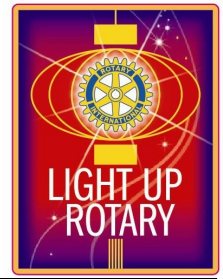
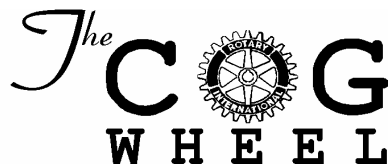


**ROTARY 4-WAY TEST**

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

January 15, 2015

**January 22** - Board Meeting at GW Hotel, 6pm

**February 14** - Valentine's Day

**February 19** - Board Meeting at GW Hotel, 6pm

**February 21** - Hands Against Hunger



**March 13-15** - District Conference at The Homestead

**March 21** - Kaleidoscope

**March 26** - Board Meeting at GW Hotel, 6pm

*Have a program or speaker idea? Let Tootie know.*

### Today's Program

Katherine Zuckerman from Westminster Canterbury will speak about Retirement Communities.

### Up-Coming Rotary Programs:

**January 22 - Top Flight BBQ.** Come and meet Michele Wilson, owner of one of our community's newest enterprises.

**January 29 - The Council on Alcoholism.** Eddie Cassidy, Executive Director will speak about the Council on Alcoholism and Lord Fairfax House.

**February 5 - Interact Club.** We will hear from our Interactors. One of the winning speakers from the RYLA conference will present her talk on resisting drug abuse.

### Welcome New Members

Last week President Dan inducted three new members into the club. Kelly Wolfe, Kent Mull and Sven Hylwiak are now members of the Rotary Club of Winchester, please introduce yourself to them when you have a chance. Welcome Kelly, Kent and Sven.



### Our Last Program

Jennifer Newland, the Executive Director of the Canaan Valley Institute spoke to the club last week. Canaan Valley Institute is a 20 year old non-profit organization serving the central Appalachian region focusing on stream restoration, rural wastewater treatment and environmental education. Newland has a B.S. in biology from Stanford University and a master's degree in forestry from the University of Montana.

The Canaan Valley Institute's goal is to ensure the region has healthy streams to help produce a positive impact on the area both environmentally and economically. Newland estimates that 75% of the streams in the region are not up to the standard the Institute deems healthy.

Newland discussed two area projects the Canaan Valley Institute has been involved with. The first was the Opequon Creek restoration project. They focused on reducing erosion, repairing failed septic systems and controlling cattle access to the creek. The funding for this project came from federal, local and home owner dollars. The second project was the Black Run restoration project at Purcell Park in Harrisonburg. They succeeded in improving the water quality, reducing erosion and improving property values. The Funds for the Black Run project were funded by In Lieu fees assessed to developers.

Newland stated that the institute has invested \$880,000 in these local projects. She encouraged the club to help raise funds for hands-on science activities at local schools, to help communicate their project's benefits and to help identify new project locations in our area.



### HANDS AGAINST HUNGER

Saturday, February 21 will be our **Hands Against Hunger** event. A sign-up clipboard will be circulated today.

**The best way to get started is to quit talking.**

*Walt Disney*

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

Clarke County - Wednesday Lunch - Berryville Presbyterian Church - Noon  
 Charles Town - Tuesday Lunch - Jefferson Hospital - 12:15 pm  
 Frederick County - Tuesday Breakfast - Westminster Canterbury - 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, Mom's Country Kitchen - 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 Moose Lodge - Noon  
 Warrenton - Thursday Lunch - Fauquier Springs - 12:15 pm  
 Woodstock - Wednesday Lunch - Woodstock Moose Lodge - 12:05 pm

**Absentees: 1-08-15**

Oz Abbey	Phil Griffin	Kurt Nyberg
Calvin Allen	Jenny Grooms	Ron Price
DeeDee Barbour	Robert Hall	Ken Rice
Ralph Bayfield	Brooke Herndon	Earl Riddick
Andrew Beck	Jaime Karalis	Tim Roberts
Jud Breslin	Dick Kent	Thom Ruffin
Paul Burkholder	Victoria Kidd	Karen Schultz
Tom T. Byrd	John Lamanna	Michael Stepniak
David Chandler	Stephanie Landes	David Sweeney
Jesse Dingle	Deborah Langfitt	Amanda Unger
John Elrick	Chris Lewis	Ajay Virmani
Dana Evans	Don Louque, III	Ben Weber
Rob Frogale	Neile Martin	Stuart Williams
Wilson Gilbert	Bob Mitchell	Dick Wiltshire
	Guss Morrison	

