



BE THE INSPIRATION

BING

THE NEWSLETTER OF THE ROTARY CLUB OF DOVER, NH SINCE
1924

MEETS WEDNESDAYS AT 12:15 PM
GOSS BUILDING 121 BROADWAY, DOVER, NH

Apr. 17, 2019

Submitted by Jim V.

Greeter: Cate R.

Pledge: Kalina L.

Invocation: Moment of Silence

4-Way Test: Norm H.

Guest Rotarian: Allyson Graybill, Portsmouth club

Guests: Michael F., guest speaker Dr. Chris Girdis and Melanie Bruner of Well-spring Center for Wellbeing

50/50: Tony D. got 6 of hearts

Announcement

- Rotary Fest June 22, sign up at Rotary.org
- 95th club anniversary event – June 15th
- Interact Banquet, May 30 at St. John’s Hall, 5:30 – 8 pm
- Rotary scholarship applications are out – committee members welcome, see Norm
- Foundation: Friday, 4/19 is Paul Harris birthday, born 1868, great amount for a donation to the foundation – maybe 151 dollars for his current age
- This Saturday, about 8:30 a.m, weather permitting, CAP Playground 2.0; 3 main tasks. Power drills and a saws-all.
- Chamber event tonight in Somersworth
- Thirsty Tuesday last night a good time

BINGO – no report.

GOLF – June 10; need everyone to pitch in, in some way.

GARDEN PROJECT – May 11 clean-up, pancake breakfast; Flower Planting May 18

LIBRARY PROJECT – Books back perhaps the 23rd. MAY 15 our meeting will be there.

Fines

- Paul Harris expelled from two schools before graduated from Princeton and U of Iowa Law School. Which was he not: newspaper reporter, actor, cowboy, teacher. He was NOT a teacher.

Birthdays

- Only birthday is Paul Harris

No anniversaries this week.

Program - Dr. Chris Girdis, Wellspring, Dover: Self-Care

Welcome Dr. G, grew up in So. Maine, chiropractic degree from school in Georgia. Certifications in spinal work. Started organization to provide food to needy.

Today's topic is self-care: Importance of self-care. Worrying about doing self-care is actually a stress producer for people who are active and busy.

Puts our body in a "flight or fight" response. Number of stressors we have in lives now is greatly enhanced. E.g. text messages, emails, etc. that are non-stop.

Body is self-healing.

Best case scenario – checking in with body, to know what it needs/wants on a particular day. We are all individuals so what we need is different.

TOOL for tuning in with your body.

Breathing exercise to tune into areas where body might need to speak to us.

QUESTION – self-care is related to yoga, meditation, acupuncture – all ways to connect with body.

QUESTION – very much a part of Buddhist meditation, where body check-in is first.

Birthdays:

Rod B. Apr 03

Peter W. Apr 03

Jay S. Apr 04

Anniversaries:

Ken P. 11 years

Upcoming Programs:

April 24 Inna Alex Lehman, The positive impact exchange programs have in our community

May 1 Bill Harbron, Superintendent Dover Schools

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 or www.rotaryclubone.org