



Familiar with the saying...

“You reap what you sow?”

Bow Rotary Club experienced the expression firsthand at our first meeting of the New Year, Friday, January 7th, when our scholarship winners from 2021 were invited to attend the meeting and share how their school year has been. Ten of our recipients attended by Zoom. Some were at home, taking classes remotely, some were at school,

taking classes remotely, some were still on their winter break, and one was taking in-person classes. In attendance were: Brooke Biehl; Michelle Eweka; Victoria Amy Eweka; Matthew Ferland; Riley King; Nicholas Manning; Jonathan Muise; Jack Roberge; Liam Wells and Rachel Wells. Unable to attend due to work or other commitments were Adele Elle-Gelemter and Shannon Luby. Committee chair Mike Griffin read comments sent to us by Shannon Luby.

Each time we hear from these students we are reminded once again why we work so hard to raise funds at our Foundation Auction, Car Show, etc. The student's passion, their excitement about learning and meeting new people and having new experiences reignites our own joy in helping others.

This year, the deadline is April 29th for applying for a scholarship. Students can find the scholarship applications and other details on our website at www.bowrotary.org, under “Scholarships/Grants,” a tab at the top of the home page. Scholarships are awarded for students attending a college or university, or a 2-year community college or a technical school, or certificate program. They are also available to adult learners. Our scholarships are announced and awarded in the spring but are paid after the first semester of learning. This allows the student, not necessarily the educational institution, to benefit from the payment.

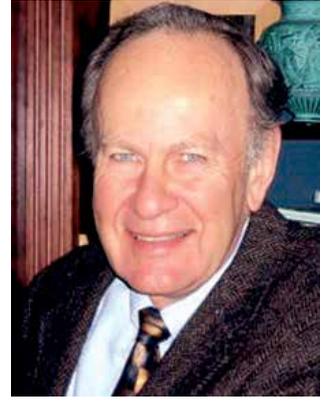
Also in January, Bow Rotary collected and transported warm coats, hats, gloves, socks and other clothing, along with bedding, diapers, children's toys, etc., to the Ludlow Vermont Rotary Club for further distribution to a Rotary club in western Tennessee, where the town of Mayfield was all but destroyed. Because Rotary is a worldwide organization, our Clubs can quickly connect with others in areas where natural disasters have devastated local relief operations. We also recently collected funds to aid in Kentucky relief.

Our next focus is the annual “4-Way Test Speech Contest.” Open to high school students who live in Bow or Dunbarton, this Contest uses the Rotary 4-Way Test as a springboard for a 5 to 7 minute speech. Other Rotary Clubs in our district conduct the same contest, and the winner of the Bow/Dunbarton contest has frequently won the District Contest. This speech contest happens in March, and additional information can be found on our website, as well as through the high schools. There are cash prizes for the First, Second and Third place winners.

Travel with The Bow Times



Ben and Tammy Kiniry, met up with fellow Bow residents, Ed and Michele Perry in Aruba.



THE IMPACT OF SEXUAL ASSAULT

The other day I listened to an interview with Rachael Denhollander, a lawyer and one of the former gymnasts who accused Larry Nassar of sexual assault. The discussion centered around empowering the voice of the victimized. She stated that most survivors are willing to speak up if there is a hope that they will be heard. How do we create systems and cultures where survivors are able to speak up and be heard? When the ‘narrative’ is controlled by the perpetrator, the victim will have very little success in being heard. Out of 300 reported rape cases reported only 5-6 result in conviction and jail time. According to Denhollander, most of the enabling of abuse does not come from a thought-out plan to ignore the victim, but rather the enabling comes from a lack of understanding of trauma dynamics and abuse dynamics.

Sexual violence is too common: (<https://www.rainn.org/statistics/victims-sexual-violence>)

Every 68 seconds an American is sexually assaulted – the majority are under age 30

1 out of every 6 American women has been the victim of attempted or completed rape

1 in 33 American men have experienced attempted or completed rape

When we hear of abuse, frequently the response is: “How could that have happened?” We tend to think of all the reasons that the accused couldn't possibly be an abuser. Not infrequently the abuse will occur near other people. The persona created by the abuser, and the crafted environment in which the abuse takes place, leads us to think that surely abuse could not have taken place. This confusion is even more disorienting for the victim of abuse.

When you ‘remember’ a positive experience you can actually feel, see & hear the event. The same thing happens with an experience of abuse. When something triggers the victim's memory of a traumatic event the survivor doesn't just ‘remember’ the trauma, they actually ‘feel’ it again.

Let's admit that we often don't want to see the evil around us, so it is a lack of intentionality that we don't address it. How then do we become aware of what might be happening right around us? First, we need to be willing to see the darkness, to understand how abusers think and how they operate, and manipulate the environment. We need to see how abuse can take place, even in a public space or in an organization. Secondly, we need to understand the victim's response to trauma which can include memory gaps, fight/fright/freeze response, and delayed disclosure. According to Denhollander it is common for survivors of sexual abuse to act out sexually because they think ‘this all I am worth’ and they are struggling to gain control of their sexuality. Unfortunately, when we look at the response to trauma, we are tempted to say that what we see is an indication that the trauma did not really happen, when, in actuality, the response we see is the evidence that the trauma did indeed happen.

How do we safeguard those around us? ‘Policies’ are important but the most important thing a community can do is “message well.”

1. Survivors need to know that you understand the issues of power dynamics
2. It signals to potential abusers that this is not going to be a safe place for them
3. Remember that ideas lead to actions. Pornography divorces sex from personhood. Pornographic ideas lead men to treat women as an object.

For help and more information:

RAINN (Rape, Abuse, Incest, National Network) has a National Sexual Assault Hotline: 800-656-4673 (HOPE)

<https://hotline.rainn.org/online>

The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma by Bessel van der Kolk, MD