



Rotary In Action

Volume 1 Number 3 September, 2011

ROTARY FACTOIDS

- Polio cases worldwide decreased almost 50% during the first 6 months of 2011, compared with same period last year.
- Type 3 polio numbers have dropped to only 15 cases this year.
- \$187 million raised for Polio Challenge

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District Golf Tournament-September 22, 2011 Noon at Keene Country Club

The District Golf Tournament this year starts at 12:00 noon—a Shot Gun Start with a Scramble format. The Keene Country Club course offers a constant challenge with its water, forest, hazards, sand traps and doglegs. It provides a worthy challenge for every level of play.

The entry fee is \$125 per player. This includes: green fees, golf

cart, box lunch, raffle, prizes, dinner buffet and awards. It is open to non-Rotarian, but only all Rotarian teams will be eligible for the Rotary Trophy. Registration starts at 11:00 a.m. with a box lunch. If you have questions, please e-mail Chris Parkinson at: cep617@comcast.net Send your 4 golfer's names, emails, Rotary Clubs and phone numbers with check payable to Rotary District



7870 to: Chris Parkinson:
13 Wheeler Dr., Bow, NH 03304

Contact Chris if you have a raffle prize to donate. All proceeds go to the Polio Plus Challenge.

October 24-World Polio Day Starts Polio Awareness Week

Begin planning your activities to make people aware that Polio still exists and that Rotary is leading the way to end it. **Save November 5th** for a district sponsored Polio Awareness Night at the Monarch's hockey game at the Verizon Arena in Manchester, NH. Info & tickets: <https://www.monarchsjungle.com/rotary-club>



Photos from Rotary Club of Pittsfield's 30th Balloon Rally





Governor's Schedule for Club Visits

September 12	Springfield
September 14-15	Keene-Elm City
September 20	Lakes Region, Laconia
September 26	Nashua
September 27	Franklin
September 27-28	Hopkinton
September 28	Meredith
October 3-4	Bennington-Catamount
October 4	Manchester, VT
October 4-5	Deerfield Valley
October 5-6	Chester
October 7	Bennington
October 11-12	Raymond Area
October 12	Pittsfield
October 13	Merrimack
October 17	Wallingford
October 17	Bethel
October 18	Ludlow



What began as a wonderful week at the Institute for Rotary leaders from Zones 24 and 32 in Boston, ended a day early on Saturday, August 28. Rotarians from the eastern USA and across Canada and Russia all scrambled to get out of town to beat the impact of Hurricane Irene. Little did we suspect that those of us from Districts 7870 and 7850 and especially the western parts in Vermont would be the hardest hit by the storm.

As reports of the damage began to come in to me, I heard good news/bad news from Wallingford. The Little Red Schoolhouse was fine, but was being used as an evacuation shelter for several residents of Wallingford who suffered extensive flood damage.

Links to videos of the damage done in Vermont are on the district Website, but nothing matches the real thing. The destruction is horrendous, but the

Governor's Byline-Jan McElroy

communities are doing a remarkable job of coming together to help one another. Donations of food and clothing are exceeding demand in some places, but other towns are still isolated and in need of help. Homelessness is a real problem for families whose houses were destroyed or condemned. Second home owners are being requested to open their houses to those in need. It is estimated that more than 700 homes and over 200 businesses were totally destroyed to say nothing of those that were damaged by water as high as 10 ft in some areas. The structures have to be "mucked" out, sheet rock stripped out and everything thoroughly treated to stop mold growth. Volunteers will be needed for a long time to handle these beginning steps to recovery. Volunteers can register by calling 1-800-VERMONT or by logging onto www.unitedwaycc.org, or call 2-1-1 for disaster relief information.

The reopening of roads is a major priority. Without them their biggest source of income---tourism (the "leaf peepers" and the skiers)--is threatened. The agricultural sector is also severely impacted. In many places, the hay for the dairy herds was destroyed, some cows were lost in the high waters, and the survivors had to be milked by hand due to power outages and the milk dumped because

there was no refrigeration or roads for tanker trucks to come to pick it up. All surface crops like corn, soybeans and vegetables will have to be plowed under if they were contaminated by the flood waters.

