



**Chartered 1965**  
**"Celebrating our 44<sup>th</sup> year of Service to the Community"**

**ROTARY CLUB OF VIENNA, Inc.**  
**Wednesdays 12:15 PM**  
**Award Winning Newsletter**  
**2007 & 2008**

**Marco Polo Restaurant**  
**245 W Maple Ave.**  
**Vienna, VA 22180**

## Calendar of Events

Sept 19	Blood Drive at the Vienna Community Center
Sept 25	Fireside Chat with President John Brunow
Oct 29	Halloween Parade
Oct 31	Rotary Bowl Tailgate Social and Football Game



## Upcoming Programs

Sept 17	John Selmy, <i>Chief Economist, American Petroleum Institute</i>
Sept 24	
Oct 1	Robert Gifford, <i>GMU Transportation Policy</i>
Nov 12	Marshall Academy Culinary Arts

## Agenda for September 17th Meeting

- Joe Merenda Reports the McLean Family Fun Day was cancelled for this year
- Invite Rotarians to the Fireside Chat hosted by Larry Warren on Sept. 25
- Dates to Remember: Rotary Bowl Luncheon, Oct. 29
- Vienna Halloween Parade, Oct 29
- Marshall Academy Culinary Arts Luncheon and Tour, Nov 12
- Blood Drive at Vienna Community Center, Sept 19
- Board Meeting at VSDA Sept 24th



## Words of Wisdom

In the final analysis, Rotary exists for the purpose of developing the individual member and thereby increasing his capacity to serve,

*Message to Rotary Club of Buffalo, 1922*

## View from the Tables

Meeting Called to order at 12:15 p.m. by **President John Brunow.**

**Song:** *God Bless America* led by **Richard Lukens**

**Prayer:** Led by **John Tate**

**Pledge:** Led by **Tom Kylo**



## ANNOUNCEMENTS

President **John Brunow** announced that the McLean Family Fun Day on September 6th was postponed due to the heavy rains from Hurricane Hanna and will be rescheduled for a later date.

**Keith Bodamer** announced details for the Christmas party at **Joe Manelski's** home will be on December 6, 2008 from 6:00 pm to 9:00pm. The goal is to have 50 to 75 members and guests. The cost of admission this year will be a gift to Committee Helping Others (CHO). There will be heavy appetizers and an open bar. The Club is looking for a member willing to be the "Bar Sponsor" for a \$300 contribution.



**President Brunow** asked for a moment of silence in honor of all 9/11 victims and their families.

A trip to Marshall High School Culinary Arts Institute will be scheduled in the near future. More details to follow.

A fireside chat at **President Brunow's** home will occur on September 25th

A blood drive will be held in conjunction with INOVA Blood Donor Services on September 19, 2008 at the Vienna Community Center. This year, for the first time to encourage participation, there will be coupons for a free wash at Mr. Wash for all who attempt to donate blood. There will also be a drawing for other prizes including a big screen TV and an iPod Touch, both courtesy of Best Buy; a 2 nights stay at the Fairview Marriott, a \$100 certificate for Ellipse Restaurant, movie tickets and more. You must bring a photo ID to donate blood!

The annual Halloween parade will be held on October 29, 2008

The Rotary Bowl will be held on October 31, 2008



**John Tate** was happy to be back from a two week trip with his wife to England where they visited with a 90 year old friend.

**Richard Lukens** was happy about his trip with **John Brunow** to the Vienna Adventist Academy to present the 4 way banner to 5th and 6th graders.

**Richard Lukens** led the Club in a Happy Birthday song for **Keith Bodamer.**

**Bob Easton** and his wife took a tour of the West, visiting Yellowstone Park, the Grand Tetons and ended up in Salt Lake City. They even enjoyed a raft ride of the Snake River.

**Bob Marshall** sent in a "remote happy talk" regarding his twin granddaughters who both made the varsity soccer teams at their respective colleges (Meredith in Raleigh and Randolph Macon in Ashland).



**Visitors to the Vienna Club**



<b>Visiting Rotarians</b>	None
<b>Guests</b>	<b>Richard Lukens</b> again brought Kevin Deans, a Financial Planner from Ameritrade. <b>Bob Oveissi</b> brought Bill Collins <b>Dr. Allen Garai</b> brought his Office Manager, Shay Nowell.

**Gambling**

	The small pot of \$19.00 was won by <b>Dr. Garai</b> and donated back to the Club. Dr. Garai drew an 8 of Hearts and the (new) large pot will continue to next week.
	<b>Billy Thompson</b> is on a winning streak. He won the Blueberry Pie donated by <i>The Pie Gourmet</i>



Vienna Club Members can now access dozens of photos of our "Members Making a Difference" taken by our very own Gerry Hamilton. Visit <http://www.flickr.com/photos/16224073@N07/collections/72157602706602214/> to share in these special moments.

**Note from Bob Marshall:**

Polly and I are now six weeks into our downsizing exercise and are beginning to see some evidence of normalcy return to our lives. Last week we got both cars into the garage for the first time and we now have fewer than a dozen boxes left to unpack.

We have great neighbors and have attended dinners, happy hours, cookouts etc. Herb Vogel, a past president of the Vienna Rotary Club, lives around the corner.

Polly and I send our warm personal regards to you and our other Vienna Rotary friends.....Bob

**Today's Speaker**  
**Dr. Brandon R. Lemuel**  
**Palmer Care Chiropractic**



Skip introduced Dr. Brandon R. Lemuel of Palmer Care Chiropractic with an office at 303 Maple Ave., W., Vienna, Va. (Dogwood Bldg.) as our guest speaker.



Dr. Lemuel's speech was primarily regarding health and wellness. He showed the club and passed around two books on wellness, including one titled a 100 year lifestyle. Dr. Lemuel's approach was in terms of having a quality of life for the years you have. He stated that America has a sickcare crisis with Americans spending more money each year on health insurance and medical care yet the incidence of heart and other serious ailments continues to rise. He stated that there are 20 to 25 people every day who have to file for bankruptcy protection nationwide due to inability to pay health care costs.



Dr. Lemuel attributed 100,000 deaths per year from properly prescribed drugs. America, he said, is 37th in the World Health Organization in overall health in the industrialized countries out of 37 yet we have only 5 to 7% of the world's population.

Dr. Lemuel states that Starbucks spends more on health care costs for its employees each year that it does on the cost of coffee and General Motors spends more on health care costs for its employees each year than it does on steel.

Dr. Lemuel attended the Palmer College of Chiropractic, which is a four year program post-college. His practice is focused on natural means for the body to heal itself.



Dr. Lemuel discussed chiropractic principles that his practice employs including (1) That the body is designed to be self-healing and self-regulating but that our lifestyle choices alter the body's ability to do these tasks and; (2) the nervous system controls all functions.

Dr. Lemuel attributed a great deal of today's medical problems to excess stress we all carry in our daily lives and an inability to adequately control and release stress.

**District Speech Contest**

The 2009 District Speech Contest booklet, including forms and dates, is available. The new dates for the Speech Contest deadlines are as follows:

- March 1 Area Speech Contest Deadline
- March 5 Area Speech Contest Winner info due to District Chair
- March 14 9:30 am at Benton T. Gayle Middle School in Fredericksburg

