

Rotary Club of Tysons Corner

www.tysonsrotary.org

Officers, Chairs, and Communication Functions

President	Mary Edwards	mary.smeltzer.edwards@gmail.com
President Elect	Timothy Long	tlong@gmail.com
President Nominee	Richard Lanier	lanierphoto@verizon.net
Secretary	Tony Rounds	trounds5050@gmail.com
Treasurer	Brian Mansir	bmansir@lmi.org
Sergeant-at-Arms	Richard Kaplar	kaplar@mediainstitute.org
Chairs		
Club Service	Katherine Barnett	katherine_barnett@ml.com
Community Service	Catherine Ahearn	cgahearn@gmail.com
New Generations	Suzanne McDougall	spmcd@cox.net
International Service	Babu Stephen	babu@babustephen.com
Program Chair	Katherine Barnett	katherine_barnett@ml.com
RCTC Foundation Chair	Ingrid Parris-Hicklin	udono21@aol.com
Rotary Foundation Chair	Ronnie Chantker	rmccpa97@aol.com
Historian	David Danner	dldanner@ideamatics.net
Communication Functions		
Communications Chair	Richard Kaplar	kaplar@mediainstitute.org
Publicity Chair	Campbell Maloney	campbell@blueunderground.com
Tower Talk Co-Editors	Richard Kaplar	kaplar@mediainstitute.org
	Hunter Herron	hunter.herron@comcast.net

Nearby Clubs

Monday	7:30 am	Alexandria South, IHOP, 7694 Richmond Highway, Alexandria
	12:15 pm	Fairfax, American Legion Post 177, Fairfax City
	12:30 pm	Sterling, Logan's Roadhouse, Sterling
Tuesday	7:30 am	Burke, Brion's Grille, Burke
	11:30 am	Centreville, Eggspectations Restaurant, Chantilly
	12:00 pm	McLean, Lutheran Church of the Redeemer Fellowship Hall, McLean
	12:15 pm	Alexandria, Belle Haven Country Club, Alexandria
Wednesday	12:30 pm	Rosslyn-Fort Myer, Vantage Point Restaurant at Holiday Inn, Arlington
	7:30 am	Herndon, Amphora Diner Deluxe, Herndon
	7:30 am	Fair Lakes, Fairfax Marriott at Fair Oaks, Fairfax
	7:30 am	West Springfield, Springfield Golf and Country Club, Springfield
	7:30 am	Crystal City-Pentagon, Crystal City Sports Pub, Arlington
	12:15 pm	Reston, Hidden Creek Country Club, Reston
	12:15 pm	Annandale, Juke Box Diner, Annandale
	12:15 pm	Vienna, Marco Polo Restaurant, Vienna
Thursday	6:45 pm	Mount Vernon, Cedar Knoll Inn on the Potomac, Alexandria
	7:30 am	Great Falls, Riverbend Golf & Country Club, Great Falls
	12:00 pm	Ashburn, 1757 Golf Club, Dulles
	12:15 pm	Arlington, La Cote D'or Restaurant, Arlington
	12:15 pm	Springfield, JW & Friends Restaurant, Springfield
Friday	6:30 pm	Falls Church, Harvest Moon Restaurant, Falls Church
	7:30 am	Bailey's Crossroads, Goodwin House, Falls Church
	7:30 am	Dulles International Airport, Hilton Washington Dulles, Dulles Airport
	12:30 pm	Dunn Loring-Merrifield, Shula's in the Tysons Corner Marriott, Vienna

Tower Talk

The Weekly Journal of the Rotary Club of Tysons Corner

Volume VIII

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Issue No. 45

Today's Speaker

Hon K. Lee, L.Ac, Dipl.OM Qigong for Optimal Wellness

Today we welcome Hon K. Lee, a nationally certified acupuncturist licensed by the Virginia Medical Board.

Mr. Lee is a certified instructor of Qigong (pronounced "chee gung"), a key pillar of Traditional Chinese Medicine. The term "Qigong" refers to methods used to cultivate and manipulate Qi

(universal energy) to keep life-force energy flowing smoothly through the body's energy pathways.

Mr. Lee will demonstrate simple Qigong techniques for becoming stronger and healthier.

Mr. Lee graduated from the Maryland Institute of Traditional Chinese Medicine. He had clinical training at the Shanghai College of Traditional Chinese Medicine, and completed a postgraduate program in Chinese herbal medicine at the TAI Sophia Institute.



Lucky Ace: Katherine Barnett shows off her winnings after drawing the ace of spades to claim the Big Pot on May 16. Katherine drew the ace from among 36 cards and walked away with \$169 in cash. The Big Pot in the weekly raffle benefiting the Will Soza Memorial Scholarship now goes back to the minimum \$50.

Club's Financial Experts Peer Into the Future



Crystal ball gazing was the order of the day on May 16 as our resident financial experts offered their insights into what might lie ahead for investors.

Taking part in the investment panel were, from left, Laurie Kent, senior vice president at RBC Wealth Management in McLean; Katherine Barnett, investment consultant at Merrill Lynch in Vienna;

and Ross Anderson, financial advisor at Morgan Stanley Wealth Management in Fairfax.

Today's global orientation toward investing was evident. Panelists noted that many foreign stocks are currently underpriced, and also suggested looking at American companies that provide products for the growing middle classes of China and other countries.

Welcome the New Team

**Installation Dinner
June 13, 2013
Wildfire Restaurant
Tysons Galleria**

Thursday Thought:

The positive thinker sees the invisible, feels the intangible, and achieves the impossible.

Future Speakers

May 30	Fritz McDougall	Adventures in Antarctica
June 6	Cindy Flanders	Managing Fearlessly

Nats Offer Season-Long Promotion To End Polio

The Washington Nationals have extended their discount coupon promotion to Rotary for all 2013 home games. For every ticket sold, the Nats will donate \$5 to Rotary's PolioPlus program.

The April issue of *The Rotarian* magazine contains a full-page ad for the season-long discount coupon program. To avoid any confusion, Rotarians can use the season-long discount coupon promotion for all Nationals games except "End Polio Now" Night on July 20. Tickets for that game can be ordered through the Club.

Simply go to nationals.com/tickets and enter promotion code ENDPOLIO to view the sections and discounts for the other home games.

Complete information about this discount promotion, plus the special game on July 20, is available on the Club website.

SAVE THE DATE...

Thursday, June 13: Installation Dinner for 2013-14 officers and chairs at Wildfire Restaurant, Tysons Galleria. See Huong Van for details. No morning meeting.

Tuesday, June 18: Joint Board of Directors meeting (incoming and outgoing officers and chairs), location TBA, 6 p.m. to 9 p.m.

Saturday, July 20: Washington Nationals "End Polio Now" Night vs. Los Angeles Dodgers at Nationals Park. Details on Club website, tysonsrotary.org.

LUNCH DATE: Have you taken a fellow Club member to lunch yet? See Glenn Rounsevell if you haven't drawn a member's business card – or if you forgot whose card you drew. It's a great way to know each other better!

Dinner Schedule for Alternative House

May 29	Isabel Kelly	July 3	Richard Lanier
June 5	Burt Heacock	July 10	Katherine Barnett
June 12	Suzanne McDougall	July 17	Ronnie Chantker
June 19	Rick Kaplar	July 24	Tony Rounds
June 26	Marshal Hyman	July 31	James Maloney

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