

ALLEN QUIGLEY

District Governor 2023-2024



VISIT OUR WEBSITE
www.rotary7730.org



DISTRICT 7730 NEWSLETTER



CREATE HOPE
in the WORLD

Events

May 13th

**District Chair Meetings - 2nd
Monday of Month at 4:00 pm**

May 13th

**AG Meeting - 2nd Monday of
Month at 5:30 pm**

May 17th

**New Member - Lunch and
Learn - 3rd Friday of Month-
12 pm**

May 20th

**DG Meeting-1st, 3rd, 4th
Monday at 10:00 am**

May 27th

**DG Meeting-1st, 3rd, 4th
Monday at 10:00 am**

May 31st

**Golf Tournament Wilmington
Cape Fear**

June 3rd

**Articles Due for District 7730
Newsletter**

June 3rd

**DG Meeting-1st, 3rd, 4th
Monday at 10:00 am**

June 3rd

**District DEI Committee Zoom
Meeting**

June 8th

District Training Assembly

June 10th

**District Chair Meetings - 2nd
Monday of Month at 4:00 pm**

June 10th

**AG Meeting - 2nd Monday of
Month at 5:30 pm**

June 21st

**New Member - Lunch and
Learn - 3rd Friday of Month-
12 pm**

June 29th

**Club Awards and Installation-
Register Now!**

Club Anniversaries

Message from Governor Allen!



May is Mental Health Awareness Month. It's been observed in U.S. since 1949 with the aim to raise awareness about mental health issues, reduce stigma around mental illnesses, and advocate for policies that support people with mental health conditions. Our Rotary theme to "Create Hope in the World" encourages members to pursue the same aims that were established in 1949 with Rotary members and communities around the world.

Here are some ways you can get involved:

1. Our district Mental Health Task Force has partnered with Veteran Services of the Carolinas to conduct 5 Mental Health First Aid workshops. We have also conducted two workshops in the district - one in Brunswick County and the ACEs workshop as part of the recent District Conference. But we can do more. Bring your passion to the task force or organize an event in your community. What a fantastic idea for a district or global grant next Rotary year!
2. Rotary Action Group on Mental Health Initiatives: This group has seen a significant increase in membership since the pandemic, indicating a heightened awareness of mental health and wellness. They aim to fill the gaps in understanding and resources related to mental health. Home - Mental Health Initiatives Rotary Action Group (ragonmentalhealth.org)
3. Rotary Club of Mental Health & Wellness: This is one of the first cause-based Rotary clubs to focus on mental health and wellness. The club, which was chartered in May during Mental Health Awareness Month in the U.S., includes professionals in the mental health field and others who hold the issue close to their hearts.
4. Medizin Hilft (Medicine Helps): Did you know that in 2020, the Rotary Club of Morehead City-Lookout, North Carolina, worked with Medizin Hilft to secure a global grant that allows the organization to offer free mental health services. This is a nearly all-volunteer organization that donates thousands of hours of medical care to refugees and migrants each year.

Some facts to consider:

- More than 264 million people worldwide are affected by depression.
- Although there are effective treatments for mental disorders, between 76% and 85% of people in low- and middle-income countries receive no treatment for their condition.
- Suicide is the second leading cause of death among 15- to 29-year-olds globally.
- Depression and anxiety disorders cost the global economy \$1 trillion per year.
- There are 800,000 deaths per year from suicide.
- Mental health conditions are especially common in populations affected by humanitarian crises.

Source: World Health Organization

Remember, mental health is just as important as physical health. If you or someone you know is struggling with mental health issues, don't hesitate to seek help. There are numerous resources available, and remember, it's okay to not be okay.

Let's break the stigma together! ??

Yours in Rotary Service,

Allen Quigley
District Governor
District 7730

Rotaract Club of Monarchs and
Friends
May 1st

[Fayetteville](#)
May 1st

[Burgaw](#)
May 2nd

[Methodist University Rotaract Club](#)
May 18th

[Morehead City](#)
May 19th

[Ending Child Abuse](#)
May 21st

Account Leaders



[Allen L. Quigley](#)
District Governor



[Christopher James Crooks](#)
DG-Elect



[Andrea M. Young](#)
DG-Nominee



[Shawn Braswell](#)
DG-Nominee Designate



[Nancy S. Carr](#)
iPDG



[David L. Baggett](#)
District Finance Chair



[Steven F. Paes](#)
District Treasurer



[Bevin W. Wall](#)
District Secretary



[Lin A. Kelly](#)
District Exe
Sec/Communications
Officer



[Dale S. Lazar](#)
District Membership
Chair



[Tonya S. Adams](#)
Assistant Governor



[Michael Phillip Beaudoin](#)
Assistant Governor



[Kenneth E. Benton](#)
Assistant Governor

End of Year District Awards & Celebration!



