

Rotary



# THE ARCLIGHT

The Weekly Members' Bulletin of the  
**ARLINGTON ROTARY CLUB**  
**February 11, 2019**

<http://www.arlingtonrotaryclub.org>

Meetings: Thursday, 12:00 pm

The Marriott Residence Inn at Courthouse

1401 N. Adams St., Arlington, VA 22201

Hotel Phone: (703) 312-2100

*Chartered July 4, 1929 – Now In Our 90th Year*



BE THE INSPIRATION

**The ARC Monthly Happy Hour**  
**Wednesday, February 13, 6:00 PM**  
**Pinzimini at Westin Gateway Ballston**

**Lunch Program February 14, 12:00 noon**  
**Mitch Opalski, President, Synergy Home Care**  
**“What Is Home Care?”**



A native of the Washington, D.C. area, Mitchell Opalski graduated from the University of Notre Dame and has a background in finance & accounting. He entered the world of home care 20 years ago when inspired by one of his audit clients, The National Association for Home Care & Hospice, where he eventually served as Chief Operating Officer.

In September 2007, Mitch became a non-medical home care provider here in Arlington when he opened the first Synergy HomeCare franchise office in Virginia. He grew the company by double digit percentages each of its first 5 years, winning numerous annual awards for growth, revenue, and customer service. His agency is now the second largest in the Synergy HomeCare franchise system. He resides in the booming Columbia Pike corridor of Arlington and enjoys contributing to the community in which he has lived his entire adult life.

In addition to serving on numerous non-profit and charitable Boards and Committees, Mitch is very active with the Arlington Commission on Aging and is currently leading its effort to make Arlington an even more age-friendly community for all.

## **Last Week**

We enjoyed learning more about two of our new members, Olivia Adams and Bud Martin.



## New Member – Nelly Evans



And speaking of new members, last week we were pleased to induct Nelly Evans as our most recent new member. Nelly has held jobs in Austria, Portland, Oregon and Baltimore, Maryland. She now works in Arlington as a Regional Associate for No Kid Hungry Virginia. Nelly has 5+ years of experience as a program coordinator and instructor for non-profits and educational facilities. She has a master's degree in Public Policy, Certificate in Food Systems, Sustainability & Public Health from Johns Hopkins University.

## Club Service Project for February

As Club Service Director Chelsi Dildine has announced, our current community service project will build on our existing cooperation with Key Elementary School PTA. With your cash donations, we will buy much-needed books in English and Spanish (the school is bilingual) for presentation to the school. If you'd like to participate please give your donation to Steve Klemp or Chelsi Dildine (check or credit card preferred) or donate online at the [AREF webpage](#). Chelsi will buy the books from a needs list provided by the school. Besides your donation, you can participate by helping cover and dedicate the books in early March (probably at Robert's office, date TBD).

## Other Upcoming Events and Programs

Feb 21 – Lunch Program: Keith Oberg, CEO Emeritus, “Bikes for the World”

Feb 22 – Informal lunch, time/place TBD, no speaker, just a chance to get to know one another better. Members, family members, and your guests welcome. Organized by Olivia Adams; see her if you plan to attend.

Feb 28 – Lunch Program: Jyl Pomeroy, Coordinator for Mental Health, Arlington Free Clinic, “Depression”

Mar 7 – Lunch Program: ARC Member Joe Prentice – Classification Talk

Mar 13 – Regular monthly happy hour at Pinzimini, 6 – 8 pm.

Mar 14 – Lunch Program: ARC Member Sherry Rock – Classification Talk

Mar 21 – Lunch Program: Courtney Reeve, Executive Director, Aspire!, “Education and Low Income Students”

Mar 28 – Lunch Program: Lisa Frikes, Volunteer Arlington

## Greeters for February: Chelsi Dildine, Jeff Sutton, La Donna Simon

NOTE: If you are a greeter and cannot arrive 15 minutes before any weekly meeting during your month, it is your responsibility to make sure your partner will be in attendance or to find a substitute for yourself. Contact **Steve Silcox**, [scsilcox@gmail.com](mailto:scsilcox@gmail.com), with any questions.

### THE ROTARY FOUR-WAY TEST

-- OF THE THINGS WE THINK, SAY, OR DO --

IS IT THE TRUTH?

IS IT FAIR TO ALL CONCERNED?

WILL IT BUILD GOOD WILL AND BETTER FRIENDSHIPS?

WILL IT BE BENEFICIAL TO ALL CONCERNED?

**ARLINGTON ROTARY CLUB  
P.O. BOX 10038  
ARLINGTON, VIRGINIA 22210  
ROTARY CLUB NUMBER 5787, DISTRICT 7610  
CHARTERED JULY 4, 1929**

**2018-2019 OFFICERS**

PRESIDENT  
PRESIDENT-ELECT  
PRES-NOMINEE  
IMMEDIATE PAST PRESIDENT  
SECRETARY  
TREASURER  
SGT.-AT-ARMS

ROBERT MARTINSON  
RAQUEL NEUMANN  
CHELSI DILDINE  
DAVID SUTFIN  
BUD MARTIN  
LINDA VALENTINO  
HUGH BARTON

**OTHER 2018-2019 DIRECTORS**

MEMBERSHIP  
SERVICE PROJECTS  
TRF/FUNDRAISING  
CLUB ADMIN  
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WEBSITE  
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ROTARY INFO  
SOCIAL MEDIA

ROBERT MARTIN (ACTING)  
CHELSI DILDINE  
SHERRY BARNDOLLAR ROCK  
STEVE SILCOX  
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