

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

March 3, 2016

Mark Your Calendars....

- 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
- June 4 - Rummage Sale
- September 17-18 - Apple Harvest Festival

OUR PROGRAM TODAY

A long time favorite, new member talks!

2016 DISTRICT CONFERENCE

You can now register online...
 visit website:

districtconference7570.com/home



REGISTRATION FEES:

- Multiple day Rotarian after FEB. 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....

Time is running out to take advantage of this great offer to attend the Rotary District Conference.....

Our Club will now pay for a two night stay at The Homestead, conference registration PLUS a food allowance for five first timers. See President Tootie or any officer for more info.



Today is National I WANT YOU TO BE HAPPY DAY

Nothing big is required...just a flower here, a silly knock-knock joke there....it's actually quite limitless. Buy the person's coffee standing in line behind you. Remind your kids how much you love them. Leave a sticky note for a co-worker telling them to have a spectacular day, a happy day. Draw a happy face in the snow for a stranger to come across later. Give someone a hug.

OUR PROGRAM LAST WEEK

Lauren Cummings spoke to the club about the efforts being made by the Northern Shenandoah Valley Substance Abuse Coalition. Lauren was named the executive director of the coalition earlier this year after serving the Winchester Police Department as their public information officer.



Lauren's discussion focused on the opioid addiction crisis in the valley. Lauren shared numerous statistics that demonstrate the scope of the crisis and reinforce the idea that we are all effected either directly or indirectly. Some of the most startling statistics are the ones that effect the youngest members of our community. 77% of children who entered foster care have a parent suffering from addiction. 70% of child protective service calls are drug related. In 2015 Winchester Medical Center reported 61 cases of newborns suffering from substance exposure.

Lauren highlighted some of the coalition's early accomplishments but focused mainly on future plans. In July our area will open the state's 24th adult drug treatment court for non-violent criminals. The coalition will continue to explore affordable treatment options for those suffering from addiction. The coalition will continue their efforts to have our area designated as a High Intensive Drug Trafficking Area. The coalition hopes to increase access to opioid overdose reversal medication. They also hope to increase peer-to-peer recovery programs and secure funding for a detox center in the city. To further educate yourself on the subject and to find out how you can get involved Lauren encouraged the club members to visit the coalitions' website:

Roadtorecovery.info

KALEIDOSCOPE TICKETS

Co-Chair Jenny Baker informed the club that Kaleidoscope tickets go on sale TODAY. Jenny also mentioned the need for volunteers. If you are interested in volunteering at Kaleidoscope on April 2nd sign up now. The beneficiary this year is AbbaCare.



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

Absentees: 2-25-2016

Jean Barch
Jackie Bates
Andrew Beck
Mary Braun
Kerri Burkhart
David Chandler
Gary Chrisman
Nancy Davis
Rob Frogale

Wilson Gilbert
Phil Glaize
Phil Griffin
Dick Helm
Jaime Karalis
David Kent
Dick Kent
Chris Lewis
Kit Molden
Tom Rockwood

Gene Schultz
Jeannie Shiley
Bob Shriner
Jonathan Snowden
Martin Tabaka
John Tyson
Ben Weber
Ed White
Start Williams
Kelly Wolfe

Visitors & Guests Last Week

Robert McDougall visiting from Front Royal Rotary
Erv Hill visiting from Smith Valley NV Rotary
Bill Bennet, guest of Kent Mull
Jen McDonald guest of Cary Claytor

NEW MEMBER WELCOME:

For the third and final time President Tootie welcomed our newest member **Bruce Downing**. If you haven't done so already, please introduce yourself to Bruce.



FOUNDATION MINUTE or so...

During the week of Rotary's 111th birthday celebration Conrad took the time to remind everyone of the four gentleman who started this incredible organization, Paul Harris, Sylvester Schire, Hiram Shorey and Gus Loehre. Conrad also provided a re-cap of dollars spent in Grants for the 2014-15 Rotary year in the six areas of focus:

- Disease Prevention and Cure:**
329 Grants \$19.8 Million
- Water and Sanitation:**
302 Grants \$20 Million
- Economic and Community Development**
168 Grants \$11.2 Million
- Basic Education and Literacy**
135 Grants \$8 Million
- Maternal and Child Health**
78 Grants \$5.7 Million
- Peace and Conflict Prevention/Resolution**
68 Grants \$4 Million



Our Drawing Last Week

Paul Frank won \$26 in the weekly drawing but couldn't find that ace of spades so the jack-pot continues to grow. It starts out today at \$91.

DISCLAIMER

*We don't make this stuff up! (Ok, most of it.)
Information contained herein is obtained from our members who are accurate most of the time.*

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 - 2/24 - Kaleidoscope Mtg.
Jenny Baker - 2/25 - Kaleidoscope Mtg.
Jean Barch - 2/13 - Hands Against Hunger
Ralph Bayfield - 12/15 & 2/2 - Frederick County
Tom T. Byrd - 2/11 - Rotary Club of Anguilla
Anthony Crosen - 2/24 - Kaleidoscope Mtg.
Sven Hlywiak - 2/25 - Board Mtg.
Don Karolyi - 2/10 - Mt. Pleasant, SC
John Lamanna - 2/24 - eClub One
Sue Scarborough - 2/24 - Clark County
Jonathan Snowden - 9/19 - SVAH Event
Ed White - 2/25 - Board Mtg
Dick Wiltshire - 2/19 - Front Royal
Libba Pendleton - 2/25 - Community Svc. Comm. Mtg.
Jaime Karalis - 2/27 - Membership Comm. Mtg.
Chris Lewis - 2/11 - Sergeant-at-Arms Comm. 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.

Next Board Meeting March 24th

Attitude Adjustment

5:30 pm Meeting 6 pm

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

Health Report

Libba updated the Club on Terry Sinclair and reported that he continues his rehabilitation and continues to improve.



Libba's Health Tip

Last week's tip focused on doing something special on the special day that comes around once every four years, Leap Day. She also educated the club on the title for those friendly, optimistic, good natured people born on Leap Day, they are referred to as Leaplings.



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!

President
President-Elect
Secretary
Treasurer

Tootie Rinker
Scott Arthur
Julia Connell
Paul Magness

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: Paul Burkholder

Reporter: Tom Byrd