

The Windjammer

News from the Rotary Club of Portland, Maine

Tue Feb 25, 2014

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Hello Loretta! This email has been generated just for you as a member of our club. We hope you enjoy receiving this newsletter!

Editor David Smith

If you have any comments or questions, please contact the editor.

Speakers

Feb 28, 2014

Dennis P. King, FACHE, President/CEO, MMHP and SHH
The Changing Face of Mental Health Care

Mar 14, 2014

Todd Wynn
HydroPower in Maine

Mar 21, 2014

Kristen Miale, President Good Shepherd Food Bank
Hunger in Maine

Mar 28, 2014

Boys & Girls Club
MOC and The Boys & Girls Club

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David Smith

Stories

02/28/14 MEETING LOCATION

Posted by David Smith on Feb 22, 2014

**WE ARE MEETING AT
THE HOLIDAY INN BY-THE-BAY
FRIDAY, 02/28/14**

*02/28/14 THE CHANGING FACE OF MENTAL HEALTH CARE - DENNIS KING, PRES. MMHP

Posted by David Smith on Feb 23, 2014



Our speaker this week is Dennis King, FACHE, of Freeport, Maine. He is President of Maine Mental Health Partners, the integrated nonprofit mental healthcare delivery system of southern, central and western Maine. For the past 15 years, he has additionally served as the founding Chief Executive Officer of Spring Harbor Hospital in Westbrook, Maine. Mr. King brings to his current roles more than 35 years of experience in the field of healthcare, including more than 30 years in senior administrative positions in Maine hospitals. He was previously the founding Chief

Executive Officer of the Acadia Hospital, the only free-standing private psychiatric hospital in northern Maine.

Mr. King is the past President of the National Association of Psychiatric Healthcare Systems (NAPHS) and past Chairman of the Maine Hospital Association. He is a trustee of the Maine Community College System and previously served as Chairman. His life in Rotary includes being the Charter President of Casco Bay Sunrise Rotary Club (now known as the Portland Sunrise Club) and past member of the Houlton, Portland, Fort Fairfield and Bangor Rotary Clubs.

Dennis earned a Master of Public Administration degree from the University of Maine, is married to Sandra Emerson King, a Senior Tax Manager at Baker Newman & Noyes and has two children and four grandchildren. He will be speaking about the way in which mental health services will be provided as the result of the merger of two large mental health providers in Southern Maine, among others, into Spring Harbor Hospital.

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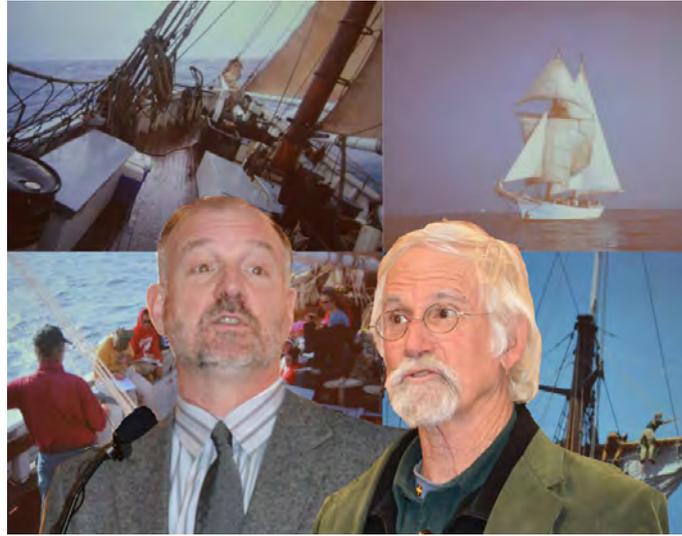
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» [Portland Rotary Constitution](#)

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02/21/14 OCEAN CLASSROOM FOUNDATION

Posted by Richard Hall on Feb 24, 2014



Our speaker on Friday was Greg Belanger, Executive Director of Ocean Classroom Foundation (OCF). PP Cyrus Hagge gave a short

introduction in order to give the speaker his full time. With Greg, to provide his expertise, was Captain Emeritus, J.B. Smith. Greg said that Captain Smith knows more about sailing and ports than anyone. If you want to know where to stay, he knows. If you want to know where to get the best price for rum, he knows. OCF moved from Boothbay to Portland to keep the tradition of ocean sailing from Portland to the rest of the world alive. High school students sail on a traditional tall ship made of wood. The ship is a platform and the core program is a semester at sea to learn about life, the ship and the sea. The concept started as a college program originally, but OCF has now created a high school program.

This program is not a vacation, it is a fully accredited semester of school. The program includes math, history, literature, navigation and marine science. On board, there are certified educators. The students go through a typical high school semester, hundreds of miles offshore. This is not a sail-training program...its principle purpose is to create the next generation of leaders. Experiencing a global perspective, depending on one another, and sharing interconnected responsibilities that produce compassionate leaders. A traditional ship cannot function with just a few individuals. Kinsmanship is developed and experienced. Students learn to work as a team in the isolation of the ship on the ocean. OCF is a challenge for them. There is no cell phone coverage and no texting...so some students experience severe withdrawal because of the loss of electronics.

