

## Rotary Club of Tysons Corner

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

### Officers, Directors, and Communication Functions

President	Ingrid Parrish-Hicklin	ingrid.parrishicklin@fairfaxcounty.gov
RCTC Foundation Chair	Ronnie Chantker	rmccpa97@aol.com
President Elect	Mary Edwards	mary.edwards@bbandt.com
President Nominee	Timothy Long	tlong@abraxascorp.com
Secretary	Tony Rounds	tonyr@rvarchitects.com
Treasurer	Carolyn Stys	cstys@bluemontcapital.com
Sergeant-at-Arms	Richard Kaplar	kaplar@mediainstitute.org
RI Foundation Chair	Suzanne McDougall	spmed@cox.net
Directors		
Club Service	Richard Lanier	lanierphoto@verizon.net
Community Service	Duane Dodwell	duane.dodwell@fairfaxcounty.gov
Vocational Service	William Schipper	wvschipper@yahoo.com
International Service	Timothy Long	tlong@abraxascorp.com
Communication Functions		
Program Chair	Richard Lanier	lanierphoto@verizon.net
Publicity Chair	Laurel Kent	laurel.kent@rbc.com
Communications Chair	Richard Kaplar	kaplar@mediainstitute.org
Tower Talk Co-Editors	Richard Kaplar	kaplar@mediainstitute.org
	Hunter Herron	hunter.herron@comcast.net
Historian	David Danner	dldanner@ideamatics.net

### Nearby Clubs

Monday	7:30 am	Fair Lakes, Fair Lakes Hyatt
	12:15 pm	Fairfax, American Legion Post 177, Fairfax City
	12:30 pm	Alexandria West, Sheraton across from Steak & Ale
	12:30 pm	Sterling, Logan's Roadhouse
Tuesday	7:30 am	Burke, Brion's Grille
	12:00 pm	McLean, Redeemer Lutheran Church
	12:15 pm	Alexandria, Belle Haven Country Club
	12:30 pm	Rosslyn/Fort Myer, Holiday Inn Westpark
Wednesday	7:30 am	Crystal City/Pentagon, Crystal City Marriott
	7:30 am	Herndon, Amphora Diner
	12:15 pm	Annandale, Squire Rockwell
	12:15 pm	Reston, Hidden Creek County Club
	12:15 pm	Vienna, Marco Polo Restaurant
Thursday	7:30 am	Great Falls, Riverbend Golf & Country Club (375 Walker Road)
	7:30 am	Tysons Corner, Tower Club (8000 Towers Crescent Dr., Vienna)
	12:00 pm	Ashburn, 1757 Golf Club
	12:15 pm	Arlington, La Cote D'or (2201 N. Westmoreland St.)
	12:15 pm	Springfield, J.W. and Friends Restaurant (6531 Backlick Road)
	6:30 pm	Falls Church, Harvest Moon Restaurant
Friday	7:30 am	Bailey's Crossroads, Goodwin House (3440 S. Jefferson St., Falls Church)
	7:30 am	Dulles, Dulles Hilton
	12:00 pm	Dunn Loring-Merrifield, Tower Club (8000 Towers Crescent Dr., Vienna)

# Tower Talk

## The Weekly Journal of the Rotary Club of Tysons Corner

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### Today's Speaker

### Mai Abdel-Ghani RCTC Foundation Scholar

Today we welcome one of our young scholars, Mai Abdel-Ghani. Mai is a sophomore at George Mason University and is a graduate of George C. Marshall High School. She will give us an update on her progress and her impressions of college life.

Mai received a scholarship from

the Rotary Club of Tysons Corner Foundation to help with her studies. The \$1,000 scholarship is renewable annually provided Mai maintains a 3.0 GPA – and it looks like she won't have a problem doing that!

Mai spent last summer as an intern at the George Washington University School of Medicine, where she "shadowed" an orthopedic surgeon. Mai is already gaining recognition as a researcher and author of journal articles.



**Ring That Bell:** Mary Edwards (left) helps two girls get into the spirit of giving as she rings the bell for the Salvation Army on Dec. 10. Club members manned the kettle outside Macy's at Tysons Galleria on a sunny and crisp Saturday from 10 a.m. to 5 p.m.

## Club Is Part of Rotary Team Helping 'Homestretch'



The Rotary Club of Tysons Corner has teamed with nine other local Rotary clubs to assist Homestretch, a nonprofit organization in Falls Church that provides transitional housing to homeless families in Fairfax County.

Club President Ingrid Parrish-Hicklin (center right, above) and leaders of other clubs presented Homestretch officials with a check for \$10,527 to start a preschool program for the children of Homestretch

families. The funds will purchase furniture, carpet, books, children's center supplies, and teachers' instructional materials. The goal of the "Kidstretch" center is to enable children to become kindergarten-ready so they can succeed in elementary school and beyond.

The facility will open in February 2012 in the Homestretch office building on Maple Avenue in Falls Church. Homestretch provides services for about 100 families.

### Future Speakers

Jan 5	Dingwall Fleary	McLean Symphony
Jan 12	Robert F. Dorr	Berlin and the Air War
Jan 19	PDG Ken Shook	Getting Hooked on Memories

## Striving for Wellness



Sandra Strauss shared her prescription for leading a healthier and more energetic life at our Dec. 22 meeting. The first step, she said, is to eliminate as many toxins, pesticides, and chemicals from our diets as possible. Buying organic foods and avoiding tap water are two good ways to accomplish this.

### Thursday Thought:

To steal from one person is plagiarism. To steal from many is research.

## It's Election Day!

Today we vote on the slate of officers and directors for Rotary Year 2012-13, which begins July 1:

President: Mary Edwards  
 President Elect: Tim Long  
 President Nominee: Richard Lanier  
 Secretary: Tony Rounds  
 Treasurer: Brian Mansir  
 Club Service Director: needed  
 Community Service: Duane Dodwell  
 International Service: Babu Stephen  
 Vocational Service: Bill Schipper  
 Sergeant-at-Arms: Rick Kaplar

Mary still needs a Club Service Director. Please volunteer!

### SAVE THE DATE...

**Monday, Jan. 9:** Board of Directors meeting hosted by Bill Schipper, location TBA, 6 p.m.

### Dinner Schedule for Alternative House

Jan 4	Bill Keen	Feb 8	Tim Long
Jan 11	Moe Levy	Feb 15	Babu Stephen
Jan 18	Catherine Ahearn	Feb 22	George Mushrush
Jan 25	Bishnu Poudel	Feb 29	Isabel Kelly
Feb 1	Mary Edwards	March 7	Burt Heacock

Dinner providers should call 703-356-6360 on the Tuesday before delivering dinner on Wednesday and ask the counselor on duty how many persons are expected to be present for the meal at 2100 Gallows Road, Vienna.

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