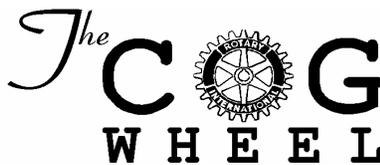
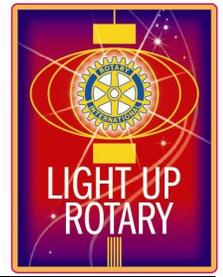


#### ROTARY 4-WAY TEST

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

July 23, 2015

### Mark Your Calendars....

**TONIGHT** - Board Meeting, GW Hotel, 6 pm  
**NEXT WEEK** - Family Picnic - No Noon Meeting  
**Aug. 20** - Camp Fantastic  
**Aug. 27** - Board Meeting, GW Hotel, 6 pm  
**Sept. 19 & 20** - Apple Harvest Festival  
**Sept. 24** - Shrimp Feed, no noon meeting  
**Oct. 12** - Annual Golf Tournament

*Have a program or speaker suggestion? Let Scott know.*

### Today's Program

Darla will give us an update on the plans to reinvigorate our Apple Harvest Festival. The festival, scheduled for Sept. 19th and 20th at the Frederick Co. Fairgrounds, had a kick-off meeting this past Monday with 15 committee members in attendance to discuss everything from crafts to music to bingo! This ain't your grandmother's craft festival (no offense to grandma) as it will also include beer, hard cider and wine tasting, plus first-rate live entertainment. Now it's time for YOU to get involved by joining one of several subcommittees that were formed to make the event a smashing success. Watch for a clipboard circulating today!



### Family Picnic

Dan said it's looking pretty good on set-up and serving for next week's Family Picnic, but he still has room for some cleaner-uppers from 7-9 pm (though it usually doesn't take nearly that long to clean-up). Watch for one last go-round of the clipboard today and plan to join us for some great chicken and super socializing.

### Golf Tournament

Don Louque is looking for a few more committee members for this year's golf tournament on Oct. 12th at Winchester Country Club.

He'd also settle for a sponsorship or a team – he's easy that way. This year's beneficiary is the Lord Fairfax House in Winchester, a 12-step program and part of the Council on Alcoholism Lord Fairfax Community. See Don today and he won't pester you tomorrow!



### Our Program Last Week

Kevin Anderson, the coach of the Shenandoah University baseball team and Assistant Athletic Director at S.U., motivated us with not only his winning ways (he has a career record of 497-250-2 overall and 350-165-1 at S.U.) but also his philosophy on fielding a team of winners on and off the field. (His cardinal rule is “no

JPA's,” or jerks, prima donnas, and – well, you can fill in the rest...) He believes in recruiting **“people, then students, then athletes.”** His emphasis on academics is bolstered by the fact that the average 2.5 GPA athlete gets \$3000/year in scholarships while the average 3.5 students receives \$20,000/year – which is critical to a school that averages \$40,000/year in expenses and has no athletic scholarships for baseball.

Coach Anderson also believes in giving back to the community – his athletes have assisted with fundraisers and outreach for numerous local charities including Special Olympics. His philosophy must be working as he has taken a team with only 11 wins in the two years previous to his arrival in 2004 to back-to-back appearances at the NCAA Championship in Appleton, Wisconsin. In 2009 and 2010 he was named the **ABCA South Region Coach of the Year**. He is the first SU coach to earn any Coach of the Year honor in consecutive seasons. This past spring the team earned its first Old Dominion Athletic Conference title and was ranked in the top 5 schools nationally all season.

The S.U. team plays its games at Bridgeforth Field in Jim Barnett Park, so pay them a visit and cheer them on!

### FOUNDATION MINUTE

Conrad told us it is estimated that 878 million people around the world—nearly half of them employed—live on less than \$1.25 per day....

In India, Rotary Foundation alumna Hannah Warren is helping impoverished women weavers gain access to training, materials and most importantly, international Markets—enabling them to earn a living wage.

