

OCTOBER 2022



P.O. Box 746 - South Dennis, MA 02660

Website Edition



*Next Meeting – October 13th @ 1 p.m.*

*St. David's Episcopal Church - 205 Old Main St. Yarmouth  
(4/10 of a mile from the Cultural Center)*

### PRESIDENT'S MESSAGE

Well, the fall season is in full swing at the RMC. The golf is going strong with some great scores (or not so great), and our bowling season is in full swing as well. We have started our new venue at the Nelson Hall at St. David's and from all that I have seen and members spoken to, all feel it was a great pick and good site for our meetings. The program committee is working hard to get some great speakers for upcoming meetings and our event group is looking into getting back to our off-site social sessions which some have started to inquire about. All of this is done by your board by hard working volunteers. As we have stated in our meeting before with them and those who step forward this organization would not be what it is today without them. Recently, new members have started to step forward and we wish to thank them for stepping up and assisting those who have held the fort down for some club responsibilities for a long time.

As we go forward, we hope to have two social venues with spouses for you, one in October and one in December as well. Stay tuned and please do not hold back if you have questions. Please ask any board member as well as you can always ask any speaker during the

meetings we have. Also remember to submit your requests for Charitable Donations before October 24<sup>th</sup>. The form is included in the bulletin.

Again, thank you. See you on the 13<sup>th</sup>

at Nelson Hall at St. David's Episcopal Church.

- George Cappola & Richard Coughlin



### October Membership Report

As of this newsletter, we had 5 new members and no terminations for a total of 263 members in the club.

#### NEW MEMBERS:

Kevin Quinn of Osterville

Bob Badaracco of Yarmouth Port

Brendan Kiley of So. Yarmouth

Paul Rooney of So. Yarmouth

Stephen O'Neil of So. Yarmouth

TERMINATIONS: None

DUES: It's time for members to get a jump start on dues payments for 2023! **Send your \$20 check to : RMC Box 746 S.Dennis, MA 02660** . You can also leave your check with us at the rear of the hall at the next two meetings. Please, no cash.

ATTENDANCE: As stated last month, we are looking for a few volunteers to help with taking attendance at meetings starting in January. If you sign up, you'll only have to do this twice all year and get the chance to meet a lot of nice people coming to our meetings! Please call me at 508-744-7189 or see me at the October meeting.

*Ken Lyman*, Membership Chairman



Wendy Michelle Meinhardt is a published author and the creator of the 10 step Just In Case Solutions. A comprehensive workbook providing individuals and couples a way to organize, record and deliver all their essential life information to loved ones when a scenario like an accident, illness or death occurs.



After Wendy graduated from Becker College, she jumped right into the corporate world. Working years in the financial services and project management fields, along with being an extremely organized, detailed oriented person in nature, she had insight to utilize her professional and personal skillset to create a solution for when things were missing from the professional planning process. This is when Wendy entered the world of entrepreneurship to explore her passion to help others.

Wendy quickly learned lots of people struggle with organizing or simply feel overwhelmed with how to capture important life details to then be able to deliver them in a consolidated manner. Having the passion to help others struggle less during hard times, motivated her to create a solution that partners well with the retirement, estate and funeral planning process. A guide to bridge the gap with all the details outside of the professional process. Being driven by every person she encounters who shares their situation and experience with her, Wendy innovated the 10 easy steps of Just In Case Solutions. Wendy takes pride in helping others and demonstrates ways to encourage and motivate people to act now before it's too late. Just In Case Solutions has been featured in press releases, online book tours and various newsletters.

Wendy lives in New England with her husband and is inspired daily by her daughter. She loves the beach, all forms of the arts, spending time with family and friends while currently working on the second edition of her 10-step solution that we all need!

