4 May 14, 2012 Tower Talk

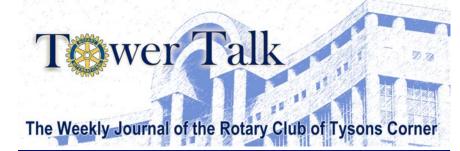
# Rotary Club of Tysons Corner www.tysonsrotary.org

### Officers, Directors, and Communication Functions

President	Ingrid Parris-Hicklin	udono21@aol.com
RCTC Foundation Chair	Ronnie Chantker	rmccpa97@aol.com
President Elect	Mary Edwards	mary.edwards@bbandt.com
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Sergeant-at-Arms	Richard Kaplar	kaplar@mediainstitute.org
RI Foundation Chair	Suzanne McDougall	spmcd@cox.net
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Community Service	Duane Dodwell	duane.dodwell@fairfaxcounty.gov
Vocational Service	William Schipper	wvschipper@yahoo.com
International Service	Timothy Long	tlong@abraxascorp.com
Communication Functions		
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Publicity Chair	Laurel Kent	laurel.kent@rbc.com
Communications Chair	Richard Kaplar	kaplar@mediainstitute.org
Tower Talk Co-Editors	Richard Kaplar Hunter Herron	kaplar@mediainstitute.org hunter.herron@comcast.net
Historian	David Danner	dldanner@ideamatics.net

### **Nearby Clubs**

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



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### Today's Speaker

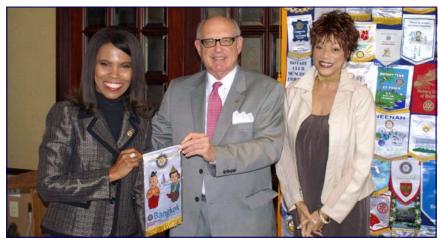
## William Day Children's World Peace Organization

Today we welcome William Day, founder of the Children's World Peace Organization (CWPO).

CWPO offers a curriculum for primary grades to help children achieve three goals: live in peace with each other; be more knowledgeable about living in harmony with the environment; and be more accepting of all religions and spiritual practices.

William founded CWPO in 2011 after being active in several peace and environmental groups. He started working with children as a youth group leader in the 1980s. During the 1990s he raised two daughters and worked as a mental health care counselor.

A native of Dallas, William graduated from Arizona State University and went on to earn an MBA from Harvard and a Master's degree in counseling from West Virginia University.



**Back From Bangkok:** The Club's intrepid travelers to the RI Convention in Bangkok returned to the familiar confines of the Tower Club on May 17. Showing off a banner from the convention are (from left) President Ingrid Parris-Hicklin, Ed Beck, and Tyra Garlington.

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### **Hero Dog Ike Finds New Home With Veteran**

You might remember General Eisenhower, or "Ike," the Labrador retriever who visited our Club with Lynne Bettinger on Feb. 2. At that time Ike was in training to be a service dog under the auspices of Hero Dogs, Inc., of Brookeville, Md.

Lynne said that Ike would soon find a new home with a wounded veteran. And indeed he has!

Ike has been paired with Luke, an Army veteran. Ike and Luke trained together for four hours per day for



Ike and his new human, Luke

three weeks, working on Ike's obedience and special skills. Ike then went home to live with Luke, his wife, their two cats, and poodle. Ike and Luke still return to Hero Dogs once a week for more training.

Ike helps Luke in a variety of ways, like licking him to help wake up when the alarm goes off, steadying Luke when he gets dizzy, and turning on stairway lights for him.

For more about Ike and Luke, see Richard Lanier's e-mail of May 16.

### **Volunteers Needed**

CLUB POSITIONS: President Elect Mary Edwards needs two good persons to fill recent openings in her team for 2012-13: Director of Community Service (to replace Duane Dodwell) and Program Chair (to replace Nathan Winstead). Please step up and help Mary have a successful year!

STOP HUNGER NOW: McLean Rotarian Bob Hahne has offered Tysons Corner a seat on the planning committee for the next Stop Hunger Now meal-packing event slated for Nov. 10. See David Danner for details or to volunteer.

# **Future Speakers**

May 31	Shankar P. Sharma, Ph.D.	Ambassador of Nepal
June 7	David Quegg	Tibetan Children's Schools
June 14	Tyra Garlington	Classification Talk

### TOWER TALK May 24, 2012 3

### **Know Your Numbers**



Denise E. Bruner, M.D., a board-certified doctor in bariatrics (weight management), discussed the basics of good health and nutrition at our May 17 meeting.

Among her key recommendations: "Know your numbers." These include your body mass index (BMI), cholesterol, triglycerides, waist size, blood pressure, homocysteine, C-reactive protein (CRP), and Vitamin D levels. Dr. Bruner stressed the importance of staying hydrated with water and avoiding high-fructose corn syrup and even too much fruit juice ("liquid sugar").

### SAVE THE DATE...

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

Monday, June 18: Dunn Loring/Merrifield Rotary Golf Tournament at The Piedmot Club, Haymarket, Va. Details: 703-442-3890.

**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.

### Thursday Thought:

"He loves nature in spite of what it did to him."

— Forrest Tucker

### **Dinner Schedule for Alternative House**

May 30	James Maloney	July 4	Bill Schipper
June 6	Campbell Maloney	July 11	Ed Beck
June 13	Duane Dodwell	July 18	David Danner
June 20	Tyra Garlington	July 25	Ingrid Parris-Hicklin
June 27	Dick Strean	Aug 1	Glenn Rounsevell

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