



# Live for Lou Newsletter

SUMMER 2019

## SPECIAL POINTS OF INTEREST:

- The Impact
- Pillar I: Compassion
- Pillar II: Beauty
- Pillar III: Athleticism

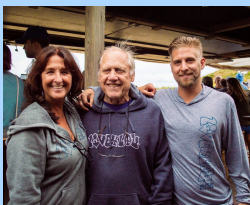
## MISSION

**Promote Big Lou's  
principles of**

- conviction
- compassion
- curiosity

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## WellFleet Memorial Garden: a Community Space



When the Live for Lou committee conceptualized the WellFleet Memorial Garden, we wanted to create a place that Louie would have loved: a gathering spot for the community, a source of beauty in the world around him, a way to remember those lost too soon, and something of which he'd be proud.

We have been overwhelmed by the support we've received from you — our friends, family, and fellow community members. It is astonishing to think about the number of man-hours that went into creating this garden: frequent town meeting attendance, expert design, tireless land-grading, planting, and mulching, along with a myriad of — and continual — maintenance tasks. What's more, 30+ businesses and countless individuals came together to accomplish all of this.

The care and commitment of this community have become central to the WellFleet Memorial Garden. We sincerely thank every one of you who helped make this possible.

*In honor of those remembered, we've asked members of the WellFleet Memorial Garden family about its meaning to them.*

### Carol Mahedy

Live for Lou began as an answer to a question. A question posed by one of Louie's friends following his tragic death. The question, laced with sobs, was "what are we going to do now?" "We're going to live for Lou" was the answer. A legacy borne of loss. I've been involved in all aspects of the endeavor, but the garden resonated with me immediately.

By 2014, our tiny town had had its big heart broken too many times in a short period of time. Young people were dying before they'd had a chance to see adulthood. Leaving their families and friends to navigate the vicious territory of grief. I saw the value of creating a space, an open physical

space, to mirror the effect death has on our hearts. A refuge, a space for contemplation. I hoped its location in the heart of town would offer comfort to all who sought it. I believed so strongly in this oasis that I planned and planted and did whatever I was asked to help bring it to fruition earning myself a spot on the rock at the top of the garden.

Life has a way of catapulting us from theory to reality and that is what happened with me and the garden. Last summer, I lost my brother. He may have been 55, yet he was still my little brother. He died in Arizona where he lived, but he loved Wellfleet. And maybe, more importantly, Wellfleet is home to my children and I and we needed to honor him here. One evening last fall, just a couple of months after photographing our ribbon cutting garden party, I attached myself to the garden in a whole new way. A handful of us placed the plaque and whispered some prayers marking his memory. In the garden I find what I hope others will when they call to mind their angels. Solace, understated and powerful, is mine there.

### Robert Fryklund

*(Quality Landscaping by Robert Treat Fryklund)*  
Having grown up in Wellfleet and still living in Eastham I know how closely knit these communities are, and when tragedy strikes its effects ripple throughout. I'm grateful to be part of caring for this garden in the heart of Wellfleet; which represents to me a part of the soul of our community. It is a beautiful reminder for those who have passed, and still mean so much.

...additional testimonials on page 3

## Impact: Live for Lou Donates or Pledges over \$100,000 since 2014

On Saturday, September 7, 2019, Live for Lou will host its Sixth Annual Fundraiser. We thank you for supporting our mission in the past and look forward to continuing our relationship with you, showing our continued dedication to our community. Annually, the funds from this event help countless people affected by the disease of addiction. Since its inception in 2014, LFL has been committed to changing the stereotype of addiction. It has always been our strategy to highlight the good in people regardless of their afflictions.

Please see the LFL impact in a "Giving Breakdown" on page two.

