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| [Agenda - April 14, 2015](http://portal.clubrunner.ca/1882/Stories/agenda-april-14-2015)*Posted by Robert G. Nath on Apr 12, 2015* |
| **12 Noon - Call to Order** **Greeter - Sam Agarwal****​Song - Chet Gray****Pledge - Doug Megill****Invocation - John McEvilly****Happy Talk - Bob Rosenbaum****50-50 Raffle - Dominic Alexander**4-Way Test - Tom Mangan **12:20 pm - Program****Welcome Visiting Rotarians and Guests -**Sergeant-At-Arms **12:40 pm - Speaker****1:15 pm - Adjournment**   |
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| [Announcements - April 7, 2015](http://portal.clubrunner.ca/1882/Stories/announcements-april-7-2015)*Posted by Dominic Alexander on Apr 12, 2015* |
| **Micheal Arietti**announced club polo shirts are $35 each, and all incoming board members are welcome at the CLT Training @ Mary Washington College on 5/2/15.**Kathy Martin**announced Timberlane reading will be on Thurs. 4/16.**Bruce McBarnette**announced the Tysons Corner club will be hosting fellowship hiking opportunities on 4/19 and 4/26.  Please email brucemcbarnette@gmail.com to RSVP.**Sam Agarwal**announced a fellowship dinner get-together on 4/16 @ 7pm.**Bob Jansen** announced thanks for submitting grant proposals, and also that he'd like to have 100% club participation for McLean Day on 5/16.**Lynn Heinrichs**announced this will be the 100th anniversary for McLean!**Eva Sereghy**announced she's happy to welcome **Carol Triplett**to the club! |
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| [Happy Talk - April 7, 2015](http://portal.clubrunner.ca/1882/Stories/happy-talk-april-7-2015)*Posted by Dominic Alexander on Apr 12, 2015* |
| **Lynn Heinrichs**was happy to attend Sunrise Service on the National Mall.**Doug Megill**was happy to be back from trips to the Bahamas and OBX.**Chet Gray**was happy to be back from 2 ½ months in central Florida.**Dana Sippel**was happy to welcome **Carol Triplett**to the club.**Dominic Alexander** was happy to be heading to Singapore in a couple weeks for his younger brother's engagement, and happy for baseball season.**Vance Zavela**was happy to have spent spring break looking at colleges with/for Diana, and also happy the Dodgers won 6-3 on opening day.**Jan Auerbach**was happy Homestretch has been highly awarded, and that in a 5-yr. study, 98% of Homestretch grads are still financially independent and have 150% increase in salary.**Eva Sereghy** was happy to welcome **Carol Triplett** to the club.**Dale Lazar**was happy to be back from 2 weeks in Beijing, Hong Kong, Seoul, Daejeon, and Tokyo.**Todd Dempsey**was happy to report on the success of the solar panel project for schools, churches, and communities in Haiti.**Ed Holman**was happy to have some cruise time in the Turks Islands with Linda, Linda's son, grandson, in-laws, and outlaws.**Bob Rosenbaum** was happy to have watched an incredible NCAA Championship game between Wisconsin and Duke.**Bruce McBarnette**was happy he won the high jump event at the USA Masters Track and Field competition  |
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| [Program - April 7, 2015](http://portal.clubrunner.ca/1882/Stories/program-april-7-2015)*Posted by Dominic Alexander on Apr 12, 2015* |
| **Nathalie Herrman**discussed the concepts of cultivating happiness and the art of good habits.  Nathalie,http://clubrunner.blob.core.windows.net/00000001882/Images/2015_04_13_03_40_531.png author of “Daily Enlightenments: 365 Days of Spiritual Reflection,” explained that happiness is: 1) simple, 2) not a point-of-arrival, and 3) a state of being.  Furthermore, being happy in relation to our health requires HONESTY. Being happy in the way we experience love requires WILLINGNESS; being happy in relation to time requires AWARENESS; and being happy with what we have requires APPRECIATION.  Bottom line: Happiness is possible, available right now, and worth the effort it takes!

