



BING

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

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

Dec. 11, 2019

Submitted by Jim V..

Pledge: Mary Hahn (guest)

Invocation: Melissa

4 Way Test + 1: Ed H.

Greeter: Cate R.

Guests: Sylvia Brown, guest of Jim V., Ed (speaker) and Lana Babcock

50/50: Tony D. did not the Ace of Spades - pot keeps growing!

Announcements:

- Thank you from CAP – Community Action Partnership of Strafford County for our support of the CAP Annual Fund
- Thank you from The Rotary Foundation of Rotary International for our contribution to PolioPlus Fund
- Thank you from HAVEN for our donation of \$1,000 to support their coloring book program
- Thank you from Community Partners for our donation of \$500.00 towards the Scarlett Lewis Choose Love presentation
- Thank you to everyone that helped last Friday to set-up the Rotary tree and attended the Dover Chamber Festival of Trees
- Thursday, December 12th from 8:30am-10:00m CAP is hosting their Annual Meeting & Launch of the Open Door Campaign at the Oaks in Somersworth (register before December 5th)
- Looking for some fellowship & Fun? Saturday, December 14th
 - *A Christmas Carole* at Garrison Players at the 8:00pm show
 - Cate & Seth will be hosting us prior to the show at 5:30pm at her home at 18 Pondview Drive in Dover
- BOD meeting will be held next Tuesday, December 17th from 12:30pm-2:00pm at the Dover Chamber. All welcome.

- Tuesday, December 17th from 5:00pm-7:00pm – Rotary Club of Dover Holiday Get Together at the Biehls' – 183 Spur Road in Dover
- BINGO Report
 - Last week's Bingo had a greater number of players and more boxes sold
 - This week is Team 4, Ken says that he needs to fill a couple of spots, remember with the holidays to fill your shift
- New Year's Day – Wednesday, January 1st. It is Team 3 week and Sheila is looking for help from Team 1 and others
- Dover Fire request of wrapping of holiday gifts on Sunday, December 15th from 12pm-4pm at 383 Central Avenue (Mill Building (entrance near footbridge))
- Golf Tournament update – Outlook double booked on Monday, June 8th, changing the Golf tournament to Monday, June 15th
- Holiday Gift for Waitstaff - \$180.00. Melissa to bring a card next week to sign with members
- Thanks to all who helped & attended Festival of Trees - \$505 was the bid received as our tree was auctioned. *Connecting the World* was the theme. Tree is in the window of local law firm – Wyskiel, Boc Tillinghast & Bolduc.
- Tuesday the 17th is also next Board meeting, 12:30 – 2:00.
- Miles – was with Dave D, participated in concerts over the weekend, attended BOT meeting of South Church. Doug will take gambling next week.
-

Fines

- Frank paid from last week for cell phone
- Cate for o
- Anyone not 70 years old at wisdom table
- Anyone who has not completed Christmas shopping as yet

PROGRAM - Toastmasters – Tri-City Club

Ed Babcock presented, joined by his wife Lana (47th anniversary) and Mary Hahn, public relations person for this club.

How do people manage to be successfully in front of a group? So many ways we can be anxious when we have to speak. Glasophilia is the "ailment" and it can be from light to outright panic. Presentation today is how to overcome the fears we have when we have to speak in public.

1. Stick to a topic with which you are familiar, something that resonates with you. Then keep to your topic.
2. Be organized before you go, in terms of logistics and thinking.
3. Practice repeatedly.

4. Challenge your specific worries. Think about the worst thing that could happen, chances are it's not going to. Whatever the fears, take an action beforehand to make them unlikely.
5. Visualize your success, affirm your strengths. Ed uses an "affirmation list."
6. Calm down and breathe deeply.
7. Don't fear a moment of silence. Pauses give a speech some dynamic elements.
8. Recognize your own success. Learn to say thank-you when you receive a compliment.
9. We all need support – that's where Toastmasters comes in. Meets the 2nd and 4th Thursday monthly.

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