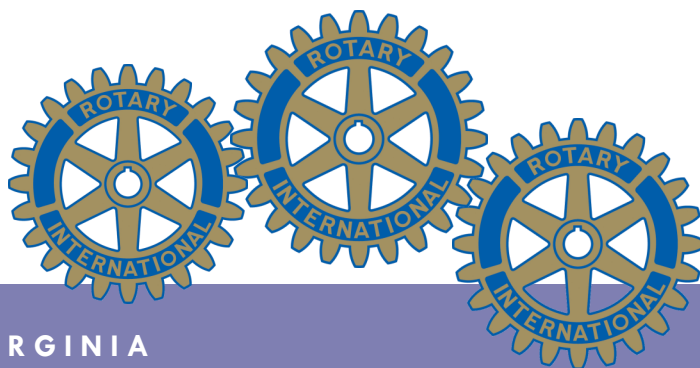


# The Hub



ROTARY CLUB OF ASHBURN, VIRGINIA

Volume 1, Issue 57

May 12, 2011

## Alison Sonak, Sonak Family Chiropractic and Wellness Center Owner, to Speak to Ashburn Rotarians

Alison and her husband Dr. Will are the owners of Sonak Family Chiropractic and Life Wellness in Sterling. It is a unique alternative healthcare facility offering Chiropractic, Nutrition Counseling, massage, Belly dancing, yoga and health education seminars.

She has been a Registered Dietitian for 13 years and has spent the majority of her career coaching local residents on how to make healthier food choices for themselves and their family. She is making it her personal mission to make Loudoun County not just one of the "wealthiest" counties but one of the "healthiest" counties.

She is an Ashburn Village resident and proud mom to a 4 yr old and 6 yr old.

She is often heard saying she loves food so much she made a career out of it. When she's not working as a Dietitian she can usually be found in her kitchen or in her garden.

## REGISTER NOW! CLUB LEADERSHIP TRAINING SEMINAR



Reach Within to Embrace Humanity

**MAY 14, 2011**

**Continental Breakfast and Registration is at 8:00a.m.**

**Seminar begins at 9:00a.m.**

**Location is:**

**Stafford High School  
33 Stafford Indian Lane  
Falmouth, VA 22405**

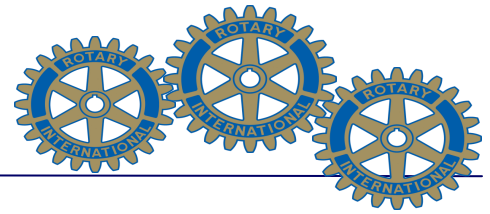
### Agenda:

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?"



## Washington Nationals offer special seating for the July 30 game with New York Mets.

Rotary Districts 7610 and 7600 are teaming up again this season with the Washington Nationals to eradicate polio worldwide. The July 30 game versus the New York Mets has been designated as End Polio Now Night. We can participate in this special evening by purchasing tickets to the game. For each ticket sold, the Washington Nationals will contribute \$5.00 to Rotary's PolioPlus Fund to continue this important campaign we began over 30 years ago.

There again is overwhelming interest in our district to reserve blocks of seats so our clubs can enjoy the game and engage in fellowship with our closest Rotarian friends. However, to obtain blocks of seats we must have each club coordinate its ticket sales and then submit a check for bulk orders to District Treasurer John Grzejka. Clubs can reserve either Left Field Mezzanine (\$30) or Left Field Baseline Reserved (\$45) seats. Please note the following important procedures and rules:

- Club checks for tickets should be made out to "Rotary District 7610" and sent to District Treasurer John Grzejka at 9389 Cloudberry Way, Manassas, VA, 20110 (No credit card transactions).
- Tickets will be distributed to clubs at upcoming district events as they become available. No tickets will be left at will call for pick up.
- All club checks for orders must be received no later than June 30.
- Orders made after the deadline must go through the link provided by the Washington Nationals (These orders are subject to service fees and are not part of the Rotary District 7610 block of seats).
- No refunds or exchanges will be given once any order is placed.



### The Rotary Club of Ashburn, VA Board of Directors

John Warren, President	Nancy Pav, Director
Ray RePage, Vice President	Sam Wiley, Director
Mary Maguire, Secretary	Jay Brown, Director
John Casamiquela, Treasurer	Larry Deigh, Director
Shawn Mitchell, Sergeant at Arms	Charles Kapur, Director
Kathy Knight, Director	

[www.rotaryclubofashburnva.org](http://www.rotaryclubofashburnva.org)

### Upcoming Meetings & Special Events

[Service Projects Committee Meeting](#) — 1757 Golf Club, May 12, 2011 at 11:00 AM

[Club Meeting](#) — Alison Sonak, Sonak Chiropractic and Wellness Center, May 12, 2011 at 12:00 PM, 1757 Golf Club

[Membership Committee Meeting](#) — IHOP Restaurant Jun 06, 2011 at 8:00 AM

### Weekly Greeter Schedule:

**Wanted — Weekly Greeters! Contact Dr. Steve to sign up for an opportunity to serve your Club, welcoming our weekly guests!**

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