



THE WHEEL

May Program Calendar

- ♦ **May 7** - Melissa Spron "Conflict Resolution"
- ♦ **May 14** - Michael Arietti - Club Assembly
- ♦ **May 21** - Bret Peters "Crypto Crime"
- ♦ **May 28** - Carol Wolter McLean Trees Foundation

Up Coming Events

- ♦ **May 17-18** - McLean Day
- ♦ **May 19** - Flags for Heroes ceremony for Memorial Day
- ♦ **May 25-29** - Rotary International Convention Singapore
- ♦ **June 25** — Induction of New Officers & Directors



SERVICE Above Self



Club Leadership

- ◆ Carmen Wu, President
- ◆ Savendra (Sam) Agarwal
Immediate Past President
- ◆ Vance Zavela, Vice
President,
- ◆ Cecilia Duran Closs,
President-Elect
- ◆ Janine Frank,
President-Nominee/Secretary
- ◆ Michael Arietti,
Treasurer
- ◆ Michael Falcone,
Club Services Director
- ◆ Deborah R Jackson,
Membership Director
- ◆ Robert F Jansen,
Youth & New Generation
- ◆ Carol A King,
Club Admin Director
- ◆ Matthew Melton,
Rotary Foundation Director
- ◆ Courtney Nuzzo & Cecilia Closs
Grants
- ◆ Lois Wilson,
International Service Director
- ◆ Barry Byer,
Club Committee Director
- ◆ Joann G Berkson,
Public Relations Director
- ◆ Paul M Sawtell, Paul
Kohlenberger, Paul Ward,
Sergeants-at-Arms
- ◆ Eugene Durman,
Club Program Chair
- ◆ Richard Golden, Webmaster



May is Youth Services month

According to the Rotary International website, "Rotary believes in developing the next generation of leaders. Our programs help young leaders build leadership skills, expand education, and learn the value of service." These programs, all connected to Rotary Clubs around the world, include Interact Clubs, Rotary Youth Leadership Awards, Rotary Youth Exchanges, and New Generations Service.

.Interact Clubs are geared to students ages 12-18. These school-based, Rotary-sponsored clubs enable students to develop leadership skills and to work on service projects. Rotary Youth Leadership Awards (RYLA) provide young adults with one day seminars and weeklong camps for leadership development. Rotary Youth Exchanges expose young people from 15 to 19 to other cultures and peoples through international exchanges in more than 100 countries. New Generations Service is a short-term exchange program for university/college students and young professionals up to age 30 with the goal of engaging them in humanitarian projects.

McLean Rotary has worked hard to resurrect the Interact Clubs at our local public high schools, McLean and Langley, which became dormant as a result of the pandemic. School administrators and teachers are on the lookout for interested students in reforming these clubs. Club creation must come from the students and an adult sponsor must come from a school employee. These Interact students from the past have helped at some of our Rotary-sponsored events, including our annual McLean Chocolate Festival, our Club's food booth at McLean Day, and decorating the Club's float for the WinterFest parade--community-wide events that benefit from their service. Most recently, students from Thomas Jefferson High School of Science and Technology staffed the children's room at our last 3 Chocolate Festivals. They organized and supervised games for more young children in attendance. Plans are also in the works for establishing a modified Interact Club at Longfellow Middle School for 7th and 8th graders.

Students from Girl Scout Troop 2958 and Boy Scout Troop 128 are also active with our Flags for Heroes (FFH) Program, jointly sponsored by the McLean and Tysons Rotary Clubs. These scouts offer invaluable help in setting up and taking down the large American flags on display at several McLean locations during the weeks of Memorial Day, Independence Day, and Veterans' Day. They also participate in the ceremonies associated with these holidays. A Boy Scout currently pursuing his

Eagle rank has taken on the complete renovation and outfitting of the storage trailer at the American Legion Post 270. This project is his signature project to achieve the Eagle Scout rank and will include outfitting the storage trailer to house all the flags, flag poles, lights, and other accessories used in our FFH events and displays.

Our Club has also previously sponsored students to attend RYLA camp. This Rotary year's RYLA camp was postponed to the next Rotary year. Bob Jansen, McLean Rotary Service Chair, has also spoken to the McLean and Herndon Interact Club students about the District 7610 Strategic Water Alliance and how Rotary works with Interact and Rotaract participants around the world on such and other issues.

