



Weymouth Rotary Club - No. 6685
 District 7950
 P.O. Box 52, So. Weymouth, Massachusetts 02190

JULY 15, 2019

EDITION #2

EDITOR: ALDEN BLAHO

Club News and Announcements July 15, 2019

PROGRAM

District Governor Visit

Steve Albright

UPCOMING PROGRAMS

July/ August

- 29 Summer Social– Chris DiMambro’s Residence
- 5 Weymouth 400
- 12 Father Bills/ Mainspring
- 19 WRC Annual Golf Classic



July Birthday’s

- 1 Metri Metri
- 3 Michael Schilling
- 4 Larry Cassese
- 8 James Gustafson
- 10 Arthur Connelly
- 11 Paulette Boudrot
- 16 Lois Drukman
- 17 Tom Tanner
- 24 Anthony Merlino
- 29 Gary Rayberg



President Lois encouraged the Club to download the ClubRunner App on their phone. This will give you electronic access to all of the Club’s information as well as events.



President Lois also announced that next week, July 22, will be our official visit from District Governor Steve Albright. The business meeting will start at 4:30PM with the Club meeting starting promptly at 6:15PM.



PP Joe Fucile announced that the Summer Social will be held on July 29, at Chris DiMambro’s home located at 22 Adley Dr. Abington, MA. It is \$25 per person, so please let Joe know if you are interested in attending via email.

Steve Gilman reminded the Club that our Annual Golf Outing is August 19 at Marshfield CC. The Club is still in need of golfers, hole sponsors and a sponsor for the golf cannon. Please spread the word, grab a foursome and/or sponsor a hole. Please contact George Raymond or go online to our website.



PP Donna Foster and Shari Gosciank announced the 25th Annual Food Fest for Fr. Bills & Mainspring July 30 at the Shipyard in Hingham. Tickets can be purchased online at lepfbms.org/foodfest.com.

Our 2019 Robert Hunt Scholarship recipient Thomasina Rogers accepted her scholarship this past Monday. She was unable to make the Clubs scheduled awards night. Thomasina thanked the Club for the scholarship and credits her “service above self” attitude from being in the Interact Club since 2015 and attending RYLA. Thomasina will be attending Colby College in the Fall to study computer science and cognitive science.



Tom Rizzo always happy to have the microphone in his hand, thrilled to be sitting with Joe Fucile and welcomed Jay & Angela Nuss from the Braintree Club.

Director Brian Haggerty was thrilled that he & Cindy have purchased a new home and sold their own. He thanked Teresa Tanner Roth for her help and is relieved all the moving is done.

PP Don Gustafson is happy to have his wife Roseen with him tonight, and he is also happy that Happy Bucks will be going to the Weymouth Rotary Foundation this year.

PP Jay Walker said that this past Saturday he got to spend most of the day with Jim Gustafson, as they took the winners of the sunset cruise to Georges Island to benefit Worthy Village.

President Lois happy to be celebrating her 27th Anniversary with Ed and being at Rotary this evening.



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Global Nutrition-Michelle Gilman
 Steve Gilman- Chairman



Steve Gilman had the pleasure of introducing his fabulous sister Michelle Gilman to speak about Nicaragua's Public Health and Nutrition. Steve stated that Michelle is a world traveler and her sense of adventure

has brought her to this particular project, as well as helping out in Guatemala at *Safe Passage*. Through her travels she has recognized that there is a need for nutritious foods in many areas.

Michelle thanked her brother and the Club for allowing her to speak about global nutrition, specifically about school and community gardens. She also applauded the Club on our participation in global projects such as *Safe Passage*, *Worthy Village*, and our sanitation project in India.



Michelle attended UMass Amherst and graduated with a Bachelors in Communications with a minor in Spanish. During her time at UMass she studied abroad in Grenada, Spain. This is where her love for the Spanish culture flourished. After graduation she booked a one way ticket to Panama to volunteer in a Hostel. Michelle made her way to Costa Rica where she got her certificate to teach English.



After six months of backpacking, Michelle settled down to teach English in Columbia for six months. While there she participated in a community nutrition program called *Cooking Matters in Nicaragua* while studying for her Masters at University of Westminster in London. School gardens is the topic of her final dissertation.

In Nicaragua, she immediately felt connection to the work she was doing. On a daily basis Michelle interacted with diverse participants eager to learn about importance of basic nutrition concepts and leaned about the realistic steps they can take towards improving health while keeping costs within limited budget.

She broke down the benefits that include physical exercise, dietary diversity, physical and cognitive development and opportunities for success. The educational aspect includes the importance of hands on learning, biology, chemistry, agriculture and sustainability. The social interactions give the children a sense of community, provide health interventions and the opportunity for the community to meet the children where they learn, eat and play.

Michelle needed to assess the roles of the community participation in the school garden program. She did this by conducting a baseline study of the nutritional needs of the school and community,



assessed the feasibility of the gardens to sustainably improve the nutrition of school meals, explored the factors that encourage and discourage participation in the garden program. She then reported back to the community her recommendations and the best practices.

Michelle's dissertation will focus on the school gardens expectations versus the reality: how active the community will participate in the project, the importance of school feeding programs and most importantly, the educational success and nutrition the school gardens will provide.

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Weymouth Rotary Club

- President Lois Drukman
- President Elect James Cavanaro
- Secretary Dan Walsh
- Treasurer Joann McCann-Hartigan
- Sergeant at Arms Larry Cassese
- Past-President James Gustafson
- Directors Brian Haggerty, Paul Corrigan, Donald Trudeau, Teresa Tanner Roth, David Hicks

Rotary International

- President Mark D. Maloney

RI District 7950

- Governor Steven Albright
- Wheel Editors Daryl Cook-Ivan, Tim Cronin, Alden Blaho, & George Quit