

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 25, 2018

TONIGHT - Board Meeting, Winchester Country Club, 6 pm
SATURDAY - 2018 Walk to End Alzheimer's - Winchester
SUNDAY - **COMMUNITY BINGO** 1 pm, the Fairgrounds
SUNDAY - Crush Wine Bar Charity Dinner
 Nov. 1 - **Awards Banquet at GW Hotel (No Noon Meeting)**
 November 4 - Daylight Savings Ends... Fall Back

PROGRAM FOR TODAY

We will hear from **Ms. Emily Dupre** regarding 'Business Disruption' (how technology is constantly changing the business landscape).

GOLF TOURNAMENT... WE FINALLY HAD GOOD WEATHER!

Our flood & rain delayed Golf Tournament finally had a good day! Don Louque will have a report for us today.



THIS SUNDAY...BINGO TO FIGHT ALZHEIMER'S!!!!

The cancelled BINGO at Apple Harvest is this weekend! We're 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.

Walk with us on SATURDAY & Help Alzheimer's Research

Can you help? 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 there are a few spots left at the **Crush Wine Bar Charity Dinner this SUNDAY** to benefit Alzheimer's research. This is a 5 course Wine Tasting/Gourmet Meal...AND, it's all tax-deductible!



NEWEST MEMBER

President Paul introduced our newest member, Jonathan Reimer, for the first time. Take a minute to welcome him to our club

OUR LAST PROGRAM

Doug Sexton from the Front Royal Rotary Club told us of his experience with the District 7570 Group Study Exchange in April. They visited the Southern Caribbean countries of Trinidad & Tobago, Martinique, Suriname, and Guyana during April and helped drill fresh water wells, clear nature trails among other hands-on projects. He noted that they had 71 Rotary clubs there, with 2200 Rotarians...40% of whom are women.



Doug thoroughly enjoyed his experience and urged members to consider joining future GSE projects.

The Group Study Exchange (GSE) program is a unique cultural and vocational exchange opportunity for business and professional men and women. Rotary districts in different countries are paired to send and receive professional study groups of four team members and one Rotarian team leader to visit for approximately four weeks, staying in the homes of Rotarians when possible.

Launched in 1965, this program has built a successful track record at the personal, community, and international level. With good planning, a goal-driven itinerary, and active participation of dedicated Rotarians, a Group Study Exchange can be an exceptional educational experience for both the visiting GSE team and local Rotarians.



HANDLEY HIGHSCHOOL INTERACT CLUB

We presented the Interact Club with \$500 check for future projects.

Condolences

Our deepest sympathies go out to Irv Shendow and his family on the death of his brother Bill.

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 10-18

| | | | |
|-------------------|------------------|------------------|-----------------|
| William Aikens | Jenny Grooms | Deborah Langfitt | David Sovine |
| Mark Andrews | Dick Helm | John Lewis | Jimmy Stafford |
| Ken Blackwell | Brian Hester | Dan Martin | Karey Starnes |
| Darcus Breneman | Sven Hlywiak | Kit Molden | David Sweeney |
| David Chandler | John Huddy | Kent Mull | Patty Taylor |
| Cary Claytor | Patricia James | Chuck Peterson | Diana Thorne |
| Anthony Crosen | Doug Joyner | Nadine Pottinga | John Tyson |
| Bruce Downing | Jaime Karalis | Ron Price | Lupe Vea |
| Dana Evans | Dwight Kemp | Mike Richardson | Ben Weber |
| Carolyn Fitzwater | David Kent | Earl Riddick | William Whirley |
| Robert Frogale | Steven Kent | Tootie Rinker | Stuart Williams |
| Phil Glaize | Geraldine Kiefer | Sue Scarborough | Ryan Zelaski |
| | Pat Kofalt | Dave Smith | |

Visitors & Guests Last Week

Handley Interact Group, club guests
Doug Sexton visiting from Front Royal Rotary, Speaker
Keith Towers, guest of Laurie Roby

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.

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.



RARE BOURBON TASTING...in the works



Dave Kelly of Café Del Sol is planning a benefit for November 17th. It will feature a 5 course meal...each course paired with fine Bourbons. Maximum of 20 people. Cost is a tax deductible \$150 per person. See Dave or President Paul to sign up.

DISCLAIMER

*We don't make this stuff up! (Ok, maybe a little bit.)
Information contained herein is obtained from our members who are fairly accurate most of the time.*

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)

Jenny Baker – 9/21 – Board Meeting
Darcus Breneman – 9/3 – Bingo Committee Mtg
John Huddy – 10/11 – PR Committee Meeting
Jaime Karalis – 8/8 – Golf Committee Meeting
Geraldine Kiefer – 10/16, Rotary of East Aurora, NY
Pat Kofalt – 8/23 – Golf Committee Meeting
Kit Molden – 9/20 – Golf Committee Meeting
Michael Richardson – 9/23 – Golf Committee Mtg
John Tyson – 9/13 – Bingo Committee Meeting

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.

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

Winchesater Country Club

All are welcome

& it counts as a Make-up!

Our Last Drawing

John Tyson took home \$16 from the raffle but our jackpot continues to grow...today it is \$144. You got to play to win!

Health Report

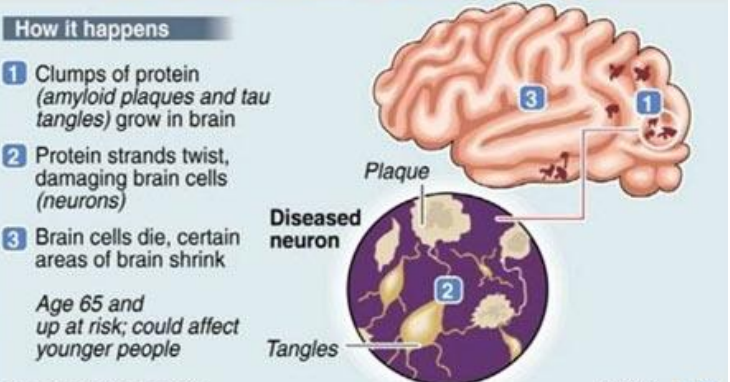
Libba reports that Dick Helm is doing well as he continues to recover from his pacemaker surgery.

Health Tip

Libba reported on several things that can help prevent Alzheimer's. Remember: "S H I E L D"

- #1 - **S**leep - adequate sleep...at least 7 hours
- #2 - **H**andle stress ...keep it to a minimum if possible
- #3 - **I**nteract with people
- #4 - **E**xercise...8000 steps per day or more
- #5 - **L**earn new things, keep your mind active
- #6 - **D**iet...Eat lots of healthy vegetables, greens & beans

Alzheimer's disease



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Treasurer

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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: