

TWO LIGHTS

Rotary Club of South Portland – Cape Elizabeth
March 8, 2017

UPCOMING PROGRAMS:

March 15 – Club Foundation Anniversary Party!
March 22 – Steve Levesque, Brunswick Landing
March 29 – Rick Lachapelle, Pawn Shops

ASSIGNMENTS

	<u>March 15</u>	<u>March 22</u>	<u>March 29</u>
Opening Words	Barker	Virginia	Speh
Raffle Gift	Farrell	Frustaci	Geneseo
Conductor	Daviero	Scott Irving	Knupp

A gift certificate to Willows donated by Phil Dube was won by Mike Geneseo.

ARK YOUR CALENDAR:

March 14 – Soup Kitchen

March 15 – Foundation 100th Anniversary Party! Same time, same place but come a little early if you can (5:30) to socialize and share appetizers. An opportunity to visit with many old and new friends, as well as to honor some people who are very deserving of our gratitude for their contributions to our communities. Plus there will be birthday cake!

March 18 – District Leadership Institute

May 19-21 – District Conference, Samoset, Rockport – register on District 7780 website.

*Is it the truth?
Is it fair to all concerned?
Will it build goodwill and better understanding?
Is it beneficial to all concerned?*

What's New With Our Members

Congratulations to Virginia, who is now a U.S. citizen!!

Get well wishes to Edie Davidson as she recovers from successful heart surgery.

A busy birthday week! Happy Birthday to

March 16:

✻ Dan McDonald

March 17:

✻ Nancy Hawes

✻ Mike McGovern

March 18:

✻ Bev Altenburg

✻ Marc Bates

✻ Paul Butler

March 21:

✻ Ursula Schmidt

Welcome to Rotary!!!! - In our now weekly tradition, we inducted a new member this week – Hugh O’Shea. Hugh lives in Scarborough and works in South Portland as an elder planning adviser. Chuck Redman will be mentoring Hugh as he learns the ropes – the secret handshake and all that. We look forward to getting to know Hugh – welcome to Rotary!!



Welcome to our Fellow Service Club Members – This week we welcomed Lions Benson Dana and Mark Fleming to our meeting. Unbeknownst to them, the purpose of the invitation was so that we could present a “Big Check” – and a little one – for \$1,000 to the Lions capital campaign for the renovation of their clubhouse. Shown here is our Rotary president Bill presenting the check to Lions president Benson.



Photos courtesy of Dan Davidson

Opportunity Alliance – Our speaker this week was Mike Tarpinian, CEO of Opportunity Alliance. Some of you may remember Mike from the days when he was the Executive Director of Youth Alternatives. (Our club used to make donations to Youth Alternatives.) Mike described the dramatic changes that took place as YA merged with Ingraham, and then later merged with PROP to form Opportunity Alliance. The resulting organization has 46 different programs!

Mike told a story of how they have to be creative to make the most effective use of their funds. Their new home in South Portland is near Redbank, which had a high incidence of truancy, especially for young children. Opportunity Alliance did not have the funds to provide direct support for every child so the solution had to lie in the community providing support to each other. To achieve that end, the organization held community suppers, initiated summer food programs, and bussed children to the Boys & Girls Club. The end result was that school attendance increased, the neighborhood created their own association, and they told Opportunity Alliance that they didn't need their help anymore.

In response to questions about potential changes in funding from Augusta and DC, Mike said that change was constant in their world, and that they are constantly trying to figure out how to make lemonade from lemons.

Musings from our Future District Governor – Not sure if it's an elder planner joining our club that inspired these thoughts from John LoBosco, but he offers some food for thought!

People often comment that they think of Rotary as a bunch of old guys. That got me thinking-- might Rotarians, on average, live longer than other people?

While I haven't studied this possibility, I found some support for it in The New York Times bestseller, 10% Happier, by TV newsman Dan Harris (HarperCollins 2014, pp.183-185).

Dan wrote that, "Research...showed that everyone from the elderly to alcoholics to people living with AIDS patients saw their health improve if they did volunteer work. Overall, compassionate people tended to be healthier, happier, more popular, and more successful at work."

To me, *Service Above Self* always has seemed more of an aspirational goal--as the good feelings from service benefit ourselves. Dan seemed to confirm those thoughts in writing about a conversation he had with the Dalai Lama who told him that, "development of concern for the well-being of others...actually is [of] immense benefit to oneself." Dan asked the Dalai Lama, "It seems like you're saying that there is a self-interested...case for being compassionate?" The Dalai Lama answered, "Yes. Practice of compassion is ultimately benefit to you."

Dan went on to describe "cutting-edge science to back up the Dalai Lama's advice...." He noted that scientists at Emory found that "practicing compassion appeared to [help] bodies handle stress in a better way. This was consequential because frequent or persistent release of [the stress hormone] cortisol can lead to heart disease, diabetes, dementia, cancer, and depression."

Dan also described what neuroscientists refer to as “the warm glow’ effect.” Brain scans have shown that doing “acts of kindness” light up the pleasure centers in the brain. In fact, “[t]he same pleasure centers lit up when we received a gift as when we donated to charity.”

These passages from Dan's book suggest to me that Rotarians’ kind acts and generous donations, their *Service Above Self*, may well result in Rotarians leading happier, healthier and longer lives.

**ROTARY CLUB OF SOUTH
PORTLAND/CAPE ELIZABETH, MAINE**

www.sp-ce-rotary.org

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