



## Paul Avino

April 11, 1958 - January 30, 2026

Paul Avino, 67, of Leland NC went to be with his Lord and Savior on January 30, 2026 while in the excellent care of Lower Cape Fear LifeCare, Wilmington. He was born on April 11, 1958 to Jeanne Avino (née Kelly) and Louis Avino Jr.

Paul grew up in Huntington, NY. After graduating from Huntington High School he began service in the United States Marine Corp. While stationed in Japan, he began training in the art of Judo. Paul traveled to many countries, competing and winning multiple Judo championships, participating in this sport for over 33 years wherein he achieved the high rank of Yodan, 4th degree black belt.

After his military service, Paul began his industrial electrical career of 30 years with the NC State Ports Authority in Morehead City, NC. Upon his retirement, he was awarded the Order of the Long Leaf Pine, the highest honor bestowed upon civilian service members.

Paul is survived by his wife of 18 years, Tammy, his son James and wife Brittany and their precious son Bryson, his mother Jeanne Avino and four siblings: Nancy Godwin, Karen Avino, Maria Damico and Brian Avino, their spouses, children and grandchildren. Paul was also loved and cherished by two sons, (Brandon, Dennis) and two daughters (Kim, Olivia), by marriage, their spouses and eight grandchildren.

Paul enjoyed spending quality time with all of his loved ones and many friends in their various locations throughout the U.S. He always loved traveling, visiting and eating great food (especially Japanese fare). He and his son, James enjoyed camping, fishing, practicing their marksmanship and multiple bike adventures throughout Carteret and Craven counties. Paul was always involved in his family's activities and celebrations including grandkids' sports, birthdays and trips. He was an important part of all of their lives and they have cherished memories and funny stories to remember him by.

Paul and Tammy had many adventures as well, traveling to multiple states on their vacations, site seeing from mountain tops to numerous caves, touring light houses, historic homes, museums, taking train rides and even a couple of bike rides.

Over the past year Paul and Tammy spent as much quality time as possible with Baby Bryson. Paul loved pushing him around in his toy car pretending to be a train engineer, crawling into his large playpen with him for playtime and snuggling him as he slept. Paul felt very blessed to have this time with Bryson.

Above all, Paul cherished the time spent with family and making memories. Second to that was proudly adding to his ever-expanding collection of all things stainless steel.

He will be greatly missed, having made the best possible impression in everyone's lives.

A celebration of life is being planned for his birthday, April 11, 2026.