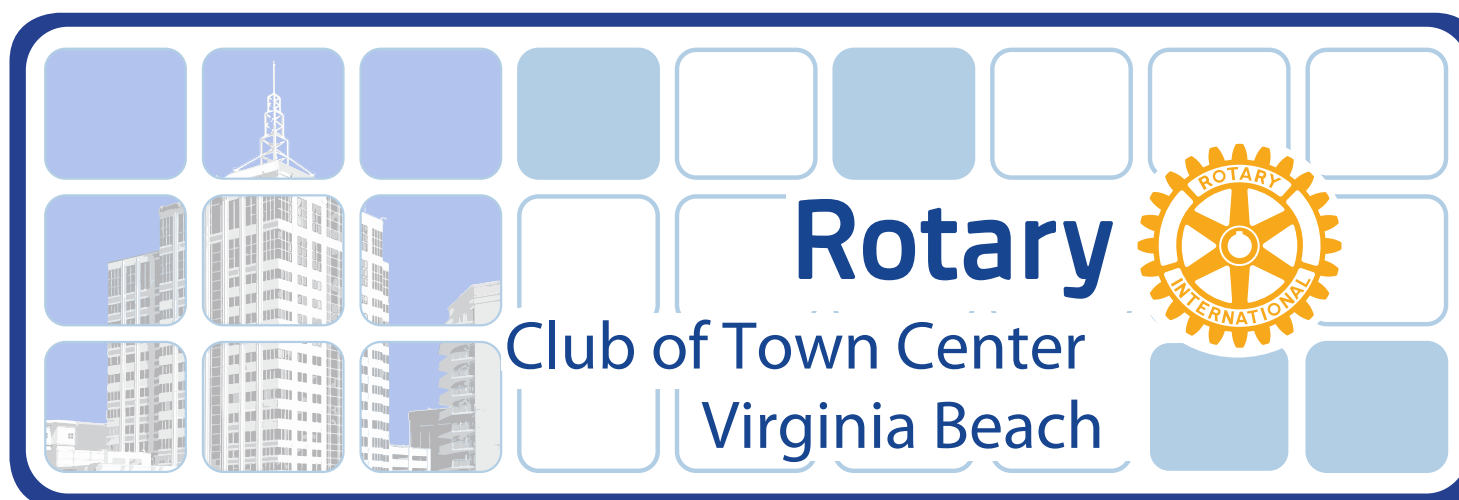
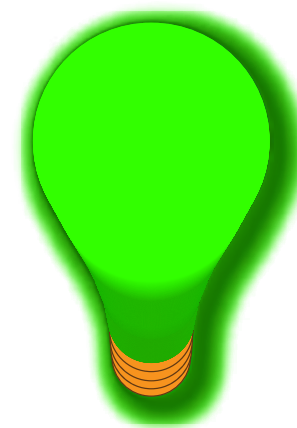


Thursday October 3, 2018

We meet the at 12:30 pm
on the first 3 Wednesdays of the month
at Gordon Biersch Brewery & Restaurant
4561 Virginia Beach Boulevard
Virginia Beach, VA 23462



- Rotary - Developing the Next Generation of Leaders -
- Providing Direction to Make the World a Better Place -
- Making Peace a Priority -

Today's Speaker
Brooke Hemphill, Virginia Beach Psychiatric Center Services

- How Rotary Makes Help Happen Locally -

2018 -19 Focus: Mental Health

Rotary is dedicated to six areas of focus to build international relationships, improve lives, and create a better world to support our peace efforts and end polio forever

Promoting peace Rotary encourages conversations to foster understanding within and across cultures. We train adults and young leaders to prevent and mediate conflict and help refugees who have fled dangerous areas.

Fighting disease We educate and equip communities to stop the spread of life-threatening diseases like polio, HIV/AIDS, and malaria. We improve and expand access to low-cost and free health care in developing areas.

Providing clean water, sanitation, and hygiene We support local solutions to bring clean water, sanitation, and hygiene to more people every day. We don't just build wells and walk away. We share our expertise with community leaders and educators to make sure our projects succeed long-term.

October is Economic and Community Development Month

Saving mothers and children Nearly 6 million children under the age of five die each year because of malnutrition, poor health care, and inadequate sanitation. We expand access to quality care, so mothers and their children can live and grow stronger.

Supporting education More than 775 million people over the age of 15 are illiterate. Our goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy.

Growing local economies We carry out service projects that enhance economic and community development and create opportunities for decent and productive work for young and old. We also strengthen local entrepreneurs and community leaders, particularly women, in impoverished communities.

Bert's Note

This is the first week of October and we are almost finished with the last of the Summer heat - Thank You for Fall!

As we continue to work, we will continue to remember our friend and colleague, Buddy Early. Like Buddy, let us strengthen our commitment to what Rotary is for the world, demonstrate our core values - how we use and apply them in our daily lives - and see how we are a positive influence within the community around us. In acknowledging the great accomplishments Rotary has achieved, let us continue to carry this progress through our second century of service.

