

### 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?



Be a gift to the world

Published weekly by the ROTARY CLUB of WINCHESTER, VIRGINIA

Visit The Rotary Club of Winchester website at

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

Chartered 1921

January 21, 2016

### Mark Your Calendars....

- Jan 28 - Board Meeting at GW Hotel , 6 PM
- Feb 13 - Hands Against Hunger Food Kit Assembly
- Feb 14 - Valentine's Day
- Feb 25 - Board Meeting at GW Hotel , 6 PM
- March 18-20 - Rotary District 7570 Homestead Conference
- March 24 - Board Meeting at GW Hotel , 6 PM
- March 27 - Easter
- April 2 - Kaleidoscope
- April 21 - Board Meeting at GW Hotel , 6 PM
- April 28 - Queen's Dinner (no noon meeting)
- May 28 - Board Meeting at GW Hotel , 6 PM
- June 2 - Shrimp Feed

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

### TODAY: Music, Motivation and the Mind

Tara Lescallett, MT-BC and Whitney Lan from the Adult Care Center will be presenting a program which will focus on specific music activities used at the Adult Care Center to engage and encourage persons affected by memory loss.

### DISTRICT CONFERENCE

You can now register for 2016 District Conference online...visit website:

[districtconference7570.com/home](http://districtconference7570.com/home)



### REGISTRATION FEES:

- Multiple day Rotarian: \$170 (Early Bird rate)
- After FEBRUARY 15:** \$200 (Standard Rate)
- Multiple day Spouse, Guest, or Adult child: \$75
- Multiple day Rotarian where spouse is also a Rotarian: \$150 ea
- Multiple day Rotarian (First timer): \$100

### DISTRICT CONFERENCE FIRST TIMERS....

Again, our club will give 8 members the chance to attend the conference for the first time by paying for one night's stay at the Homestead and your Conference Registration. >See President Tootie for more information.

### OUR PROGRAM LAST WEEK

George Karnes, Assistant District Governor for District 7570, brought greetings from the District Governor himself, Alex Wilkins, and praised our club for all its work on behalf of Rotary International and the district.

George, a financial advisor for Wells Fargo, started off his program by offering the following tips for winners of the last Powerball Jackpot:



>>Be nice, because no one likes a mean billionaire.

>>Take the annuity, not the lump sum, because you're going to waste it either way and at least the annuity will let you spend more time deciding how to waste it. (At \$75 million/year, that could still take a while!)

>>Remember Rotary in your giving.

>>Remember that the chances of winning the Powerball are roughly the same as the chances of being struck by lightning and hit by a bus simultaneously - so avoid buses for a while. You never know when stormy weather is coming...

George added that our club seems to have "figured it out," as evidenced by the fact that our membership and programs are still vibrant while other Rotary clubs are struggling. So feel free to share our secrets with any of the other clubs in the district. He was particularly impressed by our support of both the Rotary International Foundation, to whom we are giving \$40,000 per year, and to our many community fundraisers, like Kaleidoscope, An International Affair, and the Apple Harvest Festival, to name just a few.

George reminded us to attend the **District Conference** so we could share our victories with other clubs in the district, and to also support **Hands Against Hunger** on February 13th at Sherando. He concluded his program by presenting the **Avenues of Service Award to our club, handing the award to Past-President Dan.**



### You are the Missing Piece



Look for "Missing Piece" cards at the front desk or on your table and use it to **invite a friend or colleague to Rotary. Our club is only as strong as its members, and we need a few more of them!**

### *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

- 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

<b>Absentees: 1-14-2016</b>	Rob Frogale	Guss Morrison
Oz Abbey	Wilson Gilbert	Ken Rice
William Aikens	Jenny Grooms	Earl Riddick
Lori Bales	John Lamanna	Terry Sinclair
DeeDee Barbour	Deborah Langfitt	Trish Stiles
Jackie Bates	Chris Lewis	Martin Tabaka
Ralph Bayfield	Paul Magness	Patty Taylor
Kevin Callanan	Alan McKay	Ed White
Gary Chrisman	Bob Mitchell	Kelly Wolfe
John Copenhagen	Kit Molden	Ryan Zelaski
Anthony Crosen		

