

"Thank Goodness It's Friday in Yarmouth!"



**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

### PUBLISHED WEEKLY BY THE ROTARY CLUB OF YARMOUTH

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## The Main Event

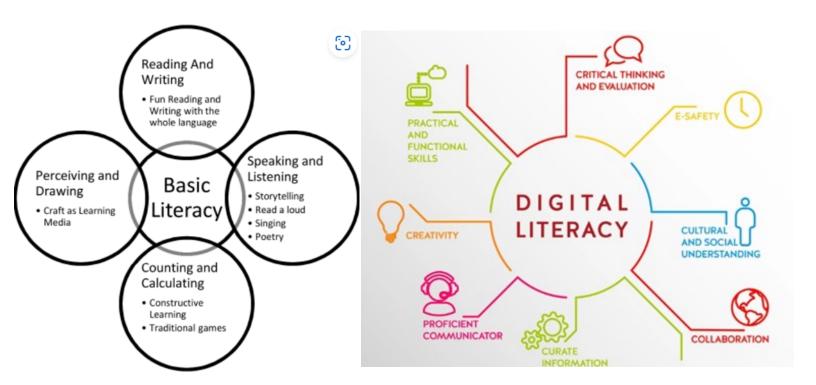
### **Professor Thomas Shaefer**

Teaches at Cape Cod Community College and specializes in Digital Literacy, American Literature

He is the recipient of the 2021 2022 Golden Apple teacher award and 2022 2023 Excellence in teaching Award.

He is dedicated to serving our unique region in ways previously thought impossible by using student-ready technologies and methods, such as Zoom video conferencing and iOS devices, to engage students through retention-enabling practices, allowing students and others to reach our campus with ease. Best practices, use of Mac tech in a PC environment, successes/pitfalls of technology, and overall usefulness of this pedagogical approach.

Overall, he says we must take a new approach to how we teach and the ways we communicate. People need hybrid options to give more access to classes and training when transportation or distance becomes an obstacle.



### SHARING YOUR DEIB MOMENT

A goal of our Club's DEIB Committee for the 2023-2024 Rotary year is to continue to have a Club member share their DEIB moment during our Club meetings held on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month. Our weekly Rotary meetings are a safe place and time for all to share their personal experiences on diversity, equity, inclusion and belonging.

If you are interested in presenting your DEIB moment to our membership during a Club meeting, please contact Ann Knell to sign up and schedule a date to share your DEIB moment.

### **DEIB Information Corner**

## **Underground Railroad -Thomas Smallwood**

When we think of the Underground Railroad, and it's role in precipitating the Civil War, we normally think of **Harriet Tubman**, who helped hundreds of plantation slaves escape North. But many others played important roles, including **Thomas Smallwood**, who coined the term Underground Railroad in 1842. He is the subject of a just-published biography, *Flee North: A Forgotten Hero and the Fight for Freedom in Slavery's Borderland*.



Slaves fleeing from Maryland to Delaware by way of the 'Underground Railroad', 1850-1851. Universal History Archive/Getty Images

Born a slave, Thomas Smallwood was self-educated, purchased his freedom, and worked as a shoemaker near the Capitol in Washington DC. Shortly after 1840, he recruited a young white activist, Charles Torrey, and together they organized the escapes of hundreds of urban slaves from Washington and Baltimore. Most of those who fled were owned by government employees, who feared being sold to the South for harsh plantation work.

DEIB Committee Members: Rufus Jones (Chair), Bruce Gordon, Bill Boyd, Jane Cain, Hollie Handrahan, Ann Knell, Frank Mastromauro, Joe Potzka, Sara Grambach

Smallwood was a writer, publishing a column, *Tocsin\* of Liberty* (\* archaic: Alarm or Alert), in an abolitionist paper in Albany, NY. He also sent taunting letters to the slave owners who had owned the escapees he helped. His intent was demoralizing them and convincing them that owning slaves was not worth the bother, so they should hire paid workers instead. Because he published and wrote under a pseudonym to avoid being arrested, he has been nearly forgotten by history.

A typical escape was a covered wagon of about 20 people, driven North to Canada at night. At today's values, the ex-slaves in each wagon were worth about \$200,000. Although the Underground Railroad did not destroy slavery, constant publicity, and especially embarrassment to the US Government of exposing slavery within the rich and powerful of Washington, did have important psychological effects that helped the abolitionist cause.

After helping many others, Thomas Smallwood also fled North, becoming a Canadian citizen. In his autobiography, he wrote: "Here, I was on Canada's free soil, and I may rejoice and give thanks to God in honor of that day, July 4, 1843, it being the day on which I first put my feet in a land of true freedom, and equal laws."

