

#### 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

October 6, 2016

#### **THIS MONDAY! - Golf Tournament - rescheduled!**

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**  
December 22 - 6 PM Board Meeting, GW Hotel

#### **OUR PROGRAM TODAY**

Today we will hear from Rich Rumsey of the SPCA.

#### **Annual Golf Tournament is THIS Monday!**

Although the weather was nice on Monday, the golf greens were too soggy to play....soooooo, it has been re-scheduled for this Monday (Columbus Day, Oct. 10th). There's still time to sign up a team...see Don Louque.



Our Beneficiary is the Winchester Day Preschool and Child-care Center formerly known as the Winchester Day Nursery. It is honoring the late Brookie Phillips and Winchester Rotarian George Henzel, both longtime supporters who both recently passed away.

Marty Tabaka is still accepting raffle prizes....such as gift baskets, tickets to sporting events, getaway trips, gift cards, etc.

#### **ROTARY LEADERSHIP INSTITUTE**

Kofi Annan said, *"Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family."* So it is with our Rotary family. The more knowledge the more and better we are able *"to do good in the world."*

Our key to knowledge is education through RLI, Rotary Leadership Institute. We have already had two very successful RLI training sessions in Roanoke and Wytheville this year. Now there is an opportunity in Harrisonburg on November 4th. All three RLI parts will be offered in Harrisonburg, so Rotarians of every level of knowledge of Rotary can learn more about our organization and how we function.

Though "Leadership" is in the name, RLI is for every Rotarian whether they want to assume a leadership role in their club or just want to participate in doing good works for the community. The statistics show that Rotarians who attend RLI are more likely to remain as active members than those who don't. Please consider attending the Harrisonburg RLI on 4 November. It is good for the club, the district, and all of Rotary. Registration is through the calendar on the district website or [www.RLI33.org](http://www.RLI33.org), Woody Sadler, PDG - RLI District Chair

#### **LAST MEETING**

Bob Bell presented an information packed program on the **Alzheimer's Association Workplace Alliance Program**. It is comprised of nearly 2,000 top companies and organizations that are leading the fight against Alzheimer's disease. Their aim is to raise awareness of the disease & the importance of early detection while providing help to those who are balancing work and caregiving responsibilities...plus raise funding for research & prevention.



Bob told us there is an Alzheimer's satellite office right here in Winchester at the Our Health Campus on North Cameron Street. Also, local support groups meet at The Willows and Westminster Canterbury. For reliable information, referrals and support there's a **24 Hour Helpline: 1.800-272-3900**

Although Alzheimer's is considered mostly an old age disease, some younger-onset patients are found as early as 30! Currently there are about 5.3 million Americans diagnosed with Alzheimer's...if no cure or treatment is found, it is estimated that by 2050 that number will be near 16 million due to our aging population. It is the nation's sixth-leading cause of death and is the only disease among the top 10 causes of death in America that cannot be prevented, cured or even slowed.

So far, research has suggested that combining good nutrition with mental, social and physical activities may have a greater benefit in maintaining or improving brain health than any single activity. For more information or ways you can help fight Alzheimer's, visit [www.alz.org/](http://www.alz.org/) To contact Bob directly: 703-766-9028 or email: [bbell@alz.org](mailto:bbell@alz.org)

Locally, we have a **"Walk to End Alzheimer's"** scheduled for October 29th at the Museum of the Shenandoah Valley. It's open to all individuals or teams OR if you cannot participate, you can donate to sponsor an individual or team...visit online or contact Sonya Amartey at 703-766-9025 or email: [samartey@alz.org](mailto:samartey@alz.org)

#### **Thank you!**

Kevin Callanan extended a special thanks to Winchester Rotary for the largest single donation to the Capital Campaign for Winchester Medical Center's new cancer center. A special tip of the hat to William Aikens & Jenny Baker for overseeing the 2014 Kaleidoscope event.



#### ***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: 09-29-2016**

William Aikens  
Jackie Bates  
Mary Braun  
Darcus Breneman  
John Copenhagen  
Anthony Crosen  
Nancy Davis  
Bruce Downing  
John Elrick  
Rob Frogale  
Jenny Grooms

Dick Helm  
Sven Hlywiak  
John Huddy  
Jaime Karalis  
Pat Kofalt  
Jim Laidlaw  
Neile Martin  
Alan McKay  
Nadine Pottinga  
Ron Price  
Ken Rice  
Mike Richardson

Tom Rockwood  
Gene Schultz  
Jeannie Shiley  
Dave Smith  
David Sovine  
Bob Stieg  
Patty Taylor  
Michelle Thomas  
Ajay Virmani  
Jim Youngblood  
Ryan Zelaski

**Visitors & Guests 9-29**

Appaoah Bollachanda from James River Rotary  
Julia Cunningham from James River Rotary  
Larry Weiss from New Bern, NC Rotary  
Kathy Kantor from Strasburg Rotary  
Rich White, guest of Scott Arthur  
Katherine McLeod, guest of Julia Connell  
Dave Kelly, guest of Dan Martin

