



Mar. 20, 2024 – In-person & zoom meeting, 12:15

Pres. Kathy welcomed all to the Rotary Club of Dover

Program: Sarah McCarron-Stewart, Chemistry Teacher at DHS - Reset Day

An enthusiastic teacher and student advocate, Sarah described her efforts to form the first Reset Day at Dover High School, held on Jan. 19, 2024. The motive of Reset Day was to recognize the reality of student and teacher burnout, their struggles to find balance and to learn the value of rest. Students chose one of six types of rest in six different school locations to begin and were able to move back and forth during the day. The areas were: physical, mental, emotional, social, creative and sensory. 80 local volunteers participated in the rest sessions including activities like basketmaking, succulent planting, creating a Zen garden, making slime, playing Sponge Bob, and crashing proms.

Thanks to community donors, including Rotary, hot chocolate and other treats were enjoyed by all participants. Several students were uncertain about what to expect from this first of a kind event but upon reflection at the end they noted “it was WAY better than expected.” Mr. Driscoll, DHS principal, even played UNO and lost.

Sarah said she learned a lot about waiting to get permissions and the need to improve communication about the meaning of the day for both students and teachers. Not every student attended, some chose to take a day off. Yet, overall the results were positive and plans are underway for next year or perhaps more often, even quarterly events geared more to grade levels.

Sarah also mentioned the value of Interact students in assisting with the organization and Interact’s involvement in the local Refugee Project centered on three Haitian families and one Guatemalan family now living in Dover. The students are holding a “Parents Night Out” sitting event to raise money to help the families. For more information contact Sarah at s.mccarron-stewart@dover.k12.nh.us.

Upcoming Meetings & Events

Meetings:

Mar. 27: Meeting at the Brunch Club/\$20 pp

Events:

Mar. 27: Student of the Month, DMS, 7:30 am (arrive by 7:15)

April 27: Don’t Trash Dover event at Dover Skatepark, 9:30 a.m. followed by ribbon cutting of Dover Rotary Pavilion

May 4: Meal Packaging

May 24: Centennial, CCC, 6 pm
“Party like it’s 1924”

Pledge: Cathy B.

4-Way Test: Tom D.

Today’s newsletter authored by Noreen B.

Also attached is a summary by Jim V. of the efforts in our community to assist the Haitian family.4

Announcements:

Bingo – all slots are filled this week.

March 27th meeting will be held at The Brunch Club on Orchard St. in Dover.

Centennial: May 24, at Cochecho Country Club, 6pm., buffet dinner at 7 pm, program at 8 and dancing to a DJ. Malcolm will speak on the history of the Dover Rotary Club. Marion C. is looking for local leaders who may be awarded Paul Harris Fellows for their community work. Contact Marion.

A Meal Packaging Activity will be held at St Thomas Church on **May 4th**. We will be working with church members to package 10,000 pre-packaged meals which will then be available for distribution throughout Strafford County.

Student of the Month: Gregg D. announced the next presentation will be to a 5th grader on Mar. 27, 7:30 am. At the Dover Middle School. Please arrive by 7:15.

District Assembly: Gregg D. announced the club will fund any member interested in attending on **Apr. 20**. It is a great opportunity to meet other Rotarians and discover the work being done in our district. Carpooling available. Megan K. is one of the presenters. Contact Marion if interested in attending.

Dover Mental Health Alliance: Suzanne Weete invited Rotarians to attend their monthly meeting on Apr. 17, 8:30 – 10 am. The guest speaker will discuss how to build resilience. She also noted the Chamber is hosting a Mental Health Wellness and Recovery Workshop on May 21 at CCC.

Happy Bucks:

Tom D. gave his last \$10 for being back at a Rotary meeting after retiring and surviving a not too restful trip to Aruba where he fell on his second day. He now has teams of doctors stateside and in Aruba and a long list of meds that, thankfully, his wife Barbara manages for him.

Brenda M. for working with the Rochester Opera House.

Nick P. one for Tom and one for Malcolm’s nautical socks.

