

### 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

September 15, 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

### OUR PROGRAM TODAY

Our program will be presented by Marilynn Mendell, President of WinSpin CIC, Inc. which specializes in growth strategy, public relations and branding. She is a past member of the Rotary Club of Washington, D.C. where she served on the Board with our own Bob Shriner.

### Apple Harvest Festival - THIS WEEKEND!!!!

Weather promises to 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 include health screenings and a closer proximity to the live entertainment for our **"Tap & Cork"** consumers. A few volunteers are still needed for all areas EXCEPT (strangely) the wine and beer section... See Darla or Paul to sign up to help. ALSO, we need about 20 Bingo prizes...see Lori Vogel if you can help. **If you can, please take fun pictures and send to Sue Rich at [clearchoiceprinting@gmail.com](mailto:clearchoiceprinting@gmail.com) THANKS!**

### WELCOME TO OUR NEWEST MEMBERS!

**Linda Coffman, Bill Bennett & Mike Richardson** are our most recent new members. We also welcome **Darcus Breneman** who transferred from the Frederick County Rotary Club. Please 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

Our own Paul Burkholder and Larry Miller introduced us to the Shenandoah Valley Scholars Latino Initiative, (SVSLI). Paul is one of the founding members of this 5 year old 501 3c program whose aim is to identify students at Handley and Harrisonburg High School who are worthy candidates for college. The students need to be excellent students and exhibit high character but simply lack the resources to prepare for and attend college. Students are identified in the 9th grade and invited to apply for just 10 slots available each year. Typically there are 10 students applying for each available slot. Once accepted these "scholars" are mentored throughout their high school years. Mentoring is a multilevel affair and also includes a college student mentor who exposes them to college life, what it means to be a college student and the work entailed. A high school teacher is also involved making sure they are keeping up with their school work, taking the appropriate college preparatory classes and helping them thru the maze of tests required to apply to college. They also arrange for dual enrollment at the local community colleges. Finally a college professor with JMU or SU teaches them modified college classes covering topics such as critical writing skills and thinking. The students also participate in leadership seminars and are expected to volunteer in the community. Examples include reading and tutoring elementary students, translating and helping at local charities.



Beginning in their junior year the scholars visit some of the many colleges and universities in our area. Often these are colleges that the scholars aspire to attend. Simultaneously SVSLI board members work to forge alliances and relationships with colleges and universities so that they will understand the types of students SVSLI is developing and why they might be right for that institution. In their senior year of high school, the scholars are required to apply to at least 4 colleges and 6 scholarships. Most of the scholars do all this while maintaining a job and helping in their household. Quite a schedule for a young person. SVSLI also makes up to \$5,000 available for each graduate to help with tuition, fees, books and personal needs. They also provide each graduate with an appropriate computer for their college studies. This year all graduates were accepted to a college and all earned 50% to 100% scholarships. SVSLI board members also make themselves available to the graduates while in college for council and help where needed. Paul stressed the need for help at all levels in running the SVSLI program and for scholarship money. If you feel so moved, see Paul, he would be grateful for anything you can do.

### INTERACT CLUBS

Last week Julia Kogut introduced seven members of the Handley High School Rotary Interact Club. This week we will meet Sharon Sweet and the James Wood High School Interactors.



### DISTRICT GOVERNOR'S VISIT - Sept. 20th

**LAST CHANCE** to get tickets...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 5:30-6:30pm, Dinner 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: 09-08-2016**

William Aikens  
Scott Arthur  
Jean Barch  
Jackie Bates  
Kerri Burkhart  
Kevin Callanan  
David Chandler  
John Copenhaver  
Anthony Crosen  
Nancy Davis  
Marie DiLorenzo  
Carl Esterhay  
Dana Evans  
Rob Frogale

Wilson Gilbert  
Phillip Griffin, II  
Jenny Grooms  
Dick Helm  
Sven Hlywiak  
Alex Iden  
Don Karolyi  
Dwight Kemp  
David Kent  
John Lamanna  
Deborah Langfitt  
John Lewis  
Paul Magness  
Neile Martin  
Alan McKay

