



Rotary Club of Littleton New Hampshire

Club #6418 ~ District 7850 ~ Chartered July 1926

WEEKLY BULLETIN

SEPTEMBER 11, 2019

COMING PROGRAM

September 18th



Jarrett Stern, VP of Business Development, Special Project Executive at Littleton Regional Healthcare will be speaking to us about all the new and expanded service lines recently developed and now offered within the expanded complex at LRH.

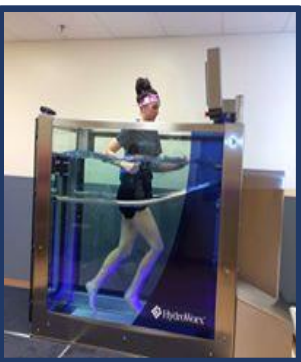
Program Needed for September 25th:

9/25 is our last September meeting. To our members: would love, love, love to have you, you, or you bring us a program to close out our month 's RI theme for September: Basic Education and Literacy Month

LAST WEEK'S ROGRAM



Kathy Meddings introduced our guest speaker of the week, Gary Goodwin, the founder of the non-profit H.A.T.S., an acronym for Hydro Aquatic Therapy Studio in Woodsville. While the original goal was an ambitious long-term funding for a pool facility, the organization was able to fund a 36-foot tractor trailer equipped with a portable aquatic treadmill that is attached to a 600-foot building via a tunnel canopy on Route 302 in Woodsville. The tractor trailer, with aquatic treadmill, was purchased for \$200,000 and the building for \$75,000 thanks to "angel investors," whom he said fronted the funding in the form of private loans plus grant funding that added shower and changing amenities to the building. The portable treadmill is used as a mobile clinic currently serving Littleton Senior Center, Cottage Hospital, Grafton County Nursing Home, and a facility in White River, VT. H.A.T.S. has offered proposals to other facilities in NH and VT for consideration to add the mobile unit to their therapy programs as another choice in existing therapy programs. The building now provides a home base for on-site client appointments for those in need of physical water therapy. Gary mentioned that Medicare should cover the expense for anyone accompanied by a licensed physical therapist, Meanwhile, he is undergoing training to become one himself. Gary mentioned that this type of therapy has been getting more and more popular, especially in Asia and Europe as it gives four times the resistance of dry-land training as the warm water helps muscles and joints relax and heal. The unit is a 3½-foot wide 5-foot high aquatic treadmill which uses warm water and hydrostatic pressure that aids rehabilitation exercises. The treadmill has levels of resistance to water speeds; the sports level being the highest- ten minutes per mile. Water levels are suited/set to the hip/waist of users. The water has a recycling feature and all water used for refilling must pass a testing process. For safety issues involving any visual standing stress, a safety feature is immediate draining of the pool from the level down, relieving the water quickly from the stress area.



Any user falling to the bottom of the tank triggers a door that immediately and completely drains the entire tank. In closing, Gary reiterated the benefits of H.A.T.S. water therapy unit. i.e.: It brings therapy to the patient/client – It saves time and money - more importantly, it offers another choice that produces proven scientific results without painful movement- a boon to arthritis and related conditions as added value to those recovering from wounds, surgeries and more.

MEETING HIGHLIGHTS

GUESTS

We welcomed **Brenda Corliss** of Coldwell Banker's Franconia office. **Ruth's** guest, visiting us for a fourth week, well on her way to becoming our newest member, so voted at the board meeting!

ROTARY ANNOUNCEMENTS.

- **Kathy J** reminded us of the Friendship Exchange need for volunteers and to sign up for the dinner following the notice and registration info sent our recently.
- **Dick** announced that those who wished to join the group for the special ride on the Cog RR need to contact him asap before the cut-off date.

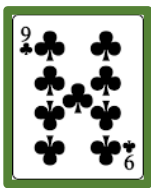
HAPPY DOLLAR\$\$

- **Russ** (he's baack!) paid good money to announce he was grateful to still have a (hurricane survival) home in South Carolina!
- **Bob** was happy to donate a dollar to thank the current Rotary Roadside Clean-up Crew for volunteering and doing such a great job!
- **My** \$1 contribution was to happily welcome Russ's return from his vacation with family and granddaughter as he had mentioned some doubt about when/if a NH homing would occur!
- **Kim** paid a buck to brag about firing up dad's smoker and wrapping up 40 cubes of smoked cheese- tis the season!
- **Becky** also paid to brag that the Food Co-op presented a check for \$6,453.65 to its August Partners, Bethlehem Trails and Parker Mountain Trails, from all the small change and round-up donations at checkouts, setting a new record high for its Partner of the Month program,

SAA – CHAD

Subbing for **Chad**, the challenge was, avoid the fine by answering the question, "Where was the first Rotary club outside of the US chartered"? Many guesses, but only one even hit the right continent (**Dick**). Sure and begorrah t'was Dublin herself in 1911. Another grand windfall of fines!

50/50



Schuyler had a second chance at the pot with his lucky ticket. His first opportunity of missing the well-hidden winner occurred on 7/31 and this time was a no winner also. **Schuyler** didn't change his M.O., pocketed the "fiver" just to make me happy to publish his name, but now I'm developing a theory. The deck is only half gone. Chances are good that **Schuyler** may get lucky one more time, win the pot on 3rd draw, and donate \$10 of it to the Food Bank. Chalk it up to my 30+ years of trying to figure out bank directors!

Those attending our 9/11 Meeting with its special 9/11 invocation from Doug ~

Barbara Ashley | Dick Bielefield | Becky Colpitts | Pierre Couture | Mary Doherty | Kim Doolan
Russ Gaitskill | Ruth Hamilton | Kathy Jablonski | Jackson | Shannon McKee | Kathy Meddings
Doug Menzies | Bob Muh | Steve Nilhas | Chrissy Smith | Schuyler Sweet

OCTOBER RI THEME

Econ. & Community Development Month
&
Rotary Alumni Reconnect Week that includes 10/7

2nd - OPEN

9th (Nanci's)

Patrick Tuffs, CEO
Granite United Way

16th - OPEN

23rd - OPEN

World Polio Day- 24th -

SEPTEMBER CELEBRATIONS

Member Birthdays

2nd Norinne Williams
4th Nancy Ernsberger
18th Ruth Hamilton
25th Schuyler Sweet

Member Anniversaries

9/08/1967 David & Nancy Ernsberger
9/19/1987 Russ & Linda Gaitskill
9/27/1989 Lori & Roger Santora

Rotary Anniversaries

9/1/1990 Norinne Williams



The heart of Rotary is our members, dedicated people who share a passion for community service and friendship. Rotary members share ideas, make plans, hear from the community and catch up with friends during club programs that fuel the impact we make.

Meet with us every Wednesday - Topic of the Town Restaurant - Main Street - Littleton, NH 03561

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