

THE ARCLIGHT

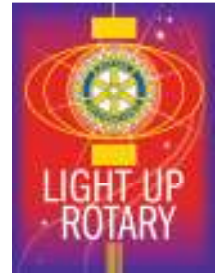
The Weekly Members' Bulletin of the
ARLINGTON ROTARY CLUB

March 29-April 5, 2014

<http://www.arlingtonrotaryclub.org>

Meetings: Thursday, 12:15 pm
Washington Golf & Country Club
3017 N Glebe Rd, Arlington, VA 22207
(703) 524-4600

Chartered July 4, 1929 – Now In Our 86th Year



This Week Colleen Pelar will present her talk - *Facing Fear, Finding Freedom*. She will explain how you don't have to make major changes in your behavior to feel more confident. Just a few small adjustments can bring great satisfaction. Imagine how much you can grow when you are just a little bit braver each day.



Colleen Pelar is an experienced professional in the principles of behavior management. A passionate teacher on how to overcome fear, she has authored three thought-provoking books on improving the relationship between people and dogs. She engages her audience, whether human or canine, on how to develop self-confidence and shed their insecurities.

Using the techniques she has taught over the past 23 years as a dog trainer, Colleen helps people learn new skills- and change old habits - to achieve personal harmony. People and dogs face the same stumbling blocks when learning something new. Colleen knows the way around those stumbling blocks, and she is going to share them with you.

Last Week members enjoyed the club's annual Spring Luncheon at the Ballston Holiday Inn. There was no speaker, but Ms. Vicki Kirkbride, Executive Director, Arlington Retirement Housing Corp. (the umbrella organization that owns the Culpepper Garden); Koube Ngaaje, Director of Operations, at AFAC; and Joyce Wanda, founder of AHH all gave brief updates about their organizations before accepting their annual donations from ARC. (pictured left to right)



Important upcoming Arlington Rotary Club dates are

- 9 April - **Madeline Templeton** "Pedaling for Affordable Housing"
- 16 April - speaker to be announced
- 23 Apr - **AREF Banquet Fundraiser at China Garden** (in lieu of reg. mtg.)
- 28 May - **Kyung Pak**, the Korean Spirit & Culture Promotion Project
- 25 Jun - **Installation dinner** (location to be announced)

Your April greeters are Tahiya Morgante & David Sutfin

ARLINGTON ROTARY CLUB
P.O. Box 100038
ARLINGTON, VIRGINIA 22210
ROTARY CLUB NUMBER 5787, DISTRICT 7610
CHARTERED JULY 4, 1929

2014-2015 OFFICERS

PRESIDENT	GARY LONG
PRESIDENT-ELECT	JEFF SUTTON
CO-PRESIDENT	LINDA VALENTINO
IMMEDIATE PAST	STEVE KLEMP
SECRETARY	JOHN BECKER
TREASURER	JOE LOTT
SGT. AT ARMS	TBD

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ROTARY FOUNDATION	TAHIYA MORGANTE
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ARLINGTON ROTARY EDUCATION FOUNDATION
PRESIDENT, JOE LOTT
TREASURER, STEVE KLEMP

THERE IS STILL PLENTY OF TIME!

ARC member, **Kevin Baumb**, will participate in the **2015 2-day Ride to Conquer Cancer** (Sept 19-20) benefiting Johns Hopkins Kimmel Cancer Center, Sibley Memorial and Suburban Hospitals.

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support him by making a donation in his name.