

#### 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](http://www.winchesterrotary.com)

Be a gift to the world



Chartered 1921

October 29, 2015

### Mark Your Calendars....

TONIGHT - Board Meeting at GW Hotel, 6 pm  
NEXT WEEK - Awards Night...6:30 pm, no noon meeting  
November 19 - Board Meeting at GW Hotel, 6 pm  
November 26 - Thanksgiving...no noon meeting  
December 17 - Evans Home Christmas Party  
December 24 - Christmas Eve - No Noon Meeting  
December 31 - New Years Eve - No Noon Meeting  
March 18-20 - District Conference

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

**Today's Program** - Will be New Member Talks.  
Kent Mull and Donna Berger will entertain us today!

### Update on International Affair:

Darla announced that the beneficiary of our International Affair, the Rescue Mission of Winchester, has begun renovations that will be paid for by our event proceeds. They have \$18,000 to work with, which should go a long way toward getting the job done.

### World Polio Day

**Collection last Thursday a success!** \$656 was raised last week and will be applied toward our club's District Goal of \$3500 for polio plus. We still have a ways to go. Don Butler will accept any donations today...please make checks out to Winchester Rotary Club. Many thanks to Adrian and the Winchester Star for a great article in the Star last Saturday...World Polio Day. Polio Plus pins are available today at the Sergeant At Arms table.

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. The United Nations has recognized Rotary as the **"Key Private Partner"** in the eradication of Polio.

### Our Annual Awards Night is NEXT THURSDAY!

Enjoy a nice dinner, cocktails, and great fellowship with your fellow Rotarians at the GW Hotel next Thursday evening as we recognize some of our outstanding club members.

Bernie Schwartzman reminds us, **"Everyone there will be outstanding!"** The dinner is NO COST for members and only \$40 for guests. If you haven't signed up yet, check with Bernie to see if he can squeeze you in! There will be **NO NOON MEETING....so this is an attendance meeting.**

### Our Last Program

Mareicken Fowler, the Director of the Concussion Clinic at Winchester Neurological Consultants (and a "Rotary baby" whose parents met due to their participation in a Rotary International Student Exchange), spoke about concussions, how to spot them, how to treat them, and how to prevent them (avoid football). Between 1.6 and 3.8 million people suffer concussions annually – Dr. Fowler's 10 year-old son has had four alone!

"Concussion" is the alteration of mental state due to bio-mechanical forces and while the effects of concussions have been documented since the 1920's (when boxers were diagnosed with dementia pugilistica), the NFL has been increasingly in the spotlight as retired players exhibit the late effects of concussions sustained over decades of playing. Helmet improvements are a start, but may actually be exacerbating the problem as players have changed the way they tackle – for the worse.



Youth in sports are just as vulnerable and, as a result, the state of Virginia established a concussion protocol in 2010 and all other states have followed suit. They include watching for concussion symptoms (vacant stare, moodiness, loss of coordination, and slurred speech in the short term; nausea, vomiting, headaches, and trouble sleeping in the long-term), as well as limits for when an athlete can resume normal activities – and at what intervals.

The most serious consequence of concussions is Second Impact Syndrome, when a second impact during the concussion victim's vulnerable recovery period can cause sudden brain swelling, paralysis, and death. Most young people with concussions are fine in 1-7 days, but 10-15% have more serious long-term effects, which is why modern techniques like Diffusion Tensor Imaging, which helps doctors see colorized images of the brain, are helpful. They can identify long-term brain damage, which in concussions is similar to that caused by Alzheimer's.

The most remarkable part of new research and recommendations is the administration of ImPACT testing, which is done by computer and measures variables including impulse control, moodiness, and reaction time. High school athletes in the county are all tested prior to starting their sports – this provides a baseline for later testing in the event of a concussion.



### *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: 10-22-2015**

Jackie Bates  
Ralph Bayfield  
Andrew Beck  
Kerri Burkhardt  
Tom T. Byrd  
John Copenhaver  
Frances Crawford  
Anthony Crosen  
Bob Edwards  
Rob Frogale  
Gilbert Wilson  
Phil Glaze

Felicia Hart  
John Huddy  
Doug Joyner  
Victoria Kidd  
Neile Martin  
Alan McKay  
Guss Morrison  
Libba Pendleton  
Ron Price  
Ken Rice  
Mary Riley  
Kip Rutherford

Gene Schultz  
Karen Schultz  
Irv Shendow  
Jeannie Shiley  
Jay Smith  
David Sovine  
Bob Stieg  
Michelle Thomas  
Diana K. Thorne  
Ajay Virmani  
Ben Weber  
Ryan Zelaski

**Make-ups\*** (Date & Function Attended)

Jeff Barbour – 10/27 – Frederick County  
Paul Burkholder – 9/19 & 9/20 – SVAH Event  
Erik Beatley – 10/15 – Coats for Kids Mtg.  
Tom T. Byrd – 10/6 – Frederick County  
Kevin Callanan – 9/20 – SVAH Event  
Anthony Crosen – 10/12 – Golf Tournament Staff  
Nancy Davis – 10/20 – eClub One  
Dana Evans – 9/19 & 9/20 – SVAH Event  
Dana Evans – 10/9 – Front Royal  
Wilson Gilbert – 10/12 – Golf Tournament  
Phillip Griffin, II – 9/20 – SVAH Event  
Phillip Griffin, II – 9/24 – Board Mtg.  
David Kent 10/20 – SVAH Event  
Libba Pendleton – 9/20 – SVAH Event  
Steve Straight – 9/20 – SVAH Event  
Patty Taylor – 10/27 – 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](http://winchesterrotary.com) under Member Login.

**Visitors & Guests Last Week**

Janice Copeland, guest of Jenny Grooms  
Lisa Martin, guest of her husband, Dan

**Coats for Kids**

Our Interactors were at it last weekend as they helped host a donation drive at the area Sonic. Watch for collection envelopes in the near future.



**HEALTH UPDATE**

John Capehart is trying to get back to a light workload, but still needs our thoughts and prayers. Ozzie Abbey's wife, Jane, is recovering from surgery in Illinois, where she will undergo rehab with the hopes of being back in time for the holidays.

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

**Kaleidoscope**

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

**Last Drawing**

Pat Kofalt won \$23 (with Conrad standing in for him) but missed the jackpot when the 2 of clubs showed up. Our jackpot today starts at \$272.

**Newest Member!**

Dr. Bobby Amos got his final welcome as a new club member. Introduce yourself if you haven't already.



**Did you know?**

**There are more than 1.2 Million Rotarians all over the world in more than 33,000 Rotary Clubs in more than 200 countries in all geographic areas.**

**Dictionaries for Everyone (in Third Grade)**

John Tyson brought books for everyone helping hand out dictionaries to local third graders. He'll also be helping hand some out himself in a few weeks.



**Makeups = \$\$\$**

Now you have more reasons than ever to do your makeups - you'll not only get credit for attendance, you'll get actual credit in the form of a \$10 reduction in your quarterly bill!

**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)

**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: Jenny Baker

Reporter: David Smith