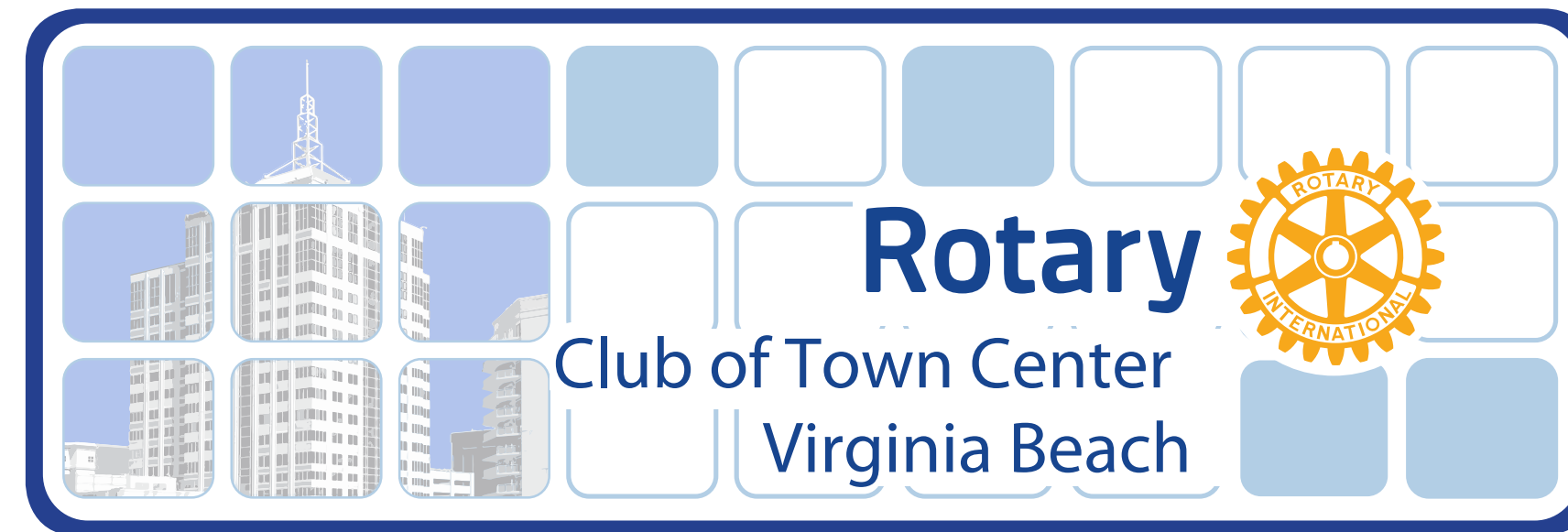


Wednesday
November 08, 2017

Meeting at 12:30 pm
Taigate Sports Pub
344 Constitution Drive
Virginia Beach, VA 23462



Today's Speakers

Donna Whiteside & M. Gay Thomas: "Mental Health: The Elementary School Student"

Rotary History and Function

Rotary's programs are developing the next generation of leaders, providing funding to make the world a better place, and making peace a priority.

Australia Rotary clubs raise awareness and funds to prevent domestic violence and support its victims.

(More...<https://www.rotary.org/en/putting-end-domestic-violence>)

- ***What began as a social media campaign has grown to include community educational programs, publicity events that have reached millions, and the opportunity to present its SAFE program to the Royal Commission Into Family Violence (Victoria).***
- ***The Support, Advice, Facilitation, and Early Intervention model is a collaborative approach that gives everyone in the community a role to play in addressing family violence.***

Changing Behavior

- ***Recognizing the desperate need for domestic-violence services in their communities, Rotary clubs throughout Australia and New Zealand are fundraising and partnering with charities to raise awareness and work on prevention and victim support.***
- ***An online program is helping abusive men learn new ways to deal with their anger and have more satisfying personal relationships. The Men's Behaviour Change Program, formed by Violence Free Families, is a 13-week live, interactive program for men who can't — or won't — attend counseling sessions in person, because of work schedules or embarrassment.***

- ***The Rotary Club of Brighton, Victoria, Australia, launched Violence Free Families in 1995, after a local child's violent death. The club has raised more than \$750,000 for the program, endorsed by Rotary District 9800 and supported by all 70 district clubs and Women in Rotary.***

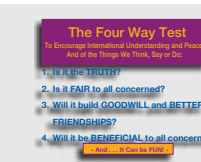
Family safety nets

- ***The Path of Hope Foundation, a joint venture between the Salvation Army and the Rotary Club of Perth, Western Australia, provides safe accommodations for those fleeing family violence. It also offers guidance and resources to help families overcome trauma and rebuild their lives. Members of the Perth club raise funds and volunteer at the center.***
- ***When disaster strikes, most of us have insurance to replace the items we've lost. In situations of family violence there is no insurance, so support from organizations and service clubs such as Rotary can make a difference to someone starting over.***

