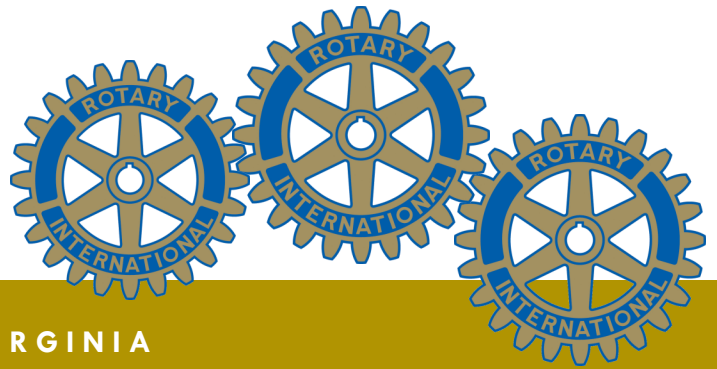


The Hub



ROTARY CLUB OF ASHBURN, VIRGINIA

Volume 3, Issue 29

February 14, 2013

The Rotary Club of Ashburn is pleased to announce that Bill May, Vice President of Miller and Smith will joins us Thursday, February 14 to discuss One Loudoun.

In addition, Larry Deigh's daughter, Ilana, will be on hand to discuss the Broad Run Interact Club and the exciting things they are working on this year.



**Happy Anniversary,
Rotary Club of Ashburn...
Congratulations on three
outstanding years!**

Agenda:

1. Pledge of Allegiance
2. Invocation
3. Lunch
4. Introduction of Guests
5. Club Announcements
6. Guest Speaker
Presentation
7. Upcoming Events
8. 50:50 Drawing/Happy
Talk
9. Four Way Test
10. Adjourn 1:15 PM
11. BOD Meeting — following
Club Meeting when sched-
uled.

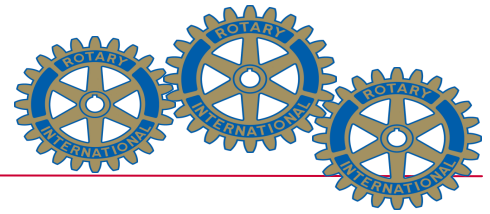
The Four-Way Test

"Of the things we think say or 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?"

Reminder:

The Service Committee will meet at 11:00 AM on February 14.



February 14, 2013 National Heart to Heart Day



1. The average adult heart beats 72 times a minute; 100,000 times a day; 3,600,000 times a year; and 2.5 billion times during a lifetime.
2. Though weighing only 11 ounces on average, a healthy heart pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day.
3. A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.
4. The heart begins beating at four weeks after conception and does not stop until death.
5. A newborn baby has about one cup of blood in circulation. An adult human has about four to five quarts which the heart pumps to all the tissues and to and from the lungs in about one minute while beating 75 times.
6. Many believe the 'X' symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an 'X.' The 'X' was then kissed to show their sincerity.

Quote of the Week

“I hope I shall possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an honest man. “

- George Washington

COMMITTEE MEETING REMINDERS:

Membership Committee: 1st Thursday, 11 AM

Service Committee: 2nd Thursday, 11 AM

PR Committee: 3rd Thursday, 11 AM

BOD Meeting: 3rd Thursday, immediately following the club meeting.

Fund Raising Committee: 4th Thursday, immediately following the club meeting.

Congratulations! Ashburn Rotary Club Chartered Feb. 19, 2010

The Rotary Club of Ashburn, VA Board of Directors 2012-2013

Shawn Mitchell, President

Mary L. Maguire, Vice President

Nancy Pav, Secretary

John Casamiquela, Treasurer

Keith Reeve, Sergeant at Arms

Jodi Daniel, Director

Linda Carducci, Director

Michael Schimmel, Director

Justina Dee, Director

Michael Kipp, Director

Doug Corbett, Director

Sam Wiley, Director

www.rotaryclubofashburnva.org

Upcoming Meetings & Special Events

February 14: Bill May—One Loudoun

February 21: Greg Adgate—Equinix—Loudoun Data Centers

February 28: Ken Falke—Shoulder 2 Shoulder

Weekly Greeter Schedule:

February 14: Michael Kipp

February 21: Kathy Knight

February 28: Christopher Little

March 7: Stephen Maro

Note: All Meetings, unless otherwise noted, will be held at the 1757 Golf Club from 12:00 to 1:15 PM.