

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

July 27, 2017

TONIGHT! - Board Meeting GW Hotel, 6 pm
NEXT WEEK! - FAMILY PICNIC IN THE PARK, *no noon meeting*
 Aug 24 - Board Meeting GW Hotel, 6 pm
 Sept 16 & 17 Apple Harvest Festival
 Sept 28 - Shrimp Feed, no noon meeting
 Oct 2 - Rotary Golf Tournament
 Nov 2 - Awards Night, GW Hotel, no noon meeting
 Nov 23 - Thanksgiving, No Meeting
 Dec 14- Holiday Social at WCC, *no noon meeting (evening event)*

THANK YOU MISSION BBQ

for making our "Summer in the Park" a BBQ treat!

TODAY

Our program will be presented by **Robin Owen** of the **Community Garden**. Robin will talk about eradicating food insecurity in our community.



OUR NEWEST MEMBER

President Julia recognized our newest member, Janet Housey for the first time.

MARK YOUR CALENDAR! FAMILY PICNIC NEXT WEEK NO NOON MEETING



There's no noon meeting next week but there will be a tasty treat for all the family that evening! Right here at the Rotary Shelter beginning around 5:00 pm. Special Rotary BBQ Chicken, Corn On the Cob & all the fixin's!

Dan Martin will let us know today if he needs any additional help for prep/serve/clean-up things.

APPLE HARVEST FESTIVAL BINGO

We are collecting donated items as prizes for our BINGO games during the Apple Harvest Festival. Prizes can include: Gift Baskets, Free Meals, Alcohol, Event Tickets, Collectibles, Gift Cards, Gas Cards, Movie Passes, Sporting Items, Tools, Electronics, etc. Take a look in your "gift" closet and see if you have anything that needs to be "re-gifted. Questions or donations can be directed to Darcus Breneman, dbreneman@twg-insurance.com or call her at 540-327-3780.



OUR PROGRAM LAST WEEK

Brandy Boies, the community outreach representative from Lord Fairfax Community College spoke on behalf of the school's Rotaract Club. Brandy has been with LFCC for 12 years and has been a Rotarian for 14 years. Brandy's talk focused on the Rotaract Club's desire to send students from LFCC's dental hygiene program to Jamaica to participate in the Rotary International program to provide vision & dental services to West End Jamaica. Their goal is to send 7 of the 18 students currently enrolled in the dental hygiene program and two advisers to the clinic in Frome, Jamaica during the spring of 2018. In addition to a life changing experience the students hope to provide essential dental services to underprivileged and underserved communities on the island.



They began their fundraising efforts last December with a holiday party and they have additional fundraising events planned for this winter and spring including a second holiday event, a paint night and a Valentine's Day event incorporating service dogs at the school. They estimate that they will need to raise \$1,200 per person and they asked our club members to help circulate their donor request letter in addition to participating in and promoting their upcoming fundraising events.

Brandy emphasized how dedicated these students are to this very important cause and she predicts many will become Rotary members after graduation. Our own Tootie Rinker advises the LFCC Rotaractors and encouraged us all to help them continue their mission to provide service above self.



GOLF TOURNAMENT

Brian Hester announced that this year's beneficiary for the Rotary Golf Tournament will be, the **Community Foundation of the Northern Shenandoah Valley**.

AND, remember, you don't have to be a golfer to help. If you would like to get involved with the Golf Tournament, see Don Louque, III.

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: 7-20-2017

William Aiken
Jeff Barbour
Bill Bennett
Kerri Burkhardt
Paul Burkholder
Don Butler
Tom Byrd
Kevin Callanan
David Chandler
Anthony Crosen
Dana Evans

Carolyn Fitzwater
Wilson Gilbert
Jenny Grooms
Dick Helm
Jaime Karalis
Dwight Kemp
Geraldine Kiefer
Deborah Langfitt
Guss Morrison
Debbie Parrish
Nadine Pottinga
Ron Price

Ken Rice
Jeannie Shiley
Terry Sinclair
Dave Smith
Jennifer Stanford
Diana Thorne
John Tyson
Larry Weiss
Ed White, Jr.
Jim Youngblood

Make-ups* (Date & Function Attended)

Jeff Barbour – 6/3 – Rummage Sale
Bill Bennett – 7/20 – PR Committee Meeting
Mary Braun – 7/13 – Apple Harvest Mtg/Darcus
Breneman – 7/13 – Apple Harvest Mtg
Tom T. Byrd – 7/13 – Clarke Co.
Nancy Davis – 7/13 – eClub
Carolyn Fitzwater – 7/13 – Apple Harvest Mtg-
Darla McCrary – 7/13 – Apple Harvest Mtg
Gus Morrison – 6/3 – Rummage Sale
John Tyson – 7/20 – PR Committee Meeting

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.

