



Richard E. "Dick" Clark
District Governor
1993-94



Route to:

- ☐ Program Chairman
- ☐ International Service
- ☐ Club Service
- ☐ Community Service
- ☐ Vocational Service
- ☐ Board of Directors
- ☐ Foundation Chairman
- ☐ Bulletin Editor
- ☐ President-Elect

Governor's Newsletter

November 1993

Rotary International District 7780

Officers District 7780 1993-94

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15 Glenwood Avenue
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O: 603/742-1263

Secretary:
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Governor's Message ...

► This week I completed the schedule of Official Club visitations when I visited my own club of Dover, N.H.

I wish to again "Thank" the membership of our District Clubs for the warm hospitality extended to June and me during the 36 club visitations. It is most gratifying to be so well received and welcomed. My Rotarian experiences over 20 years have prepared me to expect the very best and you folks really outdid yourselves!

I will now get busy with those administrative affairs needed to be done and in the process will be in touch with most of you very soon. There is still much work to be done in completing our District's Goals of Membership Increases - 10% in the District; Foundation General Giving of \$100,000 to be raised and the goal of increasing by 75 the number of new Benefactors to support the long range funding programs of the Foundation. Of course, we will continue to promote new Paul Harris Fellows as usual.

As I made my visits I was impressed to see the varying types of programs that our Clubs are busily involved in. The individual member commitment is strong

and the objectives of Rotary are in the foreground of each club's ambitious activities - "Service Above Self!"

I ask each of you to give special attention to District Goals. Help make these goals a success so that we can continue to provide the Group Study Exchange, Ambassadorial Scholarship and other vital programs to members of our communities. We are well aware of the many benefits of these programs and their future is important to helping others understand different cultures and further the promotion of Peace and Goodwill to the people of the world. As Pres. Bob Barth so aptly puts it, "BELIVE IN WHAT YOU DO, DO WHAT YOU BELIEVE IN." Don't delay in activating plans for your year of leadership - Do it now - Support your District's Goals!

Let me remind you that I am available to assist you, as are your area representatives. Please call upon us as you feel the need! If I can personally attend any club functions and be of help to you, please do not hesitate to contact me so we can schedule events in a timely manner.

Happy Thanksgiving,

Dick

Calendar of Events ►►►

Feb. 19, 1994 - District Fellowship
Banquet, Holiday Inn West
Exit 8, Portland, ME

Apr. 30, 1994 - District Assembly -
Univ. of New England, Biddeford, ME

Apr. 15 & 16, 1994 - President-Elects
Training Seminar (PETS), Nashua, NH

June 23-26 - District Conference -
Sheraton Hotel, Portsmouth, NH

Special thanks to Liberty Mutual Insurance Company for their contribution towards the production of this newsletter.



Donations-in-kind

► I like to think of this committee as the recycling of goods within our Rotary community, within our Rotary district, from district to district within our country and from Rotary to Rotary worldwide. The following clubs have notified me with "wish lists" or with "items to be donated." Please contact the Donations-in-Kind chairperson listed below if you can fill a request or supply any items listed.

ITEMS TO DONATE:

1. Two P/C computers
Contact: Mary Denzer; Bath-Sunrise Club (207) 443-6241
2. School books
Contact: Betty Ballard; Kittery Club (603) 431-6681
3. Three IBM Selectric Executive typewriters
Two Dictaphones
Contact: PDG "Tex" Ranger; Brunswick (207) 725-5509

ITEMS NEEDED:

1. Library Books for District 3050 (India)
Contact: DG Dick Clark (603) 742-1263
2. Medical Equipment
Contact: Conrad Grondin; Biddeford-Saco (207) 283-0115
3. Used Hearing Aids
Contact: PDG Edward C. Hall; Worchester Club #7910
(508) 829-2850
4. Medical Supplies/Educational Materials
Contact: Pastor Frank Jewett; Oxford Hills (207) 743-9720
or Linda Varrell; Bethel Club (207) 824-2117/875-5316
5. Musical Instruments "Operation Sax-appeal"
Contact: PDG "Tex" Ranger; Brunswick (207) 725-5509
6. Blankets, Pillows, Sheets, Comforters, Bed-spreads for the Salvation Army in Portsmouth.
Contact: Joyce Crabtree; Portsmouth (603) 929-4459

The Portsmouth Salvation Army services the Hamptons, Exeter, Portsmouth area, Kittery and York. Would these Clubs please contract me as to how they can help collect for their area. We have been successful in getting hotels to donate bedding. It's getting cold and many local families need blankets.

