



**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**

\*\*\*\*\*

## **Officers & Directors 2017/2018**

### **President:**

Mike Rennebu

### **President-elect:**

Noreen Biehl

### **Treasurer:**

Ken Plante

### **Secretary:**

Marion Cheney

### **Past President:**

Rick Aubin

### **Directors:**

Jessica Cobb,

Norman Heine

Ute Luxem

Malcolm McNeill

Jim Munro,

Matt Sylvia

### **District Governor:**

Dave Underhill

Portsmouth

### **President Rotary**

#### **International:**

Ian H.S. Risely

Victoria, Australia

One Rotary Center

1560 Sherman

Avenue Evanston, IL

60201

[www.rotary.org](http://www.rotary.org)

847-866-3000

## **April 25, 2018.**

**Submitted by** Noreen B.

**Pledge:** Matt S. held up his phone with a photo of a flag

**Prayer:** Moment of Reflection **4-Way Test:** Malcolm M.

**50/50 Winner:** Delayed until next week's meeting

The meeting, held at the Residence at Silver Square, was chaired by past-president Matt S.

## **Announcements:**

**Bingo:** Last week Team 2 sold 32 boxes of tickets (still holding the record for most sold) to 121 players.

**Golf:** Need sponsors and prizes for June 11th event. Matt said SEED volunteers are thrilled to be helping out.

**Hands-On at the Children's Museum:** Ken P. thanked participants for last Saturday's planting-bed construction project - Jim M., Jess C. and Zack and baby James, Gregg D., Mike R., Tony D. and Noreen B.

**Senior Visits:** Next visit at Wentworth Home, May 4. Ute mentioned Ann F. will be coming with her guitar - singers who can carry a tune needed.

**Head Start Move:** Rotarians will be invited to assist CAP with their move of Head Start into new space in May. Time/date TBD.

**Interact Race:** Meghan Morrison announced Interact's next project - a 2-mile Color Fun Run - June 2, 10:30 at Dover H.S. \$15 entrance fee - kept low to encourage lots of kids to participate. Participants wear all white clothes and are sprayed by colored powder and liquids along the race. Interact hopes to raise \$2,000 - 3,000 and partner with a sponsor to match funds for a total close to \$6,000. Dover Rotarians are invited to participate. Funds raised from the race will be split between a Dover charity and a project in Africa to improve hygiene and prevent disease. Donations of apples, bananas, oranges are welcome.

**Veterans Park:** Phil R. is looking for help to sort bricks for the City's Veterans Park sidewalk project at 9 a.m. at the McConnell Center on Monday, Apr. 30. Contact Phil.

**School Project:** Jess C. reported she and a small group of Rotarians met with Kim Stevens from Dover Schools on Tuesday to discuss the possibilities of a working on a project to support a Student Voice group. The first phase will be a listening effort to determine needs followed by a review by Rotary. Jess suggested the possibility exists to start a new tradition similar to the SEED program with submissions from students instead of teachers. More to come.

**Foundation:** Jim M. encouraged members to give \$140 to the foundation in recognition of Paul Harris, Rotary Founder's birthday.

### **Program: "A Walk in their Shoes" by Yolanda Douglass, Certified Dementia Expert at the Residence at Silver Square**

At the request of Ms. Douglass, Matt S. and Cindy I. volunteered to feel what its like to have Alzheimer's. Assistants put kernels of corn in their shoes to simulate the sensation of neuropathy, thick gloves on their hands to mimic arthritis, a clip on their noses to reduce the flow of oxygen, glasses with distorted lenses and headphones spewing static to disorient. They were then told to do several tasks by rushed "care-givers." They were confused, slow to respond and Matt said, "I couldn't organize my thoughts." Cindy said she "felt like I was five years old."

The exercise demonstrated the importance of speaking slowly and directly to people with memory problems. Yolanda said people with dementia miss one in every four words and may not see you clearly. Even family need to introduced themselves since the person with memory issues may be living in their early twenties before they had a family. And never say, "Do you remember when?" Because they don't.

She also reminded Rotarians that people with memory issues may struggle to do ordinary things - brushing teeth, paying bills, opening the mail. She also noted 60% of people over 65 experience some form of cognitive decline and by 2050 over 16 million people will be diagnosed with Alzheimer's disease in America.

For more information on the disease and prevention, she suggested visiting the website [alz.org](http://alz.org).

#### **Birthdays:**

Jay O'Neill	May 07
Jay Comstock	May 18
Ute Luxem	May 22
Kalina Lesseva	May 23

Ron Richard                      May 29

**Anniversaries:**

Ann French                      27 years  
Ken McCann                      6 years  
Richard, Bob                      29 years  
Doug Glennon                      1 year  
Cheney, Marion                      28 years  
Dennis Cote                      4 years  
Malcolm McNeill                      36 years  
Betsey Andrews Parker                      18 years  
Wil Draper                      36 years  
Terrie Hale                      3 years

**Upcoming Programs:**

May 2 Dr Blackman with Blackman Chiropractic  
May 9 Kalina Lesseva Classification  
May 16 Open  
May 23 Mounted Police off-sight meeting at DPD catered by Mezzanine Catering  
May 30 Kellie Fiers Classification

**Events:**

May 4: Senior Visits Wentworth Home 1:00 pm  
Jun. 6: Senior Visits The Residence at Silver Square 4:00-5:00 pm  
Jun. 22: Senior Visits Watson Fields 1:00-2:00 pm

**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
<b>Tuesday:</b>		
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
<b>Wednesday:</b>		
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
<b>Thursday:</b>		
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
<b>Friday:</b>		
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)**