***We once decided we would end polio when it seemed impossible.
Why can't Rotary put an end to domestic violence?***

Join Leaders

- ***Club activities, social events, and volunteer projects offer networking opportunities that build personal and professional connections - and Rotarians can extend those networks by volunteering to participate in activities and by visiting other clubs around the globe.***



*We are having our second meeting for November and Autumn is demonstrating her presence in full force. Last week, we learned about tours for consumption of food and wine with friends. We continue to live in the spirit of the Rotary theme for this year: “**Rotary, Making a Difference**”. The focus of today’s meeting is Mental Health and the Elementary School Age Child. We are be meeting at the Tailgate Sports Pub to sample what they can offer us for regular meeting space.*

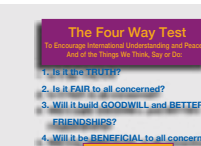
We continue to attend to our Mental Health Issues focus through providing awareness and a safer environment. This is not only an expectation, but a measurable result. These are some of the ways to make a difference in the level of good mental health in our community and a path to achieve this goal.

Please continue to support our Rotaract Club on 2nd and 4th Mondays of the month at the New River Taphouse at 1716 Pleasure House Rd #101, Va. Beach. Chris and John will continue to come to our meetings as fellow Rotarians.

Your continued involvement and support allow us to provide services to those we have dedicated our spirit to help as we continue to look at the effects of mental health issues on our community, the nation and the world. With the knowledge we gain, we will work to build public awareness of these issues and initiate programs that support mental wellness locally, nationally and world wide.

I invite you to join us weekly and participate in all of the events of the club, that we may continue to be successful in meeting our mission for 2017.

- Pat Edwards, President, Rotary Club of Town Center



Meeting for November 08, 2017

Today, November 8, 2017 is another of our usual busy days as we head through the early days of Fall, and we have much to accomplish

- Prayer and Pledge of Allegiance led by Walter North, the Rotarian of the Week
- Rotary Minute: Dave Moore
- Introduction of Guests to the Meeting
- Happy Dollars
- Introduction / induction of new members
- Update on change in meeting location - we are evaluating several places. The first was the **Gordon Biersch Brewery Restaurant**, last month. The second is today at the **Tailgaters Sports Bar**
- We are now meeting formally on the first three Wednesdays of the month. We will usually have a fourth meeting that is social in nature at various local venues in the community
- **This Week's Speakers are Donna Whiteside & M. Gay Thomas : "Mental Health: The Elementary School Student"**
- Let's all participate with Dave Moore on Membership . . . Look for ways to bring friends as guests who might make the cut as a member and work towards a future of service to humanity. We may even have one with us here today!
- The "Rotary Mental Health Initiative" is in full swing on it's way to reality. If you wish to assist in locating speakers and resources, please contact Pat for coordination of these speakers for presentation.
- The Rotaract Club of Hampton Roads meets on the 2nd and 4th Monday of the month at the New River Taphouse at 1716 Pleasure House Rd #101, Va Beach.
- Ways to Contribute to the Donor Advised Fund for disaster relief:

<https://www.your-fundaccount.com/rotary/HowToContribute.asp>

Rotarian of the Week:

Walter North

Birthdays for November 2017

Pat Edwards Ken Brown

Ongoing Service Projects

Details (will be updated as we move forward)

Community Health Initiative of Haiti Clean Drinking Water Project with updates from Pat Edwards

Semi-monthly meetings are held at 7 PM at the New River Taphouse at 1716 Pleasure House Rd #101, Va Beach. Updates: Nancy Joslin

Annual fund raiser was held April 29th

Held at Shorebreak Restaurant, Shore Drive, Virginia Beach, Oct 9 to benefit Ellen Cummings' work in South Sudan. 5:30-8:30 pm.

We had a successful year this year. Next opportunity will be May 2018. Walter North will keep us up to date on this.

Ongoing International Project to Stamp out Polio everywhere in the world. 19 known cases left!

After School Project for homeless students from Cooke Elementary School - Mon & Wed, 3-5:30 at VB UMC, 19th & Pacific Ave - Dave Lundquist

Dave Moore will update us on the next event

Dave Moore will update us on the next event

Update coming on our participation in this

The club will decide on our participation in this annual event.

