

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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Vol. 34 No. 9

September 1, 2023

The Main Event



Guest Speaker - Mary Taylor– Harwich Dennis President Elect

Executive Director Chatham Marconi Maritime Center since March 1st

Built by Guglielmo Marconi and Heinrich Hertz It was a way to communicate by ship to shore.

A maritime communication history and STEM education center, Chatham Marconi includes the Marconi/RCA-Wireless Museum featuring interactive exhibits, an Education Center offering workshops for children and families, and an antenna trail perfect for a nature walk. The Center was founded in 2002 and is located on an historic 14-acre campus on Cape Cod in Chatham, MA.

Chatham, Massachusetts, was home to the largest ship-to-shore radiotelegraph station in the United States, established in 1921 by the Radio Corporation of America. For most of the 20th century, the station was known to mariners worldwide as Chatham Radio, with call letters WCC.

In 1997 the station was closed due to new technology. Residents of Chatham did not want the town to take over the building so the museum was built to preserve the history and equipment of the system.

Chatham Marconi envisions a society excited by science, technology, engineering and math (STEM).

The STEM for Children program engages students in vital out-of-classroom learning during summers and after school.

Chatham Marconi TechSmart is an in-classroom program that prepares students for success in a connected world by exploring the power and possibilities of Communication Technology.

847 Orleans Rd. PO Box 421 North Chatham, MA 02650

info@chathammarconi.org

508-945-8889

Chantal Rice spoke about the Mental Health Initiative with Rotary International and President Gordan McNally the club is working on two projects. One is in conjunction with the Yarmouth Police Mental Health Department and this is to provide cards of encouragement signed by members of the club.

The second is we are looking to create resources for family members that live with or care for people with mental health problems. So many times the support giver does not have any assistance to help them.

Elizabeth McInnis and Bill Boyd talked about a new project that they are working on and trying to get going. They identified that we have had some great speakers who are always looking for help and volunteers. The project they want to work on is to help various organizations have a central location for clubs, organizations, non-profits or any group looking for volunteers and have a posting site or central location to share it. It will also serve to help volunteers find organizations that are looking for people to volunteer. This is a new project that was started by Jill to get new members engaged in our club.

Finally, rules and mores are adjusting to the advancements and development made by the science community!!!

How an offer by Dr. Rochelle Walensky to donate blood sparked an eight-year mission to change the nation's antiquated rules



Dr. Robbie Goldstein (left) and Dr. Rochelle Walensky, (right), on a CDC visit to a National Institute for Occupational Safety and Health site in Spokane, Wash. in February. ROCHELLE WALENSKY

On her darkest days, when she was worried whether a critically ill patient would pull through, Dr. Rochelle Walensky would sometimes end a 14-hour clinical shift by donating blood. It was a simple way to give back, to give life, when another life might, despite her best efforts, be slipping away. After a particularly difficult stretch in 2015, when she was a senior infectious diseases physician at Massachusetts General Hospital, Walensky asked Robbie Goldstein, a young doctor she was mentoring, whether he wanted to donate blood with her.

His response not only stopped her cold, it would lead to an eight-year mission by the two to help change the nation's blood donation rules. Goldstein is gay, which meant he was prohibited from donating. But their advocacy, working from Massachusetts and then alongside top administrators in Washington, D.C., finally bore fruit: New rules announced earlier this summer that open donation to millions of gay and bisexual men recently went into effect. And on Tuesday, the two will mark that milestone by donating blood together — for the first time — at the Red Cross Dedham Donation Center.

The federal limitations on blood donations were based on decades-old science from 1985 designed to protect the nation's blood supply from HIV, then a little-understood and deadly virus.

I had spent much of my research time between 2000 and 2015 thinking about HIV screening and HIV testing,” said Walensky, who recently completed a two-year stint as director of the Centers for Disease Control and Prevention. “But it didn't occur to me that as I was having the conversation, that this was going to be a painful conversation for Robbie, although I should have at the time been more sensitive to it.”

Walensky recently [joined Goldstein](#), now Massachusetts' public health commissioner, for an interview with the Globe about their work to change blood donation rules.

During the 1970s and 1980s, the US blood supply had been the source of thousands of HIV infections before scientists realized the virus was spread through blood and through sex. A screening test for HIV was not developed until 1985, and the first treatment for AIDS, caused by HIV, was not available until 1987.

