRESIDENT

Interact Club President Adrienne Tardif provided an YTD review of Interact activities: • Breast Cancer Walk, • Flax Pond Egg Hunt, • Halloween party, • thank you cards to the troops, • December 16 & 17 Gingerbread House Contest (funds to Habitat for Humanity), • December Rotary Christmas Party (shopping, wrapping, games and serving).



Happy Anniversary

11/21 Ron & Barbara Hawes

MEALS ON WHEELS

11/24 Bruce Gordon & Ron Hawes
12/1 Chantel Hayes & Mike Riley
12/8 Ken Livingston & Curt Sears
12/15 Brian B Smith & Rick Cannon
12/22 Esther Stocchetti & P. Morris
12/29 S. Albright & F. Mastromauro
1/5 Tom Ulrich & Matt Johnson

Substitutes Steve Albright Frank-Mastromauro MEETS
at the Yarmouth Senior Ctr.
528 Forest Rd., South Yarmouth
9:30 A.M.

FRONT DESK

Nov. 20 Steve Albright & Ann Knell
Nov. 27 NO MEETING
Dec. 4 Bill Lemoine & Howard Kendall
Dec. 11 Fran Webb & Norme Weare
Dec 18 Bernie Nuggent & Esther Stocchetti
Dec 25 No Meeting

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

GUEST POLICY

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

GREETER

Nov 20 -Tom Zurn
Dec. 4—Dave Aiken
Dec 11—Barbara Adams
Dec 18 - Charles Adams
Jan 8 -Jill Albright
Jan 15—Steve Albright
Jan 22—Pat Armstrong

Thanksgiving Dinner for Champ House December 4th Xmas Auction

Calendar

Nov 20—Robert Cody—CCCC—Dean of Science, Math and Business
Nov 27 No Meeting Happy Thanksgiving
Dec 4 Xmas Auction Starts at 6:30 am
Dec 11—Exchange Student Tami—Sharing of Chilean Xmas Customs
Dec. 13—Children’s Christmas Party
Dec 18—DY Chorus Christmas Caroling
Dec 25—No Meeting “Christmas Day”
Jan 1—No Meeting “New Years Day”

Program Committees: Please notify Howard Kendall 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
Chair: Carol Woodbury

December—Disease Prevention & Treatment
Dorcas McGurrian