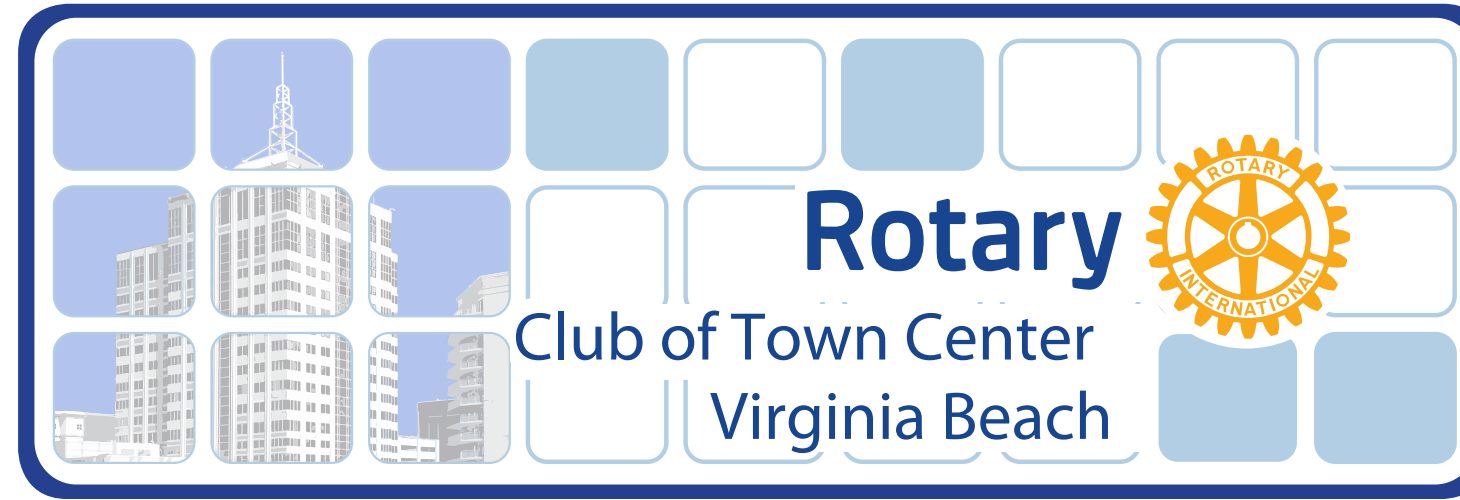
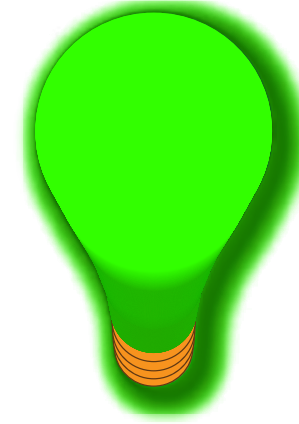


Thursday
September 5, 2018

Meeting at 12:30 pm
 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
Sam Candelario, Incoming Rotaract President
Plans for Coming Year

- How Rotary Makes Help Happen - **Rotaract Clubs**

Not Your Average Rotary Club

Rotaract clubs bring together people ages 18-30 to exchange ideas with leaders in the community, develop leadership and professional skills, and have fun through service.

In communities worldwide, Rotary and Rotaract members work side by side to take action through service. From big cities to rural villages, Rotaract is changing communities like yours.

What's Involved?

Rotaract clubs decide how to organize and run their club, manage their own funds, and plan and carry out activities and service projects aligned with causes that are important to your community.

Rotary club sponsors offer guidance and support and work with your club as partners in service.

How Do I Join or Start a Rotaract Club?

Check with your university or contact a local Rotary club to find out if there's a Rotaract club in your area. Contact the Rotaract club to find out how you can join its next meeting, service project, or social event.

If your university or community doesn't already have a Rotaract club, you can start one. Here's what you'll need to get started:

- A sponsor Rotary club to provide support and partnership
- A faculty or sponsor club adviser to guide and mentor you
- People ages 18-30 from your school or community who are interested in joining the club
- Leaders to organize your club, find other members, and plan successful projects

What are the Benefits?