Bob Mitchell  
Kit Molden  
Kent Mull  
Libba Pendleton  
Chuck Peterson  
Nadine Pottinga  
Ron Price  
Mary Riley  
Roy Schwarz  
Karey Starnes  
David Sweeney  
Ben Weber  
Ed White  
Kelly Wolfe

**Visitors & Guests Last Week**

Kathryn McLord, guest of Kent Mull  
Ridge White, guest of Marc Jaccard  
Janet Riddick, guest of her husband Earik  
Ann Burkholder, guest of her husband Paul  
Jennifer Stanford, guest of Julia Connell  
John Hill, guest of Gus Morrison  
Jaquiline Pizzimenti, guest of Lori Bales  
Melissa Fortner, guest of Trish Stiles

**Dave Moreman Memorial**

As you may know, Past District Governor Dave Moreman passed away peacefully September 13. Dave was District Governor in 2004-2005. Arrangements are not yet complete. Maddox Funeral Home in Front Royal, Virginia, will handle the arrangements. A memorial service has been tentatively scheduled for Saturday, September 24 at 11:00 a.m. at the Calvary Episcopal Church in Front Royal.

Dave was an accomplished and treasured Rotarian, leading and serving our District with distinction for over 30 years. A tremendous supporter of youth activities and a dear friend of many within our District and throughout the Rotary world, his wisdom, engagement, leadership and friendship will be missed. Dave most recently chaired our Skelton-Jones Scholarship Committee and was more than pleased for the District to award three scholarships to recipients this year.

Please join me in offering our condolences and support to Evie and their family and friends as they pass through this difficult and challenging times.

*My best to each of you,* Chris Runion, District 7570

**Make-ups\* (Date & Function Attended)**

Scott Arthur – 8/25 – Board Mtg.  
Jean Barch – 8/25 – Board Mtg.  
Tom T. Byrd – 8/23 – Frederick County  
Julia Connell – 8/18 – Camp Fantastic  
Sven Hlywiak – 9/1 – Troy, MI  
Sven Hlywiak – 9/9 – SVAH Mtg.  
John Lamanna – 7/26 – ACT Mtg.  
Chris Lewis – 8/18 – Camp Fantastic  
Paul Magness – 8/25 – Board Mtg.  
Kit Molden – 8/25 – Golf Committee Mtg.  
Libba Pendleton – 8/18 – SVAH Mtg.  
Chuck Peterson – 9/9 – SVAH Mtg.  
Sue Scarborough – 8/31 – Clarke County  
Bernie Schwartzman – 9/7 – Clarke County  
Karey Starnes – 8/25 – Board Mtg.  
Ed White – 8/25 – Board Mtg.  
Ed White – 9/6 – Frederick County  
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](http://winchesterrotary.com) under Member Login.



**OUR DRAWING LAST WEEK**

Bernie Schwartzman won \$14 in the drawing but missed out on the jackpot when he drew the Ace of Clubs. Today's Jackpot starts at \$152.

**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](mailto:clearchoiceprinting@gmail.com) OR, see Don Karolyi and he will digitize you!

**HEALTH REPORT**

We welcomed Adrian O'Connor back for the first time since his kidney transplant surgery.

**Health Tip:** Stepping in for Libba, Lori Bales taught us the "Toilet Exercise"....ALSO known as "Pee Pee Squats" to define your glutes and strengthen your potty muscles.

To begin, position yourself in front of the toilet.

Lower yourself down so you ALMOST touch the seat of the toilet, but don't make contact.



Stand back up. Repeat 20 times. Keep your knees and weight back.

The further and lower you get down in the squat, the more you'll feel it in your butt.

**ADDICTED TO HOPE RALLY**

**Uniting to End a Stigma**  
September 17, 2016 • 4:00-8:00 P.M.  
In front of the Handley High School Bowl  
425 Handley Blvd. • Winchester, VA  
Speakers • Live Bands • Children's Activities  
Food Vendors • Luminaries

**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** 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      Reporters: Sue Rich & Paul Burkholder