

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

October 5, 2017

- Oct 27 - Board Meeting
- Nov 2 - Awards Night, GW Hotel, no noon meeting
- Nov 17 - Board Meeting
- Nov 23 - Thanksgiving, No Meeting
- Dec 14- Holiday Social at WCC, **no noon meeting (evening event)**
- Dec 21 Evans Home Christmas Party WCC (pizza lunch)
- Dec 22 - Board Meeting
- Dec 28 - Holiday Break - no noon meeting no meeting

TODAY

Ken Blackwell will discuss Human Trafficking within the valley.

SHRIMP FEED

A big THANK YOU to Marc Jaccard and all who participated in making our **Fall Shrimp Feast** a great event!



The food crew did a fantastic job with dinner, the dessert divas did a great job with the sweet treats, and the beverage coordinator did a very nice job stocking the cooler.

Thanks to all who helped set-up (including the Sergeant-At-Arms desk) and clean-up, all who brought canned foods, and all who brought items for door prizes. And thanks to Diane Ruckman for coordinating the Door Prizes.

It was a beautiful evening for fellowship and all who attended had plenty of good food & fun!

APPLE HARVEST

Over 100 members of our club helped make this one of our most successful events ever! The final tally is in, and we generated \$58,000 gross, with a net profit of about \$38,000 which will go to our general fund for charitable giving. Darla McCrary and Paul Frank received standing ovations in recognition of their tremendous efforts as co-chairs of this signature event.



GOLF TOURNAMENT

We had a beautiful day for the annual golf tournament on Monday! Many thanks to Brian Hester, Don Louque and the entire golf committee for your hard work in making this event a great success.

OUR LAST PROGRAM

Our speaker, Chris Scott, the executive director of the Blue Ridge Wildlife Center, noted in his opening remarks that he was about to be upstaged by an owl and skunk. Chris explained that the mission of the Blue Ridge Wildlife Center is to rescue injured and sick wildlife, and rehabilitate them, with the intent of returning them to the wild. His wildlife ambassadors, the owl and the skunk, are the rare exception as permanent residents of the center. The BRWC's mission also includes educating the public about human-wildlife interactions, and supporting scientific research on the topic.



The Blue Ridge Wildlife Center is one of only three wildlife hospitals in Virginia. It includes a surgical suite and a culinary program which provides optimal nutrition for the various species treated by the center. It receives no public funding, relying totally on private donations from local contributors as well as donors from outside of the area. Our very own Frannie Crawford is the Director of Development.



As promised, the owl and the skunk stole the show. Their handler, Heather Sparks, the BRWC's manager, explained that 80% of the rescued animals are brought to the center as the result of interaction with humans. The various species of animals have not changed much in the past several thousand years, but humans introduced automobiles just a little over a hundred years ago. The natural response to danger for many animals is to stand still. That doesn't work well when the threat is a car speeding towards them. When we throw an apple core or banana peel out the car window thinking it will biodegrade, remember it will also attract wildlife into the path of oncoming cars!

NEW ROTARIANS

Malinda Henkle and Richard Irvin became our newest members at our September 21st meeting.



Heather Hovermale was introduced for the 2nd time. Ken Blackwell and Steven Kent were introduced for the 3rd and final time.

Take a moment to introduce yourself and get to know these fine new Rotarians.

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: 9-26-17

William Aiken
Jenny Baker
Jeff Barbour
Jackie Bates
Erik Beatley
Mary Braun
Darcus Breneman
Kerri Burkhart
Don Butler
Tom W Byrd
Kevin Callanan
Frances Crawford
Anthony Crosen
Marie DiLorenzo

John Elrick
Dana Evans
Paul Frank
Rob Frogale
Phil Griffin, II
Jenny Grooms
Brian Hester
John Huddy
Eric Iden
Rick Irvin
David Kent
Geraldine Kiefer
Pat Kofalt
Todd Lilley
Allison Lowry

Paul Magness
Neile Martin
Daria McCrary
Bob Mithcell
Kit Molden
Guss Morrison
Kent Mull
Adrian O'Connor
Nadine Pottinga
Ron Price
Ken Rice
Tom Rockwood
Sue Scarborough
Jeannie Shiley
Terry Sinclair

Jay Smith
David Sovine
Jennifer Stanford
David Sweeney
Martin Tabaka
Patricia Taylor
Michelle Thomas
Ajay Virmani
Shane Wagner
Ed White
Ridge White
Stuart Williams
Dick Wiltshire
Jim Youngblood
Ryan Zelaski

Absentees: 9-21-17

William Aiken
Jenny Baker
Jeff Barbour
Jackie Bates
Mary Braun
Paul Burkholder
Don Butler
Anthony Crosen
Marie DiLorenzo

Dana Evans
Carolyn Fitzwater
Melissa Fortner
Rob Frogale
Brian Hester
Sven Hlywiak
Janice Housey
John Huddy
Eric Iden
Dwight Kemp

Pat Kofalt
John Lamanna
Deborah Langfitt
Kent Mull
Ron Price
Earl Riddick
Tom Rockwood
Sue Scarborough
Roy Schwarz
Terry Sinclair

Dave Smith
Jennifer Stanford
Kerri Starnes
Bob Stieg
Steve Straight
Diana Thorne
Ajay Virmani
Larry Weiss
Stuart Williams
Ryan Zelaski

Visitors & Guests Last Meeting 9-21

Katie Childress, guest of Ridge White
Ben Rothermel, guest of Darcus Breneman
Eric Grindereng, guest of Julia Connell

FOUNDATION MINUTE

The Gates Foundation has offered a 2:1 match, of up to \$450,000,000 for Polio Plus. John Elrick challenged us to go to the Rotary Foundation section at rotary.org to find out who else has partnered with Rotary.

