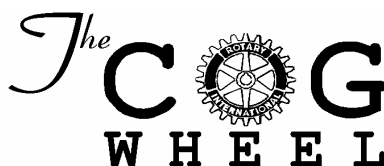
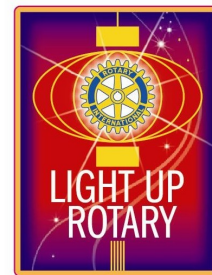


ROTARY 4-WAY TEST

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

September 10, 2015

Mark Your Calendars....

Sept. 15 - District Governor's visit Clarke Ruritan Bldg. 6:30pm
Sept. 19 & 20 - Apple Harvest Festival
Sept. 24 - Board Meeting, GW Hotel, 6 pm
Oct. 1 - Member/Spouse Shrimp Feed, no noon meeting
Oct. 12 - 12th Annual Golf Tournament

Have a program or speaker suggestion? Let Scott know.

Today's Program

New Member talk from Kent Mull. PLUS, Christine Madison, President of the Rotary Club of Dakar Horizon (Senegal, West Africa) will bring us greetings from her club.

DISTRICT GOVERNOR'S VISIT

Are you going? Rotary Governor Alex Wilkins will visit on Tuesday, next week (September 15) at 6:30 p.m. in the VFW Post in Berryville. Tickets for \$25 are available from Tootie.

NEW & IMPROVED APPLE HARVEST FESTIVAL

Save the dates: SEPT 19 AND 20!

YOUR participation makes this event possible. Please sign up for a work shift... ***remember, you get a floating make-up for each shift worked!***

NEW this Year: Larger Location - **FREDERICK COUNTY FAIRGROUNDS**, Bingo, Hard Cider & Craft Beer Tastings, INDOOR and Outdoor Craft Areas, Antique Car & Truck Show, Kid's Zone...there will be lots of fun activities for the whole family.



Large & small Bingo Prizes are still needed.... Sporting goods, event tickets, coupons from your business, gift cards & baskets are ALL welcome! See Lori Vogel.

Are you Crafty? - Libba's still researching a Rotary member Craft Booth at the **Apple Harvest Festival**. Where any club member could sell their handmade items. If you are interested in participating, please send Libba Pendleton an email at libbamc@gmail.com.

Let her know:

- >> What items you have.
- >> If you are willing to share the cost of the booth.
- >> If you wish to keep or donate your proceeds to the Club.
- >> If you like the idea but are not ready this year.

Also include any other suggestions you have.

Libba will let us know if there is enough interest.

Our Last Program

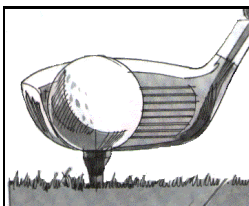
Our speaker was Dr. Barry Thompson, a physician-geneticist who served as Medical Director for the American College of Medical Genetics and Genomics, in Bethesda, MD. His previous 30 year career in the US Air Force, included three years as head of the Center for Medical and Molecular Genetics at the Armed Forces Institute of Pathology in Washington.



Dr. Thompson gave us an overview of advances in the understanding of human genetics from 6000 years ago to present. Our increasing knowledge about the human genome provides opportunities to improve life, and raises ethical questions. For example, the gene that causes sickle cell anemia also protects against malaria. Providing patients with information indicating they are likely to develop Huntington's disease or breast cancer presents them with a new set of problems and potentially life altering decisions.

A few decades ago, genetic researchers thought that 100,000 genes controlled 100,000 traits. It is now believed that 20,000 or even 10,000 genes can affect 100,000 traits. This means that for every predictable outcome of a genetic choice, there could also be five or ten times that number of unintended consequences. So, where does that leave the theory *"It's in the genes"???*

12th Annual Golf Tournament - October 12th



Don Louque reports there are still plenty of opportunities for sponsors and teams! This year's beneficiary is the Lord Fairfax House in Winchester, a 12-step program and part of the Lord Fairfax Community Council on Alcoholism.