Thanks,
Joyce Crabtree;
Donations-In-Kind
Chairperson
(603) 929-4459

Governor's Newsletter R.I. District 7780

Please submit all news items, club bulletins and information on special activities of interest for district publication to:

Editor
Chuck Mancuso
228 Blackwater Road
Dover, NH 03820

Support Blood Drives

► Congratulations to the Bridgton Lake Region Club for their involvement in a blood drive program last August that collected 78 units of blood at the Bidgton Municipal Building. According to Anne Miller of the American Red Cross, each unit of blood collected helps to maintain the lives of at least two and usually three or more hospitalized patients. Clubs are encouraged to support this important Blood Services Program.

Dr. DeJong attends Polio Plus Work- shop

► Dr. Jaap De Jong, member of the Durham-Great Bay Club will represent our District at the Polio Plus USA Immunization Project Workshop in Chicago on November 19 and 20, 1993.

Jaap was very involved in the Polio Plus campaign and has maintained that interest and monitored the program's progress closely. He has been a strong proponent of improving our Immunization programs. We are pleased to have him represent our District and look forward to learning how our District can give support to his efforts after his return from the program.



The Issue of Aids is more than statistics...

It is about Peoples' lives.

► The question is ... do you want to help, ... and how?

"I can understand the fear that surrounds this disease. I wake up every morning afraid. HIV is the last thing I think of when I go to sleep and it's the first thing I think of when I wake up."
(Kerry - a 20 year old young woman infected at age 15 by a man who knew he was infected by AIDS)

At the moment, women are the fastest growing group within the growing population of people with AIDS and HIV. In 1992, there were 6500 cases of young adult or adolescent (13 or older) women infected with AIDS; double the number in 1989. 50,000 new AIDS cases were reported in 1992. In 1993, between 47 and 60 thousand more Americans will die of the disease, while between 40 and 80 thousand more cases will be reported. (latest Surgeon General report).

"How do you make teenagers who feel themselves to be immortal, respond effectively to the danger of AIDS?" (Kerry)

AIDS is now one of the top 3 main causes of death for men and women in age group 25-44; for children age one to four, it is among the top 10 causes of death.

► HIV is a virus which causes AIDS. The symptoms may take a few weeks to many years to appear. It may be 10 years before an infected person develops AIDS. Many people in their 20s with AIDS, contracted the HIV virus as a teenager. Because they look and feel healthy, most HIV infected people don't know it until they are tested. (e.g. Magic Johnson). Teenagers rarely see someone in their age group who is knowingly infected.

"I certainly resent not having the basic knowledge to keep myself well and healthy." (Kerry)

From the Surgeon General's report on AIDS and HIV, "There are no shortcuts nor promises of a cure. What can we do now?"

"Get educated about HIV/AIDS and the relationships with sex and drugs."

"Prompt early counseling."

"As a member of the American Family, reach out through our local communities to help others, those who are ill, and above all, ...erase fear, prejudice and discrimination."

CARING is an empowering thing, especially where Rotary Clubs can be mustered to act. Helping young teens deal with this issue through education and new learned patterns of behavior -



ior is already being undertaken by local response groups. **THEY NEED HELP.**

KNOWING about the danger of AIDS may very well be a lifesaving step that helps someone in our greater American Family.

Do you know someone in your Rotary club who will want to take the time and the interest?

... such as arranging speakers, working with a local response agency ...

► It would be great to see at least five clubs take that kind of step. If you would like more information (such as the Surgeon General's Report), please contact the Center for Disease Control (CDC), the Maine AIDS Alliance, or call either Dave Hager (800-695-4437) or Steve Swallow (207-439-3390) for getting in touch with someone local to your club. With the initial steps we take, clubs will be able to share success stories, which we hope to place in future editions of the Governor's Newsletter. So, ... get involved, make a difference, and let us hear about it.

Thanks.

Dave Hager, Chairman, AIDS Awareness Committee

District Fellowship Banquet
Saturday, Feb., 19, 1994
Holiday Inn West, Exit 8, Portland, Maine

Club Presidents appoint chairperson now and plan to attend!
More information in December's Newsletter.

Happy Thanksgiving



Literacy Fundraising Project



► The Rotary District 7780 Literacy Fundraising project is beginning to take shape. We have thirteen clubs who have sent us their Literacy contact person's name, address and telephone number. Anita Findlen, Greater Portland Rotary Club and Literacy Volunteers of America - Maine's Coordinator is preparing a mailing for the ROTARY TRIVIA BEE, this year's big Literacy fundraising project.

If your club has not yet designated a contact person, please do so as soon as possible - whether you are going to participate in the TRIVIA BEE or not. We would appreciate a contact person from your club for future projects as well as for gathering information on Literacy projects in which you are already involved. We also want our District to be able to report to International on our literacy projects. I am also requesting that the contact person be a member of our District 7780 Literacy Committee.

Some of you have indicated that you are already involved in a Literacy project in your community. If you are, please indicate what the project is on the form below and return it to the office address.

