

### 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)  
 Address Rotary correspondence to P.O. Box 412, Winchester, VA 22604

Chartered 1921

March 8, 2018

- March 16 -18 - District 7570 Conference
- March 22 - Board Meeting, GW Hotel 6 pm
- March 24 - Kaleidoscope
- April 5-7 - PETS at Hotel Roanoke
- April 26 - Board Meeting, GW Hotel 6 pm
- May 3 - Apple Blossom Queen's Dinner (no noon meeting)
- May 10 - Winchester Little Theatre Night
- May ? - International Affair

### TODAY'S PROGRAM

This week **John Elrick** will try to explain how to navigate our new club website.



### APPLE BLOSSOM IS COMING!

#### FLOAT COMMITTEE HELP IS NEEDED



Wilson Gilbert is leading our Apple Blossom parade float effort and would appreciate the help with the float and in identifying younger children who would like to ride on our float. Please reach out to Wilson if you'd like to help.

### TIME TO CLEAN OUT YOUR CLOSETS!

**David Kent wants your stuff!** And he's even willing to come pick it up!

**Thanks to Rob Frogale**, the storage truck is out early this year and available at **Frogale Lumber** on Route 50 East. David has even set up a handy new box labeling system to reduce time, trouble, sorting and damage to both our goods and our club members this year. Time for "Spring" cleaning...



### Did you know?

Your weekly Cog Wheel newsletters are online at the Winchester Rotary website....and you don't need to login to read them. Ask John where they are on our new site.

### OUR LAST PROGRAM

**Lauren Cummings**, Executive Director of the **Northern Shenandoah Valley Substance Abuse Coalition (NSVSAC)** spoke to us about the long term plans developed to help area citizens recover from and avoid drug addiction. Launched in May, 2014, the NSVSAC was formed by community organizations and



concerned citizens in the City of Winchester and Counties of Clarke and Frederick in response to the growing epidemic of heroin and opioid abuse in the Northern Shenandoah Valley. The number of deaths resulting from heroin and opioid abuse has risen to unprecedented levels and the need for solutions to this deadly epidemic has been seen recently by two overdose deaths in our area over the previous week, bringing the total number of deaths to 21 this year. Her office provides recovering addicts a wide variety of support programs, including help finding safe housing, food and jobs.

Lauren has served as the Police Community Relations/Crime Prevention Specialist for the Winchester Police Department in the past and as the chairperson of the Community Outreach subcommittee for the Coalition. She was an integral part of launching the **Road to Recovery** website and bringing awareness to the community about this public health crisis. She is a James Madison University graduate and a lifelong resident of the Northern Shenandoah Valley.

The NSVSAC has been selected this year as our Kaleidoscope beneficiary.

### GOT YOUR TICKETS?

**Kaleidoscope is March 24th** at the Shenandoah Valley Golf Club. This year's event will be an Area 1 event, so ALL your Rotary friends will be there. Don't be left out – *get your ticket soon!*

**MARCH  
24**

### 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: 3-01-18</b>	Robert Frogale	Deborah Langfitt	Karey Starnes
William Aikens	Phil Glaize	Paul Magness	Steve Straight
Dee Dee Barbour	Robert Hall	Bob Mitchell	Diana Thorne
Jackie Bates	Brian Hester	Debbie Parrish	Ajay Virmani
Ken Blackwell	Richard Irvin	Nadine Pottinga	Ben Weber
Tom T. Byrd	Doug Joyner	Ron Price	Larry Weiss
Tom W. Byrd	Jaime Karalis	Ken Rice	Ed White
Anthony Crosen	Dwight Kemp	Laurie Ann Roby	Michael Williams
Nancy Davis	David Kent	Diane Ruckman	Stuart Williams
Dana Evans	Geraldine Kiefer	Jennifer Stanford	Ryan Zelaski