Warren says *“There is no way I could be doing this work were it not for my scholarship. Rotary Scholarships are not a one-time donation. They are an investment in goodwill.”*



### ***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: 7-16-2015**

William Aikens  
 Jean Barch  
 Jackie Bates  
 Ralph Bayfield  
 Tom Byrd  
 Kevin Callanan  
 John Copenhaver  
 Jesse Dingle  
 Rob Frogale  
 Wilson Gilbert  
 Felicia Hart  
 Dick Helm  
 Brooke Herndon

Sven Hlywiak  
 Alex Iden  
 Doug Joyner  
 Jaime Karalis  
 Dwight Kemp  
 Victoria Kidd  
 Stephanie Landes  
 John Lewis  
 Mark Lineburg  
 Winston Lutz  
 Kit Molden  
 Kurt Nyberg  
 Chuck Peterson

Kip Rutherford  
 Bernie Schwartzman  
 Irv Shendow  
 Jeannie Shiley  
 Bob Shriner  
 David Sovine  
 Bob Stieg  
 Trish Stiles  
 David Sweeney  
 Patty Taylor  
 Michelle Thomas  
 Ben Weber  
 Stuart Williams

**Visitors & Guests Last Week**

Beth Drummonds, guest of Earl Riddick  
 Bob Amos, guest of Jeff Davis  
 Lori Bales, guest of Nadine Pottinga  
 Katrina Clevenger, guest of Diane Ketterman  
 Molly Magness & twins, guest of her husband Paul

**Rotary Student Exchange**

Julie departed last Thursday to return home to Denmark. She had really enjoyed her stay in the US and her time spent in Winchester and at John Handley. It was great to see the large number of friends that she had made while at John Handley. You could see they had made lifelong bonds as they all came to wish her well in the final two weeks. There are a couple of students who have already planned trips for later this year to visit Julie in Denmark. Julie will miss Winchester and the USA in general. She hopes to return to visit her Winchester friends next Apple Blossom.

Julie said she was adapting well, sometimes too well, to the American way of life. One thing she least looks forward to, upon her return, is relying on her bicycle as a mode of transportation. I think she envied our automotive freedom. She really enjoyed her Rotary trip out west and made even more friends with all the other Rotary exchange students from all around the world.

In, summary it was a great experience for our family to host her for the last 11 months. She brightened our lives in many ways and gave my own children a much larger global perspective. At the same time our community, Rotary Club, country and general ways of life have left a very positive impression on a very enthusiastic Danish young woman.

Thanks to the club for letting us host Julie and special thank you to Conrad and Aneita Braynt for helping coordinate and execute a very successful exchange program.

Regards,  
 Kurt W. Nyberg

**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)**

Scott Arthur – 9/21 – Apple Harvest Festival  
 DeeDee Barbour – 6/25 – Board Mtg.  
 Tom T. Byrd – 7/7 – Frederick County  
 Phillip Griffin, II – 7/10 – Front Royal  
 Brooke Herndon – 7/8 – Clarke County  
 Sven Hlywiak – 7/18 – eClub One  
 Dick Kent – 6/5 – Rummage Sale  
 Kit Molden – 7/16 – Golf Committee Mtg.  
 Sue Scarborough – 7/15 – Clarke County  
 Roy Schwarz – 7/7 & 7/14 – Frederick County  
 Bob Shriner – 7/13 – RC of Regina, SK, Canada

**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](http://winchesterrotary.com) under Member Login.

**Board Meeting TONIGHT - GW Hotel**

Attitude Adjustment 5:30 pm

Meeting 6 pm

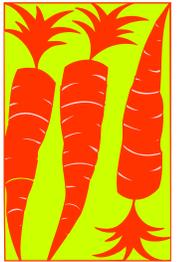
All are welcome, and it counts as a make-up!

**Libba's Health Report**

Cards and prayers are encouraged for Wade Johnson.

**Libba's Health Tip**

The eyes have it! Or so Libba says – hope you filled up on carrots last week as they are high in carotenoids (which sounds like something that's part carrot, part robot, doesn't it?) But what you may not have known is that leafy greens, tomatoes, and even egg yolks are also high in antioxidants that are beneficial to your sight - so load up! But don't go overboard by eating polar bear liver – that can actually damage your eyesight. Just ask a polar bear...

**Our Drawing Last Week**

Ron Price won the \$23 in our weekly drawing, but his card selection technique failed to produce a big payoff when he drew the Queen of Hearts...The jackpot this week will start at \$147.

**REPORTERS & PHOTOGRAPHERS STILL NEEDED**

You don't have to be Clark Kent, Lois Lane or Jimmy Olsen! Really, it's not that hard! CogWheel reporters & photographers take one month turns and even get a makeup! If you would like to help, see Sue Rich (reporters) or Don Karolyi (photographers).



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, Steve Straight

Photos: Steve Straight

Reporter: Dave Smith