It wasn't until 1868 that the United States would enjoy similar equality under the law by enactment of the **Civil Rights Act of 1866**, and then constitutional protection by the **Equal Protection Clause** of the Fourteenth Amendment to the US Constitution, which took effect in 1868. Today we take these protections for granted, but according to 18<sup>th</sup> century Irish defense lawyer John Philpot Curran, "**The condition upon which God hath given liberty to man is eternal vigilance...**"

#### References:

The Real Story Behind the Man Who Named the Underground Railroad. Olivia B. Waxman\_, TIME, September 18, 2023. HTTPS://TIME.COM/6315279/UNDERGROUND-RAILROAD-THOMAS-SMALLWOOD/

Flee North: A Forgotten Hero and the Fight for Freedom in Slavery's Borderland. Book Jacket: <a href="https://www.booksinc.net/book/9781250843210">https://www.booksinc.net/book/9781250843210</a>

Curran quote. https://www.monticello.org/research-education/thomas-jefferson-encyclopedia/eternal-vigilance-price-liberty-spurious-quotation/

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

**Bruce Gordon**– Speaker and 4<sup>th</sup> grandchild.

Lou Preziosi – Guest Speaker, New Generation meetings at Cape Tech and DY HS, Phil Morris back at meeting.

Carol Woodbury – Speaker.

**Phil Morris**— John Herr for paying for opportunity Cape Veterans Outreach dinner, Speaker, Cape Cod Hospital having the technology, so he doesn't have to travel to Boston, the club for their support.

**Barbara Adams**– For the cards and support to Charlie, Speaker, Just being here.

Paul Chatelain – Monomoy High School Cape Community Orchestra event.

Brian B Smith - Speaker, Meeting with Dr. Smith new Superintendent, for ESRAG.

**Chuck Carey** – Associate inducted into Hyannis Rotary last night.

**Howie Onik** -Heading to Japan to see son recently promoted in military.

Joe Potzka – Speaker, Golf Tournament Leadership, Heading to India on Sunday for 2 weeks.

**Jim Seymour** – Speaker, John Herr for sponsoring a table, 12 units of affordable housing in Oak Bluffs, congratulations to Golf Tournament team.

Jill Albright - Speaker, All those who solicited donations to golf, 12 exchange students that have arrived, Interact meeting, Soccer.



**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 trun 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



### **Nomination Committee:**

Looking for 5 members to become of the committee. Roles include reaching out to current directors and seeing if they are interested in continuing in roles. Largest goal will be to find Vice-President to ensure that there is a legacy and continuity for the club. Please contact Jim if you are interested. You cannot be a current Board of Director.

STUFF A CRUISER FOOD DRIVE

To Benefit The Yarmouth Food Pantry
Saturday November 14, 2023

10 am—2:00 pm
Volunteers Needed

Please see Steve Albright to Volunteer



#### Golf Tournament

Great day of golf and volunteering. Estimated around \$25K in revenue. All the money is made up of the raffles, sponsors, and donations. The golf fee goes directly to the course.

HELP WANTED: Needed one to three club members that can share the duties of writing the articles for the weekly TGIFIY. John Cooke has been doing the writing for over the past 6 years and needs to step away from it due to time constraints and time conflicts with work. 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 TGIFIY for the past 12 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 TGIFIY. In addition, the DEIB committee has been providing weekly submissions for the newsletter and we have a DEIB speaker every other week so the workload has increased.

**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.

DUES NOTICES: Currently there are Three membersthat have not paid their dues which were due July 1, 2023.

Payment may be made buy clicking on the link in the emails that have been sent. In addition a check can be mailed to Yarmouth Rotary PO Box 448 South Yarmouth, MA 02664. In addition, credit card payments may be made at any regular meeting. Please see treasurer Steve Albright to pay by credit card.



### FOOD of the MONTH for October is

## Macaroni & Cheese



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 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 Syrup
Mac & Cheese Tuna Fish
Peanut Butter Soup

Jelly Instant Potatoes
Cereal 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:

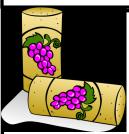
Any time of the year is always a great time to make a contribution to the Rotary Foundation. You can designate the Annual Fund, Polio Plus where your contribution will be matched by the Bill and Melinda Gates Foundation 2 to 1, or you can choose any of the seven areas of Focus to designate your contribution 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.

### **2023 HELPING HANDS SCHEDULE**

### **DECEMBER**

Saturday December 16 – Wreaths Across America—Morwe Information to follow.

