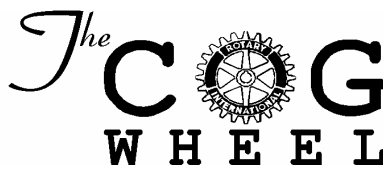


### ROTARY 4-WAY TEST

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?



Published weekly by the ROTARY CLUB of WINCHESTER, VIRGINIA  
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

October 20, 2011

### Calendar

**October 25** - District Governor's Visit (see back)

**October 27** - Board meeting at the GW Hotel\*

(\*counts as a makeup!)

**October 29** - Coats for Kids Fundraiser at Sonic

**Nov. 10** - Awards Banquet, no noon meeting

**Nov. 24** - Thanksgiving - no meeting

**December 1** - Club Elections

**December 22** - Christmas Program

### Today's Program

Susan Rash with a healthcare reform update.

### Thanks from the Links

Don Louque, III recognized Erik Beatley and the entire golf committee for a wonderful outing last week. The great weather he promised *did* eventually come albeit a week late. Erik will be presenting healthy checks to the SPCA and Coats for Kids soon. (If you paid really close attention last week, you noticed that no amount was mentioned. Stay tuned.) Hunter Gaunt apparently won the Redskins tickets, but neither he nor the rest of us know that for sure.



### Health Report

Libba Pendleton's Healthy Health Tip of the Week was to eat avocados, which will lower your blood pressure, increase your "good cholesterol," and help you win friends and influence people, just like Dale Carnegie.

### Last Week—New Member Talks

We heard from these three new members:



**Bill Knowles** is the general manager of the Holiday Inn Historic Gateway SE (1/4 south of Travel Lodge) and he's been in hotel management his entire working life. He lives in Loudoun County with his wife and two daughters and transferred to our club from the Rotary Club of Tysons. His favorite event so far has been the Camp Fantastic barbecue in August.

He's also a big Caps hockey fan and doesn't believe in hate (don't you love that?). In his view, "Life is a train and every experience you have is another car on it."

**Bob DeMott** is "retired with style" after a 33-year career with the Federal Aviation Administration, where he helped build the air traffic control system in use today. Prior to that he served in the Air Force after growing up near Long Island with a mother who was "the East Coast distributor of guilt." He decided to retire when he realized his job at the FAA had turned him into a politician. (His views on that are illustrated by the fact that crossing the Memorial Bridge in DC gives you a good view of the south end of two giant horse statues.)



### Last and definitely prettiest.....



**Jackie Frogale**, whose father Rob brought her into the club, has worked with him since 2000 at the family business, Annandale Millworks/Allied Systems and Frogale Lumber. She is a proud wife and mother of two daughters (and one on the way) and enjoys working with her dad in business and the community. She

hopes to be as good a role model to her own kids.

### Rotary Yearbooks Next Week!

Yearbooks will be here next week...yes, they are finally ready...sorry about the delay in delivery. We tried extra hard this year to get all the information correct. If you do find a change or error, there will be a form in your book to fill out or you can e-mail our club secretary Netty Hottel at [InterNetty14@aol.com](mailto:InterNetty14@aol.com). **Because of the information in the book, PLEASE shred or return your old Yearbooks to us for recycling.**

### 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: 10/13/2011**

Erik Beatley  
Don Butler  
Kevin Callanan  
Greg Crawford  
Tom Dickinson  
Marie DiLorenzo  
Jeff Dodd  
David Ervin  
Phillip Griffin, II

Brooke Herndon  
Jim Laidlaw  
Deborah Langfitt  
Chris Lewis  
Bob Mitchell  
Kit Molden  
Carrie Nowell  
Kurt Nyberg  
Richard Reifsnnyder

Wilborn Roberson  
Robert Spigner  
Bob Stieg  
Steve Straight  
Patty Taylor  
Morgan Templar  
Cheryl Thompson-Stacy  
Ben Weber  
Wes Williams

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

Scott Arthur – 10/11 – Frederick County  
Anthony Crosen – 10/10 – Golf Tournament  
Bernie Demski – 10/10 – Golf Tournament  
Hunter Hurt – 10/10 – Golf Tournament  
Don Karolyi – 10/7 – Front Royal  
Conrad Koneczny – 10/11 – Frederick County  
Paige Manuel – 9/29 & 10/10 – Golf Tournament  
Kit Molden – 10/10 – Golf Tournament  
Carrie Nowell – 9/16 & 9/17 – Apple Harvest  
Ron Price – 10/10 – Golf Tournament  
Gene Schultz – 9/22 – Board Mtg.  
Gene Schultz – 9/17 – Apple Harvest  
Irv Shendow – 10/4 & 10/11 – Frederick County  
Steve Slaughter – 10/10 – Golf Tournament  
Patty Taylor – 10/14 – Front Royal  
Patty Taylor – 10/18 – Frederick County  
Ray Thackston – 9/29 & 10/10 – Golf Tourney

**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](http://winchesterrotary.com) under Member Login.

**District Governor's Visit - Next Week**

Don't forget that District Governor Janet Johnson will be visiting **Tuesday, October 25** at Winchester's Latest meeting in Piccadilly Brew Pub, 2nd level beginning at 6pm. If you missed the sign up last week we'll make sure you get a chance at today's meeting or you can contact Darla or Marc for more details. Thoughtful Door Prizes are needed (country hams welcome).

**October 13<sup>th</sup> Drawing**

George Henzel was "back" to his winning ways with a \$20 takeaway, but drew the king of clubs, thus missing the jackpot. This week's money-vacuum sits at over \$303. It only takes one to win (and the rest of the club to give you grief about it...)



**Next Board Meeting -**

**October 27**

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



**COATS for KIDS**

Happens on **Saturday the 29th** at both SONIC locations! Another great chance to EAT, help the club, the community, and work side by side with our Interact kids! SONIC will donate 10% of all sales to benefit Coats for Kids. PLUS, make a donation to buy a child's coat or bring in a lightly used adult's coat and receive a coupon book for free and discounted goodies from SONIC! Mark your calendars and plan to be there!

*The Classics of* **LITERATURE\***

\*EDITED AND UPDATED FOR POLITICAL CORRECTNESS



From [www.kingofprussiarotary.org](http://www.kingofprussiarotary.org)

**Everybody can be great... because anybody can serve.  
You don't have to have a college degree to serve.  
You don't have to make your subject and verb agree to serve.  
You only need a heart full of grace. A soul generated by love.**  
~Martin Luther King, Jr.~

**DISCLAIMER**

*We don't make this stuff up!  
The information contained herein is obtained from  
third parties and is occasionally inaccurate.*

**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)**

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

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

**BOARD OF DIRECTORS**

Scott Arthur, Eric Beatley, Gary Chrisman, Fran Crawford,  
Rob Frogale, Brooke Herndon, Dick Kent, Adrian O'Connor,  
Tootie Rinker, Gene Schultz, Dave Smith, Tricia Stiles

**IMMEDIATE PAST PRESIDENT - Dick Helm**

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

Photos by: Don Karolyi

Reporter: Dave Smith