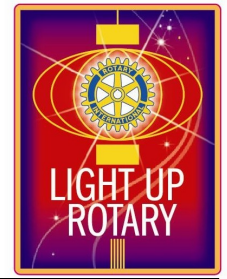
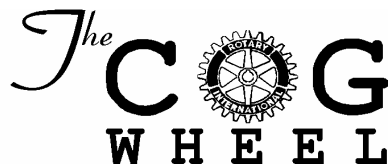


ROTARY 4-WAY TEST

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

May 21, 2015

WHAT'S COMING UP.....

- May 28** - Board Meeting, GW Hotel 6 pm
June 4 - SHRIMP FEED - No Noon Meeting
June 6 - Rummage Sale
June 25 - Changing of the Guard & Board Meeting

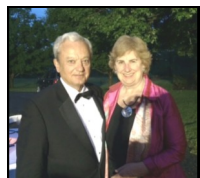
Have a program or speaker suggestion? Let Tootie know.

Today's Program

We will hear from John Brauer of NW Works. He will tell us of their new projects & programs including the new "Firefly Restaurant."

**International Affair**

An International Affair of Wine & Food to benefit The Rescue Mission was held last Saturday at Historic Long Branch Plantation. Weather may have kept a few away but those of us there, enjoyed a beautiful evening! Winners of the East Coast/West Raffle were Trei Laizure who will enjoy Tim Roberts Southern Charm home in Charleston (Edisto), SC. The west coast Disneyland and Marriott Anaheim trip was won by our own Jonathan Snowden. Thank you Tim Roberts and Paul Frank for your generous donation of these accommodations. Thanks to all who sponsored, attended the event, helped with setup, decorating and tear down.



Wine sales will continue until May 30 so buy often and buy generously! This will be our last opportunity to support The Rescue Mission. Wine order forms are on your table. Feel free to take them, fill out and return to Darla McCrary or Paul Frank before May 30. Cash, check (made out to Handy Mart) or credit cards are accepted.

**Our Program Last Week**

Stephan Lawson, Executive Director of the Winchester Free Medical Clinic brought us up to date on this important community resource. Stephan has only been leading the Clinic for these past 2 months but he comes to us with a lifelong involvement in the not-for-profit medical world including project Hope.



The Clinic was founded by the Winchester First Presbyterian Church and operated in their basement until they out grew the space and moved into an old firehouse at 12 East Cork Street. In 1984 Winchester Memorial Hospital (now Valley Health Systems) performed a needs assessment for Winchester and agreed to take over the Clinic in 1986. The Clinic continued to operate as a non-profit in the firehouse owned by the church until the new and much larger Clinic space was built by VHS and a local businessman who leased space for the Clinic.

To use the free clinic you must not earn more than 200% of the Federal poverty level and have no access to insurance. The Clinic is managed by a nurse practitioner assisted by nurses, it operates its own pharmacy where patients get meds cheap or free. The typical patient is prescribed 7 drugs, suffers from high blood pressure, obesity and diabetes.

The future of the Clinic reflects the ever changing healthcare playing field and the many complex issues that affect healthcare for the poor. The Clinic sees a future where there will be less focus on the provider or the clinic building but rather improving the health habits of patients. This is a huge and long term goal, but our clinic is in a good position to confront these issues because they are currently addressing morbidity related issues. More than that, social and economic needs are understood best when addressed locally.

The Clinic plans to focus on prevention. Currently approximately 12,000 people in the area suffer chronic conditions, have low income and are considered "health risks". It is hoped that early intervention/prevention will save the community from the costs of treating their full-blown diseases.

Mr. Lawson and the Clinic are continuously evaluating clinic accessibility in terms of hours and days open and also how to manage patients in their homes resulting in fewer clinic visits. Plus they are working with Shenandoah University hoping to develop a student-focused community health program. Overall the Free Medical Clinic wants to help create a healthier and safer community.

