



Rotary Club of McLean eWheel

Tuesday, April 24th, 2012

Club #5817

Editor: Carmen Wu
If you have any comments or questions, email the editor.

Agenda *by Cecilia Ford*

Future Speakers
April Birthdays
Robert Nay – 4/5
Lynn Heinrichs – 4/14

Noon - Meeting to order

- Greeter – TBD
- Song led by – TBD
- Pledge led by - TBD
- Invocation led by – TBD
- 50/50 raffle collections – TBD

Mar 27 2012
Amanda Harper
"Cloud Computing"

12:20 Begin Program

- Welcome Guests and Visiting Rotarians - Sergeant at Arms
- Announcements
- Happy Talk – TBD

Apr 2 2012
Wayne Chiles
"Shelter Box Presentation"

12:40 Program

-Michael Holleran will host the Rotary Cup Program for Basketball.

Apr 17 2012
Jackie Knee
"Following New Year's Resolutions to Better Health: Keep Fitness in Your Life"

1:00 p.m.

- 50/50 raffle bucket

1:15 p.m. Adjourn meeting

Visiting Rotarians
None

Program - April 17th *by Jan Auerbach*

Guests
Dennis Findley, guest of Paul Ward

Obie O'Bryan introduced Jackie Knee, a former Mr. America and renowned body builder. Mr. Knee said there are three forms of weight training: weight lifting, power lifting, and body building. People get into shape through food and exercise. It is not the weight that builds the body, but it is the way you use it. Exercise breaks muscle down, and rest builds it back up. People who exercise correctly are getting older but their body is getting stronger; they have no bone loss or lessened body movement. He said narcissism is good: it will drive you to see results. He could not answer a question about the appropriate frequency of exercise because the answer depends too much on the individual. He said the trick is to learn how to work specific muscles. Children should not start weight training until they are 16 or 18, and then only with a trainer who knows what he/she is doing.

50/50 Raffle:
Carmen Wu won the small \$21!
Congratulations!!!!

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Announcement *by Jan Auerbach*



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- **Cherry Baumbusch** noted that Marilen King's father died yesterday
- **Cherry Baumbusch** said the club is intending to buy T-shirts for Rotarians to wear at events like McLean Day and the Chocolate Festival. She asked for a show of hands how many people would like to purchase a T-shirt **Jan Auerbach** designed that is a Hanes, pre-shrunk, all cotton royal blue T-shirt with the Rotary logo and the words Rotary Club of McLean on it. Many raised their hands. Jan agreed to send out an email asking people to commit to buying one for \$15 and indicating their size.
- **Kathy Martin** said the date for reading to children at Timber Lane Elementary School has moved from April 26 to May 31
- **Vance Zavela** told people to follow the instructions on the Nationals baseball flyer to get game tickets that benefit End Polio Now
- **Pamela Danner** announced on behalf of her husband David the Tysons club wine tasting fundraiser this Saturday at Gannett. Tickets are \$65. Raffle tickets for a condo in Spain with \$1,000 toward airfare cost \$25.
- **Bob Hahne** recognized **Sam Agarwal** as a Paul Harris +3 and **Kathy Martin** as a Paul Harris +5.

Happy Talk

by Jan Auerbach

- **Lynn Heinrichs** said she had a wonderful 25th birthday last Saturday. The club then sang Happy Birthday to her.
- **John McEvilly** was thankful that on Tax Day he still had \$1 to put in the bucket
- **Bob Nath** was glad the shuttle made it to Washington Dulles and that GSA staff weren't passengers; he is happy that his daughter Jennifer is getting married in October.
- **Bill Reed** was happy the airport opened up long enough for his son's plane to go off but unhappy that his son hadn't completed his taxes yet when he left.
- **Kathy Martin** was happy for the beautiful spring weather.
- **Bob Hahne** is happy that his Cardinals and the Nationals are in first place in their respective divisions
- **Carmen Wu** was embarrassed last week when Bob Hahne asked how long she had been married. She had not given it any thought...so she put six dollars in the bucket—one for each month
- **Vance Zavela** is happy his daughter Catherine's softball team got free ice cream after a game and also that **Ed Shahin** is getting a prestigious award tonight
- **Ed Shahin** is happy that the Nationals are a different team this year. He has been to four games already and now he goes expecting them to win
- **Tom Mangan** offered to take his granddaughter's car for inspection and the repairs cost him \$2200. On the "feeling old" side, he attended the christening of a baby whose father's christening he once attended.
- **Ed Holman** is happy but he doesn't know why
- **Paul Ward** is happy that the Wizards beat the Bulls last night and noted that the Wizards have lost as many games as the Bulls have won.