

BING
Newsletter

Rotary
Dover, NH
Doing good. Very good!



Aug. 24, 2022 – Broadway & Zoom Meeting, 12:15

President Megan K. welcomed members, guests, and speakers to the greatest Rotary in the universe!

Thank You: Marion and Harry for lunch pick-up.

Guest Speaker: Mike Romps - Romps Life

Mike Romps is a certified personal trainer and founder and owner of Romps Life, a business offering coaching, counseling and mentorship to kids and adults. His. Mike holds a master's degree in both sports management and education. He has 28 years of coaching experience at all levels. He was the Head Varsity Basketball Coach at Dover High School for 15 of those years and has coached at the prep school and college level. He has directed hundreds of clinics and camps over the years and is currently a Kindergarten and Second Grade Teacher at Garrison School in Dover.

Mike spoke of his journey in coaching and what led him to build Romps Life. His experience as a coach taught him that children need guidance and direction and there were many children outside of organized sports who also needed the help and direction coaches can offer.

Mike showed a video commercial, highlighting why Romps Life is beneficial for children and families, and his mission of improving the lives of children. Mike started his business after being asked by a friend to coach his son in basketball. Mike decided he wanted to help children beyond teaching the technical skills associated with the sport. He has used his approach to help people as he works with children and parents and describes himself as a "professional big brother." He does not hold back in providing guidance and asking difficult questions.

UPCOMING MEETINGS & EVENTS

Meetings:

Aug. 31 - No Meeting!!!!

Sept. 7 - Molly Hodgson -
Good Works

Sept. 14 - Ram Ramdev - *My
Journey*

Sept. 21 - Classification

Sept. 28 - Bill Ferguson

Pledge: Lucas Pellman

4-way test: Cate R.

Rotary Moment: Marion C.
will be DG next year and is
planning the District
Conference for May 2024 –
all ideas are welcome!

Mike named his business Romps Life because it is about what he believes. He says what he means and teaches with a set of ethics and morals stressing what is important in life. He understands that he must connect with this generation and became a good listener. He works with individuals, the elderly, groups and families. Mike promoted his belief in the "Big Six". Nutrition, Workouts, Sleep, Stress, Relationships and Reading.

Mike's presentation prompted many questions and comments from members regarding his work and thanking him for his efforts.

Announcements:

Crutches for Africa has changed their packing date to September 17th due to shipping issues. They can use help on that day at their storage facility in Old Orchard Beach. Dennis Robillard is the coordinator for District 7780 Crutches for Africa and can be reached at 207-468-0443 or risc@maine.rr.com.

Bingo hosted 106 players last week and we sold 25 boxes of tickets. Ken P. asked that anyone who can help please sign up for this week.

District 7780 Recovery Conference is scheduled for **September 8th** and will be held at the Regatta in Eliot. This important conference will feature stories of recovery, successful business and community programs addressing recovery and keynotes from Kennebunk Chief of Police Robert MacKenzie, Kennebunk Savings Bank CEO Bradford Paige, and MaineWorks founder Margo Walsh. As supporters of this conference Dover rotary has two tickets available to anyone interested in attending. Contact Marion C. or Gregg D. to reserve your ticket.

Foundation: Jim M. spoke of the need to continue our work with Polio Plus. There have been recent polio outbreaks in the U.S. for the first time in a decade. Rotary has pledged to continue this work until polio has been eradicated. While we have made great strides, we must continue our efforts to stamp out this horrible disease. October is Polio Month for Rotary and we should be thinking about how we want to respond as a club.

Happy Bucks:

Kathy F. \$5.00 for teaching at Theater Camp and helping develop young leaders as part of the program. Also, for the wonderful care her Mom received at Wentworth-Douglass Hospital.

Jay S. for our speaker and his work with children.

Jim M. \$5.00 for 5 peaceful and relaxing weeks on Prince Edward Island and for daughter's promotion to Director of Community Life at Riverwoods.

Nick P. for thanks to speaker and for son Lucas's attendance today.

Cate R. for opportunity to work with new client M

oderna and to personally thank them for their work on vaccines.

Julie H. for the opportunity to be a part of Dover Rotary.

Cindy I. for finally getting over Covid and for 2 weeks' vacation visiting family and friends.

Jonathan N. \$5.00 for visit of 4 cousins and his Dad.

Lucas P. for happy to be here.

Malcom M. for mention of WDH.

Tom D. for Crutches for Africa
Mike Romps for opportunity to share with an important

community group. Well Done Rotary! **Gregg D.** for everyone able to join in Together on Tuesday event and wife Liz's help in getting everything prepared and for the twins help in setting up and preparing fruit kabobs.

Shoe & Boot Program - Club Action: Nick P. stepped forward and agreed to chair the Shoe and Boot Program for this year. We will continue this effort as we implement the new Kid's Closet program. **The club voted to increase the shoe and boot voucher at Red's Shoe Barn to \$55.00 effective immediately.**

Take Note: No Meeting next week.

50/50 drawing raffle winner – Megan K. drew the wrong card – the pot grows!!!

August Birthdays:

Marion C. Aug. 2
Michael C. Aug. 5
Sheila T. Aug. 8
Rob R. Aug. 10
Frank C. Aug. 17

August Anniversaries:

Nancy B. 29 years
Melissa L. 15 years
Stacey K. 6 years