

## THE SPROCKET NEWSLETTER

Rotary Club of New Bern Breakfast Chartered May 9, 1985  
 District #7720 – Club #22802 - P. O. Box 14625, New Bern, NC 28561 -  
[www.NewBernRotary.org](http://www.NewBernRotary.org) - Follow us on Facebook/NewBernBreakfastRotary

Now on Instagram at RotaryNewBernBreakfast

Meets every Thursday morning from 7:30-8:30 and  
 2<sup>nd</sup> & 4<sup>th</sup> Thursday evenings from 5:30 – 6:30

Governor: Brownie Futrell - 2025-26 Area 8 Assist. Dist. Gov.: Melonie Wray



### **MORNING MEETING SUMMARY – May 28, 2026**

Thanks to Deedra Durocher (Greeter), Paul Platek (Pledge), Michael Macey (Invocation). Ben Monachino, President-Designee, led the meeting since both Dave and Ann Super are out of town for two weeks.

**Community Grant Awards** – Ben Monachino, Chair of the club’s Community Grants Committee, began the meeting with the presentation of two checks for the grant period that ended April 30. New applications are now invited for submission by October 31. The information and application form are at [www.newbernrotary.org](http://www.newbernrotary.org).

A check for \$250 was presented to Bonita Simmons, Executive Director of Tried By Fire, Inc., to replenish linens at My Sister’s House, a transitional home for post-incarcerated women that opened in October 2023. A second check for \$2,494 was presented to Anne Marie Devanney, Executive Director of Religious Community Services (RCS) for refrigeration units and other equipment to help keep food fresh for distribution to offsite locations.



**Program** - Our speaker this morning was Amanda Delgado, the Executive Director of Coastal Center for Hope & Healing, formerly known as the Coastal Women’s Shelter. Amanda was named ED in May 2021 and served as Shelter Director for 4 years prior to that appointment. This local nonprofit organization has been serving the Craven, Jones, and Pamlico counties for 41 years, originally created by nuns as a crisis line for women and their children escaping domestic violence. In 2023, when Promise Place closed, Coastal Women’s Shelter took responsibility for serving individuals dealing with sexual assault. These related services, as well as the increase in the number of men being served, led to the change in their organization’s name.



In 2025, the Center took 1650 crisis calls and served 590 clients, the majority of whom came from Craven County. They provided 1100 court advocacy supports, and 2160 shelter nights. Their shelter has 15 beds for women and children for a

period of 30 to 90 days, until new housing can be arranged. The Center helps about 250 families each year from the 3 counties.

Last week, they had a dedication ceremony for “Courtney’s Home For Hope” in New Bern that will be a transitional home for women rebuilding their life. The house was donated by parents in honor of their daughter, Courtney, who they lost because of domestic violence. As of June 1<sup>st</sup>, the house will accommodate one family, but it is hoped the home can be modified to allow for two families at a time.

Statistically, it takes 7 to 8 times before a woman can finally leave her abusive partner. The Coastal Center for Hope & Healing offers support, not judgment. They offer free individual counseling for up to 12 months and will match \$500 in savings by women staying in the shelter, as well as financial literacy training, since this may be the first time they have money of their own. Amanda shared some of the early signs of abusive behavior and understands that if this is going on in one’s family or with a friend, it may be difficult to know how to help. The most important thing, however, is to meet a person struggling with this situation “where they are” to offer support and options, stressing what they want to do, rather than insist on what they should do.



The Center receives financial support from the Craven County Commissioners, grants, and individual donations. They also have Helping Hands Boutique, a retail enterprise offering gently used clothes for women, men, and children, as well as accessories and household items. The administrative offices and the Boutique are located at 2403 Trent Road. Ways to Help – (1) shopping or donations to Helping Hands Boutique (call to donate at 252-633-6305); (2) referrals of services to anyone who may need to know about them; (3) volunteers always needed, in lots of areas, and training is provided; (4) service on the Board of Directors; (5) Sponsorship of fundraising events or specific activities; (6) financial support/donations; (7) advocacy in general in the community or in court, also with training provided; (8) donations of always needed items, such as toiletries, feminine hygiene supplies, household supplies, paper products, etc. Amanda Delgado can be reached at 252-638-4509 ext. 1, or via their website at [www.coastalwomensshelter.org](http://www.coastalwomensshelter.org)



