



BING



The Newsletter of the
Rotary Club of Dover, NH since 1924
Wednesdays at 12:15 pm

SERVE TO CHANGE LIVES

Dec. 1, 2021 - 121 Broadway, Dover, NH & Zoom

President Jim opened the meeting welcoming all to The Rotary Club of Dover, the “Greatest Rotary Club in the World.”



Beginning in January 2022 - Meeting changes !

Following discussion at the brainstorming session, we will try out a new meeting schedule beginning in Jan. 2022.

The first and third meetings of each month will be regular meetings (perhaps with speakers) at the usual time (12:15 p.m.) in the usual place (121 Broadway).

The second Wednesday of the month will be a breakfast meeting (7:30am) in the usual place, perhaps with revival of classification talks from members who haven’t done one in many years.

The fourth meeting of the month will be a fun “social” or “fellowship” meeting from 5-7pm...place TBD. If there is a 5th Wednesday in any month, there will be no meeting.

Thank you to:

- Cate R., Noreen B., Marion C. for coordinating the last brainstorming session
- Today’s Tech Team - Megan K.
- Harry C. for coordinating the decorations contest
- Beth F. for hosting the meeting about food insecurity

Program: Karen Kulberg: Room for Love

Introduction: Karen Kulberg is the founder of Room for Love. She is a local realtor for Better Homes and Gardens The Masiello Group

Upcoming meetings/events:

Dec. 21 - BOD meeting - Chamber office 12:30 pm - all welcome

Dec. 22 - Program TDB

Pledge: Ed H.

4-Way Test: Noreen B.

Guest: Karen Kulberg, Andrea DuPont, and Carrie Penna

Rotary Moment: Phil R. spoke about RYLA (Rotary Youth Leadership Awards) Conference will resume, after a COVID respite, on June 26—29, 2022 in Raymond, Maine. We sponsor 6 or 7 high school sophomores from DHS, STA, and PCA @ \$375pp. (This expense is budgeted.) Applications will be available in January and guidance counselors will nominate. Those chosen will participate in (mostly) outside leadership skills courses over the three days. Dover Rotary has been involved in this program since its beginnings in 1991.

Today’s newsletter submitted by Cathy B.

and a former member of the Rotary Club of Hampton. Karen also founded Realtors for Recovery, a group of realtors and local businesses that raises resources for local recovery organizations such as Hope on Haven Hill, Step-up Parents and SOS Recovery Centers. Over the past three years Realtors for Recovery has donated over 32,000 diapers to Hope on Haven Hill and donated over \$20,000 to the recovery community. With Karen were Carrie Penna, Executive Director of Soul Models and Andrea DuPont, owner of Feng Shui Lifestyle.

Karen started “Room for Love” in February 2021 as an offshoot of a memory from her 15th birthday when she came home to find a newly renovated and refurbished bedroom (done by her parents) in place of her old furnishings. This cherished memory of her recently deceased mother inspired her to start RFL.

Karen cited the impacts of poor sleeping conditions and lack of sleep, including lagging cognitive development, diminished well-being and mood, poor school performance, impaired motor skills and memory retention. RFL’s mission is “Lovingly creating rooms for children to positively boost their enthusiasm and outlook on life.” She works with several partners (Annie’s Angels, Abi’s Place, New Generations, Step-up Parents, Pass Along Project, Soul Models) to select children who will benefit by having a room make-over. New bedding, mattress, decluttering, reorganizing, décor, new colors, and storage can help surmount feelings of shame, jealousy, envy, inferiority, and isolation. Karen believes “landscapes change minds and reinforce self-confidence.”

Selection criteria includes: demonstrable need, caretaker/parent buy-in and support; room occupancy for at least 3-5 years going forward; written permission from landlord (if needed); child out of the house during makeover; permission to publicly post pictures of room and child.

RFL’s first room was completed in September 2021. The recipient, Gillian, is age 13 and lives with her grandmother. Karen showed pictures of the “before” and “after” and a video of the “Reveal”. She was aided by Andrea DuPont of Feng Shui Lifestyle who spoke about her design decisions for the room, in consultation with their “client” Gillian. Another partner, Carrie Penna, spoke about her self-care organization for middle school girls, Soul Models, and offered examples of their afterschool workshops designed to empower confidence, creativity, happiness, self-worth, and calm. Soul Models aims to inspire mind, body, spirit, and heart in these girls.

Happy Bucks

Norm H., Noreen B., and Malcolm M. --- for all Wentworth Douglass Hospital healthcare workers and staff. The hospital is over-full and understaffed. Malcolm’s donation was matched by Jerry D. **Kathy F.** ---for three high school concerts upcoming; and another \$1.00 for Carrie Penna, one of today’s speakers, who was her piano student when she was in middle school.

Noreen B. ---for suggesting white tablecloths since they can be bleached if needed - she spilled her coffee!

Jay. S.---also for Carrie Penna who, years ago, used to go canoeing on the Saco River with Jay’s family.

Birthdays - December

Dave D.	Dec.1 0
Nancy B.	Dec. 11
Frank B.	Dec. 15
Heather B.	Dec. 16
Tom M.	Dec. 20
Stacey K.	Dec. 21
Jerry D.	Dec. 29
Cathy B.	Dec. 30

Anniversaries - December

Peter W.	42 years
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Announcements:

Joke of the week: Jim M. told a groaner about Old Saint Nick stuck in a chimney being “Claustrophobic”

Decorations Contest Winners-Harry C.

There were 10 entries. Four Rotarians spent about 2 hours touring the homes and have decided on 1st, 2nd, and 3rd place winners. Each will receive a gift certificate to Harvey’s Bakery.

Committee Reports:

Beth F. would appreciate hearing from any member with knowledge of a present or past Dover Olympian or Paralympian or Special Olympian on an international scale. She is a member of the City’s Recreation Advisory Board and they are planning to erect some sort of marker in 2022 that will acknowledge all who have participated.

Community Giving: Jay S. announced the Committee, which made no donations in 2020, has given \$2,750 thus far in 2021, including money for DHS students to attend the All-State Music Festival.

Foundation - Jim M. announced Gregg is being discharged from the rehab facility and is going home! He suggests that Rotarians can help speed his recovery by writing a check to the Rotary Foundation by the end of this year. Welcome home, Gregg!

Fines:

Jay S. fined everyone \$1 who hadn’t saved any “Keep This Coupon” coupons from previous meetings!

50-50 Drawing: \$419 in pot. Harry C. had winning raffle number drawn, but his 8 of Spades pick from the deck was not a winner. Pot grows!

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?