

## Rotary Club of Tysons Corner

[www.tysonsrotary.org](http://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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Secretary	Tony Rounds	trounds5050@gmail.com
Treasurer	Brian Mansir	bmansir@lmi.org
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
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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

#### 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.

## 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

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.



*Ike and his new human, Luke*

## 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

## 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 Piedmont 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 Streaun	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](http://www.thealternativehouse.org)