*"We are pleased to have Wendy Michelle Meinhardt as our guest speaker. Wendy is the author of a workbook "Just in Case Solutions", which she authored as a guide for you and your loved ones in discussing, addressing, and organizing information in the event of relevant and potential life changing events. Wendy will discuss an easy way to organize, record and deliver essential information to loved ones in scenarios related to illness, accidents. Some of the topics Wendy will discuss are Keeping Records of Personal Information, Health and Medical Insurance, Professional & Legal Documents, and Financial Information. We look forward to seeing you at the meeting for this most information presentation and discussion."*

*- Paul McDonough*



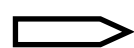
## **Minutes of General Meeting-Sept.8, 2022**

### **St. David Episcopal Church Meeting Hall**



Acting President George Cappola opened the meeting at 1:03 at our new meeting hall at St, David's Episcopal Church.

- George led all in the pledge; Jack Puleo led the singing of God Bless America
- Reading of last meeting minutes waived
- Treasurer Lou Ferriera gave his report: balance as of 8/31/2022 is \$10,872.80
- Minutes were approved as read
- George had a moment of silence to all those members who have passed
- A special thank you was delivered to Cape Cinema by George for hosting our meetings last year. Possibility of having a social event there when a premiere movie is scheduled.
- Nov. meeting rescheduled to Nov. 3<sup>rd</sup> due to conflict with Church Christmas plans
- Discussion with Bill Peters on resuming the Clam Bake at Swan River Restaurant. Bill will check on the specifics. Discussion on the Christmas Party at the Loft. More to come. Bill also brought up a Canal trip and will check on based on a show of hands.
- Ken Lyman reported the Club now has 262 members. No terminations. New members are: Bob Potteracko, Brenden Kylie, John Goretti, Paul Rooney, Frank Pouland Mike Ahearn. Dues for next year will be collected beginning in Oct thru Nov. Attendance will be recorded commencing in Jan.2023.
- Paul Desisto talked about the fall golf schedule and how members can sign up. Courses this fall: Old Barnstable, Falmouth CC, QuashnetValley, Blue Rock and Cape Club. Paul is looking for someone to take over the Golf Committee.
- Jack Puleo stated the bowling league has started this past Tuesday and has openings for regulars and subs.
- Dick Coughlin discussed the charities and that he has a few members helping him. He presently has \$1219 for various charities. Request for donations to be sent to Dick for review and approval.
- After a musical interlude by Frank Poranski and Larry Chapman we had the 50/50 Drawing and Tom Wyngowski (\$58) and John Goretti (\$39) were winners



Respectfully submitted, Dick Fecteau, Assistant Secretary



## Treasurer's Report

**September 30, 2022**



	Available	Restricted funds	Total
Checking Account Balance (Beginning):	9,653.80	1,219.00	10,872.80
DEPOSITS:	165.00	98.00	263.00
CHECKS/WITHDRAWLS:	<u>{470.00}</u>		<u>{470.00}</u>
Net Change:	<u>(207.00)</u>		<u>(207.00)</u>
Ending Balance:	9,348.80	1,317.00	10,665.80

### SUMMARY

Receipts:	Raffle	98.00	
	Dues 2022	60.00	
	Dues 2023	60.00	
	Miscellaneous	45.00	263.00
Disbursements:	Misc (Golf Entry)	(45.00)	
	Entertainment	(400.00)	
	Mtg Refreshments	<u>(25.00)</u>	<u>(470.00)</u>
		<u>(207.00)</u>	<u>(207.00)</u>

Golf Account Balance (Beginning)	<u>1917.50</u>
DEPOSITS: Golf Deposits	14,365.00
Misc. (Dues)	20.00
CHECKS/WITHDRAWLS:	
Golf Games Expenses	(6,832.00)
Meting Expenses	(52.42)
Misc Disbursement (Dues)	<u>(20.00)</u>
Net change	<u>7,480.58</u>
Ending Balance:	9,398.08

