

### 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](http://www.rotaryclubofwinchester.org)  
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Chartered 1921

August 23, 2018

**TONITE!** - Board Meeting, Winchester Country Club, 6 pm  
 Sept. 15 & 16 - APPLE HARVEST FESTIVAL  
 Sept. 20 - Board Meeting, VILLAGE SQUARE, 6 pm  
 Oct. 1 - Golf Tournament  
 Oct. 25 - Board Meeting, Winchester Country Club, 6 pm  
 Nov. 1 - **Awards Banquet at GW Hotel (No Noon Meeting)**  
 November TBA - Dictionary Project  
 November 22 - Thanksgiving Day (No Meeting)

### TODAY

We will hear from J.J. Smith of Valley Proteins.

### HELP NEEDED

Apple Harvest Festival is Sept 15 & 16...just 3 weeks away! Please check your calendars and sign up for this "All Hands On Deck" event. You can help with Bingo, Parking, Gate, Setup, Tear Down, Apple Theme Booth and so much more! **WE ARE STILL IN NEED OF 80+ members to help out** so please look for clipboards coming around and be generous of your time. Bring your spouse, children & significant other, we appreciate their help too! All Apple Harvest shifts are floating makeups, good throughout Rotary year!



### BINGO GIFT BASKET REQUESTS

The Apple Harvest Festival Rotary Bingo is in need of your support for donations. Donations of the following items will make for a great and fun event: Gift Baskets, Free Meals, Event Tickets, Alcohol, Collectibles, Gift or Gas Cards, Movie Passes, Sporting Items, Tools, Electronics, Home Baked Goods, etc. If you would rather give cash, we can do the shopping!

Darcus will not be at the meeting today but Darla will be able to accept your donations. Or, Darcus can stop by your place of business and pick them up or you can drop them off to her at First Bank on Valley Avenue/Jubal Early Drive. We need time to sort and put these prizes together so please don't wait to donate.

### PARKING REQUESTS

Please find some time in the dates shown below and lend a hand. Thank you in advance for your help and please email Paul Burkholder at [Keydetman@gmail.com](mailto:Keydetman@gmail.com) as to when you could help.

### Festival Apple Harvest Parking Crew

**Set-up - Thursday & Friday** - September 13 & 14th

4:00 PM -6:00 PM 4:00 PM -6:00 PM

**Festival - Saturday & Sunday** - September 15th & 16th

10:00 AM - Noon 10:00 AM - Noon

Noon - 2:00 PM Noon - 2:00 PM

2:00PM - 4:30 PM 2:00PM - 4:30 PM

**We need 5 people each shift!**

### OUR LAST PROGRAM

**Dr. Brandon Jennings**, the Executive Director of the **Dr. Terry Sinclair Health Clinic** spoke to us about the clinic (formerly The Free Medical Clinic) and how it was growing with the Medicaid expansion. It is the 3rd largest health clinic in Virginia providing services for the uninsured. They have approximately 200 care providers and see 50-70 patients per day. Serving about 2000 patients per year, he estimated that about 2/3 will qualify under the new Medicaid qualifications. So, as of January 2019 they will be accepting Medicaid payments and may expand and take on more patients.



The Free Medical Clinic was founded in 1986 and is an IRS-approved 501(c)(3) non-profit organization that serves low-income, uninsured families living in the City of Winchester, Frederick County and Clarke County, Virginia. In May of 2017 the board of directors unanimously voted to change the name of the clinic to the **Dr. Terry Sinclair Health Clinic**.

The clinic relies on the support of the community to provide the gift of health care to those in need. Funds are raised through several local events the biggest of which is "**Taste of the Town**" coming up Sept. 6th. Donations of all kinds are welcome...cash, items, gift cards, services, even drugs & medical equipment you no longer need are accepted.

### Puerto Rico Mission Trip

Club Rotarians and guests are invited to participate in a mission trip to provide manual labor in Puerto Rico for 5-7 days in the fall. See Paul Magness if you are interested in participating.



### ROTARY DOES GOOD IN THE WORLD . . .

*on a mass scale and on a personal one.*

Recently, Avery Anderson, daughter of Winchester Rotarian Mary Braun solidified her plans to pursue Humanitarian Assistance graduate studies in Mumbai, India proceeded by volunteer work and thesis research for Action Aid in Bhopal, India. Despite publicized warnings from the U.S. State Dept. advising women traveling in India not to travel unaccompanied, Avery's plans left her vulnerable. Thanks to South Asia Foundation Head, Sanjay Parmar, connections to Past District Governor in Mumbai Raju Subramarian (affiliated with Supreme Court of India) and to the Past District Governor in Bhopal, Alok Billmore, Avery is warmly welcomed into the Rotarian family across the globe. Alok and his wife, Jaya, will have met Avery in Bhopal by the time you read this newsletter. It's both humbling and powerful to serve as a Rotarian.