**Visitors & Guests Last Week**

Larry Van Hoose visiting from New Orleans Rotary  
 Michael Williams visiting from Front Royal Rotary  
 George Karnes, Asst. District Gov. - guest speaker  
 Jeff Elrick, guest of his Dad John  
 Bruce Downing, guest of Jeff Davis

**Polio Plus Minute**

Don Butler shared a little of the history of **Polio Plus**, reporting that it was first started in 1985. As Don put it, can you imagine sitting in a committee meeting to brainstorm new Rotary projects and hearing someone say, "Let's eradicate polio!" Rotary has donated more than \$850,000 to Polio Plus and 99% of the world is polio free. (You'll find out who the 1% is today!) The Wall Street Journal calls Polio Plus *"the most successful privately-funded health initiative in history"* and the United Nations recognizes it as one of the largest endeavors of its kind. **Two billion children** have been vaccinated against polio and can now live lives free of worry over ever catching the disease.



**Thank You Darla!**

President Tootie presented Darla McCrary with a special award from the **Virginia Tri-State Chapter of the Fundraising Professionals** for her extensive work raising funds for our Rotary events....Apple Harvest, International Wine Affair & Kaleidoscope.



**HANDS AGAINST HUNGER**

Our annual *"Food Kit Assembly"* for the hungry is on Saturday, February 13th, so mark your calendar and watch for Dan's sign-up sheet. It only takes a few hours. Area Interact clubs will help us - last year we packed more than 30,000 food boxes and collected more than 3,000 pounds of food!



**Make-ups\*** (Date & Function Attended)  
 Erik Beatley - 11/18/15 & 1/11/16 - Coats for Kids Mtgs.  
 Anthony Crosen - 1/13 - Kaleidoscope Mtg.  
 John Lewis - 1/13 - Clarke County  
 Kit Molden - 1/13 - Kaleidoscope Mtg.  
 Sue Scarborough - 1/13 - Clarke County

**Board Meeting JAN 28 - GW Hotel**  
**Attitude Adjustment**  
**5:30 pm Meeting 6 pm**  
*All are welcome, and it counts as a make-up!*

**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.

**OUR DRAWING**

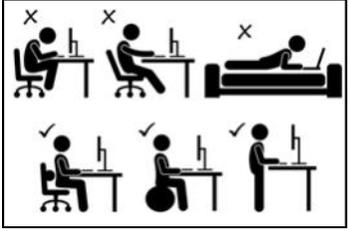
Adel Guirguis made \$33 the easy way, but missed out on our club's version of the Powerball Jackpot (yeah, right) by drawing the queen of spades. That means more money for the rest of us today...Jackpot starts at \$466.....



**Libba's Health Update**

Terry Sinclair is continuing to recuperate and has moved to the Cork Street rehab facility this week. He's not quite up for visitors yet, but when he is, visiting hours are after 5 pm on weekdays and after noon on weekends. Check out his Caring-Bridge page at [www.caringbridge.org/visit/terrysinclair](http://www.caringbridge.org/visit/terrysinclair) for more information. He appreciated the Big Card our club sent very much, so feel free to keep 'em coming! Conrad is recuperating from kidney surgery and will be back soon.

**Libba's Health Tip:** Sitting is the new smoking, so if you are spending more than 8 hours a day sitting down at work, mix up your routine to allow for 2 hours of standing and moving around.



If the phone rings, stand up to answer it! Also drink lots of fluids, that will keep you walking back in forth to the bathroom...

**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)**

<b>President</b>	<b>Tootie Rinker</b>
<b>President-Elect</b>	<b>Scott Arthur</b>
<b>Secretary</b>	<b>Julia Connell</b>
<b>Treasurer</b>	<b>Paul Magness</b>

**BOARD OF DIRECTORS**

2013-16: Jaime Karalis, Winston Lutz, Kurt Nyberg, Roy Schwarz  
 2014-17: Dee Dee Barbour, John Elrick, Conrad Koneczny, Karey Starnes  
 2015-18: Jean Barch, Tom Byrd, Ed White

**IMMEDIATE PAST PRESIDENT - Dan Martin**

**Cog Wheel Staff:** Jenny Baker, Mary Braun, Paul Burkholder,  
 Tom W. Byrd, Sharen Gromling, Don Karolyi, Victoria Kidd,  
 Tom Maccubbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight

Photos: Gene Schultz      Reporter: Dave Smith