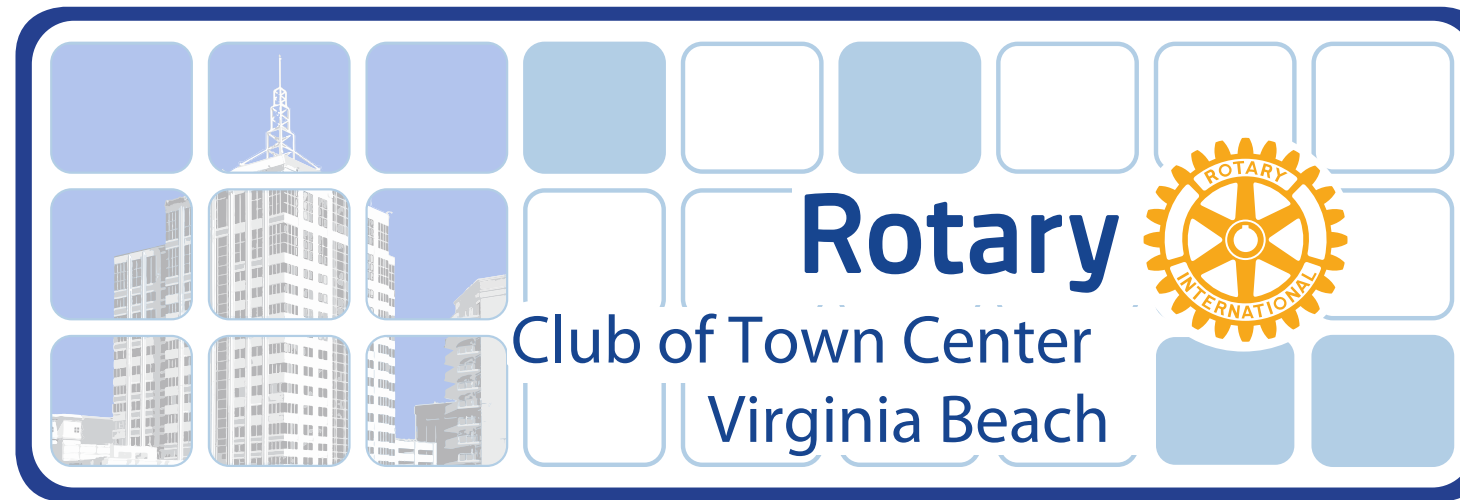
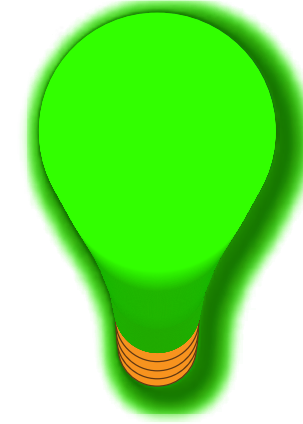


Thursday September 19, 2018

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
Dr. Victoria Martinez, Chiropractor
Chiropractic & Acupuncture for your Health

- How Rotary Makes Help Happen Locally -

2018-19 Focus: Mental Health

Join a Rotary Action Group and support service projects around the world. These independent groups include Rotarians, family members, and Rotary program participants and alumni who have expertise in a particular field. Members advise clubs and districts and collaborate with them on service projects. Learn more at rotary.org/actiongroups

Join or form a Rotary Fellowship that's related to your vocation. Rotary Fellowships are international groups of Rotarians, family members, and program participants and alumni who share a vocational or recreational interest. Many fellowships are related to professions, such as Editors and Publishers, Health Professionals, Lawyers, Photographers, and Police and Law Enforcement. See more at rotary.org/fellowships

Volunteer to work on a service project and use your vocational skills to serve others. Think about the skills that make you successful in your profession: Maybe you have training in some branch of science or medicine, are handy with tools or machinery,

September is Basic Education and Literacy Month

know how to start a business, have expertise managing finances, or can influence others through public speaking or writing. Use your unique set of talents to make a difference in your community.

Share your expertise through your district resource network If you have technical expertise in one of Rotary's six areas of focus - or with project planning and implementation; community assessment, measurement, and evaluation; or other important aspects of large-scale project grants - let your district international service chair know. Lend your skills to local clubs, and help develop projects with greater impact.

