



SPROCKET

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



2023-24 District Governor:
Anthony Santore

March 14, 2024

2023-24 President:
Andy Garlick

Walk With a Doc

Thursday's inspiring presentation was given by Dr. Deb Milkowski, a local physician who spoke to us about the Walk with a Doc program. Meetings are on the 3rd Saturday of each month at Creekside Park - the walking trail center-at 9:00am. Dr. Milkowski explained that, after a brief medical presentation by a local health care provider, the group walks about 1.5 miles. All events are free and open to the public. Dr. Milkowski suggested that a healthy walk should be 30 minutes a day for 5 days a week or one hour a day for three days a week. She emphasized that people of all ages and fitness abilities are welcome. See 100 reasons to walk at walkwithadoc.org/why-walk. (Article curtesy of Ben Monachino)



Habitat Build & Fundraising

There is still time to volunteer for Wednesday's Rotary Build Day – or any day. Register at: cravencountyhabitat.org Please, remember to put "Rotary" behind you name when you sign in at the work site.

PINTS & PINOTS for the Habitat Build is **Friday, April 19**. The list of establishments includes: Captain Ratty's Seafood, Brewery 99, Persimmons, and Nautical Star. Note: Last week's newsletter erroneously included a bar that is not participating.

Smart-looking lapel pins to support the build are available for \$20. Buy one, sell one – or two or three or more!

We will have **"Arts & Surprises" on May 9th** at the New Bern Country Club. Tickets are \$50 and everyone who attends will get something. Tickets are given out at the door and then multiple tickets are drawn periodically (about every 15 minutes). When drawn you can pick a piece of art or a grab bag. Everyone is encouraged to
(a) **donate something**: a piece of art, a glass of wine, a book, something and
(b) **spread the word** so people buy tickets. There will be a cash bar and passed, heavy hors d'oeuvres.

We also are conducting a **50/50 raffle**. The drawing will be at the "Arts & Surprises" event. You do not have to be present to win. We need to **sell tickets for \$50**. We have 300 tickets. The club keeps ½ the proceeds and the other ½ is divided between four prizes. If we sell all of the tickets, that is \$7,500 for the club. Let's go team!!!

LEARN MORE



RLI Eastern North Carolina

**Part I
Part II
Part III**

May 4th 2024

**Pitt Community College
Winterville NC**

**Register now on
Dacdb or at RLI33.org**

Club News

Mark Your Calendars

March 20	WEDNESDAY 8-12	Habitat Rotary Build Day
March 21	THURSDAY 7:30	Bob Rigg - Bees
March 23	SATURDAY 8-12	Habitat Rotary Build Day
April 19	FRIDAY 6-8	Pints & Pinots for Habitat
May 9	THURSDAY	Art & Surprises / Raffle Drawing

Birthdays & Anniversaries

Member	Anniversary	Club Years	Total Rotary Years
Barton Phillips	Mar 28	5	15
John Griffin	Apr 6	18	18
Chris Richey	Apr 6	18	18
Ramona Stoner	Apr 25	5	5
Bette Morris	Apr 30	6	6

Member	Birthday	Partner	Member	Partner Birthday
Kyle Dickerson	Mar 28	Betty Orsega	George T Orsega	April 15
Joni Bass	Mar 28			
George Orsega	Mar 30			
John Finlayson	Apr 03			
Rick Davis	Apr 10			
Barton Phillips	Apr 11			
Beth Richards	Apr 14			
Lucine Moffett	Apr 18			
Wayne Hauck	Apr 19			
Aaron Goldstein	Apr 22			

Member	Partner	Wedding Anniversary	Years
		Dave & Ann Super celebrate 40 years on March 31.	
Rick Davis	Debbie	Apr 10	48

The New Bern Breakfast Rotary Club

Providing Service Above Self

Locally, Regionally, and Globally since 1985

Literacy, Education, Leadership

- ◊ Provide scholarships each year to
 - + 5 graduating area HS Seniors
 - + 4 students attending VOLT Training Center
 - + 1 Nursing Scholarship at Craven Community College
- ◊ Send 3 — 5 HS Juniors each year to RYLA, a week long intensive leadership program
- ◊ Charter and support the Interact Club at New Bern High School (200+ members in 2023!)

International Connections

- ◊ Partner with 1,400 Rotarians & 46,000 Service Clubs: our network of colleagues
- ◊ Rotary Peace Fellowship
- ◊ Rotary Youth Exchange
- ◊ Rotary Friendship Exchange
- ◊ Peace Scholarships
- ◊ Shelter Box



Mailing Address

PO Box 14625 New Bern, NC 28561

Community Support

- ◊ Provide new sneakers annually for over 300+ area children through our "Kicks for Kids" program—augmented in 2023 to provide sneakers to the Twin Rivers YMCA STRIDE and GIRLS ON THE RUN Programs
- ◊ Donate over \$15,000 to local charities and organizations each year
- ◊ Actively support and volunteer for Habitat for Humanity
- ◊ Acknowledge 9/11 and ongoing personal sacrifices of First Responders each September
- ◊ Volunteer 2x/month at Religious Community Services
- ◊ Provide manpower to clean up US 70 monthly
- ◊ Sponsor the annual B/S/H Oktoberfest
- ◊ Provided main financial support for founding of *Craven County Crime Stoppers Crimestoppers* Program

International Programs

- ◊ World-wide, Rotary-led Campaign to End Polio
- ◊ CARTS—Alzheimer's Research
- ◊ Maternal and child care clinic in Uganda
- ◊ Artists Against Genocide: Rotary Children's Clinic in Mali West Africa

Keep In Touch

Find us on the WEB:

www.newbernrotary.org

Like us on Facebook

www.facebook.com/NewBernBreakfastRotary

Email us at:

info@newbernrotary.org

50 / 50 Raffle

Andy Garlick won lunch money...



AND...THE QUEEN LIVES!