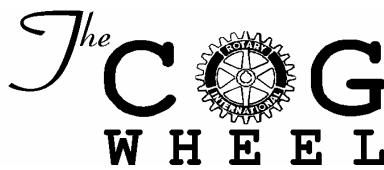


### ROTARY 4-WAY TEST

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOOD WILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?



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 Visit The Rotary Club of Winchester website at [www.winchesterrotary.com](http://www.winchesterrotary.com)  
 Address Rotary correspondence to P.O. Box 412, Winchester, VA 22604

Chartered 1921

July 14, 2011



### Calendar

We'll be at the Rotary Shelter through August 4th

**August 11th** is our annual Family Picnic here, so there's no noon meeting

**August 18** - Camp Fantastic Barbecue!

Volunteer your time to assist with children who deserve to have lots of fun. **Camp Fantastic BBQ is a rewarding experience for all!** See Reporter Dave Smith if you would like to help.

### Today's Program

**New Member Talks**—By all accounts some of our best programs ever are those when we learn about our own diversity! Hear some of our newest members as they describe the journeys that led them to us.

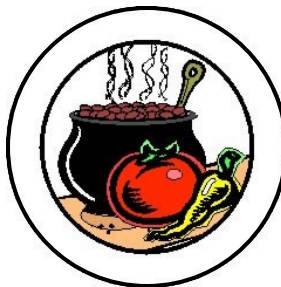
## CHILI COOK-OFF

### Attention all chefs!!

Do you make a killer Chili or know someone who does??? We are adding a **CHILI COOK-OFF** to our Apple Harvest Arts & Crafts Festival this fall.

SATURDAY, September 17 from 1-5 pm. This will be a "People's Choice" contest ~ each paid adult gate admission on Saturday will get two votes.

**MILD or WILD, RED or WHITE, BEANS or NO BEANS, BEEF-DEER or VEGETARIAN** - - - all recipes are welcome! To enter our **1st Annual Chili Challenge** or for more details contact Bill Hottel or Dave Urso.



### Oh My!

What a wonderful picnic lunch Shaffer's provided last week....we will all be spoiled for sure by August!



### Last Week's Program

Ogie Shaw, the self-proclaimed "longest-running fitness consultant in the state of Oregon," spoke on **"What to Do About Childhood Obesity"**, but he may as well have titled his talk, **"We Have Met the Enemy and He is US!"** Since children learn best from modeled behavior, it's time the adults in their lives took charge of their own health and set a better example. Less than

30% of the U.S. population is getting the cardiovascular exercise they should, defined as 30 minutes per day, at least three days per week, and we are fast becoming "the fattest Americans who have ever lived." According to Ogie, who has designed fitness programs for professional sports teams and over 10,000 individuals, exercise is the most under-prescribed treatment because doctors don't know how to prescribe.



What's more, the media has confused us on the subject of dieting by only reporting the most controversial news. They tell us to eat less calories, not realizing that it's not the calories we should be worried about but how we're getting them. Ogie introduced the concept of "points," as outlined in the book **"Nutripoints"** by Dr. Roy E. Vartabedian. Most people get far fewer than the 100 points/day that is recommended in the book because they eat (and drink) the wrong things. In fact, the "typical Rotary breakfast" (coffee and a donut) has *negative* points, which means you start the day at a deficit.

**Ogie said if we did nothing else, we should drink more water, cut back on sugar and sugary drinks, and don't eat anything 3 hours before bedtime.** He also stayed afterward to demonstrate an isometric exercise device that he is traveling the country to market. He is hoping to enlist 8 members from every Rotary club he visits to participate in a 5-minute daily exercise regimen - in exchange, he'll donate a free device to a local school of the club's choice. See Darla to sign up - just don't ask about her wrist measurement...



### Need to make-up an absence? Check out these area club meetings:

- Clarke County - Wednesday Lunch - Episcopal Parish Hall - Noon
- Charles Town - Tuesday Lunch - Jefferson Hospital - 12:15 pm
- Frederick County - Tuesday Breakfast - Shenandoah Univ. Cafeteria - 7:30 am
- Front Royal - Friday Lunch - Houlihan's - Noon
- Hagerstown - Wednesday Lunch - Venice Inn - 12:15 pm
- Leesburg - Thursday Evening - Rivercreek Country Club - 6:30 pm
- Linden - Wednesday Breakfast, Apple House - 7:00 am

- New Market - Wednesday Lunch - The Shenvalle - 12:10 pm
- Purcellville - Thursday - Bethany United Methodist Church - 7:00 am
- Strasburg - Tuesday Noon - Strasburg Hotel - Noon
- Warrenton - Thursday Lunch - Fauquier Springs - 12:15 pm
- Winchester Latest - Tuesday Evening - Piccadilly Brew Pub - 6 pm
- Woodstock - Wednesday Lunch - American Legion - 12:05 pm

