

T-G-I-F-I-Y



"Thank Goodness It's Friday in Yarmouth!"



GOVERNOR, DISTRICT 7950

Sharon Johnson 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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September 6, 2024

The Main Event

Doctor Bruce Gordon

Doc Bruce spoke about how vaccinations and clean water have extended our lives compared to previous centuries. In the USA water borne diseases are the cause of approximately 7.15 million illnesses, 118,000 hospitalizations and 6,630 deaths each year. In the world, about 842,000 people die each year from diarrhea due to contaminated water, of which 336,000 are children under 5 years old.

Flu & Covid:

The current vaccines take 6 months to cultivate.

Continue taking flu vaccine to build up immunity.

New covid vaccines are coming out soon, and should be available in your pharmacy. (When should you take it, if it's been a long time since you've had Covid, take it as soon as possible) Extra risk patients should take vaccine 2 a year. If you have had Covid wait 4 months to get vaccinated, however one never knows when we might get exposed.

Mosquito, EEE, West Nile:

Bugs are hard to avoid, they breed in any available water source.

Be aware, bugs are typically night feeders, so if outdoors during evenings wear deet and or other form of bug spray, until hard frost.

RSV (Respiratory Syncytial Virus) (It's a 1 and done vaccine-at this time)

Third of the major respiratory viruses. Symptoms last for months.

Symptoms: mild cold-like symptoms, runny nose, decrease in appetite, coughing, sneezing, fever, wheezing.

Vaccines help avoid spreading the virus. Pregnant women can get the vaccine while pregnant to protect fetuses.



Will Decost: Marine Senior Drill Instructor 32 years of service

Here to talk about the Young Marines Program

That speaks to: Drug demand reduction, Physical fitness, Positive role models for youth

They hold a 5K race.

They participate in Red Ribbon Week.

Young Marines is for children 8-18 years of age.

Awarded the United States Department of Defense Fulcrum Shield Award 13 times.

Young Marines wear a red cord to show they represent the idea of a healthy drug free lifestyle.

The Marine Corps supports the Young Marines Program, adult leaders are needed to assist. We are down to 3 Young Marines, so our program is falling. That's where Will is stepping in to stand up and recruit to build the program.

Both adult and 8-18 Year Old Young Marines are being sought!

On Meetings are held Saturdays between 8-2 at the YPD Police Station.

Sept 14, 2024: 8-2 presentation flyer to share via social media.

For more information visit <https://www.youngmarines.org>

**SUNDAY
SEPT. 15
2024**

Second Summer CYCLE

CAPE COD CHARITY RIDE

Enjoy the Cape's "Second Summer" while riding through most of its towns. Post-ride celebration at Motta Field in P-Town with food trucks, Barnstable Brewing + Sarah Swain and the Oh Boys.

3 ROUTE CHOICES

1 Century 100 miles starts in Mashpee	2 Metric Century Plus 69 miles starts in Sandwich	3 30 Mile Plus 33 miles starts in Orleans
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RIDE BENEFITS 19 CAPE COD CHARITIES

Choose where your funds go...
support one or support all!

AIDS Support Group of Cape Cod, Calmer Choice, Cape Abilities, Cape and Islands United Way, Cape Cod Children's Place/Sharing Kindness, Cape Wellness Collaborative, Champ Homes, Community Connections, Inc., Cotuit Center for the Arts, Cultural Center of Cape Cod, Heroes in Transition, Latham Centers, Love Live Local, Real Eyes Truth, Resilient Roots, WE CAN, YMCA Cape Cod and Youth Athletic Foundation



Thank You Sponsors!

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cape cod
CHAMBER OF COMMERCE

MEDIA SPONSOR

WCVB 5 abc
BOSTON'S COMMUNITY LEADER

KEY SPONSORS

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Cape Associates, Inc. Cape Cod Rehab
S.P.s GOLDEN SUMMER ENTERPRISES
Cape Destinations

SUPPORTING SPONSORS

Barnstable Brewing Bike Zone ELDRIDGE
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SEA SPORTS W.D. PRICE LEC ENVIRONMENTAL
BUTLER SPORTING GOODS BUCKINGHAM HATHAWAY PROPERTIES
Fran Schollefeld REALTOR shaws

bikereg.com/second-summer-cycle-2024

Curley Carey and Chantal Rice will be heading up the Heroes in Transition Team for this Bike Ride. See either of them if you would like to donate to their cause.

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

Carol Woodbury: pride buck, for Dr. Jones making boss look good.

Phil Morris: Doc Bruce healthy until I get home

Bill Boyd: Shirts: 2 wheel (Rotary) walk/ride Harwich Dennis Club fundraiser to support Habitat for Humanity



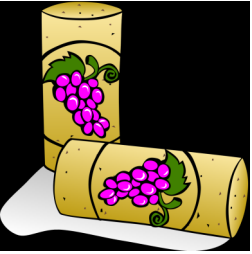
Do Something.

If it works, do more of it.

If it doesn't, do something else.