Visitors & Guests Last Week

Malinda Henkel & Rich Irwin, guests of Paul Magness
Chris Arslan, guests of Phil Griffin
Heather Hovermale, guest of Neile Martin
Steve Kent, guest of Dave Kent

OUR MEETING AUGUST 10th

Gary Chrisman announced that the next club meeting at the Winchester Country Club on August 10th will include another visit from District Governor Chris Runion and more Paul Harris presentations.

THANK YOU

President Julia read a thank you note to the club from former club Executive Assistant, Netty Hottel. She expressed her appreciation for both the proclamation and the donation to The Evan's Home.

Rotary Leadership Institute - AUGUST 11

On Friday, August 11 the **Rotary Leadership Institute** will be held in Winchester at LFCC, 8:30 a.m. through 4:30 p.m. (includes lunch). This is a wonderful introduction to Rotary and gives Rotarians, both new and established, a better understanding of the structure of Rotary and how their club can make a difference in the world.

The club will pay for 1/2 of the cost of attendance. The total registration fee is \$95.00, so your cost will be \$47.50.

Here's what you need to do:

Go to the District 7570 website: www.rotary7570.org
Click on the "Events" tab and choose "RLI Training Events"
Click on "Click Here to Register or Event Info" (highlighted in yellow)
Register for the Winchester session

Once you've registered, please submit your request for \$47.50 (refund of 1/2 the cost) to Dick Kent, Treasurer. If you have any questions or need assistance with registration, see President Julia.

Next Board Meeting TONIGHT! - 6 PM
Board Meeting, GW Hotel
Attitude Adjustment 5:30 pm
All are welcome! AND it counts as a Make-up!



OUR DRAWING LAST WEEK

Janet Housey our newest member won \$16 in the weekly drawing...but came up with the wrong Ace for the jackpot. The jackpot begins today with \$54.

HEALTH TIP

As the thermometer crept towards triple digits last week Libba discussed the very serious matter of heat stroke. Heat stroke is defined as the body core temperature reaching 104 degrees. Symptoms include dehydration, confusion and rapid breathing. She encouraged us to beat the heat by; consuming small meals, eating spicy foods, taking warm showers, wearing light colored clothing, spending time in cool basements and avoiding alcohol and caffeine. Only the final suggestion drew any sort of disagreement from the audience.

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS <ol style="list-style-type: none">1. Faint or dizzy2. Excessive sweating3. Cool, pale, clammy skin4. Nausea, vomiting5. Rapid, weak pulse6. Muscle cramps	HEAT STROKE SYMPTOMS <ol style="list-style-type: none">1. Throbbing headache2. No sweating3. Body temp above 103° Red, hot, dry skin4. Nausea, vomiting5. Rapid, strong pulse6. May lose consciousness
HOW TO TREAT IT <ol style="list-style-type: none">1. Move to cooler location2. Drink water3. Take a cool shower or use cold compresses	HOW TO TREAT IT <ol style="list-style-type: none">1. Get emergency help2. Keep cool until treated

We're updating our ROTARY YEARBOOK... please check your info and let Karey Starnes know if there are any changes.

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
President-Elect
Secretary
Treasurer

Julia Connell
Paul Magness
Cary Claytor
Dick Kent

BOARD OF DIRECTORS

2016-2019 Jenny Baker, Jamie Karalis, Kent Mull, Jonathan Snowden
2015-2018 Jean Barch, Tom W. Byrd, Roy Schwartz, Ed White
2017-2020 Paul Frank, John Lamanna, Libba Pendleton, Dave Smith

IMMEDIATE PAST PRESIDENT - Scott Arthur

Cog Wheel Staff: Jenny Baker, Belinda Barbour, 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

Reporter: Tom Byrd