

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

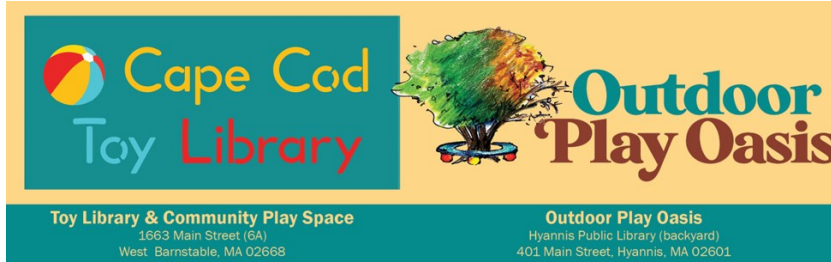
T-G-I-F-I-Y

PUBLISHED WEEKLY BY THE ROTARY CLUB OF YARMOUTH

Vol. 34 No. 13

September 29, 2023

The Main Event



Mission

To foster children's healthy childhood development and learning through play by providing enriching, accessible, culturally inclusive community play spaces, resources, and guidance for ALL families

Deb talked about the importance of play time for children. She quoted the American Academy of Pediatrics

"Play deprivation during the first 10 years of life appears to be linked to poor early child development, later leading to depression, difficulty adapting to change, poorer self-control, and a greater tendency to addiction as well as fragile and shallower interpersonal relationships."

"Developmentally appropriate play with parents and peers is a singular opportunity to promote the social-emotional, cognitive, language, and self-regulation skills that build executive function and a prosocial brain."

To those points she knew she needed to create space where children could play safely and have access to books and toys. The space is temporary and moves around locations but they are looking for a permanent spot. Just like a traditional library, people can check out items to try and exchange them for new ones as often as they like. Families, foster parents, child care providers, educators, mental health practitioners, anyone who works with children, can select toys to borrow and then exchange them for different items as often as once a week.

Toys are carefully selected for quality, safety and educational enrichment. All materials are cleaned and inspected between users. Families, and those who work with children, can select toys to borrow and then exchange them for different items as often as once a week.

The Toy Library collection of play materials is focused on children from **infants through age nine** as well as for children with differing needs. There are also lots of games and puzzles appropriate for intergenerational family play. They welcome families from all cultural, educational and economic backgrounds.

GOLF TOURNAMENT UPDATE: Although we do not have final numbers yet, we did have a very successful fund-raising Golf Tournament again. We had a few late entries of golfers which helped, and a few late auction items but everything went very well the day of the tournament. NO RAIN, but cold and windy but everyone had a great day.

The golfers also came and spent money the day of the event which helped our bottom line for the day.

Hopefully we will have the final numbers for you by next week.

Thank you to the committee, all the golfers, volunteers on the day of the tournament and those of you that went out and solicited auction items, golfers, gift cards and anything else that helped make the day a success.

Mark your calendars for next year. Tuesday September 24, 2024 at Cummaquid.

DEIB Information Corner

What can happen when an organization decides to pursue diversity?

The James Beard Foundation didn't hold its usual culinary awards ceremonies in 2020 and 21 following criticism they received after the 2019 awards, where most winners were white males, and the candidates for 2020 were even less diverse. The volunteer committee responsible for overseeing the awards also complained to the Foundation Chairman about lack of transparency and award selection methods.

As a result, the Foundation Board began a complete audit, crafted new values statements, and drew up a list of aggressive DEI goals. Their actions since 2020 speak volumes. Board, staff, and leadership are all receiving regular antiracism and antibias training, DEI ideas and actions are placed at the center of all decisions, and the work environment is designed to foster inclusion, personal growth, and a sense of belonging.

Specific goals for transparency, accountability, and tracking of progress were set. Hiring and selection of Board members and volunteers was changed to increase minority representation at all levels. Monitoring of progress and impact of new goals is now done quarterly.

The Foundation also put their money where their goals were. In 2020, during the pandemic, they put all organizational energy into the Open for Good campaign, providing support for independent restaurants to survive, rebuild, and thrive, by launching the Food and Beverage Industry Relief Fund. They raised \$4.68 million and awarded \$15,000 grants to 312 independent restaurants across the country, helping to keep them alive.

Under the new structure, the 2022 Best New Restaurant was Owami, a restaurant serving pre-colonial Native American food.



<https://owamni.com/>

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



SEAN SHERMAN: FOUNDER / CEO CHEF

Sean Sherman, Oglala Lakota, born in Pine Ridge, SD, has been cooking across the US and World for the last 30 years. His main culinary focus has been on the revitalization and awareness of indigenous foods systems in a modern culinary context. Sean has studied on his own extensively to determine the foundations of these food systems which include the knowledge of Native American farming techniques, wild food usage and harvesting, land stewardship, salt and sugar making, hunting and fishing, food preservation, Native American migrational histories, elemental cooking techniques, and Native culture and history in general to gain a full understanding of bringing back a sense of Native American cuisine to today's world.

