



**Events**

- May 18th  
[Fore! Kids Golf Tournament Foursome Opportunity](#)
- May 18th  
[Fore! Kids Golf Tournament Sponsorship Opportunities](#)
- May 29th  
[Boys And Girls Home Game Day](#)
- May 31st  
[Golf Tournament Wilmington Cape Fear](#)
- June 26th  
[Boys And Girls Home Game Day](#)

What Mental Health needs is more sunlight, more candor, and more unashamed conversation.  
- Glenn Close

**Mental Health Workshops on 5/8**

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 practitioner, 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](#)



**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!

## Make Sure Your club Gets Recognized

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

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

The Governor's Award is an easy entry in DACdb to keep track of progress. Find Activity Entry in DACdb under the District Tab, 7730 Gov Award Icon. [Click here](#) for a short 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.

## District Conference Highlights Continued . . .

Visit the District Website to view the Conference Program, List of Sponsors and Advertisers, and best of all, photos from the event. [www.rotary7730.org](http://www.rotary7730.org)

Club speaker opportunities from the District Conference:

Human Trafficking	Jason Smith - Assistant District Attorney, New Hanover County
Strategies to Equity	Dawn Ferrer - Executive Director, A Safe Place
Partnerships	Linda Thompson - VP & Chief Diversity & Equity Officer, New Hanover County
Important topics	James Jarvis - American Red Cross
	Lauren Kolodij - NC Coastal Federation
	Lauren McKenzie - Cape Fear Habitat for Humanity
	Dan Parks - Supporting Ukraine Families



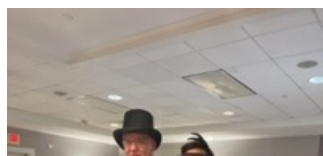
District service project sponsored by Empowering Our Girls club. Over 1000 dignity bags were packed for use at schools around the district!

5 Star Awards and Engraving - if you didn't get a chance to order some Rotary swag, visit the 5 Star website at: [Five Star Awards & Engraving | Bring your vision to life](#). They offer an incredible deal on new member kits!



**More Gallery Photos - see the complete gallery at [www.rotary7730.org](http://www.rotary7730.org)**

**The Gatsby Ladies!**





**Best Dressed!**  
**Tianna Mosby and Jim Brooks**

**DGE CJ pitching his District Conference Cruise!**



**Just a really good looking  
group!**



**Yours in Rotary Service,  
DG Allen  
District Governor 2023-24**