

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

Be a gift to the world

Chartered 1921

October 22, 2015

Mark Your Calendars....

November 5 - Awards Night...6:30 pm, no noon meeting
November 19 - Board Meeting at GW Hotel, 6 pm
November 26 - Thanksgiving...no noon meeting

Have a program or speaker suggestion? Let Scott know.

Today's Program - Will be a fascinating program by Mareicken Fowler, MD. Her presentation is entitled ***Pathophysiology, Diagnosis & Treatment following a Concussive Episode,*** a very timely topic for not only those with children but those of us with elderly family members.

Special Presentation

Darla presented a check for \$1000 on behalf of the Apple Harvest Festival to Richard Leight, President of the Frederick County Fair Association. We're all looking forward to another great event next year!



World Polio Day

Today we celebrate **WORLD POLIO DAY!** We will take up a collection to put toward our club's Polio Plus District Goal of \$3,500. Each table has an envelope marked Polio Plus...please make checks out to Winchester Rotary. Don Butler will pick up the envelopes after the meeting.



Rotary's Polio Plus effort was started in 1985. Since then, Rotarians have raised over \$850 million dollars and inoculated over 2 BILLION of the world's children. We are 99% Polio Free. Pakistan & Afghanistan are the two remaining endemic countries.

Recently Nigeria was taken off the list of endemic countries by the World Health Organization. The United Nations has recognized Rotary as the **"Key Private Partner"** in the eradication of Polio.

Tournament Report

"Thanks for the Golfing" Kent Mull thanked everyone who helped with our October 12 golf tournament. The 12th annual outing helped raise \$7-8,000 for this year's charity, the Lord Fairfax House.



Our Last Program

Mark Merrill, CEO of Valley Health, gave an update on Valley Health and the state of healthcare in our area. Valley Health has six hospitals, 3 urgent care centers, and post-acute services. They're building a new cancer center and spent \$150M on charity care and community benefits last year. Their goal is to bring more medical services to our area, saving people from traveling out of the area to receive their healthcare. One in eleven jobs are in healthcare and healthcare spending.



Speaking of healthcare, did you know that 17% of the U.S. gross domestic product (GDP) is in healthcare? Or that it accounts for \$9233 per person in the nation? Or that 1% of the U.S. population accounts for 23% of healthcare spending? Want one more statistic that makes you go, "Hmmm?" Fifty percent of the people who spend money on healthcare account for only 3% of annual spending.

Mark said The Affordable Care Act has had the biggest impact of any national legislation in his lifetime. Some of its provisions are to shift from "volume to value," with insurance payment tied to outcomes. The goal is to reduce spending and the number of uninsured, both of which have been accomplished. It also set out to improve the overall health of Americans, a goal that is yet to be determined. Physicians are the subject of MACRA, which seeks to stabilize physician payments.

Trends to watch: bundled payments (where insurance pays a lump sum and lets providers fight over who gets paid first), consolidation of hospitals and insurance providers. Also expect an increase in drug costs as "designer drugs" seek to customize treatment to each person's DNA makeup. Possibly the most revolutionary advance? Your smartphone may be your doctor in the future!

A sobering development – heroin overdoses have now killed more Virginians this year than traffic accidents. And prescription drugs are becoming the increasing cause of overdoses. More prescriptions = more abuse.

Our Annual Awards Night is Upon Us

Enjoy a nice dinner, cocktails, and great fellowship with your fellow Rotarians at the GW Hotel on Nov. 5th as we recognize some of our outstanding club members. As Bernie Schwartzman says, **"Everyone there will be outstanding!"** The is NO COST for members and only \$40 for guests. Your last day to sign-up for our year-end fete-a-thon is Oct. 29th, so see Bernie today..... **This is an attendance meeting.**

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: 10-15-2015	Marc Jaccard	Kurt Nyberg
Erik Beatley	Doug Joyner	Ron Price
Paul Burkholder	Dwight Kemp	Ken Rice
David Chandler	David Kent	Bob Shriner
Cary Claytor	Victoria Kidd	Bob Stieg
John Copenhaver	Pat Kofalt	Steve Straight
Nancy Davis	Jim Laidlaw	Michelle Thomas
Dana Evans	Chris Lewis	Ajay Virmani
Hunter Gaunt	Paul Magness	Ben Weber
Felicia Hart	Neile Martin	Stuart Williams
Sven Hlywiak	Alan McKay	Ryan Zelaski
John Huddy		