In 2014, he opened the business titled The Sioux Chef as a caterer and food educator to the Minneapolis/Saint Paul

The 2022 Outstanding Chef was Mashama Bailey. **Her award address sums up the changes at James Beard Foundation:**

“Today, a little Black girl or a little Black boy can see themselves as a future Outstanding Chef. They can see themselves in a space that they have never seen before and do what they could not think is possible. And until just a few minutes ago, that was me.”



For a complete list of each year's nominees and winners, go to the [James Beard Foundation](https://www.jamesbeard.org).

References:

Hudson Lindenberger, A Much More Diverse Array Of Restaurants And Chefs Took Home James Beard Awards, Forbes Magazine Jun 14, 2022

James Beard Foundation. <https://www.jamesbeard.org>

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.

Barry Clayman – DEIB Moment

Barry was born, raised, and educated in Boston. During his time there he found out what it meant to be Redline in Boston. Barry talked about the financial and discriminatory practices that were followed in the gentrification of the South End section of Boston. In order to accomplish this goal the City of Boston felt it was necessary to move the black and Hispanic families from the South End.

In the 1930's as part of the New Deal, assistance was given to homeowners in refinancing their mortgage debt that incurred during the Great Depression, however it was common practice to highlight in RED on the maps, an area of the city that was defined as "hazardous" That red lining by lending institutions denied funding which would have improved the housing and economic status to people in that area.

In the end this caused the original, mostly Jewish people to move away and created a low-income neighborhood mostly made up of minorities and then further restricted them from getting loans to renovate and make the neighborhood better.



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.

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.

DUES NOTICES: Currently there are Four 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.

Dr. Bruce - Medical Moment From THE WEEK of September 8th. I thought I would leave it on the newsletter since it contains some great information about vaccines that you should consider getting.

3 Vaccines coming up you should investigate to protect yourself and family.

RSV Vaccine – Respiratory Syncytial Virus (RSV) is the most common cause of lower respiratory tract infection in infants and children worldwide. In addition, RSV causes serious disease in elderly and immune compromised individuals. Until this year there were no vaccines for this virus.

Today there is an FDA approved Respiratory Syncytial Virus Vaccine available. The CDC recommends the older adults age 60 years and older receive a single dose of RSV vaccine using SCDM.

Doctors say the benefits of the new vaccine for older adults outweighs the potential harms in cases where RSV could be life threatening.

Flu Vaccine – Influenza (Flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Some people, such as people with certain health conditions, are at higher risk of serious flu complications.

The best way to reduce the risk of flu and its potential serious complications is by getting vaccinated each year.

Covid Vaccine – There is a new booster set to be released the third or fourth week of September. This booster is expected to protect against severe disease and death from the new circulating variants. This updated booster shot is formulated to target XBB.1.5, an omicron subvariant. It is a monovalent vaccine, meaning it only targets one strain. The previous bivalent booster was formulated with the original strain and BA.4/BA.5 strain.

Doc Bruce says you are supposed to be able to receive all three shots at the same time. If you are brave go for it. He would recommend spacing them out.

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

John Herr – For Friday Mornings and reconnecting with friends.

Rufus Jones - 50th anniversary for wife's Charter of Sorority.

Carol Woodbury - For Toy Library and the benefits it does for not only children but Parents as well.

Roby Whitehouse– Playgroups and for being back after having pneumonia.

Barbara Adams – For Charlie Adams and Jan Matheson.

Jim Seymour - For Speaker and 40th anniversary for organization dinner, 150 veteran families served, local food pantries.

Brian B. Smith – Watching Cape Veterans Outreach food pantry.

Jill Albright – To see Roby and Holly back, DY Girls Soccer.



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.



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:

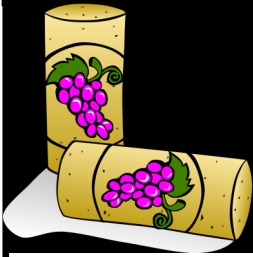
Any time of the year is always a great time to make a contribution to the Rotary Foundation. You can designate the Annual Fund, Polio Plus where your contribution will be matched by the Bill and Melinda Gates Foundation 2 to 1, or you can choose any of the seven areas of Focus to designate your contribution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

DECEMBER

Saturday December 16 – Wreaths Across America—More 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!!!!**

MEALS ON WHEELS

October 3—Dick Corsini & Dr. Brice Gordon
 October 10—Mike Duffy & Bill Lemoine
 October 17—Jan Tkaczyk & Ken Knell
 October 24—Ann Knell & Carol Woodbury
 October 31—Joe Potzka & Ken Livingston
 Substitutes Steve Albright or Frank Mastromauro
 Meet at the Yarmouth Senior Ctr.
 528 Forest Rd., South Yarmouth, MA
 9:30 AM

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

FRONT DESK

September 29—Chantal Rice & Roby Whitehouse
 October 6—Dave Botting & Andi Taylor
 October 13—Hollie Handrahan & Jan Martin
 October 20—Janet Soja & Jim Leighton
 October 27—Rufus Jones & Mike Riley

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

Calendar

September 29—Prof. Tom Schaefer, Cape Cod Community College
 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

GUEST POLICY

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

GREETER

September 29—Tom Tomasik
 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

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 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:

\$646.00 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

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

