



THE **ARCLIGHT**

The Weekly Members' Bulletin of the
ARLINGTON ROTARY CLUB

December 14-20, 2015

<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 87th Year



Program This Week

**Rev. Carolyn Richar, Executive Director,
Capital Caring of Arlington/East Fairfax**

“Ouch, It Hurts! – How To Work With Your Doctor When You Are In Pain”



Pain gets in our way of daily life as adults – affecting our sleep, movement, appetite and enjoyment of life. This presentation includes why pain is an important warning signal, how to identify different types of pain, what information your doctor needs to prescribe the best treatment, and common ways to treat pain that don't include pills.

Rev. Carolyn Richar is a certified hospice and palliative care RN. As a part of her daily life, she ensures that people with serious pain issues related to a progressive illness are comfortable. Carolyn has BSN and MDiv degrees

from Emory University. She has worked on the Hill in the House and the Senate, served as a nursing home administrator, an RN case manager, a hospice chaplain and is in her current role of Executive Director for Capital Caring since 2005. She is also in her 28th year as associate pastor for Bethel United Church of Christ in Arlington. Committed to community service, Carolyn is a member of Fairfax Kiwanis where she has served in various club and district roles – including recently as the Governor of the Capital District of Kiwanis (DC, Delaware, Maryland and Virginia).

Last Week

Members enjoyed Rotary fellowship and welcomed the Christmas/Hanukkah/New Year holidays with our annual seasonal dinner, this year at WGCC. More pix below.

It was also the week for our traditional community service, ringing the bell for the Salvation Army. Photos page 3.



Upcoming Service Opportunities

- Jan 23 – Litter pickup, Glebe Road

Club News



At our business meeting December 3, we elected officers for Rotary Year 2016-17. In photo order, left to right, they are:

Secretary: John Becker
President-Elect: David Sutfin
President: Shannon Owens
Sergeant-at-Arms: Hugh Barton
Treasurer: Joe Lott

December Greeters: Joe Lott, Will Altener

IMPORTANT - If you are assigned to be a greeter and cannot arrive 15 minutes before any weekly meeting your month, IT IS YOUR RESPONSIBILITY to make sure your partner will be in attendance or to find a substitute for yourself. Please contact club Admin. Chair, **David Sutfin**, djsutfin@gmail.com with any questions. On tap for January: Steve Klemp, John Becker. February: Jim Ponder, Mike Matthai.

Upcoming Events

- Jan 7, 2016 – WGCC closed; **Lunch meeting and program:** place and format TBD.
- Jan 7 - **Happy Hour** 6:00-8pm Rock Bottom Brewery in Ballston. Parking is \$1 in the Ballston Mall. Henceforth this informal get-together will be the first and third Thursday of every month.
- Jan 14 - Lunch meeting and program: **The Gates of Ballston - Katherine Mackey**- Former Rotary International Scholar “What I learned through Rotary and How Rotary Deeply Influenced the Woman I am Today”
- Jan 21 - Lunch meeting and program: **RADM Yancey B Lindsey**, Commandant of the Washington DC Navy Yard
- Jan 21 - Happy Hour 6:00-8pm Rock Bottom Brewery in Ballston. Parking is \$1 in the Ballston Mall.
- Jan 23 – Our quarterly “Adopt-A-Highway” Litter Pickup
- Jan 28 - Lunch meeting and program: **Dr. Patrice Winter**, Asst. Professor George Mason University Dept. of Global & Community Health, on “Aging Well”
- Feb 4 - Lunch meeting and program: **William Connery**- “**The History Guy**,” author of “Civil War Northern VA 1861” and “Mosby’s Raids in Civil War Northern Virginia.”
- Feb 4 - Happy Hour 6:00-8pm Rock Bottom Brewery in Ballston. Parking is \$1 in the Ballston Mall.
- Feb 11 - Lunch meeting and program: Lloyd Wolf, Photographer - Living Diversity: The Columbia Pike Documentary Project
- Feb 18 - Lunch meeting and program: Jerome Tennille, Manager, Volunteer Services TAPS Tragedy Assistance Program for Survivors “An Overview of TAPS”
- Feb 18 - Happy Hour 6:00-8pm Rock Bottom Brewery in Ballston. Parking is \$1 in the Ballston Mall.
- Feb 25 - Lunch meeting and program: Jeff Porro, Speechwriter for Fortune 500 Executives- “Communicate Better to Boost your Business: Secrets of a Fortune 500 Speechwriter”



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

2015-2016 OFFICERS

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 PRESIDENT-ELECT
 IMM PAST PRESIDENT
 SECRETARY
 TREASURER
 SGT. AT ARMS

JEFF SUTTON
 SHANNON OWENS
 GARY LONG
 JOHN BECKER
 JOE LOTT
 HUGH BARTON

2015-2016 DIRECTORS

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