

4/8/2025

Hello Rotarians,

On last Tuesday Bhakta Waskiewicz spoke to us about the Four Winds Adolescent Mental Health/Social Media Issues. Her presentation was very informative and discussed the benefits and risks of the internet social media use. The major variables are what a teen does & sees on line, the amount of time spent online, teen's maturity level & any preexisting mental health issues. She talked about ways to intervene that included a family abuse plan, internet safety strategy, a youth addition test, youth support teams and professional mental health support.

**The Saratoga Club has invited us to participate with them in a work project at the Charlton School on Saturday, April 26th.** We will be building benches, a kayak holder, and doing some work on the trails around their pond. BH BL Rotarians who are interested in joining please contact Greg Schorr.

Galway Food Pantry Coordinator: Linda LeTendre has volunteered to be the coordinator – thank you Linda! The pantry needs the following items: cake & brownie mix, spaghetti sauce, mayonnaise, salad dressing, canned pumpkin & cereal.

**JULY IS COMING:** If you have any suggestions on who would be a good candidate for our Club's open positions, please communicate their names to me.

**Some of the upcoming activities and dates follow:**

**April 8<sup>th</sup> Beverly Lazar Davis** - YouthSquared-Youth Helping Youth.

April 19<sup>th</sup> Road Side Cleanup in Charlton - contact Greg Schorr if you plan on participating.

April 22<sup>nd</sup> Club Service Night.

April 26<sup>th</sup> Joint volunteer event with the Saratoga Club at the Charlton School

April 29<sup>th</sup> Social

May 6<sup>th</sup> Dana Nemic – Main Street Studio

May 10<sup>th</sup> Saturday - replace north sign planter

May 13<sup>th</sup> BH-BL School Budget presentation

May 16<sup>th</sup> CNY Day of Service – tentative project at Charlton School

May 20<sup>th</sup> Dr Tristram will speak about vaccinations

May 27<sup>th</sup> TBD

Jun 3<sup>rd</sup> Becky Raymond – Peace Corps Experiences

Pete P.