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 - Stoneridge Events Center - 12:15 pm
 Woodstock - Wednesday Lunch - Woodstock Moose Lodge - 12:05 pm

Absentees: 5-14-2015

Jenny Baker
DeeDee Barbour
Jeff Barbour
Jean Barch
Doug Bement
Donna Berger
Mary Braun
Jud Breslin
Don Butler
David Chandler
John Copenhaver
Anthony Crosen
Nancy Davis
Jesse Dingle
John Elrick

Dana Evans
Felicia Hart
Sven Hlywiak
John Huddy
Alex Iden
Don Karolyi
John Lamanna
Deborah Langfitt
Chris Lewis
Mark Lineburg
Maria Montgomery
Nadine Pottinga
Ron Price
Richard Reifsnnyder
Ken Rice
Earl Riddick

Tim Roberts
Tom Rockwood
Karen Schultz
Jeannie Shiley
David Sovine
Karey Starnes
Steve Straight
David Sweeney
Michelle Thomas
Cheryl Thompson-Stacy
Amanda Unger
Ajay Virmani
Ed White
Stuart Williams
Jim Youngblood

Make-ups* (Date & Function Attended)

Jean Barch – 4/23 – Board Mtg.
Thomas W. Byrd – 4/24 – Cogwheel Reporter
Jenny Grooms – 4/23 – WLT Mtg.
Sven Hlywiak – 4/26 – Board Mtg.
Michael Malone – 5/7 – Rummage Sale Mtg.
Maria Montgomery – 5/7 – Rummage Sale Mtg.
Kurt Nyberg – 4/23 – Board Mtg.
Libba Pendleton – 4/9 – Rummage Sale Mtg.
Roy Schwartz – 4/21 – Frederick County
Karey Starnes – 5/7 – Rummage Sale Mtg.
Robert Trabosh – 5/8 – Front Royal

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.

Rotary Foundation Minute

Value of a make-up - When Steve Hlwviak attended a make-up meeting in Richmond he learned something very interesting published in their weekly notice. April is "Magazine month". April celebrates The Rotarian as one of the world's oldest magazines having published continuously since April 1911. The magazine was printed in black and white, was just a few pages long and featured a contribution from Paul Harris. Today the magazine is printed and distributed worldwide in 24 languages. Past contributors have included 17 Nobel prize winners and 19 Pulitzer prize winners. The Rotarian is but one way we promote the good works of the Foundation.

Motorcycling Rotarians - met in New Boise, Pa. and rode to Emporia, Va. Then had a meet and greet with the host Rotarian club. So if you like to ride a motorcycle and enjoy Rotarian fellowship then join a ride, you can even count it as a makeup. You can find future rides/events online.

Rummage Sale

We want your STUFF! The Rummage trailer is no longer at Frogaie Lumber. Everything has been moved into the Armory and is being sorted. If you have large pieces of rummage/furniture at your home or business call John or Dan to pick it up. Additionally, if a neighbor has a yard sale, suggest to them that they call Dan Martin or John Tyson to pick up their leftovers after their sale.

Items will still be accepted at the Armory. You can even bring things here to our meetings and Jean or Dan or John will take them over to the Armory. Take a few flyers/posters to hang at your workplace.



Next Board Meeting — May 28
at GW Hotel
Attitude Adjustment 5:30 pm Meeting 6 pm
All are welcome, and it counts as a make-up!

Libba's Health Report:

Libba reminds us that several Rotarians remain unable to attend meetings because of illness and would appreciate a card, a phone call and in some cases a visit.

Wade Johnson and Steve Straight would appreciate a card and or call. Wade is up for visits and perhaps could attend a meeting if offered a ride. Let's try to remember our infirmed friends whenever possible. George Hensel is receiving cancer treatments...drop him an encouraging word if you have a minute.

Health Tip: Beware of ticks and signs of Lyme Disease. Lyme disease was first diagnosed in Lyme, Connecticut and traced to bites from infected ticks. Many of these ticks are carried by wildlife including deer and rodents. To prevent becoming infected be sure to check yourself carefully for ticks after outdoor walks. Early treatment is important. Symptoms are: headaches, achy joints and the tell tale bulls-eye red mark around the bite. If in doubt see you doctor ASAP as the disease can cause life long problems.



Our Drawing Last Week

Last week's lucky winner of \$25 was Conrad Koneczny. Our jackpot is still unclaimed and has climbed to \$441. Be sure to play if you want to win.

NEW MEMBERS

Welcome to our newest members: Nadine Pottinga and Donna Berger. Nadine is the President and CEO of The United Way of the Northern Shenandoah Valley. Donna is the marketing director of The Winchester Group. Ralph Bayfield was welcomed back after a brief absence. And we have two new proposed members: David Kent and Ryan Zelaski.

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)

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, Paul Burkholder,
Tom W. Byrd, Sharen Gromling, Felicia Hart, Don Karolyi, Victoria Kidd,
Tom Maccubbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith

Photos: Gene Schultz

Reporter: Paul Burkholder