



THE WHEEL

June Program Calendar

- ♦ **June 4** - Gordon Summer History of the Purple Heart Award
- ♦ **June 11**— Richard Meccarielli, Classification Talk
- ♦ **June 18** - Alan Ford McLean Trees Committee
- ♦ **June 25** - No meeting—Installation ceremony in the evening

Up Coming Events

- ♦ **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



“Fellowship is wonderful; it illuminates life’s pathway, spreads good cheer, and is worth high price.”
~~Rotary Founder Paul Harris

The following is excerpted from the Rotary International website.

Rotary International has designated June as “Rotary Fellowships Month” to recognize the importance of international fellowship and good will among Rotarians with similar recreational interests, vocations, and health and medical issue-oriented interests, to promote increased participation in fellowships and increase understanding of this program.

Rotary Fellowships are international groups of Rotarians, their family members, program partners, and others that share a common passion or interest. Being part of a Rotary Fellowships group is a fun way to make friends around the world, explore a hobby or profession, and enhance your Rotary experience. Global networking is another way of describing Rotary Fellowships groups.

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To date, there are more than 100 Rotary Fellowships groups, encompassing a wide range of interests. There are groups for those interested in Italian culture, birdwatching, kite-flying, wildlife conservation, quilting and fiber arts, yachting, yoga, public health and medicine, a range of sports, and many more topics. You may check out these groups to learn more by typing Rotary Fellowships into your browser or finding more information on the RI website at <https://www.rotary.org>. If you don't find an established Fellowships group of interest, you can form your own. The RI website provides guidance on this.

If any member of McLean Rotary belongs to a Rotary Fellowships Group, share your experience with your fellow Rotarians. McLean Rotary has, over the years, fostered a sense of fellowship among our members through various social events and activities. Examples include our annual St. Patrick's Day and Christmas Holiday parties, happy hours and dinners held at various bistros, restaurants and other venues, festive get-togethers at the homes of some members, group attendance at sporting events in support of End Polio Now, and informal poker and bridge games and golf outings. Our Club participation in various service activities has also fostered a sense of fellowship and community. In fellowship, we have volunteered together at Chocolate Festivals and McLean Days, at Timber Lane Elementary to read to the children, and at Share and the Lewinsville Residences to serve and entertain.

Club No. 5817 - Founded 1965

Scholarships Awarded

We have now sent out the 2024 award letters. Thanks to Robert Nath, committee chair, for all of his work with this very worthy project. We had 8 names of which 7 applicants provided completed applications. The applicants were well qualified. Some were continuing students from last year and others were first time including graduates from the Fairfax County Adult Education program. We were able to award \$10,000 in total ranging in amount from \$1200 to \$2000.



Dr. Melissa Sporn
Conflict Resolution
May 7, 2024

Dr. Sporn has over 20 years of experience working with children, adolescents, adults and couples. She assists her clients in providing practical ways to approach some of life's most difficult challenges. She works with individuals, groups, couples and families.

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Dr. Sporn specializes in treating relationship problems, developmental adjustments, depression, anxiety and post trauma.

Dr. Sporn holds a Masters Degree in Social Work and a Ph.D. in Clinical Psychology. This blend of approaches has taught her sensitivity and creativity in understanding people and their challenges. She is fluent in American Sign Language.

Melissa B. Sporn received her B.A. in Psychology from University of Massachusetts at Amherst. She went on to receive her MSW in Social work from Yeshiva University. Dr. Sporn's four years in the profession of Social Work afforded her solid clinical experience with individuals, families, couples, and groups. After working for several years as a Clinical Social Worker, she moved to the DC area to pursue a doctoral program at Gallaudet University. Dr. Sporn graduated with her Ph.D. in clinical psychology.

Dr. Sporn's talk focused on Conflict Resolution which she does with groups as well as individuals. Her primary goal is to provide clients with a safe and confidential environment in which one can feel comfortable talking about concerns.

Her approach depends upon the problem, strengths, needs and style of the individual(s) seeking assistance. The most essential component of psychotherapy is the development of a strong therapeutic alliance between the client and therapist.

Dr. Sporn views this relationship as collaborative; the client or clients work together to improve their understanding of themselves and their difficulties.



Carmen Wu, Pamela Danner and Michael Arietti Club Assembly May 14, 2024

Carmen Wu announced that this was the fourth and last Assembly of her term. She has used these Assemblies to help keep membership informed and this one was devoted to reviewing the proposed 2024-25 budget.

Treasurer Michael Arietti presented the draft Operational Budget and Meals Budget, noting that these income and expenditures are independent of the Club's fundraising, which supports the Club's charity efforts. Under the proposed Operational Budget, total expenses for 2024-25 will be \$16,865, while the Operational Income – dues from our 43 members -- will only total \$15,532, leading to a shortfall of \$1,333. The Club's primary expense is \$10,560 for the hall rental and audiovisual support.

Other significant costs include training fees for board members (\$1,000); DacDb Website and Domain Management (\$800); and Credit Card Processing Fees (\$700).

