



# THE ARCLIGHT

The Weekly Members' Bulletin of the  
**ARLINGTON ROTARY CLUB**

**May 9-15, 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 12 - 12:00-1:30 PM at WGCC** **Jeff Hayes, Director for Afghanistan, NSC Staff** **“Working in National Security”**



After graduating from George Mason University with Distinction, Jeff served four years with the U.S. Army's 1st Special Forces Group. Then he moved to the Defense Intelligence Agency, where he served as the Senior Intelligence Office for Afghanistan. Later he was selected as the Intelligence Community's leading analyst on Afghanistan, assigned to support the White House. After President Obama's election, he joined the National Security Council staff as Director for Afghanistan.

In “Working in National Security” Mr. Hayes will review how our nation's national security structure works.

## **Last Week**

Cynde Margritz, CEO of Neurofitness LLC, sparked a lot of interest with her presentation “7 Strategies for Building a High Performance Brain,” on the use of neurofeedback techniques originally developed/applied in the military and at NASA, as a means to optimize brain performance.



Visiting Rotarian Norman Sinclair-Baines of the Hungerford Club (United Kingdom) attended with his wife Sue and exchanged club banners with ARC President Jeff Sutton.

## May Greeters: Ali Kayani; Ken Adler

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](mailto: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 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 100038

ARLINGTON, VIRGINIA 22210

ROTARY CLUB NUMBER 5787, DISTRICT 7610

CHARTERED JULY 4, 1929

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