Connect with leaders in your community and around the world to:

- Take action locally and internationally to create sustainable change
- Expand your professional network and exchange ideas with proven leaders
- Develop your professional skills through leadership training
- Save money on travel, hotels, and supplies with Rotary's member benefits program, Rotary Global Rewards
- Have fun and make new friends from around the world
- Connect with the global community of Rotaract at the annual Rotary International Convention and Rotaract Preconvention

This week marks the start of September, 2018 and Autumn is coming even though it does not feel like it at this time. We continue working to strengthen our commitment to what Rotary is in the world, demonstrating our core values - how we use and apply them in our daily lives and how we have a positive impact on the community around us. We acknowledge the great accomplishments Rotary has achieved. May we continue to carry this progress through our second century of service.

We continue to 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. We will demonstrate some of the ways to make a difference in the level of good mental health in our community while on 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 as we continue to look at the effects of mental health issues on our community, the nation and the world. By applying the knowledge we gain, we continue to work towards building public awareness of these issues and initiating 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. Chris and John will continue to attend our meetings as fellow Rotarians.

I invite you to join us weekly and 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 5, 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 Bert Poole, 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 Sam Candelario, here to discuss Plans for Coming Year.***
- 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:

Bert Poole

Birthdays for September, 2018

Ellen Cummings

Gary Zaugg

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 Gordon Biersch Brewery & Restaurant, Va Beach. Updates: Nancy Joslin

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

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

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!

Ongoing 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

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

Grant project with area Rotary Clubs working with the Elizabeth River Project and Lynnhaven River Now oyster bed restoration

Event

CHI

Rotaract

Silent Auction

Cashola

Special Olympics

Polio Plus

Care by Community

Bicycle Safety

Clean the Bay Day

District Grant with

Local Rotary Clubs

Event Calendar

- Date Event**
- Sep 05 Sam Candelario* - What's Coming for the Town Center Virginia Beach Rotaract Club
- Sep 10 Rotaract Meeting at Gordon Biersch at 7:00 pm*
- Sep 12 MaryAnn Toboz* - The Value of Creative Engagement as we age Creativity and Mental Wellness
This program will focus on creativity and aging, creativity and dementia, and the arts and using person-centered care.
MaryAnn Tobaz is the Executive Director of Tidewater Arts Outreach.
- Sep 24 Rotaract Meeting at Gordon Biersch at 7:00 pm*
- Oct 21 Out of the Darkness Community Walk,*
Sponsored by the ROTARACT Club of Southside Hampton Roads

Club Officers

- President Bert Poole
- Vice President..... Bill Evans
- Treasurer Bill Barrett
- SecretaryKen Powell
- Past President.....Pat Edwards
- Membership.....Dave Moore
- Club Service Pat Edwards, Interim
- Public Relations..... Pending
- Community Service Tom Deppe
- 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

