

# BING

The newsletter of the Rotary Club  
of Dover, NH



SERVE TO CHANGE LIVES

## March 2, 2022 – Zoom Meeting

Welcome one and all to the greatest Rotary Club in the world. We are all here to Serve to Change the World.

**Thank you**, Melissa, for organizing evening event at The Roost – This month – **Mar. 23 at Blue Latitudes, 5-7**

**Program: Gregg Dowty, Immediate Past Pres., Asst. Gov. and Dist. Protection Officer: ACEs Update**

Two years ago, The Rotary Club of Dover, NH joined a partnership of 15 Rotary clubs in District 7780, to raise awareness of the impact of Adverse Childhood Experiences (ACEs) on the developing child. Our club supported the \$60,000 training effort with two \$5,000 donations. As a result, 30 individuals in the southern coast of Maine and seacoast NH completed training, including Cate R. and Gregg, and have given awareness talks to businesses, nonprofits, and educators - reaching over 3,000 individuals. Their goal is to create an understanding to build self-healing communities. "It's a journey of discovery, a journey of changing diseases, and a journey of changing health," Greg said.

The ACES project began with a scientific study conducted by the Kaiser Permanente health system of 17,000 participants. They discovered adversity in early life increases physical and behavioral problems later in life and created a list of 10 ACEs under three headings:

## UPCOMING MEETINGS & EVENTS

**Mar. 9 – 7:30 am** Liubov (Luba) Shvaha, a 16-yr old Ukrainian High School Student, will discuss how the crisis is impacting her, her family, friends and country. Her host family, John and Karen Storer, will join us.

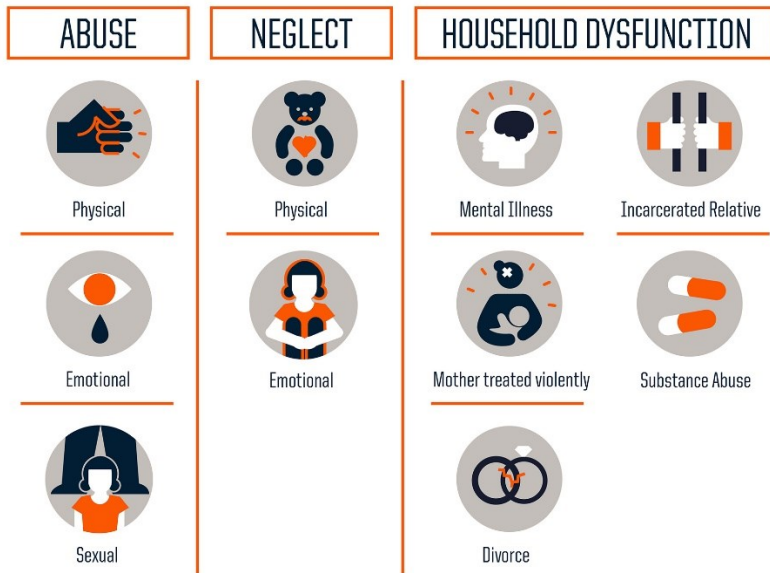
**Pledge:** all.

**4-Way Test:** all

**Rotary moment:** Marion C. Dist. Training - Apr. 16, 8 am – 1 pm at the UNE, Portland, ME – carpooling available – not a Zoom event. Good opportunity to get an oversight of Rotary in our backyards and at an international level.

**New member orientation – Mar. 9, 6 pm via Zoom.** Marion will send link – good opportunity for newer members (less than 2 years) to learn more about Rotary.

*Today's newsletter  
authored by Noreen B.*



The study found an increase in the number of ACEs led to an increase in health problems such as heart disease, obesity, fetal death, smoking, violence, unwanted pregnancy, drug, and alcohol abuse. And more disturbing, these ACEs are common and often become intergenerational, passed on from one generation to the next.

Gregg also spoke about brain development, how rapidly a child's brain develops and how rapidly they respond to stress. He said the brain is like an air traffic controller managing positive stress and toxic stress. The brain can develop internal resilience and external resilience by positive experiences with teachers, grandparents, and community connections with groups such as Rotary. Our Rotary's community garden at Henry Law Park creates a peaceful space for families and a location for arts and festivals. Our club's outreach to the homeless and support of other non-profit groups contribute to the development of core protective systems in our community.

### Q & A

Jim M. - How is family life different today from 100 years ago?

Gregg D. - Children were looked at as a burden years ago, while today they are an important part of the family. However, advances in social platforms can become harmful.

Ram R. - What was the socioeconomic status of the 17,000 study participants?

Gregg D. - It ran the gamut and included all levels.

Ram R. - Comment regarding synergistic connections at early childhood – have they considered the same for fetal exposure?

Gregg D. - The study did not look at fetal exposure, but it is a good idea.

### Announcements:

**Bingo:** Jerry D. - last week 85 players, 17 boxes sold.

**Golf:** Kathy F. – group will be meeting next Wed. at 9/9:15 a.m.

**Social committee:** Melissa L. – Mar. 23 – meet at Blue Latitudes, 5-7 pm, April – planning on meeting at the Woodman Museum – more to come.

**Foundation:** Gregg D. – 2 members are needed to complete the grant training program on Mar. 15 via Zoom – if interested email Gregg.

**Fines:** Doug L. – Anyone who hasn't had a haircut in a long time (Jay S. objected since his granddaughters want him to have a ponytail).

**Happy Bucks:**

**Gregg D.** - \$\$\$ for first time in 13 weeks he can walk

**Kathy F.** for final production of Into the Woods – with a full cast.

**Heather B.** for selling winning ticket on Super Bowl chart to a nameless Rotarian

**Jay S.** for helping a neighbor's babysitter find a key when she was locked out of her home and save the day!

**March Birthdays:**

Bob R.	Mar. 5
Laurie W.	Mar. 11
Naila A.	Mar. 14
Jim M.	Mar. 26

**March Anniversaries:**

Gregg D.	6 years
Ron R.	12 years
Megan K.	2 years
Ute L.	11 years
Gary D.	21 years
Jim V.	11 years
Mike B.	17 years
Kevin R.	11 years