



WILMINGTON CAPE FEAR ROTARY NEWSLETTER

Rotary District 7730
CapeFearRotary.com

Club Meeting

Wilmington Cape Fear
Meets at Jungle Rapids
5320 Oleander Dr
Wilmington, NC 28403-5810
Time: Friday at 07:30 AM

Club Leaders



Brent Boswell
President



Brandon W. Haines,
MBA, CFP®
President-Elect



Ann L. Willard
Secretary



Mark Stanley Paradis
Treasurer



Andrew J Jamison
Sergeant-at-Arms



Clay A. Brumbaugh
Club Rotary
Foundation Chair



Duayne Garner
Club Membership
Chair



Gus A Aretakis
iPast President



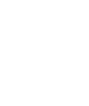
Constance H. Knox
Club Public Image
Chair



Jane E. Morrow
Club Service Chair



Andy Constantine
Aretakis
Fund Raising Chair



Christopher Octave
Buccieri
Community Service
Chair

This Week at Rotary Dr Erin Griffin Integrative Health



Dr Erin Griffin will join us to discuss the concept of integrative health. Dr. Griffin is the Owner and Family Physician of Tidal Wellness Integrative Family Medicine. She studied at UNC and the Kentucky School of Osteopathic Medicine. She did her residency here at New Hanover Medical Center, now Novant. Dr Griffin cares for her patients with conventional medicine paired with other treatments for your mind, body and spirit. This should be a very informative program tomorrow. Come join us at Jungle Rapids.

Last Week at Rotary Michael Oblinger UNCW Athletics Director

We enjoyed a special program last week when UNCW Athletics Director Michael Oblinger was our guest. Michael came to UNCW 2 years ago from UCONN. UNCW is now fielding 19 Division 1 teams in the CAA conference. Michael discussed the long range plans for the athletics department including the possibility of a new basketball arena. We were happy to learn that UNCW athletes have given back the community with 5066 hours of community service.





[Colleen M. Hattingh](#)
Club Director



[Robert L. Summerlin](#)
Bulletin Editor



[Daniel E. Waxman](#)
Club Director



[Kathleen Yerkes](#)
Grants Committee
Chair - Allocations

Meals on Wheels



Connie won the raffle last week, that's the fairly easy part. She wasn't able to find the Queen of Hearts though.

Events

September 13th

Wilmington Cape Fear Weekly Club Meeting

Speaker: Dr. Erin Griffin

Subject: Dr. Griffin will discuss addressing root causes of health issues, focusing on sleep, exercise, diet, mental health, and regular check-ups with proper vitamin supplementation to achieve lasting vitality and well-being.

September 20th

Wilmington Cape Fear Weekly Club Meeting

Speaker: Ruth Smith with Honor Flight of the Cape Fear Area (HFCFA)

Subject: How the HFCFA honors WWII, Korean War, and Vietnam War era Veterans by taking them all-expenses-paid to Washington, DC for a day of remembrance as they visit the memorials and monuments built in their honor.

September 27th

Wilmington Cape Fear Weekly Club Meeting

Speaker: Dr. Larry Cahoon with UNCW's Department of Biology & Marine Biology

Subject: High tide flooding in our coastal community.

October 4th

Wilmington Cape Fear Weekly Club Meeting

Speaker: Brian Satz with CW IT Support

Subject: Importance of Cyber Security

Birthdays

Sounia Nejad Chaney

September 14th

Paul Woodworth

October 10th

Steve Curtis Hall

October 11th

Wedding Anniversaries

William E Mitchell

September 23rd

Drew Williams

September 23rd

Ann L. Willard

October 1st

Robert L Summerlin

October 8th

Jane E. Morrow

October 10th