Next opportunity: June 2018

Event

CHI

Rotaract

Silent Auction

Cashola

Special Olympics

Polio Plus

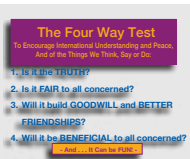
Care by Community

Bicycle Safety

Paint Your Heart Out

JCOC

Clean the Bay



Event Calendar

- Date Event**
- Nov 08 Trial Meeting Location: TAILGATE SPORTS PUB**
344 Constitution Dr, Virginia Beach, VA 23462
Donna Whiteside & M. Gay Thomas - Mental Health: The Elementary School Student
- Nov 09 District Foundation Banquet**
- Nov 13 ROTARACT Meeting**, 7:00 pm
- Nov 15 Board Meeting**, 11:30
Joe Ankney - Buying a Small Business
- Nov 27 ROTARACT Meeting**, 7:00 pm
- Nov 28 ROTARACT Fund Raising at Panera Bread**, 4:00 to 8:00 pm
300 Constitution Drive, Virginia Beach, VA, 23462
- Dec 06 Club Assembly**

Club Officers

- PresidentPat Edwards
- Vice President..... Marcella Whitson
- Treasurer Bill Barrett
- Secretary Fred Joslin
- Past President..... Bert Poole
- Membership.....Dave Moore
- Club ServiceDon Bersing
- Public Relations..... John Blair
- Community Service Phyllis Hyatt
- Vocational Service Nancy Joslin
- RI Foundation..... Bill Detterman
- International Service..... Gary Zaugg
- Sergeant at Arms Buddy Early

Thursday, November 9, 2017

District Foundation Banquet

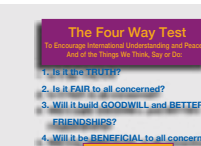
CELEBRATE A RECORD YEAR IN FOUNDATION GIVING

Colonial Heritage Country Club

5:45 pm Cash Bar

6:45 Dinner

Registration ended November 2



Area Clubs For Make-Up

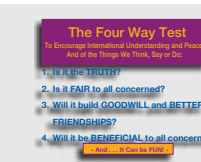
- **Cape Henry** <http://www.capehenryrotaryvb.org/>
Wed 7:30 a.m. Virginia Beach Resort Hotel
 - **Virginia Beach** <http://vbrotary.com/>
Thu 6:30 p.m. Crowne Plaza Hotel on Bonney Rd.
 - **Virginia Beach Courthouse**
Merged with the Cape Henry Club
 - **Chesapeake** <http://chesapeake Rotary.org/>
Wed 1:00 p.m. Chesapeake Conference Center
 - **Churchland** <http://www.churchlandrotary.org/>
Tues 7:30 a.m. American Legion Hall
 - **Great Bridge** <http://www.greatbridgerotaryclub.org/>
Mon 7:30 a.m. Traditions Restaurant, Chesapeake Golf Club
 - **Hampton Roads** <http://www.rotaryhamptonroads.org/>
Fri. 7:30 a.m. Holiday Inn, Greenwich Rd, Norfolk
 - **Norfolk** <http://rotaryclubofnorfolk.org/>
Tue 12:15 p.m. Norfolk Scope Arena Meeting Room
 - **Norfolk Sunrise** <https://www.facebook.com/RotaryNorfolkSunrise/>
Tue 7:30 a.m. Town Point Club
 - **Portsmouth** <http://www.portsmouthvarotary.org/>
Thu 12:30 p.m. Holiday Inn - Waterfront
- Online Makeups may also be made at*
- **e-club website:** <http://rotaryclubone.org/makeups/howtodoamakeup/>
Click on the link above to use this website

Website/Photos/Program Design



Ken Brown

- Phone 757.575.9381
- E-mail Rotary@DesignsOfChoice.net
- Mail 214b 55th Street
Virginia Beach, VA 23451
- Rotary Club of Town Center Website:
<http://Clubrunner.ca/towncenter>



HELP SUPPORT

ROTARACT CLUB OF SOUTHSIDE HAMPTON ROADS

WHERE 300 Constitution Drive, Virginia Beach, VA 23462

WHEN Tue, Nov, 28th

FROM 4:00pm - 8:00pm

Bring this flyer or show an electronic version to the cashier when you place your order and we'll donate a portion of the proceeds from your purchase.*

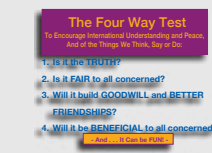
Ordering Online for Rapid Pick-Up or Delivery?*

Enter "FUND" as your Promo Code to have a portion of your proceeds donated to your organization.

Learn more at PaneraBread.com/fundraiser

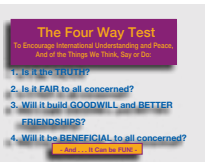
*Gift card purchases and catering orders are excluded and will not count toward the event.
Rapid Pick-Up and Delivery only where available.

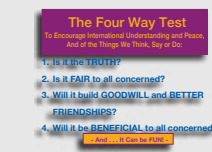
20% of the money
received by
Panera Bread
in this event will go to
the Rotaract Club for
the fund raising for
the storm victims in
Puerto Rico



Donna Whiteside & M. Gay Thomas

Mental Health: ***The Elementary School Student***





The Four Way Test

To Encourage International Understanding and Peace,
And 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?

- And . . . It Can be **FUN!** -