

### 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

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 Visit The Rotary Club of Winchester website at  
[www.winchesterrotary.com](http://www.winchesterrotary.com)



Chartered 1921

March 17, 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** - Keven M. Walker, CEO of the Shenandoah Valley Battlefields Foundation will update us on the Foundation; specifically, discussing the Foundation's Mission, Economic Impact and the Vision for the Future.

### This weekend! **2016 DISTRICT CONFERENCE**



### **DISTRICT CONFERENCE FIRST TIMERS....**

***IT'S THIS WEEKEND!*** Quick, take advantage of this great offer to attend the 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.

Every year on March 17, the Irish and the Irish-at-heart across the globe observe St. Patrick's Day. What began as a religious feast day for the patron saint of Ireland has become an international festival celebrating Irish culture with parades, dancing, special foods and a whole lot of green.



### **OUR PROGRAM LAST WEEK**

Theresa Rhodes, who has been the Executive Director of **Abba Care** for the past 3 1/2 years spoke to us about this Christian Evangelical program. Abba Care is this year's recipient of Kaleidoscope. Theresa expressed her appreciation for our club's financial help.



While a Christian based program, it is a qualified 501-3-C charity and serves virtually all women who find themselves pregnant and in a quandary of what to do no matter their religious beliefs. They describe themselves as Christian and decidedly pro-life but honor the mother's decision whatever pregnancy solution they seek. They offer a safe and free place for women to consider their circumstances and what pregnancy means for both mother and child. Mothers learn the gestational age and probable health of the fetus and what options are available. There is a vast range in age of the women who they serve - between 13 to 46 years of age this past year.

The program serves most of our surrounding counties and states some as far away as Harrisburg, PA. The women come from virtually every ethnic, social and financial background imaginable. Some women are drug addicts, mentally challenged, abused, very young or just confused by their circumstances. Abba Care attempts to educate these women on how to be a good parent, prevent child abuse and reduce their risk of social isolation and most importantly avoid risky lifestyles that lead to further problems. Abba Care promotes sound physical and mental health of both mother and child. They also promote strong bonding with the child as it has been proven that early childhood bonding is key to successful life on an ongoing basis. Maternal and child self worth is also encouraged as this reduces risky behavior and promotes a long term view of positive living habits. They also work to empower people with reasoning to help them make better life choices.

Abba Care receives no government funding. They maintain associations that assist with their legal help, finances and accountability for running a responsible and effective program. Their board oversees all of their activities and policies. Last year they served 1,750 clients, provided 456 ultra sounds worth \$148k to the communities.

Ms. Rhodes left us with a reminder that sex does happen and it is important that we deal with the results responsibly.

### **KALEIDOSCOPE TICKETS**



Co-Chair **Jenny Baker** informed the club that Kaleidoscope tickets are available NOW. Jenny also mentioned the need for a few more 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: 3-10-2016**

William Aikens  
Jackie Bates  
Andrew Beck  
Kerri Burkhart  
Kevin Callanan  
David Chandler  
John Copenhaver  
John Elrick  
Dana Evans  
Rob Frogale  
Wilson Gilbert

Jenny Grooms  
Dick Helm  
Sven Hlywiak  
John Huddy  
Marc Jaccard  
Doug Joyner  
David Kent  
John Lamanna  
Stephanie Landes  
Dan Martin  
Neile Martin  
Alan McKay

Marie Montgomery  
Libba Pendleton  
Ken Rice  
Diane Ruckman  
Roy Schwarz  
Irv Shendow  
Jonathan Snowden  
Shane Wagoner  
Kelly Wolfe  
Ryan Zelaski

**Visitors & Guests Last Week**

Erv Hill visiting from Smith Valley NV Rotary  
Michael Williams from Front Royal Rotary  
Amelia Caite, guest of Karen Schultz  
Magness Family, guests of Paul

**FOUNDATION MINUTE plus...**

Conrad spoke to what has been a regular topic as of late and that is growing our membership. Growing our membership can be done just by asking a friend or associate to join you for a Rotary lunch and let them see and hear of the many good works that we perform as a club. This is especially true on a world wide basis where we reach out in so many different ways and places. Last year Brazil increased its membership by 10%, Germany 22%, Korea 28%, Taiwan 101% and India 56%. Let's do our part by finding new members who can help Rotary and the Foundation... *do good in the world.*



**Our Drawing Last Week**

Our drawing winner last week was **Adrian O'Connor**, but he missed the jackpot when he drew the eight of Diamonds. We begin today at \$137.



