



# SPROCKET

Breakfast Rotary Club of New Bern  
Chartered May 9, 1985  
Meets Thursday 7:30 a.m.



**2022-23 District Governor:**  
**Octavious Murphy**

**Bakers Kitchen**  
**July 7, 2022**

**2022-23 President:**  
**Brant Bills**



Garret Biss, Executive Director and the Program Director, Dennis, tell us *Realize U 252*'s mission is to empower individuals to realize their potential for long-term recovery from addiction and substance use disorder. They recognize addiction as a very complex condition with many definitions. Garret's favorite is by Dr. Gabor Mate: "Addiction is the manifestation of any behavior that a person craves, finds temporary relief or pleasure in but suffers negative consequences as a result of, yet has difficulty giving it up". This craving to disrupt the pain doesn't have to be drugs. It

could be something like Netflix bingeing, workaholism, or anything taken to extreme which has negative consequences. On the surface there doesn't seem to be anything wrong with it but it interferes with work, family, or health.

The group maintains a house for 14 residents and continues to turn away many more applicants. They raise money to continue this service through grants and donations from businesses and individuals in the community.

There is much more information on the internet, of course. Members would benefit from starting with Dr. Mate's videos on YouTube, for instance [https://www.youtube.com/watch?v=ys6TCO\\_olOc](https://www.youtube.com/watch?v=ys6TCO_olOc). Addiction is a life situation that affects everyone in this and all other countries. Wouldn't it be wonderful if Bill Gates picked up on the realization that addiction stems from attempts at self-comforting and to escape suffering and made reducing it his next challenge.

For more information on the organization please go to <https://www.realizeu252.org/>.



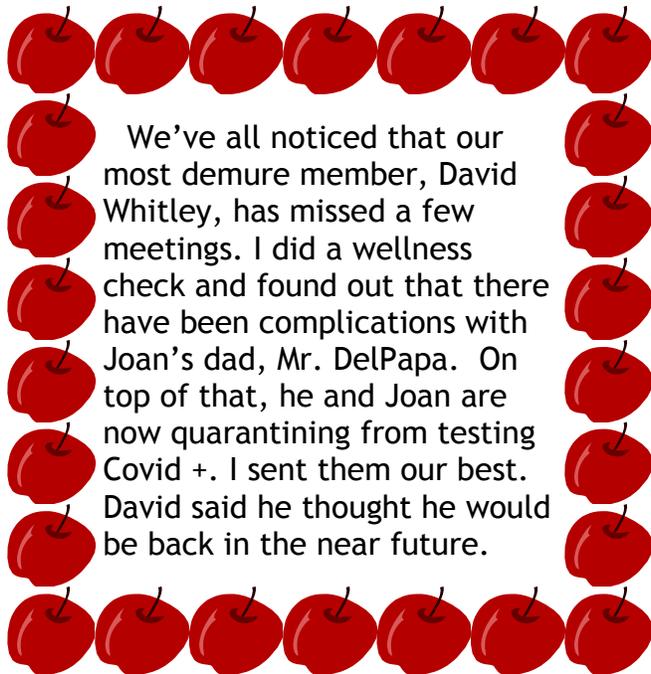
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## The 2022-23 RI Logo

The 2022-23 presidential theme logo was designed by renowned Australia-based Indigenous artist Riki Salam to represent RI President Jennifer Jones' theme and initiatives. The logo represents key elements of Rotary while honoring the Indigenous culture:

- The circle signifies connections to one another.
  - The dots around the circle represent people, one for each of our areas of focus.
  - The circle and the dots together become a navigation star, which signifies Rotary's guiding light.
  - The solid line underneath signifies a digging stick used for hard work — a tool that Rotary's people of action use to get things done.
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# Important Announcements



We've all noticed that our most demure member, David Whitley, has missed a few meetings. I did a wellness check and found out that there have been complications with Joan's dad, Mr. DelPapa. On top of that, he and Joan are now quarantining from testing Covid +. I sent them our best. David said he thought he would be back in the near future.

## President's Report

*Brant*



- Remember to provide Janet with names and contact information for speakers!
- In an effort to increase Sprocket readership (and take one more thing off the president's plate) we will not be rolling announcements on the screen at meetings.
- Everyone stay involved in Oktoberfest preparations. There is a meeting every third Tuesday at 5:30 PM at Century 21 Zaytoun-Raines (*next is 7/19*). And keep your eyes open for sponsors. As you prepare your day, have an elevator speech in mind for each person you know you will encounter.

### The Board of the New Bern Breakfast Rotary Club

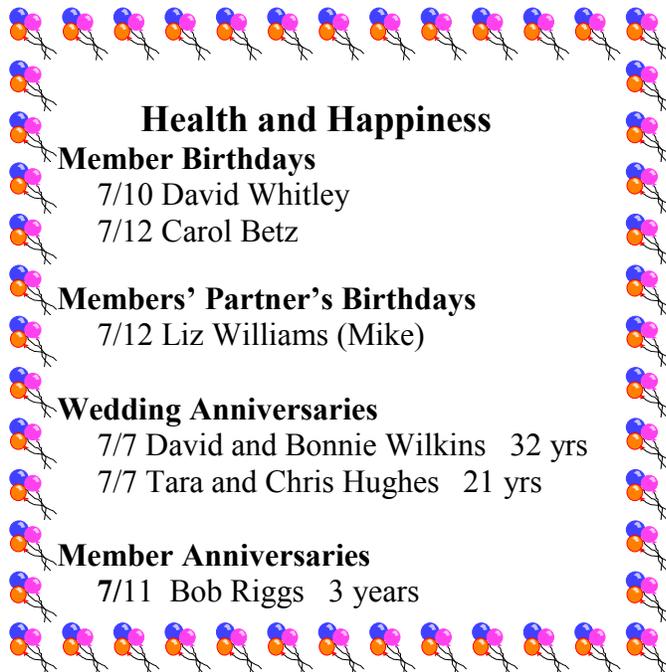
Meetings: Zoom on the 2nd Monday of the month 5 to 6 pm.

### Social THURSTY THURSDAY

Blackbeards/Pirates Cove each 1st Thursday pm - 30% off non-alcohol purchases.

### President/President Elect Meeting

every Tuesday evening 7:00P at the Blackbeards/Pirates Cove. Notify them if you want to be there and your topic in case there is a last minute change. The next meeting is Tuesday, July 12 at 5 pm via Zoom.



## Health and Happiness

### Member Birthdays

7/10 David Whitley

7/12 Carol Betz

### Members' Partner's Birthdays

7/12 Liz Williams (Mike)

### Wedding Anniversaries

7/7 David and Bonnie Wilkins 32 yrs

7/7 Tara and Chris Hughes 21 yrs

### Member Anniversaries

7/11 Bob Riggs 3 years

# 50/50 Raffle



*Our speaker's daughter pulled the winning ticket.*



*Randy holds the winning ticket which brought him \$11 for lunch money.*

*The queen hid from Sophia and now holds \$111. Nothing to sneeze at!*

