

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.rotaryclubofwinchester.org
 Address Rotary correspondence to P.O. Box 412, Winchester, VA 22604

Chartered 1921

March 29, 2018

- April 5-7 - PETS at Hotel Roanoke
- April 7 - Plant A Tree Project
- April 14 - Hands Against Hunger Food Packing Project
- April 26 - Board Meeting, GW Hotel 6 pm
- April 26 - Polio Fundraiser
- May 3 - Apple Blossom Queen's Dinner (no noon meeting)
- May 10 - Winchester Little Theatre Night
- May 24 - Board Meeting, GW Hotel 6 pm
- June 2 - 8th Annual Rummage Sale
- June 7 - Shrimp Feed, Isaak Walton Park (no noon meeting)
- June 16 - International Affair

TODAY'S PROGRAM

Our speaker will be **Sally Michaels** of *Worlds of Wonder*.

KALEIDOSCOPE....WOW!

President Julia reports: *What a great evening!!* William Aikens and Jenny Baker along with a strong and enthusiastic Kaleidoscope Committee did an amazing job making last Saturday a wonderfully successful and fun evening. Everything flowed along flawlessly and culminated with five lucky people splitting the grand prize of \$25,000.

The Silent Auction was the best ever raising close to \$24,000 under the leadership of new Rotarian, Allison Lowry, who did a fantastic job pulling together some terrific items. We also had great participation and support from Lauren Cummings, Steve Cluss and members of the Substance Abuse Coalition. **A big THANK YOU** to all who participated in making this a successful fundraiser for such an important cause.

PLANT A TREE PROJECT - Can you help?



JHHS Interact Club "*Plant A Tree*" project will take place at the Third Winchester Battlefield Park on Saturday, April 7 at 10:00 a.m. Our Club is funding the project and we need a headcount of those who plan to help with the "tree-planting".

Julia Kogut has secured some great assistance for the event.....Matt Wolanski with the Department of Forestry will be there to teach us how to plant trees. Jim Lawrence, of the former Opequon Watershed, donated leftover materials and Lowrie Tucker, a Rotary member who works at Conservation Services, has donated equipment and with his contacts found donated trees. We will plant a tree for every Winchester Rotary Club member (176!). With your help, this event will be much more fun and much more efficient.



OUR LAST PROGRAM

Rodney and Tina Culbreth of the *I'm Just Me Movement* spoke about their work with troubled youth in our community. Their movement started out of a personal experience with their son, who hid his stuttering problem until well into his teens and had trouble in school as a result. They encourage kids to ask for help and accept themselves for who they are – as well as who they have the potential to be.

Tina and Rodney now make weekly visits to the Juvenile Detention Center (JDC) to mentor youth who have also had adverse childhood experiences, or ACEs, so they can learn to "live forward" and realize their dreams.

Contrary to popular belief, most of the inmates they see at the JDC are not minorities and many are from affluent backgrounds. They have just made poor choices as a reaction to trauma in their early childhood. The *This is Me Movement* will have a float in the Apple Blossom Parade for the second year in a row. Last year's theme was "*Celebrating Diversity*".

Sponsors and volunteer mentors are needed and welcome – contact Tina or Rodney at www.imjustmemovement.org.

WHO'S HUNGRY?



Kids in underdeveloped countries, that's who. And you can help feed them at **Hands Against Hunger** on **April 14th** at Sherando High School. Just ask anyone who's ever done this event what a blast it is. We'll pack 20,000 meals in less than two hours and you'll spend the rest of the weekend thinking how cool that was. Watch for the sign-up sheet and plan to join us!

GSE Update

Darcus Brenneman was recognized for her outstanding efforts to pull together host families and details for our district's GSE team from India last week. Despite Mother Nature's major snow event, she and her wonderful cohorts helped treat them to visits to Washington DC, Walmart and Old Town Alexandria, and even gave them the chance to enjoy their first snowball fight. She presented President Julia with an ornamental jewel (for her forehead) in recognition of her Club leadership. Julia in turn shared flags of several hard-to-pronounce Rotary clubs of India that were given to her by the GSE visitors.

