

Table of Contents:

COVID Cont'd—
pg. 2

Paddle Out Info:
Sept. 12, 2020—
pg. 2

Pillar 1:
Compassion—
pg. 3

Pillar 2: Athleticism—
pg. 3

WellFleet Memorial
Garden Naming
Opportunities—
pg. 4

Pillar 3: Beauty—
pg. 5

WellFleet Memorial
Garden: Photos over
time—
Pg. 6

Volunteer and Board
of Directors
Information—
Pg. 6



Summer 2020



Photo by Nicholas LeBart

Managing LFL During COVID-19

By Carol Mahedy, Board Member

As you know, there is nothing socially (or emotionally) distant about our annual Live For Lou event at The Beachcomber. Therefore in deference to our collective health, we will not gather in person this year for a large event (learn more about our substitute Paddle Out and Donation Drop-Off location on September 12th, page 2). We want to take this opportunity to express our continued gratitude for your generosity, enthusiasm, and support which provide the sustenance for our mission all year long.

Isolation does not insulate us from the scourge of addiction. On the contrary, the loneliness and loss delivered by the pandemic make the work of Live for Lou all the more urgent. The LFL family must remain connected and committed as we approach the upcoming seasons. At a time when it is vital to attend to those most vulnerable among us, we ask for your continued support.

While we cannot compensate for the lack of camaraderie or the absence of food,
(continued on page 2)

LIVE FOR LOU

PO Box 1567
Orleans MA 02653

Katrina Fryklund

Live for Lou Chair

Phone: 508-776-6485

Email:

kfryklund@lathamcenters.org

COVID-19 cont'd...

drinks, and music, we can promise that your contributions will continue their noble work. If it is at all possible, please consider making a donation that suits your situation: Maybe it's just the price of admission at \$30. Maybe it's admission plus a few raffle tickets? Maybe what you would have bid on an auction item that you didn't really need? Or maybe it's continued sponsorship? Whether you choose to donate or not, please know that we remain awed by your belief in this endeavor. Stay safe and healthy and plan on an extravaganza in 2021!

2020

...the year of the Paddle Out.



When: Saturday, September 12— 1pm-3pm

Paddle Out: 1:30pm

Where: Long Pond, Wellfleet, Massachusetts

*Annually, on the Saturday after Labor Day,
we celebrate **Louie's legacy**.*

This year we invite you to join us as we return to our roots, and have a (social distance) Paddle Out / Prayer Circle at Long Pond. On this day, we will also be collecting in-person donations. Please wear a mask. :)

All Paddle Out Attendees and Donors will
receive a complimentary Live for Lou Thank You Gift.

To Mail Donations:

Live for Lou Fund
PO Box 1567
Orleans, Massachusetts 02653

For more information please
contact Katrina Fryklund, Live
for Lou Board Chair:
508-776-6485

Based on our core pillars, we have donated or pledged close to \$120,000 since 2014:

Compassion

-Scholars on the quest for an education that will bring them back to Cape Cod for a career in addiction counseling or therapy:
\$23,000 (five scholars)
-Recovery and Addiction Programs:
\$25,000
-Wellfleet Health Center:
\$25,000

Athleticism:

-Nauset Regional High School/School Turf Project:
\$10,000
-NRHS athletes pursuing team sports in college:
\$25,000 (ten scholars)
-Gosnold Falmouth Road Race Team Sponsor:
\$3,500

Beauty

-WellFleet Memorial Garden: a community space giving local families the opportunity to memorialize and honor loved ones they have lost too soon.

More details about this year's event to the left.

PILLAR 1: COMPASSION

2020 Expanding the Vision of our Drug Counseling Scholarship: Inspiration from our Winner

By Katrina Fryklund, Board Chair

Annually, our Scholarship Review Committee works diligently to select the winner of our Drug Counseling Scholarship. Traditionally, consideration was given for individuals pursuing secondary education in the field of drug addiction counseling and planning on returning to the cape to work with our underserved population. As the years have moved on, we've realized that it was important to widen it's scope to include alcohol addiction counseling. After this years review, the committee was truly inspired by winner Kailey Bay. Below is the story of how she was selected.

Kailey filled the criteria in many ways including that she has grown up on the cape and plans on remaining on the cape; additionally, she is pursuing her secondary degree. Moreover, she wants to focus on outpatient work, a particularly difficult area in terms of recovery; many people state that the lack of support after getting out of inpatient can be the most difficult part. Most importantly, perhaps, is Kailey's mention of the opioid crisis and her understanding of the link between the need for outpatient care, opioids, and sobriety, as well on her emphasis on the importance of family work.

"The Youth will be the next generation to shape the Cape, and we need to keep that in mind. The youth will be working in local businesses, creating new businesses, taking care of elders, and starting families of their own. The mental health needs the youth are have are immense. Many of our youth are living in poverty, unstable housing, and living with their grandparents or other relatives due to the opioid crisis...I plan to work with our youth as a clinician once I graduate to help those with mental health needs. By working in an outpatient facility, I will be able to work with individuals one-on-one and in group settings to increase their well-being and mental health."