CHARITABLE FOUNDATION MINUTE

Kerri Burkhart reported that our club members contributed \$2500 toward hurricane relief efforts. Our Charitable foundation will now match that, bringing the total to \$5000 to be distributed through the Advise fund.

We are still collecting hurricane relief donations through our club Foundation. Checks should be made out to "WRC Foundation" and passed along to Dick or Julia.

NOMINATIONS

Karen Shultz is requesting nominations for the Phil Sprengle award. **The deadline is October 12th.** Send one paragraph supporting your nomination to Karen via email.

OUR LAST DRAWING

John Lewis drew the Nine of Spades, pocketing \$18 and leaving \$202 to start today's Jackpot.

Did you know?

Your weekly Cog Wheel newsletters are online at the Winchester Rotary website....and you don't need to login to view them.

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: _____

Make-ups* (Date & Function Attended)

Dee Dee Barbour - 9/13 - SVAH Bingo Committee Mtg
Jeffrey Barbour - 9/16,21 - Apple Harvest Festival
Kerri Burkhart, - 9/21 - Board Meeting
Carl Esterhay - 9/17 - Apple Harvest Festival
Brian Hester - 9/17 - Apple Harvest Festival
John Huddy - 8/24 - Golf Committee Meeting
David Kent - 9/13 - Apple Harvest Festival
Dick Kent - 9/16 - Apple Harvest Festival
Pat Kofalt - 9/7 - Golf Committee Meeting
Allison Lowry - 9/16 - Apple Harvest Festival
Neile Martin - 9/16 - Apple Harvest Festival
Guss Morrison - 7/27 - ACT Committee Meeting
Kent Mull - 8/24 - Golf Committee Meeting
Chuck Peterson - 9/11 - Apple Harvest Festival
Irv Shendow - 9/12 - Frederick Co. Rotary
Jeannie Shiley - 9/17 - Apple Harvest Festival
Patricia Simpson - 9/16 - Apple Harvest Festival
Karey Starnes - 9/16(2) - Apple Harvest Festival
Michelle Thomas - 8/22 - Frederick Co. Rotary
Ed White - 9/21 - Board Meeting
Michael Williams - 9/19 - Frederick Co. Rotary
Kelly Wolfe - 9/21 - Golf Committee Meeting
James Youngblood - 9/17 - Apple Harvest
Jeffrey Barbour - 9/16 - Apple Harvest Festival
Erik Beatley - 9/16 - Apple Harvest Festival
Tom W Byrd - 9/16 - Apple Harvest Festival
Bob DeMott - 9/16 - Apple Harvest Festival
John Elrick - 9/14 - PR Committee Meeting
John Huddy - 9/21 - Golf Committee Meeting
Jaime Karalis - 9/21 - Golf Committee Meeting
Shane Wagoner - 9/21 - Golf Committee Mtg
Martin Tabaka - 9/21 - Golf Committee Mtg
Pat Kofalt - 8/24 - Golf Committee Meeting
Kit Molden - 9/21 - Golf Committee Meeting
Kent Mull - 8/245 - Golf Committee Meeting
Darcus Breneman - 9/15 - Apple Harvest

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.

Next Board Meeting

October 27th
6 PM
GW Hotel

Attitude Adjustment
5:30 pm
All are welcome! & it counts as a Make-up!

Carolyn Fitzwater - 9/17 - Apple Harvest
Paul Frank - 9/16 - Apple Harvest Festival
Wilson Gilbert - 9/16 (4) - Apple Harvest
Daria McCrary - 9/16 - Apple Harvest
Jeannie Shiley - 9/17 - Apple Harvest
David Smith - 9/16 - Apple Harvest
Michelle Thomas - 9/16 - Apple Harvest
Larry Weiss - 9/16 (2) - Apple Harvest
Dick Wiltshire - 9/16 - Apple Harvest

HEALTH TIP - LOWER STRESS

Lori Bales reported that stress is a major health hazard that can be minimized . . .

- 1. Get enough sleep.** Getting a good night's sleep helps balance your hormones.
- 2. Cut back on caffeine.** Caffeine can amplify stress, and may disrupt sleep patterns.
- 3. Eliminate alcohol.** Try a couple of weeks without drinking any alcohol. Lori says you will see a difference in your stress level. Some members of the club commented that their stress might increase.
- 4. Silence is golden.** Turn off the ringer on your cell phone for a couple of days. You can still check for messages, but see how it feels to not have it ringing wherever you are. A few of us recall an era when the only time you heard your phone ring was when you were within a few feet of your work or home phone.
- 5. Exercise.** 30 minutes of walking has been shown to be more effective at improving your mental health than taking anti-depressant drugs. And be sure to turn off the ringer on your mobile phone during your walk.



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: Chuck Peterson