



Rotary Club of McLean eWheel

Tuesday, April 30, 2013

Service and Fellowship in McLean

Club #5817

Editor: William Reed
If you have any comments or questions, email the editor.

Agenda - April 30 by Mike Holleran

HAPPY APRIL BIRTHDAYS

4/11 *Thamir Al'Hashimi*
4/14 *Lynn Heinrichs*

Future Speakers

May 7, 2013
Bob Dorr – Mission Over Tokyo

May 21, 2013
Karen Washburn – Great Falls and Old Dominion Railroad and the beginnings of McLean

May 28, 2013
John Foust - Dranesville District Supervisor

Jun 18 2013
Induction of New Officers

Upcoming Events

Evo Bistro Happy Hour
May 6, 2013

McLean Day May 18, 2013

McLean Day May 18, 2013

Visiting Rotarians: None

Guests

Tim Rinkel – Guest of Kathy Martin

50/50 Raffle:

Carmen Wu won the small pot of 14.00. Large pot still untapped.

- **Noon - Meeting called to order**
 - Greeter - Mike Holleran
 - Song led by Mike Holleran
 - Pledge led by Mike Holleran
 - Invocation led by Mike Holleran
 - 50/50 raffle collections - Mike Holleran
- **2:20 Begin Program**
 - Welcome Guests and Visiting Rotarians - Sergeant at Arms
 - Announcements
 - Happy Talk - Mike Holleran
- **12:40 Program**
 - Bob Koenig--Auction of 14 Autographed Baseballs Of Washington Nationals Players**
 - 50/50 raffle bucket
 - Four Way Test - Mike Holleran

Program – April 23 by Bob Nath

Chef Bonita Woods spoke on healthy eating, especially in schools. Chef Woods has worked as a top chef, but now focuses on battling especially childhood obesity through her institute and in the schools. She has found that school kids, especially teens, care deeply about their appearance and respond well to instruction on healthier eating. Her Bonita Woods Wellness Institute does outreach in Fairfax, going to libraries, for example, to meet with immigrant families on nutrition. Her programs bridge the large cultural gaps of such families and provide instruction on basic cooking in the US. She has also bought a mobile food truck to demonstrate a new gluten-free menu. Incorporating healthful foods into our lives and keeping our food intake in balance is difficult in the DC area. To do this, she emphasizes looking at the USDA “Food Plate” for guidance: fruits/vegetables, whole grains, protein and (optional) dairy. Using this guide can help keep our meals in excellent balance.

Announcements – April 23 by Bob Nath

- **President Jan** reminded members that the **Rotary District Conference** is this weekend. Our Club will display our poster in the Fellowship Hall
- **Dale Lazar** announced the Installation Dinner will be held in June or July. Upon vote of the Club, Colony House was selected as the venue for the dinner.
- **Vance Zavala** was pleased to present a check for \$1132 to the Club Foundation (Todd Dempsey, Kathy Martin) based on sales of Girl Scout cookies mostly by Vance’s daughter. The check will benefit Timber Lane students.
- **John Rosenbaum** announced McLean Day on May 18 – still needs volunteers. Rotary will now have the “pizza exclusive” on McLean Day.
- **Bob Hahne** announced that Stop Hunger Now will have a prominent display at the District Conference.

Happy Talk - April 23 by Bob Nath

- **Chet Gray** – picked up books for his grandchildren at a local library.
- **Doug Megill** was happy to find four “Florida National Championship” balls in basketball and football.
- **Dana Sippel** met with friends in Falls Church to participate in the Rebuilding Together project.
- **Bob Hahne** was happy to report that McLean HS softball team was doing well this season.
- **Ben Lacy** was happy to say he somehow came upon free tickets to a Nats game!
- **Richard Golden** said he was happy because he was NOT late this meeting.
- **Tom Mangan** traveled with friend Bill Folsom (from the Chamber) to take superb photos at Meadowlark Park.
- **Bob Rosenbaum** reported that Bill Stell is recovering well from his operation, and is 90 years young. Ed Holman’s wife also had successful cataract surgery.
- **Vance Zavala**’s daughter Diana has been awarded the Girl Scout Silver Award. Congratulations! Then his 9-year-old daughter Kathryn, a great pitcher, struck out the opposing side in a recent game.

Make Up Meetings at Local Clubs:

Annandale

Juke Box Diner, 7039 Columbia Pike, Annandale
Wednesday at 12:15 PM

Arlington

La Cote D'Or, 6876 Lee Highway, Arlington
Thursday at 12:15 PM

Ashburn

1757 Golf Club, 45120 Waxpool Rd, Dulles
Thursday from 12:00 PM - 1:15 PM

Bailey's Crossroads

Goodwin House Bailey's Crossroads, 3440 South
Jefferson, Falls Church
Friday at 7:30 AM

Burke

Brion's Grille, 10621 Braddock Rd, Burke
Tuesday at 7:30 AM

Crystal City-Pentagon

Crystal City Sports Pub, 529 23 St. Arlington
Wednesday at 7:30 AM

Dulles International Airport

Hilton Washington Dulles in the Cardinal Lounge, 13869
Park Center Rd, Herndon
Friday at 7:30 AM

Dunn Loring-Merrifield

Shula's in the Tysons Marriott, Leesburg Pike
Friday from 12:00 PM - 1:00 PM

Fairfax

American Legion Post 177, 3939 Oak Street, Fairfax
Monday at 12:15 PM

Falls Church

Harvest Moon Restaurant, 7620 Arlington Blvd, Falls
Church
Thursday at 6:30 PM

Great Falls

River Bend Golf and Country Club, 375 Walker Road,
Great Falls
Thursday from 7:30 AM - 8:30 AM

Herndon

Amphora Diner Deluxe, 1151 Elden Street, Herndon
Wednesday at 7:30 AM

Reston

Hidden Creek Country Club, 1711 Clubhouse Road,
Reston
Wednesday at 12:15 PM

Sterling

Bungalow Lakehouse
46116 Lake Center Plaza Sterling
Monday at 12:15

Tysons Corner

Tower Club, 8000 Towers Crescent Drive, Vienna
Thursday at 7:30 AM

Vienna

Marco Polo Restaurant, 235 Maple Ave W, Vienna
Wednesday at 12:15 PM