

DG Allen Quigley presents:



Events

April 19th
[7730 District Conference-
Now Closed! Contact Lin
Kelly](#)

April 19th
[Unveiling the Impacts of
Adverse Childhood
Experiences](#)

April 22nd
[DG Meeting-1st, 3rd, 4th
Monday at 10:00 am](#)

April 25th
[South Brunswick Islands -
Brunswick Interagency
Program \(BIP\)](#)

April 27th
[District 7730 Day of Service
- Save the Date! More to
come!](#)

May 1st
[Wilmington Annual Leaders
in Service Awards Banquet](#)

May 6th
[Articles Due for District
7730 Newsletter](#)

May 6th
[DG Meeting-1st, 3rd, 4th
Monday at 10:00 am](#)

May 6th
[District DEI Committee
Zoom Meeting](#)

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 18th
[Fore! Kids Golf Tournament
Foursome Opportunity](#)

May 18th
[Fore! Kids Golf Tournament
Sponsorship Opportunities](#)

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](#)

The District Conference starts Friday!
Be on the lookout for a News You Can Use for the District Conference!

Congratulations!



Rotary Essay Contest Winners
The theme this year was:
"The 4-Way-Test - What it Means to Me"

1st Place - Caleb O'Neill, Topsail Middle School
2nd Place - Emma Marshall, Newport Middle School
3rd Place - Anna Shortway, Newport Middle School

The Winner will read their essay during the luncheon at the district conference this Saturday.

Mental Health Workshops Coming to Kinston

NC State Veterans Home Staff and Community Partners

Wednesday, May 8, 2024
8:30 am to 4:30 pm
NC State Veterans Home
2150 Hull Road
Kinston, NC 28504

Includes Lunch

Identify. Understand. Respond. - Let's make Mental Health First Aid as common as CPR! Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance abuse issues.

Participants will receive a certificate of completion at the end of this course and CEU's will be made available.

The training doesn't make us qualified mental health practioner, but it does give us the tools to implement a Mental Health First Aid Action Plan - Approach, Assess, Listen, Give and Encourage. We also learn about services that are available to anyone in a Mental Health situation.

Don't suffer in silence - call 988 if you or a friend is in distress or considering suicide.

[Click here to register](#)



Mental Health
FIRST AID

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 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-Save the Date](#)

Paul Harris Proud!

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!



Get Your Club Recognized - District Governor Award

Your club may already be there! The Award form has been sent to all club presidents. It's an easy entry in DACdb to keep track of progress. Go to the District Tab in DACdb, click on the Governor Awards Icon. Then click on Enter Activity on the left.

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

Upcoming Events!



**PUBLIC IMAGE
BOOT CAMP**

PREPARE FOR A SUCCESSFUL 2024-25 ROTARY YEAR!

TUESDAY, APRIL 23 @6PM EDT

Register now at elevaterotaryzones3334.org.



Smoke Alarms Save Lives!

Working smoke alarms can cut the risk of death from home fires in half.

That's why we're rallying volunteers, fire departments and partners to *Sound the Alarm*.

Together, we're installing **FREE** smoke alarms in your community. Request a smoke alarm installation today!

**Saturday, April 27th, 2024
10:00am - 2:00pm
Brunswick County, NC**



Scan to learn more

Contact us to schedule your appointment:
(919) 675-2270 or visit bit.ly/SmokeAlarmNC



Yours in Rotary Service,

DG Allen

District Governor 2023-24