### *RMC Charitable Committee*

We are now into our second month of soliciting donation requests from our members. The club solicits Charitable Donation Requests during September and October from our members. All requests must be submitted by a member of our club. The Charitable Donations Committee then meets at the end of October/beginning of November to agree on the charities that they will recommend to the Executive Committee for us to support. The last meeting of the Executive Committee takes place in November since there are no meetings in December. This allows us to disburse the funds to the organizations selected prior to the holiday season. These funds come from our 50/50 raffle each month which many of you graciously participate in and is much appreciated. We did not make any donations in 2020 and 2021 due to COVID and the lack of meetings and thus the lack of funds. This year we have \$1,317 available with additional funds coming in for our September and October meetings. In 2019 we donated \$1,300 to the following eight charities: Yarmouth Food Pantry, The Family Pantry of Cape Cod, Cape Cod Times Needy Fund, Team M25 Homeless Outreach Program, Latham Centers, The Meals Program at St. David's Episcopal Church, The Salvation Army, and Supporters of the Dennis Council on Aging. Please submit your requests to the RMC of Cape Cod, Attn: Dick Coughlin, P.O. Box 746, South Dennis, MA 02660.

### *RMC Charitable Donation Request 2022*

Name of Retired Men's Club Member \_\_\_\_\_

Name of Charity that donation is being requested for:

\_\_\_\_\_

Address of Charity \_\_\_\_\_

Purpose Of Charity \_\_\_\_\_

\_\_\_\_\_

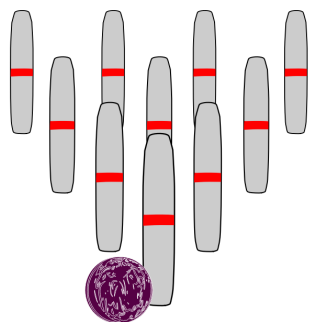
Any other factors the Committee should consider:

\_\_\_\_\_

\_\_\_\_\_



## RMC Bowling



So far the attendance has been good thanks to some new members and those who recruit them. Red pins for \$10 hit by Kevin Cronin and John Fanara twice Drinks on him ????? Jack

Anyone interested in playing, who has not played before, should sign up through the website or show up on the first day. Practice @ noon. Bowling @ 12:15. Cost \$15

## RMC Fall Golf

Go to [www.retiredmensclub.com](http://www.retiredmensclub.com).

Click on Sports/Golf/RMC Fall 2022 Events to view the details of each of the five events and the results.

Upcoming outings:

October 3rd at Blue rock

October 10 at Quashnet Valley

October 17 at The Cape Club



## *Sunshine Committee*

*If you know any infirmed  
RMC member or in the case  
of death, please contact*

*Frank Cloran :  
[ssgcloran27@gmail.com](mailto:ssgcloran27@gmail.com)*



## Drivers Wanted

Meals On Wheels Program at the Yarmouth Senior Center needs drivers one morning each week for 2 hours. Contact John Lynch for more info.



FREE TO ALL VETERANS

# STAND DOWN FOR VETERANS

★ CAPE COD ★

FRIDAY, OCTOBER 7TH, 2022 FROM 10AM TO 2PM

Cape Cod Community College  
Grossman Commons (Cafeteria)  
2240 Iyannough Road, West Barnstable, MA  
Please use Parking lot 9



GIVEAWAY ITEMS: TOILETRIES, PERSONAL HYGEINE ITEMS,  
BLANKETS, NEW CLOTHING, GENTLY USED CLOTHING.



REIKI  
MASSAGE  
REFLEXOLOGY  
MINDFULLNESS  
ZERO BALANCING  
LIVE COOKING DEMO  
YOGA

FREE FLU CLINIC  
FREE HAIRCUTS BY SUPERCUTS  
FOOD  
CLOTHING  
HEALTH SCREENINGS  
ALZHEIMER'S SUPPORT  
REFERRALS FOR HEALTH CARE  
HOUSING SOLUTIONS  
EMPLOYMENT  
SUBSTANCE MISUSE TREATMENT  
WELLNESS PROGRAMS  
LEGAL SUPPORT  
MENTAL HEALTH COUNSELING

Pre-registration highly suggested at [capeveterans.com](http://capeveterans.com)

**Transportation** Cape Cod Regional Transit Authority's "Barnstable Villager" fixed route on Rte 28  
or call 508-237-3349 two business days in advance to schedule a complimentary ride.



*The Retired Men's Club wants to thank  
Chapman Funerals for their continued support*

FUNERALS & CREMATIONS

CHAPMAN



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