



Rotary Opens Opportunities

BING

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

.MEETS WEDNESDAYS AT 12:15 PM

GOSS BUILDING 121 BROADWAY, DOVER, NH

July 29, 2020 - Rotary Club Meeting Zoom Meeting

Submitted by Noreen B.

Welcome to the Rotary Club of Dover – the greatest Rotary Club in the Universe – Onward and Upward!

Pledge: All

Invocation: Gregg D. - thoughts on kids, parents and leaders as decisions being made about returning to school

Rotary Moment: Gregg D. *The Rotarian*, August, 2020 - article on Service

4-Way Test +1: All

Induction & welcome of new member: Cara Swiechowicz, SOS Recovery

Special welcome: Dover Rotarian Will Draper

Program: New member Cara Swiechowicz and SOS Recovery

President Gregg asked Rotarian leaders to give Cara a brief overview of Rotary’s Avenues of Service.

Marion C. described *Club Service* as “what makes Rotary strong.” Dover Rotary holds various social events to bring Rotarians together (prior to Covid) such as group attendance at local theatre productions and Thirsty Tuesday gatherings. The club also sends cards recognizing birthdays and anniversaries.

Melissa L. described *Vocational Service* as efforts to bring people together from different clubs, different businesses to learn from each other and to “have fun.”

Noreen B. reviewed *Community Service* projects - some hands-on - the Headstart Playground Project and Rotary Garden - and some funded through Rotary with appropriate linkage. Other projects involve community connections - working with groups such as SOS Recovery.

Jim M. reviewed *Vocational Service* noting our club is one of thousands around the world working to eradicate polio. Donations continue to support Polio Plus and any amount is welcome. He also said being a Rotarian is a privilege and considered a real honor in various parts of the world.

Phil R. described *Youth Services* now called *New Generations* as efforts to educate younger citizens about leadership and service. He noted our club supports 6-7 students each year (except this Covid year) to attend RYLA. Our club also sponsors an Interact Club for high school students and will host an Interact Conference later this year.

Program: Cara Swiechowicz. and SOS Recovery

Cara spent the bulk of her time to focus on the good works of SOS Recovery with a brief peak at her background. Born in Seekonk, MA, Cara attended Bridgewater State and went on to “get lost in alcoholism”. She sought and accepted help, began a clean slate, moved to Portland, ME followed by a transfer and journey to Dover, NH two years ago. She loves her work in recovery and was glad someone from the Chamber suggested she check out Rotary. She is “excited to get involved.”

SOS Recovery is non-profit, peer-based recovery center serving the greater Seacoast community. Locations include Rochester, Dover and Hampton, NH. Cara noted recovery is not a one-size fits all process. The center offers multiple pathways to help those in need attain individual goals. All the staff are certified recovery coaches.

The Center’s mission is to reduce stigma and harm associated with substance use and misuse by providing safe space and peer based supports for people in all stages of recovery.

SOS Recovery Community Organization envisions a world where recovery from addiction to alcohol and other drugs is possible and widely embraced through low-barrier access to inclusive and respectful support, and where all who seek long-term recovery have access to the care and resources they need to achieve their self-defined goals.

The center offered digital recovery resources before and during Covid-19 and recently opened for in-person training and support sessions. Their digital classes have been attended in states throughout the US and in other countries as well. They offer Acupuncture, Arts in Recovery, a Grief Group, and Family Fun Day. In addition to Telephone Recovery Support, One on One Support, Recovery Friendly Workplaces (currently working with 96 local companies), SOS also offers Law Enforcement Assistance Diversion or LEAD®.

According to straffordrecovery.org, In a LEAD® program, police officers exercise discretionary authority at point of contact to divert individuals to a community-based, harm-reduction intervention for law violations driven by unmet behavioral health needs. In lieu of the normal criminal justice system cycle — booking, detention, prosecution, conviction, incarceration — individuals are instead referred into a trauma-informed intensive case-management program where the individual receives a wide range of support services, often including transitional and permanent housing and/or drug treatment.

Asked about other resources, Cara mentioned SOS Recovery has a van that travels to the communities it covers to reach those who cannot or do not want to connect in person.

For more information visit: straffordrecovery.org.