### **EVENING MEETING SUMMARY – May 28, 2026**

Thanks to Barbara Belon (Greeter) and Deedra Durocher (Pledge & meeting leader)  
Guests introduced: Edwin Belon and Pacificque’ Uwimbabazi

**Program** – Suzanne Madison introduced Dr. Deb Milkowski who shared information about the New Bern Chapter of “Walk With A Doc”, to educate, exercise, and empower. This health awareness program was started in 2005 in Ohio and has become an international nonprofit with 709 chapters now in 30+ countries. The objective is to create a non-threatening environment that encourages healthy lifestyle habits. There are 100 reasons to go for a walk (check out the website below), especially since sitting has become the new smoking problem for most adults. Each Walk With A Doc begins with a brief and informal talk by a local health care professional about common health concerns and questions are welcome. All events are free and open to the public. Walks are generally 1.5 miles in total and people of all ages or fitness abilities are welcome to walk all or part of the route. Children and dogs are welcome as long as they are on a lease - the dogs, not the children!

Dr. Milkowski has been in internal medicine since 2009, serving in private practice, at the hospital, and now at Urgent Care. She became interested in the “Walk With A Doc” program through the Cardio-Pulmonary Department



at CarolinaEast Health System talks on nutrition. She submitted a grant to the CarolinaEast Foundation in 2020 to initiate the program during COVID, and it has been growing in participants ever since.

The New Bern “Walk With A Doc” meets on the 3<sup>rd</sup> Saturday of every month at 9:00 am. Walkers meet at the Walking Trail Shelter (the 2<sup>nd</sup> shelter on the right) at Creekside Park. (The rain location is the front entrance of the New Bern Mall, at the same time). Each month’s walk averages about 20 people, and the speaker’s presentation lasts about 10 or 15 minutes at the beginning of the walk. Topics for each month’s discussion may be listed about two weeks in advance at the webpage - <https://www.walkwithadoc.org/join-a-walk/locations/new-bern-north-carolina/>

*Editor’s Note:* I couldn’t help thinking how happy our CART Champion, David Whitley, would be to hear this presentation. Dr. Milkowski repeated all the things he has been reminding us of each week to protect or improve our health – good nutrition, plenty of sleep, socialization, and to keep moving! Walking is a kind of “miracle drug” because it helps our heart, brain, bones, lungs, muscles, and joints! I was able to explain our CART program for Alzheimer’s Research as well as Rotary’s commitment to EndPolio Now to Dr. Milkowski after her presentation.

### **Next Evening Meeting: Thursday - June 11, 2026 – 5:30 to 6:30 pm**

#### **Program Calendar:**

June 4 – AM mtg – Mo Holland, owner of Shop Class

June 11 – AM & PM mtg – Pacifique’ Uwimbabazi – The Lived Experience in Rwanda

June 18 – MicroProject - packaging candy for Juneteenth Parade (please bring donations to 6/4 and 6/11 meetings, no chocolate or nuts!)

June 25 – AM & PM mtg – No regular meetings because it’s our Annual Installation Dinner

July 2 – AM mtg – No meeting – enjoy the July 4 holiday weekend!

July 9 – AM mtg – Taylor Seijo, Sound Rivers

PM mtg – To be announced

July 16 – AM mtg – John Barnes, New Bern Preservation Foundation

July 23 – AM & PM mtg – Dave Super, Rotary video from 2026 President-Elect Training Seminar

July 30 – AM mtg – To be announced

#### **Club announcements**



- Rotary Leadership Institute, Beaufort Community College in Washington, NC, on Saturday, May 30.
  - New Bern Breakfast Rotary was well represented by RLI Facilitators, Paul Platek and Deedra Durocher, and participants Marva Long and Julie Burrill (Part 1 – see class photo) and Rodger Allison (Part II). Sorry Rodger, I didn’t get your photo.

The next RLI session will be scheduled in New Bern for the last weekend in October, so it will be convenient for members to continue – or begin – their Rotary *Learning* journey!