Visitors & Guests Last Week

Rick Gowdy visiting from Martinsburg Rotary
 Janice Copeland, guest of Jenny Grooms
 Leslie Vasquez, guest of Karen Schultz
 Richard Leight & Frederick County Fair Association members, guests of Darla McCrary

FOUNDATION MINUTE

Conrad quoted from the first paragraph of the Annual Report of the Rotary Foundation, which was written by then-R.I. President Ron Burton and then Trustee Chair of the Rotary Foundation Dong Kurn Lee:
 "In Rotary, we know that what really matters is not how much we ourselves achieve - but how much all of us achieve together. With that in mind, in 2013-14 we worked strategically to serve our communities, while ensuring Rotary's ability to serve even more effectively in the future with more members, more vibrant clubs, and a strong Rotary Foundation."

The Rotary Foundation...doing good in the world!

Kaleidoscope

Irv Shendow and the Kaleidoscope Committee are looking for beneficiary suggestions.



Last Drawing

Nick Nerangis won \$28 but missed out on our accumulating jackpot when he drew the Queen of Hearts....today's jackpot begins at \$249.

Newest Member!

Dr. Bobby Amos was welcomed again to our midst...stop a minute to say "Hello" and make him feel welcome.



Did you know? Every dollar Rotary commits to polio eradication will be matched two-to-one by the Bill & Melinda Gates Foundation up to \$35 million a year through 2018. These funds help to provide much-needed operational support, medical personnel, laboratory equipment, and educational materials for health workers and parents. Governments, corporations and private individuals all play a crucial role in funding.

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
 Jeff Barbour – 10/20 – Frederick County
 Donna Berger – 10/22 – Kaleidoscope Mtg.
 Kevin Callanan – 9/19 – SVAH Event
 Cary Claytor – 10/8 – Dictionary Project Mtg.
 Jenny Grooms – 9/20 – SVAH Event
 Sven Hlywiak – 10/15 – Pontiac, MI
 John Huddy – 9/30 – Clarke County
 John Huddy – 10/12 – Golf Tournament Staff
 Marc Jaccard – 9/22 – Board Orientation Mg.
 Diana Ketterman Thorne – 10/9 – Fred. Co. @ Sherando
 Patrick Kofalt – 10/1 – Golf Committee Mtg.
 Jim Laidlaw – 9/19 – SVAH Event
 John Lamanna – 9/19 – SVAH Event
 Paul Magness – 9/22 – Board Orientation Mtg.
 Libba Pendleton – 9/19 – SVAH Event
 Chuck Peterson – 9/19 & 9/20 – SVAH Event
 Nadine Pottinga – 9/19 – SVAH Event
 Sue Scarborough – 10/14 – Clarke County
 Shane Wagner – 10/12 – Golf Tournament Staff
 Ryan Zelaski – 10/8 – 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.

Board Meeting
November 19
GW Hotel
Attitude Adjustment
5:30 pm
Meeting 6 pm
All are welcome, and it counts as a make-up!

HEALTH UPDATE

John Capehart continues to recuperate in Florida from colon surgery; George Henzel is headed to Johns Hopkins hospital because his local treatments have not been effective. Please keep both club members in your thoughts and prayers (and drop them a note if you get the chance).

Health Tip

Libba espoused the virtues of buckwheat, which has been proven to have positive effects on diabetes, high blood pressure, and other health issues. Unfortunately, buckwheat pancakes covered in butter and syrup are not included...



10 Health Benefits of... Buckwheat

1. Easily Digestible Proteins
2. Treats High Blood Pressure
3. Great for the digestion
4. Asthma Protection
5. Diabetic Friendly
6. Aids Weight-Loss
7. Heart Healthy
8. Healthy Bones
9. Good for Skin
10. Gluten-free

EatHealthyLiveFit.com

President	Tootie Rinker
President-Elect	Scott Arthur
Secretary	Julia Connell
Treasurer	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: Jenny Baker Reporter: David Smith