Virginia Beach Sportsplex and Regional Training Center

Out of the Darkness Community Walk

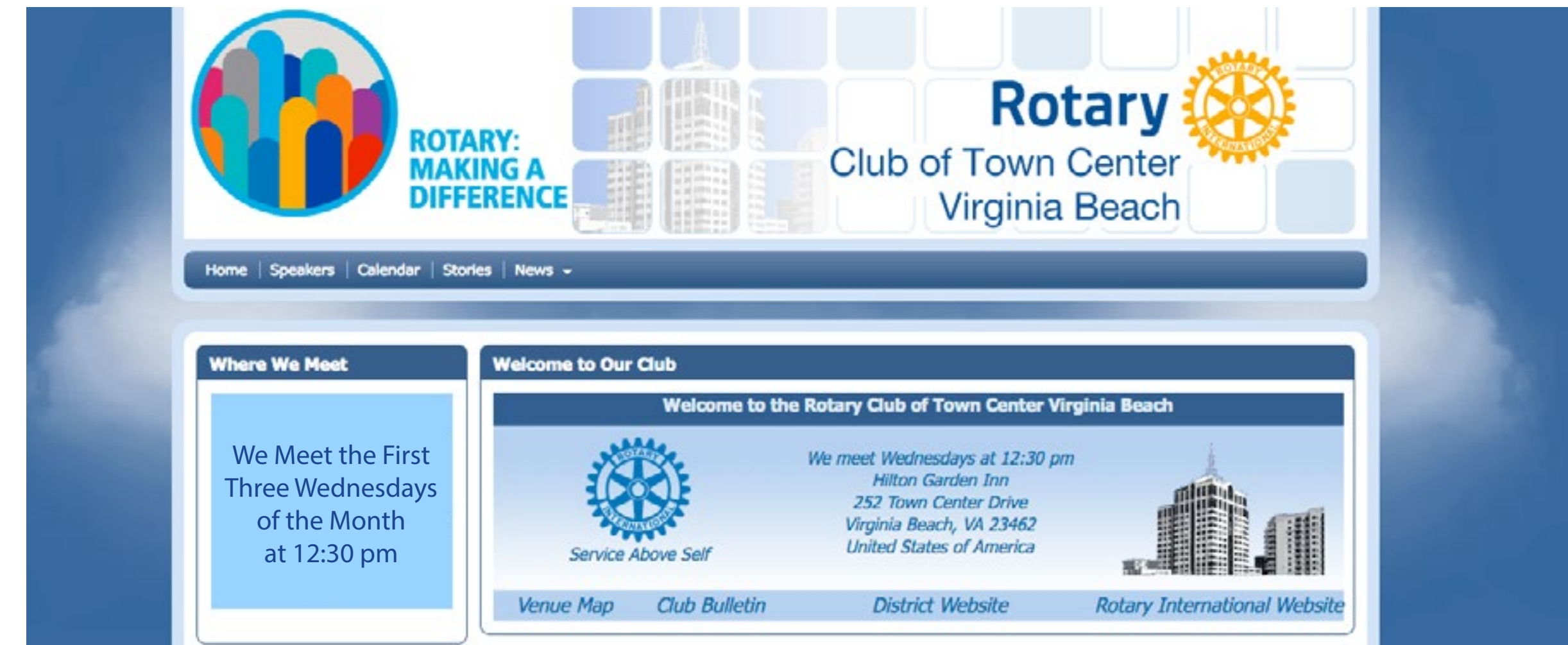
Area Clubs For Make-Up

- **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



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 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!** -

Dave Moore - One of Us - One with Us

An Article from Sunday's Virginian-Pilot - July 29, 2018 - About Dave and What He Does for the Community

DAVE MOORE was 13 when three events changed his life.

First, his family's flour and feed mill burned to the ground in Salem, a town in the western part of the state.

Seven months later, his father shot himself, leaving Moore's mother to raise five boys, ages 18 months to 16 years .

Six months after that, his mother drowned herself in a channel of water used to power the mill. Moore and his brothers were split up among relatives.

