



*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, April 22, 2009**

**Mark Bawcom, "Health at any Age"**

**Host Rotarian: Jayne Sullivan**

04-29-2009	Thom Prevette	RADM Ray Taylor, President of Future Hampton Roads
05-06-2009	Claudia Puopolo	To be determined
05-13-2009	Morris Ellison	Matthew Weinstein, Faith Works Coalition
05-20-2009	Armond Reich	James Hatcher, MD, Healthcare Part 1
05-27-2009	Armond Reich	James Hatcher, MD, Healthcare Part 2
06-03-2009	Larry Ronan	Lt. Mike Ronan, VBPD
06-10-2009	Rodger Schoonover	Steve Middlebrook: "Mediation: Changing the Landscape"
06-17-2009	Willard Robbins	To be determined
06-24-2009	Installation Banquet, Details to follow- NO MORNING MEETING	
07-01-2009	John Skirven	To be determined
07-08-2009	Jim Wood	Captain Bill Crow, Commanding Officer of NAB Little Creek
07-15-2009	Jim Theuer	To be determined
07-22-2009	Jim Vermillion	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.

**District Assembly:** Saturday, April 25, 2009, 9:00 AM - 3:00PM, Registration and continental breakfast at 8:00 AM, Suffolk Center for Cultural Arts

**Visiting Rotarians Last Week**

none

**Guests Last Week**

Lorraine Kohart, guest of Barbara Moore; Henry Martin, guest of Brad Martin

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



Mike Vinsand, from the YMCA program "The First Tee" spoke to the club last week. He was hosted by Barbara Moore

**Shelter, aid reach victims of Italian quake**

Excerpted from Article By Ryan Hyland Rotary International News -- 17 April 2009

Hours after a powerful earthquake struck central Italy on 6 April, killing nearly 300 people, a team of [ShelterBox](#) volunteers reached the affected areas to distribute 245 containers of relief supplies to hundreds of displaced families.

The quake, Italy's deadliest in nearly three decades, left tens of thousands homeless, and damaged or destroyed at least 15,000 buildings across the mountain city of L'Aquila.

In the chaos after the disaster, the ShelterBox team worked with local Rotarians and Italy's Civil Protection Agency to set up five tent camps in the nearby village of Assergi.

ShelterBox, a grassroots disaster relief organization supported by Rotary clubs around the world, provides boxes that contain a tent, blankets, water purification and cooking equipment, basic tools, and other necessities to help a family of 10 survive for six months.

Diksa estimates that more than 2,000 people have benefited from the ShelterBox containers distributed in Italy after the quake. Most of the families will rely on temporary shelter until September, he says.

District 2090, which covers Albania and parts of Italy, including the most devastated areas, has organized meetings for the next couple of weeks with the nine other Italian districts to discuss intermediate and long-term relief projects.

He is one of those people who would be enormously improved by death. *Saki (1870 - 1916)*

The road to hell is paved with adverbs. *Stephen King (1947 - )*

**FOUNDATION RAFFLE!**

Simply write a check in the amount of \$100 to "[The Rotary Foundation](#)," give it to Wally and if you are one of the first 10 to do so, you will have a chance to win the additional amount required to move up to the next level.



Sergeant-At-Arms Brad required some additional muscle 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?