

## Rotary Club of Tysons Corner

[www.tysonsrotary.org](http://www.tysonsrotary.org)

### Officers, Chairs, and Communication Functions

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### 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
	6:45 pm	Mount Vernon, Cedar Knoll Inn on the Potomac, Alexandria
Thursday	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
	6:30 pm	Falls Church, Harvest Moon Restaurant, Falls Church
Friday	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

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### Today's Speaker

### Fritz McDougall

### Adventures in Antarctica

This morning we welcome a Rotary family member, Fritz McDougall, husband of Suzanne.

Fritz will describe an expedition that he and his daughter took to the pristine wilderness of Antarctica. Their group was fortunate to make 10 landings on the continent in Zodiac landing craft. The

two-week adventure also featured several stops in South America, including the magnificent Iguacu Falls.

Fritz is a retired Air Force pilot who served in Europe, Southeast Asia, and the United States. After leaving the Air Force, he was a program manager for the defense division of GTE.

For the past 19 years, Fritz has been an independent consultant managing proposal development for defense contractors. He considers himself "semi-retired."



**Welcome, Friends:** President Elect Tim Long (left) congratulates Anne and Bob Jansen after designating them Tysons Corner "Friends of Rotary" at our May 23 meeting. Story on page 2.

## New 'Friends of Rotary' Are Active in Water Project

Two dedicated volunteers who work diligently for the District 7610 Water Alliance have been honored by our Club as "Friends of Rotary."

Bob and Anne Jansen received that recognition, and their Rotary pins, from President Elect Tim Long on May 23. "Friends of Rotary" is a designation established by Rotary International to recognize individuals who are not Rotarians, but who have contributed their time and talents to Rotary projects in the

spirit of Service Above Self.

Bob and Anne are exemplary Friends of Rotary because they have been deeply involved in the Zambian Water Project organized by the D7610 Water Alliance. In fact, the Jansens are traveling to Zambia with Alliance members on the current due-diligence trip.

The Alliance is co-chaired by our own Tim Long and Andrew Wade of the Rotary Club of Dulles International Airport.

## 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](http://nationals.com/tickets) and enter promotion code ENDPOLIO to view the sections and discounts for the other games.

### Future Speakers

June 6	Cindy Flanders	Managing Fearlessly
June 13	Installation Dinner	No Morning Meeting
June 20	Deborah Parker	Motivational Leadership
June 27	Medini Adhikary	Rotary Projects in Nepal

## Flowing Energy Is Key



Hon. K. Lee demonstrated techniques of Qigong, a pillar of Traditional Chinese Medicine, at our May 23 meeting. Qigong keeps energy flowing smoothly through the body. Hon's lively presentation was arranged by his long-time friend Tim Long.

### Thursday Thought:

**"You're only young once, but you can stay immature indefinitely."**

— Ogden Nash

### 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 dinner meeting (incoming and outgoing officers and chairs), Wu's Garden Restaurant, 418 Maple Ave. East, Vienna, 6 p.m. to 9 p.m. RSVP to Tim Long by June 14.

**Saturday, July 20:** Washington Nationals "End Polio Now" Night vs. Los Angeles Dodgers at Nationals Park. Details on Club website, [tysonsrotary.org](http://tysonsrotary.org).

**Saturday, August 10:** Club Potluck Picnic at home of Brian Mansir and Catherine Ahearn in Fairfax, beginning at 1 p.m. with lunch at 2 p.m. Bring your favorite dish. Children welcome.

### Dinner Schedule for Alternative House

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
July 3	Richard Lanier	Aug 7	Campbell 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](http://www.thealternativehouse.org)