



WILMINGTON CAPE FEAR ROTARY NEWSLETTER

Rotary District 7730
CapeFearRotary.com

March 24 2021

Club Meeting

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

Franchon Francees - Healing Your Almond

Franchon Francees

Connections among communication, emotional intelligence, and expression to overall wellness and healthy workplaces.



Franchon Francees is the founder of Healing Your Almond, a Licensed Clinical Mental Health Counselor, and a Certified Trauma Practitioner and Trainer. She founded Healing Your Almond in 2019, utilizing her expertise in both trauma and emotional intelligence to help companies address employee stress and team efficiency. Known for her authentic leadership and engaging presentations, Franchon discovered her passion for mental health in 2007.

We will discuss the brain science behind our name Healing Your Almond. Connect communication, emotional intelligence, and expression to overall wellness and healthy workplaces. In partnership with the audience process ways to bring this approach into various settings. Also in partnership with the audience create an amygdala snuggie.

Zoom Meeting Link

Club Leaders



[Patrick J. Bradford](#)
President



[Jane E. Morrow](#)
President-Elect



[Jean M. Hall](#)
RYLA Chair
Community Service
Chair
Vice President



[Ann L. Willard](#)
Secretary



[Mark Stanley Paradis](#)
Treasurer



[Gus A Aretakis](#)
Sergeant-at-Arms



[Doug Bevell](#)
Club Rotary
Foundation Chair



[Richard L. Mitchell](#)
Club Service Chair



[Kathleen Yerkes](#)
iPast President



[Theodore B McIntire](#)
Club Public Image
Chair



[Peter B. Sweyer](#)
Fund Raising Chair
Past President



[Brent Boswell](#)
Community Service
Chair



[J E Graham](#)
RAD Chair
Club Director
Rotaract Chair



[Constance H. Knox](#)
Club Director



[William Edwin Link Jr.](#)
Club Director



[Allen Quigley](#)
Area Governor

Join Zoom Meeting

<https://us02web.zoom.us/j/89497025438?pwd=K3VXTnEzZ0kwUXNhTjYwSlIDNGdrdz09>

Topic: Cape Fear Rotary 8am Fridays

Time: June 10, 2020 08:00 AM Eastern Time (US and Canada)

Every week on Fri, until Jun 26, 2020, 8 occurrence(s)

CLICK HERE TO JOIN MEETING

Join Zoom Meeting

<https://us02web.zoom.us/j/89497025438?pwd=K3VXTnEzZ0kwUXNhTjYwSlIDNGdrdz09>

Meeting ID: 894 9702 5438

Password: 165681

One tap mobile

+13126266799,,89497025438# US (Chicago)

+16465588656,,89497025438# US (New York)

Events

March 26th

[Franchon Franceses -
Wilmington Cape Fear
Meeting](#)

Speaker: Franchon Franceses
Subject: Connections among
communication, emotional
intelligence, and expression to
overall wellness and healthy
workplaces.

April 2nd

[No Meeting April 2 - Good
Friday](#)

April 9th

[Ann Frisch- Wilmington
Cape Fear Meeting](#)

April 16th

[Kathleen MacDonald -
Wilmington Cape Fear
Meeting](#)

Drum Roll Please



WE HAVE A MAJOR SPONSOR

APTIVE ENVIRONMENTAL

Huge thanks to Brent Boswell for securing this.

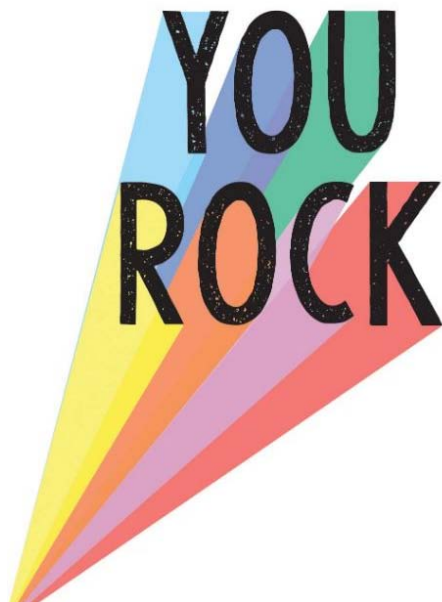
Speaker: Kathleen MacDonald
Subject: The fundamentals of Paragliding

Birthdays

Kyle M Mitchell
March 26th
W. Berry Trice
March 27th
Robert S. Rippy
April 1st
Christopher Octave Buccieri
April 1st
Robert F. Whitehead
April 2nd
Randy Reeves
April 6th
Constance H. Knox
April 18th
Kevin E. Edwards
April 20th
Robert D. Hoover
April 23rd

Wedding Anniversaries

Christopher Octave Buccieri
April 4th



Currently we have:

8 Silver Sponsors
Beverage Cart Sponsor
Lunch Sponsor
Putting Green Sponsor

Practice tee at \$1000 is still available

We need teams, holes and banner sponsors.

Right now with the title sponsor we've raised \$20,000.

Golf Tournament

31st Annual Cape Fear Rotary Golf Tournament at

River Landing Country Club

Friday, May 7, 2021

9:00 AM Shotgun Start

CLICK the link below for the form you need

[SPONSORSHIP PLEDGE FORM](#)

[SPONSORS LEVELS and BENEFITS](#)

[TEAM SIGN UP FORMS](#)

[RULES](#)

Please mail in checks and forms to the address on the forms but also email a copy of the form to Peter Sweyer - peter.sweyer@gmail.com so he can get real time updates.

Celebrations



Rotary District 7730 Club: Wilmington Cape Fear

Birthdays and Anniversaries for to

Member Birthdays	Birthday
Mitchell, Kyle M. (KYLE)	26 March
Trice, W. Berry (W. BERRY)	27 March

Partner Birthdays	Member Name	Birthday
Devita, Terry	Devita, Peter M.	25 March

Member Anniversaries	Start Date	Years	Years(P)	Total
Kaylor, Norman R. (NORMAN)	03/30/1990	31	0	31

Wedding Anniversaries	Partner's Name	Anniversary	Years
No anniversaries this period.			

Humor - Or Is It?



**You can't truly refer
to yourself as an
adult until you catch
yourself getting
really angry when
the grocery store
changes their layout.**

**I HATE SPELLING ERRORS
SO MUCH. YOU MIX UP
TWO LETTERS AND YOUR
WHOLE POST IS URINED....**



**I hate how after
an argument,
I think about more
clever things
I could've said...**



How many U-hauls could a U-haul haul, if a U-haul could haul U-hauls?

**I DON'T ALWAYS
CARRY ALL THE
GROCERIES ON
ONE ARM, BUT
WHEN I DO, MY
KEYS ARE IN THE
WRONG POCKET**

**My teacher pointed
a ruler at me and
said "At the end of
this ruler is an idiot"
I got a detention for
asking
"Which end?"**

**THE TRICK TO
BEING SMART IS
KNOWING WHEN
TO PLAY DUMB**