### **Ways to get involved:**

Want to help maintain the garden and join the LFL Crew or volunteer at the Annual Event? Please email Katrina Fryklund, at 508.776.6485 OR [Live4LouFund@gmail.com](mailto:Live4LouFund@gmail.com)

*Please join us in September as we celebrate Louie's legacy by raising funds for these incredible causes. Please see the back of the newsletter for event details.*



**No matter the strength of the current # we continue to move ourselves forward / by pushing the water out of the way**



## cont'd....IMPACT

### Compassion

**GWc`Uf**gon the quest for an education that will bring them back to Cape Cod for a career in addiction counseling or therapy- \$18,000 (four scholars)

**F YWtj YfmUbX`5XXMlcb`Dfc[ fUa g** \$25,000

Calmer Choice: {Mindfulness Programs}

Community Development Partnership: {Client Placement at Canal House}

Gosnold: {Sober Living, Miller House, Recovery Coaches, Insurance Deductibles}

**K Y`ZYyh< YUHa`7 YbhYf.** \$25,000

### Beauty

**K Y@. @YhA Ya cfJU`;** **UFXYb:** a community space giving local families the opportunity to memorialize and honor loved ones they have lost too soon.

### Athleticism:

**B U gYhFY[ JcbU`< ][\`GWcc`.**

School Turf Project - \$10,000

NRHS athletes pursuing team sports in college - \$30,000

{eight scholars}

Gosnold Falmouth Road Race Team Sponsor: \$3,500

{2019 team raising money for Gosnold's unfunded and underfunded programs}

## Pillar I: Compassion

### The Outercape: Its challenges, and one small way to make an impact

On June 9th, 2019, Live for Lou announced a \$25,000 five-year pledge to Outer Cape Health Services' Wellfleet Health Center. Moreover, Outer Cape Health announced our gift as a community match grant, (and matched it!), honoring Live for Lou as an example of a community leader fighting the opioid and addiction epidemic.

Louie exemplified compassion; when he asked you how you were doing, he expected an honest answer. He looked you in the eye, and he listened. His famous hugs were the perfect symbol of his caring persona and his passionate determination to help others. For over five years Live for Lou has given to various local organizations, each with a mission to help individuals gain skills to conquer addiction and build strength in our Cape Cod community. We continue to honor Louie's legacy of no friend left behind by aiding our fellow Cape Codders in finding solutions to the opioid epidemic.

By funding the Wellfleet Health Center initiative, Live for Lou continues to promote sobriety program and behavioral health in the Outer Cape; a place where sober living options opportunities are limited, public transportation is hard to come by, and drugs and

alcohol permeate families young and old. The Guardian states, "In this 'summer' community, the population hovers around 750,000 from late May to early September and can spike to 1 million on the 4th of July. Post-Labor Day, however, only 250,000 residents call Cape Cod home, and it becomes one of the country's most addicted stretches of coastline. Amid a national opioid epidemic, Massachusetts is designated as one of the top 10 states in the US with the highest rate of opiate addiction" (Gendron, Nico. How America's go-to holiday spot became a shoreline of addiction. 28 May 2018).

When one considers that coastline and its towns, one cannot ignore the devastation of communities from the Lower and Outer Cape - Brewster to Provincetown. Wellfleet lies in the center.

Live for Lou knows that supporting the Wellfleet Health Center is one of many ways to show our commitment to the growth of sobriety resources and behavioral health centers in the lower and outer cape areas.



## Drug Counseling Scholarship Winner Attending Local Certificate Program

Live for Lou is proud to award Michelle Ferreira \$3,000 to pursue her certificate in Substance Abuse Counseling at Cape Cod Community College. Ferreira enters this field due to her experience tackling addiction and finding sobriety, and states, "It's my passion to help others fight the disease of addiction the way I did and give them hope that they can achieve sobriety."

As a single mother she supports her two children, one in college and one in high school, and financial assistance will allow her to continue her education.

Michelle remains involved in her community and is active in Cape Cod Community College's START Program (Students Recovering Together), spreading awareness about addiction throughout the college. Additionally, she was a member of Active Minds at CCCC, where she raised mental health awareness. She has volunteered her time to teach students about suicide prevention and its commonality amongst college students in the United States. Finally, she speaks at Emerson House in Falmouth, sobriety meetings, and detoxes, where she shares her experience, strength, and hope with others to show that recovery is possible.