For those of you who have shown interest in the TRIVIA BEE, we are planning a meeting either the end of this month or the beginning of December. You will receive a mailing soon as to dates, places and times. We hope to run the event in May.

Please keep in mind that by working with Literacy Volunteers, we provide services to more than 125,000 local citizens as well as countless international people needing help in gaining basic reading, writing and math skills.

Roger A. Spugnardi, Chair Literacy Committee

District 7780 Literacy Contact Person

TO: Roger A. Spugnardi
Superintendent of Schools
23 Maplewood Avenue
Biddeford, Maine 04005

FROM: _____

CLUB: _____

Our club is presently involved in a Literacy project. Here is what we are doing:

Our club's Literacy contact person is: _____
Address: _____
Office Phone No. _____
Home Phone No. _____



PREVENTING TEEN DRUG ABUSE: CHALLENGES AND SOLUTIONS

An Essay Contest sponsored by Rotary International

The purpose of the Rotary International drug abuse prevention essay contest is to stimulate and exchange ideas about preventing drug abuse among teens. Attach a copy of this cover sheet to each essay being submitted, and provide the following information:

Author's name _____ Age _____
 Address _____
 Country _____ Phone number _____
 Are you a member of Interact? ☐ Yes ☐ No Are you a Youth Exchange Student? ☐ Yes ☐ No

GUIDELINES FOR THE DRUG ABUSE PREVENTION ESSAY CONTEST

- a) The theme for the essay contest is Preventing Teen Drug Abuse: Challenges and Solutions.
- b) Any youth between the ages of 12-16 is eligible to enter the contest (including Interactors and youth exchange students). Official entry forms must be obtained through the local Rotary club.
- c) Essays should be 450 to 600 words in length, typed or clearly printed. Illegible hand-writing will be cause for disqualification.
- d) Contestants must submit their essays to their local Rotary club. (All essays must be sponsored by a local Rotary club.)
- e) Essays will be evaluated based on knowledge of the subject, logical development, and clarity of ideas presented.
- f) All essays submitted become the property of Rotary International.
- g) The author of the worldwide winning essay will be awarded US\$1,000 to be designated in support of a drug or alcohol abuse project of choice. The authors of the winning essays from each region will be awarded US\$200 to be designated to the drug or alcohol abuse project of their choice.

Deadline for students to submit essays to their local Rotary club is 4 January 1994. Rotary clubs will forward all essays to the district governor by 11 January 1994. A committee appointed by the governor will select the best essay, and forward it (with a short autobiography and photograph of the author) to the World Headquarters of Rotary International by 10 February 1994, for judging by select Rotary leaders. The winning essays will be notified by mail in June 1994. Upon selection, the winners will be asked to provide background information on the drug or alcohol abuse project to be supported by the gift check, for RI promotional use.

FOR SPONSORING ROTARY CLUB USE ONLY:

Rotary Club of _____ District _____
 Rotarian Contact Person _____ Phone number _____
 Complete Address _____
 Signature of Club President _____ Date: _____



A Presidential Challenge

A presidential challenge has now been issued for Rotary Clubs to use the personal efforts of their members to sense others as part of balanced club achievement. Clubs will receive a Presidential Citation based on their number of accomplishments within each of the Four Avenues of Service as outlines below. More than a competition, this is a challenge for your Rotary club members to set a standard for service through hands on service.

Criteria and Deadlines:

To participate, first locate your club size on the chart below. The chart will tell you how many accomplishments your club must have within each Avenue of Service. Select the ones your club can accomplish and set them as goals. Your club must meet these goals between July 1, 1993 and April 4, 1994.

The Four Avenues of Service

Club

- * Have a net membership gain of at least 10% over the same time period during the previous year
- * Hold two all-club fellowship activities with at least 50% club attendance (e.g. banquet, picnic, golf outing, holiday party, etc.)
- * Conduct at least two Rotary information programs for all club members (e.g. club forum, round table discussions, club assembly, etc.)
- * Have 10% of the club members attend, or register to attend, the district conference
- * Have your club's president-elect attend, or register to attend, PETS (president-elect Training Seminar)
- * Have at least one member of the club registered to attend the Rotary international convention in Taipei, Taiwan, R.O.C.
- * Have all incoming club officers attend, or register to attend, the district assembly (president, secretary, treasurer)
- * Improve your club's attendance percentage by 5% over the previous year's figures for this time period
- * Provide a subscription of your region's official Rotary magazine to local school or library
- * Increase the number of classifications within your club by three over the previous year

