



Service and Fellowship
in McLean

Rotary Club of McLean eWheel

Tuesday, March 18, 2014

Club #5817

Editor: Robert G. Nath
If you have any comments or questions, email the editor.

MARCH BIRTHDAYS

- 03/01 - Bilal Raschid
- 03/23 - Tom Mangan
- 03/23 - Dana Sippel
- 03/24 - Frank Peterson

Future Speakers

Mar 18 2014

Ms. Susan Smith
The Joy of Living Abroad

Guests

- Eileen Gilmer** (Associate Pastor, Trinity United Methodist Church)
- Diane Pechstein** (Director, Safe Community Coalition [SCC])
- Nyka Feldman** (SCC)
- Carmen Carter-Howell** (SCC)
- Ron Axelrod** (SCC)

Visiting Rotarians

None

Agenda – March 18, 2014

Noon - Meeting Call to Order

- Greeter - Bob Jansen
- Song - Todd Dempsey
- Pledge - Brian Pence
- Invocation – Dana Sippel
- Happy Talk - Bob Jansen
- 50/50 Raffle - Bob Jansen
- 4-Way Test - Dana Sippel

12:20 Begin Program

- Welcome guests and visiting Rotarians – Sergeant At Arms
- Announcements
- Happy Talk

12:40 pm – Speaker

1:15 pm - Adjourn

Program - March 11, 2014

Dale Lazar introduced **Julia Pandya**, founder and president of Home Strategies, LLC. Prior to establishing her business as a professional organizer, Julia worked as an industrial engineer and certified LEED specialist in the construction industry.

Julia emphasized that being well-organized requires daily attention, but results in reduced stress and improved efficiency at home and on the job. She presented 10 useful organizational tips: 1) Spend 5 to 10 minutes at the end of each day to prepare for the next day. 2) Never leave a room empty-handed. 3) Streamline the process to accomplish any task by reducing it to one or two steps. 4) Don't multi-task; stay focused on one task at a time. 5) Designate a place for each item in your home or office. 6) Regularly purge items, especially those not frequently used. 7) Maximize storage by using vertical space, e.g., use tall bookshelves, upper cabinets, and backs of doors for additional storage. 8) Focus on time vs. projects. Allocate a specific timeframe to work on a task, e.g., set a timer for 15 minutes to work on cleaning a counter or desk top. 9) Take a break to enjoy what you've accomplished. 10) Utilize the help of a professional organizer. View it as an investment in your home or office that will improve your lifestyle and productivity.

A good resource is the National Association of Professional Organizers, of which Julia is a member. For more information about Julia's business and for more helpful tips, see her website at <http://home-strategies.com/> As additional resources, Julia mentioned the work of Julie Morgenstern, a nationally known organizing and time management expert, and a book (and related program) titled *The Clutter Diet: The Skinny on Organizing Your Home and Taking Control of Your Life*.

50/50 Raffle

Bob Rosenbaum won the small pot of \$27. The large pot has \$551.

Upcoming Events

No upcoming events

She said, "You can't turn back the clock but you can wind it up again." In 1900 life expectancy was 47; now it is 80. Ways to stay brain-healthy include: 1) diet—fish, green vegetables, fruits—the same as for heart health, 2) sufficient sleep, 3) reduction in stress, 4) exercise. To help yourself, make to do lists, use a calendar, have a set place for everyday items and do new things to create more synapses in your brain, such as learning a language or starting a hobby.

Announcements - March 11, 2014

- **President Dale Lazar** read a letter from the Timber Lane Elementary School PTA thanking the club for its support and recent donation.
- **John McEvilly** presented a \$1000 check to Diane Pechstein, Director, McLean Safe Community Coalition (SCC). **Vance Zavela** commended the SCC on its exemplary 6th Grade Ethics Day program.
- **Dale Lazar** encouraged participation at a social mixer on March 12 to meet Rotary Foundation Trustee Chair, D. K. Lee; the Rotary Leadership Institute on March 15 at GMU; and the District Conference to be held near Richmond on April 24-27.
- **Shannon Owens**, membership chair, has designated March 18 as "Bring a Guest to Rotary Day." If you plan to bring a guest, please inform Sharon so that catering staff can plan for additional attendees.
- **Glenn Yarborough** announced that the District Governor, District Governor Elect, and District Governor nominee will present Paul Harris Society awards at the March 18 club meeting.
- **Lois Wilson** announced that voting on 11 project proposals will occur within the next two weeks.
- **Dominic Alexander** noted that the St. Patrick's Day event on March 18 at The Old Brogue will be well attended by club members.
- **Brian Pence** indicated that gift card orders were due March 11 and that Giant gift cards will be collected for SHARE as part of the Stuff the Bus campaign.

Happy Talk - March 11, 2014

- **Pamela Danner** will soon begin a new position as administrator of HUD's Manufactured Housing Program.
- **Dana Sippel** enjoyed sailing recently on the Chesapeake Bay as a member of the Parklawn Sailing Association. For more information about joining, see www.parklawnsailingassociation.org
- **Dominic Alexander** was happy to see the Panama Canal, which was completed 100 years ago.
- **Bob Rosenbaum** welcomed the return of **Bill Reid** and **Cecilia Ford**. He also paid tribute to **Rod Axelrod** as the moderator of the SCC's 6th Grade Ethics Day program.
- **Bob Hahne** welcomed Eileen Gilmer, Associate Pastor of Trinity United Methodist Church, and a great supporter of the Stop Hunger Now initiative.
- **Obie O'Bryon** attended a Rotary meeting in Mexico conducted entirely in Spanish.
- **Bill Reid**, happily back from Florida, reported that his granddaughter now has a job related to her studies, and his son has returned to work after a recent hospitalization.
- **Michael DeRose** was happy that eight members have signed up for the blood drive on March 13 and encouraged others to participate.
- **Vance Zavela** was happy that his daughter made her varsity softball team. He will continue to manage his other daughter's McLean Little League Triple A Team.
- **Dale Lazar** spent a week at a conference on intellectual property at Whistler, where he enjoyed both teaching and skiing.