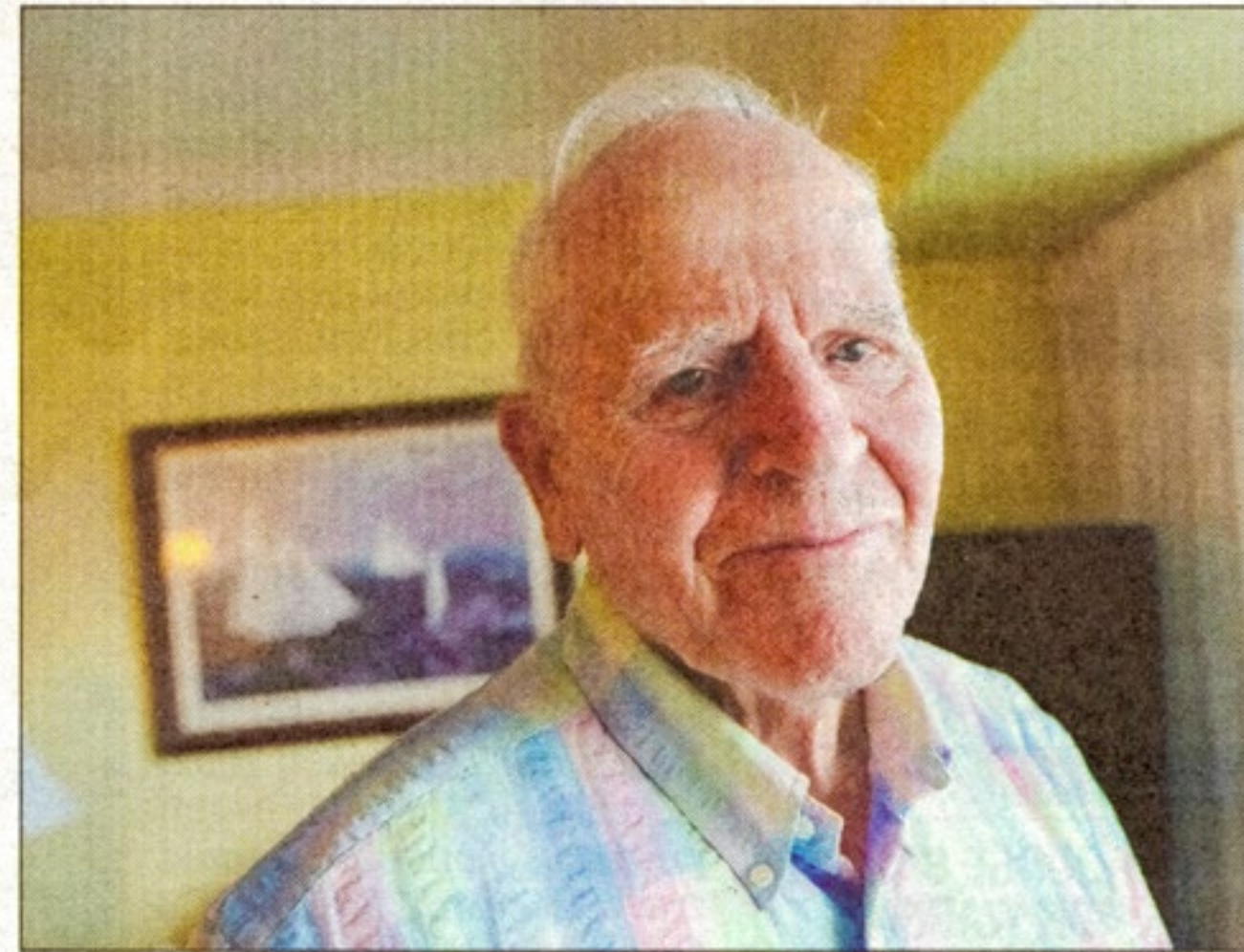
That's a lot for anyone, much less a young boy, and you can imagine the despair he suffered during the following decades.

"I remember when I was a child how shy I used to be. I had trouble expressing myself, I was really a shy little guy, with fears and anxiety," Dave tells a group of 11 in a Virginia Beach conference room.

This is an Emotions Anonymous group, and it follows the Alcoholics Anonymous format. There's a 12-step manual, for instance, and the Serenity prayer: "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."

Members also use only their first name to begin a synopsis of their week with a slightly different twist: "My name is Dave, and I am powerless over my emotions."

Most don't want to be identified, but Moore, now 82, agreed to let me use his name.



STEVE EARLEY | THE VIRGINIAN-PILOT

He's retired, he explained, and wants more people to know about the organization.

It's a weekly support group that helps people handle emotions, especially these: Anxiety, Depression, Panic, Anger, Negative thoughts.

Anxiety is one of the most common mental health conditions in the country, affecting one in five people. In the right situations, anxiety can improve your performance during a stressful situation, but it can also lead to debilitating fear and even suicide.

Plenty has been written lately about so-called "deaths of despair," caused by overdoses, alcoholism and suicides.

Between 1999 and 2016, all but one state saw an uptick in suicides, with Virginia's rate increasing 17 percent.

The rise cuts across age, gender, race and ethnicity, according to a report released in June by the Centers for Disease Control and Prevention.

One detail that caught my attention: In more than half of all deaths in 27 states, the people had no known mental health condition when they ended their lives.

It makes you realize how much people try to deal with on their own, maybe not realizing there's help available.

