

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

June 28, 2018

TODAY - Installation of New Officers

July 5 - No Noon Meeting - Happy Fourth of July!

July 12, 19, 26 - **Meetings in Jim Barnett Park at Rotary Shelter**

August 2 - **Family Picnic** in Jim Barnett Park (No Noon Meeting)

August 16 - **Camp Fantastic Barbeque**

TODAY

Our program for today will include a presentation by President Julia entitled **“Rotary: Making A Difference”**, the installation of new officers and board members, and the passing of the gavel to incoming President, Paul Magness.

WINE A BIT FOR THE TOM & SHEILA BAKER FUND!

This will be the last week to order wine from our recent International Affair Event. Darla McCrary will be at the meeting to take your order.



EAGLE SCOUT PROJECT

Alec Price, son of Rotarian Ron Price, spoke to us about his Eagle Scout project. Alec is a junior at Millbrook High School and is also enrolled in the Mountain Valley Governors school. For his Eagle Scout project, Alec plans to build a greenhouse for Sacred Heart Academy. The 8'x 12'



building will be located behind the church and will provide a place for students to learn about gardening, science, and their environment. Vegetables grown in the greenhouse can be used in the school cafeteria or donated to local charities. The

project will cost \$5000, and Alec has already raised \$3900...not counting donations from club members at last week's meeting.

LAST CHANCE

Our new Rotary Yearbook is in the works. If you need a change or correction please let Karey Starnes or Sue Rich know today.



OUR LAST PROGRAM

Rotarian **Dr. Terry Sinclair** shared his story of how a “boy from Toledo” came to the Shenandoah Valley. Terry attended college at Johns Hopkins, then medical school at University of Michigan, and finally a residency in surgery at University of Missouri.

After completing his residency, Terry served in the Navy aboard the aircraft carrier USS Ranger. The ship was in the gulf of Tonkin, just off of Viet Nam. In addition to the nearly 6000 people on board, it was also the only ship in the area with a surgeon. Patients from other ships that were in need of surgery were transported to the Ranger.

Terry told the story of a 17 hour surgery to save the life of a young man with severe internal wounds. The patient was recovering in the days after surgery, although there were complications. When the captain asked to move him to Clarke Airforce base, Terry asked to keep him because he knew more than anyone about his condition, and was concerned about potential adhesions. Ultimately the patient was transferred and later died as a result of adhesions, a burden that still weighs heavily on Terry to this day.

While Terry was serving in the Navy, Winchester's Dr. Munford Custer was on The Good Ship Hope near Brazil. Dr. Custer was looking to replace a doctor who was leaving Winchester Hospital, and a mutual acquaintance recommended Terry for the position. Since Terry still had another year to serve in the Navy, he suggested someone else. When that person couldn't take the position, it was offered again to Terry, with the understanding that Winchester Hospital would wait for him to complete his final year of service in the Navy.

Terry began practicing in Winchester in 1974, and continued for 24 years, before moving into administration and becoming the Vice President of Medical affairs for Valley Health. He helped found the Free Medical Clinic and has served in various capacities for 30 years. He was too humble to mention during his talk that last year the clinic's name was changed to the Dr. Terry Sinclair Health Clinic.

Did you know?

There are more than 1.2 Million Rotarians all over the world in more than 33,000 Rotary Clubs in more than 200 countries in all geographic areas.

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. - Wednesday Breakfast - Front Royal Golf Club - 7:00 am
 Warrenton - Thursday Lunch - Stoneridge Events Center - 12:15 pm
 Woodstock - Wednesday Lunch - Woodstock Moose Lodge - 12:05 pm

Absentees: Shrimp Feed 6-21	Carl Esterhay Dana Evans William Aikens Lori Bales Jeffrey Barbour Jackie Bates Ken Blackwell Darcus Breneman Paul Burkholder David Chandler Frances Crawford	Deborah Langfitt Chris Lewis John Lewis Neile Martin Kit Molden Guss Morrison Kent Mull Adrian O'Connor Douglas Joyner Don Karolyi Steven Kent	Tom Rockwood Sue Scarborough Karen Schultz Karey Starnes Steve Straight Patricia Taylor Michelle Thomas Stuart Williams Ryan Zelaski
------------------------------------	---	--	--

Visitors & Guests Last Week

Jorg Biller, visiting Rotarian, guest of Sven Hlywiak
 TC Schwarz, guest of Roy Schwarz
 Diane Sinclair, guest of Terry Sinclair
 Amanda Dorsey, guest of Julia Connell
 Chris Dorsey, guest of Julia Connell
 Steve Cluss, guest of Don Butler
 Lauren Cummings, guest of Don Butler
 Mickey Coffman, guest of Linda Coffman
 Emily Hahn, guest of Nancy Davis
 Sue Snowden, guest of Jonathan Snowden
 John Sinclair, guest of Cary Claytor
 Sara Spickler, guest of Jennifer Stanford

Health Report

Rabbi Jonathan Brown is feeling better and was able to join us for our meeting last week.

Ridge White's surgeries were successful, although he will be unable to drive for the next few weeks. Please send cards, and ask him if it's ok to visit. He plans to attend Rotary soon and may need a ride.

Health Tip



Last week's meeting was on Summer Solstice Day, the longest day of the year, with 15 hours of sun. Libba reminded us to protect our eyes and skin from the sun



by wearing sunglasses and sunscreen. You can never have too many pairs of sunglasses, Elton John owns over 250,000 pairs!



WELCOME!

Our newest Rotarian, Krista Bednarski-Gibbs was introduced for the second time.

Our Drawing Last Week

Scott Arthur drew the 3 of Hearts, winning \$17 and leaving the Jackpot to begin at \$376 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)

Jeffrey Barbour – 5/24 – Board Meeting
 Darcus Breneman – 6/14 – Int. Affair Prep
 Paul Frank – 6/14 – International Affair Prep
 Dick Helm – 6/14 – International Affair Prep
 Sven Hlywiak – 6/19 – Apple Harvest Fest Mtg
 Don Karolyi – 6/2 – Rummage Sale
 Steve Kent – 6/2 – Rummage Sale
 Chris Lewis – 6/2 – Rummage Sale
 Kit Molden – 6/21 – Golf Committee Meeting
 Guss Morrison – 6/14 – Int. Affair Prep
 Mike Richardson – 6/14 – Int. Affair Prep
 Mary Rile – 5/23 – Rummage Sale Meeting
 Laurie Ann Roby – 6/17 – Int. Affair Clean Up
 Karey Starnes – 6/12 – Rummage Sale Mtg
 Martin Tabaka – 6/21 – Golf Committee Mtg
 Patty Taylor – 6/2 – Rummage Sale
 Ed White – 6/16 – International Affair
 Stuart Williams – Atlantic City, NJ 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 TONIGHT - 6 pm

"Joint Board Meeting" will include outgoing and incoming board members. The meeting will be held at **Julia Connell's home (605 Tennyson Ave)**

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

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.**

Drinking Water

At the Correct Time Maximizes its Effectiveness On The Human Body



*2 Glasses Of Water After Waking Up
 - Helps Activate Internal Organs

*1 Glass of Water 30 Minutes Before a Meal
 - Helps Digestion

*1 Glass of Water Before taking a bath/shower
 - helps Lower Blood Pressure

*1 Glass of water before Going to Bed
 - Avoids Stroke or Heart Attack

Happy Drinking (H2O)!!

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 Schwarz, 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:

Reporter: Chuck Peterson