- Committee Meetings – all members welcome to attend any of these meetings
  - Membership: Monday, June 1, 5:00-6:00 pm at HT Starbucks
  - Board of Directors meeting: Monday, June 8, 5:30-7:00 pm at Williams, Scarborough, & Gray, CPA
  - Community Service: Wednesday, June 10, 5:30-6:30 pm at HT Starbucks
  - Oktoberfest – Monday, June 15, 5:30-6:30 pm at Craven Literacy Council offices
- Annual Installation Dinner, Thursday, June 25, Chelsea Restaurant. You already know about this!

### Membership Chair, Deedra Durocher –

- New Member Orientation on Wednesday, June 17, from 5:30 to 7:00 pm at Craven Literacy Council offices, 2507 Neuse Blvd. Snacks and beverages will be provided.

### Community Service Chair, Gretchen Derda –

- June 6, Saturday - Annual Shredding Event - 10:00 am to 2:00 pm, 2015 Neuse Blvd., across from the hospital. Bring a chair, wear a hat, Water will be provided.
- June 20, Saturday – Juneteenth Parade – line up at 9:30 am for parade start at 11:00. Wear your Rotary shirt or hat!



### Oktoberfest Chair, Rodger Allison –

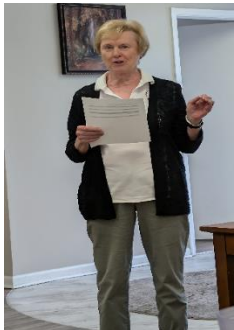
- Counting on more member donations and sponsorship checks or commitments by June 15 meeting!

### Michael Macey –

- He put a Flag Pin at every seat this morning in honor of a friend and past Rotarian he knew, with a request for donation to CART
- Michael still has a display case of watches available for purchase for a donation in the amount of your choice to the Rotary Foundation.

## CART

David Whitley shared an article about some initial surgery that has been performed in China, where 30% of the world's Alzheimer's cases are counted, that shows promise for this disease. There needs to be more research done on this surgical procedure, probably involving those "dang-gone mice" again. In the meantime, please remember to put your coins, cash, check, or credit card in the Blue Bucket to support this kind of research!

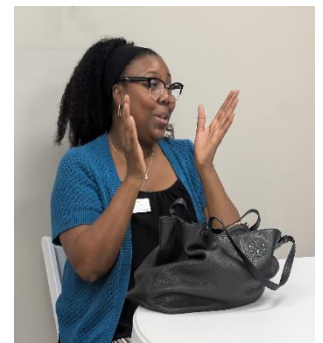


### Health & Happiness

Bette Morris recognized important dates this week in the lives of our Rotary members: **Member Birthdays** – Dick Peebles (6/2), **Member Anniversaries** – Stephen Hoard (6/1, 34 years), Ben Monachino (6/1, 3 years); **Wedding Anniversaries** – Wayne & Nancy Hauck (6/2, 47 years), Deedra & Norman Durocher (6/2, 64 years!!!!), Paul & Carmen Platek (6/3, 42 years)

### Happy Dollars

Deedra Durocher, substituting for Carolyn Perrigo, collected lots of Happy Dollars, including a story shared by Sharon Carter-Moore, Director of the TRIO Program at Craven Community College, about three students who graduated this year after meeting personal challenges. Lunch money was \$7 and although the Queen holds \$109 right now, ticket holder Greg Postle missed drawing the Queen of Hearts.



## Rotaract News

Congratulations to Rotaract President, Linnea Darr, and Vice President, Makiyah Harvey, on their graduation from Craven Community College on May 15. Best wishes to both these impressive young Rotarians as they continue with their education plans, and especially as they plan to continue to remain members of Rotaract! Rotaract Advisor, Suzanne Madison, has shared a video of a Makiyah Harvey Welcome to Craven Community College. Check it out!

[https://www.youtube.com/watch?v=aDdq1Zytx4s&list=PLf25xr\\_xGPCyzlp8rggxDdz\\_dlmxlQwKX&index=2](https://www.youtube.com/watch?v=aDdq1Zytx4s&list=PLf25xr_xGPCyzlp8rggxDdz_dlmxlQwKX&index=2)