Recognition of and support for student talent in the arts is another form of youth development. During a recent two-year span, our Club has nominated skilled young musicians for awards in the District 7610 Youth Music Contest with one year our nominee taking the contest's First Prize.

Finally, one of our club's longest-standing projects has been the award of Educational Scholarships to deserving youth from our area. Just recently we awarded some \$10,000 in Scholarships to 7 deserving students, 3 new and 4 renewals.

For more information contact Bob Jansen, McLean Rotary Youth Service Chair, at bob@jansenland.com.



**Lt. Col. Richard Winter
US Army Association
April 2, 2024**



Eugene Durman introduced the speaker, Dick Winter. He has been the President of the George Washington Chapter of the AUSA for the past 4 years. He served in the army for 23+ years and his career included being certified in the Signal Corps, Rangers and the Airborne.

Lt Col. Winter showed a video that described the broad range of work the AUSA does. It provides services to soldiers, families and communities around the globe. They are developing a training Center for Leadership so members learn how to inform the community with the Army and avoid misinformation.

There are a total of 20,188 members in this region and the Association is always managing members and adding new ones. Dick invited all in attendance to become members which is free. The GW chapter goes from the Tidewater area to West Virginia. There is a challenge to reach out to all the members from such a vast area.

The Association also has numerous fundraising events plus appreciation events.

The fundraising efforts support scholarships. Any military family is eligible and they do not have to be associated with the Army. Any branch member can use their services. Much programming is focused on youth and ROTC groups. Dick manages all the programming himself.



**Greg Hamilton
Arlington Magazine
April 9, 2024**

Eugene Durman introduced speaker, Greg Hamilton, President, Publisher & Co-Founder of Arlington Magazine. He has more than 25 years of experience in magazine publishing and digital media. Prior to launching Arlington Magazine, Greg was the chief marketing officer for Congressional Quarterly. He is active in the community and serves (or has served) on the boards of the Leadership Center for Excellence (formerly Leadership Arlington), the Arlington Chamber of Commerce, the Arlington Community Foundation and YMCA Arlington.

Mr. Hamilton provided some background information on his work history and relationship with mentor, Steve Hall, creator of Bethesda magazine who inspired him to start Arlington Magazine.

May 2024

McLean Rotary

The Arlington Magazine is a niche, community-focused magazine serving Arlington, the City of Falls Church and McLean, providing value to readers by covering important and robust topics and helping individuals maximize their engagement with the community. Some topics covered: interesting people, community-wide problems, evolving landscapes in dining, housing industry, education and parenting, home design, etc. Readers are most interested in education and parenting.

The Arlington Magazine launched with its first issue in Oct 2011 and was profitable as of its 3rd issue, doing \$1 million in business every year. 6 issues a year and the aging issue is the next one. They host a “Best of Arlington Party” and the next one is coming up on May 30th at Rosslyn City Center, with an expected attendance of 450. One goal is to do more community events in the coming year as he learns more about event staffing.



Robert Pollard
Chesapeake Bay Overfishing
April 16, 2024

Robert Pollard, representing the Virginia Saltwater Sportsfishing Association (VSSA), which works with a variety of organizations to promote sustainable fisheries in the Chesapeake Bay. He showed a documentary entitled “The Biggest Little Fish You’ve Never Seen” menhaden. This small fish approximately 12 inches long is not eaten by humans but is a “keystone species” that supports a wide number of animals in the Bay. Full of Omega 3 fatty acids, menhaden is the number one source of protein for predator fish like striped bass and tuna, as well as for birds such as ospreys and eagles, and marine animals such as humpback whales and dolphins.

Menhaden are abundant along the Atlantic East Coast and Gulf Coast, but large-scale industrial fishing by Canadian-owned Cooke Seafood in the Virginia waters of the Chesapeake Bay is threatening the Bay’s ecosystem. Menhaden travel in multi-ton schools, which are tracked by spotter planes and then caught by a fleet of 5-7 fishing ships using industrial fishing nets. They are then processed into salmon food (it takes 40 menhaden to raise one salmon), pet food, and chicken feed at a factory in Virginia. This industrial fishing is taking a toll on the Bay ecosystem. Ospreys in the lower Bay are in decline and the catches of striped bass – which are an important recreational fish with significant economic significance – have been declining. In addition, industrial fishing scoops up other fish species, threatening their abundance, and the fish waste discharged by the ships creates oxygen-free zones, creating fish kills.