## **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!!!!

# September Birthday 9/30 Howie Onik

October Birthday's 10/9 Peter Murray 10/13 Stephanie Riley 10/15 Dave Botting 10/15 John Cooke 10/25 Ken Knell 10/29 Steve Albright 10/30 Ken Sheytanian

### **October Anniversaries**

10/8 Ann & Kenn Knell 35 yrs.
10/10 Barbara & Charlie Adams?
10/14 Marcia & Bud Nugent 45 yrs.
10/14 Stephanie & Patrick Riley 17 yrs.
10/14 Sara & Jason Grambach 6 yrs.
10/17 Mary & Brian Vilbon 42 yrs.
10/22 Bianca & Jay Frazier 23 yrs.
10/26 Allison & Chris McEachern 10 yrs

### Calendar

October 6—Amanda Converse—Live, Love, Local

October 13—District Governor Angela Ponte
October 20—Nick Jonas—Cape & Islands Community Capital, Inc.
October 27—Marc Goldberg—SCORE
November 3—Joe Potzka—India Update

O-Mayra Perez , President & Co-Founder—Worthy Village, Lake Atitlan, Guate

November 10—Mayra Perez , President & Co-Founder—Worthy Village, Lake Atitlan, Guatemala November 17—Jim Seymour—Cape Veterans

### **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.

September

Basic Education and Literacy

Jane Cain

### MEALS ON WHEELS

October 10—Mike Duffy & Bill Lemoine
October 17—Jan Tkaczyk & Ken Knell
October 24—Ann Knell 7 Carol Woodbury
October 31—Joe Potzka & Ken Livingston
Nov 7 - Frank Mastromauro & Phil Morris
Nov.14—Chantal Rice & Dr. Tom Tomasik
Nov. 21—Dave Akin & Steve Albright
Nov. 28—Pat Armstrong & Rafi Chaprut
Substitutes Steve Albright or Frank
Mastromauro

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

### **FRONT DESK**

October 6—Dave Botting & Chantal Rice
October 13—Hollie Handrahan & Jan Martin
October 20—Janet Soja & Jim Leighton
October 27—Rufus Jones & Tom Deltz
Nov. 3 Bernie Nugent & Bill Lemoine
Nov. 10—Ann Knell & Jimmy Walker
Nov. 17 Bob McInnis & Paul Chatelain
Nov. 24—No Meeting—Happy Thanksgiving

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.

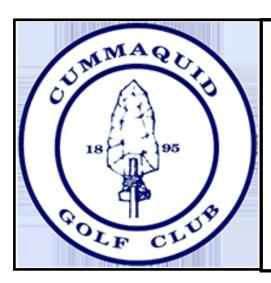
### **GREETER**

October 6—Mary Vilbon
October 13—Jimmy Walker
October 20— Roby Whitehouse
October 27—Carol Woodbury
November 3—Andi Taylor
November 10—David Akin
November 17—Steve Albright
November 24—No Meeting

October

Economic and Community Development

Mary Lenihan



### 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)

**ROTARY ANNIVERSARIES** 

**OCTOBER** 

Jan Soja—22 Years

Mike Duffy—15 Years

Chantal Rice—9 Years

Rafi Chaprut—8 Years

Janice Martin—2 Years

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

**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** 

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

I'm changing the things I cannot accept.

Angela Davis

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

Francis of Assisi



We have a great game of Queen of Hearts each week.

The Current Jackpot is:
\$696.00 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 \$250—\$300 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.



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 or other types of devices.)



**Leg Braces** 



**Crutches** 



**Forearm Crutches** 



Walkers



Wheelchairs



**Prosthetic Limbs** 



**Baby Joggers & Strollers** 



**Bike Trailers** 



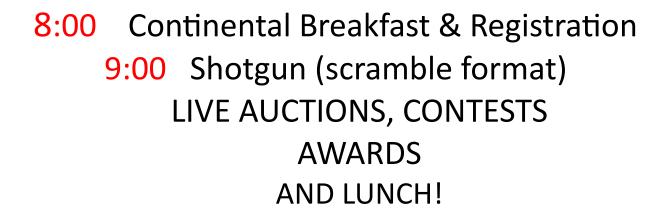
## **ANNOUNCING**



(To benefit the Yarmouth Food Pantry)

## **Bass River Golf Course**

Sunday, November 5, 2023





### \$125 ENTRY FEE

To register please call the Bass River Pro Shop 508-398-9079





### **2023-2024 OFFICERS**

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

Brian Braginton Smith

Club Administration

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

Mon.	7:00 AM	Barnstable Sunrise	
Tues.	7:00 AM 7:30 AM	Nauset /Orleans Falmouth	Orleans Police Dept. 99 Eldredge Park Way, Orleans, MA 02653 Holiday Inn 291 Jones Rd Falmouth MA 02540
7.3	7.50 AIVI	Taimoutii	Holiday IIII 251 Johes Na Failhouth Nin 02540
	12;10	Martha's Vineyard	The Barn—Bowl & Bistro 13 Uncas Ave. Oaks Bluff, MA 02557
Wed	12:15PM	Nantucket	Fairgrounds Restaurant, 27 Fairgrounds Rd. Nantucket, MA
	6:15PM	Chatham	400 East, 1421 Orleans-Harwich Rd. Harwich, Ma 02645
7:00	7:00 AM	Bourne-Sandwich	Upper Cape Regional Technical High School
Thur.	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	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 1998-99 Rick Cannon 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 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?"

