

### 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)

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Chartered 1921

October 19, 2017

### Oct 26 - Board Meeting at WINCHESTER COUNTRY CLUB

- Nov 2 - Awards Night, GW Hotel, no noon meeting
- Nov 5 - Daylight Savings - "Fall Back"
- 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

### TODAY

Dr. Rick Fieo and staff will discuss advances in the care and drug screening of expectant mothers and infants. We will also hear from Q102 about the Coats for Kids program.

### COATS FOR KIDS

Eric Beatley encouraged club members to see him if they know of any organization that could be added to the distribution list. Last year 750 coats were distributed and this year the goal is 805.



### DICTIONARY PROJECT



John Tyson and Bob Shriner gave an update on the Dictionary project. The books will be distributed to all 3rd graders in Winchester and Frederick County schools during national education week, November 11-17. The two co-chairs described their efforts to increase visibility for this worthy project and they complimented John Huddy and his staff at the Handley Library for their efforts.

### AWARDS NIGHT - November 2nd

Our Annual Awards Night is Thursday, November 2nd. There will be no noon meeting that day and this is an attendance event. Please see Nancy Davis to sign up. We are trying to get a good head count.

### Welcome New Rotarians!

Please take a moment to welcome our newest members: Heather Hovermale, Malinda Henkel and Richard Irvin

### OUR LAST PROGRAM

Lauren Cummings, Executive Director of the Northern Shenandoah Valley Substance Abuse Coalition gave an update on the Coalitions on-going efforts to combat the area's opioid crisis. Lauren's presentation included both good and bad news. Lauren offered a re-cap of the first year of the area drug court. Eighteen individuals have been served and 13 are currently in the drug court at various stages. The first two clients are on course to graduate from the program on November 12th. Lauren shared the heartbreaking details of one of the two potential graduates. This female has suffered through unimaginable hardship but is now eight months sober, employed and paying for her own housing and transportation. She is a true success story amidst this terrible epidemic.



Lauren highlighted the various ways our club has helped, first with our Area One collaborative grant aiding with housing and transportation needs and most recently with the funds raised during this spring's International Affair. The Coalition's latest initiative is the implementation of the peer-to-peer recovery specialist program. The program's goal is to utilize members of the recovery community by sharing their experiences and perspective in order to act as life coaches for individuals in need. Thirty-two peers were trained and certified during the past year. The coalition will now utilize a \$25,000 grant from the United Way to mobilize the peer specialists to serve in tandem with medical personnel, social services and probation officers. But even with the strides that the Coalition has made over the past year, Lauren delivered the somber news that we have already experienced 33 overdose deaths in our area in 2017 including four in four days during the month of September. The Coalition is projecting the overdose total to reach 44 by the end of the year.

Law enforcement is also experiencing a resurgence in cocaine use in our area. Lauren commented that users see it as less lethal than heroin and law enforcement feels that some dealers are moving in a different direction because of the intense scrutiny on the opioid epidemic. Lauren suggested that the best practices over the next five years should include supporting law enforcement and first responders, coordinating services, developing a robust prevention program at the youth level, address housing and transportation needs and changing attitudes about how we look at addiction. She closed by saying that we all need to work together to help our area overcome the grip of addiction. President Julia made a special acknowledgement to Don Butler for all of his efforts in keeping our club on the front line of this fight with the Northern Shenandoah Valley Substance Abuse Coalition.

### 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

<b>Absentees: 10-12-17</b>	Rob Frogale	Bob Mitchell	Steve Straight
William Aiken	Jenny Grooms	Chuck Peterson	Michelle Thomas
Lori Bales	Dick Helm	Ron Price	Diana Thorne
Jean Barch	John Huddy	Susan Rich	Ajay Virmani
Jackie Bates	Don Karolyi	Tom Rockwood	Ben Weber
Ken Blackwell	David Kelly	Jeannie Shiley	Michael Williams
Linda Coffman	Dwight Kemp	Dave Smith	Kelly Wolfe
Bruce Downing	Geraldine Kiefer	David Sovine	Ryan Zeleski
Dana Evans	Todd Lilley	Jennifer Stanford	

**FOUNDATION MINUTE**

John Elrick told the club that in commemoration of World Polio Day on October 4th two Indian athletes embarked on a 20,000 mile ride to 400 towns and schools to raise awareness for polio in India. Another example of the Foundation *doing "good" in the world.*

**ROTARY T-SHIRTS**

Need a Rotary t-shirt? **The Lord Fairfax Community College Rotaract Club** will be ordering t-shirts that can be worn during service projects. They are inviting all Rotarians to purchase a shirt. The design can be viewed at <http://bit.ly/2kr0HFx>.



The dark blue shirts will be purchased from Signet Marketing at a cost of \$17 each. Payment will be collected upon delivery.

**Orders must be placed by October 20 at <https://goo.gl/forms/Zoe59GwgwO1nznac2>**

Contact Brandy Boies, Director of Marketing and Outreach, LFCC with questions at 540-868-7161 or [BBoies@lfcc.edu](mailto:BBoies@lfcc.edu).

**ROTARY WHEELCHAIR PROJECT**

*You can help!* The cost of each wheelchair is \$150. AND you could have the opportunity to help distribute the wheelchairs in the country selected by our District if you wish to be a bigger part of this project. This will allow you to experience and see firsthand, the difference Rotary makes ... *"doing good in the world!"*



**OUR LAST DRAWING**

Pat Kofalt won \$27 in the weekly drawing but didn't pull the Ace of Spades so the pot creeps higher. Begins at \$248 today.



**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)**

- Jean Barch – 9/28 – Shrimp Feed
- Cary Claytor – 9/15 – Apple Harvest Festival
- Melissa Fortner – 9/17 – Apple Harvest Festival
- John Huddy – 10/2 – Golf Tournament
- Roy Schwarz – 9/5, 9/26, 10/3 – Frederick Co Rotary
- Dave Smith – 9/16 – Apple Harvest Festival
- Patricia Taylor – 9/26 – Frederick Co Rotary
- Larry Weiss – 10/5 – Rotary of Ashburn
- Larry Weiss – 9/16 (2) – Apple Harvest
- Dick Wiltshire – 9/16 – 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](http://winchesterrotary.com) under Member Login.

**Next Board Meeting**  
**October 26th 6 PM**  
**WINCHESTER COUNTRY CLUB**  
**Attitude Adjustment 5:30 pm**  
*All are welcome! & it counts as a Make-up!*

**HEALTH REPORT**

Libba acknowledged Adrian O'Connor's recent successful surgery for skin cancer and his return to the club.

**HEALTH TIP**

Libba's health tip focused on the health benefits of pumpkins, puree not pie. Consuming pumpkin puree helps with vision, is good for the skin, is a good source of fiber and is low in calories. She commented that eating pumpkin seeds boosts one's mood. **She also cautioned to make sure you buy cooking pumpkins and not decorative pumpkins.**

**You are the Missing Piece . . .**

*Invite a friend or colleague to Rotary . . . on us!*

Our club is only as strong as its members, and we always need a few more of them! Look for our "Missing Piece" cards at the Sergeant at Arms table. . . and bring a friend or business associate to lunch.



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|------------------------|----------------------|
| <b>President</b>       | <b>Julia Connell</b> |
| <b>President-Elect</b> | <b>Paul Magness</b>  |
| <b>Secretary</b>       | <b>Cary Claytor</b>  |
| <b>Treasurer</b>       | <b>Dick Kent</b>     |

**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: Paul Burkholder

Reporter: Tom Byrd