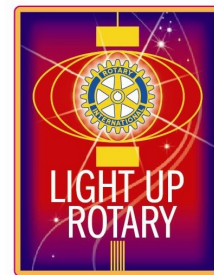
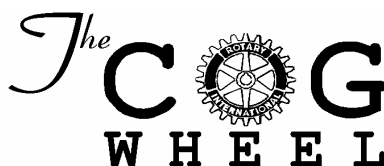


ROTARY 4-WAY TEST

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

February 12, 2015

SATURDAY! - 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 suggestion? Let Tootie know.

Today's Program - Critters...

We will hear from Blue Ridge Wildlife Rescue.

HANDS AGAINST HUNGER - February 21

Next week Saturday will be our **Hands Against Hunger** event in Front Royal (8:30-11:30AM) PLUS a **Food Collection Drive** (with our Interact Club members) at WalMart (10AM-2PM) on Pleasant Valley Road in Winchester. Today we will be *"passing the hat"* for donations...PLUS, there's always room for a few extra helping hands...talk to Don Butler if you would like to help out.

DISTRICT CONFERENCE

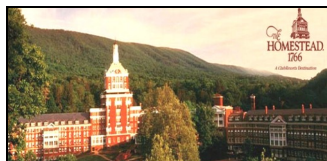
March 13-15th

President Dan announced that there was ONE **"First Time Attendee"** spot left for the District Conference. The club will pay for the first night of lodging and registration to the conference for any member of our club who will be attending their first District Conference.

Jean Barch is our club's liaison to the District Conference this year. She will help organize the weekend for our club members attending at the Homestead. As President Dan said, *"she will be our teacher on the field trip."*

WELCOME COMMITTEE

After hearing President Dan ask someone to step up to Chair the Rotary Welcome Committee, Kevin Callanan was inspired and volunteered to take over the "Greeters". *Thanks Kevin!*



Our Last Program

The RILA Conference in Blacksburg was attended by 7 Handley and 2 James Wood high school students. Introduced by Principal, Jesse Dingle, he spoke of their intelligence, athleticism, academic mettle and willingness to serve others.

Shireka Napshire, who won third place and \$300 at the RILA speech competition shared her presentation with us. Modeled on the Four-Way Test, Shireka vetted ways to discern how to wield social media exchanges. Sharing that 29% of teens post rude or overly personal and compromising information, the Rotary test proves a useful tool while stepping back to reconsider appropriateness of social media content.

Shireka is president of the Handley Interact Club.
Congratulations Shireka and club members.



ROTARY PUBLIC RELATIONS

Don Louque invited Rotarians to join a new Public Relations Committee headed by himself and Victoria Kidd to help promote our club and the good we do both in our community and worldwide. If you would like to help see Don or Victoria.

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 Shenville - 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: 2-5-2015

William Aikens
Jackie Bates
Ralph Bayfield
Erik Beatley
Doug Bement
Paul Burkholder Don
Butler
John Copenhaver
Rob Frogale
Wilson Gilbert
Phil Glaize
Phil Griffin

Jenny Grooms
Dick Helm
Brooke Herndon
Sven Hlywiak
Don Karolyi
Dick Kent
Deborah Langfitt
John Lewis
Alan McKay
Kent Mull
Ron Price
Ken Rice
Tim Roberts

Irv Shendow
Bob Shriner
Joseph Shtulman
Jay Smith
Karey Starnes
Michael Stepniak
Patty Taylor
Michelle Thomas
Cheryl Thompson-Stacy
Amanda Unger
Ben Weber
Ed White

Make-ups* (Date & Function Attended)

Andrew Beck – 2/5 – Kaleidoscope Mtg.
Tom T. Byrd – 2/3 – Frederick County
David Chandler – 9/20 – Apple Harvest Festival
David Chandler – 2/4 – eClub One
Felicia Hart – 1/21 – Kaleidoscope Mtg.
Neile Martin – 1/30 – Kaleidoscope Mtg.
Karey Starnes – 1/22 – Board Mtg.

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 winchesterrtary.com under Member Login.

Board Meeting February 19 GW Hotel

Attitude Adjustment 5:30 pm Meeting 6 pm

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

Visitors & Guests Last Week

Darlene DeMott, guest of her husband Bob
Bob Meadows, guest of Dave Smith
Nadine Pottanga, guest of Stephanie Landes

INTERNATIONAL AFFAIR IS BACK!

Mark your calendars! Darla McCrary announced that this year's International Affair will be held at Long Branch on May 16th. The event will benefit the Winchester Rescue Mission.

Rotary History Lesson from Conrad...

Conrad described the symbolism of the Rotary emblem. The wheel was originally designed by Montague M. Bear in 1905 and then modified in 1923, before it was formally



accepted by Rotary in 1929. The wheel denotes civilization and movement. Six spokes with twenty-four cogs include a key way, which attest to a working wheel. Take note Rotarians!

Tips for a Beautiful Life (provided by Mrs. Bill Old.)

1. Take a 10-30 minute walk every day and while you walk, SMILE! It is the ultimate antidepressant!
2. Sit in silence for at least 10 minutes each day.
3. When you wake up in the morning, pray to ask God's guidance for your purpose today.
4. Eat MORE foods that grow on trees and plants and LESS food that is manufactured in "Plants".
5. Drink green tea and plenty of water. Eat blueberries, broccoli and almonds.
6. Try to make at least three people smile each day.

MORE NEXT WEEK.....

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)

Memoriam

We are saddened to note the passing of long time Rotary member Tom Louthan...our prayers are with his family.

Libba's Health Report

Steve Straight had a total ankle replacement recently and was warmly welcomed at our Rotary lunch.

Libba's Health Tip

The CA Health Institute observes that to lose weight it is not what one eats, but when one eats it that makes the difference. Confining eating to an 8 hour per day window seems to work for mice.....

Our Drawing Last Week

Marty Tabaka walked off with \$19 from our weekly drawing but drew the 7 of clubs from the deck. Sooooo, this week's jackpot will start at \$110.

**KALEIDOSCOPE**

It's March 21st! Program advertising opportunities are available and tickets will also be on sale soon! They are also seeking donations for the silent auction. See Jenny Baker or William Aikens for more information.

This year's beneficiary is the Little Theater, which is renowned for its sets and realistic food props, among other things.

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, Karey Starnes

IMMEDIATE PAST PRESIDENT - Don Louque, III

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

Photos: Gene Schultz

Reporter: Mary Braun