



Rotary



*The Hub
The Rotary Club of Ashburn, VA
August 20, 2020
The Hub Vol. 11, Issue 07*

Why Being Kind is Important as Ever



Doing good doesn't only benefit other people. It helps us, too.

Studies show that helping others boosts serotonin, a neurotransmitter that makes us feel satisfied. Another benefit to feeling rewarded when we do good: It lowers our stress levels. Who couldn't use that right now?

Facing the COVID-19 pandemic, people everywhere are feeling anxious about their health, their families, their jobs, and their futures.

[It feels good to feel good.](#)

Donate to the Rotary Foundation

Donating to Rotary means clean water and sanitation. Health and hope in areas that were once ravaged by diseases like polio. Economic development and new opportunities. Your financial help makes all this happen, and more.

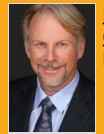
When you give to The [Rotary Foundation](#), for example, you fuel our service projects - projects that eradicate polio, promote peace, and improve developing communities.



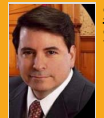
August is...



Club Leaders



Barry Constant
President



Scott S. Ives
Secretary



John Eric Casamiquela
Treasurer



Jackie Audrey Kramer
Club Director



Lawrence G. Deigh
Sergeant-at-Arms



Howard Lawrence Manas
Rotary Foundation Chair



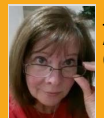
Peter Vaka
Youth Services Chair




Adam Benware
iPast President



Sri Amudhanar
Vice President



Katie Gould
Assistant Governor

Rotary 



Rotary Opens
Opportunities



August is

**Membership and New Club
Development Month**

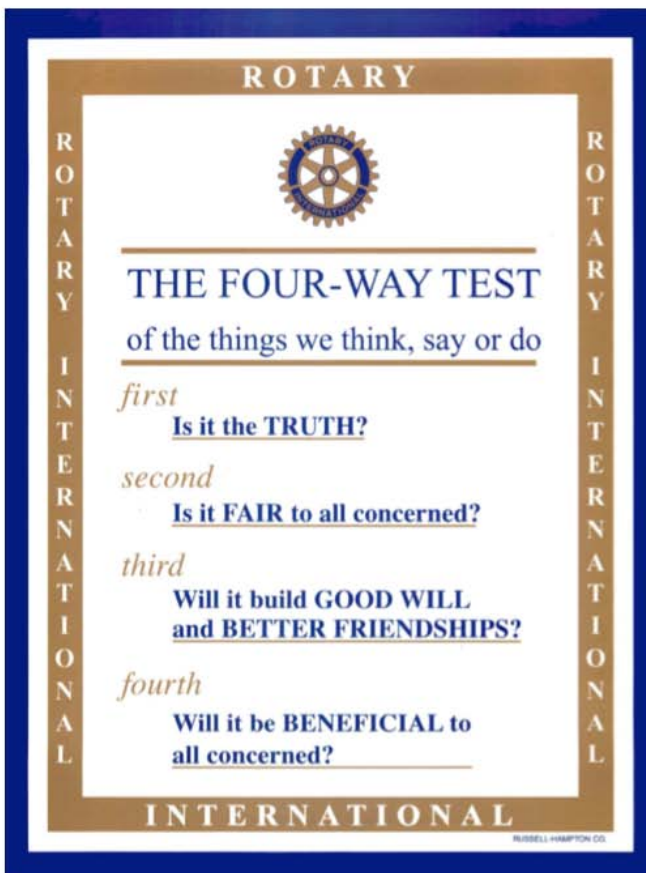
Add New Members
&
Opens Opportunities

Events

No Events found

The Four Way Test and Values

Wednesday, July 10, 2019



The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD: The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

Birthdays

Sally Arrambide Crosen
September 4th

Peter Vaka
September 6th

Wedding Anniversaries

Caroline Morris
September 9th

Years of Service

Howard Lawrence Manas
4 Years

Scott S Ives
3 Years

Barry Constant
3 Years