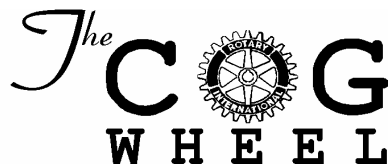
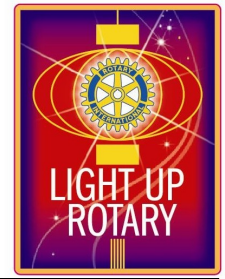


ROTARY 4-WAY TEST

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

July 9, 2015

Mark Your Calendars....

- July 2, 9, 16, 23** - Picnic Lunch in the park!
July 23 - Board Meeting, GW Hotel, 6 pm
July 30 - Family Picnic - No Noon Meeting
Aug. 20 - Camp Fantastic
Aug. 27 - Board Meeting, GW Hotel, 6 pm
Sept. 24 - Shrimp Feed, no noon meeting

Have a program or speaker suggestion? Let Scott know.

Today's Program

New Member Talks.....one of our favorite programs!

Foundation Minute

Conrad reminded us that one of the six areas of focus for the Foundation is Water and Sanitation. Recently, six clubs in district 7630 (Delaware and part of Maryland) along with two local churches, raised funds and received a Foundation grant to drill four wells in Tanzania. These wells are now providing fresh, clean and potable drinking water for 2000 people.



New Paul Harris Fellow

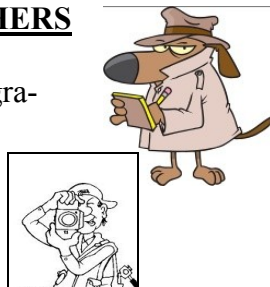
At last week's meeting, Rotarian Bob DeMott honored his wife Darlene, with a Paul Harris Fellowship.

Family Picnic

Our annual Winchester Rotary Family picnic will be Thursday, July 30th. Bring your friends and family. Volunteers are also needed, so please sign up today.

REPORTERS & PHOTOGRAPHERS NEEDED

Can you help? Reporters & photographers take one month turns and even get a makeup! If you would like to help, contact Sue Rich (reporters) or Don Karolyi (photographers).



Our Program Last Week

Hunter Knox spoke to us about his experience in Peru, as a Rotary exchange outbound student this past academic year. He thanked Rotary for giving a 15 year old the opportunity to live in a different country. He lived with a host family in Lima for most of the year, but also travelled to other sections of the country. One of those trips was to the city of Puno, which is on the shore of Lake Titicaca. He stayed with a family there and "lived like the natives", which included waking up at sunrise, and eating food cooked in clay pots over an open fire.



Hunter attended a private school in Lima, where he was one of six exchange students. He said there are two fewer years of school there, and they manage to fit the same amount of learning into a shorter period of time. Because of this, when he returned to Winchester, he was able to enroll back at James Wood High School without having to take any additional summer classes to catch up. One of the benefits of his time in Peru is a great improvement in his ability to speak Spanish.

New Officers & Board Members



The new officers & board members for this year were recognized. They are: Scott Arthur, Adel Guirguis, Jean Barch, Tom W. Byrd, Brook Herndon, Ed White & Roy Schwarz.

Newly deposed president Dan Martin also thanked Kerri Burkhart for her three years of service and leadership on the board.

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: 7-2-2015

William Aikens
Jackie Bates
Andrew Beck
Mary Braun
Paul Burkholder
Cary Claytor
Anthony Crosen
Jesse Dingle
Dana Evans
Rob Frogale
Wilson Gilbert
Phil Glaize
Phil Griffin
Phillip Griffin, II

Felicia Hart
Sven Hlywiak
John Huddy
Marc Jaccard
Dwight Kemp
David Kent
Dick Kent
Diana Ketterman
Victoria Kidd
John Lamanna
Stephanie Landes
Deborah Langfitt
John Lewis
Mark Lineburg
Don Louque, III

Neile Martin
Bob Mitchell
Kurt Nyberg
Stuart Pierson
Earl Riddick
Diane Ruckman
Roy Schwarz
Jeannie Shiley
Bob Shriner
Terry Sinclair
Jonathan Snowden
David Sweeney
Michelle Thomas
John Tyson
Ben Weber

Visitors & Guests Last Week

Darlene DeMott, guest of her husband Bob
Bobby Amos, guest of Jeff Davis
Debbie Talley, guest of Kevin Callanan
Kathie Plum, guest of Karen Schultz
Lisa Martin, guest of her husband Dan (*Jill couldn't make it*)
Denise Knox - Club Guest
Hunter Knox - Speaker

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.



Bring A Friend...Gain a Member

If you didn't get one of the cards above, please do! They're at the check-in table and are a great way to invite potential club members to lunch with us.

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)

Andrew Beck - 7/2 - eClub One
Tom T. Byrd - 6/30 - Frederick County
David Kent - 6/25 - Golf Committee Mtg.
Conrad Koneczny - 5/26 - Finance Exploratory Mtg.
Jim Laidlaw - 6/6 - Rummage Sale
Don Louque - 6/25 - Golf Committee Mtg.
Nadine Pottinga - 6/25 - Martinsburg, WV
Bob Shriner - 6/15 - Motorcycling Rotarians
Dave Smith - 6/19 - Front Royal
David Sovine - 6/30 - Frederick County
Jonathan Snowden - 5/16 - An International Affair
Marty Tabaka - 6/25 - Golf Committee 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 winchesterrotary.com under Member Login.

Joint Board Meeting JULY 23 - GW Hotel

Attitude Adjustment 5:30 pm
Meeting 6 pm

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

Libba's Health Report

George Henzel is currently undergoing treatment for lung cancer...keep him in your prayers.

Libba's Health Tip

Here are some important numbers: 2 is the maximum number of hours of 'screen time' you should have in a day. If you are spending more than that in front of the TV or computer screen, it can raise your triglycerides and lower "good" cholesterol. 7 is the ideal number of hours of sleep you should get every night. 7 is how many servings of fruit and vegetables you should eat every day. Speaking of healthy eating, your height to waist ratio is a good indicator of overall health. The ideal ratio is 1:2. For example, a person 5' tall should have a waist of 30". A person 6' tall should have a 36" waist. It's time for some of us to get on that treadmill.

Our Drawing Last Week

David Goff won \$21 in our drawing but missed the jackpot when he drew the four of Clubs. The jackpot starts today at \$97.



DISCLAIMER

We don't make this stuff up! (Ok, most of it.)
Information contained herein is obtained from our members who are accurate most of the time.

President
President-Elect
Secretary
Treasurer

Tootie Rinker
Scott Arthur
Julia Connell
Paul Magness

BOARD OF DIRECTORS

2013-16: Jamie Karalis, Winston Lutz, Kurt Nyberg, Roy Schwarz
2014-17: Dee Dee Barbour, Felicia Hart, Conrad Koneczny, Karey Starnes
2015-18: Jean Barch, Tom Byrd, Brooke Herndon, Ed White

IMMEDIATE PAST PRESIDENT - Dan Martin

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: Steve Straight

Reporter: Chuck Peterson