Recently, Live for Lou has been talking extensively about family support, especially during COVID-19, when all aspects of mental health seem to be more prominent. We thank Kailey for her passion to support those on Cape Cod, and her awareness for the cross-generational needs of all those affected be addiction. We hope that this \$5,000 scholarship serves you well.

PILLAR 2: ATHLETICISM

2020 Athletes

Beauty, Compassion, and Athleticism – the core pillars of Live for Lou. He holds multiple records on the Nauset Regional High School Swim Team; moreover, when one considers his impact at NRHS, he or she remembers someone who was a team player, who cared deeply for his teammates, and who worked just as hard at the practices as at the meets. Annually, Live for Lou honors the *athletic* component by granting two scholarships in the amount of \$2,500 to a male and female student pursuing athletics in college. Most important to the review committee are a students values, and the importance of team work in the life of the scholar. The committee is not looking for the best athlete nor the best scholar, but rather the most deserving individual who has similar values to Louie. This year, the committee congratulates Montana Bailey and Spencer Rushnak. Learn more about Montana and Spencer on page 4.



Athletes cont'd...

Montana Bailey, 18

Orleans, MA

Montana intends to major in Sustainable/ Community and International Development at American University in Washington, DC. Her list of extracurricular activities is lengthy, and includes Vice-President of the Green Club, National Honors Society, and the Feminism Club. In addition to school clubs she volunteers locally and internationally. Montana writes, "rowing taught me discipline, tenacity, teamwork, perseverance, and how to find happiness in the hardest times.[...] Through sailing I grew to understand leadership, strategy, resourcefulness, and effective communication skills. Through being a Captain and teaching the sport as an instructor, I taught my passion while simultaneously keeping my teammates and campers safe on the water. [...] I accredit much of my time in sports to the person I am today."

Spencer Rushnak, 18

Chatham, MA

Spencer is going to attend Roger Williams University and pursue teaching, specifically Secondary Education and History. At Nauset, Spencer was an -star athlete and graduated as a member of the varsity soccer and basketball teams, and ran track. In addition to his athletic endeavors at Nauset, he was teammate on multiple soccer clubs. In between his games, meets, and practices, Spencer has volunteered in multiple church events. Spencer writes, "I realized that greatness doesn't just come from natural talent but from one's contributions to the greater good - the whole team. Playing for Nauset showed me that athletes are only as great as their weakest link; and I don't mean that in a negative way. I just learned early on that to be a winning team meant you had to play as a team, all the time. Not relying on one person but relying on the whole entity. And that is where I learned the important lesson of being a leader and helping to reach that team goal."

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.

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

PILLAR 3: BEAUTY

Reflecting on the WellFleet Memorial Garden

By Holly LeBart (Board Vice-Chair)
& Laura Frongillo (Board Member)

When we broke ground for the WellFleet Memorial Garden in October 2017, it was hard to imagine the transformation that would take place in the overgrown lot next to Preservation Hall. But today, thanks to the hard work of an exceedingly dedicated crew, the support of the Town of Wellfleet and the many monetary donations in honor of loved ones or simply out of kindness and appreciation for our cause, a wonderful and meaningful vision has come to life.

Today, the memorial garden is an integral part of our town – a place where people can pause to remember loved ones, admire nature's beauty or just reflect and take a moment to relax. Amidst the diverse species of trees, bushes and flowers, the garden contains many memorials, from plantings and benches to stones and plaques to the garden's centerpiece – a tranquil and beautiful fountain area, in memory of Louie LeBart, the young man at the heart of Live for Lou.

From the initial plans and conceiving, to the planting, the maintenance and all the installations, this garden has been a true labor of love – the results certainly prove that. It's an ever-growing, living memorial, and we sincerely thank everyone who has supported its creation physically, financially and emotionally.

Next time you're in the center of town, take a stroll down the path, find your favorite bench, listen to the birds and soak in the beauty and love that surrounds you.





Ways to get involved:

Want to help maintain the garden and join the LFL Crew or volunteer at the Annual Event? Please contact Katrina Fryklund, at 508.776.6485 OR kfryklund@lathamcenters.org.

Garden and Garden Party Donors

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, 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

Board of Directors

Katrina Fryklund (Chair), Todd LeBart (Vice-Chair), Holly LeBart (Vice Chair), Jennifer Franzen (Secretary)
Members: Carol Dalitzky, Laura Frongillo, Mark Frongillo, Carol Mahedy, Rick McCaslin, Timothy Gordon O'Hara, Eric Porteus, Diane Stitt

LFL Crew

Marianne Alciati, Barbara English, Jennifer Franzen, Katrina Fryklund, Carol Mahedy, Rick McCaslin, Kathleen McSweeney, Timothy Gordon O'Hara, Holly LeBart, Nick LeBart, Todd LeBart, Gail Stewart