

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

October 18, 2018

MONDAY - GOLF TOURNAMENT...rescheduled!

- Oct. 25 - Board Meeting, Winchester Country Club, 6 pm
- Oct. 27 - 2018 Walk to End Alzheimer's - Winchester
- Oct. 28 - COMMUNITY BINGO 1 pm at the Fairgrounds
- Oct. 28 - Crush Wine Bar Charity Dinner
- Nov. 1 - Awards Banquet at GW Hotel (No Noon Meeting)

PROGRAM FOR TODAY

We will hear from Doug Sexton on his GSE trip to the Southern Caribbean.

GOLF TOURNAMENT...POSTPONED AGAIN!



Our flood-delayed and now rain delayed Golf Tournament is re-scheduled for this coming MONDAY...it's not too late to sign up for a fun round of golf OR SPONSOR A HOLE! Check with Don Louque.

COMING UP...BINGO TO FIGHT ALZHEIMER'S!!!!

In lieu of storing all the wonderful Bingo Prizes collected for the cancelled Apple Harvest Festival, we are having a **Community Bingo Event** at the Frederick County Fairgrounds in the Whitacre Building on **October 28th** starting at 1:00pm. *Come join the fun.*



AWARDS NIGHT - November 1st



Our **Annual Awards Night** is Thursday evening, **November 1st**. There will be **no noon meeting** that day and this is an attendance event. Please see Nancy Davis to sign up. We are trying to get a good head count.

NEW YEARBOOKS

2018-19 Yearbooks are ready...pick up yours at the Sergeant-at-Arms desk. *For the safety of all*, please dispose of your old yearbooks by shredding or burning...or bring them to a meeting and we will take care of shredding.

Walk with us & Help Alzheimer's Research

Jamie Karalis reminded the club to sign up to walk or make a contribution to support the Rotary team at the **Walk To End Alzheimer's on October 27th** at 10 am at the MSV.

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

ALSO join us at the **Crush Wine Bar Charity Dinner** on the 28th to benefit Alzheimer's research. More details today!

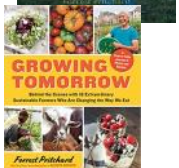
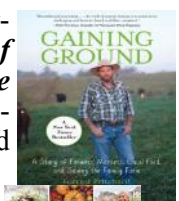
OUR LAST PROGRAM

Forrest Pritchard grew up in Berryville on his family's seventh generation farm. Upon returning from college in the mid 90s, he took over the family farm that was primarily growing GMO corn and soybeans, hoping to make the land profitable for the first time in decades. On his first harvest day, five tractor-trailer loads of grain reaped a meager profit of \$18.16, he then realized the farm must radically change course. Not wanting to see the land sold for development, he set out to make the farm sustainable. The following season, he devoted himself to farming organically and sustainably, raising free-range cattle, pigs, sheep, goats and chickens on pasture. They use no antibiotics or hormones, no commercial chemicals of any kind on the farm. Now they have a farm store on site selling the wonderful products of Smith Meadows.

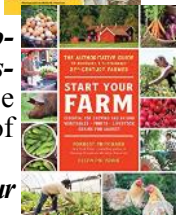


More than twenty years later, his farm Smith Meadows is one of the oldest "grass finished" farms in the country, and sells at leading farmers' markets in Washington DC and surrounding areas.

Chronicling his farming adventures, Forrest's 2013 book *Gaining Ground, A Story of Farmers' Markets, Local Food and Saving the Family Farm* was named a top read by Publishers Weekly, The Washington Post and NPR's The Splendid Table, and made the New York Times Bestseller list. In it he tells of his day to day trials and tribulations...entertaining the reader with stories of farm living while presenting a real view of what it takes to put good food on the table. Some things he tried worked...some didn't.



He followed this in 2015 with *Growing Tomorrow, a behind-the-scenes visit with 18 sustainable farmers from across the country*. The book was a finalist for independent cookbook of the year.



Forrest's newest book is titled *Start Your Farm: The Complete Beginner's Guide to Establishing a Successful Farm*. Debuting in Fall 2018.

WELCOME NEW MEMBER!

Jonathan Reimer is our newest Rotary member...he is sponsored by Paul Magness and Cary Claytor. Take a minute to welcome him to our club.



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 - Warren County Community Center - 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 10-11

Dana Evans	Deborah Langfitt	Steve Straight
William Aikens	Carolyn Fitzwater	Patty Taylor
Mark Andrews	Robert Frogale	Diana Thorne
Jenny Baker	Krista Gibbs	Ajay Virmani
Jeff Barbour	Phil Griffin	Shane Wagoner
Jean Barch	Phillip Griffin II	Ed White
Jackie Bates	Robert Hall	Ryan Zelaski
Erik Beatley	Dick Helm	Dave Smith
Darcus Breneman	Sven Hlywiak	David Sovine
Kerri Burkhart	Patricia James	Jennifer Stanford

Visitors & Guests Last Week

Tracy Goldizer, guest of Cary Claytor
Tyler Wakeman, guest of Dan Whitacre

**NOTE FROM D.G. GEORGE KARNES:
HURRICANE FLORENCE HELP OPPORTUNITY**

It may not be too late to help Hurricane Florence relief efforts in New Bern, NC. For those wanting to help, members of George Karnes' church have organized a team of about 200 leaving tomorrow - **Friday, October 19th**. They will be working Saturday and Sunday until about noon. The work will vary, but include tree/debris removal, taking furniture, carpet and wet drywall out of homes and general cleaning outside and inside of houses. There's a command center already setup and teams of 7-8 will work together.

If you need transportation, we can help with that. For those who are interested, let me know and I can direct you to a website to register and you can get a list of tools you might need. Three things to be aware of.

- 1. You will most likely be camping. We have a camping area setup at one of our church buildings with working toilets and showers. Some hotel rooms can still be booked but are in short supply.**
- 2. You will need to bring or plan to buy your own food. Most stores are open with supplies.**
- 3. You may bring children, but they must be at least 14 years of age.**

This is a great service opportunity. Check with President Paul if you are interested in helping.

COATS FOR KIDS

John Tyson is looking to add folks to the **Coats for Kids** team to further the work in this very worthy Rotary project. Can you help?

Puerto Rico Mission Trip...is still simmering

President Paul informed the club that communication between our club and the representatives in Puerto Rico is very challenging so final details have not been completed. The hope is to send interested volunteers down the first week of November but there is a chance that the date will need to be pushed back. Currently we are planning clean-up & painting assistance.

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)

Jean Barch - 9/3 - Bingo Committee Meeting
Darcus Breneman - 8/1 - Clarke County Rotary
Krista Gibbs - 8/20 - Apple Harvest Comm. Mtg
Marc Jaccard - 8/15 - Woodstock Rotary Club
Guss Morrison - 9/30 - Substance Abuse Coalition
Patty Taylor - 10/6 - eClub One
Michael Williams - 10/9 - Frederick 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.

FRONT ROYAL ROTARY

In case you are planning to attend a meeting for a make-up, the Front Royal club has changed their meeting location to the Warren County Community Center.

NEXT BOARD MEETING

Oct. 25 - 6 pm

The meeting will be held at
Winchesater Country Club
All are welcome
& it counts as a Make-up!

Our Last Drawing

Terry Tierney took home \$16 from the raffle but our jackpot continues to grow...today it is \$127. You got to play to win!

**Health Report**

Libba reports that Dick Helm had a pacemaker "installed" and is doing well.

Health Tip

October is Breast Cancer month, get your exams on a regular basis! Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways—

****Keep a healthy weight.**

****Exercise regularly.**

****Don't drink alcohol, or limit alcoholic drinks to no more than one per day.**

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs. Different people have different symptoms of breast cancer. Some people do not have any signs or symptoms at all. Some warning signs of breast cancer are—

New lump in the breast or underarm (armpit).

Thickening or swelling of part of the breast.

Irritation or dimpling of breast skin.

Redness or flaky skin in the nipple area or the breast.

Pulling in of the nipple or pain in the nipple area.

Nipple discharge other than breast milk, including blood.

Any change in the size or the shape of the breast.

Pain in any area of the breast.

Keep in mind that these symptoms can happen with other conditions that are not cancer. See your doctor right away if you have symptoms.

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: 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: Don Karolyi

Reporter: John Huddy