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: 3-22-18	Dana Evans	Dwight Kemp	Mike Richardson
William Aikens	Carolyn Fitzwater	Steven Kent	Earl Riddick
Jackie Bates	Robert Frogale	Geraldine Kiefer	Mary Riley
Erik Beatley	Phil Glaize	Pat Kofalt	Laurie Ann Roby
Ken Blackwell	Dick Helm	Deborah Langfitt	Karen Schultz
Mary Braun	Janice Housey	Todd Lilley	Irv Shendow
Katie Childress	John Huddy	Dan Martin	Karey Starnes
Anthony Crosen	Alex Iden	Neile Martin	Diana Thorne
Nancy Davis	Jaime Karalis	Bob Mitchell	Ben Weber
Marie DiLorenzo	Don Karolyi	Ron Price	

Visitors & Guests Last Week

Robbie Barch, guest of Jean Barch

Rummage...Junk...Whatever...you got it, we need it!

AND, thanks to Rob Frogale, we have lots of storage space to keep it until our June event. David Kent and Jean Barch are looking for not only stuff to sell, but also a worthy charity to give the proceeds to – it needs to be for a capital improvement project in the \$8000-\$12,000 range. ***Boy, that's a lot of junk!***



DISTRICT CONFERENCE

Gary Chrisman reported on the District Conference. There was a lot going on, with highlights including our clubs award for having the most attendees, our award for being a Gold Club again (which involves meeting multiple goals, as in three pages worth) and also, all five Area 1 clubs were awarded Gold Club Status.

There was also a special presentation on Sunday morning: the **Area 1 - 110% Award**, which was given in absentia to **Don Butler** for his three years of dedicated efforts for the Northern Shenandoah Valley Substance Abuse Coalition. **Sharon Gromling** was also recognized as a **Significant Woman in Rotary**.



New Members

President Julia drummed Dan Whitacre and Chris Merchant into the club – ***be sure to say howdy do!***

National Rx Drug Abuse Summit

The Executive Committee of the Substance Abuse Coalition will attend the National Rx Drug Abuse Summit meeting held in Atlanta on April 2-6.

Speakers include Dr. Adams, U.S. Surgeon General, Dr. Anne Schuchat, Acting Director of CDC, Dr. Nora Volkow, Director of National Institute on Drug Abuse, former President Bill Clinton and more. We look forward to learning a lot and meeting those in decision making positions.

Make-ups* (Date & Function Attended)
 Mary Braun – 1/11 – Ashburn Rotary Club
 Kevin Callanan – 3/21 – GSR Team Meeting
 Anthony Crosen – 3/8 – Kaleidoscope Prep.
 Nancy Davis – 3/7 – International Affair Meeting
 Bruce Downing – 3/15 – Kaleidoscope Meeting
 Heather Hovermale – 3/22 – Rummage Com. Mtg
 John Huddy – 3/1 – PR Committee Meeting
 Steve Kent – 3/16 – District Conference
 Michael Richardson – 3/22 – Rummage Com. Mtg
 Diane Ruckman – 3/22 – Rummage Committee Mtg
 Steve Straight – 3/22 – Rummage Committee Mtg
 Stuart Williams – 3/1 – Martinsburg 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.

NEXT BOARD MEETING - APRIL 26th

GW HOTEL 6 PM

Attitude Adjustment 5:30 pm

All are welcome & it counts as a Make-up!

HEALTH REPORT

Kerri Burkhart's husband Larry is recovering at home after having two valves replaced in his heart. Prayers and cards are welcome.

New member Billy Whirley is celebrating the birth of a new grandson.

HEALTH TIP



Libya shared advice from the Journal of Applied Health on how to fall safely. Surprisingly, those between the ages of 50 and 60 are most prone to falling, in a large part due to the fact that we are still trying to be Weekend Warriors and otherwise active.

Four tips for falling safely:

- Heads up:** protect your head, either by turning it away when falling forwards or by ducking it if you fall backwards.
- Hang loose:** don't stiffen up, relax to avoid doing further damage.
- Protect your bones:** land on your meat (also comes in handy if you fall at a messy steakhouse).
- Roll with it:** As with life, roll with a fall and you'll come out in better shape.

APPLE BLOSSOM Float Committee Help Needed

Wilson Gilbert is leading our Apple Blossom parade float effort and would appreciate the help with the float. Please reach out to Wilson if you can help.

OUR RAFFLE LAST WEEK

As the rest of the club waited in breathless anticipation, Ridge White won a handy \$15, but his draw of the king of diamonds cost him the heftier grand prize. Who will win this week? Not you, if you don't buy a ticket...you have to play to win! Jackpot starts at \$146.



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	Julia Connell
President-Elect	Paul Magness
Secretary	Cary Claytor
Treasurer	Dick Kent

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: Mark Andrews, 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: Dave Smith