



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](http://www.capehenryrotary.org)

WEDNESDAY, March 10, 2010

Bill Dittmar, Executive Lifestyle Magazine

Host Rotarian: Eden Jones

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	Charlee Gowin, Hampton Roads Realtors Association
05-26-2010	Barbara Moore	To be determined
06-02-2010	Carl Pierson	To be determined
06-09-2010	Thom Prevette	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**

Norbert Lux, Berlin.

**Guests Last Week**

Dan Rivers, guest of Gary Mah

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



Faye Joseph was the pinch hitter for our speaker last week. She spoke on several social work topics, including ACE (Adverse Childhood Experiences study). She was hosted by Bill Joseph.

District Assembly is Saturday, April 24 from 9:00 AM to 3:00 PM at Virginia Wesleyan. **Come support Cape Henry's own incoming District Governor Jayne** and meet other Rotary leaders. All officers and board members should attend, but this is open to ALL Rotarians!

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

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



**March 8-14 is World Rotaract Week.** Rotaract is a Rotary-sponsored service club for young men and women usually university based, and 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.

**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?