

### 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

January 19, 2017

January 26 - 6 PM Board Meeting, GW Hotel  
February (TBA) - Hands Against Hunger Food Packing  
February 23 - 6 PM Board Meeting, GW Hotel  
March 25 - Kaleidoscope  
March 16-19 - District Conference  
March 23 - 6 PM Board Meeting, GW Hotel  
April 28 - 6 PM Board Meeting, GW Hotel  
May 4 - Civic Club Queen's Dinner

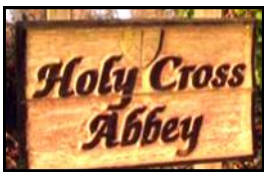
### OUR PROGRAM TODAY

Our program today will be presented by Katharine McLeod, Foster Parent Recruitment Coordinator. Katharine will present a program on foster parenting.

### Area One ACT Committee Report

Don Butler, Chairman of the ACT Committee, reports that sadly, there were 29 overdose deaths reported in the Coalition areas in 2016 - (Winchester, counties of Frederick, Clarke, Warren, Shenandoah and Page). There were 30 in 2015 and 33 in 2014. The national statistics for 2015 showed 52,404 deaths ... an 11% increase from 2014.

The Coalition made great progress in 2016 with the funding and implementation of the drug court, received the HIDA designation (High Intensity Drug Trafficking Area) which makes available more federal resources. For example, police can take telephone numbers from a cell phone, submit to a federal data base to locate drug dealers. The Rotary District grant of \$18,200 has been a big help to the Coalition in peer to peer drug training and providing cab vouchers for drug court participants to get to court.



### Saving Place, Saving Grace

The Rotary Club of Winchester is listed in the movie credits as a donor in Saving Place, Saving Grace the documentary narrated by Martha Teichner (of CBS Sunday Morning) that recently aired on WVPT about monastic life and the challenges faced with living a sustainable life at Holy Cross Abbey in Berryville. Club members may recall Deidra Dain (Producer) and George Patterson (Director and Co-Producer) who came to speak to us about a year ago. Saving Place, Saving Grace aired last week but can be viewed anytime on the WVPT website or on youtube.

### Kaleidoscope

The Free Medical Clinic is the 2017 beneficiary of Kaleidoscope. Tickets will be available soon!



### LAST WEEK'S PROGRAM

Don Louque and Nadine Pottinga enlightened us all on the various forms of social media and why our club uses some of them. First off the millennials and younger generation look for information and community on social media. They are not prone to read advertisements, fliers and the like, their cell phones and computers are their connection for information. This is why **FaceBook, Twitter, SnapChat, Instagram, LinkedIn** and many other social media tools are key to connecting in these modern times.

Our club utilizes FaceBook and Twitter. Both are intended to be updated regularly, Twitter as much as three times a day! FaceBook typically provides information on past and upcoming activities, educating us on: recruitment, sharing photos, and generally engaging our members as well as other populations. Twitter is 149 characters used to express what is happening right now. Our club interconnects with other organizations and their members on social media thus promoting our fundraising events, activities, etc.

Nadine needs us all to contribute to the effort. This means writing articles and providing photos, tweeting the fun and worthwhile nature of our club and announcing committee meetings, socials, awards and the like. Images are the most powerful and **"liking"** posts help spread them to your friends. For instance our Apple Harvest Post was viewed by over 40,000 people and that was due to the **"liking"** process as well as interconnectivity with groups that we benefitted as well as those who displayed at the event.

### 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 - 6:00 pm

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  
Warren Co. (was Linden) - Wednesday Breakfast, Mom's Country Kitchen - 7:00 am  
Warrenton - Thursday Lunch - Stoneridge Events Center - 12:15 pm  
Woodstock - Wednesday Lunch - Woodstock Moose Lodge - 12:05 pm

**Absentees: 1-12-2017**

William Aikens  
Lori Bales  
Jean Barch  
Erik Beatley  
Kevin Callanan  
David Chandler  
Gary Chrisman  
John Copenhaver  
Anthony Crosen  
Marie DiLorenzo  
Dana Evans  
Callie Fitzwater  
Rob Frogale  
Phil Glaize

Jenny Grooms  
Dick Helm  
Brian Hester  
David Kent  
Gerry Kiefer  
Jim Laidlaw  
John Lamanna  
Deborah Langfitt  
Chris Lewis  
Paul Magness  
Neile Martin  
Alan McKay  
Bob Mitchell  
Kit Molden

Guss Morrison  
Kent Mull  
Chuck Peterson  
Ron Price  
Mike Richardson  
Bernie Schwartzman  
Terry Sinclair  
Jennifer Stanford  
Bob Stieg  
Martin Tabaka  
Diana Thorne  
Ajay Virmani  
Ed White  
Kelly Wolfe  
Ryan Zelazki