**Absentees: 7/7/2011**

Calvin Allen	Wilson Gilbert	Tootie Rinker
Jonathan Brown	Phil Glaize	Jeannie Shiley
Glenn Burdick	Phil Griffin	Robert Spigner
Paul Burkholder	Phillip Griffin, II	Cheryl Thompson-Stacy
John Clawson	Conrad Koneczny	Ben Weber
John Copenhaver	Tom Maccubbin	Ed White
Greg Crawford	Paul Magness	Wes Williams
David Ervin	Kurt Nyberg	
	Richard Reifsnnyder	

**Make-ups\* (Date & Function Attended)**

Scott Arthur – 6/29 – Clarke County  
 Scott Arthur – 7/5 – Frederick County  
 Kevin Callanan – 7/7 – Golf Committee Mtg.  
 Hunter Gaunt – 7/5 – Frederick County  
 Hunter Hurt – 7/7 – Golf Committee Mtg.  
 Kit Molden – 6/30 – Golf Committee Mtg.  
 Tootie Rinker – 6/30 – Board Mtg.  
 Cheryl Thompson-Stacy – 7/5 – Beckley, WV  
 Ed White – 7/12 – Frederick County

**Turning in a Make-up?**

Please make sure to complete all information, including your name, the event or club attended, date attended and date making-up on all make-cards and slips submitted. Make-ups can also be submitted online at *winchesterrotary.com* under Member Login.

**Visitors & Guests July 7th**

Reman Royston from Clarke Co. Rotary  
 Scott Arthur from Clarke Co. Rotary  
 Cindy Hunter from Woodstock Rotary  
 Bob Claytor from Woodstock Rotary (HI, BOB!)  
 Stuart Hall guest of Bob Hall  
 Dana Evans guest of Hunter Gaunt  
 Randy Collins guest of Kevin Callanan  
 Sharon Farinholt guest of Dan Martin

**Club Health Report**

Libba Pendleton will be working with Bobby Edwards on our Health Reports. If you know of a Rotary member that is under the weather or needs our prayers & support, please contact Libba at 665-4489 or [lpendleton@bankofclarke.com](mailto:lpendleton@bankofclarke.com)

Bobby asked for continued cards and prayers for Tom Malcolm, who's home now and traveling to Winchester Medical Center for the next 18 months to get treatment for Non-Hodgkins Lymphoma.

**Last Week's Raffle Winner**

Steve Slaughter was the lucky winner of our weekly drawing, but his 9 of diamonds didn't make the cut for the grand prize. Today's jackpot is \$431!!!



**CLUB HISTORY QUIZ**

1. Beef BBQ began in the year \_\_\_\_\_
2. Apple Festival began in the year \_\_\_\_\_
3. Kaleidoscope began in the year \_\_\_\_\_
4. \_\_\_\_\_ current members have 40 years or more in our club.
5. First female member was inducted in \_\_\_\_\_

**EVENT MAKE-UP CARD**

**Winchester Rotary Club**

Print Your Name: \_\_\_\_\_

Event Attended: \_\_\_\_\_

Date of Event: \_\_\_\_\_  
Committee, Board, Community Event

Date of Missed Meeting: \_\_\_\_\_

**(Turn in at Sergeant at Arms Desk)**

5: 1988  
 4: 20 Members have 40 years or more!  
 3: 2001  
 2: 1975  
 1: Early to Mid 1950's  
 QUIZ ANSWERS

**Next Board Meeting**

**July 28**

6 PM at the  
 George Washington Hotel.  
 All are invited to attend  
 board meetings,  
*and it counts as a make-up!*

**DISCLAIMER**

*The information contained herein is obtained from third parties and is not guaranteed.*

*Eleanor Roosevelt (1894-1962) wife of the 32nd President of the United States, Franklin D. Roosevelt, sought the Chasen's Chili recipe but was refused it (a complimentary order was dispatched to her instead).*

**It is claimed. . .**

*Jesse James (1847-1882), outlaw and desperado of the old American West, refused to rob a bank in McKinney, Texas because that is where his favorite chili parlor was located.*

**President**  
**President-Elect**  
**Secretary**  
**Treasurer**

**Marc Jaccard**  
**Darla McCrary**  
**Don Louque III**  
**Dan Martin**

**BOARD OF DIRECTORS**

Scott Arthur, Eric Beatley, Fran Crawford, Rob Frogale,  
 Dick Kent, Dan Martin, Adrian O'Connor, Tootie Rinker,  
 Gene Schultz, Dave Smith, Tricia Stiles

**IMMEDIATE PAST PRESIDENT - Dick Helm**

**Cog Wheel:** Jenny Brockwell, Sharen Gromling, Chuck Gyauch,  
 Don Karolyi, Sue Rich, Kelly Rickert, Gene Schultz, Dave Smith,  
 Wes Williams

Photos by: Don Karolyi

Reporter du jour: Dave Smith