Snow will start in another two months--this is going to be a long, hard winter for many, many folks. FEMA, the state and local governments have done a superb job, but it only goes so far. What can we do as individuals and clubs?

1) Have fund raisers to help provide food, shelter and fuel for those affected. Send it to a Vermont Rotary Club of your choice for Disaster Relief, or an agency such as the United Way designated for Vermont Disaster Relief.

2) Encourage your friends and relatives to visit NH and Vermont for Fall Foliage season. Road crews are working hard to get the roads open, and businesses will need customers to get back on their feet. Spread the word to "Come Visit!"

As a long term response, the District is planning to apply for a matching grant to get funds to supply emergency food and fuel through the Vermont community action network and will be looking for other Districts and clubs to help us raise our "stake."

I am grateful to everyone who has assisted or will assist in dealing with this humanitarian crisis. Reach Within to Embrace Humanity.

District Foundation Dinners-November 8th (NH) and 10th (VT)

November is the Month for Celebrating the Rotary Foundation

This is your invitation to put together a group of Rotarians, family members or prospective members for a fun evening of fellowship to celebrate the great things you and your club are doing through Rotary.

When/Where: Tuesday, November 8th at the Crowne Plaza, Nashua and Thursday, November 10th at

Jackson Gore Inn, Okemo, Ludlow Times: 5:30-9:00 pm. Cost: \$35 Registration information will soon be on the District website.

The program will feature three members of the 2011 Group Study Exchange who went to Turkey in District 2430, James Key-Wallace, Noah Lefebvre and Chris Parkinson have put a special presentation together on this ancient and exotic land.

Additionally, PDG Julia Phelps will share with us a first hand overview of **Future Vision and What Changes to Expect in 2014**. As District 7930's Foundation Chair, she is leading them through the Future Vision Pilot. She has also accepted an appointment from the Rotary Foundation Trustees to serve as the Rotary Foundation Alumni Chair (RFAC) for Zone 32 through 2012.

New from RI

You can now search for a Rotary club with RI's free **iPhone app**. In the [Apple app store](#) it's called the Rotary Club Locator from Rotary International. The app is also offered for Android and will soon be offered for BlackBerry phones. Check it out at this link: <http://www.rotary.org/EN/ABOUTUS/SITETOOLS/MOBILEAPPS/Pages/mobile.aspx>

Have you seen Rotary's "This Close" ads? Now you can add your own face and name to the ads and have them included in the Gallery

along with Bishop Desmond Tutu, Queen Noor and Jackie Chan.

Copy this link into your browser: <http://thisclose.net/> Click on "Add Your Face and Name" and follow the instructions. It's fun to do.

If your club achieves a minimum \$100 in Annual Programs Fund per capita contributions, has 100 percent membership participation, and meets membership requirements, it is eligible to receive the 2011-12 **Presidential Citation**.

In addition, the top 15 certified clubs and districts will be eligible for onstage recognition at the RI Bangkok, Thailand Convention, May 6-9, 2012.

John Hewko is Rotary International's new **general secretary**. He is responsible for the management of RI and the Rotary Foundation and is the organization's CEO.

Françoise Garcia is no longer with RI. Susan Schmidt and Chris Brown are our new Club and District Support team.

**First you are
young, then
you're middle
aged, then you're
wonderful.**

**Steven Sandheim
quoting Alice
Roosevelt
Longworth**

Mental Health Advisory for those Affected by the Disaster

The Vermont Health Department is concerned about the health and safety of those affected by the recent flooding and storm damage. Flood-related loss can cause a great deal of stress for affected individuals, communities and recovery workers. It is important to take care of yourself and your family throughout the storm recovery effort.

Immediately following a natural disaster, people typically respond with shock and denial, meaning that you may feel stunned, numb or disconnected. When the shock has passed, reactions will vary among different people, and may include:

- Intense and unpredictable moods
- Anxiety and nervousness; feeling out of control
- Difficulty concentrating and making decisions
- Disrupted sleep and eating patterns
- Stress-related headaches, nausea and chest pain
- Maintain your energy by eating healthy foods and avoid excess caffeine, junk food, alcohol, drugs and tobacco.
- Exercise and stretch your muscles frequently.
- Get adequate sleep and rest.
- Avoid injury during cleanup. Do not lift anything that is dangerously heavy.
- Practice stress reduction techniques such as deep breathing, meditation and mindfulness to calm your body and mind.
- Talk to friends, family and coworkers about your emotions.

