

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

March 9, 2017

- March 16-19 - District Conference
- March 23 - 6 PM Board Meeting, Café del Sol
- 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
- May 25 - 6 PM Board Meeting, GW Hotel
- June 1 - Shrimp Feed

OUR PROGRAM TODAY

Our program today will be presented by Stefan Lawson on our 2017 Kaleidoscope beneficiary, **The Free Medical Clinic of the Northern Shenandoah Valley.**

HANDS AGAINST HUNGER

Dan Martin reported that we donated an additional \$614 in the past two weeks to our Clubs contribution of \$2000 towards Hands Against Hunger meal packs. This \$2614 equates to providing 9013 more meals to children around our world. Hopefully Dan can give us an update today on just how many food packs were made up this past Saturday.



District Conference - SOON!

Rotary District Conference is March 17-19 at the Homestead. 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.



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.



LAST WEEK'S PROGRAM

Our local **Destination Imagination** High School team tournament (like Odyssey of the Mind) competitors presented their service project. Team members, known as "*Talk NerDi to Me*" celebrate their STEM (Science, Technology, Engineering and Math) focus that is coupled with social entrepreneurship. Dr. Amy Ray introduced the team and their three values: **True, Good, and Useful.**

To these ends, they are intent on raising funds for **Homes for Our Troops**, a nonprofit that has erected 14 houses in Virginia. Each home, averaging \$430,000, offers over 40 adaptations for injured soldiers returning to civilian life. The homes are free to the severely injured, some of whom have PTSD. Over 20 million returning veterans live in the United States (700,000 in VA); 7.5% live below the poverty line and 6% are unemployed.

A video portraying the plight of Army Sargent James McGuire was followed by a plea from the students to donate to their cause.

WELCOME NEW MEMBERS!

Stop and take a minute to welcome our two newest members: Larry Weiss and Debbie Parrish.



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: 3-2-2017

DeeDee Barbour
Jean Barch
Jackie Bates
Kerri Burkhardt
Paul Burkholder
Kevin Callanan
Linda Coffman
John Copenhaver
Frances Crawford
John Elrick
Dana Evans
Paul Frank

Rob Frogale
Phil Glaize
Jenny Grooms
Bob Hall
Brian Hester
Sven Hlywiak
Dwight Kemp
Paul Magness
Darla McCrary
Alan McKay
Bob Mitchell
Debbie Parrish
Nadine Pottinga

Ron Price
Diane Ruckman
David Sovine
Steve Straight
David Sweeney
Martin Tabaka
Ajay Virmani
Ben Weber
Ridge White
Stuart Williams
Jim Youngblood
Ryan Zelaski

Make-ups* (Date & Function Attended)
William Aikens - 2/21 - Kaleidoscope Mtg.
DeeDee Barbour - 2/8 - Kaleidoscope Mtg.
Jean Barch - 9/18 - SVAH
Bill Bennett - 3/4 - Hands Against Hunger
Bruce Downing - 2/16 - Kaleidoscope Mtg.
Bruce Downing - 2/23 - Present
Dana Evans - 2/23 - Present
Phil Griffin - 2/8, 16 & 22 - Naples-Collier, FL
Phil Griffin - 2/14 - Naples Bay, FL
John Huddy - 1/12 - PR Committee Mtg.
Kent Mull - 2/23 - Board Mtg.
Patty Taylor - 2/28 - eClub One

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.

Visitors & Guests Last Week

Cindy Hunter visiting from the Woodstock Rotary Club

Kaleidoscope - March 25th - Mark your Calendar!

The beneficiary is The Free Medical Clinic. Jenny Baker's beneficiary fact last week identified the Free Medical Clinic's primary areas of service: **Preventative health screenings, primary care, women's health, mental health & a discount pharmacy.**

Foundation Points

Gary Chrisman reminds us of Konrad's offer to share several thousand points. His goal is to encourage others to be Rotary sustainers.

Little Theater Night - MAY 11th

Irv Shendow announced that this year's party prior to the Little Theater event will be held at the home of Lori Bales.

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



Dan Martin reminded the club that the trailer is open for business at Frogale Lumber. Drop off your rummage at your convenience. If you need help delivering your contributions give Dan a call. Jean Barch and David Kent will co-chair this year's event. They are looking for beneficiary suggestions.

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)

Next Board Meeting - March 23
Café del Sol (50 Featherbed Lane) - 6 pm
All are welcome, and it counts as a make-up!

CAN YOU HELP?

The Frederick Rotary Club is seeking 5 volunteers to help at the **Jubilee Kitchen/First Presbyterian Church on Saturday, March 11th from 9:30AM to 12:30PM.** This happens to be the day scheduled for the funeral of longtime Frederick County Rotary Club member, Art Fulton and many of their members (who would have been helping) will be attending the service instead.

OUR DRAWING

Cary Claytor won \$23 in the weekly drawing. The Ace remained in the deck, so the jackpot continues to grow, starting at \$95 today.



Health Report: Nadine Pottinga underwent surgery on Monday for a herniated disk in her spine.

Konrad received the large card from all us; take a minute and call ahead if you visit him.

Health Tip: Ankles! To increase circulation, circle your toes. Reduce your sodium intake and decrease your excess weight to improve the health of your ankles. Elevate your feet 12 inches over your head once a day. Be sure to walk every 1-2 hours and see a doctor if you experience swelling in the ankles.

COG WHEEL REPORTERS & PHOTOGRAPHERS NEEDED!

You don't have to be Clark Kent, Lois Lane or Jimmy Olsen! Really, it's not that hard! Reporters & photographers take one month turns and even get a makeup! If you can help, see Sue Rich (reporters) or Don Karolyi (photographers).



President Scott Arthur
President-Elect Julia Connell
Secretary Paul Magness
Treasurer 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 Karolyi

Reporter: Mary Braun