



THE WEEKLY BULLETIN OF

THE ROTARY CLUB OF CAPE HENRY

Meeting every Wednesday at 7:30 AM

**Virginia Beach Resort Hotel & Conference Center,
2800 Shore Drive Virginia Beach, Virginia USA
(Rotary District 7600)**

WEDNESDAY, March 12, 2008

Frank Mageras, Town Center Westin

Host Rotarian: Dave Pasko

03-19-2008	Willard Robins	Jim LaVier, Virginia Arts Festival
03-26-2008	Thom Prevette	Angela Blackwell, Lead Hampton Roads Program
04-02-2008	Claudia Puopolo	Earl Johnson from the Social Security Administration
04-09-2008	Buddy Redfean	Neal Windley, SHR Habitat for Humanity
04-16-2008	Armond Reich	To be determined
04-23-2008	Carl Pierson	To be determined
04-30-2008	Jason Miyares	Cordel Faulk, Editorial Board Richmond Times Dispatch
05-07-2008	Breese Spruill	To be determined
05-14-2008	Jayne Sullivan	Elizabeth W. Rountree, CHKD
05-21-2008	Jim Vermillion	To be determined
05-28-2008	John Watkins	To be determined
06-04-2008	PJ Whitney	To be determined

If you see "To Be Determined" by your name please notify Jason of your speaker and topic ASAP!!

UPCOMING...

Board Meetings, 3rd Tuesday of each month, 6:30 PM at 2996 Island Lane (starting in October)

Guests Last Week

none

Visiting Rotarians Last Week

Morris & Jocelyn Ellison, Tucson

MAKE UP IF YOU MISS A MEETING! Convenient local meetings are on the back!

Or go online at www.rotaryclubone.com

Seeing a murder on television... can help work off one's antagonisms. And if you haven't any antagonisms, the commercials will give you some. *Alfred Hitchcock (1899 - 1980)*

A witty saying proves nothing. *Voltaire (1694 - 1778)*

She got her looks from her father. He's a plastic surgeon. *Groucho Marx (1890 - 1977)*



LifeNet Health
Saving Lives, Restoring Health

Susan Diaz from LifeNet Health spoke to the club last week about organ and tissue donation. She was hosted by Barbara Moore who works for the city's human services department. Due to a photography error, we only have Barbara's picture to show this week!



THIS WEEK (March 10 through 16) is WORLD ROTARACT MONTH

So what is Rotaract? Rotaract is a Rotary-sponsored service club for young men and women ages 18 to 30. Rotaract clubs are either community or university based, and they're sponsored by a local Rotary club. This makes them true "partners in service" and key members of the family of Rotary.

As one of Rotary's most significant and fastest-growing service programs, with more than 7,000 clubs in about 163 countries and geographical areas, Rotaract has become a worldwide phenomenon.

How does it work?

All Rotaract efforts begin at the local, grassroots level, with members addressing their communities' physical and social needs while promoting international understanding and peace through a framework of friendship and service.

THE FOUR WAY TEST of the things we think, say or do:

1. Is it the **Truth**?
2. Is it **Fair** to all concerned?
3. Will it build **Goodwill and Better Friendships**?
4. Will it be **Beneficial** to all concerned?