



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 25, 2009

Nicole Cleveland, Breathe Again Magazine

Host Rotarian: Art Knauer

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	Gene A. Woolard, Chief Judge, VB General District Court
03-25-2009	Ron McLemore	Norview High School Lost Class of 1959
04-01-2009	Tom McLemore	Tim Cole, Green Schools
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
05-06-2009	Claudia Puopolo	To be determined
05-13-2009	Buddy Redfearn	To be determined
05-20-2009	Armond Reich	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

none

Guests Last Week

Jim Theuer, guest of Jim Vermillion

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



Cynthia Carter-West from the Virginia Arts Festival spoke to the club last week. She was hosted by David Hay.

Check out the archive of weekly bulletins in living color online at www.capehenryrotary.org

The Bowl-A-Thon is this weekend!

Face it...if all you do is show up at the breakfast every week, are you really participating in the club? The Bowl-A-Thon is a great way to raise money and have fun. **Sponsor a team, get per-pin pledges, obtain silent auction items or find corporate sponsors.**



A successful event provides more cash for our many worthy charities and a healthy donation to the Rotary Foundation.



Morris Ellison became a Paul Harris Fellow last week.

Membership Day is March 11. Come up with 3 to 5 people who are Rotarians in everything but name and forward their names to Jeremy ASAP. They will be invited to our meeting that day!

Money is better than poverty, if only for financial reasons. *Woody Allen (1935 -)*

Politicians are the same all over. They promise to build a bridge even where there is no river. *Nikita Khrushchev (1894 - 1971)*



Laura Bennett provided a vocational talk and then received her blue badge last week!

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?