Let us all live in the Spirit of Rotary theme for this year: "Rotary, Be the Inspiration."

At our expressed level of purpose, we continue to attend to our work with Community Mental Health Issues by providing awareness and education to be reflected as a change in our interpersonal and social environments. As we explore some of the ways to make a difference in the level of good mental health in our community, let us demonstrate a path to achieve this goal. In this way we will create a measurable result.

Your continued involvement and support enables us to provide services to those we have committed to serve. Let us continue to look at the effects of mental health issues on our community, the nation and the world. Through application of the knowledge we gain, let us continue to build public awareness of these issues and initiate programs that support mental wellness locally, nationally and world wide.

Please continue to support our Rotaract Club on 2nd & 4th Mondays of the month at 7:00 pm at the Gordon Biersch Brewery & Restaurant, Va. Beach. Jon, Chris and Kayla will continue to attend our meetings as fellow Rotarians.

I invite you to join us weekly, bringing friends to participate in these and all of the events of the club, that we may continue to be successful in meeting our mission throughout 2018.

- Bert Poole, President, Rotary Club of Town Center

Meeting for October 3, 2018

**Today is yet another of our usual busy days
and we have so much to accomplish - so let's DO IT!**

- Last week we said Good Bye to Buddy Early, one of the most committed members of our group. He will be fondly remembered and sorely missed.
- Prayer and Pledge of Allegiance led by Brett Thompson, the Rotarian of the Week
- Rotary Minute: Dave Moore.
- Introduction of Guests to the Meeting
- Introduction / induction of new members
- Happy Dollars
- Announcements-Upcoming events
- We continue to meet formally on the first three Wednesdays of the month, with a fourth meeting in community locale, that is social in nature
- ***This Week's Speaker is Brooke Hemphill,
Director of Business Development, Virginia Beach Psychiatric Center Services.***
- 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 contribute through a future of service to humanity. We may even have one with us here today!
- Our ***"Rotary Mental Health Initiative"*** is in full swing on it's way to reality. You may assist in locating speakers and resources, please contact Bert Poole or Pat Edwards, Interim to incorporate these resources into action
- The Rotaract Club of Hampton Roads meets on the 2nd and 4th Monday of the month at 7 PM right here at Gordon Biersch Brewery & Restaurant

Rotarian of the Week:

Brett Thompson

Birthdays for October, 2018

***Chris Bryant Kayla Bryant
Jon Elliott George Kelley Brett Thompson***

Ongoing Service Projects

Details (will be updated as we move forward)

Event

CHI

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

Rotaract

Semi-monthly meetings are held at 7 PM at the Gordon Biersch Brewery & Restaurant, Va Beach. Updates: Nancy Joslin

Silent Auction

The Silent Auction was on April 14th. We had a a full club commitment to the success of this event-and it was!

Cashola

Held at Shorebreak Restaurant, Shore Drive, Virginia Beach. Every March & August with more to aid sponsored charities

Special Olympics

Last held on May 12 - Plaza Middle School - This is an ongoing annual event. We continue to provide wonderful support for it

Polio Plus

Ongoing International Project to Stamp out Polio everywhere in the world. 12 known cases left!

Bicycle Safety

Dave Moore will update us on the next event

Clean the Bay Day

30th opportunity was June 2, 2018 - this event has collected 6.5 million pounds of debris in 30 years

District Grant with Local Rotary Clubs

Grant project with area Rotary Clubs to work with the Soap Chips Project to make portable showers available to the community; the Elizabeth River Project; and Lynnhaven River Now oyster bed restoration

Event Calendar

Date Event

October is Economic and Community Development Month

Oct 3 Brooke Hemphill, Virginia Beach Psychiatric Center Services
Oct 8 Rotaract Meeting at Gordon Biersch at 7:00 pm
Oct 10 Danielle Foisy, Clinical Depression: The Other Side of the Struggle
Oct 17 Dr. Victoria Martinez, on "Chiropractic & Acupuncture for your Health". Dr. Martinez is a chiropractor at Norview Chiropractic
Oct 21 Out of the Darkness Community Walk,
Sponsored by the ROTARACT Club of Southside Hampton Roads
Oct 22 Rotaract Meeting at Gordon Biersch at 7:00 pm
Oct 24-25 World Polio Day Purple Pinkie Project

November is Rotary Foundation Month

Nov Food Bank Food Drive, Kroger, Holland Road, Virginia Beach
Coming: Fill In Another Day: Cheryl B. Turpin, VA House of Delegates 85th District, "Mental Wellness in Hampton Roads"
Nov 7 GB Brewmiester, Gordon Biersch (Beer) Brewing & Tour
Nov 8 Rotary Foundation Banquet

**Rotary Meets the First Three
Wednesdays of the Month at 12:30 pm**

**Rotaract Meets the First and Third
Mondays of the Month at 7:00 pm**

Club Officers

- President Bert Poole
- Vice President..... Bill Evans
- Treasurer Bill Barrett
- Secretary Ken Powell
- Past President.....Pat Edwards
- Membership.....Dave Moore
- Club Service Pat Edwards, Interim
- Public Relations..... Ken Brown
- Community Service Pending
- Vocational Service Nancy Joslin
- RI Foundation.....Pat Edwards
- International Service..... John Blair
- Sergeant at Arms In Memoriam ... Buddy Early

Coming . . .

