

Rotary Club of Tysons Corner

www.tysonsrotary.org

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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

Robert K. Boggs, Ph.D. Foreign Affairs Analyst

Today we welcome Dr. Robert K. Boggs, professor at the Near East South Asia (NESA) Center for Strategic Studies. He joined NESA in 2008 after serving 32 years in the State Department as political officer and all-source intelligence analyst.

During his career, Dr. Boggs became one of the State Department's most experienced specialists in South Asia, having served in India (nine years), Sri Lanka, and Nepal. He headed the U.S. Embassy's Political Section in New Delhi and the U.S. Consulate General in Calcutta.

In Washington, Dr. Boggs served as Pakistan desk officer and as director of the Office of South Asian Regional Affairs. His last overseas assignment was as Deputy Chief of Mission in Kathmandu.

During almost four years in the Bureau of Intelligence and Research, Dr. Boggs was the State Department's political analyst for Pakistan and Bangladesh. He also has worked overseas or in Washington on Egypt, Central Africa, and Haiti.

Dr. Boggs holds an M.A. and Ph.D. in sociology from the University of California at Berkeley.



It's a Stretch: Fitness expert Jane Nash shows how to use a stretch rope to stay in shape during her May 3 presentation. She demonstrated a variety of exercises one can perform at home or while traveling. Story on page 3.



Remembering Tony: Club members have lifted up Past President Denise Dixon-Basil and her family in their thoughts and prayers following the death of her husband, Tony Basil, on April 29. Denise and Tony (shown above at Monte Carlo Night in 2008) married in 1990 and had two children, Charles and Angelica. Tony retired from Safeway after a 30-year career, starting as a night stocker and rising to management. Most recently he was a Customer Service Manager at Giant Food. Crowds of friends visited at First Baptist Church in Vienna on May 6 and attended a funeral Mass at St. Ambrose Catholic Church in Annandale on May 7. Interment was at Solon Cemetery in Middleburg.

Future Speakers

May 17	Denise Bruner, M.D.	Women's Health
May 24	Tyra Garlington	Classification Talk
May 31	Shankar P. Sharma, Ph.D.	Ambassador of Nepal

Staying Fit Doesn't Take Expensive Equipment

Maintaining a healthy level of strength and fitness doesn't require fancy gym equipment – in fact, one can stay in shape using a chair and simple stretch ropes and elastic bands, said Jane Nash, director of fitness at Leisure World of Virginia.

Speaking at our May 3 meeting, Jane demonstrated exercises one can perform while seated or using a chair for balance. Adding resistance devices like stretch ropes intensifies the workout, she said.

Tony Rounds said he got tired just watching her.

Thursday Thought

Brain teaser: Jo was 20 in 1980, but she was 15 in 1985. How is this possible? (Answer next week.)

SAVE THE DATE...

Wednesday, May 16: Board of Directors meeting at BB&T Bank, 8200 Greensboro Dr., 6-7:30 p.m.

Saturday, May 19: District Leadership Training Seminar for incoming officers and directors. Register at rota-ry7610.org.

Saturday, June 9: Brunch for incoming and outgoing Boards of Directors at home of Ingrid Parris-Hicklin.

Thursday, June 21: Installation Dinner for 2012-13 Club officers and directors at the Tower Club.

Friday, June 29: District 7610 Awards and Installation Banquet, Faquier Springs Country Club, Warrenton, social at 5:30 p.m., dinner at 6:30 p.m.

Dinner Schedule for Alternative House

May 16	Duane Dodwell	June 20	Tyra Garlington
May 23	Tony Rounds	June 27	Dick Streaan
May 30	James Maloney	July 4	Bill Schipper
June 6	Campbell Maloney	July 11	Ed Beck
June 13	Brian Mansir	July 18	David Danner

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