



# Rotary Club of McLean eWheel

Tuesday, January 22, 2013

Service and Fellowship in McLean

Club #5817

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

## HAPPY JANUARY BIRTHDAYS

- 1/1 Maqsood Chaudhry
- 1/12 Kenny Yang
- 1/14 Bob Rosenbaum
- 1/17 Eva Sereghy
- 1/30 Bob Koenig

## Future Speakers

**Jan 29 2013**

Eva Sereghy  
Classification Talk

**Feb 5 2013**

Eric Adamson & Doug Woods

**Feb 26 2013**

John Protopappas  
"Washington On Foot"

**Mar 12, 2013**

Youth Service Awards Hosted by Dale Lazar

## Upcoming Events

**Jan 27, 2013** Chocolate Festival 11 AM - 6 PM

**Jan 31, 2013** McLean High School Science Fair Judging

**Feb 4, 2013** Evo Bistro Happy Hour

## Visiting Rotarians

Marshal Hyman  
(Tysons) Mylene Huynh  
(Pentagon/Crystal City)

## Guests

none

## Agenda

by William Reed

### Noon - Meeting called to order

- Greeter – Sam Agarwal
- Song led by John McEvilly
- Pledge led by Paul Sawtell
- Invocation led by John McEvilly
- 50/50 raffle collections – Doug Megill

### 12:20 Begin Program

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

### 12:40 Program – John Lavoie

"Update On Tysons Corner Development"

50/50 raffle bucket

- Four Way Test – Katherine Mackey

### 1:15 p.m. Adjourn meeting

## Program – January 15

by Pamela Danner

Our speaker, Sarah Gershman, who teaches and trains executives on public speaking, gave her presentation on "Speaking with Presence". She explained that "Presence" was the focus of her speech, which is the ability to be fully present with the people you are talking to. There are 3 types of "Presence": (1) Presence of self; (2) Presence of message; and (3) Presence of delivery. We did an exercise to illustrate "presence of self". Then for "Presence of message" she said that you need to answer 3 questions:

- (1) What is the one thing you want your audience to know from your presentation?
- (2) How do you want your audience to feel after they hear you?
- (3) What do you want your audience to do after they hear you?

For "Presence of delivery", your content needs to match your delivery by using your voice, body, and eyes. Your voice needs to have contrasts. For body language, your movement needs to be connected to your message; and you need to have eye contact. In closing, Ms. Gershman stated, "Your voice is a gift, so use it with generosity."

## Announcements – January 15

by Pamela Danner

- **Glenn Yarborough** announced that the McLean HS is sponsoring an art show on Friday, Jan. 18<sup>th</sup> at the Old Firehouse in which proceeds will go to charity.
- **Dana Sippel** informed us that the sponsorship response for the Chocolate Festival has gone well and the vendor space is sold out. He asked members to pick up and distribute more yard signs and for them to sign up to volunteer the day of the

**50/50 Raffle:**

Steve Richardson won the small pot.

Festival.

- **President Jan** asked for volunteers for the McLean HS Science Fair on Jan. 31<sup>st</sup> and for the 6<sup>th</sup> grade Ethics Day programs.

**Happy Talk – January 15**

*by Pamela Danner*

- **Heather Schoeppe** informed the members that Chain Bridge Bank is hiring and to let her know if they can recommend anyone.
- **Dale Lazar** went to Raleigh, NC this past weekend to help his son and fiancée with their wedding plans.
- **Dominic Alexander** has just returned from a 3 week vacation visiting his family in Thailand.
- **Kathy Martin** was glad to have gotten the building permit for their planned construction.
- **Bill Reed** was happy to report that the mass the doctor removed from his surgery was benign.
- **Ed Holman** was glad to have Bill Reed, Kathy Martin, and Dale Lazar contribute recently to the Rotary Foundation.
- **Lois Wilson** missed everyone while she has been away.
- **John Rosenbaum** celebrated his Dad’s 81<sup>st</sup> birthday at lunch yesterday.
- **Bob Nath** enjoyed visiting his son in Arizona.

**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