Remember that it is normal to experience these symptoms, and there are basic things that you can do to relieve some of the stress. In the days and weeks following a natural disaster, you may be so busy that you forget or ignore simple routines that can greatly impact your health. Make time to do the following:

September is New Generations Month: Develop New Leadership

In honor of New Generations Month, think of ways to prepare younger members for leadership positions. Make leadership a topic at your next club meeting, and assign younger or new members to a senior Rotarian mentor to connect them with other members. You can also conduct a leadership-skills training program for new or younger members using [Leadership Development: Your Guide to Starting a Program](#). Younger

members will benefit from new skills and new friendships.

It is also recommended that clubs encourage new members to attend the Rotary Leadership Institute's courses by subsidizing the cost of \$65.



Go to: <http://www.rlinea.com/Calendar.htm> for a complete listing of the course dates and locations. The one in our district is: Saturday, November 5, 2011, Rutland, VT, Stafford Technical Center, Part I, II, III. Near by ones are: Saturday, March 3, 2012, Wells, ME, York County Community College, Part I, II, III, Graduate and Saturday, March 31, 2012, Lebanon, NH, Dartmouth-Hitchcock Medical Center, Part I, II, III.

RLI PHILOSOPHY

Having leadership skills does not alone assure good Rotary leadership. An effective Rotary leader must ALSO have Rotary knowledge, perspective about where Rotary has been, where it is now going and a vision of what Rotary can be.

Visit the RI Website:

www.Rotary.org

Register for Member

Access to contribute online
to the Foundation or check
out your contributions.

Visit the District Website:

www.Rotary7870.org

Secretaries should update their
membership and club officers data.

Choice for 2013-14 RI president

Ron D. Burton, a member of
the Rotary Club of Norman,
Oklahoma, USA, is the selec-
tion of the Nominating Com-
mittee for President of Ro-
tary International in 2013-14.



Watch Burton address an RI
training event.

Calendar- See District and Club Websites for Details

Ralph D. Hogancamp Memorial Duck Race	Ludlow Rotary	Sept 17
District Golf Tournament	Keene Country Club	Sept 22
Wine & Harvest Festival Breakfast	Deerfield Valley Rotary	Sept 25
Deerfield Fair	Raymond	Oct 1 & 2
Fort #4 War Re-enactment-Rotary Cooks	Charlestown	Oct 1 & 2
21st Ludlow Rotary Club Chili Cook off	Ludlow	Oct 8
Rotary Harvest Dance	Capital City Sunrise-Concord	Oct 15
GSE Rotarian Team Leader Application due	See District Website	Oct 15
Killington-Pico 40th Birthday	Killington-Pico	Oct 28
GSE Team Member Application due	See District Website	Oct 30
Polio Awareness Night at Monarch's Hockey Game	Verizon Arena-District Event	Nov 5
Foundation Dinner in NH	Crowne Plaza, Nashua	Nov 8
Foundation Dinner in VT	Jackson Gore Inn, Okemo, Ludlow	Nov 10

If you want your events listed, you need to submit the information early to Dennis@mcmann.net and include what it is, where it is, when it is and other details important to your event. For additional details, see www.Rotary7870.org — Calendar -and click on event to go to the club's website for event description, time and location information.

Remembering 9/11

"Hearing the bells after 9/11 ring gave reality to John Donne's poem, For Whom the Bell Tolls. What I firmly believe is that we who were spared were not spared - all humanity suffers when needless murder of human beings is committed. What happened to the victims of the Twin Towers, happened to us all. In my mind, those funeral bells that I heard, for weeks, were tolling for every single one of us - for all humanity in all countries. Those bells were saying to us, "life is short, make the most of it, do

as much as you can to make the world a better place for your having lived here before it is too late. And, my fellow Rotarians, that is where Rotary International comes in." -George C. McKinnis, NYC, from the Rotary Global History Fellowship's Newsletter.

To paraphrase RIP Banerjee: To reach Rotary's highest goal of peace, we must start from within and move outward, acknowledging that when there is peace in the heart, there is peace in the family, the community, the nation and the world.



Reach within to Embrace
Humanity.