END OF YEAR
**DISTRICT AWARDS
& CELEBRATION**

**Saturday,
June 29, 2024
11am - 1pm**

***Tickets
\$20**
(lunch & drinks included)
*Ages 5-20 Family &
Rotaractors) \$10
Kids under 5 - Free

- ✓ Family-Friendly Venue
- ✓ Lots of Parking
- ✓ Outside Games
- ✓ Drink Specials

Scan the QR code to
register in DACdb

Rotary
District 7730
www.rotary7730.com

Waterline Brewing
721 Surry St, Ste 5043
Wilmington, NC 28401

[OUR CLICK HERE TO REGISTER](#)

Looking for Rotary Host Counselors for Three Rotary Peace Fellows!

We have eleven new Rotary Peace Fellows who will arrive later this summer to begin their studies at Duke and UNC as members of Class 23 of our Duke-UNC Rotary Peace Fellows. At present, we still need to secure Rotary Host Counselors for three (3) Fellows briefly described below. I ask your help in assisting in identifying local Rotarians who would be good host counselors for these Fellows. As all who have previously served as a host counselor know, serving as a host counselor is a tremendously rewarding experience. We need to assign host counselors for these Fellows as soon as possible so that they can correspond with the Fellows to get to know them and prepare for their arrivals.

[Read More](#)

Make Sure Your club Gets Recognized



Make sure your club gets recognized

The District Governor Award and Rotary Citation are important recognitions for you club and area a reflection of the work your members have done through the course of the year.

Make sure you get recognized at the district awards and installation ceremony on June 29th

Governor's Award is an easy entry in CACdb to keep track of progress. Find Activity Entry in DACdb under the District Tab, 7730 Gov Award Icon. [Click here](#) for a shore video on how to enter your activities in DACdb.

The Rotary Citation is a result of achievement of goals that were set in Club Central at rotary.org at the beginning of the year. Remember those goals can be adjusted at any time.

Let's see how many clubs will qualify this year and be recognized at the District Awards Ceremony on June 29th.



[Patrick W. Curley](#)
Assistant Governor



[Barbara F. Johnson](#)
Assistant Governor



[William B. Kampa](#)
Assistant Governor



[Joseph C. Stevenson](#)
Assistant Governor



[Rhonda Williamson](#)
Assistant Governor

District Conference Cruise Raffle!

[CLICK HERE TO PURCHASE A TICKET](#)

CONFERENCE At Sea

CHARLESTON TO BAHAMAS
OCTOBER 3 - 7, 2024

CARNIVAL SUNSHINE

DAY	PORT	ARRIVE	DEPART
THU	CHARLESTON, SC		4:00 PM
FRI	AT SEA		
SAT	NASSAU	9:00 AM	5:00 PM
SUN	AT SEA		
MON	CHARLESTON, SC	8:00 AM	

TONNAGE 102,853 CAPACITY (D.O.) 3,002
DIMENSIONS 852' X 116' INAUGURAL 2013

Three small photos showing the interior of the ship, the ship at sea, and a group of people.

Conference at Sea!

We are asking each Rotarian to buy or sell one \$20 raffle ticket as a District Fundraiser. The winner of the raffle will receive an Oceanview Cabin on the Carnival Sunshine for our District Conference Cruise October 3-7. The winner's club will also receive \$2,000 towards a project of their choice!

The winner will be drawn during the District Awards and Club Celebration on June 29th at Waterline Brewing in Wilmington. Winner need not be present to win.

When checking out, you need to change the top to \$0 or it will default to \$4

Matching Points are still available!

Take advantage of matching points to be a Paul Harris Fellow. Talk with your president or club foundation chair to learn how easy it is to reach your next level of Paul Harris Fellow this year. Make your club a 100% PHF club!



District 7730 Conference At Sea! - October 3-7, 2024!