**Make-ups\*** (Date & Function Attended)  
 William Aikens - 1/25(4) - Kaleidoscope Meetings  
 Tom T Byrd - 2/21 - Clarke County Rotary  
 Carl Esterhay - 2/22 - PR Committee Meeting  
 Melissa Fortner - 2/22 - Board Meeting  
 Wilson Gilbetr - 2/17 - Apple Blossom Float Meeting  
 Phil Griffin - 2/14(2) - Naples Rotary  
 Dick Helm - 3/1(2) - PR Committee Meeting  
 Jaime Karalis - 2/7 - International Affair Meeting  
 Dwight Kemp - 3/1 - Martinsburg  
 David Kent - 1/28 - Rummage Sale Prep  
 Geraldine Kiefer - 2/24 - Frederick County Rotary  
 Nadine Pottinga - 2/15(2) - PR Committee Meeting  
 Larry Weiss - 2/21 - Clarke County Rotary

**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

**Visitors & Guests Last Week**

John Aldis, guest of Julia Connell  
 Lupe Vea, guest of Janice Housey  
 Steve Kluss, guest of Don Butler  
 Debbie Connolly, guest of Erik Beatley

**BOARD MEETING - MARCH 22**  
**GW HOTEL 6 PM**  
*Attitude Adjustment 5:30 pm*  
**All are welcome & it counts as a Make-up!**

**103rd Annual District 7570 Conference**  
**March 16-18, 2018**

Come *Celebrate our Service* at **The Homestead Resort**

**As of Tuesday, the following club members will be attending.**

Gary Chrisman (Martha)	Geraldine Keifer
Julia Connell	Steve Kent (Christine)
Paul Magness (Molly)	Larry Weiss (Cathy)
Cary Claytor	Don Louque (Beth)
Dick Kent (Darlene)	Billy Whirley (Lisa)
Scott Arthur (Margaret)	Jean Barch (Cyril)
Chris Lewis	Linda Coffman (Mickey)
Don Butler	Byron Brill (Kathy)
Marie DiLorenzo (Tom Marfing)	Darcus Breneman

**We hope to have several more of our members attend!**  
**JOIN US!** To register, go to [www.rotary7570.org](http://www.rotary7570.org) and on the "Events" tab you will see "**District Conference**". Follow the links to register for the conference!

We are collecting donations for the Silent Auction, Bingo and Door Prizes for the Conference. The theme is "**Handmade**" so if you have any ideas or items for donation, please contact me or Marie DiLorenzo. The price ranges are as follows:  
**Silent Auction** - value between \$50 and \$1,000  
**Door Prizes** - value between \$25 and \$50  
**Bingo Prizes** - value between \$10 and \$25

**OUR RAFFLE LAST WEEK**

Last week's raffle winner was Terry Tierney....BUT he got the wrong Ace for the jackpot. Today the jackpot will start at \$92.  
**Remember, you have to play to win!**



**HAVE YOU MET THE NEW KIDS ON THE BLOCK?**

Take a minute to introduce yourselves to our two newest Rotarians! Mark Andrews and Billy Whirley.

**HEALTH REPORT**

Libba reported Dick Kent's mother had passed away. Our condolences to the Kent Family.

Health-wise, we all were okay.

**HEALTH TIP**

Last week Thursday was World Compliment Day so Libba suggested that we all pass on at least 3 GENUINE compliments to others and to compliment employees on Friday (March 2) when it was Employee Appreciation Day. Being grateful does has positive health benefits including better sleeping. The room was soon inundated with people giving exaggerated compliments!



**Foundation Minute**

The Rotary Foundation just recently updated their website to include a **Donation Area** which allows you to donate directly and select which funds your donations will help. Our new Winchester Rotary website will include a link to this page.

<https://map.rotary.org/en/selfservice/pages/SelectFundF.aspx?FUND=APF>

**SPECIAL REQUEST...**

The Winchester Country Club banquet team has asked Rotary members & guests to vacate the banquet room by 1:30 pm as they often need time to prepare it for another event later in the day. If you are planning a meeting after the regular meeting, then you must limit the time accordingly to be out by 1:30 pm. *Thank you for your cooperation.*

**Invite A Friend...Gain a Member**

Here's a great way to invite potential club members to get to know us!  
 Pick up a "Missing Piece" card at the check-in table and invite a friend or business associate to join us for a complimentary lunch.

**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)

<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**

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

**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: