



Peace
Through Service
Service and Fellowship
in McLean

Rotary Club of McLean eWheel

Tuesday, June 10, 2014

Club #5817

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

JUNE BIRTHDAYS

- 06/06 – Kenneth Yang
- 06/08 - Dana Sippel
- 06/14 - John McEvilly
- 06/18 - Michael DeRose
- 06/20 – Doug Megill
- 06/30 – John Tharrington

Future Speakers

Jun 10, 2014

Rosemary Tran Lauer
Why I found Devotion To Children and Why Quality Childcare Matter

Jun 17, 2014

Ethan Schenker
To teach technology to Seniors

Guests

Carol Stone (guest of Dale Lazar)

Visiting Rotarians

There were no Visiting Rotarians.

Agenda - June 10, 2014

Noon - Meeting Call to Order

- Greeter - TBA
- Song - TBA
- Pledge - TBA
- Invocation - TBA
- Happy Talk - TBA
- 50/50 Raffle - TBA
- 4-Way Test - TBA

12:20 Begin Program

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

12:40 pm - Speaker

1:15 pm - Adjourn

Program - June 3, 2014

Lois Wilson introduced the speaker, **Mr. Robert Lee**. Mr. Lee is a native of Fairfax County, attended local schools, and graduated from Virginia Tech with a major in Finance. After working in corporate finance, he started a successful business in IT recruiting and then trained in the field of hypnotherapy. Mr. Lee is now in private practice as a certified hypnotherapist, consultant, and motivational speaker. He is an advocate for personal development and life enhancement through hypnosis, which he defines as a state of focused attention. Mr. Lee explained that there is sufficient scientific evidence to support the benefits and value of hypnosis in improving relaxation and sleep, and reducing stress and anxiety. He differentiated between hypnosis for entertainment and hypnotherapy as a tool for helping clients achieve their personal goals. Using guided imagery, breathing techniques, and sounds and vibrations emanating from Tibetan singing bowls, Mr. Lee led club members through a brief meditation and relaxation session.

Announcements - June 3, 2014

Kathy Martin requested volunteers to read and distribute books to children at Timber Lane Elementary School on June 11.

Paul Sawtell read the names of the 2014-2015 club leadership and Board of Directors: President: **Paul Sawtell**, Immediate Past President: **Dale Lazar**, President Elect: **Lynn Heinrichs**, Vice President: **Todd Dempsey**, Secretary: **Michael Arietti**, Treasurer: **Jan Auerbach**, Membership Director: **Dana Sippel**, Public Relations Director: **Rick Neldon**, Service Director: **Bob Jansen**, Director at Large: **Eva Sereghy**, Director at Large: **Lois Wilson**.

President Dale Lazar thanked all those who volunteered for leadership posts during the past year.

50/50 Raffle

Bob Hahne won the small pot of \$18. The large pot has \$141.

Upcoming Events**Installation Dinner**

June 24, 2014

Dale Lazar reminded members about the Falls Church Rotary Fellowship dinner on June 5 at Harvest Moon Restaurant.

Michael Arietti has returned after a three-month State Department assignment in The Gambia, where he attended meetings of the Rotary Club in Banjul. This club has undertaken a major project to equip local secondary schools with science and technology laboratories. Michael presented the Banjul club banner to President Dale.

Happy Talk - June 3, 2014

Chet Gray is happy to be back from a family river trip that involved 11 canoes and a kayak for a 76 mile journey on the Shenandoah River.

Brian Pence and his wife enjoyed a trip to Normandy, France, where they spent a memorable and moving Memorial Day, especially meaningful since June 6 marks the 70th anniversary of D-Day and the Battle of Normandy. Brian announced that he will be transferring to the Great Falls Rotary Club as of July 1.

Bob Hahne was pleased to announce that Kyle's Kamp events, in honor of his grandson who is being treated for leukemia, have raised more than one million dollars over the past three years for pediatric cancer research and treatment at Children's National Medical Center.

Doug Megill circulated the photo album from the most recent *Carz Cruizin* Antique Car event, which raises money for leukemia and lymphoma research. Lynn Heinrich's car is featured in the album. He was pleased that, along with **John Rosenbaum**, he placed second in a golf tourney, and that the Little League team he coaches had a recent victory, finishing 3-9 for the season, and now heading to the playoffs.

Bob Rosenbaum commended **Brian Pence** for his fine service to the club.

Tom Mangan enjoyed a day of kayaking with his sister-in-law and her husband.

Vance Zavela reported that his daughter Catherine's softball team is 3-8 (and hoping for 3-9 for the season) and heading to the playoffs. At a recent game, they had a photo taken with Nats player Adam LaRoche and his teammate Tyler Moore agreed to sign an autograph for Catherine.

Lynne Heinrichs was mandatorily happy.

Nick Kalis was also mandatorily happy and very happy that his daughter now has a paid internship. Nick has photos from Aegina, Greece where the local Rotary, with our club's support, has enabled purchase and installation of computers in the schools.

Kathy Martin was very happy but late.

Carol Stone was happy to be at the meeting, and appreciated all the good ideas from club members for service opportunities for her violin students.

Carmen Wu was happy that her nephew has graduated from SUNY at Stony Brook. She also enjoyed a recent visit to St. Michael's with her sister.

Michael Holleran enjoyed working at the Herndon Festival selling beer and pizza at the Optimist Club's booth to raise money for youth sports program. His wife was the best person handling the "taps" at the booth.