Vocational

- * Provide district Vocational Service chairman with a registry of club members' vocation for placing RVIA volunteers
- * Sponsor or participate in a career development project for youth in the community
- * Conduct a project in local schools to encourage young people to complete high school
- * Sponsor or participate in a career development project for the disabled in the community
- * Sponsor or participate in a skills re-training project for those in the community who are returning to the work force
- * Distribute Four Way Test statements to local schools or place a Four Way Test billboard in the community
- * Recognize one or more community members for his/her achievements within his/her vocation (e.g. Policeman of the Year)
- * Distribute the "Declaration of Rotarians in Businesses and Professions" plaque to all club members

Community

- * Sponsor or participate in a functional literacy project. Sponsor or participate in a project which addresses the needs of the aging or disabled in the community
- * Organize a Rotaract club, or participate in the joint cooperation project with the Rotaract club that your club already sponsors
- * Organize an Interact club, or participate in a joint cooperation project with the Interact club that your club already sponsors
- * Sponsor or participate in a project that addresses a major health threat within your community
- * Sponsor or participate in a drug abuse prevention project
- * Sponsor or participate in the Preserve Planet Earth project
- * Sponsor or participate in a local program of immunization or disease prevention for children
- * Sponsor or participate in a project that addresses the needs of the hungry within your community

International

- * Increase the amount of per capita Foundation annual giving by 15% over the previous year's figures for this time period
- * Have at least one club member become a Foundation benefactor
- * Undertake a World Community Service project
- * Sponsor or host a Rotary Friendship Exchange member
- * Host a Youth Exchange student
- * Establish a cooperative program with a club in another country
- * Sponsor a project which receives a Matching Grant from The Rotary Foundation
- * Sponsor or host a Group Study Exchange team member
- * Have one of your club members serve as a counselor for a Rotary Ambassadorial Scholar
- * Have one of your members register to serve as an international Rotary Volunteer
- * Register one of your club's projects on the Rotary Volunteer site list
- * Publicize your club's donation of goods or services in the Donations in Kind Information Network
- * Request good or services through the Donations in Kind Information Network
- * Sponsor a World Fellowship Activity event in your community in conjunction with a Fellowship

Accomplishments for Your Club Size

Club Size	Number of Accomplishments Within Each Avenue of Service
1-50	2
51-150	3
151+	4

- * Carry out at least one original and outstanding project in each Avenue of Service of the club's creation involving 40% or more of the club members in hands on service.



CLUB	MEMBERS 6/30/93	CURRENT MEMBERS	+/-	FOUNDATION PER MEMBER GIVING	ATTENDANCE %
BATH	66	65	-1	27	83.40
BATH SUNRISE	28	27	-1	0	81.00
BETHEL	36	31	-5	90	93.97
BIDDEFORD-SACO	103	97	-6	39	75.50
BOOTHBAY-HARBOR	54	47	-7	38	80.29
BRIDGTON-LAKE REGION	29	28	-1	0	82.00
BRUNSWICK	147	137	-10	186	82.20
BRUNSWICK-COASTAL	16	17	+1	30	87.00
CASCO BAY SUNRISE	24	23	-1	28	85.25
DAMARISCOTTA-NEWCASTLE	39	42	+3	107	79.00
DOVER	90	86	-4	21	72.63
DURHAM-GREAT BAY	50	51	+1	64	74.52
EXETER	54	53	-1	24	77.80
FREEMPORT	24	31	+7	0	84.17
HAMPTON	49	50	+1	46	78.50
KENNEBUNK	94	92	-2	22	75.27
KENNEBUNK PORTSIDE	31	32	+1	33	94.00
KITTERY	29	26	-3	98	87.00
NEWBURYPORT	76	72	-4	6	83.19
OGUNQUIT	49	48	-1	10	84.60
OXFORD HILLS	45	47	+2	39	84.94
PORTLAND	212	209	-3	12	76.32
PORTSMOUTH	238	249	+11	67	75.34
ROCHESTER	60	63	+3	44	68.78
RUMFORD	45	48	+3	19	74.49
SACO BAY	56	59	+3	326	82.13
SANFORD-SPRINGVALE	69	67	-2	20	76.20
SCARBOROUGH	28	27	-1	0	81.18
SEABROOK-HAMPTON FALLS	29	29	0	43	61.00
SOMERSWORTH	24	24	0	37	61.50
SOUTHERN BERWICK	30	35	+5	12	90.09
SOUTH PORTLAND - CAPE ELIZABETH	54	56	+2	90	74.30
WELLS	37	43	+6	40	89.00
WESTBROOK-GORHAM	55	57	+2	88	69.40
WINDHAM	38	36	-2	81	91.00
YORK	54	51	-3	0	89.74
TOTALS	2,170	2,155	-15	50	80.09

Richard E. "Dick" Clark,
District Governor 1993-94
 15 Glenwood Avenue
 Dover, NH 03820

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BELIEVE IN WHAT YOU DO



George W Rice
 Area Representative
 RFD 1 Box 310
 Norway ME 04268

Do What You BELIEVE IN
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