

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

November 10, 2016

- November 17 - 6 PM Board Meeting, GW Hotel
- November 24 - Thanksgiving, No Meeting
- December - Coats for Kids
- December 3 - Salvation Army Bell Ringing
- December 15 - Officer/Board Elections
- December 22 - **Christmas Party for Evans Home Children**

LAST MEETING

In recognition of Substance Abuse Prevention Week **Pastor Brad Hill** spoke to the club about his personal battle with addiction. Pastor Brad is the Senior Pastor of Grace Downtown of Winchester which meets at Brewbaker's restaurant, he is also a recovering addict. He gave a moving presentation on the power of addiction, the depths that addicts reach and the crimes that they commit to feed their addiction. His presentation began with a four minute video called "*Voices of Addiction*" which was produced by Valley Health. This video gives first-hand accounts of the impact that addiction has on a cross section of our community. It will be shown in local schools and distributed to parents via social media. You can view it at roadtorecovery.org.



Pastor Brad introduced himself as a 12 count felon but also as a grateful recovering addict. After serving a one year prison sentence in Portsmouth, VA he began his path to recovery thanks to the outreach of a friend who directed him to Winchester. He entered into a 12-step program which he describes as a relationship not a religion. Today he is nearly four years into his recovery and is an active member of the area recovery community. He conducts counseling sessions, addiction interventions and speaking engagements to large and small groups in Winchester which he described as the unofficial recovery capital of Virginia. He commented that, "*people are in place to make a real change in this community.*"

One of those individuals is **Lauren Cummings**, Executive Director of the Northern Shenandoah Valley Substance Abuse Coalition. Lauren spoke to the club following Pastor Brad's remarks and gave an update on the Coalition's activities since February when she last presented. Lauren described the peer support training program which will be funded by the \$18,000 collaborative Rotary grant that was submitted in August. The program will train 35 individuals as peer support specialists.

Lauren also described the successes related to the area drug court. Six people are currently participating in the drug court including **James Thall**. Mr. Thall was the court's first participant. He joined our club for lunch on what was his 72nd day of sobriety. He has recently entered the second phase of the court and stated that he feels as though he has won the lottery of life.

OUR PROGRAM TODAY

Our speaker will be Janet Callis from the Highland Food Pantry.

Awards Banquet 2016

The 2016 Rotary Club of Winchester Awards Banquet was held last week. We were fortunate to have with us **District Governor Chris Runion** and his wife Jennifer.

The evening started off with a special recognition in honor of **Conrad Koneczny** for his Rotary service and for "*Doing Good in the World*". A proclamation was read and presented by District Governor Chris Runion. This was followed up by the presentation of perfect attendance awards with **Byron Brill** and **Dick Wiltshire** sharing honors at **38 years perfect attendance**. President Scott, on behalf of Gene Schultz, spoke about our 95 years of existence and how at one time in our history, members sang during the weekly meetings. This led to the songbooks being stolen after a few meetings.

Some of the Presentations:

Phil Sprenkle Vocational Award - Lisa Geisler, Director of the Winchester Day Preschool

Avenues of Service Citation - Tom Baker
Cliff Dochterman Award - Don Louque III

Distinguished Service Awards - Jean Barch, Tootie Rinker, & Terry Sinclair
Awarded Multiple Paul Harris Fellow - Libba Pendleton & Thomas T. Byrd



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: 10-27-2016

Jackie Bates
Kerri Burkhart
David Chandler
Anthony Crosen
Dana Evans
Rob Frogale
Hunter Gaunt
Wilson Gilbert
Bob Hall
Dick Helm
John Huddy

John Lewis
Winston Lutz
Paul Magness
Alan McKay
Guss Morrison
Kent Mull
Ron Price
Ken Rice
Tom Rockwood
Diane Ruckman
Roy Schwarz
Jeannie Shiley

Terry Sinclair
Dave Smith
Jay Smith
David Sweeney
Martin Tabaka
Diana Thomas
Michelle Thorne
Diana Thorne
Ajay Virmani
Ben Weber
Ed White

