

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

July 21, 2016

PICNIC IN THE PARK - All of JULY, at Rotary Shelter
 July 28 - 6 PM Board Meeting, GW Hotel
 August 4 - **FAMILY PICNIC**, no noon meeting
 August 18 - Camp Fantastic
 August 25 - 6 PM Board Meeting, GW Hotel
 September 17-18 - **Apple Harvest Festival**
 September 20 - District Governor's Visit, GW Hotel, 5:30 pm
 September 22 - Shrimp Feed, Izaak Walton Park, **No Noon Meeting**
 September 29 - 6 PM Board Meeting, GW Hotel
 October 3 - **Golf Tournament**
 October 27 - 6 PM Board Meeting, GW Hotel
 November 3 - No Noon Meeting, Awards Night
 November 17 - 6 PM Board Meeting, GW Hotel
 November 24 - Thanksgiving, No Noon Meeting
 December 22 - Christmas Party for Evans Home Children
 December 22 - 6 PM Board Meeting, GW Hotel

JULY - ALL MEETINGS IN THE PARK!

OUR PROGRAM TODAY

First, Lori Fountain Bales with her New Member Talk.

Second, Bryce Williams, son of Rotarian Stuart Williams, will share his Eagle Scout project with the Club and how it relates to our Jamaica project.

Third, District Governor elect George Karnes will give us an update on Rotary's Youth Protection Policy.

BENEFICIARY SELECTED

Our **Golf Tournament** on **Oct. 3** will benefit Winchester Day Pre-School whose fence, sidewalk and parking lot will be improved for safety purposes. See Don Louque and company to get involved!

FAMILY PICNIC - HERE - August 4th

There will be no noon meeting August 4th but there will be a tasty treat for all the family that evening! Right here at the Rotary Shelter beginning at 5:30 pm. Dan Martin is looking for a few good helpers that afternoon to help prepare things. A sign-up sheet is circulating...or see Dan.



LAST WEEK

Theresa Manthey and Cowboy joined us from the Blue Ridge Dog Training Club. The club is registered as a nonprofit organization and raises funds through training and competitions to pay rent at Body Renew Fitness Center and to

donate to various shelters and causes. Their range of classes include obedience, agility, therapy and even tricks. All Club instructors serve as volunteers. To see the schedule of classes offered, visit www.BRDTC.org

Theresa is a retired teacher of 36 years from James Wood High School. Cowboy is a 6-year old rescued terrier mix who holds three championship titles. Cowboy performed well for Rotarians illustrating his salute, high 5, sneeze, inside voice, high jump and peek-a-boo. However, when it came to playing basketball, he preferred the nearby table of BBQ. Proving even champions like Shaffer's BBQ!

Rotary International 2017 is in Atlanta

This is as close as it gets, folks! Area 1 has blocked out an entire hotel and room costs will be about \$250/night. Don't miss this opportunity to attend a historic event as the R.I. Foundation (**Doing Good in the World!**) celebrates its 100th anniversary.

DISTRICT GOVERNOR'S VISIT

See Scott if you would like to join us September 20th in the George Washington Hotel's Grand Ball Room for District Governor Chris Runion's visit to Area 1. Social Hour is 5:30 - 6:30pm, Dinner is 6:30-8pm. Cost of ticket is \$30.

A FEW VOLUNTEERS NEEDED

Paul Frank is seeking volunteers to work at the Frederick County Fair on Wednesday from 4 to 6 or 6:30 to 9 p.m. This will count as a make-up and dinner will be provided.

DID YOU KNOW....