Announcements

- Next Week: Monarch School video “thank-you” for our contribution to their garden.
- Upcoming Meetings:
 - Aug. 5 - Deb Anthony, Exec. Director of Gather
 - Aug. 12 - TBD
 - Aug.18 - Thirsty Tuesday Gregg & Liz D.’s Patio, South Berwick
 - Aug.19 - District Governor’s visit Zoom mtg.
- CAP Food Delivery: Jim V. - August schedule - <https://www.signupgenius.com/go/30e0b4daeaf2ba46-first>
- **Back to School: From Stacey K:**
 - I have created an Amazon wish list that you can shop from and have shipped directly to the SOCC. The link is: https://www.amazon.com/hz/wish-list/ls/ITDD6US03HNK?ref=wl_share. Many of the items are bulk items. If they are out of your price range, please feel free to donate toward an item’s purchase.
 - Instead of constantly sending out updated spreadsheets of items, I have also created a Sign Up Genius. The link for that is: <https://www.signupgenius.com/go/30E0444ABAD29A4FA7-2020>.
 - Rotarians can check the Amazon shopping list or the Sign Up Genius for items remaining for purchase. Anyone not comfortable with either of these platforms can email me at skearns@doverhousingauthority.org for an up to date list.
 - Reusable shopping bags and child sized masks can absolutely be homemade instead of purchased!
 - Does anyone have connections for disinfecting wipes?
 - Items that are purchased in a store or from somewhere other than Amazon can be shipped to the SOCC at 40 Hampshire Circle or dropped off Monday through Friday 8:00 am – 5:00 pm. Once I have received items from other sources, I will update the shopping lists.
- **Foundation:** Jim M. is looking for Frank C. - ?

- **2020-21 Goals - Literacy**

Gregg invited members to visit litrag.org for information on Rotary's Literacy project with Save the Children

- **Community Giving**

Gregg thanked Noreen and Jay S. for assistance with letters to be sent to past donation recipients and new groups requesting donations highlighting new criteria and the quarterly review process.

- **Shred-it Event - Melissa**

Dover Rotary will hold a shredding event on Sat., Sept. 16, 9-12 noon at Dover H.S. parking lot with Interact students. Volunteers will be needed. More info to come.

Fines: Sergeant at Arms Kathy L. fined herself for not knowing Nick P.'s anniversary years, all those who have not read *Bing* or visited our website recently, and all who guessed the time it took Cate and Seth to get engaged - answer - 6 weeks.

Dover Rotary Spotlight: Meet Jerry Daley

1. How long have you been in Rotary?

I became a Rotarian in 1984, so I've been a member for thirty-six years. Apparently, the club accepted children as members at the time.

2. My favorite Rotary moments.

Over the years our hands-on projects were especially fulfilling for me. We cleared brush on Garrison Hill, cut down trees along the river on Central Avenue, painted structures at the Woodman Museum, assembled playground equipment on Park Street, and planted flowers in Rotary Park, in addition to a host of other undertakings. All of these activities combined innumerable opportunities for fellowship along with the satisfaction of seeing the tangible results of our work.

3. Where I currently live and where I grew up.

I grew up in Bristol, Connecticut, before ESPN made the city its home. In 1975 I moved with my family to New Hampshire and have lived in Dover for over thirty years.



4. My Hobbies.

Activities during the pandemic are limited, but my wife, Trish, and I enjoy golf, and we manage to walk our golden retriever for over a mile every day. I also enjoy reading, especially local authors like Brendan Dubois, Paul Doiron, or Elizabeth Strout.

5. My Business Profession or Current Working or Non-Working Environment.

I moved from Connecticut to become principal of Oyster River High School in Durham. After eight years I became the Superintendent of Schools for Dover, a position I held for sixteen years. After retiring from the superintendency I taught for a few years in the Education Department at UNH and at Antioch New England. At the same time I became involved with the board at Wentworth-Douglass Hospital and with a couple of state legal system boards in Concord as a volunteer. For the past few years I've been pretty much fully retired.

6. Something my fellow Rotarians don't know about me.

For several years in the sixties I was a hospital chaplain in a relatively large Catholic hospital in New Haven, Connecticut. That experience, dealing with life and death situations on a daily basis, has helped me over the years to keep things in perspective throughout my personal and professional life.

7. Final words.

In 1961, John F. Kennedy famously challenged Americans to ask not what their country could do for them but what they could do for their country. Rotarians challenge themselves to do for their community, their country, their world. It's a rewarding, fulfilling objective. And it's fun. We need more women and men willing to commit to spending a bit of their time in service to others.



It's great to get to know our Rotarians!

Next week's spotlight - Peter W. and Laurie W.

Birthdays: July

Ed H. July 22

Ram R. July 24

Norm H. July 25

Anniversaries: July

Dick C. 36 years

Jerry D. 36 years

Joe L. 40 years

Bob L. 7 years

Doug L. 2 years

Nick P. 9 years

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.