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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** | |  | |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | [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](mailto: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! | |  | |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | [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 | |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | | [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!   |  | | --- | |  | | |  | |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | [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 | |  | |  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | [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! | |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | | [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* | |  | | |  |  | | --- | --- | | **Make Up Meetings at Local Clubs:**  **Annandale**  Juke Box Diner, 7039 Columbia Pike, Annandale  Wednesday at 12:15 PM  **Alexandria**  Belle Haven Country Club  Tuesday at 12:15 PM  **Arlington**  Washington Golf & Country Club  3017 Glebe Road Arlington, Virginia  Thursday at 12:15 PM  **Ashburn**  1757 Golf Club, 45120 Waxpool Rd, Dulles  Thursday from12:00 PM - 1:15 PM  **Bailey's Crossroads**  Goodwin House Bailey's Crossroads,  3440 South Jefferson, Falls Church  Friday at 7:30 AM  **Burke**  Anita’s  9278 Old Keene Mill Road, **Burke**, VA 22015  Tuesday at 7:15 AM  [Capitol Hill (Washington,DC)](http://www.capitolhillrotary.org/)  Meets at The Dubliner Restaurant and Pub  4 F Street, NW, Washington DC  Tuesday at 7:15 AM  [Centreville and Chantilly](http://www.ismyrotaryclub.org/Club/Club.cfm?ClubID=74081&D=7610)  Eggspectations restaurant http://www.eggspectations.com  Chantilly, VA 20151  Tuesday at 11:30 AM  **Crystal City-Pentagon**  Crystal City Sports Pub, 529 23 St. Arlington  Wednesday 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, Herndon  Friday at 7:30 AM  **Dunn Loring-Merrifield**  The Olive Garden Restaurant, 8133 Leesburg Pike, Vienna, VA 22182  Friday from 12:30 PM - 1:30 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  [Federal City](http://www.rotaryfedcity.com/home)  Room 123, John A. Wilson Building, 1350 Pennsylvania Avenue, NW, Washington, DC  Wednesday at 6:15 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  **Leesburg**  Rivercreek Country Club, 43800 Olympic Blvd. Leesburg, VA 20176  Thursday at 6:30 PM.  **Leesburg-Daybreak**  Tuscarora Mill Restaurant, Leesburg, VA  Tuesday at 7:30 AM  **Manassas**  City Tavern Grille, Manassas, VA  Wednesday 12:15 PM  **Metro DC Rotaract Club**  Wilson Bldg, D Street NW  1350 Pennsylvania Ave NW, Washington  DC  Time: Saturday.  Times vary. See:  http://www.meetup.com/Rotaract-Club-of-Metro-Washington-DC/  **Mount Vernon**  Pema's Restaurant, Alexandria, VA  Wednesday 6:45 PM to 8:00 PM  [Purcellville](http://www.ismyrotaryclub.org/Club/Club.cfm?ClubID=21956&D=7610)  Loudoun Golf & Country Club  Purcellville,VA  Thursday 7:00 AM  **Reston**  Hidden Creek Country Club,1711 Clubhouse Road, Reston  Wednesday at 12:15 PM  **Rosslyn -- Ft. Myer**  Vantage Point Restaurant, Rosslyn Holiday Inn at Key Bridge, Rosslyn, VA  Tuesday 12:30 PM  **Springfield**  Houlihan's Restaurant, Springfield Hilton Hotel  Springfield, VA  Thursday 12:15 PM  **Sterling**  Bungalow Lakehouse  46116 Lake Center PlazaSterling  Monday at 12:15  **Tysons Corner**  Tower Club,8000 Towers Crescent Drive, Vienna  Thursday at 7:30 AM  **Vienna**  Westwood Country Club  Wednesday at 12:15 PM  [Washington](http://www.dcrotary.org/)  Meets at University Club  1135 16th St., NW, Washington DC  Wednesday at 12:30 PM  **West Springfield**  Springfield Golf and Country Club  Springfield, VA  Wednesday at 7:30 AM | | | | | | | | |