

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 9, 2017

Nov 23 - Thanksgiving, No Meeting

Nov 30 - Board Meeting

Dec 14- Holiday Social at WCC, *no noon meeting (evening event)*

Dec 21 Evans Home Christmas Party - WCC (pizza lunch)

Dec 21 - Board Meeting

Dec 28 - Holiday Break - no meeting

TODAY

This week's meeting will feature New Member Talks. We'll look forward to hearing from some of our newer members as they share what led them to Rotary.

AWARDS NIGHT

A special **THANK YOU** to **Jeff and Nancy Davis** for their work in coordinating the guest list for our Awards Banquet.

If you were unable to attend, here are a few of the highlights:

Bill Bennett and **Jonathan Snowden** received their **Paul Harris Fellow** awards and several members received the distinction of **Multiple Paul Harris Fellows: Dennis McLaughlin (+1), Michael Williams (+2)** and **Don Butler (+4)**. The distinction of **Paul Harris Fellow** was also given to a few non-members: **Brona Tyson** (given by John Tyson), **Tina Williams** (given by Michael Williams), and **Lauren Cummings** (presented from the club by Don Butler for her work as Executive Director of the Substance Abuse Coalition).

THE CLIFF DOCHTERMAN AWARD, which recognizes an individual who acts as a role model and renders distinguished and dedicated service to Scouting, was given to **Michael Williams**.

THE DISTINGUISHED SERVICE AWARD honorees were **Scott Arthur (+4)** and **Kerri Burkhart (+1)**. This award is given for exceptional continuous service to our club. Our previously designated DSA honorees who were awarded **Multiple Paul Harris Fellow** recognition were **Jeff Davis** and **Dan Martin**. Both of these honorees are major donors and \$1,000 was given in their name to Rotary International in recognition of this award.

A Special Thank You to Jaime Karalis, Gary Chrisman, Byron Brill, Karen Schultz, Dennis McLoughlin, Dick Kent and Paul Magness for presenting the awards and to John Elrick for delivering a thoughtful invocation;

ALSO to Kent Mull, Debbie Parrish and Linda Coffman for their work at the Sergeant-At-Arms desk; and Sue Rich for producing the Program.

OUR LAST PROGRAM

Sara Schoonover-Martin from the **Healthy Families** initiative of the Northern Shenandoah Valley spoke to the club about the community need for this program and its growth over the past 19 years.



Marjorie Lewis one of the program's founding members introduced Sara and thanked our club for its fundraising efforts in 1998 to help launch the initiative. She also urged our members to contact their legislators to encourage them to pass legislation for continued funding of the program.

The program's mission is to provide education and support for all families to promote healthy births and continued nurturing to ensure children can reach school age emotionally and physically healthy.

Sara described the initiative as a community collaborative process that provides education and support to families from the 20th week of pregnancy until the child is five years old. She talked about the importance of the first 1,000 days of a child's life and how crucial it is for brain development. She explained that toxic exposure to stress during that time can have an impact throughout a lifetime. She described a measurement called Adverse Childhood Experiences that can help determine adult behavior.

Sara described many of the benefits of the program not just to the individual family but the community at-large. It is a voluntary program and potential families are screened at Winchester Medical Center. The program continues to grow. In 1999 they served 43 families and in 2016 they served 171 families.

Sara ended her program by showing a moving five minute film that summed up the program by stating that if you change the first five years you change everything.



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: 10-26-17

William Aiken
Lori Bales
Jackie Bates
Darcus Breneman
Kerri Burkhardt
Cary Claytor
Linda Coffman
Anthony Crosen
Dana Evans

Carolyn Fitzwater
Rob Frogale
Wilson Gilbert
Phil Glaize
Dick Helm
Brian Hester
Sven Hlywiak
Janice Housey
Jaime Karalis
Dwight Kemp

David Kent
Steven Kent
John Lamanna
Deborah Langfitt
Allison Lowery
Neile Martin
Maria Montgomery
Nadine Pottinga
Ron Price
Mary Riley

Jeannie Shiley
Dave Smith
Karey Starnes
Steve Straight
Karey Starnes
Stuart Williams
Kelly Wolfe
Ryan Zeleski