### *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 8-9**

Jackie Bates	Dana Evans	Neile Martin	Sue Scarborough
Eric Beatley	Paul Frank	Darla McCrary	Karen Schultz
Darcus Breneman	Robert Frogale	Bob Mitchel	Jeannie Shiley
Kerri Burkhart	Phil Glaize Jr.	Adrian O'Connor	Jonathan Snowden
Paul Burkholder	Dick Helm	Debbie Parrish	Lupe Vea
Tom T. Byrd	Marc Jaccard	Nadine Pottinga	William Whirley
Katie Childress	Geraldine Kiefer	Ron Price	Stuart Williams
Anthony Crosen	Pat Kofalt	Mary Riley	Dick Wiltshire
Nancy Davis	John Lamanna	Laurie Ann Roby	Jim Youngblood
Marie DiLorenzo	John Lewis	Tom Rockwood	
	Allison Lowry	Diane Ruckman	

**Visitors & Guests Last Meeting**

Diane Sinclair - guest of Terry Sinclair

**A ROTARY PLATE & A FLOATING MAKE-UP!**



President Paul announced that if you get Rotary License plates we will offer a one time floating make-up. Personalized plates cost just \$10 a year in addition to the vehicle registration and special plate fees. Before you create your personalized plate character combination, please review DMV's Personalized Plate Guidelines and Restrictions. After that, you can create a personalized character combination for your vehicle.

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**ARMED FORCES RECOGNITION**

David Kent is creating a list of club members who served in the Armed Forces. We'd like to recognize those dedicated folks in the near future, so please see him to make sure you and or someone you love is on the list.

**Help Alzheimer's Research**

Don't forget our 5 gallon Alzheimer's Contribution jug. Any donations will help Alzheimer's research and they are tax-deductible....checks can be made payable to the Winchester Rotary Club Charitable Foundation.

**GOLF TOURNAMENT**

It's coming up October 1st! Mark your calendar and dig out your clubs! The beneficiary this year will be announced soon.



**Our Last Drawing**

Bob DeMott won \$21 but the Jack of Diamonds did not get him the jackpot. Looks like we will be drawing for the big pot very soon!

**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.

**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)**

- Erik Beatley - 7/12 - Golf Committee Meeting
- Darcus Breneman - 7/30 - Apple Harvest Mtg
- Tom T. Byrd - 7/11 - Clarke County Rotary
- Nancy Davis - 7/16 - International Affair Meeting
- Paul Frank - 7/30 - Apple Harvest Mtg
- Robert Hall - 8/5 - eClub One
- Geraldine Kiefer - 8/7 - Frederick Co. Rotary Club
- Pat Kofalt - 7/12 - Golf Committee Meeting
- John Lamanna - 6/2 - Rummage Sale Floating
- Darla McCrary - 7/30 - Apple Harvest Mtg
- Diane Ruckman - 6/2 - Rummage Sale Floating
- Jonathan Snowden - 6/2 - Rummage Sale
- Patty Taylor - 8/7 - Frederick County Rotary Club
- Richard Wiltshire - 8/7 - Frederick Co. Rotary Club

**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**

The meeting will be held at Winchester Country Club

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

**QUICK NOTES:**

>> John Elrick needs some help setting up & taking down the PA system each week...really, he promises it's not hard.

>> Dan Martin was the lucky bidder last week winning the Weekend Cabin Vacation in WV.

>> Rotary Leadership Institute is TOMORROW...August 17th right here in Winchester! Tuition is FREE ...see President Paul if you are interested! AND, it's probably a make-up too!

>> Linda Coffman is heading up our NYC trip for November 2-4, we need a minimum of 38 people, more information to follow.

**Health Tip**

You've probably heard the advice, *Drink eight 8-ounce glasses of water a day.* That's easy to remember, and it's a reasonable goal. But Jennifer told us most healthy people can stay hydrated by drinking water *and other fluids* whenever they feel thirsty.

**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)!!**

You may also need to drink more water if you live in a hot climate, exercise often, or have a fever, diarrhea, or vomiting. Add an additional 1.5 to 2.5 cups of water each day if you exercise. You may need to add even more if you work out for longer than an hour.

Of course, when you have a fever, vomiting, or diarrhea, your body loses more fluids than usual, so drink more water. Your doctor may even suggest taking drinks with electrolytes to keep your electrolyte balance more stable.

President  
President-Elect  
Secretary  
Treasurer

Paul Magness  
Cary Claytor  
Dick Kent  
John Elrick

**BOARD OF DIRECTORS**

- 2018-2021 Jeff Barbour, Nancy Davis, Dick Helm, Tricia Simpson
- 2017-2020 Paul Frank, John Lamanna, Libba Pendleton, Dave Smith
- 2016-2019 Jenny Baker, Jamie Karalis, Kent Mull, Jonathan Snowden

IMMEDIATE PAST PRESIDENT - Julia Connell

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: