

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

May 17, 2018

- May 24 - Board Meeting, GW Hotel 6 pm
- June 2 & 3 - 8th Annual Rummage Sale
- June 14** - Shrimp Feed, Isaak Walton Park at 5:30 pm (no noon meeting)
- June 16 - International Affair 6-10 pm
- June 23-27 - Rotary International Convention, Toronto
- June 28 - Installation of New Officers

TODAY'S PROGRAM

We will hear from both the JHHS and JWHS Interact Clubs. They will give their annual report of all the great things they have done throughout the year to support the work of Rotary.

LITTLE THEATER NIGHT

WLT Night was a great success! Due to the weather, we had to move inside for dinner, but the chapel at The Village at Orchard Ridge provided a perfect alternative. The food was delicious and the fellowship during dinner was facilitated by the comfortable accommodations. The rain stopped in time for us to make the trip to the WLT, and once in the theater we were entertained by *"The Explorers Club"*. And I do mean entertained....especially by our very own Dick Helm who pulled off a very authentic-sounding British accent.



KUDOS to co-chairs Katie Childress and Jean Barch who were new to this event and did a fabulous job of planning and coordinating. Thank you to Katie, Jean, Dee Dee Barbour and the entire committee for a great evening!



TIME TO UPDATE

New members & old...we will soon be publishing a Club Yearbook for the coming 2018-2019 Rotary year. Please check your info in our current yearbook (and online) and notify Karey Starnes if there are any changes.

If you would like a new photo, you can send Karey or Sue a "head shot" photo. If you need a picture, Don Karolyi our Club Photographer can help there.

CHANGE YOUR CALENDARS!

Our June Shrimp Feed has been moved to **JUNE 14** at the Isaak Walton Park - 5:30 pm.. There will be no noon meeting that day. Plan to be there...it's a GREAT meal and lots of fun.

OUR LAST PROGRAM

Dr. Tom Marfing, husband of club member Marie Dilorenzo spoke to us on road rage. Tom defines road rage as *'a traffic tantrum whereby a driver loses control of their emotions and acts out at others.'* Examples include running stop lights and signs, cutting off other drivers, signaling with the middle finger salute and etc. However, road rage is a team sport that can only escalate with response. The obvious answer is to ignore or offer no response towards an aggressor. The best response is to slow down or turn away from the aggressor and if need be seek help. Never try to school another driver and it's safe to assume they may be armed.

Overall traffic accidents are down and safety is up, but road rage seems to be on the rise. Why would this be and how can I do better. Avoid contact with anyone exhibiting signs of road rage, don't offend or engage, adjust your own attitude, make no gestures, make no eye contact and if need be dial 911. In the end it is all about getting away to safety so engaging an out of control driver is not a good response. In order to keep yourself from acting up try these things, leave early so you are not rushed, know that the other driver is probably not thinking about you at all, just drive away and lastly feel empathy for the other drivers on the road, they are just trying to get by like you.

Rummage Sale Time is getting closer!!

This event provides a unique opportunity to connect with fellow Rotarians in a way that our weekly meetings just don't allow. It's always fun and is also an *"all-hands"* event so please check your schedule and consider when you can help based on the following hours of operation:



THIS FRIDAY, MAY 18 - 9:00 A.M. TO 8:00 P.M. we're moving into the Armory. We need volunteers to help set-up tables and unload the trailers (we have 3 this year!). Please join the team for whatever amount of time you can. Much help is needed!

MAY 19 - JUNE 1 the Armory will be open for volunteers to sort and price rummage as follows: SATURDAYS 9 AM - 6 PM, SUNDAYS NOON - 6 PM AND WEEKDAYS (M-F) 1 PM - 8 PM

RUMMAGE SALE SATURDAY, JUNE 2: SHIFT 1 = 7 AM - 11 AM and SHIFT 2 = 11 AM - 3 PM

RUMMAGE SALE SUNDAY, JUNE 3: SHIFT 1 = 11 AM - 2 PM and SHIFT 2 = 2 PM - 5 PM

Sign-up sheets will be passed at this week's meeting so please come prepared to put your name into one or more of the spots!

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: 5-10-18	Carl Esterhay	Don Karolyi	Tom Rockwood
William Aikens	Dana Evans	Geraldine Kiefer	Steve Straight
Mark Andrews	Paul Frank	John Lamanna	Michelle Thomas
Lori Bales	Robert Frogale	Allison Lowry	John Tyson
Jackie Bates	Jenny Grooms	Paul Magness	Ajay Virmani
Erik Beatley	Dick Helm	Darla McCrary	Ben Weber
Kevin Callanan	Brian Hester	Debbie Parrish	Larry Weiss
David Chandler	Sven Hlywiak	Nadine Pottinga	William Whirley
Linda Coffman	Heather Hovermale	Ron Price	Jim Youngblood
Anthony Crosen	Alex Iden	Tootie Rinker	Ryan Zelaski
Nancy Davis	Marcc Jaccard		

Visitors & Guests Last Week

Bill North, Rotarian visiting from Frederick Co. Rotary
 Robbie Barch, guest of Jean Barch
 Diego Andrade, guest of Bob Hall
 Lupe Ve, guest of Bruce Downing
 Kevin Ferraioli, guest of Ken Rice

CONGRATULATIONS DAN!

Gary Chrisman announced that **Dan Martin** has been named District Assistant Treasurer. Congratulations Dan!

ALSO, Gary distributed Rotary Foundation account balances to all club members. The document noted how far away they are from their next Paul Harris Fellow. It also detailed the number of recognition points they have and whether or not they are a sustainer.

INTERNATIONAL AFFAIR - JUNE 16th

We are still seeking sponsors for the event. Tickets should be available today. The beneficiary will be Tom and Shelia Baker Tribute Fund.

ROTARY INTERNATIONAL YOUTH EXCHANGE

The **District 7570 International Youth Exchange Committee** is looking for placement for three exchange students for next school year. Please give consideration to housing one of these young students. You can partner with another club member if you are not able to accommodate the entire visit. If you are at all interested, please let President Julia know and she will obtain further details for you.

ADI, 17, boy from Sarajevo, Bosnia & Herzegovina. Fluent English, likes reading, debate, basketball. Wants to study finance or programming.

LAURA, 17, girl from Sao Jose dos Campos, Brazil. Good English, likes cats & dogs, theater, history, biology, Netflix, eating, sleeping & working out. Good sense of humor.

MALO, 17, boy from Saint Ouen des Toits, France. Good English. Likes fishing, board sports (snowboarding, skateboarding, etc.) & reading. Has done 2 short exchanges to Spain and **Argentina**.

Make-ups* (Date & Function Attended)

Paul Burkholder - 4/26 - Apple Harvest Festival
 Linda Coffman - 5/7 - International Affair Meeting
 Nancy Davis - 4/18 - International Affair Meeting
 Carl Esterhay - 4/19 - Community Service Meeting
 Paul Frank - 4/19, 26 - Polio Plus Fundraiser, Rummage Sale Prep
 Sven Hlywiak - 5/1, 9 - Hohenlohe, Germany, Fred Co Rotary
 Geraldine Kiefer - 4/5 - Northampton Rotary Club
 John Lamanna - 4/5 - Rummage Sale Meeting
 Allison Lowry - 4/14 - Hands Against Hunger
 Paul Magness - 3/16 - District Conference
 Darla McCrary - 4, 19, 26, 5/7 - International Affair, Polio Plus, Rummage Sale
 Kit Molden - 4/26 - Kaleidoscope Meeting
 Chuck Peterson - 4/26 - Plant A Tree Project
 Tootie Rinker - 5/7 - International Affair Meeting
 Laurie Ann Roby - 5/7 - International Affair Meeting
 Kit Rutherford - 4/25, 5/1 - Fred Co Rotary, eClub One
 John Tyson - 4/18 - Foundation Comm. Meeting
 Larry Weiss - 4/22 - Plant A Tree Project
 Billy Whirley - 3/16 - District Conference
 Ed White - 4/26 - Kaleidoscope Meeting

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 submit-

NEXT BOARD MEETING
MAY 24th
GW HOTEL 6 PM
Attitude Adjustment 5:30 pm
All are welcome
& it counts as a Make-up!

HEALTH TIP - Counter intuitive health tips

- **Drink 3 cups of coffee a day for more restful naps,
- **Eat less and you will eat more. That is because the sugars in your blood will make you feel hungry and you will over eat as soon as food is available.
- **Don't brush your teeth right after eating as it breaks the enamel down especially after eating acidic foods.

FOUNDATION MINUTE

Remember, any contributions made to the Rotary Foundation before May 31st will be matched by the board up to \$500.

APPLE BLOSSOM FLOAT

We got **1st place** in the Civic Club Professional category! Apple Blossom Float: President Julia thanked Wilson Gilbert and his crew for a GREAT JOB!

BEWARE: ROTARY EMAIL SCAM

John Elrick warns of a recent email scam affecting us...

For your safety please note:

1. We will NEVER reset your credentials without notifying you at a meeting or in an official email from the president. This would occur only if we suspected the passwords had been compromised.
 2. Your credentials do NOT expire, but, you can change them if you like.
- If you receive any emails of this nature, please notify John and delete the email.**



OUR LAST RAFFLE

Visiting Rotarian Bill North won the weekly raffle...but the jackpot continues to grow, starting today at \$240.

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: Paul Burkholder