Participate in a vocation-related Rotary Friendship Exchange Work with your district Rotary Friendship Exchange chair to organize an international, reciprocal exchange between two districts interested in exploring a professional field in a new cultural context. Involve young professionals, and organize activities allowing exchange participants to experience cultural immersion while exploring their field in a new environment.

Bert's Note

This is the third week of September and we escaped the Hurricane's fury last week - let us support those who did not.

We continue to work, strengthening our commitment to what Rotary is for the world, demonstrating our core values - how we use and apply them in our daily lives - seeing 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, Making a Difference."

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. John, 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 September 19, 2018

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

- We are currently in our annual transitional period to renewed club leadership.
- Prayer and Pledge of Allegiance led by Warren Stuart, 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 Dr. Victoria Martinez. She is here to discuss Chiropractic & Acupuncture for your Health.***
- 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
- **Ways to Contribute to the Donor Advised Fund for disaster relief:**
<https://www.your-fundaccount.com/rotary/HowToContribute.asp>

Rotarian of the Week:

Warren Stuart

Birthdays for September, 2018

Ellen Cummings

Gary Zaugg

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

Polio Plus

Dave Moore will update us on the next event

Bicycle Safety

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

September is Basic Education and Literacy Month

Sep 19 Dr. Victoria Martinez, Chiropractic & Acupuncture for your Health
Dr. Martinez is a chiropractor at Norview Chiropractic.

Sep 24 Rotaract Meeting at Gordon Biersch at 7:00 pm

Sep 28-30 District Conference, Fort MacGruder Inn

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 Cheryl B. Turpin, VA House of Delegates 85th District,
Mental Wellness in Hampton Roads

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 Polo Day Purple Pinkie Project

November is Rotary Foundation Month

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..... Pending
- Community Service Pending
- Vocational Service Nancy Joslin
- RI Foundation.....Pat Edwards
- International Service..... John Blair
- Sergeant at Arms 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

Service Above Self

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: Dr. Victoria Martinez

Chiropractor at Norview Chiropractic

Visiting as a Presenter - We Have Known Her as a Guest

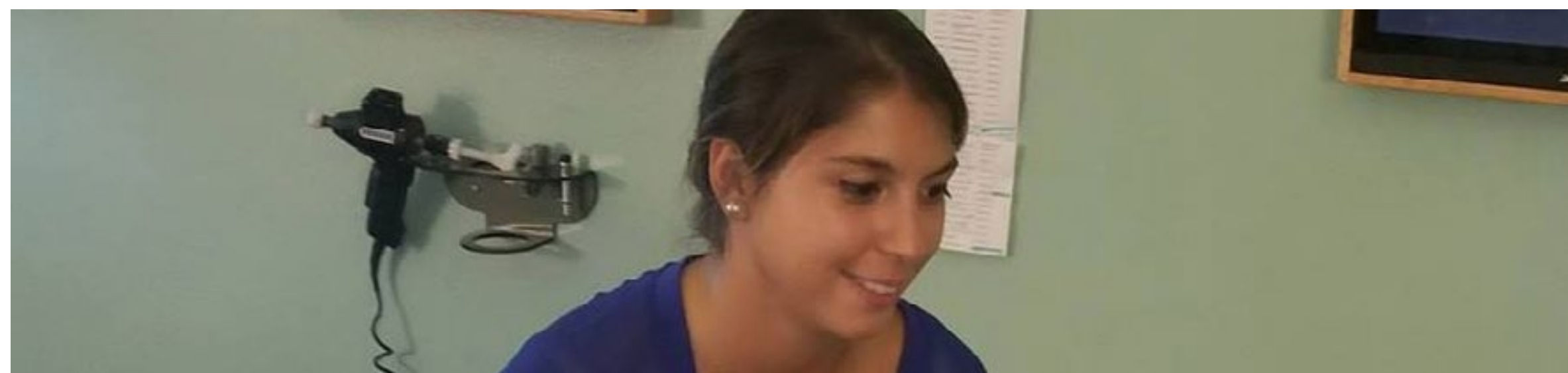


Dr. Victoria Martinez
Chiropractor
Norview Chiropractic

Dr. Victoria Martinez: Chiropractic & Acupuncture for your Health

Dr. Martinez has joined us as a guest for a couple of meetings and now we'll get to learn a few things about what she does and knows.

Dr. Martinez is a chiropractor at Norview Chiropractic.





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*

