



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) www.capehenryrotary.org

WEDNESDAY, March 3, 2010

Fred Weston, LCSW, Clinical Director of The Up Center

Host Rotarian: Bill Joseph

03-10-2010	Eden Jones	Bill Dittmar, Executive Lifestyle Magazine
03-17-2010	Bill Kee	Jack Greenhalgh "Honoring our Veterans"
03-24-2010	Hank Kellam	Michael Dudley, President of Optima Health Care
03-31-2010	Heather McNeely	Field Trip to Judeo Christian Outreach Center
04-07-2010	David Hay	Audiologist Chris Maher "When The Brain Can't Hear"
04-14-2010	Art Knauer	Vanessa Torres, FBI Community Outreach Specialist
04-21-2010	President Jason	Club Assembly
04-28-2010	Lorraine Kohart	To be determined
05-05-2010	Gary Mah	Dan Rivers, "Dream Analysis & Interpretation"
05-12-2010	Ron McLemore	To be determined
05-19-2010	Tom McLemore	To be determined
05-26-2010	Barbara Moore	To be determined
06-02-2010	Carl Pierson	To be determined

If you see "To Be Determined" by your name please notify Robin 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.

April 24, 2010: District Assembly at Virginia Wesleyan, 9 AM to 3 PM. Support Jayne!

Visiting Rotarians Last Week

Bill Wright, Winter Park FL;
Norbert Lux, Berlin.

Guests Last Week

None! INVITE SOMEONE TO VISIT!

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



Kathy Jeffries and Veronica Hill spoke to the club last week about the Seton Youth Shelters' Mentoring Program.



Larry Bennett was home last week from his grand tour of Kuwait, Afghanistan and Iraq (and the British Virgin Islands). We all wish him safe travels.

The Bowl-A-Thon is over, but we still need your help!

Turn in money from sponsors, banners and silent auction items ASAP!

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?