



THE ARCLIGHT

The Weekly Members' Bulletin of the
ARLINGTON ROTARY CLUB

May 2 - 8, 2016

<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: May 5 - 12:00-1:30 PM at WGCC

Cynde Margritz, Founder/CEO,

“7 Strategies for Building a High Performance Brain”



Learn strategies for optimizing your brain performance for success at work, school, and life. Topics addressed will include the neurobiological basis of performance, mental exercises, nutrition, and the use of biofeedback technology to accelerate performance and build stress resilience.

Cynde, a former NASA scientist, is the founder and CEO of Peak Neurofitness LLC, a neurofeedback practice with two locations serving the Washington, D.C. area, as well as global clients through their teleneurofeedback program. For the past 10 years, Peak Neurofitness has researched and brought together the best of brain-based technologies with the goal of optimizing brain performance for each client. These technologies and techniques, along with client feedback and collaboration, have culminated in their new High Octane Brain, Resilient Mind, and Zen Mind Programs.

Program: May 5 Happy Hour, 6-8 pm, Rock Bottom Brewery

Our next biweekly auxiliary happy hour meeting will be held next Thursday May 5 starting at 6 PM, at Rock Bottom Brewery in Ballston. Unfortunately, this will be our **LAST MEETING AT THIS LOCATION**. The RBB is closing its doors May 9 due to the impending reconstruction of the Ballston Common Mall. We're looking for a new venue and will keep you posted.

Last Week



Erik VandePoll and Liz Nason of YMCA Arlington gave a presentation on the changing face of the YMCA, from its new logo to its updated focuses on youth development, healthy living, and social responsibility.



Condolences

Club members extend their condolences and sympathy to PDG Hugh Heishman and family on the loss of Barbara Heishman, who passed away April 26. A visitation was held on Sunday, May 1; memorial service was Monday May 2. Rest in Peace, Barbara.

New Member

Ken Adler became our newest member at the meeting of April 28. Ken is an entrepreneur interested in technology that addresses environmental problems. He was sponsored for membership by David Sutfin.



May Greeters: Ali Kayani; Walter Webdale

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.

Service Opportunities

Service Project Director Linda Valentino reminds us of the following upcoming AFAC events.

- **Stamp Out Hunger food drive at AFAC, Saturday, May 14, 5:30-8:30pm.** 20 volunteers needed to help unload and sort 30,000+ pounds of food. How to sign up: Let Linda know if you can help.
- **Food sorting & bagging at AFAC** Monday, May 30, (Memorial Day) time TBA - approx. 6:30-8:30pm. How to sign up: Let Linda know if you can help.
- **Taste of Arlington in front of Ballston Mall, Sunday May 15.** AFAC receives a \$50 Donation for every volunteer they supply. How to sign up: Directly with AFAC using this link: <http://www.ballstonbid.com/taste/volunteer>. Just write somewhere that you are with Arlington Rotary and AFAC will group everyone who signs up for each shift together. Volunteers receive: An awesome volunteer t-shirt, refreshments & snacks during their shift & a complimentary taste ticket booklet for 10 free tastes. Shifts are:
 - Saturday, May 14 - 6:00pm - 10:00pm (setup)
 - Sunday, May 15 - 2:30pm - 7:00pm (event) Responsibilities may include: ticket collection, crowd direction, beverage sales, or bartending
 - Sunday, May 15 - 6:00pm - 9:00pm (cleanup)

Upcoming Events

- May 12 - Lunch meeting at WGCC: Jeff Hayes- Director for Afghanistan for the National Security Council Staff “Working in National Security- How our nation’s national security structure works”
- May 14 – **Service Opp** – 20 volunteers to unload food drive donations at AFAC Headquarters
- May 19 – Lunch meeting at WGCC: John Nutter – The Potomac Conservancy
- May 19 - **Service Opp** – Join in the fun as up to 400 volunteers take 3 hour shifts throughout the day at Taste of Arlington in Ballston. (Organizers pay AFAC \$50 for each volunteer who turns up.)
- May 26 - Lunch meeting at WGCC: Pablo Villeda- Vice President of Regional Operations, Latin America International Justice Mission - “Everyday violence: A plague with hope of a cure”
- Jun 2 - Lunch meeting at WGCC: Harry Henderson- Immediate Past President Bailey’s Crossroads Rotary Club- “The new Rules of Growing Rotary Membership”
- Jun 9 - Lunch meeting at WGCC: Alessandra Colia, Executive Director, Urban Alliance
- Jun 16 - - Lunch meeting at WGCC: Marjorie Varner, Executive Director, Encore Learning- “Back to “College” for Pure Knowledge”

ARLINGTON ROTARY CLUB
P.O. Box 10038
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ROTARY CLUB NUMBER 5787, DISTRICT 7610
CHARTERED JULY 4, 1929

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