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| [Visiting Rotarians and Guests - April 7, 2015](http://portal.clubrunner.ca/1882/Stories/visiting-rotarians-and-guests-april-7-2015)*Posted by Dominic Alexander on Apr 12, 2015* |
| **Visiting Rotarians:****Bruce McBarnett,**Tysons Corner**Emir Arslanagic,**Sarajevo  Guests - None |
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| [50-50 Raffle - April 7, 2015](http://portal.clubrunner.ca/1882/Stories/50-50-raffle-april-7-2015)*Posted by Dominic Alexander on Apr 12, 2015* |
| **Celia Ford** won the small pot of $21.  Congratulations! |
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| [Local Rotary Clubs Where You May Make Up Meetings](http://portal.clubrunner.ca/1882/Stories/local-rotary-clubs-where-you-may-make-up-meetings)*Posted by  Jan Auerbach on Feb 17, 2015* |
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| **Make Up Meetings at Local Clubs:****Annandale**Juke Box Diner, 7039 Columbia Pike, AnnandaleWednesday at 12:15 PM**Alexandria**Belle Haven Country ClubTuesday at 12:15 PM**Arlington**Washington Golf & Country Club3017 Glebe Road Arlington, VirginiaThursday at 12:15 PM**Ashburn**1757 Golf Club, 45120 Waxpool Rd, DullesThursday from12:00 PM - 1:15 PM**Bailey's Crossroads**Goodwin House Bailey's Crossroads,3440 South Jefferson, Falls ChurchFriday at 7:30 AM**Burke**Anita’s9278 Old Keene Mill Road, **Burke**, VA 22015Tuesday at 7:15 AM[Capitol Hill (Washington,DC)](http://www.capitolhillrotary.org/)Meets at The Dubliner Restaurant and Pub4 F Street, NW, Washington DCTuesday at 7:15 AM[Centreville and Chantilly](http://www.ismyrotaryclub.org/Club/Club.cfm?ClubID=74081&D=7610)Eggspectations restaurant http://www.eggspectations.comChantilly, VA 20151Tuesday at 11:30 AM**Crystal City-Pentagon**Crystal City Sports Pub, 529 23 St. ArlingtonWednesday at 7:30 AM[Dupont Circle](http://www.dupontrotary.org/)Bier Baron1523 22nd St. NW, Washington DC(See www.dupontrotary.org for up-to-date information - meetings change time and location on occasion) Tuesday at 6:30 PM for fellowship and meeting at 7:00 PM.  **Dulles International Airport**Hilton Washington Dulles in the Cardinal Lounge, 13869 Park Center Rd, HerndonFriday at 7:30 AM**Dunn Loring-Merrifield**The Olive Garden Restaurant, 8133 Leesburg Pike, Vienna, VA 22182Friday from 12:30 PM - 1:30 PM**Fairfax**American Legion Post 177, 3939 Oak Street, FairfaxMonday at 12:15 PM**Falls Church**Harvest Moon Restaurant,7620 Arlington Blvd, Falls ChurchThursday at 6:30 PM[Federal City](http://www.rotaryfedcity.com/home)Room 123, John A. Wilson Building, 1350 Pennsylvania Avenue, NW, Washington, DCWednesday at 6:15 PM**Great Falls**River Bend Golf and Country Club, 375 Walker Road, Great FallsThursday from 7:30 AM - 8:30 AM  |  **Herndon**Amphora Diner Deluxe,1151 Elden Street, HerndonWednesday at 7:30 AM**Leesburg**Rivercreek Country Club, 43800 Olympic Blvd.Leesburg, VA 20176Thursday at 6:30 PM.**Leesburg-Daybreak**Tuscarora Mill Restaurant, Leesburg, VATuesday at 7:30 AM**Manassas**City Tavern Grille, Manassas, VAWednesday 12:15 PM**Metro DC Rotaract Club**Wilson Bldg, D Street NW1350 Pennsylvania Ave NW, Washington  DCTime: Saturday.  Times vary. See:  http://www.meetup.com/Rotaract-Club-of-Metro-Washington-DC/**Mount Vernon**Pema's Restaurant, Alexandria, VAWednesday 6:45 PM to 8:00 PM[Purcellville](http://www.ismyrotaryclub.org/Club/Club.cfm?ClubID=21956&D=7610)Loudoun Golf & Country ClubPurcellville,VAThursday 7:00 AM**Reston**Hidden Creek Country Club,1711 Clubhouse Road, RestonWednesday at 12:15 PM**Rosslyn -- Ft. Myer**Vantage Point Restaurant, Rosslyn Holiday Inn at Key Bridge, Rosslyn, VATuesday 12:30 PM**Springfield**Houlihan's Restaurant, Springfield Hilton HotelSpringfield, VAThursday 12:15 PM**Sterling**Bungalow Lakehouse46116 Lake Center PlazaSterlingMonday at 12:15**Tysons Corner**Tower Club,8000 Towers Crescent Drive, ViennaThursday at 7:30 AM**Vienna**Westwood Country ClubWednesday at 12:15 PM[Washington](http://www.dcrotary.org/)Meets at University Club  1135 16th St., NW, Washington DCWednesday at 12:30 PM**West Springfield**Springfield Golf and Country ClubSpringfield, VAWednesday at 7:30 AM |

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