By pursuing this degree, we are honored to help Michelle reach her goals and take her volunteerism and activism to the next step as a Substance Abuse Counselor. Congratulations, Michelle.

*We thank our committee for reading through all 12 tremendous applications:*

*Jennifer Franzen, Katrina Fryklund, Holly LeBart, Nicholas LeBart, Todd LeBart, Eric Porteus, and Patricia Mitrokostas.*

## Pillar II: Beauty

### Cont'd...WellFleet Memorial Garden: a Community Space

#### **More words from the LFL Community:**

##### Marianne Alciati

Carved into the middle of town, the Wellfleet Memorial Garden is classic Wellfleet, remembering with beauty, nature and art. John loved these qualities about Wellfleet and I love that there is such a beautiful place in the heart of town to remember him. We were married just next door, when Preservation Hall was Our Lady of Lourdes Church, in perfect view from his bench. There is a tranquility in the garden on most days, a quiet peacefulness that provides a comforting home for remembering with gratitude.



##### Samuel and Anne Engel

June is hard. Not that I don't think about Rose the other 11 months — every day — but the early summer weeks rush me with memories: "my leg hurts" on the Lecount Hollow dunes, the kindness of Outer Cape Health, the call the next morning telling us to go straight to

Children's in Boston, the hopeful weeks of treatment.

As the years pass since Rose died, it gets harder to hold in one hand both how real she is and how thoroughly not here she is. A new colleague asked me recently how many kids I have. How selfish of me to mar her day with my answer of "Two". Isaac is six and Rose would be 11.

The Memorial Garden affirms that Rose is with us. It gives me a regular touchstone of comfort that makes it easier to keep saying I have two children, not to feel embarrassed or inconvenient to be a father of two.

The Memorial Garden also affirms that Rose and our family are part of Wellfleet forever. This year we may live in Boston, but our real home is always Wellfleet. We share our loss with other Wellfleetians. We are honored to be part of a community that comes together around Lou and the other children, to heal the world and to share love.



##### Timothy Gordon O'Hara

*(Independent Landscaper)*

In any garden, a particular feature fits its setting when it looks like it's always been there. If a garden feature is best sited where it naturally appears established, a public garden that fits its site compliments established patterns of use; people use it as if it's always been there.

By that standard, the Memorial Garden is a resounding success. From the very first day, I've seen little kids running around while their grownups hang out on the benches, grownups spilling over from events at the Prez Hall, passersby taking a detour through the garden. I'm grateful to be a part of something that has already become so integral to Main Street.



Photos: Left - John & Marianne Alciati, Center - Samuel & Rose Engel, Top-Right - Rose Engel, Bottom-Right - Tim & other Members of the LFL Crew on Bulb Planting Day

## WellFleet Memorial Garden Naming Opportunities

Naming Opportunity	Value	Details
Mindful Sponsor	\$150	<i>Small Plant with Small Garden Stone</i> <u>Small Plant List:</u> Options may include Hydrangea, Viburnum "Blue Muffin," Clethra, Inkberry, Azalea, Winterberry, Sweet Pepperbush, Caroline Allspice, Bottle Brush Buckeye <u>Small Garden Stone Measures Approximately:</u> 3.25" (h) x 6" (w) x 1" (d)
Contemplative Sponsor	\$500	<i>Small Plant with Large Garden Stone</i> <u>Small Plant List:</u> Options may include Hydrangea, Viburnum "Blue Muffin," Clethra, Inkberry, Azalea, Winterberry, Sweet Pepperbush, Caroline Allspice, Bottle Brush Buckeye <u>Small Garden Stone Measures Approximately:</u> 7.5" (h) x 11.5" (w) x 1.5" (d)
Reminisce Sponsor*	\$1,000	<i>Large Plant with Garden Plaque</i> <u>Large Plant List:</u> Options may include Weeping Willow, Pagoda Dogwoods, American Holly, American Beech Tree <u>Garden Plaque Measures:</u> 9.25" (h) x 17" (w) x 16" (d)
Reflective Sponsor*	\$2,500	<i>Large Paving Stone with Inscription</i> around water feature  <u>Stone:</u> approximately 50lbs

For more information, please contact Katrina Fryklund, Co-Founder/Co-Chair at 508-776-6485.

