

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
Address Rotary correspondence to P.O. Box 412, Winchester, VA 22604

Chartered 1921

April 19, 2012

Calendar

- April 26** - Board Meeting at GW Hotel, 6 pm
May 3 - Queen's Dinner, no noon meeting
May 10 - Little Theater Night Out (Thursday)
May 19 - International Affair benefiting *Our Health, Inc.*
June 7 - Shrimp Feed, no noon meeting
June 9 - Rummage Sale

Today's Program

Dixon Whitworth's unique perspective on Valley Health!

Last Week's Program

Our own Sharen Gromling, Executive Director of Our Health, gave us an overview of the history of Our Health and the many happenings that go on there.



In 1997 Valley Health System performed a community assessment and determined there was a need to bring the many Winchester area volunteer organizations together under one roof. Two buildings on North Cameron Street were renovated providing 25,000 square feet of space in a campus style arrangement. An additional 35,000 square feet was renovated in 2008 providing a total of 60,000 square feet.

Thirteen member organizations currently utilize the campus with three more expected to move into the facilities this spring.

Our Health also hosts Wellness Festivals and Healthy Living events which provide services such as free health screenings, education focusing on healthy habits such as buying and preparing fresh foods. Our Health also helps with recruiting volunteers and training them for an additional 49 partner agencies. It also allows and encourages groups to rent, at a nominal cost, their green space for special community events.

To learn more or volunteer you may visit their web site at www.ourhealthva.org or friend them on Facebook.

Queen's Dinner Tickets - May 3rd, 6pm

Gene Schultz has a half price deal for you...\$25 a pair, *less for less!* Kick off your Apple Blossom fun and meet the *QUEEN!* There will be no noon meeting that Thursday.

Newest Rotarians

Please take a moment to stop and welcome our newest members: Sue Scarborough, Andrew Beck, Victoria Kidd, Tim Roberts & Martin Tabaka. Quick, sign them up for some committees too!



Last week's Drawing

John Midolo won \$24, but missed the jackpot when he drew the 4 of Spades. He was so kind as to donate his winnings to the Foundation! This week the search for the Ace of Spades continues with a nest egg of \$264.



International Affair of Wine & Food to benefit Our Health, Inc.

Tickets are available now from the following committee members...Don Butler, Bill Hottel, Dan Martin, Karen Schultz, Dick Kent, Dick Helm, Tootie Rinker, Dee Dee Barbour, Don Karolyi, Jaime Karalis, Darla McCrary. This is a ***DON'T MISS*** event for wine enthusiasts featuring wines from around the world paired with great foods like lamb sliders with Australian wines, a traditional Braai...meat grilled on a stick with Cape Malay spices with South African wines. Of course, Italy and France will be there...maybe Napoleon himself! \$100 per person. Sponsorships are available for as little as \$500 and that includes two event tickets!!! Show your support for this great community resource!



...and while you're at it...
This year's raffle trip is:

SAN FRANCISCO STAY FOR 7

in one of the Historic "*Painted Ladies*" in the Pacific Heights area close to shopping, restaurants and parks. Family friendly, 4BR, 2 bath for **7 nights for up to 7 people!** Generously donated by Beverley Byrd and Keith Harrington. Go to www.kbexoticvillas.com to view your destination. **\$50 per chance.** Winner is announced at the International Affair. Need not be present to win.

\$7000 VALUE!

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 - Woodstock Moose Lodge - 12:05 pm

Absentees: 4/5/2012

Scott Arthur
DeeDee Barbour
Erik Beatley
Andrew Beck
Randy Boxx
Jonathan Brown
Glenn Burdick
Kevin Callanan
David Chandler
Anthony Crosen
Sarah Daywalt
Jeff Dodd

Dana Evans
Rob Frogale
Michelle Harris
Brooke Herndon
Jaime Karalis
Don Karolyi
Bill Knowles
John Lamanna
Teri Lloyd
Tom Louthan
Winston Lutz
Paul Magness
Darla McCrary

