



BING

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

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

February 3, 2020

Submitted by Noreen B.

Pledge: Larry McCullough (program speaker)

Rotary Moment: Rotary turning 115 on Feb. 23 - be grateful for Rotary as we celebrate Rotary's Peace & Conflict Prevention Month.

4-Way Test + 1: Cate R.

Greeters: Kathy F.

50/50: Gregg D. had the winning ticket but did not pick the Ace of Spades - pot grows!

Guests: Nahlia Asham, guest of Marion C., Larry McCullough, Pine Tree Institute

Announcements

- President Melissa read thanks you notes for donations from: Dover Children's Home, Community Action Partnership of Strafford County and Garrison Players
- Thank you to all who attended the 5th Wednesday evening meeting last week
- **Bingo:** Last week hosted 115 players and sold 13 boxes of rip tickets at the new Dover Bowl location. Ken P. noted teams may need some reshuffling in the coming weeks - tbd.
- **Miles the Moose** is in Canada with Tom D.
- **Foundation Minute** - Jim M. attended the District awards event and received an award on behalf of our club for our substantial participation in the Foundation - he also noted how we could step up our levels of contribution by all member participation. The District grant deadline is coming up - all ideas welcome, need to submit by last day in May.
- **Interact Guatemala**- Kevin R. reported final details are all coming together for the Guatemala Trip and he will announce more details on the projects at next week's meeting.
- **Interact New Generations Conference** - Mar. 21 at DHS. Sponsors are still welcome and all Rotarians will be invited to assist with the Breakfast and Lunch portions of the day. He is hopeful over 200 students from the District will attend.
- **Scholarships** - Norm H. has distributed application forms to all Dover high schools, due May 1st. He will schedule a committee meeting early in May - all welcome to be part of the committee. He is also seeking assistance from DHS to

develop a scholarship for students seeking to pursue their education outside the traditional 4-year college.

- **Senior visits** - 10 visits are being planned for the months of Feb., Mar, and April. Seniors will receive Rotary blankets. Blankets are also available for sale at \$10 - thanks to Jim M. for coordinating.
- **Student of the Month** - Middle School Principal Kim Lyons is in talks with Gregg D. and Kevin R. about creating a Middle School Interact club.
- **New Member Induction** - Bob Dawber of the Triangle Club was inducted as the club's newest member.

Fines - none this week

Program: Larry McCullough, Ed.D. founder Pine Tree Institute, Eliot, ME

A graduate of the University of Massachusetts, Amherst in behavioral science, our guest speaker Dr. Larry McCullough has worked for over 30 years in the areas of leadership development and change management. In 2012 he established Pinetree Institute in Eliot, ME to address issues of positive well-being through workshop offerings and community programs in the Seacoast NH/Southern Maine region. A particular focus for the past few years has been the development of trauma-informed approaches to community services, especially as related to addressing Adverse Childhood Experiences (ACEs) as a way of building individual, family and community resilience.

Dr. McCullough's talk began with a segment of the *Resilience* video.

The grainy video depicted the purposely blurred image of anguished woman discussing her struggle with obesity with her physician, questioning why she keeps gaining weight. The physician delves into her life story and discovers she was sexually abused as a child. The next frames highlight a study conducted at Kaiser Permanente in San Diego that revealed the extraordinary impact of 10 adverse childhood experiences (ACEs) on physical and emotional health including data that showed 55% of obese patients were sexually abused as children. As the number of ACEs increases, the instances of major health problems increases. Individuals with 3 of 10 ACEs are twice as likely to die of heart disease, with 6 or more ACEs, individuals have a significantly lowered life expectancy.

Dr. McCullough noted even positive changes take time using the example of smoking. Over 50 years has past since the Surgeon General proclaimed the dangers of smoking, yet it took decades before the message resonated - 2019 saw the first measurable proof of a decline in deaths from lung cancer. In a similar way, recognition of the impact of ACEs began over 20 years ago and is slowing making progress through training and education on creating positive childhood experiences. Early adopter states such a Michigan are now seeing decreases in drug use, and decreases in suicide rates.

The Seacoast area of NH & ME is ready to make a difference by involving local Rotary clubs and communities. Dover Rotary Club's recent donation of \$5,000 to the Pine Tree Institute will be combined with funds donated from Portsmouth and Exeter Rotaries, Stafford and York Counties to begin a master training program this year.

A mental shift needs to take place to make progress. Instead of saying, "What's wrong with you?" to a child, a better way is to ask, "What happened to you?" Instead of rejecting and ejecting "bad kids" it is better to engage with compassion and find the right fit.

A Pinetree Resilience Conference will be held on May 1, 2020 at the AC Hotel, Portsmouth, 8:30 - 4 pm. For more information visit pinetreeinstitute.org.

Upcoming Events:

Feb. 18 - Thirsty Tuesday, 5-7, Smuttlabs Brewery (formerly 7th Settlement)

Birthdays: February

Lynn R. Feb. 11

Kathryn L. Feb. 15

Anniversaries: February

Jess C. 5 years

Laurie W. 20 years

Kirstin S. 4 years

Tracy D. 9 years

Kalina L. 2 years

Upcoming Programs:

Feb. 12 NH League of Women Voters

Feb. 19 Jackie Abramain, Global Cadence

Feb. 26 Amy's Treat, Nick Pellman

Mar. 4 Organ Donors, Scott Linscott

Mar. 11 Step Up Parents

Mar. 18 District Club Protection Officer Gregg D.

Mar. 25 Classification Talks

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