**Visitors & Guests Last Week**

Larry Weiss, visiting Rotarian  
Mike Mendez visiting from Frederick Co. Rotary Club  
Jeffrey Elrick, son of David John Elrick  
Todd Lilley, guest of Jeannie Shiley

**ROTARY TRAINING INFO**

The largest RLI training session in Zone 33 will again be held at the Inn at Virginia Tech on **February 4th**. It will be the final opportunity we will have to attend an RLI course in our district. All three levels of RLI and faculty training will be offered in Blacksburg at the Skelton Conference Center on the campus of Virginia Tech. RLI Level I is an excellent opportunity for new Rotarians to get to "know" Rotary.

You can sign up for the courses through the district website. Go to the calendar and scroll to February 4th. Click on the icon and enroll. The District will pay \$45 towards any Rotarians' tuition. Reimbursement forms will be given out during the training. **Help make this one of the most productive RLI training sessions we have had in the district.**

Woody Sadler, PDG, District RLI Chair

**CLEANING OUT YOUR CLOSETS?**

We have two great opportunities to support our Club's Charitable Foundation. Stylish Seconds, on Millwood Pike, (address is 17 S. Gerrard Street but the front door is on Millwood) is accepting ladies clothing for consignment. Just tell them you want the proceeds to go to the Winchester Rotary's Charitable Foundation.

You can also consign men's, women's and children's clothing along with toys, books, household items and furniture at ETC. which is located at 2104 S. Loudoun Street. It is on the same side of the street as Tire Distributors and about three blocks south. Tell them you want the proceeds to go to the Winchester Rotary Club's Foundation.

This is a great way to clean out clutter this winter and help your Rotary Club too. Please make sure your items are clean and in good condition

**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)**

Jean Barch – 9/17 – SVAH Event  
Anthony Crosen – 1/11 – Kaleidoscope Mtg.  
Nancy Davis – 1/10 – Committee Mtg.  
Kit Molden – 1/5 – Kaleidoscope Mtg.  
Sue Scarborough – 1/11 – Clarke County  
Ben Weber – 1/11 – Kaleidoscope Mtg.  
Jim Youngblood – 11/30 – Kaleidoscope 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](http://winchesterrotary.com) under Member Login.

**District Conference**

The District conference is at the Homestead March 16-19th. This is a fun and informative event and if you are a first time attendee there are club matching funds to help you with the costs.

**Next Board Meeting**

**January 26th  
at GW Hotel**

Attitude Adjustment 5:30 pm  
Meeting 6 pm

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

**2017 Rotary International is in Atlanta! - June 10-14**

This is as close as it gets, folks! Area 1 has blocked out an entire hotel and room costs will be about \$250/night. Don't miss this opportunity to attend a historic event as the R.I. Foundation celebrates its 100th anniversary.

**OUR DRAWING**

Roy Schwarz won \$25 in the weekly drawing. A generous soul, Roy donated his winnings back to the club. Our Jackpot starts today at \$442 .

**Health Report:** Sadly **Hunter Gaunt** passed away. The club honored Hunter with a moment of silence and urged all to attend his service.

**Don Stewart** is back home at Westminster Canterbury after surgery and would appreciate cards, calls and visits.



**Health Tip:** Kidney's are an important organ that we need to monitor and keep healthy. The kidneys filter our blood from toxins, drugs etc. It also regulates our fluids. A third of us are at risk of developing kidney disease in our lifetime and it is important to take care of ourselves to help prevent that. To do this, eat foods such as sweet potatoes, spinach, blueberries, cherries, tomatoes and drink green tea. Also limit your alcohol intake, don't smoke, drink plenty of water, limit the use pain medications and supplements such as calcium and vitamin C. Signs of potential kidney problems include body puffiness, constant feeling of being tired or a consistent change in urine color. See your doctor should you have any of these symptoms.

**President**  
**President-Elect**  
**Secretary**  
**Treasurer**

**Scott Arthur**  
**Julia Connell**  
**Paul Magness**  
**Cary Claytor**

**BOARD OF DIRECTORS**

2014-17: Dee Dee Barbour, John Elrick, Conrad Koneczny, Karey Starnes  
2015-18: Jean Barch, Tom Byrd, Roy Schwarz, Ed White  
2016-2019: Jenny Baker, Jaime Karalis, Dick Kent, Kent Mull,

**IMMEDIATE PAST PRESIDENT - Tootie Rinker**

**Cog Wheel Staff:** Jenny Baker, Mary Braun, Paul Burkholder,

Tom W. Byrd, Sharen Gromling, Don Karolyi  
Tom Maccubbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight

Photos: Don & Nadine

Reporter: Paul