

## 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
President Nominee	Timothy Long	tlong@abraxascorp.com
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
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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

Volume VII

May 3, 2012

Issue No. 42

### Today's Speaker

## Jane Nash Keeping Fit While Traveling

This morning we welcome Jane Nash, director of fitness at Leisure World of Virginia. Jane will share tips on how to keep fit and healthy while traveling and on vacation.

Jane has worked in the fitness field for 26 years. She has served as fitness director, group fitness instructor, certified personal trainer, aerobics coordinator, fitness specialist, and business owner.



**Bound for Uganda:** Brittany Bennett describes the year she'll spend studying and working in Uganda at our April 26 meeting. Story on page 3.

In 1988, Jane started instructing group exercise classes. She began personal training in 1995 at a variety of health clubs, in addition to corporate, government, senior fitness, community, resort, and medical spa facilities.

Jane has fitness certifications from the American Council on Exercise, the American College of Sports Medicine, and the National Strength and Conditioning Association.

At Leisure World, Jane manages the aquatic center, the health club, and the aerobics studio. She coordinates wellness and fitness lectures, and plans and implements fitness and wellness programs for the 1,500 residents of the Lansdowne complex.

Jane still finds time to teach fitness classes and do personal training.

### A Loss in the Family

The Club extends its deepest sympathy to Past President Denise Dixon-Basil on the loss of her husband, Tony, who died April 29. Many members had a chance to enjoy the company of Tony, whom Denise described as her "best friend and loving husband," at Club social events. Our thoughts and prayers are with Denise and her family during this difficult time.

## Spring Wine Tasting Gala Thank You From Chairman Tim Long

I greatly appreciate all the support of the Club membership for our Wine Tasting Gala on April 21. This outstanding event would not have been possible without the work of the committee and



provide us with more funds.

For those of you who came, please spread the word for next year. For those who could not make it, mark your calendars early. It is something not to be missed.

Again, many thanks to all,

**Tim Long**  
Gala Chairman

### *Our Hard-Working Committee Members*

Ronnie Chantker  
Mary Edwards  
Moe Levy  
Campbell Maloney  
Brian Mansir  
Suzanne McDougall  
Ingrid Parris-Hicklin  
Dick Streaan

the many volunteers. And a special thank you to Glenn and Ann Rounsevell for making a week at their Spanish villa available as the raffle grand prize.

It was a milestone to have four Rotaract members participate. The Gannett location was perfect for the fundraiser and the food they supplied was the best we have had.

Louis, at The Vineyard, did an excellent job in selecting the wines. The quality and variety was much better this year. It showed in the number of wine orders we received, which means our 15 percent cut will

### Future Speakers

May 10	Robert Boggs, Ph.D.	Foreign Affairs Analyst
May 17	Dr. Denise Bruner	Women's Health
May 24	Tyra Garlington-Skinn	Classification Talk

## Ambassadorial Scholar Plans Year in Uganda

Brittany Bennett is a determined young woman who already knows that she wants to be an international human rights attorney.

But first she plans to spend the upcoming academic year as a Rotary Ambassadorial Scholar in Uganda, where she will study at Makerere University in Kampala and work on community service projects to help alleviate poverty and improve education.

Brittany described her aspirations as a Rotary Scholar at our April 26 meeting.

A graduate of George Mason University, Brittany chose Uganda because she wanted to get outside her comfort zone, she said.

### **Thursday Thought:**

**No one is ever too old to learn, and that may be why so many of us keep putting it off.**

## 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 [rotary7610.org](http://rotary7610.org).

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

## Off to Thailand!

**BON VOYAGE** to President Ingrid Parris-Hicklin, Ed Beck, and Tyra Garlington, who leave today for the 2012 Rotary International Convention in Bangkok, Thailand. We wish them well on their great adventure and we look forward to hearing about their experiences.

## Dinner Schedule for Alternative House

May 9	Christoph Roessler	June 13	Brian Mansir
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

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)