\*Options may be limited for Reminisce & Reflective Sponsors.\*

### Garden Donors

(bolded names represent those still regularly donating time and supplies to the garden - thank you)  
 Back Bay Residential, EZ-Doze It, Dana Eldridge, **Jean Brooks Landscapes**, **Cape Cod Stone**, Joseph A. Cappello Well Drilling, Inc., Kim Catalano, Paul Childs (Robert Childs, Inc.), Schooner Grady, **Jeremy Young Landscaping**, **Live for Lou Crew**, **Matt Losordo**, **Rick McCaslin**, Mid-Cape Home Centers, Monomoy Tree Service, Nate Nickerson, Preservation Hall, Andy Thomas (Thomas Electric), **Timothy Gordon O'Hara**, **Quality Landscaping by Robert Treat Fryklund**, **Rainmaker Irrigation Crew**, SiteOne Landscape Supply (South Dennis), Truro Vineyards, The Wicked Oyster, William M. Rogers II

### LFL Crew

Marianne Alciati, Kim Catalano, Jennifer Franzen, Katrina Fryklund, Timothy Gordon O'Hara, Holly LeBart, Nick LeBart, Todd LeBart, Lauren McKean.

## 5th Annual Live for Lou Fundraiser: Event Details

**Date:** Sat., Sept. 7, 2019

**Event Time:** 12pm-6pm

**Cost:** \$30 Donation

Supports our Scholarship, Grant & Garden programs

### Admission Includes:

Unlimited Food, Rawbar, Silent and Live Auction, Live Music and Cash bar (**100% of the funds donated support the LFL Fund Programs**)

Extra parking is available at the Whitecrest Beach, with transportation provided by the Funk Bus.

## Pillar III: Athleticism

### 2019 Athletic Scholarship Winners

Annually, Live for Lou presents the opportunity for graduating athletes from Nauset Regional High School to apply for a \$2,500 scholarship. They are asked, "How has participating in a sport had a positive effect on (or changed) your life?"

Lou practiced and competed with unmatched determination. When asked how he did it once after a particularly astounding swim meet performance, he replied that it was easy, "you just push the water out of the way."

He was focused on winning, but he also cared deeply about his teammates. The Live for Lou committee, consisting of professionals, and Louie's friends and family, considered work ethic, determination, and team leadership when selecting this year's winners, Katie Leland, and Stephen Kalinick.

**Katie Leland**, Brewster native and Nauset class of 2019 Valedictorian has wowed her teachers in the classroom and her coaches on the field, and has received numerous awards and recognition for her work. She plans to study biology and psychology at Emmanuel College in order to facilitate her future profession in modern medicine.

Her Guidance Counselor writes, "Katie has been a four-year member of the varsity soccer team and is also active in various travel clubs both locally and beyond Cape Cod. She is interested in continuing to play at the collegiate level as she sees the benefit of the responsibility associated with representing a team, managing her time, and being a part of the community."

**Stephen Kalinick**, Brewster native, will attend UMASS Amherst, in the College of Social and Behavioral Sciences Exploratory Track. Stephen is going to have a full course load exploring his interests in natural ecosystems, environmental science, sports management, and history, and he has been recruited to their Division I baseball team.

Kalinick writes, "Baseball is not just about being your personal best; it is about playing on a team and being a good teammate. [...] I have been lucky to have the support of my family, coaches, and many friends rooting for me along the way. Even in the hardest times of my life when my family was going through a very difficult time, I had baseball. [...] Hard work, perseverance, and support are the keys to success."



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