



**ROTARY:
MAKING A
DIFFERENCE**

BING

**THE NEWSLETTER OF THE ROTARY CLUB OF DO-
VER, NH SINCE 1924
MEETS WEDNESDAYS AT 12:15 PM
GOSS BUILDING 121 BROADWAY, DOVER, NH**

**Officers & Directors
2017/2018**

President:

Mike Rennebu

President-elect:

Noreen Biehl

Treasurer:

Ken Plante

Secretary:

Marion Cheney

Past President:

Rick Aubin

Directors:

Jessica Cobb,

Norman Heine

Ute Luxem

Malcolm McNeill

Jim Munro,

Matt Sylvia

District Governor:

Dave Underhill

Portsmouth

President Rotary

International:

Ian H.S. Risely

Victoria, Australia

One Rotary Center

1560 Sherman

Avenue Evanston, IL

60201

www.rotary.org

847-866-3000

May 16, 2018.

Submitted by Gregg D.

Pledge: Bob L. **Prayer:** Dick C. **4-Way Test:** Kevin R.

Raffle:

Tom Dunnington drew the opportunity to win the pot. No such luck. He drew the King of Clubs. The Pot Thickens!

Cindy I. standing in for President Mike, called the club to order.

Announcements:

The next Rotary meeting will be off-site, May 23, 12:15 p.m, with the Mounted Police at Dover Police Department, catered by Mezzanine Catering

Bingo - Sheila T. announced that we hosted 114 players last week and sold 28 boxes of tickets. The Turtle bonus now stands at just under \$53,000 and it is attracting many players to Thursday night. The players are arriving early and anyone who can arrive early to assist would be greatly appreciated.

Sheila expressed appreciation to Noreen and Frank for their help over the past two months training the Durham Rotarians who are helping us with Bingo. Their participation has provide the extra assistance we have needed during this busy period.

Sheila has a check for April to send to Treasurer Ken for \$22,877. Also, Durham Rotary has earned \$1200 for their assistance.

Community Project – Noreen B. asked club members to submit their ideas for a community project to her through e-mail. All suggestions will be considered and the club will have an opportunity to discuss and decide upon the projects deemed most fitting for the community and the club. A reminder that we are interested in a legacy project that fits the goals of Dover Rotary and will have a significant and lasting impact.

Rotary Gardens- Jessica C. announced that the scheduled garden planting for Saturday, May 19, may be in jeopardy due to the weather forecast. Jessica will send an e-mail on Friday announcing the decision to continue with the planned date or move to the rain date of May 26th. Jessica also announced that a paint night for the Kindness Rocks Project will be scheduled soon. The Interact Club will be participating and this will be a great opportunity for kids to become involved.

Pease Greeters – Laurie W. reminded the club that the next scheduled date for Pease Greeters is this Friday, May 18, at 1:25 PM. Please plan to arrive by 1:00PM as flights sometimes arrive early.

Golf Tournament – Matt S. updated the club on the status of the tournament. We could still use more sponsors and raffle prizes. Please get the information to Matt or Ken so we can arrange for proper recognition in our program and on the course. Also, be sure to submit your teams and names to Matt and Ken.

Betsey A.P. collected donations for the Basket of Cheer which has turned into a Wheelbarrow of Cheer. Donations are still being accepted for cordials and liqueurs. The wine list is full so anyone interested in donating can contact Betsey for needs.

Phil R. announced that the Interact Club will also be selling 50/50 raffle tickets at the tournament.

Foundation Report: Jim M. spoke of the district initiative of 100 donations of \$100 toward the Rotary Foundation. This is money that is used to fund worthwhile projects around the world. A percentage of the money donated by District 7780 is returned to the district which is then used to fund local grants. Jim also reminded members that contributions could be made by phone, online, or checks submitted to Ken P.

Program: Kurt Webber of Camp Resilience

Ken M. introduced our guest speaker Kurt Webber of Camp Resilience. Kurt is a retired U.S. Army LTC and President of the Resilient Leader Institute. Camp Resilience provides sports adventures and life skills workshops for wounded warriors, veterans with PTSD and physical injuries. The goal of Camp Resilience is to help participants overcome challenges, face their daily obstacles and find camaraderie with fellow veterans.

The idea for Camp Resilience came from a fellow West Point grad while skiing and observing disabled skiers at Gunstock. The need for a program dedicated to serving those who have served us and providing adventure activities became the focus.

There are over 224,000 Gulf war era veterans, and over 308,000 Viet Nam era veterans in New England alone. Camp Resilience serves all veterans of all ages and strives to meet the many needs of those veterans which may include depression, substance abuse, increased suicide rate and psychiatric issues. The need is great

and Camp Resilience provides an opportunity to come together, work through various challenges, support each other and have fun with outdoor recreation. Peer based counseling has proven to be effective in meeting these many needs.

Camp Resilience has since hosted 32 retreats for veterans. They have held retreats for spouses of veterans, couples and caretakers, and are planning their first family retreat this coming summer. They have also held women-only retreats and are open to suggestions and ideas from participants.

Activities have included kayaking, hiking, boating, sailing and tree-top adventures in the summer months. Winter activities include downhill skiing, snowshoeing and cross-country skiing. Through these activities and workshops, resilience is built and wellness is achieved through exercise, nutrition and mindfulness.

There is no cost to veterans for the retreats which have resulted in close friendships and a desire to keep in contact with other participants. A private Facebook page has been developed with access limited to Camp Resilience participants. The Camps are held for four days and three nights with progressive activities and workshops focused on life skills. It is a worthwhile project worthy of support.

Birthdays:

Jay O'Neill	May 07
Jay Comstock	May 18
Ute Luxem	May 22
Kalina Lesseva	May 23
Ron Richard	May 29

Anniversaries:

Ann French	27 years
Ken McCann	6 years
Richard, Bob	29 years
Doug Glennon	1 year
Cheney, Marion	28 years
Dennis Cote	4 years
Malcolm McNeill	36 years
Betsey A.P.	18 years
Wil Draper	36 years
Terrie Hale	3 years

Upcoming Programs:

May 23: Mounted Police off-sight meeting at DPD catered by Mezzanine Catering
May 30: Kellie Fiers Classification

Events:

Jun. 6: Senior Visits The Residence at Silver Square 4:00-5:00 pm
Jun. 22: Senior Visits Watson Fields 1:00-2:00 pm

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	Weatherwane	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