

Rotary Club of Tysons Corner

www.tysonsrotary.org

Officers, Directors, and Communication Functions

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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 Country 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

DG Jon Allan Governor, District 7610

This morning we welcome District Governor Jon Allan, District 7610's governor from July 1, 2011, to June 30, 2012.

Jon joined the Burke Rotary Club in 1984 and served as president in 1992-93. He then served three district governors as area representative and held several other positions, including district secretary.

Jon led the District 7610 GSE

team to India in December 2008.

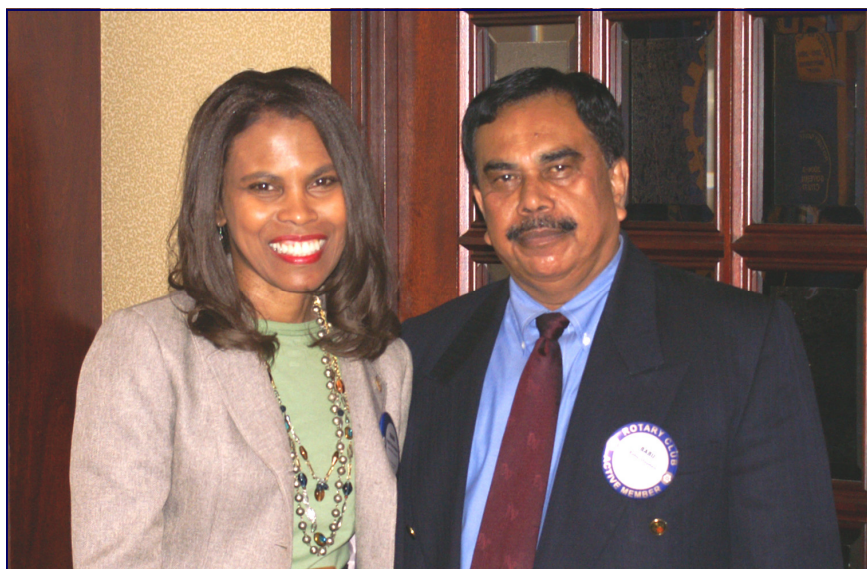
He is a member of the District 7610 Paul Harris Society, a Foundation Benefactor, and a Major Donor.

A native of Syracuse, Jon graduated from the University of Maine in 1962. He served as an Army officer from 1962 to 1983, including two tours in Germany and two tours in Vietnam. He retired as a lieutenant colonel and then pursued a second career in the IT field.

Jon and his wife, Mary, live in Burke and have one daughter, Julie, who teaches elementary school in Charleston, S.C.



INOVA Update: Bob Lazaro (left) and Jeff Carr (right) of the INOVA Health System discuss the growth of the system and its cutting-edge wellness programs at our Nov. 27 meeting. See page 3.



Thanks, Babu: At last week's meeting Babu Stephen (right) was presented with an elegant serving tray by President Ingrid Parris-Hicklin as a token of the Club's appreciation for the Indian dinner that he and his wife, Gracy, hosted at their home on Aug. 20. The dinner was the Club's premier social event of the summer.

Monte Carlo Night Is Tomorrow!

Friday, November 4, 2011
6:30 p.m. to 11 p.m.

Fairview Park Marriott
3111 Fairview Park Drive
Falls Church, Virginia

Future Speakers

Nov 10	Bill Schipper	Classification Talk
Nov 17	Chris Zimmerman	Fairfax Symphony
Dec 1	Don Strehle	BB&T Bank

INOVA Health System Puts Priority on Wellness

With six hospitals plus stand-alone emergency rooms, urgent care centers, and other facilities, the INOVA Health System is well-equipped to deal with sickness, disease, and trauma. But a major focus of the system has become wellness programs aimed at keeping people healthy. On Nov. 27, Bob Lazaro and Jeff Carr of INOVA described the growth of those programs and the infrastructure to accommodate them.

INOVA currently provides on-site wellness programs for about 800 companies. These include a Work Life program and a Health Works program that provides health assessments of employees.

The system also offers a VIP 360 program of concierge care at Fairfax Hospital as well as a Corporate 360 health program for executives.

SAVE THE DATE...

Friday, Nov. 4: Monte Carlo Night at Fairview Park Marriott, 6:30 p.m. See page 2.

Saturday, Nov 5: "Stop Hunger Now" meal-packing event at Redeemer Lutheran Church in McLean. Volunteer shifts at 8:30 a.m., 11 a.m., 1:30 p.m.

Saturday, Nov. 5: District 7610 Rotary Foundation Awards Banquet at Cannon Ridge Golf Club, Fredericksburg. Cocktails 5:30 p.m., dinner 6:30 p.m. Register (\$45) at rotary7610.org.

Thursday Thought:

"Suppose you're an idiot, and suppose you're in Congress ... but I repeated myself."

— Mark Twain

Dinner Schedule for Alternative House

Nov 9	David Danner	Dec 14	Laurie Kent
Nov 16	Ed Beck	Dec 21	Marilyn Mitchell
Nov 23	Ingrid Parris-Hicklin	Dec 28	David Talebian
Nov 30	Carolyn Stys	Jan 4	Bill Keen
Dec 7	Glenn Rounsevell	Jan 11	Moe Levy

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