Isolation, teamwork, and being part of an interdependent community help students to understand themselves. Life at sea can be intimidating...like going aloft to set the square rig sail. Students do it at night, at sea, but of course they are always using safety lines and harnesses.

OCF has rigorous academics and this is combined with traditional sailing tools. Sextant use teaches celestial navigation, and the math behind it. Of course, the crew has access to GPS, and satellites, with a state-of-the-art navigation system. Last year, 12 countries were visited by the graduating class and they saw, first hand, abject poverty. Before approaching a country, they study the history and the current government, then see the actual country upon landing on shore.

Students also get involved in ad-hoc service projects. The projects would be developed on landing, but the Board of Directors have formalized the service program. Students now work with a Haitian orphanage, where several sailing crews have gone before. In this orphanage, many of the parents are alive, but separated...because the kids are in Haiti and the parents are in the Dominican Republic (DR). Several crews have worked in the same village at the same time. They have now finished the second school building, where student crews layed all the bricks. Prior to arriving, students read novels about Haiti and DR. Students have also visited the cocoa plantation in Nicaragua.

The voyage home is a time for reflection and all students are required to keep a journal. Their reflections allow them to really understand what they have learned. Students receiving education, coupled with service, make them goodwill ambassadors....good for the students and the people they help. The sailing vessel, the "Westwind," is here in Portland for repairs at the new Portland Yacht services yard on Commercial Street. Greg is very proud that alumni have been very successful, both in marine fields as well as other fields.

Q&A from the members:

How much does it cost? \$20,000 for a semester of high school, usually done in the junior year.

What drives the students to join OCF - from their own wants or their parents? The answer is both. If students are forced to participate because they need to be "fixed," it's difficult. If the student buys in to participating in the program, that is much better and if the kids stay two weeks, they are almost always hooked.

What is the scariest situation? Greg said that his imagination creates the worst situation. Man overboard is the scariest. Captain Smith tells us that it's usually one of the crew members who falls overboard, due to their own complacency.

Would you comment on the loss of Bounty? It was a tragedy. Greg said he saw the crew every day for weeks before. Robin, the captain who was lost, was a fixture in the sailing community. The Bounty has a different license than OCF. Bounty was an attraction vessel, which has much less strict requirements.

What about sea sickness...how is that handled? Captain Smith says the best remedy is to sit under an oak tree. Sea sickness is an initiation ceremony. Most get over it in two weeks. The Captain is sick all the time, but he has never missed a watch. He says that eventually students feel good about watching others who have not gotten over the sea sickness yet.

THANKS FOR A GREAT PROGRAM, GREG!



Greg Belanger, PP Cy Hagge and Captain J. B. Smith

02/21/14 BITS AND PIECES

Posted by Ben Lowry on Feb 22, 2014



The annual Spring Fling Auction is nearly upon us (March 14) and **Emily McEntee, Ellen Niewoehner** and **Loretta** need your help! If you have a vacation house or a boat, or just some nice items sitting in your garage or basement that are new or in their original packaging worth at least \$25, please donate them to this auction. And, as you head out for dinner, or to the movies, or to that favorite shop, please take a minute to ask for a gift certificate for our auction. All monies

raised will go to the Portland Rotary operating account. Donations are not tax deductible. Be sure to let outside donors know that the proceeds will benefit Portland Rotary.

NOTE: On the day of the auction: please allow yourself a little extra time to leave the meeting. Check-out will START at 1:30 p.m., to show some courtesy to the speaker presenting his program and to give the auction committee time enough to compile the final results of both the live and silent auctions. Thank you for understanding and cooperating.

Dave Small is once again organizing a Portland Rotary participation in the annual mentoring day at Deering High School, March 12th, from 9:50 to 10:45 a.m. Rotarians are assigned a small group of students to discuss the in's and out's of job interviews, career choices, or wherever the discussion may lead you. Having done this myself (Ben) the past 4 years, I can attest to the warm reception that I have received from these great kids. These discussions, away from both parents and teachers, help them gain a new perspective as they contemplate life after high school. Please contact **Dave** to sign up for this truly rewarding experience.

President-elect Kris Rosado reported that the "Maine Outdoor Challenge," our club's major fundraiser, is off and

running, with 5 Platinum Sponsors already aboard at the \$2500 level. We still need more teams to sign up, and this can be done without the need to formally solicit a team and collect from a small number of friends. With the new internet sign up, you can easily collect just a small donation from many friends with an even greater net result. Keep an eye out for an email from Kris on how to proceed with this simple form of participation for this most important event.



Our own Queen, **Peggy Wescott**, had the chance to select her namesake, the Queen of Hearts, in the raffle this past week. However, she wisely let the \$514 pot grow by intentionally selecting the 10 of spades. **Peggy** knows that once the pot is ripe, she will swoop in and draw the winning card.

