

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 8, 2016

- September 17-18 - **Apple Harvest Festival**
 September 20 - District Governor's Visit, GW Hotel, 5:30 pm
September 22 - Shrimp Feed, Izaak Walton Pk, 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 Meeting
 December 22 - **Christmas Party for Evans Home Children**

OUR PROGRAM TODAY

Our own Paul Burkholder will present a program on the Shenandoah Valley Scholars' Latino Initiative.

Apple Harvest Festival, Sept 17 and 18...

PLEASE SIGN UP! Weather will be gorgeous... perfectly sunny and cool! Please continue to share the event on facebook. Help us make the \$1 million mark! Bring your family out. All you NEW MEMBERS, come and experience the party we all work so hard to give the community...and we raise money and have fun doing it!

New activities including health screening and a closer proximity to the live entertainment for our "Tap & Cork" consumers. Volunteers are still needed for all areas other than the wine and beer section... See Darla or Paul to sign up to help.

Our Newest Members

Linda Coffman was inducted last week. Her sponsors are Kevin Callanan and Dick Kent. **Welcome Linda!** AND we also welcomed **Darcus Breneman**. She has transferred from the Frederick County Rotary Club.



Bill Bennett & Mike Richardson are also recent new members. Stop & take a minute to welcome all these fine new people to our club.



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.



LAST MEETING

Keri Burkhart updated the club on the **Winchester Rotary Charitable Foundation**, which was formed as a vehicle for storing the funds from our community outreach events (such as the Apple Harvest Festival). The fund allows us to keep funds on hand to address committee needs. For example, we are partnering with the Lewisburg Rotary Club of West Virginia to help with flood relief from the recent devastation in that state. Thanks to our club's fund, all donations made to it for flood relief through September will be matched by our club up to \$2,500. See Scott Arthur for details and give today!

OUR SPEAKER

Jay Foreman, a noted local author and speaker, spoke about service and thanked our club for helping lead the way in that department. As Jay says, humans are pre-programmed for service, it's in our DNA. It takes some people a long time to realize that, but Rotary already knows the secret. Service is all about being part of something bigger than ourselves, and Rotary is worldwide - it doesn't get much bigger. Although Jay's jokes were for the birds, his words of encouragement to our club were welcomed.



CHECK PRESENTATION

John Tyson and Jean Barch presented a check for \$5,585 to Kelly Boger of the **Child-Safe Center**. The check represented the proceeds from our June Rummage Sale and, according to Kelly, it will help her agency prepare local children to be the leaders of the future.



DISTRICT GOVERNOR'S VISIT—Sept. 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. Tickets are \$30.

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: 09-01-2016

Jackie Bates
Erik Beatley
Don Butler
Cary Claytor
Julia Connell
John Copenhaver
Marie DiLorenzo
Callie Fitzwater
Rob Frogale
Dick Helm

Sven Hlywiak
Alex Iden
Marc Jaccard
Jaime Karalis
David Kent
John Lamanna
Deborah Langfitt
Neile Martin
Alan McKay
Kent Mull
Adrian O'Connor
Nadine Pottinga

Ken Rice
Diane Ruckman
Sue Scarborough
Gene Schultz
Karen Schultz
Bernie Schwartzman
Martin Tabaka
Ben Weber
Ed White
Jim Youngblood
Ryan Zelaski

Visitors & Guests Last Week

Stoney Mason, guest of Scott Arthur
Ridge White, guest of Scott Arthur
Vickie Tierney, guest of her husband Terry
David Kelly, guest of Dan Martin
Jennifer Stanford, club guest

Award Nominations Open

We are taking nominations for the **Phil Sprenkle Award**, which recognizes a Rotarian who not only contributes to the club but also has a good work/life balance and makes a difference in their family life and on the job.

Addiction Crisis Team (ACT) Committee Report

GOOD NEWS! The Coalition will be able to use part of the District grant for cab vouchers to assist those addicts enrolled in the Drug Court to make their court appearances and get a ride home from the Regional Jail. Paul Burkholder and John Lamanna have reached out to the Interact clubs at Handley and James Wood to involve them in October's Substance Abuse Prevention Month Oct.-23-29. Area One clubs will be reaching out to all of the Interact clubs.

BAD NEWS! There has been 19 overdose deaths so far in 2016 in the Northern Shenandoah Valley. Overdose deaths continue to be a real concern. Latest statistics show there were 47,055 overdose deaths in the United States in 2014...up 7% from the previous year.

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)

Cary Claytor - 8/25 - Board Mtg.
John Elrick - 8/25 - Present
Jim Laidlaw - 8/23 - Frederick County
John Lamanna - 8/18 - SVAH Mtg.
Kent Mull - 8/25 - Golf Committee Mtg.
David Sovine - 8/11 - Purcellville
Ryan Zelaski - 8/25 - Golf Committee Mtg.

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!

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.

Rest in Peace Friend



Rotarian Arthur L. "Buddy" Dunlap passed away last Thursday, September 1. Buddy was a Past President of our Club from 1987-1988 and was Assistant District Governor from 1995-1996.



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!

HEALTH REPORT

We welcome back **Jimmy Gordon** and send well wishes to Earl Riddick's daughter, who is dealing with health issues.



Health Tip: Libba talked about our diaphragm, which is important in helping regulate our breathing. For healthy lungs, focus on taking 10 deep breaths per minute. Make sure you expand your stomach rather than lift your shoulders. (*Expanding your stomach with food doesn't count.*)

OUR DRAWING LAST WEEK

Former member Stoney Mason won the drawing but missed out on the jackpot. Today's Jackpot starts at \$137.



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: Steve Straight

Reporter: Dave Smith