



**May 8, 2024 – In-person & zoom meeting, 12:15**

President Kathy F. welcomed all to the Dover Rotary Club.

**Program: Gregg Dowty – District Team Trip to Poland**

Gregg Dowty was so impressed by his recent 2-week journey to Poland he said, “It was truly the trip of a lifetime.” The exploratory trip by six district Rotarians sought to discover ways District 7780 could help Poland’s amazing efforts to support Ukrainian refugees, especially children, orphaned and displaced by the Russian invasion.

He began with the tumultuous history of the truly resilient country that has survived invasions from Sweden, Russian, and Germany, suffered through wars, bombings and the destruction of treasured, iconic buildings, and emerged as a modern independent country.

The 7780 Poland Experience Team travelled to Warsaw, Zakopane, Krakow and Lublin thanks to an initiative developed by DG Marion Cheney. Gregg noted the team stayed at local hotels, were guided by local Rotarians, traveled the country via train and ate very well. They were met by Polish Rotarian Fryderyk Chopin (yes a relation to the famous one) and listened to Chopin’s music wherever they went – including on a special bench. Through a photo collage, Gregg showed an image of 1945 Warsaw – completely destroyed by bombings and a photo of Warsaw today – a modern city with skyscrapers beside new buildings created to look like their original structures, down to finite details. Poland, he said, is “very modern and very old” at the same time – resilient, proud and welcoming.

**Upcoming Meetings & Events**

**Meetings:**

**May 15:** Classification – Jim M. Pizza & Salad

**May 22:** Club Assembly

**May 29:** **No lunch meeting** – garden planting at 4 pm followed by social

**June 5:** Member induction: Sandy Tucker

**June 12:** Silver Square Throwdown BBQ, 12 noon, \$10 pp.

**June 19:** Roge and Liz Fagen, LaRomana DR audiology project

**June 25 (Tuesday):** Club Changeover, Newicks 5-7 – **no meeting June 26**

**Events:**

**May 13:** Senior Visit: Wentworth Home, 1-2 pm

**May 18:** Garden planting: 9 am

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

**May 30:** Senior Visit, Maple Suites, 3-4 pm

**June 29:** District Conference – Star Island, ferry leaves Portsmouth at 8:50

**Pledge:** Melissa L.

**4-Way Test:** Cathy B.

**Guest Rotarian via Zoom:** Nell Ann Haitt, Emma Bodwell

*Today’s newsletter authored by Noreen B.*

They met with the head of YMCA Europe who flew in to meet them from Spain to visit an integrated school attended by students from Ukraine and other nations, where they maintain their own languages and identity. They also visited the Center for Ukrainian Children (ages 18-20).

In Zakopane, they visited a retreat for Ukrainian children where 35 children, traumatized by war who have lost a parent or sibling, stay for a month to learn methods to become more resilient before returning to Ukraine. "They all seemed happy to see us and to be together," Gregg said. He also discussed a method they used called "coping kits" – a deck of 20 cards with messages to help manage stress. (Later in the meeting Steve P. asked about the cards and how he might use them for kids managing stress in Dover.)

The team visited Auschwitz and Birkenau, Gregg described as a somber, powerful day with "emotions I can't express." In a nearby town they visited a Jewish museum, synagogue and a Jewish café, noting in 1939 there were 3.3 million Jews living in Poland, at the end of 1945 there were 380,000.

In Lublin, the "star" of the trip, they met the PDG of Poland and had a dinner in a Polish forest, toured the Lublin castle with a temple inside covered in frescos. They met with Janusz and Katarzyna- Szmygin Milanowski to discuss Project ARK – their goal is to create a recovery center for 14-18 year olds with substance abuse disorders – a potential hands on project for Rotarians. They also visited the Paul Harris School of Music for Disabled Children with performances by students (video included in the attached slide show) and met with a High School Rotaract club.

During this amazing trip, the team met over 60 Rotarians and made lifetime friendships. Gregg ended his program with this quote, "*Only when a person is needed by others does he find the meaning of his existence.*" - Grzegorz Leopold Seidler

For more visit: [District 7780.pptx](#)

### Announcements:

**Meal Packing:** Pres. Kathy noted the event was a great success; 27 volunteers including Rotarians, and Interact students helped package 20,000 Rice and Bean meals on Saturday that were delivered to Gather, Dover Friendly Kitchen and Community Action. They may expand this project next year.

**Rotary Garden:** Kevin Q. needs gardeners for Saturday, **May 18 at 9 am** to plant the front garden. The back gardens will be planted on **May 29, at 4 pm**, followed by a social gathering – place TBD. **No lunch meeting on May 29**

**Senior Visits**, coordinated by Melissa L., will be held at The Wentworth Home (next to WDH) on **Monday, May 13 from 1-2pm**. There will be a Mexican theme with music and maracas and at **Maple Suites, May 30, 3-4 pm**.

**Saturday, June 29 District Conference on Star Island.** Ferry from Portsmouth at 8:50am (be there by 8:10), followed by four hours of programs and activities (for kids too) on the island. The changeover will occur also that day with Marion voted off the island! Ferry home at 2:50pm, arrival 3:50pm, perhaps to be followed by dinner/drinks in Portsmouth (TBD). Cost \$45 per person, includes conference, boat trip

and parking fees. Get your tickets online---see QR code in this month's District 7780 Newsletter. To register visit: [Events \(starisland.org\)](http://Events(starisland.org))

**Rotary 100 Year Gala---“Party Like It’s 1924”** at Cochecho Country Club, Friday May 24. Please RSVP to Noreen B. ASAP and pay Phil R. \$75 per ticket. 60+ have registered thus far. On Saturday, May 11, Noreen B. will lead a shopping tour for decorations for the Gala.

**Bingo:** Ticket counters needed!

**Happy Bucks:**

**Nancy B.** \$5 for a great read by a Dover man, *A Dover Boy’s Memory*. He mentions so many people and local places she knows.

**Harry C.** for a wonderful presentation by Gregg and for Rotary Endowment – find out what you can do.

**Tom D.** for the best presentation he has ever seen at Rotary – thanks Gregg.

**Beth F.** for 25 volunteers helping at Joe Parks Park cleanup

**Melissa L.** for Gregg’s presentation, reminding her of her Rotary trip to Guatemala in 2013, and her trip to Romania in 2019. She would love to go to Poland next time.

**Gregg D.** for the great opportunity to visit Poland and for his 5 travel mates.

**Kathy F.** for the meal packing project success and Gregg’s presentation and she’s all in for a trip to Poland too.

**Noreen B.** for Gregg’s amazing presentation and for her 11 minute trip from new home to Dover meeting!

**50/50 Drawing:** \$428, No winner, pot grows!

**May Birthdays:**

Beth F. May 18  
Ute L. May 22  
Ron R. May 29

**May Anniversaries:**

Malcolm M. 42 years  
Bob R. 35 years  
Marion C. 34 years  
Betsey AP 24 years  
Terrie H. 9 years  
David K. 2 years  
David B. 1 year  
Brian H. 1 year  
Montana F. 1 year