



**ROTARY:  
MAKING A  
DIFFERENCE**

# **BING**

**THE NEWSLETTER OF THE ROTARY CLUB OF DO-  
VER, NH SINCE 1924**

**MEETS WEDNESDAYS AT 12:15 PM**

**GOSS BUILDING 121 BROADWAY, DOVER, NH**

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2017/2018**

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Victoria, Australia

One Rotary Center

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April 4, 2018.

Submitted by Nick P.

Pledge: John S. Prayer: Jerry D. 4-Way Test: Noreen B.

50/50 Winner – Ute L. – didn't win the big draw.

**Announcements:**

BINGO Team 3 sold 30 boxes last week. Team 4 is up 04/05 and will have 2 of the Durham Club members joining for the first time.

April 7<sup>th</sup> is District Assembly.

Jessica C. – Jess has 5 good wheelchairs available to take from Riverside if you know of anyone that could use one.

Norm H. – 2 ½ weeks left for scholarship applications to be submitted. Dover HS Seniors are all invited to apply.

Fines: None for today!

**Program: Ed Lane of A New You Center for Hypnosis**

Ed is a board certified hypnotist and can help his patients in such areas as weight loss, smoking cessation, erectile dysfunction, and even their golf game. Ed explained that hypnosis is a mental state as denoted by brainwave activity. There are several stages of consciousness. During periods of being awake, our brain typically cycles between 13-25 times per second. The "Alpha" state, which you achieve during meditation and daydreaming, typically has 8-12 cycles per second. The "Theta" state, such as is achieved during very deep yoga, allows you to be "awake" yet unaware of your surroundings and your heartbeat can slow to extremely low levels. Ed described a surgeon who specialized in bringing patients to the "Theta" state before anesthesia was available and completing major operations with a much higher survival rate. His patients were able to bring themselves to a sub-conscious state and therefore their bodies

were less likely to react in a fashion that would be a health risk. During the Theta state, your brain typically cycles only 5-7 times per second. The final state of consciousness is Delta, which is basically when you are asleep.

Mr. Lane went on to explain that a hypnotist creates a state of suggestibility for your mind and can then help you achieve things that you would like to achieve. They cannot, however, make you do something against your own free will or moral character as your body/mind will not allow it. That only happens on TV he says.

Our minds are like a computer, and we typically only operate at a 10% capacity, whereas the remaining 90% is used subconsciously for things such as breathing, regulating our heartbeat, and our metabolism. Actively using more of the 90% is where the power of hypnotism comes from.

Ed talked about how our brains are programmed to “lean towards” doing things that we focus on, whether it is good or bad. If you think of positive things, such as hitting the green with your golf shot, you are more likely to do that as your body will respond. On the flip side, if you constantly think about trying to not hit the ball into the water, you are more likely to hit the ball there. That which you focus on expands! The author, Napoleon Hill, states “Whatever the mind can conceive and believe, it can achieve” in the book “Think and Grow Rich. Hypnotism ties into this concept quite a bit.

Habits, good or bad, are found in the subconscious, and hypnotism can help plant more good habits and create positive results.

Ed finished his presentation with a brief visualization exercise with the group to help “eliminate the gremlins in our mind.”

Ed can be reached at 603-749-6463, is located in Dover, NH and his website is [ANewYouCenter.com](http://ANewYouCenter.com).

Birthdays:

Peter W. Apr. 3  
Jay S. Apr. 4

Anniversaries:

Ken P. 12 years

Upcoming Programs:

Apr. 11: Hermant Deshpande, Classification Talk  
Apr. 18: Gary and Deb DeColfmacker “Megan DeColfmacker Scholarship Fund” history  
Apr. 25: Meeting will be at Silver Square

Events:

Apr. 7: District Assembly York Community College Wells, Maine.

Apr. 17: 1:30-2:30 Carriage Hill 306 Knox Marsh Road Madbury  
May 4: Senior Visits Wentworth Home 1:00PM  
Jun. 6: Senior Visits The Residence at Silver Square 4:00-5:00  
Jun. 22: Senior Visits Watson Fields 1:00-2:00

ROTARY'S 4-WAY TEST of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL & BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

THE OBJECT OF ROTARY is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- The development of acquaintance as an opportunity for service;
- High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- The application of the ideal of service in each Rotarian's personal, business, and community life;
- The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

#### MAKE UP OPPORTUNITIES

Monday:

Exeter	Exeter Inn	12:15 PM
Rochester	Governor's Inn	12:15 PM
Wells, ME	The Bull "N Claw	7:30 AM

Tuesday:

Concord	Cat 'n Fiddle Restaurant	12:15 PM
Hampton	Ashworth By the Sea	7:30 AM
Kittery, ME	Kittery Estates	7:30 AM
Kittery After Hours	Weathervane	5:00 PM

Wednesday:

Biddeford-Saco, ME	Captain's Gallery Rest.	12:15 PM
Durham Great Bay	Flag Hill Winery, Lee	7:30 AM
Ogunquit, ME	The Old Village Inn	12 noon

Thursday:

Kennebunk, ME	Boat Yard Restaurant	12:15 PM
Seacoast Rotary	Portsmouth Gas Light	7:30 AM
Portsmouth	Portsmouth Country Club	12:15 PM
Sanford-		
Springvale, ME	Town Club@Fleet Bank	7:30 AM
South Berwick/ Eliot, ME	SB Community Center	7:15 AM

Friday:

Bow	Trinity Tavern	7:30 AM
Portland, ME	Portland Club	7:15 AM
York, ME	York Harbor Inn	7:30 AM

Make-up on the web: [www.roti.org](http://www.roti.org) or [www.rotaryclubone.org](http://www.rotaryclubone.org)