

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
 Address Rotary correspondence to P.O. Box 412, Winchester, VA 22604

Chartered 1921

February 16, 2017

- February 23 - 6 PM Board Meeting, Winchester Country Club
- March 4 - Hands Against Hunger Food Packing at Sherando HS
- March 16-19 - District Conference
- March 23 - 6 PM Board Meeting, location TBA
- March 25 - Kaleidoscope
- April 6-9 - President Elect Training Seminar at Hotel Roanoke
- April 28 - 6 PM Board Meeting, location TBA
- May 4 - Civic Club Queen's Dinner
- May 11 - Little Theater Night

OUR PROGRAM TODAY

Today our program will be presented by **Charlie Franks** of **Faith In Action**. He will tell us of the community service that Faith In Action provides.

District Conference

Rotary District Conference is March 17-19 at the Homestead. **If you sign up before Feb. 17th there's a significant room discount.**



This is a fun and informative event that focuses on YOU the club member plus there's a great list of speakers lined up as well as opportunities for socializing.

The Board again approved the first timers program wherein the Club will pay for your registration fee and 1 nights lodging for members who have never before been to the District Conference. The limit is 5 members. **There's still one spot available. In order to qualify for this, you need to register by February 17th.**

ALSO, **Shelley Brouillette** (Annual Giving Chairperson) reminds us that as in years past, District 7570 will be offering a match for donations made to **The Rotary Foundation's Annual Fund** during our District Conference. The District will match a \$500 contribution with 500 points, which will add up to a PHF! We will also match a \$265 contribution with 265 points. The only requirement is that you also sign up to become a Sustainer for the next Rotary year.

An additional 100 points will be given if you sign up for **Rotary Direct** as the means of continuing Annual Fund contributions. See Scott if you need more information.

NEW MEMBER

President Scott welcomed new member Larry Weiss for the first time...but he wasn't here!

LAST WEEK'S PROGRAM

Dr. Lynda Dougherty, from **Fairfax Colon & Rectal Surgery**, gave a descriptive and informative talk on the advancements in colon and rectal surgery. Dr. Dougherty joined the practice in 1999 and has been the director since 2013. The practice has five offices in northern Virginia including their Landsdowne office which opened last year. They treat patients with colon and rectal cancer, Diverticulitis and Crohn's disease.



The focus of Dr. Dougherty's talk was on the increased use of robotics surgery and new clinical procedures being implemented to reduce narcotic use. Dr. Dougherty discussed the training involved to become proficient in robotics surgery. She shared images of what the surgeon is viewing during surgery and commented that the clearer images and more precise movements allow for enhanced recovery after surgery or ERAS. She noted the four variables that her practice focuses on, recovery, pain, outcomes and cost. By utilizing these less-invasive robotic surgeries smaller incisions are used which can mean less pain, less blood loss and fewer narcotics needed to ease the pain. By implementing best practices for ERAS the patient's length of stay is reduced which reduces costs. She cited that on average every day spent in the hospital costs \$2,000.

Dr. Dougherty commented that ERAS is effective if patients are educated prior to surgery to help manage expectations. Post-surgery doctors try to get the patient up and around quickly, give them food as soon as nausea passes, keep them warm and give them supplemental oxygen. They make every effort to treat patients with Tylenol and other non-narcotics to help prevent dehydration and limit the risk of dependency.

Dr. Dougherty informed the club that March is colorectal cancer awareness month and she encouraged everyone over the age of 50 to get a colonoscopy.



**THIS
MONDAY
FEB. 20TH**

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: 2-9-2017

John Copenhaver
Dana Evans
Paul Frank
Wilson Gilbert
Phil Griffin
Dick Helm
Brian Hester
Sven Hlywiak

Don Karolyi
Gerry Kiefer
Deborah Langfitt
Paul Magness
Dan Martin
Darla McCrary
Alan McKay
Kent Mull
Chuck Peterson
Ron Price

Irv Shendow
Terry Sinclair
Dave Smith
Jennifer Stanford
Diana Thorne
Larry Weiss
Stuart Williams
Kelly Wolfe
Ryan Zelaski

Visitors & Guests Last Week

Cindy Hunter, visiting from Woodstock Rotary
Bob Claytor, visiting from Woodstock Rotary
Cindy Butler, guest of her husband Don
Lynda Dougherty, guest speaker
Debbie Parrish, guest of Julia Connell
Allison Lory, guest of Kit Molden

Kaleidoscope - March 25th

Co-chair Jenny Baker informed the club that the actual Kaleidoscope tickets will be available for purchase shortly....BUT you can purchase ahead. The beneficiary is **The Free Medical Clinic** and according to Jenny they plan to use the proceeds to expand their pharmacy.

Foundation Points

Conrad has a great number of Foundation points that he is happy to give away if a member will step up his or her donations to the Foundation. See Gary, Scott or Conrad to take advantage of these points and become a Paul Harris Fellow.

Little Theater Night - MAY 11th

Irv Shendow is seeking a volunteer to host the cocktail party held before the play. The Club provides all the food and drink as well as the labor involved. If you can accommodate 100 people, rain or shine and are willing, please contact Irv.

IT'S RUMMAGE TIME . . . COLLECT YOUR STUFF!

Dan Martin told us that once again, Rob Frogale has been kind enough to provide a storage trailer next to his office located at Frogale Lumber off of Rt. 50 east.

If you are not able to gather and deliver your unwanted treasures to the trailer, please feel free to contact Dan and he will arrange to pick them up. Our event will be in June but, it takes time to build up the bounty that we have gathered in the past.



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)
William Aikens - 2/8 - Kaleidoscope Mtg.
Nancy Davis - 1/26 - eClub One
David Kent - 2/9 - Rummage Sale Mtg.
Kit Molden - 2/8 - Kaleidoscope Mtg.
Irv Shendow - 1/25 - Kaleidoscope Mtg.
David Sovine - 2/7 - Frederick County
Patty Taylor - 2/7 - Frederick County

Next Board Meeting

February 23

Winchester Country Club

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 under Member Login.



OUR DRAWING

Visiting Rotarian Bob "Hi Bob" Claytor won \$22 in the weekly drawing. Bob did not pull the Ace of Spades so the jackpot will begin today with \$32.

Health Report: Libba reported that Conrad Koneczny was touched by the plaque that club member Steve Straight presented to him last week. Steve's design included one of Conrad's favorite sayings, "doing good in the world". Thank you Steve for the kind gesture. Libba encouraged the rest of the club to keep Conrad in their thoughts and prayers and drop by for a quick visit if you can.

Health Tip - Libba educated the club on the subject of ovarian cancer. If caught early there is a 90% survival rate. Unfortunately most symptoms surface at stage three when there is only a 33% survival rate. Symptoms include bloating in the abdomen, feeling full quickly, pain in the back and pelvic areas and frequent urination. If you or a woman you know is experiencing these symptoms for a 12 day period please get tested for ovarian cancer.



Peace Corps Survey - They want to hear from Rotarians with experience working with Peace Corps! Please visit the site below by Feb. 28th and take a brief 10 minute survey- all responses are confidential.

https://rotary.qualtrics.com/SE/?SID=SV_6rjteAqFvpJljwN

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: Paul Burkholder

Reporter: Tom Byrd