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: 9-3-2015

William Aikens

Jackie Bates

Andrew Beck

Mary Braun

Kerri Burkhart

Paul Burkholder

David Chandler

John Copenhagen

Anthony Crosen

Nancy Davis

Marie DiLorenzo

Dana Evans

Rob Frogale

Phillip Griffin, II

Dick Helm

Brooke Herndon

David Kent

Dick Kent

Diana Ketterman

Victoria Kidd

John Lewis

Winston Lutz

Michael Malone

Alan McKay

Bob Mitchell

Kit Molden

Maria Montgomery

Kent Mull

Kurt Nyberg

Nadine Pottinga

Ken Rice

Sue Scarborough

Bernie Schwartzman

Terry Sinclair

Dave Smith

David Sweeney

Patty Taylor

Ajay Virmani

Stuart Williams

Make-ups* (Date & Function Attended)

Erik Beatley - 9/3 - Coats for Kids Mtg.

Tom W. Byrd - 8/27 - Board Mtg.

Cary Clayton - 9/2 - Clarke County

Jenny Grooms - 9/3 - Coats for Kids Mtg.

Alex Iden - 8/19 - Clarke County

Stephanie Landes - 9/2 - Clarke County

Dan Martin - 7/30 - Family Picnic Crew

Guss Morrison - 9/3 - Coats for Kids Mtg.

Bernie Schwartzman - 8/27 - Board Mtg.

Terry Sinclair - 7/30 - Family Picnic Clean-up

Dave Smith - 7/30 - Reporter

Jay Smith - 9/3 - eClub One

Patty Taylor - 9/1 - Frederick County

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.

FOUNDATION MINUTE

All Rotary clubs in the country of Lebanon, are working together to provide clean drinking water to all 1300 public schools in the country. There is plenty of water in Lebanon, but it is managed poorly and has left many of the public schools without access to clean drinking water.

With the help of 12 Rotary Foundation Global Grants totaling \$311,000, they equipped 230 public schools with water tanks, filters, and drinking fountains.

The Rotary Foundation; *Doing good in the world!*

Coats for Kids

Coats for Kids is looking for volunteers. See John Tyson to help acquire & handout 350-400 coats this year.

Seeking Nominations

Nominate a Rotarian to receive a Distinguished Fundraiser Volunteer Award. Recognition will be held at AFP's National Philanthropy Day on November 13th. Contact Stephanie Landes with your nomination.

Our Drawing Last Week

Bob DeMott had the winning ticket and a shot at a \$61 jackpot. He missed drawing the Ace of Spades, but still pocketed a cool \$21 despite drawing the Five of Diamonds.



**ALWAYS SPEAK THE TRUTH AND
YOU'LL NEVER HAVE TO WORRY
ABOUT YOUR MEMORY!**

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)

Board Meeting Sept 24 - GW Hotel

Attitude Adjustment 5:30 pm

Meeting 6 pm

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

**Please take
an Apple
Harvest
Poster
and
hang it in
your office
or business.**

41st ANNUAL Shenandoah Valley Apple Harvest Festival

ENJOY AN AUTUMN WEEKEND IN APPLE COUNTRY

Saturday & Sunday September 19 & 20, 2015
FREDERICK COUNTY FAIRGROUNDS
ROUTE 11 NORTH, WINCHESTER, VA
10 AM to 5 PM BOTH DAYS

Artisans & Craftsmen from throughout the Region
Food - Craft Beers - Hard Ciders - Exhibits - Bingo

LIVE MUSIC BOTH DAYS
Apple Butter Making Demonstration & Sales
Regional Apple Pie Baking Contest
White House Apple Pie Eating Contest - Sunday, 2 PM

KIDS ZONE GATE ADMISSION
Inflatables 14 thru 64 \$5.00
65 and over \$4.00
6 thru 13 \$3.00
Under 6 years FREE

TAP & CORK
NEW CRAFT BEER & HARD CIDER TASTING AREA
\$10 ADMISSION MUST HAVE I.D.

Sponsored by: MIPA JONES, Vin Scuterman, WHITEHOUSE, Handy Mart

1st ANNUAL ANTIQUE CAR & TRUCK SHOW
Goody Bags - Dash Plaques
Top 12 Awards

HOSTED BY THE WINCHESTER ROTARY CLUB
Admission Proceeds Donated to Local Charities.

Health Report:

Jean Barch had surgery to replace her right hip. The procedure was a success, and she plans to return to attending Rotary meetings in two weeks.

**Libba's Health Tip:**

Researchers have determined that it is good for your health to start your day with this simple, three minute routine. As soon as you get out of bed, stand there and shake like a wet dog for one minute. Yes, flap those arms and ears!

Then, relax and focus on your breathing. Makes you feel better just thinking about doing this doesn't it?

**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 Konecny, 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: Don Karolyi

Reporter: Chuck Peterson