**Visitors & Guests Last Week**

Brad Snowden visiting from the Clarke Co. Rotary  
 Carl Esterhay, guest of Libba Pendleton  
 Nadine Pittanga, guest of Joe Shtulman

**Yearbooks**

Rotary Yearbooks are ready for pick-up. We did our best to get accurate info and cross-referenced against the internet roster. BUT, if you find an error, mark it on the back of the green tag inside the cover and leave it at the Sergeant-at-Arms desk. The cut-off date for information included in this yearbook was August 2014.

**PLEASE, because of the amount of information contained in our yearbook, shred or return your old copies to the Sergeant-at-Arms desk for recycling/shredding.**

**Foundation "Minute/Moment"**

Conrad Koneczny's foundation minute informed us that the country of Burkino Faso is the beneficiary of a Rotary Foundation Global Grant for basic education and literacy. Over the past three years 560 elementary school girls in the

Yatenga region have received a very unusual scholarship. The scholarship is for complete tuition and supplies for one year, a live sheep for the student's family and a local well to keep the girls in school rather than fetching distant water for their families.

**Paul Harris Fellowship Matching**

Gary Chrisman reported that as of January 1st, 25 club members had taken advantage of the Foundation's 50% matching program to become Paul Harris fellows. Congratulations & thank you!

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

Dee Dee Barbour – 12/30 – Kaleidoscope Mtg.  
 Dick Wiltshire – 1/8 – Culpepper

**Board Meeting January 22****GW Hotel**

Attitude Adjustment 5:30 pm

Meeting 6 pm

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

**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-ups and slips submitted. Make-ups can also be submitted online at [winchesterrotary.com](http://winchesterrotary.com) under Member Login.

**Libba's Health Report**

Libba reported that just before Christmas Sharen Gromling had a "cardiac event". She recognized the symptoms and drove herself to the hospital. She was diagnosed with a blood clot and a mild heart attack. She is recovering and has been told to resume all normal activities except for running. So Sharen walked a 5k race in Maryland at the end of the year.

As the thermometer hovered in the teens last week appropriately Libba's health tip focused on the pros and cons of the cold weather. Although we all have to worry about catching the flu, slipping on ice and watching our blood pressure rise.

We also benefit during the cold by burning more calories, experiencing fewer aches and pains because of reduced inflammation and having the convenient excuse to "get closer" to those you enjoy being close to.

**Our Newest Board Members****New Board Members 2015-18:**

Jean Barch, Tom Byrd, Brooke Herndon & Ed White.  
 Plus, Roy Schwarz will be filling Paul Magness' spot for the 2014-17 term.

**Our Drawing Last Week**

Roy Schwarz won \$18 in the weekly drawing but he did not pull the Ace of Spades so the jackpot will begin today at \$32.

**We're still looking for good ideas...**

We have an opportunity to apply for a District matching grant of up to \$3000 for worthy projects. Contact Konrad or President Dan with your suggestions.

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

**Dan Martin**  
**Tootie Rinker**  
**Scott Arthur**  
**Julia Connell**

**BOARD OF DIRECTORS**

Kerri Burkhart, Anthony Crosen, Chris Lewis, John Tyson  
 Jamie Karalis, Winston Lutz, Paul Magness, Kurt Nyberg  
 Dee Dee Barbour, Felicia Hart, Conrad Koneczny

**IMMEDIATE PAST PRESIDENT - Don Louque, III**

**Cog Wheel Staff:** Jenny Baker, Mary Braun, Jud Breslin, Paul Burkholder,  
 Tom Byrd, Sarah Daywalt, Sharen Gromling, Felicia Hart, Don Karolyi, Victoria Kidd,  
 Tom Maccubbin, Guss Morrison, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith

Photos: Don Karolyi

Reporter: Tom Byrd