CONFERENCE *At Sea*

CHARLESTON TO BAHAMAS OCTOBER 3 - 7, 2024

CARNIVAL SUNSHINE

TONNAGE	102,853	CAPACITY (D.O.)	3,002
DIMENSIONS	892' X 116'	INNAUGURAL	2013

DAY	PORT	ARRIVE	DEPART
THU	CHARLESTON, SC		4:00 PM
FRI	AT SEA		
SAT	NASSAU	9:00 AM	5:00 PM
SUN	AT SEA		
MON	CHARLESTON, SC	8:00 AM	



ROTARY DISTRICT 7730 MEMBERS, FAMILY & FRIENDS ARE CRUISING TO THE BAHAMAS, AND YOU'RE INVITED! THE PRICES FOR YOUR CRUISE INCLUDE:

- NASSAU SERVICE PROJECTS
- EXCELLENT ONBOARD DINING
- MENTALIST MAGICIAN
- TOP NOTCH ENTERTAINMENT
- PRIVATE COCKTAIL RECEPTION
- ACCESS TO ROTARY ACTIVITIES

ROTARY CRUISE PRICES

INSIDE ROOM (4C)

\$527.65

OCEAN VIEW ROOM (6A)

\$582.65

BALCONY ROOM (8A)

\$732.65

SUITES

CALL FOR PRICING

PRICES ARE PER PERSON, DOUBLE OCCUPANCY, AND INCLUDE DEPARTURE FEES AND TAXES. CATEGORIES ARE SUBJECT TO AVAILABILITY WHEN BOOKING. A \$300 PER ROOM DEPOSIT IS REQUIRED TO CONFIRM RESERVATIONS. CARNIVAL CRUISE LINE AND CRUISE BROTHERS TERMS AND CONDITIONS APPLY.

THE ROTARY DISTRICT 7730 CRUISE MUST BE BOOKED THROUGH CRUISE BROTHERS CALL GAIL ON HER DIRECT LINE AT 401-369-8448 OR EMAIL GBUDDMEYER@CRUISEBROTHERS.COM



DEI Starts with Empowering Youth

By Raquel Kenée Panter

Youth service is vital in shaping the future of our society by providing young citizens with opportunities to learn about their communities and develop essential skills like leadership, teamwork, and problem-solving. Engaging in youth service also cultivates a sense of responsibility and empathy, empowering young individuals to become active and engaged citizens. Additionally, it fosters a culture of giving back and volunteerism, inspiring others to get involved. Ultimately, youth service not only benefits the community but also profoundly impacts the personal and professional development of young people. It is a valuable avenue for young individuals to contribute to their communities and build skills that will serve them well in the future.



[Read More](#)

Your Rotary Legacy

By Alfred Francis Clarkson Jr.

Our lives must come to an end sometime in the future. But your Rotary Legacy can last forever!



[Read More](#)

Here we Grow Again - New Members

New Members April 1 to April 30, 2024

Name	Start Date	Club
Potts, Evan	4/1/2024	Shallotte
Hamilton, Paige	4/1/2024	Pollocksville
Stiles, Lee	4/2/2024	Morehead City Noon
King, Anderson	4/8/2024	Wilmington West
Blocker, Monica	4/9/2024	Morehead City Noon
Fowler, Kay	4/10/2024	Morehead City Lookout
Keadle, Mike	4/11/2024	Swansboro
Highers, Melinda	4/17/2024	New River Onslow County
Benton, Pete	4/21/2024	Morehead City Noon
Saunders, Todd	4/21/2024	Morehead City Noon
Chlomoudis, Cindy	4/25/2024	Ending Child Abuse
Swanson, Pauls	4/29/2024	Southport
Ibrahm, Ahmed	4/30/2024	Global Partners in Peace
Bryant, Ava	4/30/2024	Morehead City Noon
McLellan, Joey	4/30/2024	Fairmont

Area 4 Clubs Hold Spring Cookout BIP Celebration!

Members of Area 4 Clubs (Leland, Shallotte, South Brunswick Islands, Southport and Southport Evening) joined together on April 25th to host a barbecue luncheon for the BIP students at Brunswick Community College. It was a great opportunity for Rotary fellowship and to get to know others with the same objective of "Service above Self"



[Read More](#)

Chicken Coop Cooperation

By Laura Benson

Beaufort Ole Towne Rotary funded a state-of-the-art chicken coop at the brand new Outdoor Learning

Center at Beaufort Elementary School thanks to a District DEI grant. Rotary's investment was celebrated at the ribbon cutting on April 18th.



[Read More](#)

Merger

By Joseph C. Stevenson

MAR
26

We have brought two great teams together. Passport Club and Rotarians Offering Community Service (ROCS) have merged



Mission and vision are the same. New energy and determination.

Rotary 

Redirecting the message to end child abuse

By Charles E. Potter

The Rotary Club of Ending Child Abuse observed Child Abuse Prevention Month in April with a special program on adapting the message of fighting child abuse to become more assertive in efforts to stop it.

[Read More](#)

The 45th Beaufort Ole Towne Rotary Historic Downtown Road Race June 8, 2024

45" years and still going strong... Join us for a local tradition: the Beaufort Rotary Historic Road Race, a 1M/5K/10K race on June 8, 2024. A portion of the fund raised for this family fun event will go towards Rotary International's Polio Plus mission to immunize children worldwide against Polio, Carteret County Domestic violence, and Martha's Mission Cupboard.



