

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

September 1, 2016



- 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

LAST MEETING

Bryan Hester recently authored "*More than an Autograph*", a book about his life-long autograph collecting habit and the varied stories about them.

Brian has been collecting autographs since 1993, mostly from the celebrities he met at our Apple Blossom festivals. In 2003 he realized that the autographs meant more to him than just a signature. Each autograph had a story to go along with it and offered a lesson for life. Brian was invited to appear on the Barry Lee television program where he relayed his journey of collecting and what it meant to him. The TV appearance made him realize that others might appreciate his collection, what he learned and inspired him to write the book. In his book Brian displays his many autographs but his focus is how meeting the various people enriched his life emotionally, professionally and spiritually. Each story has helped Brian reflect upon his life and what legacy he will leave.

Brian relayed a few stories that are in the book and include the following. While on break from college Brian's dad asked him to help Steve Koman pack and load some paintings he was moving to Florida. After the packing was complete Steve took him up to see a book autographed with notation from President Harry Truman. Steve gave it to Brian to add to his collection. Brian was so thrilled that he took it to his grandfather where they had a great visit. Soon after that visit his grandfather died. This lesson for Brian was to appreciate those you love while you have them and to not waste a single chance to engage and appreciate them. Another story sprang from Apple Bloom when Jerry Rice's daughter was queen and stayed at the Hester home. The daughter was quite expectant but Brian treated her royally hoping all along to meet her dad. Jerry was hold up in hotel suffering from allergies. When Jerry finally came to the Hesters house Brian was able to visit and found him to be genuine and unassuming. He signed many things for Brian but his biggest gift was the lesson of being humble and comfortable with who you are no matter who you are. When asked his favorite story Brian told of the autographs he collected from children he met while on a mission trip to Sierra Leon. He became friends with a mentally handicapped child who had become impaired when he was attacked with a machete. They danced together and became quite close. Brian realized that the other kids did not include him in activities etc. so when Brian told a story about his own brother Allen who is has special needs the children were moved. Brian also noticed the child had trouble eating. He was told it was because the child's teeth were impacted. Brian was able to pay to get them fixed and this act literally changed this child's life. Brian's lesson was one we try to practice as Rotarians. If you have the chance to do good for others do it, you can help the world be a better place.


OUR PROGRAM TODAY

Our program will be presented by local award winning author of 13 published books, including 3 best sellers, Jay W. Foreman. His 4 E's requirement are : Engage, Entertain, Educate and Encourage.

DISTRICT GOVERNOR'S VISIT—September 20th

See Scott if you would like to join us 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. Ticket cost is \$30.

2017 Rotary International is in Atlanta! - June 10-14

 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 celebrates its 100th anniversary.

Bring a Friend to Rotary Month

District Governor Chris Runion declared August as *Bring a Friend to Rotary Month*. Did you?



Newest, Newest Member

 Bill Bennett was installed as our newest member sponsored by Pat Kofelt and Kent Mull.  Mike Richardson is our second newest Rotary member. Stop & take a minute to welcome both to our club!

NEW MEMBERSHIP BOOK IN THE WORKS

Please be sure you have updated your information for our membership book. 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!

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: 8-25-2016

William Aikens
John Copenhaver
Nancy Davis
Marie DiLorenzo
John Elrick
Dana Evans
Wilson Gilbert
Phil Glaize
Jenny Grooms

Dick Helm
Sven Hlywiak
Dwight Kemp
David Kent
Chris Lewis
Neile Martin
Darla McCrary
Alan McKay
Adrian O'Connor
Ron Price

Ken Rice
Earl Riddick
Jeannie Shiley
Martin Tabaka
Lori Vogel
Ben Weber
Stuart Williams
Kelly Wolfe

Visitors & Guests Last Week

Brian Hesler from Frederick County Rotary
Kathy Mason from Martinsburg Rotary
Ridge White, guest of Scott Arthur
David Kelly, guest of Dan Martin
Jennifer Stanford, guest of Julia Connell

Addiction Crisis Team (ACT) Committee

October is "Substance Abuse Prevention Month". Committee members Paul Burkholder and John Lamanna have reached out to our Interact clubs at Handley and James Wood to involve them in a community awareness program about the perils of the drug overdose epidemic. We will partner with the Northern Shenandoah Valley Substance Abuse Coalition in this community effort.

SAVE THE DATE! September 17 & 18

The **Apple Harvest Festival** will 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!

AND, what's an apple harvest festival without apple dumplings? We're looking for a provider of those yummy, apple wrapped in pastry, delicious, juices running down to your elbows, gotta-have...well, you know... **IF YOU KNOW OF A CHURCH OR ORGANIZATION** wanting to be the sole provider of apple dumplings at the apple harvest festival (hint: they don't have to be home-made, the local foodservice company sells them) **PLEASE LET DARLA OR PAUL KNOW!**

Call 540-336-9114 or email darla.mccrary1@gmail.com.



FOUNDATION MINUTE

Disease prevention and treatment is one of the 6 areas of focus of the Foundation. In 2015 the Foundation granted \$19.8 million in 329 grants towards this effort. In Africa alone the Foundation funded "Family Health Days" that treated over 344,000 people, many of whom had never visited with a doctor in their lives. These visits were conducted at 402 sites in 4 countries. They provided immunizations, TB screenings and treatments for a range of problems from hypertension to HIV. One patient was heard saying these treatments were a gift from God. Rotary thru the Foundation... *doing good in the world.*

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)

Jeff Barbour - 8/25 - Board Mtg.
Erik Beatley - 8/25 - Golf Committee Mtg.
Jaime Karalis - 8/25 - Golf Committee Mtg.
Winston Lutz - 8/18 - Camp Fantastic
Darla McCrary - 8/18 - SVAH Mtg.
Diane Ruckman - 8/18 - Camp Fantastic
Kip Rutherford - 8/30 - Frederick County
David Sovine - 8/19 - Front Royal
Patty Taylor - 8/30 - Frederick County
Lori Vogel - 8/18 - SVAH Mtg.
Kelly Wolfe - 8/25 - Golf Committee 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 September 29

Attitude Adjustment 5:30 pm

Meeting 6 pm at the GW Hotel

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

HEALTH REPORT

Jimmy Gordon is better overall but has tests scheduled for his problem with blood clots. He has appreciated the many visits and well wishers especially from his 1955 football team classmates. **Sue Rich** has a compression boot now which gives her much more mobility while allowing her foot/ankle fracture to heal properly.

Health tip. Tips for keeping a healthy heart include having your cholesterol checked and take care to keep it under control, no smoking, eat brown grains and leafy greens, have your blood sugar checked. **"Sit less sweat more"** and eat more fruits and less fruit juices or colas.



HEART RELATED TIP...If your doctor is planning to implant stents for coronary artery blockages be sure to ask about the new dissolvable stents.

A stent is a small mesh tube inserted into an artery to keep it open. It resolves blockages and restricted blood flow that increase your risk for heart attacks. Currently, a typical metal stent can remain inside a patient forever, even after it has finished its job. That poses a potential problem if another procedure is needed later. With the dissolving stent, once healed, a vessel can return to normal and is able to expand and contract normally.

OUR DRAWING LAST WEEK



Tom Byrd won a whopping \$25 dollars in the weekly drawing. The Jackpot continues to grow and starts today at \$113.

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

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: Paul Burkholder

Reporter: Paul Burkholder