Kudos go out to **Paul Tully** who finished a 17-month effort to properly herald the installation of Bishop Deeley as the new Bishop of the Catholic Diocese of Maine. Despite a heavy snow the day before the events (and spine surgery just two weeks prior), **Paul** worked hard to make sure that this internationally-covered celebration ran smoothly.

Steve Stromsky needs you! Every second Tuesday of each month, from 5:00 to 7:00 p.m., a dedicated group of Portland Rotary volunteers serves meals to the homeless at the Preble Street Soup Kitchen. This is your chance to pitch in and make an immediate impact on the Portland community. Please email Steve to volunteer: sstromsk@maine.rr.com



Speaking of our tireless Community Service Chair, **Steve**

Stromsky, many thanks to him, our "Stuff The Bus" program is complete!

Steve and his friend, **Todd Zukowski** (pictured at left), delivered all of the food that was collected to the Preble Street Resource Center on

Monday. It was a sizable truckload, and then some, that the center truly appreciated receiving. Over \$1000 in food. Special thanks to KeyBank for setting up collection boxes in their branches, so customers could drop off donations and, of course, special thanks to our Rotary Club members for their generosity!

PREPARING FOR THE 2014-15 ROTARY YEAR

Posted by Loretta Rowe on Feb 23, 2014

HELP US GET READY FOR THE NEW ROTARY YEAR (2014-15):

1. Go to the club website and check your personal information to be sure it is correct. If you need help in doing so, please contact Loretta. Information for the roster is pulled from the website, so if it is wrong on the website, it will be wrong in the roster. You

can make ANY changes to your personal or business information yourself. Again, if you need assistance/instructions, please contact Loretta.

2. Committee Preference Sheets will be emailed out shortly...so start thinking about which committees you would like to volunteer to serve on. You may also be contacted directly by the chair of the respective committees and personally asked to be on their committee.
3. If you are new to the club, please email a head-shot photo of yourself directly to Loretta to use in the roster....OR if you are in need/want of having your photo taken, please contact Russ Burleigh to have one taken at a Rotary meeting.
4. Consider putting your company's ad or your own personal ad in the new roster. Please contact Loretta. Someone will be contacting you in the near future.

Loretta's email address: lrowe@maine.rr.com

Thank you.

02/28/14 THIS WEEK'S ASSIGNMENTS

Posted by Loretta Rowe on Feb 23, 2014

Invocator: Russ Burleigh
Program/Presentation Reporter: Bob Martin
Bits & Pieces Reporter: Dick Hall
Registration: Don Zillman
Meal Ticket Sales: Rusty Atwood
Greeter: Don Tuski
Raffle: Jon Young
Music - Song Leader: Bill Blount
Music - Piano Player: Russ Burleigh
Sgt at Arms - Early: Peter Noyes
Sgt at Arms - Late: Mike Taylor

2014 ON-THE-ROAD LOCATIONS FOR PORTLAND ROTARY MEETINGS

Posted by Loretta Rowe on Feb 23, 2014

If you would like to mark your calendars for our 'On-The-Road' locations that are coming up for the foreseeable future, here is where our meetings will be held:

Feb. 28 - Holiday Inn By-the-Bay

Mar. 7 - The Clarion

Mar. 14 - Holiday Inn By-the-Bay

Mar. 21 - Holiday Inn By-the-Bay

Mar. 28 - Boys & Girls Club

Apr. 4 - The Clarion

Apr. 11 - Holiday Inn By-the-Bay

Apr. 18 - Holiday Inn By-the-Bay

Apr. 25 - The Clarion

May 2 - Holiday Inn By-the-Bay

May 9 - Holiday Inn By-the-Bay

Dates in **BOLD** are scheduled Board of Director meetings.

Any questions, please contact Loretta at: lrowe@maine.rr.com

FROM THE WORLD OF TENNIS (updated 2/25/14)

Posted by William Blount on Feb 25, 2014

THE ROTARY DOUBLES TENNIS LEAGUE - WINTER/SPRING 2014
(updated 2/25/14)

Find your substitutes early.....a lot of folks on vaca for mud season.

TEAM 1	TEAM 2	TEAM 3	TEAM 4	TEAM 5	TEAM 6
J Barns	L Gross	J Bourdeau	D Seddon	B Lowry	S Blakeslee
P Noyes	Ken Ray	J Young	D Hall	F Thompson	B Blount
B Moore	C Bowker	D Putnam	H Herodes	A Chipman	R Asch
J Houghton	K Grammer	R Burleigh	L Young	E Jorgensen	J Carr
10	10	12	9	11	5

MISSED A PROGRAM?

Posted by David Smith on Feb 23, 2014



You can watch our recent Portland Rotary Club speakers on the Community Television Network website:

<http://ctn5.org/shows/rotary-club-speakers-series>

You can always find the link on the Portland Rotary Home Page!

Loretta's Commitments