(Franklin D. Roosevelt)

COVID & CORKS—Wine cork recycling benefits our earth's sustainability. The Rotary Club of Yarmouth keeps on collecting corks and to date we have shipped at least 10 boxes of corks 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 Carol Woodbury who will then ship them to Cork Club. **KEEP THOSE CORKS COMING!!!!**



Golf Tournament Update: We kick-offed his year's Golf Tournament. Brochures and flyers are always at our Friday meetings. The committee needs everybody's help in making this another successful event. Currently we need **MAJOR SPONSORSHIPS, FOURSOMES, OTHER SPONSORSHIPS SUCH AS HOLE IN ONE, LONGEST DRIVE, PUTTING GREEN, TEE & GREEN, AND GENERAL SPONSOR.** Everyone of these helps us reach our goal. Please take some brochures and flyers and ask businesses, friends, and relatives to be a part of this great fundraising event.



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**

Announcements

RI President elect Stephanie Urchick recently announce the theme she has chosen for the 2024-25 Rotary Year. Stephanie from the Rotary Club of McMurray, PA will become the 2nd female RI President in the history of Rotary International. She has chosen "The Magic of Rotary" as her theme to inspire Rotarians to continue doing great things in our communities and the world.



MEALS ON WHEELS

Sept. 10—Dr. Bruce Gordon & Bill Boyd
 Sept. 17—Dr. Tom Tomasik & Sally Bowles
 Sept. 24—Mike Riley & Dave Akin
 October 1—Rafi Chaprut & Steve Albright
 October 8—Joe Potzka & Dick Corsini
 October 15—Frank Mastromauro & Phil Morris
 October 22—Ken Livingston & Mike Duffy
 October 29—Carol Woodbury & SteveCrum

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—Sue & Tom Tomasik—36 yrs.
 9/10—Sarah & Matt Fitzsimmons—13 yrs.
 9/19—Catherine & Steve Crum—32 yrs.
 9/20—Kim & Mike Riley—44 yrs.
 9/20—Judi & Ken Sheytanian—54 yrs.
 9/23—Beth & George Davis—29 yrs.

FRONT DESK

Sept. 6— Tom Deltz & Hollie Handrahan
 Sept. 13—Bud Nugent & Jan Martin
 Sept. 20—Matt Fitzsimmons & Dave Botting
 Sept. 27—Jill Albright & Bill Lemoine
 October 4 Andi Taylor & Jim Leighton
 October 11—Rufus Jones & Bill Savicki
 October 18— Jimmy Walker & George Davis
 October 25—Paul Chatelain & Chris Morin

Calendar

September 6—Dr. Marc Smith—DYRHS Superintendent
 September 13—District Governor Sharon Johnson (Situata, RI Rotary Club)
 September 20—Rooney Powers—DYRHS Director of Food Services
 September 27—DYRHS Teacher – DYRHS Washington Field Trip
 September 24—Golf Tournament—Cummaquid Golf Club

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

September 6—Karina Polk
 September 13—Mike Riley
 September 20—Bill Savicki
 September 27—Curt Sears
 October 4—Ken Sheytanian
 October 11—Janet Soja
 October 18—Jan Ktaczyk

SCHEDULES

The schedules through for Front Desk and Meals on Wheels have been updated through the end of the year.

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 & Literacy
 Phil Morris

October
 Economic & Community Development
 Mary Vilbon



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)**

We have a long way to go and only 3weeks to get it done.

We need everybody's help!!!! This is a Yarmouth Rotary Event.

HELP WANTED: Needed one to three club members that can share the duties of writing the articles for the weekly TGIFLY. 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 TGIFLY for the past 13 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 TGIFLY. In addition, the DEIB committee has been providing weekly submissions for the newsletter so the workload has increased.

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 devises 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.

Thank you to Roby for allowing us to use a storage container at the Yarmouth Waste Facility.

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.

Mon.	7:00 AM	Barnstable Sunrise	YMCA Rt. 132, Hyannis, MA
Tues.	7:30 AM	Nauset /Orleans	Gibson Sotheby's Realty 6 MA 6A, Orleans, MA 02653
	5:30 PM	Falmouth	Check their Website for Meeting Place as it varies
Wed	12:10 PM PM	Martha's Vineyard	Portuguese—American Club 137 Vineyard Ave, Oaks Bluff
	11:45 AM	Nantucket	2nd & 4th Weds. 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	Cap Cod Coffee Roasters 53 Market Street, Mashpee Commons, Mashpee, MA 02649
	12:00	Hyannis	Alberto's Restaurant 360 Main St. Hyannis, MA

Updated 8/9/24

ROTARY ANNIVERSARIES

SEPTEMBER

Jim Quirk—32 Years

Tom Tomasik—25 Years

**Thank you for everything you do for our community, Yarmouth Rotary and Rotary International.
Thank you for your years of Service Above Self and all that you do for our Club and our Community.**

2024 HELPING HANDS ACTIVITY SCHEDULED

DECEMBER

Saturday December 14, 2024

Wreaths Across America

"Friendship was the foundation rock on which Rotary was built and tolerance is the element which holds it together"

"Paul Harris"



FOOD of the MONTH for September is

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 have increased significantly. 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.