Kurt Nyberg
Court Pifer
Ken Rice
Wilborn Roberson
Tim Roberts
Tom Rockwood
Jeannie Shiley
Steve Slaughter
Morgan Templar
Carl Thomas
Ed White
Stuart Williams

Make-ups* (Date & Function Attended)

Anthony Crosen - 3/24 - Kaleidoscope
Dana Hand Evans - 3/17 - Kaleidoscope Mtg.
Phil Griffin, II - 4/11 - eClub One
John Lamanna - 3/27 - Rummage Sale Prep
Darla McCrary - 4/5 - International Affair Mtg.
John Midolo - 4/12 - Purcellville
Cheryl Thompson-Stacy - 4/12 - Warrenton
Stuart Williams - 3/24 - Kaleidoscope
Wes Williams - 3/24 - Kaleidoscope

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.

Next Board Meeting - April 26

6 PM Meeting at the George Washington Hotel.

All are invited to attend board meetings, *and it counts as a make-up!*

Visitors and Guests Last Week

Stan Crockett visiting from Frederick Co. Rotary
Donald Jacot visiting from Frederick Co. Rotary
Jenny Grooms visiting from Front Royal Rotary
Darline DeMott guest of her husband Bob
Lucy Griffin guest of her Dad, Phil
Diana Crites guest of Don Butler
Barbara Vance guest of Dave Hepler
Austin Farinholt guest of Sharon Farinholt

CLEAN HOUSE NOW!

Don't forget to save the GOOD STUFF for our Rotary Rummage Sale benefiting Fremont Street Nursery & Winchester Day Nursery.



Thanks to all who have already donated items. We have filled one trailer and are working on a second!!!

June 9th is the date... the old Armory on Millwood Avenue is the place. **NOW** is the time to get

rid of those seldom used/never used items that are just taking up space in your home, garage, basement, or business. Drop them off at our collection trailer at Frogale Lumber (Route 50 East of Winchester).....**OR**, for those larger items, you can give Marie DiLorenzo, Dan Martin or Rob Frogale a call and they will arrange a pick up.

LITTLE THEATER NIGHT - MAY 10th

Our Winchester Little Theater Social will be from 5:45pm to 7:45pm at Dave and Kris Goff's home at 1617 Merriman's Lane. Wine and Open Bar for Social Hour, meal includes our WHITE HOUSE CHEF's Special Beef Tenderloin, Chicken Salad, vegetables and dessert ... makes for a great social hour and meal in a beautiful setting.



We then move down to the Winchester Little Theater for a laugh filled play titled, *"The Porch,"*. At just \$20 this is the best deal in town! Please sign up ASAP, reservations must be finalized by Monday, May 7. **Maximum attendance is 100**, you may pay in advance or at the Goff's house.

Libba's Health Tip of the Week

Water, water everywhere and we should drink! Our bodies and especially our brains are made up of and rely on water, thus we need to replenish ourselves regularly. This is even more important when exercising or when out in the sun. Once a person becomes dehydrated, it is a quick downhill turn where confusion sets in and your body is subject to serious health issues, even death.



Help Don Take A Break!

Don could really use a few reliable people to step in when needed and take a FEW photos of the "goings on" at our meetings. You don't need a fancy camera...a cell phone will do. As an added bene, the Newsletter Committee manages to get things done with no meetings!! PLEASE, if you can help, contact President Marc, Sue Rich, Don Karolyi.



President Marc Jaccard
President-Elect Darla McCrary
Secretary Don Louque III
Treasurer 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 Staff: Jenny Brockwell, Paul Burkholder, Sharen Gromling, Chuck Gyauch, Don Karolyi, Chuck Peterson, Sue Rich, Kelly Rickert, Gene Schultz, Dave Smith, Wes Williams

Photos by: Morgan Templar

Reporter: Paul Burkholder

EVENT MAKE-UP SLIP

The Rotary Club of Winchester

Print Your Name: _____

Event Attended: _____

Date of Event: _____

Committee, Board, Community Event

Date of Missed Meeting: _____

(Turn in at Sergeant at Arms Desk)