Absentees: 11-02-17

William Aiken
Jenny Baker
Lori Bales
Jackie Bates
Erik Beatley
Ken Blackwell
Kevin Callanan
Katie Childress
Cary Claytor
Frances Crawford
Anthony Crosen
Marie DiLorenzo
Dana Evans
Carolyn Fitzwater
Melissa Fortner
Rob Frogale
Wilson Gilbert

Phil Glaize, Jr.
Jenny Grooms
Robert Hall
Dick Helm
Malinda Henkel
Brian Hester
Sven Hlywiak
John Huddy
Alex Iden
Rick Irvin
Doug Joyner
Jaime Karalis
David Kent
Steven Kent
Geraldine Kiefer
Deborah Langfitt
John Lewis
Todd Lilley

Allison Lowery
Neile Martin
Bob Mitchell
Kit Molden
Guss Morrison
Kent Mull
Adrian O'Connor
Chuck Peterson
Nadine Pottinga
Ron Price
Ken Rice
Susan Rich
Earl Riddick
Mary Riley
Tom Rockwood
Kip Rutherford
Jeannie Shiley
Dave Smith

Jay Smith
David Sovine
Jimmy Stafford
Jennifer Stanford
Karey Starnes
Bob Stieg
David Sweeney
Martin Tabaka
Michelle Thomas
Diana Thorne
Shane Wagoner
Ben Weber
Larry Weiss
Ed White
Stuart Williams
Kelly Wolfe
Ryan Zeleski

Make-ups* (Date & Function Attended)

Mary Braun – 10/19 – eClub
Darcus Breneman – 9/17 – Apple Harvest Festival
Carl Esterhay – 10/19 – Community Services Meeting
Robert Hall – 10/8 – Jamaica Dental Clinic
Geraldine Kiefer – 10/24 – Frederick County Rotary
John Lamanna – 10/19 – Community Services Meeting
Maria Montgomery – 9/16 – Apple Harvest Festival
Nadine Pottinga – 10/19 – Community Services Meeting
Susan Rich – 10/26 – Cog Wheel
David Smith – 9/16 – Apple Harvest Festival
Karey Starnes – 10/25 - eClub

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

November 30th 6 PM G W Hotel

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

JAMES WOOD INTERACTORS

Sharon Sweet introduced her officers from the James Wood interact club and President Julia presented them with their \$500 seed money. They plan to return to a meeting in the spring to fill us in on their accomplishments.

NEW MEMBERS

Katie Childress and Laurie Ruby were inducted as our newest members. Welcome ladies, we look forward to serving with you both.



OUR LAST DRAWING

Dave Sweeney took home \$34 in the weekly drawing but didn't find the ace of spades so the pot continues to grow and begins at \$284 today.

HEALTH REPORT

Libba asked everyone to keep Tom Baker in their thoughts and prayers as he continues to recover from serious complications from a minor surgery last month.

LIBBA'S HEALTH TIP was to encourage club members to celebrate *Make a Difference Day* which marked its 25th anniversary on October 28th. She suggested including children and grandchildren as the whole family will reap the health benefits of the "helpers high".

Visitors & Guests Last Meeting

Cindy Hunter visiting from the Woodstock Rotary Club
Kevin Sparacino visiting from the Front Royal Rotary Club
Branna Tyson, guest of her husband John
Ann Burkholder, guest of her husband Paul
Dr. Rich Fieo, guest of Don Butler

COATS FOR KIDS

Eric Beatley encouraged club members to fill the envelopes that were left on our tables with checks and cash and consider being a corporate sponsor for this year's program. 820 coats have been ordered.



DICTIONARY PROJECT

The books will be distributed to all 3rd graders in Winchester and Frederick County schools during national education week, **November 11-17**.



SAVE THE DATE - December 1, 2017

We look forward to seeing you at the Annual **District Foundation Banquet**. Past Rotary International President Ron Burton will be our keynote speaker and we will celebrate our own Bill Skelton and his impact on the World. Make plans to attend now if you have not done so already by logging onto the District website and registering, and WATCH your INBOX for a personal invitation.

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)



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.

President Julia Connell
President-Elect Paul Magness
Secretary Cary Claytor
Treasurer 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: Paul Burkholder

Reporter: Tom Byrd