Rotary is a global network of 1.4 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.

Ask a relative, a friend, a neighbor, a business associate or a co-worker to join us so we all can do more in our community and our world.



We started a new Queen of Hearts game again last week..

The Jackpot now stands at:
\$382.00 plus this weeks Pot \$\$\$
You need to buy a ticket to win!!!

1 for \$1.00

6 for \$5.00

How many weeks will it take this time to find the Queen of Hearts?

9/6/24

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 \$300—\$350 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. Lou Preziosi 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 Lou Presiosi 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)



Leg Braces



Crutches



Forearm Crutches



Walkers



Wheelchairs



Prosthetic Limbs



Baby Joggers & Strollers



Bike Trailers

2024-2025 OFFICERS

President	Jim Seymour	Public Image	Roby Whitehouse, PP
President Elect	Paul Chatelain	New Generations	Bill Glass
Vice President	Tomas Tolentino	Secretary	Mary Lenihan
Community Service	John Cooke	Treasurer	Steve Albright, PDG
International Service	Joe Potzka	Past President	Jill Albright, PP
Vocational Service	Chantal Rice	Sergeant –At-Arms	Bill Boyd
Club Administration	Brian Braginton Smith		

PAUL HARRIS FELLOWS

Barbara Adams +2	Bill Glass +2	Joe Potzka
Charlie Adams +2	Susan Glass	Larry Putman
Dave Akin	Dr. Bruce Gordon +4	Shirley Putman
Jill Albright (Major Donor)	Tom Gregory	Jim Quirk
Steve Albright (Major Donor)	Faith Hallett	Pam Rideout
Dave Angelica	Sharon Hartley	Richard Rideout
Dick Appleton	Ron Hawes	Denise Ring
Andy Armstrong	Betty Herr	Michael Riley
Pat Armstrong	John Herr +8	Jim Saben
Matthew Barr	Richard Holden	Tammy Saben
William Bergstrom	Bob Huckman +1	Brian Salatiello
David Bisbee	Sue Huckman	Dr. Paula Santos
Judi Bisbee	Matthew Johnson +2	Elena Schuck
Blood Donor Center at CC Hospital	Johnny Kelley	Curt Sears
Jim Bogle	Howard Kendall +3	Jim Seymour
Jack Bohlin	Nicholas Kerrigan	Marcia Shannon
Rick Boucher	Kenneth Knell	Dr. David Seinkopf
Robert Boucher	Barbara LeFleur	Ken Sheytanian +3
Sally Bowles +2	Fern Lemay	Janet Soja +2
Brian Braginton Smith	Kevin Lennon +2	Dick St. George
Jack Braginton Smith	John Leon, Jr.	Kathy St. George
Rick Cannon	Jim & Pat Leighton	Esther Stocchetti
Gerald "Curley" Carey +1	Mary Lenihan	Jefferson Sherman Storm
Giuseppe Carnevali	John Lewist	Jerry Sullivan
Jacqueline Carnevali	Bob Lindquist	Jim Sullivan
Peter Carnes	Charles LoBue	Paul Tardif
Rafi Chaprut	John Lynch	Art Taylor
Bob Churchill	Jack MacLelland +1	Mary Ann Taylor
Barry Clayman (Major Donor)	Jerry Manning	Jan Tkaczyk
Gail Clayman (Major Donor)	Tom Martin	Bernice Todres
Carol Clossen	Frank Mastromauro	Dr. Tom Tomasik
John Cooke + 1	Ken McGuire	Mike Tulman
Hal Cooper	Dorcas McGurrian	Tom Ulrich +2
Finbarr Corr	Robert McInnis	Josephine Umbro
Dick Corsini	Linda McKnight +1	Ron Umbro
Richard Covell	Lou McKnight	Scott Vandersall
Therese D'Abre	Dave Miller	Mary Vilbon
Dylan DeSilva	John Miller	James Walker Jr. +3
Bob Dubois	Margaret Morgan	James Walker Sr.
Mike Duffy	Phil Morris	Marlyn Walker
Kenneth Eubanks	G. Anthony Morrison	Erik Wallin
Marianne Eubanks +1	Peter Murray	Connie Weare
Leslie Fedge	Bernie Nugent	Norme Weare +3
Jim Footer	Bud Nugent	Fran Webb +1
Paul Funk	Judi Olkkola	Bob Wells +2
Sgt. Sean Gannon, YPD	Howard Onik	Roby Whitehouse +1
KP Nero, YPD	Marilyn Padalino	Carol Woodbury
Nancy Gardner	Jim Peros	Nickolas G. Xiarhos, USMC
Betey Ghiazza	Linda Pisacano	
Ed Ghiazza	Rick Plumb	

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
Jill Albright	2023-24

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?"