Cate R. one for Tom because she loves him like a great, great, great grandfather, another for Tom for being back at Bingo, and another for driving Tom to the meeting although Barbara will pick him up.

Gregg D. one for speakers and guests, and one for one twin competing in the Olympics of the Mind.

Sam - for RYLA, noting one of this year’s staff is a student from Dover who attended last year.

Kathy F. one for Tom and one for a great night out with 20 Rotarians at Cinco Cantina.

50/50 Raffle: \$287 pot – no winner.

March Birthdays:

Bob R. Mar. 5
Mike D. Mar. 6
Naila A. Mar. 14
Jim M. Mar. 26

March Anniversaries:

Gary D. 23 years
Mike B. 19 years
Ron R. 14 years
Ute L. 13 years
Jim V. 13 years
Gregg D. 8 years
Megan K. 4 years

From Jim V.:

Today at the meeting I agreed to send information and contact details for helping with the Haitian family that is being supported by SISC NST. Here goes. Copied to Shelley Hartz who convenes the group of volunteers and Jeremiah Dickinson who is coordinating transportation.

Nadeige and Erlande Charles are Haitian sisters who are both seeking asylum and who have Temporary Protected Status currently because of the troubles in Haiti. Nadeige has a two year old daughter, Saphora, who was born in Arizona very shortly after Nadeige crossed into the United States. She walked to our southern border here while pregnant from Brazil. Nadeige and Saphora have been living in Boston for the last two years, receiving social services.

Definitions - NST is Neighborhood Support Team, volunteer organizations created to support asylum seeking immigrants and other refugees. SISC NST is the organization I am involved with. SISC is the Seacoast Interfaith Sanctuary Coalition, a volunteer group formed in 2017 to fight the mass deportation of Indonesians living in Dover. There about a half dozen active faith communities in SISC, convened by Maggie Fogarty with the lead congregation being the Dover Quakers. First Parish Dover, Durham Community Church, South Church Unitarian Universalist, Trinity Lutheran, and Temple Israel are the most engaged congregations, among us supporting several different people in different ways. WelcomeNH is the umbrella organization for creating and supporting NSTs, a partner nonprofit that is sanctioned by the federal government for this work.

Our family's housing in a shelter in Boston became untenable and WelcomeNH brought them to Dover. WelcomeNH is already working with three other Haitian families. Dover was possible because housing could be arranged in the "Tiny House" development off Back River Road and there is the promise of eventual full-time work with the group building the Tiny Houses.

Currently Erlande has a night job, 20 hours/week, with a cleaning company in Portsmouth. She has applied for a full-time job on the cleaning crew at UNH. Once she has a full-time job, Nadeige will be seeking full-time employment in the hours Erlande is not working, allowing them to rotate childcare.

SISC NST is working with the family to connect with jobs, provide transportation, raise money to subsidize the rent, connect them with healthcare and other social services.

For those who might want to get involved, there are opportunities for one-off help and more in-depth work.

Right now we are providing Erlande with rides to and from Portsmouth - to Portsmouth to start work at 6pm, pick-up at 10pm, Monday - Friday. Email Jeremiah Dickinson for the SignUpGenius link if this is something a person can do - I generally do the pick-up at 10pm. We also provide rides to appointments and for shopping and to food banks.

dacha@comcast.net

We can use lots of help in other ways:

- Working on a fundraiser or two as we have no support other than individual donations (hint to Rotary Community Service perhaps?)*
- French language translation as needed.*
- Serving as scribe for the group's weekly meetings would be a big help.*

- *Individual donations to support the SISC NST's work with this family are welcome at: <https://www.classy.org/campaign/team-sisc-ifs-i-4/c557814>*

Shelly Hartz is our convenor and she would be delighted to add interested folks to her distribution list. Email Shelly at shartz@pingry.org

There are clearly opportunities in this whole arena for our club to do "international service" right here at home. Perhaps we could have Shelley and the leader of WelcomeNH come do a presentation? Thanks to everyone for any help you can give.