Nearly three decades later, on that tough 2015 night, Walensky and Goldstein talked about the benefits of the blood donation ban — that it had saved countless lives in the 1980s and into the 1990s by protecting against HIV transmission — but that it had outlived its usefulness and by that time was perpetuating stigma for the LGBTQ community, as well as hindering donations.

“It was that moment of talking through the science, the policy, the stigma, and the way that it impacted the patients we were caring for, that we began to think through what could we do about this issue,” Goldstein said.

What they did was research the science and write an article, along with a colleague, Dr. Chana Sacks, that was published by the [New England Journal of Medicine](#) in 2016.

They recounted the thousands of people who lined up after the 2016 massacre at the Pulse nightclub, a gay club in Orlando, to donate blood and the many who were turned away because they were men who had sex with men.

They noted that the sensitivity of the HIV screening test was just shy of 100 percent, and that every blood donation is tested for HIV, making the risk of transmitting the virus through blood donations 1 in 1.5 million. And they outlined what they called the “flawed logic” of the ban: that it prohibited a monogamous gay man who repeatedly tested negative for HIV from donating, but allowed donations from a heterosexual man who had recent unprotected sex with multiple women, any one of whom may have HIV.

Their article laid out a blueprint for the Food and Drug Administration, suggesting it adopt guidelines that are based on an individual donor's risk — how recently they had new or multiple sex partners — rather than their sexual orientation.

“Frequently when Robbie and I get a bee in our bonnet about some issue that doesn't necessarily make scientific sense, we will have a conversation and really decide to put pen to paper to try and see if we can do something about this,” Walensky said.

In 2020, the FDA updated its guidance, saying men who have sex with men would be allowed to donate blood if they abstained from sex with men for three months prior.

In early 2021, Walensky took over the helm at CDC, and soon brought Goldstein with her as her senior adviser. The two worked with the FDA and a team of others in the Biden administration to further review blood donation rules.

Later in 2021, the FDA [launched a study](#) of gay and bisexual men to determine whether the rules could be further updated.

After still more review, new rules [were finalized in May](#) that became effective this month at most blood banks. The [new rules are gender-neutral](#); all donors are asked the same questions, and no one is automatically banned. The rules say that anyone who has had new or multiple sexual partners in the last three months, and also had anal sex in that timeframe, will be asked to wait three months to donate blood.

Right after Goldstein got the inside call in May that the FDA would be announcing the rules change, his first move was to contact Walensky.

“We did it!” he texted her.

“Oftentimes, working in government, there is a lot that you want to do and it takes time; it takes coordination and collaboration and it's hard to get to that moment,” Goldstein said recently in describing that moment.

Today, Kelly Isenor, a Red Cross spokesperson, calls the updated rules “one of the most significant changes in blood banking history and will result in a blood donation process that is more inclusive than ever before.”

“The LGBTQ+ community has long been an important part of our humanitarian mission, serving as employees, volunteers and leaders in responding to disasters, training individuals in first aid and CPR, and more to support communities across the country in times of need,” she said in a statement.

Walensky, [who weathered some harsh criticism](#) while leading the CDC, said the new blood donation rules were a beacon of light for her.

During some of my hardest, darkest times at CDC, I was like, ‘What are we doing? Are we doing anything? Are we making any forward progress?’” she said.

“And Robbie and I would reflect and Robbie would say, ‘We get to do this. We get to make a difference.’ And when Robbie sent me that text and he said, ‘We did it,’ I was like: He's right, we get to make a difference.”

Support Crutches 4 Africa



Enable disabled in developing countries to have hope, dignity, health and access

Keep aluminum out of our landfills

Crutches 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 devices 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.

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

Jim Leighton - 58th Anniversary

Paul Chatelain – For hitting pavement with Joe for golf donations.

John Loucks - Ran into Horst in a parking lot.

Jimmy Walker– Flight with Jim McLoughlin

Curt Sears – Jim McLoughlin flight and Jackie for the fellowship she held at her house.

Chirs Morin – 7th grandchild,

Jan Tkaczyk - For Howie Onik – Sad buck for missing a birdie putt.

Howie Onik – But I did sink a 180 yard Eagle.

Joe Potzka – For Paul helping find golf donations.

Mark Ameres– Collecting laptops for schools less than 5 years.

John Herr – For the club.

Jill Albright – For anniversary, new members, and fellowship.

