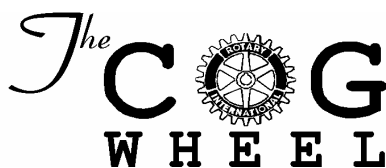


ROTARY 4-WAY TEST

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

Chartered 1921

April 11, 2013

Mark Your Calendar

TODAY - Field Trip to Boulder Crest Retreat after our meeting. All are welcome!

CHANGE: April 18 - Board Meeting - GW Hotel, 6 PM

May 2 - Apple Blossom Queen's Dinner (no meeting)

May 9 - Little Theater Night

May 17 - International Affair of Wine & Food

June 8 - Rummage Sale

Today's Program: Boulder Crest Retreat - An Update

Ken Falke is returning to give us an update on Boulder Crest Retreat for Wounded Warriors. He'll talk about how the retreat center is progressing and plans for the future.

Field Trip to Boulder Crest Retreat TODAY after our meeting!

After the meeting today, committee members, club members and press are invited to follow Ken back to Boulder Crest Retreat (Bluemont, Va. 20 miles) for a tour of the project now under construction.

Do you like wine and good food?

The INTERNATIONAL AFFAIR is coming soon!

May 17th is the date. If you love fine wine and fantastic food, AND helping an important cause, get your tickets now for this popular event.

It is SO popular that the Leesburg Rotary Club is bringing a busload!

The date is May 17th. Tickets are \$100 and can be purchased from Tootie Rinker, Dick Kent, or Darla McCrary. Funds raised will benefit the Boulder Crest Retreat for Wounded Warriors retreat in Bluemont, VA.

Can't attend? Show your support - Program sponsorship opportunities are available for as little as \$100. See Tootie Rinker or Don Butler to help.



Last Week's Program

Dr. Phillip O'Donnell, MD, presented "Heart Attack Prevention 101". If it's too late to prevent, then at least know the symptoms; chest discomfort, arm or jaw discomfort, shortness of breath, sweating, extreme fatigue, unexplained nausea. If you experience these, call 911.

42% of all deaths in the U.S., are due to heart disease. That's 1 million per year. Atherosclerosis is the buildup of cholesterol in the arteries, causing them to narrow, and leading to heart attack or stroke. There are a number of risk factors, some of which you can control through diet, exercise, and medication. Dr. O'Donnell advised: get at least 30 minutes of physical activity a day, or 150 minutes per week...it can be anything, including working in the garden. As for diet, the best is the Mediterranean diet, which includes olive oil, fish, and relaxed eating.

Avoid having to call 911. Know your risk factors, and control the ones you can. Early recognition of those factors and early treatment is the key to Heart Attack Prevention.



For A Good Time See Irv.....



For Little Theater Night tickets that is.... it's less than a month away, on Thursday, May 9th. This year's Little Theatre Night will begin at Dave Sweeney's home at 5:45 PM.....featuring fine food, wine & an open bar for social hour.

The meal includes beef tenderloin, chicken salad, vegetables and dessert. We then move on to the Winchester Little Theater for the comedy titled "You Know I Can't Hear You With The Water Running". For just \$20 per person, this is the best deal in town. A great social, a delicious meal AND live theater.

Please sign up today or register by contacting Irv Shendow at ishendow@verizon.net or Dick Wiltshire at wewilt@comcast.net with the number attending. Hurry, theater seating is limited to 100. Reservations must be finalized by Monday, May 6th.

FACTOIDS:

The State with the highest percentage of people who walk to work: Alaska

The percentage of Africa that is wilderness: 28% (now get this...)

The percentage of North America that is wilderness: 38%

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

Clarke County - Wednesday Lunch - Berryville Presb. Church - 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: 4/4/2013

William Aikens
Calvin Allen
DeeDee Barbour
Jackie Bates
Jenny Brockwell
Bill Buettin
Kerri Burkhart
Kevin Callanan
Terry Coffman
Randy Collins
Greg Crawford
Anthony Crosen
Dana Evans
Rob Frogale
Wilson Gilbert

Phillip Griffin, II
Sharen Gromling
Jenny Grooms
Felicia Hart
Dick Helm
Bill Hottel
Dennis Kellison
Deborah Langfitt
Chris Lewis
Teri Lloyd
Tom Maccubbin
Paul Magness
Darla McCrary
Dennis McLoughlin
Kit Molden
Kurt Nyberg

Court Pifer
Ron Price
Ken Rice
Harry Ridgeway
Sherry Riley
Wilborn Roberson
Joseph Shtulman
Mike Smith
Karey Starnes
Michael Stepniak
David Sweeney
Richard Talbott
Patty Taylor
Ed White
Wes Williams
Dick Wiltshire