Visitors & Guests Last Meeting

Nicki Wilson of Front Royal Rotary
Cindy Hunter of Woodstock Rotary
Larry Weiss of New Bern, NC Rotary
Robin Koneczny, guest of Conrad Koneczny
Ann Lamanna, guest of John Lamanna
Jude & Cassidy Sparrow, guests of Sven Hlywiak
Brandon Thomas, guest of Dick Kent

COATS FOR KIDS

Erik Beatley told us that his committee has identified two new groups as beneficiaries of the Coats for Kids program. This will bring the total number of coats being purchased this year to 750. Erik reported that \$12,000 of the funding is in place an additional \$2,500 is needed to make their goal.

SALVATION ARMY BELL RINGING!

Mark your calendars—December 3rd (Saturday) from 10 AM to 6 PM. Two locations at Apple Blossom Mall..usual one by Penny's and restaurant and now one by Sears/H&R Block. Handley Interact will have the west entrance at Belk's. Alas! No more Ward's Plaza since ABC store moved. Sign-up clip board will be passed around next week.

ANNOUNCEMENTS

***Co-Chair, William Aikens asked club members to submit nominations for this year's Kaleidoscope beneficiary. They will be taking nominations for the next few weeks.

***ALSO: **Century of Service Volunteer Hours Log Sheets** are available on the website under Downloadable Docs in the Members section.

NEW CLUB SECRETARY -

Netty Hottel will be retiring from her position June 30th.. Nettie said: *"it takes an average of 4 hours per week (not including travel time). This past week was fairly light, took maybe 2 1/2 hours, but next week will include Board reports, which takes about one hour. And quarterly, there's the billing, then a few weeks of larger deposits when the bulk of dues checks come in."* Please let Julia know if you have any questions or want to pass along your name or someone else's for consideration.

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 - 10/20 - Present
Jeff Barbour - 10/27 - Board Mtg.
Darcus Breneman - 10/15 - Frederick Co. Dinner
Linda Coffman - 9/17 - SVAH Event
Sven Hlywiak - 9/16 - SVAH Event
John Huddy - 9/17 - SVAH Event
Winston Lutz - 9/17 - SVAH Event
Paul Magness - 10/6 - International Affair Mtg.
Sue Scarborough - 9/18 - SVAH Event
Bernie Schwartzman - 10/10 - Golf Tournament
Ed White - 10/25 - Kaleidoscope Mtg.
Jim Youngblood - 10/25 - Kaleidoscope Mtg.
Paul Burkholder - 10/21 - SVAH Mtg.
Dwight Kemp - 9/17 - SVAH Event
Patrick Kofalt - 6/4 - Rummage Sale
Winston Lutz - 9/16 - SVAH Event
Kit Molden - 10/25 - Kaleidoscope Mtg.
Chuck Peterson - 10/21 - SVAH 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.

You're invited!

Next Board Meeting — Nov. 17 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 LAST DRAWING

Bill Bennett took home the \$18 in the drawing but missed the Ace of Spades for the Big Money! Our Jackpot will start at \$326 today.



Health Report

Libba informed the club that Jonathan Snowden is suffering from disc degeneration which has forced him to wear a neck brace.

Libba's Health Tip focused on ways to keep your gallbladder healthy. The gallbladder stores bile from the liver and pushes it into the small intestine to aid digestion. Libba recommends eating plenty of fruits and vegetables especially apples, beets and leafy greens. She also recommends avoiding grapefruit, fatty foods and drastic weight loss. 1 in 10 gallbladders have stones.

WELCOME

President Scott introduced new member **Brian Hester** for the first time. Brian transferred to our club from the Frederick County Club.

FOUNDATION MINUTE

Gary Chrisman informed the club that the board has approved the Paul Harris matching program again this year. Any club member who makes a donation to the foundation will receive a match from the club up to \$500 to become a Paul Harris Fellow.

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

Reporters: Tom Byrd