Virginia is the only east coast state that still allows menhaden industrial fishing in state waters; it is illegal in the Maryland portion of the Bay. States that have outlawed menhaden reduction fishing have seen a significant increase of life in nearby coastal waters. VSSA and other like-minded groups are working to pressure the Virginia legislation to assess the menhaden population, with the ultimate goal of moving industrial menhaden fishing to ocean waters where it will not threaten the Bay's ecosystem.

Anyone interested in saving the Bay can find more information and join the effort by going to the website joinvssa.org
www.saveourmenhaden.org.



Wendy Zenker
Arlington Neighborhood Village
April 23, 2024

Arlington Neighborhood Village (ANV) provides the "extra help" that an older adult needs to be able to age in the home and community that they know and love through 285+ volunteers who deliver services like

rides to medical appointments, errands, and foodbank deliveries to an economically and culturally diverse membership. ANV helps to ward off the isolation and loneliness that can come with age.

Aging in Place requires extra support because everyday activities become more difficult, navigating transitions and challenges of aging is hard to do alone. Illness, grief, and loneliness can be hard to bear without the support of a caring community. Hiring assistance is expensive and often not an option and piecing together different types of assistance is often overwhelming. Villages can help meet these needs.

The village concept started 22 years ago in Boston, MA and today, there are more than 300 villages across the nation. Local concept with more than 70 villages in the DMV such as At Home in Alexandria, Mount Vernon at Home and Lake Barcroft.

There are 408 Members, age range 58-102 years old. 73% are female and 39% are 80+; 86% are over 70+. 58% of our members live alone. 37% participate in our Discounted Membership Program. 31% have mobility, eyesight, or hearing challenges. 16% represent diverse backgrounds

Financial resources come from membership fees (\$500/year), Grants, Donations. For lower income members, Financial Aid Fund pays 80% - 100% of the membership fee for lower-income seniors (income under \$49,000) and there is a Discounted Membership fee for low income and at risk seniors.

May 2024

McLean Rotary



Dr. Unnatti Jain
April 30, 2024
Youth Mental Health

Dr Jain is with the Gen Z & U “Bridging Generational Divide”. She started when dealing with her own son’s issues acclimating to life in the US and school. Mental Health Disorders among 3-17 years are the most diagnosed disorder. 6 million have been diagnosed with Anxiety, ADHD and depression. As of 2021, suicide is 2nd leading cause of death for people ages 10-24. Young people talk about needing “how to become an adult”. High school students reportedly attempt suicide at the rate of 9%. Substance abuse is reported in at least once in 50% of teenagers. Gun violence rates are increasing among children and teens by 46%. Addressing issues requires comprehensive interventions that she referred to as “soft skills”. Three means of achieving this: school based programs to teach emotional intelligence and conflict resolution, providing mental health resources, coaching and support networks and

programs promoting community engagements.

Her programs is resourced to help prevent youth suicide, drug use and gun violence and foster healthier, lasting outcomes. By understanding this generation’s unique characteristics and attitudes, we can unlock their potential to transform their lives and impact to society. She uses 1:1 coaching, Group Coaching and Keynote speaking and workshops. She also requested help from the Club by volunteering and providing funding assistance. The Website is www.genzandu.com or dr.unnattijain@genzandu.com.

Happy May Birthdays

Martha Child	08 May
Kathleen Martin	02 May
Richard Meccarielli	22, May

May Membership Anniversaries

Eugene Durman	05/27/14	10 yrs
Robert Hahne	05/31/22	02 yrs
Courtney Nuzzo	05/31/16	08 yrs
Frank Petrerson	05/31/05	19 yr s
Paul Sawtell	05/18/99	21 yrs

**Vance Zavela presents check to
Radhika for Safe Community
Coalition**





The Four Way Test

of the things we think, say and do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?