**Make-ups\*** (Date & Function Attended)  
Donna Berger - 2/24 - Kaleidoscope Mtg.  
Thom W. Byrd - 2/25 - Cog Wheel Reporter  
Gary Chrisman - 3/5 - District Training  
Anthony Crosen - 3/9 - Kaleidoscope Mtg.  
Nancy Davis - 3/9 - Clarke County  
John Elrick - 2/17 - Membership Com. Mtg.  
Carl Esterhay - 2/25 - Comm. Svc. Com. Mtg.  
Dick Kent - 2/4, 11, 18&25 - Naples, FL (4)  
Jim Laidlaw - 3/1 - Frederick County  
Dan Martin - 2/13 - Hands Against Hunger  
Irv Shendow - 3/1 - Frederick County  
Jonathan Snowden - 3/8 - Georgetown, SC  
Diana Thorne - 2/18 - Guatemala Mission Trip  
Jim Youngblood - 3/9 - Kaleidoscope 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](http://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**

**Terry Sinclair** is recovering well and is now at Westminster Canterbury rehab so send him cards there!

**Rabbi Brown** fell ill while traveling home from a trip to Israel, fortunately his travels took him to his son in New Jersey who got him to the hospital quickly. He was admitted immediately for heart problems and had a pacemaker implanted. He is recovering nicely in New Jersey having the added blessings of family surrounding him. He hopes to be back to Winchester shortly.

**Health Tip:**

With the arrival of sunny weather it is a good time to remind ourselves of the sun's importance in producing **Vitamin D**. In fact just 15 to 30 minutes a week of unprotected exposure to the sun provides all the Vitamin D you need. You simply can't eat enough food to produce the same results. Vitamin D helps in bone strength, fights cancer and contributes greatly to a person's overall health yet studies show **3 out of 4 Americans are deficient**. High quality supplements are a great help if sunshine and eating right don't work for you, but no matter what don't let yourself be short of this important vitamin.



Another monthly report from our exchange student. I think she truly exemplifies all the magnificent growth and learning of our exchange program. Her monthly reports just shares her growth as a person, and obviously, her ability to carry that growth into maturity. I am sure that one day she will be a Rotarian, and if not, a great ambassador for Rotary. Best Conrad

**Six months!!! I've tried lamb, I've cooked madrileño, and my friends are asking me for directions ... I officially feel like a Madrilienian.**

Dear Rotary club of Winchester, since my last monthly update here's a couple of things I have been up to!  
In the middle of February I went up and spent a long weekend in Barcelona in the province of Catalonia. Although it wasn't warm enough to get into the water, I still walked down the beach and enjoyed the other beautiful city's treasures! In Barcelona they actually speak Catalan which is a different language spoken in Catalonia, Andorra, and France. While I was there, the other exchange students taught me a few basic words and some of them are similar to Spanish. Also I was able to see great places like the Picasso Museum, Park Güell, and the Sagrada Família!  
As for other things, I've just been visiting some museums and some historical sites in/ near Madrid. The last weekend with my host dad and brother, we took a day trip up to Valle de los Caídos - Valley of the Fallen. It's a beautiful Catholic basilica and memorial with a 500 foot cross on a mountain. The day we went, it was chilly, and I was able to see snow for my first time in Spain!  
And finally after six months, I've learned how to cook Paella. The dish that kind of represents Spain. Its rice cooked with seafood, rabbit, lamb, chicken, what ever you want! I learned to cook it with shrimp, squid, mussels, and clams; foods I would have been skeptical to eat before, but now I love!  
I feel like with my exchange, I'm never going to stop learning, improving, and growing; and I still have four months left. Let's see what they bring. Until next month, Chao! - Madison Yates USA-SPAIN



**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)

**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: Steve Straight

Reporter: Paul Burkholder