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Michael explained that while expenses such as the hall rental are unavoidable, those associated with credit card fees (2.89% plus .25 per transaction) are avoidable as members can pay their dues by ACH payment (which only has a 1% processing fee plus \$.25 per transaction) or by check (no associated fee). The board concluded that the CC payment option should be retained, but members should be asked to voluntarily pay the CC fee. Subsequent discussion among the members led to a proposal that members be allowed to pay using any of three options, but that fees associated with the CC and ACH options should be included and paid by the member. Carmen Wu to ask for a show of hands to indicate whether the board should reconsider the proposed fee structure, and a large majority indicated that the board should do so.

Michael then reviewed the Meals Budget. The Club pays for 35 meals/week, no matter who shows up. The bulk of this cost of this cost is paid by the 22 active members who pay for every meal whether or not they attend a meeting. Others, however, pay only if they attend. This includes those Under 40 (2 members) and the 19 members who fall under Rule-85 (if a member's age plus years' of membership equal or exceed 85

Moving on, Pamela Danner discussed how the Foundation Board allocated this year's grant funding. A total of \$52,00 was available and the board voted to use the entirety for club grants. Moreover, the board decided to approve all 16 grant requests, although some entities received less than requested. A list of the requests and

the amounts awarded will be provided to members. Next year, Tom Mangan will rotate off the board, to be replaced by Ray Petniunas, and Janine Frank, future President-elect, will serve as Board-Club Liaison.



Brad Peters on Crypto Crime May 21, 2024

We have all experienced a variety of cybercrime—identity theft, credit card theft, hacking, software piracy, etc. This week our speaker, Bret Peters, CEO of Advanced Digital Forensic Solutions spoke to the club about protecting your family from cyber crime.

Keeping Kids Safe Online: Establish trust and maintain open communication. Encourage your kids to talk openly about their online activities, experiences, and any concerns they may have. Don't Take Their Devices Away: Use parental controls and understand that a digital device is a child's primary means of connection with their friends. Keep devices out in the open, know their passwords, discuss what they are doing online



USE STRONG PASSWORDS: Use complex passwords or passphrases for all accounts, and avoid using the same password across multiple accounts. Consider using a reliable password manager to generate and store passwords securely.

Reminder to change passwords and shared resource for people to see how often your data has been breached www.haveibeenpwned.com

ENABLE 2FA: Whenever possible, enable two-factor authentication for your accounts. This adds an extra layer of security by requiring a second form of verification, such as a code sent to your phone, in addition to your password.

Keep Software Updated: Regularly update your operating system, software applications, and antivirus programs to patch security vulnerabilities. Cybercriminals often exploit outdated software to gain unauthorized access to devices.

Attackers may use various sources to obtain information about their victim. They may use current events (natural disasters, elections, holidays, economic concerns, etc.) and may seem reputable. Visit FBI.gov and CISA.gov for resources and more info.

Types of attacks include spoofing, Phishing, Vishing, and Smishing. **Secure Wi-Fi Networks:** Secure your home Wi-Fi network with a strong password and encryption. Avoid using public Wi-Fi networks for sensitive activities like online banking or shopping, as they may not be secure.

Practice Safe Browsing Habits: Be cautious when browsing the internet and only visit reputable websites. Look for HTTPS in the URL and a padlock icon in the address bar to ensure a secure connection.

Use Privacy Settings: Adjust the privacy settings on social media platforms and other online accounts to limit the amount of personal information visible to the public. Avoid sharing sensitive information such as your full birthdate or home address online. Brett used McLean rotary website as an example and point out birthday were listed.

Blur Your House on Google Maps: You must use a computer to do this. Click the Report a Problem link at the bottom right and fill out the form to request blurring.

Educate Yourself: Stay informed about the latest cyber threats and common scams, and educate yourself on how to recognize and avoid them. Be skeptical of unsolicited emails, phone calls, or messages asking for personal or financial information.

Don't travel internationally with your cell phone due to cyber criminals. Use a burner phone which is designed for singular purpose use.

Presenter advises use of a safe word in family groups because of advances in AI that are designed to be deceiving. Lois Wilson: What steps can be taken to protect grandkids? Answer: Talk to your kid and discourage use on social media. Suggest secure messaging app like "What's App" to share personal photos.

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Joanne Berkson: Where to save a password securely?

Answer: Google Chrome and Microsoft Edge are helpful to save passwords. Carol Ann recommended Dash Lane for password storage.

Richard Golden – Is a VPN considered secure compared to a public wifi network?

Answer: To connect to VPN, wifi connection is needed and that is the vulnerable point. This can be avoided by using a hotspot and having unlimited data.

Deborah Jackson: Have you heard of scam that starts with “can you hear me?”

Answer: Artificial intelligence is advanced and difficult to tell if caller is real. Unfamiliar and unsolicited phone calls should be ignored.

No Meeting
May 28, 2024



Tom Mangan receiving Paul Harris Society Recognition

Club No. 5817 - Founded 1965



Carmen Wu President 2023-2024

Happy June Birthdays

Gene Durman	June 11
Karen Hendrixson	June 21
Paul Kohlenberger	June 17
Paul Ward	June 11
Gregg Wiitala	June 02
Glenn Yarborough	June 21

June Membership Anniversaries

John McEvilly	6/14/94	30 yrs
Bremda Paredes	6/14/22	02 yrs
Dana Sippel	6/08/10	14 yrs
John Tharrington	6/30/92	32 yrs

Lois Wilson—Reading at Timberlane



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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?