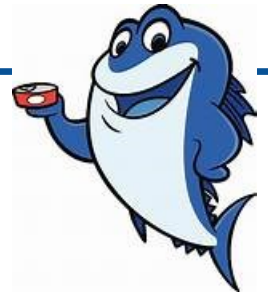


MEALS ON WHEELS – Currently Meals on Wheels is experiencing a shortage of drivers for the delivery of daily meals. If you have a couple of hours one day a week and can volunteer to deliver meals for them, please contact the Elder Services Group at the Yarmouth Senior Center. They are there Monday – Friday from 9 -11. These deliveries are in addition to the service that we provide them through our weekly deliveries on Tuesday.

HELP WANTED: Needed one to three club members that can share the duties of writing the articles for the weekly TGIFY. 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 TGIFY 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 TGIFY. 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.

DUES NOTICES: Currently there are Eleven members that have not paid their dues which were due July 1, 2023.

Payment may be made by 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 September is

Canned 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 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

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

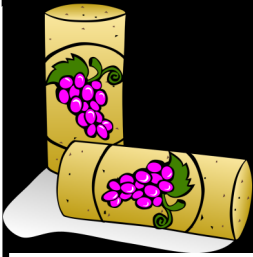
SEPTEMBER

Saturday September 9 – YPD 9/11 Memorial Fall Cleanup

DECEMBER

Saturday December 16 – Wreaths Across America

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!!!!**

MEALS ON WHEELS

September 5 Steve Albright & Dave Akin
 September 12—Dr. Tom Tomasik & Jan Tkaczyk
 September 19—Sally Bowles & Pat Armstrong
 September 26—Frank Mastromauro & Tom Deltz
 October 3—Dick Corsini & Dr. Brice Gordon
 October 10—Mike Duffy & Bill Lemoine
 Substitutes Steve Albright or Frank Mastromauro
 Meet at the Yarmouth Senior Ctr.
 528 Forest Rd., South Yarmouth, MA
 9:30 AM

September Birthday’s

9/16 Bianca Frazier
 9/18 Joe Potzka
 9/20 Chuck Carey
 9/30 Howie Onik

September Anniversaries

9/10 Matt & Sarah Fitzsimmons 12 yrs.
 9/10 Tom & Sue Tomasik 35 yrs.
 9/19 Steve & Catherine Crum 31 yrs.
 9/20 Mike & Kim Riley 43 yrs.
 9/20 Ken & Judy Sheytanian ? yrs.
 9/23 George & Beth Davis 28 yrs.

FRONT DESK

September 1—Rufus Jones & Jimmy Walker
 September 8—Paul Chatelain & Bob McInnis
 September 15—Bud Nugent & Tom Deltz
 September 22—Bill Savicki & Chris Morin
 September 29—Chantal Rice & Roby Whitehouse
 October 6—Dave Botting & Andi Taylor

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

Calendar

September 1—Mindy Herington—Youth Services Librarian Town of Yarmouth Libraries
 September 8—Naomi Steckman—Cellist—Founder— Artistic Director, Beyond the Bounds, Cape Cod
 September 15—Michael Bovino—Principal DY Middle/Intermediate School
 September 22—Debra Wilsea—Cape Cod Toy Library, Barnstable, MA

GUEST POLICY

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

GREETER

September 1—Ken Sheytanian
 September 8—Janet Soja
 September 15—Andi Taylor
 September 22— Jan Tkaczyk
 September 29—Tom Tomasik

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

October
 Economic and Community Development
 Mary Lenihan



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

September

Jim Quirk—31 years

Tom Tomasik—24 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:

\$568.00 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

The Helping hands Committee undertook a new garden project two weeks ago. We adopted the garden in front of Town Hall where the sign is located. The team pulled weeds, removed dead bushes and did a general cleanup of the area all while fighting off a swarm of bees that had a nest in the garden. The team then planted new perennials and mulched the garden. Future plans included enlarging the planting bed, additional plantings, install new pressure treated timbers as an outline and installing a new sign. For now the garden looks neat and great. We also had time to weed the gold star memorial garden to make that look great. Volunteers included: Ken Knell, Ann Knell, Jackie Carnevali, Chris Morin, Curt Sears, Ken Livingston, Joe Potzka, Bill Boyd and Steve Albright. I hope I didn't miss anyone. If I did please accept my apologies.



BEFORE



CLEARING AND LOOKING FOR THE BEES



THE PLANTING



THE FINAL GARDEN

STAY TUNED FOR MORE TO FOLLOW AS WE MAKE PLANS FOR OTHER IMPROVEMENTS

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

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	Bety 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 McGurrian	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

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	
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	Hyannis Golf Club, 1840 Iyannough Rd. Hyannis, MA 02601

