

### 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](http://www.winchesterrotary.com)  
 Address Rotary correspondence to P.O. Box 412, Winchester, VA 22604

Chartered 1921

March 16, 2017

- March 17-19 - District Conference **THIS WEEKEND!**  
 March 23 - 6 PM Board Meeting, Café del Sol  
 March 25 - Kaleidoscope - **NEXT SATURDAY**  
 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 19 An International Affair  
 May 25 - 6 PM Board Meeting, GW Hotel

### OUR PROGRAM TODAY

Our program today will be New Member talks which are always some of the best programs of the year. We will hear from Bill Bennett and Darcus Breneman.

### HANDS AGAINST HUNGER

Dan Martin reported that Hands Against Hunger prepared 28,000 meals in 2.5 hours with 110 volunteers. Overall \$8,200 was raised by area participants. Dan Martin's coordination and commitment are praiseworthy – and effective! **Thank you, Dan!**

### District Conference - This Weekend!

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. Many of our members will be enjoying the event this year.



### Kaleidoscope - March 25th - NEXT SATURDAY!

**Get your tickets today for a chance at that \$25,000...not to mention ALL the wonderful AUCTION items! . See Jenny Baker, Irv Shendow or Dick Wiltshire by March 23rd. Tickets can be paid by check, cash or credit card.**

The beneficiary this year is The Free Medical Clinic. They plan on building a larger pharmacy with the proceeds.



### LAST WEEK'S PROGRAM

**Stefan Lawson**, executive director of the Free Medical Clinic, described the progress made on the strategic plan. In October of 2016 to commemorate the Clinic's 30th anniversary, a new behavioral health clinic was opened. The Behavioral Clinic is staffed by a full-time psychiatric nurse practitioner. In addition, the Free Medical Clinic offers primary care, licensed substance abuse care, an orthopedic clinic, women's health, physical therapy, drug testing and a pharmacy.

The Free Medical Clinic is open 5 days per week and has seen sizable growth in medical visits since its inception. In 2016, they saw 60-80 new patients per month.

Their collaborative Project Empower facilitates a transition in care for eligible patients who have been seen at the hospital. With 180 days of intensive care management, Project Empower's goal is to promote sustained recovery.

As recipients of the Kaleidoscope funds, the Clinic will move its pharmacy from an obscure location on the 2nd floor to the 1st floor where over 22,000 scripts are filled annually. Their retail pharmacy serves patrons, regardless of income. The Free Medical Clinic is one of only 57 free clinics state-wide.



### WELCOME NEW MEMBERS!

Debbie Parrish was introduced for the second time. Stop and take a minute to welcome our two newest members: Debbie and Larry Weiss.

### **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: 3-9-2017**

William Aikens  
Lori Bales  
Jackie Bates  
Darcus Breneman  
Kerri Burkhardt  
David Chandler  
Cary Claytor  
Nancy Davis  
Dana Evans

Rob Frogale  
Dick Helm  
Sven Hlywiak  
David Kent  
Gerry Kiefer  
Winston Lutz  
Darla McCrary  
Alan McKay  
Bob Mitchell  
Kit Molden

Nadine Pottinga  
Ron Price  
Ken Rice  
Mike Richardson  
Tootie Rinker  
Diane Ruckman  
Steve Straight  
Stuart Williams  
Jim Youngblood  
Ryan Zelaski

**Visitors & Guests Last Week**

Mary Knapp visiting from the Rockingham Rotary Club  
Martin Thompson, guest of Julia Connell  
Lisa Grissler, guest of John Tyson  
Todd Lilly, guest of the Club  
Mike Williams, guest of the Club  
Ann Burkholder, guest of her husband Paul

**NEW FENCE**

A picture of the new Winchester Day Nursery fence was shared with the Club who contributed to its replacement.



**Foundation Points**

Gary Chrisman reminds us of Conrad'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.

**DESTINATION IMAGINATION TEAM**

The Destination Imagination's (Talk NERdi to Me) expressed their appreciation to our Club: over \$1,000 was raised for "Homes for Our Troops."

What's more, the team won 1st place in their regional competition!



**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)**

Tom T. Byrd - 2/28 - Frederick County  
Bob Hall - 2/12 - Jamaica Dental Clinic (3)  
Gerry Kiefer - 3/7 - Selfoss, Iceland  
Tootie Rinker - 2/20 - International Affair Mtg.  
Diana Thorne - 2/13 - Guatemala  
Ben Weber - 2/21 - Kaleidoscope Mtg.  
Michael Williams - 3/4 - Hands Against Hunger

**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.

**Next Board Meeting**

March 23 - 6 pm

Café del Sol

(50 Featherbed Lane)

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



**Area One ACT Committee - Don Butler reports:**

Heroin deaths are increasing in 2017..to date, 12 which includes 5 in Warren County. Non-fatal overdoses also on the rise..56 this year. This could be due to a bad batch of heroin mixed with fentanyl in Warren County. Lauren Cummings will attend Rotary District Conference and address the Pres.-Elects. Plus, she will also be available for meetings.

John Lamanna will attend the Warren Coalition meeting at LFCC on March 17, 2017. We're sorry to see Chief Sanzenbacher retire...he was really helpful to the Coalition. **Some good news:** the Coalition hired Tiffany Cadoree who will take over from Lauren oversight of the Drug Court participants.

**OUR DRAWING**

Bill Bennett won \$17 in the weekly drawing. The Ace remained hidden, so the jackpot starts at \$112 today.



**Health Report**

Tom Baker and Nadine Pottinga are both recovering from back surgery.

Conrad is having some bad days.....keep him in your thoughts & prayers.

**Health Tip: HAPPY TOES -**

When manicuring your toes cut the nails straight across. Do not use moisturizer between your toes and make sure your socks are not too tight. Attend to corns and callouses with a doctor and especially if you also have diabetes.



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 Karolyi

Reporter: Mary Braun