



## Feb. 15, 2023 – Zoom Meeting, 12:15

Past Pres. Jim M. welcomed everyone to the Rotary Club of Dover

Thanks for picking up the lunch: Harry & Marion C.

Thanks to Cate R. for DELICIOUS, HOMEMADE Chocolate Chip Cookies!

Thanks to Kathy F. for handling zoom today, using her own.

### Program – Kim Harty, Granite YMCA, “Building Healthy Communities Around Mental Health”

Kim has many years of experience with YMCAs and been in Rotary for years, loves it. She gave special thanks to Dover Rotary – one of the first to help the Mental Health Alliance get started in the area. National YMCA guides (not leads) the local YMCAs. Granite Y is 6 to 8 branches, two camps, from Strafford to Portsmouth, Goffstown, Concord just joined Granite Y. Exeter is independent and in a good relationship.

Several areas of focus: Mental Health is the topic today.

Granite Y strategic plan addressed ACEs, then got involved in Mental Health Alliance to focus on Mental Wellness. The Y’s core values are

Caring, Honesty, Respect, Responsibility. Now Granite Y role – providing trainings on areas of informal care. She noted Mental Health is “how we think, feel, and act,” applying positive self-care practices on a routine basis. All invited to March 11 Event: *Communities That Care Panel*

Information and visioning on creating community care.

### Announcements

- **Together on Tuesday** – perhaps on a Sunday night.
- **March 29** – Tour of Black History Trail.

### Committee Reports

- **Student of the Month** – Gregg D. - this Friday, Dover Middle School, 5<sup>th</sup> Grade student; student is selected by the teachers – nominees who have put service above self. Unknown if we will

## Upcoming Meetings & Events

### Meetings:

**Feb. 22:** Mini Classification Talks

**Guests:** Kim Harty, speaker

**Pledge:** Noreen B.

**4-Way Test:** Julie H.

*Today’s newsletter authored by Noreen B.*

bring students and parents here to a meeting. This is the second student this year. Maybe get them together this spring. The winning student receives a \$50 gift card, a donation of \$50 to a charity or cause of their choice and a Student of the Month Green Wave t-shirt,

- **Interact** – Phil R. - school vacation next week, some students may be coming to the meeting.
- **Don't Trash Dover** – Beth F. will pick a date for club to schedule us, maybe in April. Interact does this weekly.
- **Joe Parks Gardens** – Beth – looking for three new garden care-givers.
- **Food Insecurity Donations** – Beth – warming center continues to need food. Red's Good Eats coordinates with the warming center.
- **Dover Children's Home** – Jim M – looking for someone to provide one meal a month. Need someone to take on researching the need.
- **BINGO** – Gregg – last week hosted 142 players, most we've had in that location. Prize tickets are up over \$50,000 now. Not enough tickets for everyone. South Berwick club also coming in to help as well as Durham Great Bay. They are doing well. Gary D. trained his wife last week.
- **Celebrating World Polio Day** – *Pints for Polio* event, coordinating with gardening project and maybe Lickee's & Chewy's, third weekend in May is likely, a community event.
- **Midyear Leadership Dinner** in Portland last night – Greg - 5 attended, great program, great speech by Marion.

### Happy Bucks

- **Beth F.** for Kathy's cabaret
- **Kathy F.** for dinner last night and concert at library last Saturday was standing room only
- **Gregg D.** \$5 for dinner, last week at BINGO compliments to Cathy and Nick, twins
- **Cathy B.** for Greg Bell's rendition of King George
- **Kim** (speaker) for inviting her and Kathy's help
- **Nick P.** – summer camp same as his child; Nick went to YMCA as a kid; comedy club he organized for Amy's Treat – **Thursday, March 2, 7pm at Cara's.** – all invited
- **Julie H.** – YMCA day camp for his son was a treat, thanks to Nick for welcoming her son
- **Noreen B.** – going south for 4 days to Orlando with daughter and granddaughter

50/50 drawing: Jim M, drew Queen of Diamonds - \$152, sorry – pot grows!

### February Birthdays:

Kathryn L. Feb. 15

### February Anniversary:

Kristin S. 7 years

Naila A. 3 years