Moore struggled with depression and anxiety for decades, even while managing a successful 23-year Navy career, retiring as a commander. He didn't recognize the feelings as anything other than sadness and despair.

Dave Moore - One of Us - One with Us . . . Continued I

An Article from Sunday's Virginian-Pilot - July 29, 2018 - About Dave and What He Does for the Community

He ran a bike shop in Virginia Beach after his Navy retirement and had a major depressive episode: "Back then, we called it a nervous breakdown. I didn't sleep for six months."

He saw a psychiatrist, who prescribed medications, and in 1995, found an EA meeting at a church in Virginia Beach.

"I began to work on my depression and anxiety. It's not a quick fix. It works, if you work the steps."

He mentions two steps in particular: No. 5: "Admitted to God, to ourselves and to another human being the exact nature of our wrongs."

He said talking about his difficulties, including the pain he suffered as a child, was freeing: "Verbally telling someone what happened, about all that baggage you are dragging around, once you express that to another human being, it's very releasing and freeing."

Now he's at a stage where he feels the need to pass the help along to others, Step 12: "Having had a spiritual awakening as the result of these steps, we tried to carry this message and to practice these principles in all our affairs."

Moore has helped set up meetings in other cities. There are now four in Virginia Beach and Norfolk. He goes to at least one a week.

He also reached out to me to see if I could let more people know about meetings. I'm a big believer in support groups. Sharing something out loud lightens the heart and creates bonds that help you through difficulties.

Moore wishes his 13-year old self could have had that.

"We got no therapy, no counseling. So I never dealt with the loss. I was always searching for relief from depression and anxiety and asking myself, 'What's going to happen tomorrow?'"

The people in the room come from all walks of life. Some have full-time jobs, others don't. Some share, while others simply listen. Some are "alums," as they call it, of the building where they are meeting: The Virginia Beach Psychiatric Center.

They share bits and pieces of their lives and tips for getting through: Escaping to an empty room at work to keep a panic attack from derailing their job. Celebrating milestones, like going 30 days without "self-harming" behavior. Breaking a downward, self-isolating spiral by attending the EA session. Coloring, even at this meeting, to keep calm.

Dave Moore - One of Us - One with Us . . . Continued II

An Article from Sunday's Virginian-Pilot - July 29, 2018 - About Dave and What He Does for the Community

"That's my week," members say at the conclusion of their testament.

"Thank you for sharing," the rest say in unison.

Moore said one advantage of the group is that it's free, but he. also emphasizes that it's just one "arrow in the quiver" of mental health care that also includes medication, therapy and whatever treatment works for someone.

Matthew Wiggins, 46, also doesn't mind his name being used, and said the support of the group has helped him, along with lending his help to others. He'll answer his phone, he said, even at 3 in the morning.

Gratitude also is important.

"I'm a seven-time suicide, survivor, three times I flatlined on the way to the hospital," Wiggins said. "I'm proud to still be alive. I'm here, I'm alive and I'm grateful."



Elizabeth Simpson ***Health Notes***

Health notes is a Sunday column highlighting local and national health topics.

If you have any health-related questions, ideas or suggestions, email them to elizabeth.simpson@pilotonline.com

*Elizabeth Simpson, 757-222-5003,
elizabeth.simpson@pilotonline.com*

Today's Speaker: Sam Candelario

A Visit from our Incoming Rotaract President with Plans for Coming Year

Introducing our 2018-19 Rotaract President



Sam Candelario
Incoming
Rotaract President

Sam is the 2018-2019 President of our sister Rotaract club. He joined the club in April, 2017 and has been working nonstop ever since.

When not working for the Rotaract Club, he works for Chantel Ray Real Estate, where he is quite visible to the community in a second way.

He stays quite active on Facebook and his page demonstrates community involvement in many ways. There is a wealth of information to be found there.

<https://www.facebook.com/samuel.candelario.988>

Sam is presenting today on the plans for Rotaract for this year.



OCT 21, 2018 at 2:00 pm

Virginia Beach Sportsplex and Regional Training Center

Out of the Darkness Community Walk

Public · Hosted by Rotaract Club of Southside Hampton Roads



