



*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, February 4, 2009

## Paul Joseph, Oscar Smith High School

Host Rotarian: **Bill Joseph**

02-11-2009	Bill Kee	Jim Eilertsen - "Good News Jail & Prison Ministry"
02-18-2009	David Hay	Virginia Arts Festival
02-25-2009	Art Knauer	Nicole Cleveland, Breathe Again Magazine
03-04-2009	Gary Mah	Dr. Qui Jin from ODU, Director Institute of Asian Studies
03-11-2009	Membership Day	Cathy Lewis, Civic Leadership Institute
03-18-2009	Patrick Lowder	Beth Holcomb, Inmate Mental Health Services
03-25-2009	Ron McLemore	Norview High School Lost Class of 1959
04-01-2009	Tom McLemore	To be determined
04-08-2009	Jason Miyares	To be determined
04-15-2009	Barbara Moore	To be determined
04-22-2009	Jayne Sullivan	Mark Bawcom "Health at any Age"
04-29-2009	Thom Prevette	To be determined

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

UPCOMING...

**Board Meetings:** 3rd Tuesday of each month, Executive Board Room, 8th Floor of the VB Resort Hotel, 6:30 PM. All Cape Henry Rotarians are welcome.

**Bowl-A-Thon:** February 28, 2009 - See Jason for details!

**Visiting Rotarians Last Week**

David Moore, Princess Anne

**Guests Last Week**

None!

Invite a guest to our next meeting!

*Convenient local and online make-up meeting locations are on the back!*



Kathy Jeffries hosted Fran Thomas last week. Fran provided a very moving presentation on how Seton Youth Shelters helped her family.



### FEBRUARY IS WORLD UNDERSTANDING MONTH

"In Rotary, February is World Understanding Month – a time to focus on the importance of goodwill and understanding for peace. It is a time for all of us to pause and consider how we are pursuing Rotary's fourth Avenue of Service – International Service – because it is our international service, and our international fellowship, that will do the most to help us all build a more peaceful tomorrow." *Dong Kurn (D.K.) Lee, President, Rotary International, 2009*

"We are engaged in a great experiment, that of encouraging international good will and understanding." *Paul P. Harris, Founder, Rotary International, 1935*

It is impossible to travel faster than the speed of light, and certainly not desirable, as one's hat keeps blowing off. *Woody Allen (1935 -)*

It is hard enough to remember my opinions, without also remembering my reasons for them! *Friedrich Nietzsche (1844 - 1900)*

Missed a meeting? If so, check out the archive of weekly bulletins in living color online at [www.capehenryrotary.org](http://www.capehenryrotary.org)



The Annual Bowl-A-Thon is  
February 28!

How can you help?

**Identify Corporate sponsors** and sell them a banner (or two);

**Provide silent auction items** to Dick Biondo;

**Organize a bowling team** and get each one to have pin sponsors.

For more information, see Jason Miyares or email him at:

[jasonmiyares@msn.com](mailto:jasonmiyares@msn.com)

#### 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?