Make-ups* (Date & Function Attended)

Scott Arthur – 3/28 – Board Mtg.
Anthony Crosen – 3/23 – Kaleidoscope
Sarah Daywalt – 3/14 – Kaleidoscope Mtg.
Hunter Gaunt – 4/2 – Frederick County
Dick Helm – 3/28 – Board Mtg.
Bill Hottel – 3/28 – Committee Mtg.
Victoria Kidd – 3/28 – Board Mtg.
John Lamanna – 3/26 – Frederick County
Chris Lewis – 3/24 – Rummage Sale Mtg.
Teri Lloyd – 4/2 – Winchester’s Latest
Kit Molden – 3/28 – Kaleidoscope Mtg.
Tim Roberts – 3/26 – Richardson, TX

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.

Karey Starnes – 3/23 – Kaleidoscope
Don Stewart – 3/26 – Frederick County
Dick Wiltshire – 3/23 – Kaleidoscope

Visitors & Guests Last Week

Ana Ribeiro guest of Conrad Kococzny
Willie & Brysen Smith guests of their Dad Dave
Ed Pendleton guest of his wife Libba

Last Week’s Drawing


Close only counts in horseshoes...Irv Shendow won \$20 (That’s just enough for a Little Theater Ticket!), but missed the jackpot when he drew the Ace of Clubs. Jackpot today starts at \$242. Did you buy a ticket?

Foundation Minute

More than 1.2 million of Uganda’s children have lost both parents to HIV/AIDS. As a Sustainer, your contributions to the Annual Fund help provide healthcare - and hope for the future - to over 550 orphans in Uganda.

CLEAN HOUSE!

It’s time to get rid of all that “Stuff” taking up space around the house and help Rotary raise some \$\$\$.



The Rummage Sale Committee is asking everyone to help fill the Rummage Sale Trailers again this year. Trailer #1 is ready to fill at Frogale Lumber (Rt. 50 E). The sale is scheduled for June 8...but don’t wait...*start your spring cleaning NOW!* If you have large or heavy items, we will have our ACE pick-up team help move the “*REALLY BIG STUFF*”. Please, we cannot take mattresses, broken items, monitors or televisions other than flat screens.

Sale sorters and volunteers will also be needed, so be on the lookout for the sign-up sheet.

Apple Blossom Float

Chuck Gyauch needs two more young boys (ages 6-11) to ride on our Rotary Float on Saturday, May 4th. Call Chuck for more details....(540)545-7991.

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)

CHANGE: Next Board Meeting - April 18th

George Washington Hotel

5:30 Attitude Adjustment—6 PM Meeting

All are invited, and it counts as a make-up!

HELP WANTED

HALF MARATHON RACE LOGISTICS CO-ORDINATOR

Organize and oversee event (you don’t have to be a runner). We already have the Race Director...we just need a CEO to “*RUN*” things. See Erik Beatley or Darla if you can help out.

Health Report:

Libba reported that Tuck White was doing well after enduring a 6 week coma! We expect to see him back at Rotary meetings very soon.

Libba’s Health Tip is that you should reduce your sodium intake. Doing so will help lower your blood pressure. Canned goods are usually loaded with salt, but you can remove some of it by rinsing the contents. If you like to add salt to your food, use sea salt or kosher salt, because they have less sodium than table salt.



NEW MEETING SITE - CLARKE COUNTY ROTARY

Clarke Co. Rotary reports they have officially and permanently moved their Wednesday noon meetings to the **Fellowship Hall at Berryville Presbyterian Church** located on **123 West Main Street** in Berryville, VA. The Fellowship Hall is located in the back portion of the Church (The old Clarke Senior Center). You may enter thru the ‘**East**’ side of the building via stairs or a handicap accessible ramp.

President
President-Elect
Secretary
Treasurer

Darla McCrary
Don Louque III
Dan Martin
Tootie Rinker

BOARD OF DIRECTORS

Scott Arthur, Erik Beatley, Kerri Burkhart, Gary Chrisman, Anthony Crosen, Rob Frogale, Dick Kent, Chris Lewis, Adrian O’Connor, Gene Schultz, Tricia Stiles, John Tyson

IMMEDIATE PAST PRESIDENT - Marc Jaccard

Cog Wheel Staff: Bill Buettin, Jenny Brockwell, Paul Burkholder, Sharen Gromling, Chuck Gyauch, Don Karolyi, Victoria Kidd, Tom Maccubbin, Chuck Peterson, Sue Rich, Sherry Riley, Gene Schultz, Dave Smith, Wes Williams

Photographer: Don Karolyi

Reporter: Chuck Peterson