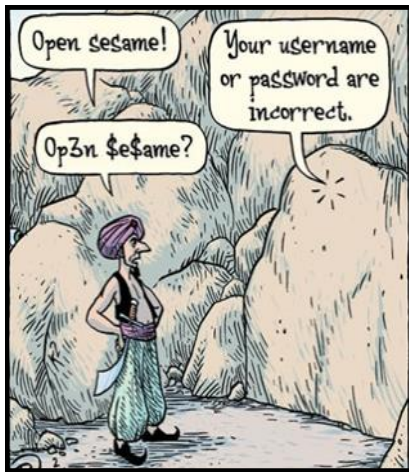
**Changes in your Rotary Quarterly Billing**

Changes approved at the September Board meeting: Beginning this month, the Quarterly billing will be through the District Database Dues Program. You will receive an invoice for the current Quarter's dues, delivered to your email address. If you have an outstanding balance from the previous Quarter, you will also receive a Statement. Please check your email on Friday, October 7, for your invoice.

If you have any questions, or would like to receive your invoice at a different email address, please contact Netty Hottel at InterNetty14@aol.com.

**WELCOME TO OUR NEWEST MEMBERS!**

Linda Coffman, Bill Bennett, Mike Richardson & Jennifer Stanford are our most recent new members. We also welcome Darcus Breneman who transferred from the Frederick County Rotary Club. Stop & take a minute to welcome all these fine new people to our club.



**INSUFFICIENT PASSWORD.**  
YOUR PASSWORD MUST BE AT LEAST 8 CHARACTERS, IT MUST INCLUDE UPPER AND LOWER CASE LETTERS, AND IT MUST BE INCOMPREHENSIBLE GIBBERISH THAT YOU'LL NEVER ACTUALLY BE ABLE TO REMEMBER.

**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)**

Nadine Pottinga - 9/7 - Woodstock  
Tootie Rinker - 9/9 - SVAH Mtg.  
Roy Schwarz - 9/6 & 9/20 - Frederick County  
Dave Smith - 9/9 - SVAH Mtg.  
Karey Starnes - 6/4 - Rummage Sale  
Karey Starnes - 9/9 - SVAH Mtg.  
Martin Tabaka - 9/15 - Golf Committee Mtg.  
Shane Wagoner - 9/15 - Golf Committee Mtg.  
Ed White - 9/13 - Frederick County  
Lori Vogel - 9/9 - SVAH Mtg.  
Kelly Wolfe - 9/15 - Golf Committee Mtg.  
Erik Beatley - 9/29 - Golf Committee Mtg.  
Darcus Breneman - 9/29 - Sherando Interviews  
Tom W. Byrd - 9/17 - SVAH Event  
Kevin Callanan - 9/18 - SVAH Event (2)  
John Elrick - 9/15 - PR Committee Mtg.  
Callie Fitzwater - 9/18 - SVAH Event  
Phillip Griffin, II - 9/20 - DG Visit  
Bob Hall - 9/15 - Relocation Committee Mtg.  
John Huddy - 9/15 - Marketing Committee Mtg.  
Dwight Kemp - 9/17 - SVAH Event  
David Kent - 9/17 - SVAH Event  
Pat Kofalt - 9/15 - Golf Committee Mtg.  
David Smith - 9/17 - SVAH Event

**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.

Patty Taylor - 9/9 - SVAH Mtg.  
Diana Thome - 9/17 - SVAH Event  
Ben Weber - 9/17 - SVAH Event (2)  
Ed White - 9/29 - Board Mtg.  
Michael Williams - 9/17 - SVAH Event  
Michael Williams - 9/27 - Frederick Co  
Stuart Williams - 8/25 - New Orleans  
Stuart Williams - 9/17 - SVAH Event

**You're invited!**

**Next Board Meeting — October 27 at GW Hotel**

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

**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.

**OUR DRAWING LAST WEEK**

Darcus Breneman won \$20 in our weekly drawing but missed out on the grand prize when she drew the 3 of Spades. Our Jackpot starts at \$244 today.



**HEALTH REPORT**

Libba reported Adrian O'Connor was back with us and the rest of our members seemed happy & healthy!

**Libba's Health Tip: Keep you LIVER happy, treat it well...EAT A WELL BALANCED DIET...NO SMOKING...PLENTY OF EXERCISE...and MODERATE ALCOHOL CONSUMPTION (if any).** Also, avoid raw oysters and Sushi.

The liver is the largest internal and most metabolically complex organ in our body. It performs over 500 different functions including fighting off infection, neutralizing toxins, manufacturing proteins and hormones, controlling blood sugar and helping to clot the blood ...so let's try and keep it healthy!



**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: Steve Straight

Reporters: Sue Rich