Beaufort Ole Towne Rotary
www.RunTheEast.com

Ukrainian Family needs help!

By Daniel W. Parks



Fellow Rotarians,
Good Morning!

My name is Daniel W. Parks, and I am a member of the Beaufort Ole Towne Rotary Club. I am writing to you today to share a story of a family in need of help.



- Hopefully you can help pass along my effortsä€™. With fellow Rotarians, friends, neighbors and business associates I have started the process of sponsoring our 4th Ukrainian family to the US.
- They were displaced early in the war husband, wife and 4 year old son.
- **See the story below, click on read more.**
- We are trying to raise \$25,000 to cover their air fare and three months living expenses to include transportation, while they get settled.
- I have attached a GoFundMe or donations can be made to Wilmington

East Rotary Charitable Trust(WERCT)

Wilmington East Rotary Charitable Trust (WERCT)

POB 373

Wrightsville Beach, NC 28480

OR

<https://www.gofundme.com/f/nadia-boitsova>

Thank you and call me with any questions.

Daniel W Parks

Rotary District 7730 Disaster Relief Chair

326 Pemberton Drive

Wilmington NC 28412

Cell 207-692-7052



To unsubscribe from future emails, please click on this link: [Unsubscribe](#)

To unsubscribe from future emails, please click on this link: [Unsubscribe](#)
[Read More](#)

Wilmington Rotary Area #3's 43rd Blood Drive a Success!

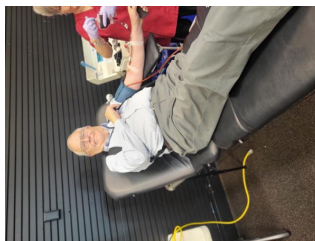
By Daniel W. Parks

Rotary Clubs of Wilmington along with Wilmington Kiwanis and Masonic Lodge # 319 held their 43rd co-sponsored blood drive on 4/25/2024. We collected 42 units of blood.

We have now helped collect 1684 units of blood for the Red Cross.

If you were fortunate enough to have attended the district conference, you would have heard a Rotarian ask James Jarvis of the Red Cross how Rotary could help. His quick answer was to sponsor blood drives like Rotary Clubs of Wilmington. Contact me if you need help getting this off the ground.

Pictured below is Rob Schwarting a visiting Rotarian from NY who just happens to attend meetings 9 months of the year at Wilmington East Rotary.

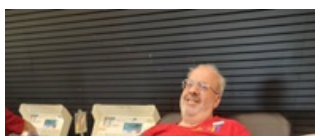
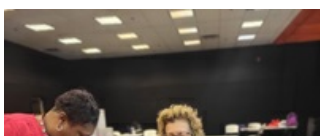


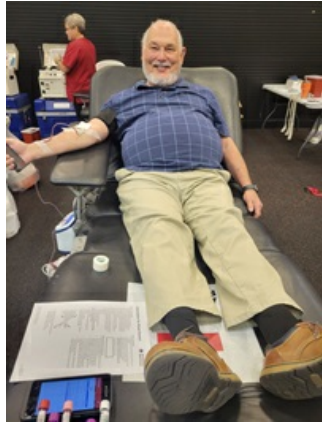
Nancy Wilcox and Charlie Bon of Wilmington West. Jeff Whiting, Charlie Prickett and Dan Parks of Wilmington East all frequent donors!

Dan Parks

District 7730 Disaster Relief Chair

207-692-7052





Youth Services





Click on the chair name to email them.

District Interact Chair: [Jennifer Hardee Vanasse](#)

- For more information: interact@rotary.org

District Rotaract Chair: [Magda Baggett](#)

- For more information: Rotaract@rotary.org

District Rotary Youth Leadership Awards (RYLA) Chair: [Phil Panzarella](#)

District Youth Services Chair: [Krystal Johnson](#)

District Student Protection Officer: [Ken Benton](#)

- You can find our clubs in Bladen, Brunswick, Carteret, Columbus, Cumberland, Duplin, Jones, Lenoir, New Hanover, Onslow, Pender, Robeson, Sampson and Scotland Counties!

Rotary International Calendar

Visit this calendar throughout the year to find [award](#) nomination due dates and [convention](#) and event information. Develop meeting agendas, projects, or public image campaigns based on these special occasions. All dates are subject to change.

See a complete list of [United Nations observances](#), including international days, weeks, and years.

See the [Board and Trustees meeting dates](#).

[Read More](#)
