

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

August 31, 2017

- Sept 16 & 17 Apple Harvest Festival
- Sept 21 - Board Meeting
- Sept 28 - Shrimp Feed, no noon meeting
- Oct 2 - Rotary Golf Tournament
- Oct 27 - Board Meeting
- Nov 2 - Awards Night, GW Hotel, no noon meeting
- Nov 17 - Board Meeting
- Nov 23 - Thanksgiving, No Meeting

TODAY

Our program today is by **Ann Burkholder**. She will provide an overview of Virginia's Constitutional Officers and specifically, the Commissioner of Revenue.

NOMINATIONS

Karen Schultz is accepting nominations for the **Phil Sprenkle Vocational Award**. This award honors an individual in mid-career who has displayed excellent leadership in a vocation recognized by Rotary International, and exemplifies the Rotary motto "*Service Above Self*" in his or her community life while balancing a love and concern for family life. Please consider nominating someone (Rotarian or non-Rotarian).

APPLE HARVEST FESTIVAL

This is a major fundraiser for our club and truly needs your support to make it successful. We need help in all areas and times so please consider working the **parking, check in, bingo, tasting and etc.** Last year we raised over \$40,000 and we are hoping to raise even more this year. Please promote the event on social media, Darla posted it on Facebook and all you have to do is hit "share". The old fashion method of you telling your friends is great too.



GOLF TOURNAMENT

Brian Hester reported that there are just a few spots left for major sponsors for the October 2nd golf tournament. They are still looking for hole sponsors so see Brian if you are interested.



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.

OUR PROGRAM LAST WEEK

Retired Brigadier General and President of Randolph-Macon Academy Dave Wesley presented an overview of R-MA.



R-MA was founded 125 years ago as a Methodist based boarding school. When the main building burned in 1927 the school recast itself as a military high school and later grew to include middle school and post graduate students. All students wear a uniform but only the upper school students wear a military style uniform. The school became co-ed in 1974. R-MA is a team oriented school in that it teaches it's students how to get along with others and once they learn the basics, how to lead and teach others how to perform and implement various tasks and requirements. Since they believe all students have special talents they strive to allow the students to blossom in those areas and strengthen them in areas they are not as strong.

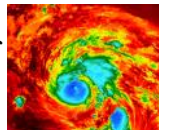
How do they accomplish this? First they welcome every student, all are tested, those who master the basics assist others, then they lead.

Why the military approach? The military regimen stresses integrity, service, discipline, respect and a commitment to excellence. It also is a great forum for teaching leadership.

R-MA has its own airplane and hanger and students have the opportunity to learn to fly. In this process the students are also expected to learn navigation and maintenance skill. This program also supports their "**Falcon**" program which is aimed at post high school students who need further prepping in their quest to be accepted into one of the military academies. The program is highly effective with a high acceptance rate at colleges and government academies.

HURRICANE RELIEF

Many of you have asked what our club is doing to support the Hurricane Harvey relief efforts. Julia is working with the Board to make that determination. Whatever support our club provides will be made through our Charitable Foundation. If you would like to make your donation through our club's Foundation, you can make a check payable to the "**Winchester Rotary Club Charitable Foundation**" and we will pass it along.



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: 8-24-17

William Aiken
Jackie Bates
David Chandler
Frances Crawford
Anthony Crosen
Nancy Davis
Carl Esterhay
Dana Evans
Carolyn Fitzwater
Melissa Fortner
Rob Frogale

Wilson Gilbert
Dick Helm
Sven Hlywiak
Jaime Karalis
Don Karolyi
Dwight Kemp
Geraldine Kiefer
Deborah Langfitt
Todd Lilley
Adrian O'Connor
Debbie Parrish
Ron Price

Mary Riley
Tootie Rinker
Kip Rutherford
Terry Sinclair
Jimmy Stafford
Steve Straight
Michelle Thomas
Lori Vogel
Ben Weber
Larry Weis
Ryan Zelaski

Make-ups* (Date & Function Attended)

Nancy Davis – 8/22 – Frederick County Fair
Bob Hall – 8/17 – Camp Fantastic
Dick Helm – 8/24 – Board Meeting
Alex Iden – 8/16 – Clarke County
Jaime Karalis – 7/28 – Board Meeting
Kip Rutherford – 8/3 – Family Picnic Crew
Karey Starnes – 6/12 – RI Convention
Ed White – 7/27 – Board Meeting
Ryan Zelaski – 7/13 – Golf 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

Chris West, visiting from Scottsdale AR Rotary
Ann Burkholder, guest of her husband Paul
Malinda Henkel & Rich Irwin, guests of Paul Magness
Walker Konkel, guest of Karen Schultz
Katie Childress, guest of Ridge White
Steve Kent, guest of his dad Dick Kent

Next Board Meeting
September 21st 6 PM GW Hotel
Attitude Adjustment 5:30 pm
All are welcome! AND it counts as a Make-up!

APPLE HARVEST FESTIVAL BINGO

We are looking for your talents and assistance... Apple Harvest Festival Bingo is geared up to collect more items to be given away as prizes on September 16th & 17th.

We're looking for event tickets, alcohol, gift cards, gas cards, electronics, movie passes, free meal, etc. Do you have gift cards with balances on them that we can purchase items to be given away?

A monetary gift will also be greatly appreciated as we can buy gift cards and items to go into the many gift baskets we are collecting. Do you have gifts that you never gave or items that you hope to re-gift but never have? This is a PERFECT opportunity to make those donations to Rotary Bingo!

Do you have a baking talent? A homemade apple pie or apple cake would be a great prize! Baked items would need to be delivered to Darcus Breneman on Friday, September 15th or delivered to the fair grounds. It is important that she is aware of any food donations ahead of time so that she can prepare to have those items displayed, etc.



MANY, MANY thanks to those who have already made donations. Questions or donations can be directed to Darcus Breneman, dbreneman@twg-insurance.com or call her at 540-327-3780.

OUR LAST DRAWING

Earl Riddick took home \$23 in our last drawing but missed the Ace of Spades for the jackpot...so, today our jackpot begins at \$140.



HEALTH REPORT

Rabbi Brown is recovering from surgery on his toes. He asked that visitors call before they come and of course, cards are welcome.

HEALTH TIP

Dementia is an ever increasing problem across all demographics. Some things you can do to keep this disease at bay include: Exercise and ample sleep are both shown to reduce stress and which is known to increase the risk of Dementia and Alzheimer's. Eating foods with good fats like salmon and almonds is a positive in fighting dementia and decreasing intake of processed and bad fats such as potato chips, processed cheese, processed meats and etc. will also help prevent the onset of dementia.

FOUNDATION MINUTE

John Elrick began his series on "where our Foundation money goes". One of the areas that the Foundation focuses on is peace and conflict prevention. Last year the Foundation provided \$43,000 of the \$94,000 budget for training volunteers in the Women For Peace program. This 5 day training program is based in Columbia but works throughout South and Central America promoting peace and conflict Prevention. Another example of 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)

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: Jenny Baker

Reporter: Paul Burkholder