There are app's available to help you find a Club meeting when traveling. You can link to them all from the Rotary Website at: www.rotary.org/myrotary/en/manage/tools-templates/mobile-apps

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: 7-14-2016

William Aikens
Jenny Baker
Jeff Barbour
Jean Barch
Jackie Bates
Don Butler
Kevin Callanan
John Copenhaver
Franny Crawford
Nancy Davis
Marie DiLorenzo
Carl Esterhay
Dana Evans
Callie Fitzwater

Rob Frogale
Hunter Gaunt
Wilson Gilbert
Bob Hall
Sven Hlywiak
John Huddy
Doug Joyner
David Kent
John Lamanna
Deborah Langfitt
Winston Lutz
Paul Magness
Darla McCrary
Alan McKay
Bob Mitchell

Adrian O'Connor
Nadine Pottinga
Ken Rice
Earl Riddick
Sue Scarborough
Roy Schwarz
Irv Shendow
Dave Smith
Jonathan Snowden
Steve Straight
Patty Taylor
Michelle Thomas
Ajay Virmani
Ed White
Stuart Williams

Make-ups* (Date & Function Attended)

Jean Barch - 7/11 - SVAH Mtg.
John Huddy - 6/30 - Golf Committee Mtg.
Alex Iden - 7/13 - Clarke County
Gerry Kiefer - 6/28 - Frederick County
Gerry Kiefer - 6/30 & 7/7 - eClub One
John Lamanna - 6/23 - eClub One
Paul Magness - 6/4 - Rummage Sale
Darla McCrary - 6/30 - Board Mtg.
Irv Shendow - 6/30 - Board Mtg.
Ron Price - 7/14 - Golf Committee Mtg.
Jonathan Snowden - 6/4 - Rummage Sale

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

Bill Bennett, club guest
Linda Coffman, club guest

Next Board Meeting July 28
Attitude Adjustment 5:30 pm
Meeting 6 pm
All are welcome, and it counts as a make-up!

SAVE THE DATE! September 17 & 18

Planning is well underway for this year's **Apple Harvest Festival** to be held again at the Frederick County Fair Grounds. We are expected to reach a milestone this year of **\$1 million raised** over the life of the festival!



While we were reflecting back and endeavoring to recognize those individuals that got us here, it was discovered that the festival actually began in 1975, not 1974 as previously believed, or remembered. So this year, we will celebrate another **41st Annual Apple Harvest Festival** to set the record straight. Which is not a bad thing at all, who wouldn't want a repeat of last year?!

Foundation Minute

Rotarian, Walter Hughes, wrote to thank the Rotary Club of Winchester for its contribution toward a global grant amounting to \$94,542. With those funds, the following was accomplished in Sunyani, Ghana:



- 11 new boreholes drilled (6 for small town water systems) + 3 boreholes repaired
- 75 desktop computers purchases for 4 school computer labs
- 28 Microflush toilets for 3 elementary schools + 34 for homes
- 26 handwashing stations along with water sanitation & hygiene training for 2,960 students

Rotary partnered with a hospital, schools and a women's prison to *do this good in the world.*

Our Drawing Last Week

John Tyson was the lucky winner of \$13 in our weekly drawing...but was unable to find the Ace of Spades for another 13! The jackpot starts today with \$13.



NEW YEARBOOK IN THE WORKS

The Rotary Yearbook, under the able direction of Karey Starnes and Conrad Koneczny, is being updated.

A form was included with your dues recently to update your information. Please, complete and return it ASAP so that we can get the new yearbook published sooner rather than later. This is really important information as we will also use it to update our own website and the district website.

If you have any questions, see Karey, Conrad or Scott. If you have a current photo, send it to Sue Rich at: clearchoiceprinting@gmail.com OR, see Don Karolyi and he will digitize you!

HEALTH REPORT

Adrian O'Connor underwent kidney transplant surgery July 14. **Don Stewart** spent a night in the hospital with a hernia. Well wishes go out to both men!

Libba's Health Tip:

To strengthen your forearms and joints, try:



**Squeezing a tennis or stress ball



**Expanding a rubber band with your fingers

Either exercise should be repeated 10 to 12 times for 3 sessions each day!



No one is so old as those who have outlived enthusiasm.

~Henry Thoreau

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

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