



EXCHANGE

EXCHANGE CLUB OF KIAWAH-SEABROOK, SC

Box PMB-J 130 Gardener's Circle Johns Island, SC 29455

Member Meeting 08-16-2023 @Seabrook Island Club

Ray Hoover-President, called the meeting to order at 6:26PM and opened with prayer.

Chris Stephenson honored South Carolina fallen hero Staff Sgt. Thomas J. Dodds Dudley and led members in the Pledge of Allegiance. See Bio attached.

Ray informed members that the deadline to submit grant requests was August 15. Requests have been distributed to service committees for evaluation.

Marjorie Stephenson reminded that the charity golf tournament is 6 weeks away and volunteers are needed.

Guests were welcomed (as noted on Attendance below).

After the dinner, the evening's speaker was introduced by Bill Nelson at 7:34 PM. Regina Creech, Injury Prevention and Outreach Coordinator for the Adult Trauma Center at MUSC Health spoke on the topic of suicide, the 11th leading cause of death in the US as of 2021. Individuals in need can dial 988 to reach the Suicide & Crisis Lifeline. Or, text TALK to 74141 (AYUDA in Español).

Meeting adjourned 8:06PM

Next Meeting:

9/20/23 @Seabrook Island Club

Speaker Courtney Plotner, The Association for the Blind & Visually Impaired

Addendums:

Attendance

Fallen Hero

Speaker Bio

Minutes submitted on 8/17/23 by Lisa McDonald, Club Secretary

ATTENDANCE

Attended?	Member	Attended?	Guests
X	Bill Bane		
X	Phyllis Barber		
No	Joe Bauer		
X	Dave Berry		
X	Herb Boehm		
X	Rich Boss		
X	Ed Brett		
X	Cathy Cleary		
X	Wes Cleary		
X	David Cruse		
X	Art Dougherty		
X	Jim Dwyer		
X	Frank Farfone		
X	Joe Foti		
X	Bill Good		
X	Richard Gwyn		
X	Edward Hescamp		
X	Ray Hoover		
X	Maurice Isaac		
X	Bob Leggett		
No	Bruce Ludwin		
X	Alan Madison		
No	Bob Mason	No	Sherrie Mason
X	Tony Mazzola		
X	Lisa McDonald	X	Deanna Forsythe
X	Rick McDonald		
X	Joy Millar		
X	Jay Miller		
X	Bill Nelson	X	Regina Creech - Speaker
X	Russ Preston		
X	Robert Quagliato		
X	Sam Reed		
No	Ed Rigtrup		
X	Shirley Salvo		
No	Charlie Septer		
X	Walter Sewell	X	Karen Sewell
X	Roger Steel		
X	Chris Stephenson		
X	Marj Stephenson		
X	Dick Trent		
No	Stan Ullner		
X	Tom Webster		
X	Pat Welch		
X	Jack Wilson		
No	Kevin Winter		
X	Mela Wyeth	X	Jody Davis
X	Chuck Zellerbach		

Attended?	Guest	Member	Type
X	Regina Creech	John Reock	Speaker
X	Jody Davis	Mela Wyeth	Prospect
X	Deanna Forsythe	Lisa McDonald	Prospect
x	Karen Sewell	Walter Sewell	Wife
No	Sherrie Mason	Bob Mason	Wife

TRIBUTE TO SC FALLEN HERO

Good evening fellow club members and guests.

Tonight, we're paying tribute to Marine Staff Sgt. Thomas J. Dodds Dudley.

SSgt Dudley was assigned to Marine Air Group 26, 2nd Marine Air Wing, II Marine Expeditionary Force, Marine Corps Air Station New River, Jacksonville, N.C.

SSgt Dudley, also known as "TJ" or "Duds", was born in Rochester, N.Y. and moved to Tega Cay, SC as a boy with his family. The family then later moved to Fort Mill, SC where he graduated from Fort Mill High School in 2000. He played football and became involved in the school's JROTC and drill team. During this time, he also volunteered with the Tega Cay Rescue Squad.

SSgt Dudley enlisted in the Marines when he was 18. He served twice in Okinawa, Japan and had deployed twice to Iraq. This was his second deployment to Afghanistan.

He inspired a younger brother to join the Marines and a younger sister to join the Navy. He inspired patriotism among his family and friends. And he inspired his fellow servicemen to work harder and fight stronger.

Dudley's uncle is quoted as saying: "His Marine brothers expressed TJ's strength, tenacity and drive in making everybody around him stronger. When he was on the tarmac or in a helicopter, they felt they had to turn it up a notch."

SSgt Dudley deployed to Afghanistan in December 2010 during Operation Enduring Freedom and was scheduled to return home on July 24, 2011. His plans when he returned home included a family vacation to Pigeon Forge, Tenn., a water park birthday celebration for his daughter, and a Las Vegas trip with his wife.

However, on July 7, 2011, Marine Staff Sgt. Thomas J. Dodds Dudley, died in Helmand province, Afghanistan during his sixth tour of duty. He was killed when his helicopter encountered enemy fire. His wife Mary had said she couldn't sleep that night, so in the early morning of July 7th, she began to email her husband, pictures of their three children.

SSgt Dudley is survived by his parents, Robyn and Thomas; wife, Mary, daughters Taylor and Jenna, son, Carter, and thirteen brothers and sisters.

A fellow SSgt wrote this on SSgt Dudley's tribute page. I Salute You, a fellow Warrior and Defender of our Freedom and Liberty. Thank You for your Service and you Sacrifice. You are Not Forgotten. May your Spirit Rest in Eternal Peace.

NASCAR driver #11 Denny Hamlin honored SSgt Dudley in the 2021 Coca Cola 600 in Concord, NC by displaying his name prominently on the windshield of his racecar and said this: "Thank you for serving your country to keep us safe. Prayers to your family, who lost their loved one who made the ultimate sacrifice. Rest in Peace"

As an indication of our respect for SSgt Dudley and others who gave their lives for our country, the club places US flags around our community several times a year. Each flag has a yellow ribbon attached with the name of a fallen hero.

Marine Staff Sgt. Thomas J. Dodds Dudley, we salute you and your sacrifice on our behalf.

Please stand and join me in reciting the pledge of allegiance.



SCOTT F. LEWIS PHOTOGRAPHY

VA | #VETERANOFTHEDAY



THOMAS DUDLEY





Regina Creech, MS, CHES

Biography

Regina Creech, is a community-engaged professional with public health, non-profit and healthcare experience. She is passionate about implementing community-based programs that impact change and improve health.

In her current Business Health role, Regina is charged with creating and expanding relationships with industry partners to develop, implement, and evaluate worksite wellness programs.

Regina joined MUSC Health in 2012 as the Injury Prevention and Outreach Coordinator for the Adult Trauma Center. She formerly managed the Charleston Air Force Base Health and Wellness Center where she provided wellness programs to active-duty members, retirees, and dependents.

Regina is a board member of the American Foundation for Suicide Prevention South Carolina Chapter and the event Chair for the Charleston Area Out of the Darkness community walk.

Regina received her Master of Science in Kinesiology and Health Promotion from the University of Kentucky and is a Certified Health Education Specialist (CHES). In her free time, she enjoys exercising, cycling, and spending time with her family, dog Rufus, and cats Sullivan and Tybee.