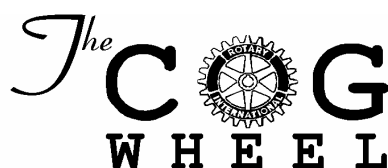
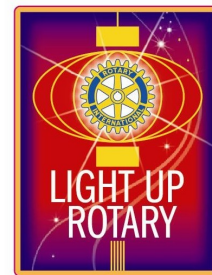


ROTARY 4-WAY TEST

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

June 18, 2015

WHAT'S COMING UP.....

NEXT WEEK - Changing of the Guard
& Joint Board Meeting at Darla & Paul's, 6pm
July 2, 9, 16, 23, 30 - Picnic Lunch in the park!

Have a program or speaker suggestion? Let Scott know.

Today's Program

Special program honoring a Special Rotarian.

Rummage Sale Report

Kerri Burkhart reported that this year's Rummage Sale netted over \$8000! **Thanks to** John Tyson's leadership, the many volunteers who helped sort and price thousands of items and work the event, and everyone who donated rummage.



Our Program Last Week

Allison Major, the Council Director for the local council of **Girls on the Run**, introduced us to this organization, whose mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. The local Winchester-based council was formed in 2011, with 25 girls. This year, over 300 girls participated in the program, which serves Winchester, Frederick, Clarke, Warren, Page, Shenandoah, Jefferson, Berkley, and Hardy counties.

Girls on the Run combines physical activity of running and exercising, with group discussions on topics such as how to stop gossip, bullying, etc. to help 5th thru 8th grade girls, develop healthy lifestyles and prevent risky behavior. There are Spring and Fall 12 week sessions, which meet twice per week for 90 minutes after school. Each 12 week session culminates in a 5K run. You can help **Girls on the Run** by volunteering as a coach for a 12-week session, or simply being a running buddy during one of their 5K events. There are also sponsorship opportunities available.



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

Absentees: 6-11-2015

William Aikens
Calvin Allen
Jenny Baker
DeeDee Barbour
Ralph Bayfield
Don Butler
Kevin Callanan
David Chandler
Nancy Davis
Marie DiLorenzo
Jesse Dingle
Carl Esterhay
Dana Evans
Paul Frank
Rob Frogale
Felicia Hart
Brooke Herndon

Sven Hlywiak
Jaime Karalis
John Lamanna
Stephanie Landes
Deborah Langfitt
Chris Lewis
John Lewis
Mark Lineburg
Neile Martin
Darla McCrary
Bob Mitchell
Maria Montgomery
Guss Morrison
Kurt Nyberg
Ron Price
Ken Rice
Earl Riddick

Mary Riley
Bernie Schwartzman
Irv Shendow
Jeannie Shiley
Jonathan Snowden
Karey Starnes
Steve Straight
Patty Taylor
Michelle Thomas
Robert Trabosh
John Tyson
Ajay Virmani
Lori Vogel
Ed White
Kelly Wolfe
Jim Youngblood
Ryan Zelaski

Visitors & Guests Last Week

Brad Snowden visiting from Clarke County Rotary
Ben Rissler, guest of Tricia Stiles
Scott Swisher, guest of Julia Connell
Dr. Fritz Polite, guest of Karen Schultz
Ken Williams, guest of Stuart Williams
Alyssa Lundberg, guest of Kerri Burkhart
Ann Burkholder, guest of her husband Paul
Bryan Grey, guest of Conrad Koneczny

**Rotarian Anniversary**

Congratulations to Adel Guirguis, who celebrates his 38th anniversary as a Rotarian this month.

ANOTHER MILESTONE

After many, many years in Rotary, Thursday was the first time Rich Reifsnyder had the pleasure of hearing the club sing *Happy Birthday* to him.

Sadly, he shared the news that he will be leaving us and moving to Connecticut soon after his retirement, keeping a long-standing promise to his wife. Rich's last time leading services at 1st Presbyterian church, was this past Sunday.

**Foundation Minute**

With a Foundation Global Grant, the Rotary club of Sao Paulo-Norte Brazil, is helping a retired dentist that operates a free dental clinic for low income families. He is using a trailer outfitted with used dental equipment. The funding is in part to help expand into a permanent office to better serve the rural counties around Currituck, North Carolina. The funding also provides annual training for two dental assistants.

**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)

Osborne Abbey - 5/16 - Rummage Sale Prep.
Jeff Barbour - 6/6 - Rummage Sale
Donna Berger - 6/5 - Front Royal
Erik Beatley - 6/11 - Golf Tournament Mtg.
Paul Burkholder - 5/28 - Cog Wheel Reporter
Nancy Davis - 6/2 - Rummage Sale Prep.
Jim Laidlaw - 5/26 - Frederick County
Winston Lutz - 5/28 - Board Mtg.
Winston Lutz - 6/3 - Rummage Sale Prep.
Paul Magness - 5/7 & 6/3 - Rummage Sale Prep.
Neile Martin - 6/6 - Rummage Sale
Stuart Pierson - 5/15 - International Affair
Diane Ruckman - 6/6 - Rummage Sale
Irv Shendow - 6/16 - Frederick County
Jonathan Snowden - 6/3 - Rummage Sale Prep.

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.

David Sovine - 6/9 - Frederick County
Karey Starnes - 6/6 - Rummage Sale
Marty Tabaka - 6/11 - Golf Tournament
Patty Taylor - 6/2 - Rummage Sale Prep.
Ben Weber - 6/11 - Golf Tournament Mtg.

Joint Board Meeting - NEXT WEEK
at Darla & Paul's Home - 1900 Jones Rd., Winchester

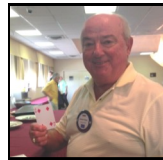
Attitude Adjustment 5:30 pm

Meeting 6 pm

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

Libba's Health Tip:

Libba reminded us that with summer, comes the need to protect ourselves from the damaging rays of the sun. Wear a hat, sunscreen and sunglasses. If you forget the sunscreen and get a burn, here are a few natural remedies. Drink plenty of water. Take ibuprofen. Take a cool bath, and add a cup of cider vinegar. Make a compress with ground vegetables mashed in a blender. Apply Aloe Vera juice to the burn. Make a compress using skim milk and water...milk protein soothes burns.

**Our Drawing Last Week**

Terry Tierney was the lucky winner of \$11 in our drawing last week. BUT, the Ace of Spades remained hidden. The jackpot starts at \$31 today.

Golf Tournament

Don Louque, III, announced that the committee is forming now, and reminded us that committee meetings count as attendance meetings! You don't have to be a golfer to help with the golf tournament. See Don for details.

**OUR VERY NEWEST**

Dave Kent, one of our newest Rotarians was introduced for the first time since his induction. Welcome Dave!

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: Jenny Baker & Don Karolyi

Reporter: Chuck Peterson