OCT 21, 2018 at 2:00 pm

**Out of the Darkness Community Walk
Virginia Beach Sportsplex and Regional
Training Center**

Area Clubs For Make-Up

- **Cape Henry** <http://www.capehenryrotaryvb.org/>
Wed 7:30 a.m. Virginia Beach Resort Hotel
- **Virginia Beach** <http://vbrotrary.com/>
Thu 6:30 p.m. Crowne Plaza Hotel on Bonney Rd.
- **Virginia Beach Courthouse**
Wed 7:30 a.m. 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



Welcome to the Rotary Club of Town Center Virginia Beach

We meet Wednesdays at 12:30 pm
Gordon Biersch Brewery & Restaurant
4561 Virginia Beach Boulevard
Virginia Beach, VA 23462
United States of America

Venue Map Club Bulletin Club Facebook District Website Rotary International Website

Ken Brown

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



The Four Way Test

To Encourage International Understanding and Peace,
And of the Things We Think, Say and 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!** -

Today's Speaker: Brooke Hemphill

Director of Business Development, Virginia Beach Psychiatric Center Services

- Today We Will Discuss Available Services and How They Promote Mental Wellness in Our Community -

Ms. Hemphill will discuss available services, what's good, what needs improvement, and how the VB Psychiatric Center helps promote mental wellness in Hampton Roads.

Virginia Beach Psychiatric Center

1100 First Colonial Road

Virginia Beach, VA, 23454

Phone: (757) 496-6000

Brooke Hemphill

Director

Business Development

757-496-4464

Brooke.Hemphill@uhsinc.com

The *mission* of Virginia Beach Psychiatric Center is to improve the quality of life of those affected by mental illness and/or substance abuse. This critical *mission* is accomplished by working in partnership with individuals, families, healthcare providers, and other community stakeholders.

Our *vision* is to become the provider of choice for behavioral health care services for adults with a staff that understands the *value* of providing care with compassion and respect.

Virginia Beach Psychiatric Center offers a variety of programs for adults to meet individual needs. Our facility provides a safe, controlled environment with 24 hour skilled nursing care and daily physician contact.

Virginia Beach Psychiatric Center believes that mental health is an essential part of overall health. Our professional staff takes a multidisciplinary approach to all treatment services, using "best practices" as a guide to assessing, treating, and caring for all of our patients.

Staff members are highly trained and educated in various aspects of medical and behavioral health. Our medical staff includes Board Certified Psychiatrists and Addictionologists. Our nursing staff includes dedicated and caring Registered Nurses (RNs), Licensed Practical Nurses (LPNs), and additional staff with specific experience and expertise in providing behavioral healthcare. Our clinical department consists of Clinical Social Workers, Certified Alcohol and Drug Counselors, and Mental Health Counselors.



ROTARIAN CODE OF CONDUCT



As a Rotarian, I will:

- 1. Act with integrity and high ethical standards in my personal and professional life*
- 2. Deal fairly with others and treat them and their occupations with respect*
- 3. Use my professional skills through Rotary to mentor young people, help those with special needs, and improve people's quality of life in my community and in the world*
- 4. Avoid behavior that reflects adversely on Rotary or other Rotarians*



Rotaract Update

The Rotaract Club meets the first and third Mondays of the month, here at Gordon Biersch at 7:00 pm

-Sam Candelario, Rotaract President

We have a calendar of events and programs that is upcoming and will be in this space in the near future. In the meantime, please assist us in the current programs as they will be very beneficial to members of our community.

- ***Sock drive collection for Soap Chips*** ends at the Rotaract Meeting on Monday Oct 8th - We will present them to the president of the Soap Chips organization at the meeting
- You may continue to donate socks through the club even past this date and we will be sure that they are delivered to Soap Chips in the future
- ***Thank you for your donations*** - If you cannot bring them to the meeting I can pick them up from you - you can call me at 757.354.0171

- ***Winter Coat Drive is Coming!*** Our next drive will be for gently worn winter coats. Theses may be brought to the regular Rotary meetings or to the Rotaract meetings
- ***Remember***, Nancy meets here at Gordon Biersch every Monday so you always have a place to drop them off.
- ***Out of the Darkness***
 - Oct 21, 2018 at 2:00 pm
 - Community Walk
 - Virginia Beach Sportsplex and Regional Training Center
- ***November: Food Bank Food Drive***
 - Kroger Super Store, Holland Road, Virginia Beach