



The Reveille

April 21, 2017, Issue 16

ROTARY'S GUIDING PRINCIPLES

OBJECT OF ROTARY

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

- First: the development of acquaintance as an opportunity for service;
- Second: high ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;
- Third: the application of the ideal of service in each Rotarian's personal, business, and community life;
- Fourth: the advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

THE FOUR-WAY TEST

The four-way test is a nonpartisan and nonsectarian ethical guide for Rotarians to use for their personal and professional relationships. The test has been translated into more than 100 languages, and Rotarians recite it at club meetings: Of the things we think, say or do...

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

This Week

Speaker: **Xan Fry on Getting Organized**

3-Minute Talk: **Rob Follit**



Xan (Alexandra) Fry is co-owner of Orchestrated Moves, LLC, a professional services firm specializing in custom storage solutions and relocation. She is a space planner and designer who has branched out into professional organizing. As someone who has moved her own family 12 times in 15 years, she understands the level of organization needed to execute a smooth transition. Her background includes several years as a designer of custom

home offices and closets. Her company's services include space planning, relocation, interior design, and professional organizing. Alexandra earned both a Bachelor's and a Master's degree through the University of Maryland. She has more than 16 years of foreign service experience, managing domestic and international relocations from the United States to Latin America and Asia. She will be attending with her business partner, **Cindy Szparaga.**

Last week...

Henry Coppola, Volunteer Coordinator for Montgomery Parks, gave an entertaining and informative talk about Rock Creek and the park system in Montgomery County. See page 2 for a photo of what's new.

Rock Creek Cleanup Postponed

We checked on the creek -- there isn't that much trash to pick up.

Plus the weather is iffy.

So sleep in!

**NORTH BETHESDA ROTARY CLUB
OAKVILLE GRILLE
10257 OLD GEORGETOWN RD.
BETHESDA, MD 20814
FRIDAYS @ 7:15 AM**

**2016-2017
CLUB OFFICERS**

President: Bruce Fowler
President-elect: Carla Satinsky
Vice President: Bruce Quinn
Secretary: Nancy Pulley
Treasurer: Steven Vaccarezza
Immediate Past President: Ron Sigelman
Club Service: Jacques Paraskévas
Community Service: Jim Manley
Vocational Service: Bob Fangmeyer
International Service: Bob Sonawane
Sergeant-at-Arms: Jim Manley
Membership Development: Samantha Crosby
Public Relations: Carla Satinsky
Club Bulletin: Carmela Carr & Kevin Flynn
Program: Dave Fitzwilliam

**Rotary Charitable Foundation of
North Bethesda, Inc.
2016 Officers & Directors**

President: Ron Sigelman
Vice Pres/Secretary: Barry Thompson
Treasurer: Bob Fangmeyer
Directors: Nick Martinez, Steve Vaccarezza, Bruce Fowler

The Rotary Club of North Bethesda, known as the first breakfast club in Rotary District 7620, was chartered in 1974. The club is one of more than 30,000 Rotary International clubs in 168 countries.

North Bethesda has a diverse membership of business and professional men and women, and has provided continuing community and charitable services since its inception. It meets on Friday mornings at the Oakville Grille in Bethesda to enjoy a hearty breakfast, camaraderie, and to plan activities and fund raisers for Rotary causes.

Contact us at nbrotary.org



Upcoming Speakers/Events

APRIL 2017

MATERNAL AND CHILD HEALTH MONTH

- April 21** Speaker: Alexandra Fry, Orchestrated Moves LLC
3 Minute Speaker: Rob Follit
- April 28** Speaker: Bob Sonawane: Journey from a Dusty Village to Washington, D.C.
3 Minute Speaker: Gonzo Accame

MAY 2017

YOUTH SERVICE MONTH

- May 5** Speaker: TBD
3 Minute Speaker: Curt Huff
- May 12** Speaker: TBD
3 Minute Speaker: Mehdi Hehdi
- May 19** Speaker: Chris T. Heald, Chesapeake Bay Environment
3 Minute Speaker: Joseph Kravitz
- May 26** Speaker: TBD
3 Minute Speaker: Jim Manley

Have a suggestion for a speaker?

Contact Dave Fitzwilliam at dfitzwilliam@rcn.com

April Milestones

April 22: Victoria Feldman's Birthday

April 26: Samantha Crosby's Birthday

Let's Move!



Last Week's Speaker, Henry Coppola of Montgomery Parks, mentioned new exercise equipment in Rock Creek Park. Here's one of the stops for "Stabilizing & Balance" located near Kensington Parkway. If you're in the neighborhood, why not get out there and try a couple of "Plank With Same-Side Knee Tucks!"