

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

March 7, 2019

SUNDAY - Daylight Savings - Turn clocks forward
 March 15-17 - District 7570 Conference at The Homestead Resort, Hot Springs, VA
 March 23 - Kaleidoscope
 March 28th - Board Meeting
 April 4-6 - PETS at Hotel Roanoke

TODAY

We'll hear from Cameron Varno - Electron Microscopy - Understanding Breast Cancer.

104th ANNUAL DISTRICT CONFERENCE

IS NEXT WEEK! The conference is March 15-17. You Can Still Join us! There may be a few spaces left for first time attendees who will enjoy paid registration and one night paid by the Club. Also, a couple of one night paid spots for those who have previously been to a District Conference. Sign up today and show your support for our District Governor, George Karnes.

Not ALL business...FUN too! Great Speakers, Great Music, Great Fellowship. This year our Club dinner gathering will likely fall on Friday evening. There may still be a few seats left for the Beer and Scotch Tasting. We still have shirts and backpacks available. **PLUS**, Gary Chrisman will be **Paddling for Polio** on the Shenandoah River inside the Commonwealth Room at the Homestead! With his goal of \$1,000+, he's looking for sponsors.

ALSO this year we'll have open table dinner reservations, suite surfing, a memorial service on Sunday morning, awards sprinkled throughout the event and free video games and/or bowling Friday & Saturday evening. Tootie Rinker is seeking volunteers to help with Sergeant-at-Arms duties.

Scott Arthur reminded us there are still numerous sponsorship opportunities. Businesses can donate by contributing promotional items to the Goodie Bags that will be given to all conference attendees.

KALEIDOSCOPE - MARCH 23rd

TICKETS NOW AVAILABLE from Jenny Baker. **The Kids Clubs**, will be this year's Kaleidoscope beneficiary. The funds will be used to remodel their kitchen and install security cameras. Kit Molden & Dan Whitacre are seeking donations for the Kaleidoscope auction.



Our Program Last Week

Jim Douglas, a Rotarian from New Market, presented the topic *Who Packed Your Parachute?*



This topic was originally presented by Charles Plumb, a U.S. Naval Academy graduate, who served as a jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Later in life, he met the man who packed his parachute. Before that meeting, Mr. Plumb learned to survive repeated beatings and interrogations. Four dimensions bolstered his survival: physical strength, mental toughness, emotional stamina, and spiritual resources. While in prison camp in Vietnam, he communicated with other prisoners via an alphabet-coded, tapping system, which mitigated his solitude. When the Red Cross began camp visits and mail began to arrive, conditions improved. Eventually Charles Plumb returned home in 1972, remarried and began a lecture circuit.

Jim Douglas, now retired, has worked as a 4H, Agriculture agent, and Community Development Director. He spent 20 years in Alaska. Noting that 74% of all employees are dissatisfied with their work, he asks who packs our parachute. How do we find fulfillment? He esteems Rotary for the role it plays in community. ***"If you live without making a difference; what difference does it make if you live?"***



You are the Missing Piece . . .

Invite a friend or colleague to Rotary . . . on us!

Our club is only as strong as its members, and we always need a few more of them! Ask for our "Missing Piece" cards at the Sergeant at Arms table. . . and bring a friend or business associate to lunch.

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 2-28

William Aikens	Carolyn Fitzwater	Kent Mull	Michelle Thomas
Lori Bales	Melissa Fortner	Adrian O'Connor	Diana Thorne
Jackie Bates	Rob Frogale	Ron Price	Lupe Vea
Kerri Burkhardt	Jenny Grooms	Jonathan Reimer	Ajay Virmani
Paul Burkholder	Richard Irvin	Earl Riddick	Daniel Whitacre
Anthony Crosen	Marc Jaccard	Tom Rockwood	Michael Williams
Nancy Davis	Don Karolyi	Jeannie Shiley	Stuart Williams
Bruce Downing	John Lewis	Dave Smith	Ryan Zelaski
Dana Evans	Todd Lilley	Jenny Stanford	
	Bob Mitchell	Brandon Thomas	

Make-ups* (Date & Function Attended)

Jenny Baker – 1/8 – Kaleidoscope Meeting
 Jeffrey Barbour – 2/28 – Board Meeting
 Anthony Crosen – 1/22 – Kaleidoscope Meeting
 Phil Griffin – 2/12, 13, 19 – Rotary of Napier, FL
 Marc Jaccard – 2/27 – Rotary of Woodstock
 Larry Weiss – 2/6 – Rotary of Hagerstown

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.

Visitors & Guests Last Week

Alexis LaPorte, guest of Daucus Breneman
 Judith Falu, guest of Jhon Tyson
 Jim Douglas, guest speaker from New Market Rotary

Comings & Goings Welcome New Members!

Patricia James	Brandan Thomas	Emily Hahn
Ben Rothermel	Robby Barch	Sherry Hudson
Lupe Vea	Billy Whirley	Christopher Merchant
Krista Bednarski-Gibbs		

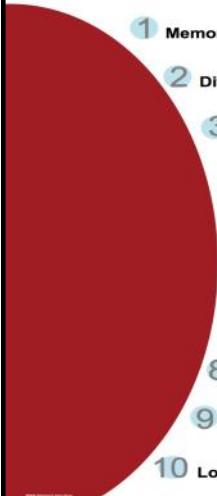
As we welcome our many new club members, we remember those Rotarian friends who have recently left us, moved, retired or resigned since January 2018.....they are all missed.

Ron Miller	Patricia James	Mark Andrews
Katie Childress	Nadine Pottinga	Bill Bennett
Kevin Callanan		

RIP: Tom Baker, Bob Edwards & Don Jones

Recently President Paul asked if members are considering leaving Rotary, please contact him first. A solution may be available to continue your membership. Several new ideas are in the works.

DO YOU KNOW?
The 10 warning signs of Alzheimer's disease



- 1 Memory loss
- 2 Difficulty performing familiar tasks
- 3 Problems with language
- 4 Disorientation to time and place
- 5 Poor or decreased judgment
- 6 Problems with abstract thinking
- 7 Misplacing things
- 8 Changes in mood or behavior
- 9 Changes in personality
- 10 Loss of initiative

No one is so old as those who have outlived enthusiasm.

~Henry Thoreau

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)

NEXT BOARD MEETING

MARCH 28 - 6 pm

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

New Area Club in the works

President Paul announced that a new club is coming soon to our area. It will be aimed at Millennials and those who are on the move and can't attend a regular Rotary meeting. It will meet a couple times a month at different venues around the Tri-County area. Stay tuned!

HEALTH REPORT

>> **Neile Martin** was welcomed back to the Club after attending funeral services for her brother in Boston.

Health Tip

Libba announced **Dress in Blue Day** honors victims of colon cancer. If you are 50 or more years old, be sure to get screened for colon cancer. Early detection can make a difference!

Last Week's Drawing

Ben Rothermel won \$21 in our raffle...The jackpot today is at \$94.

**Rotary Rummage Sale - NOW Year-round Collection!**

It's never too early to be thinking about our Rummage Sale. Dave Kent says there is now a year-round trailer at Frogale Lumber ready to accept your rummage for the 2019 Rotary Rummage Sale. Our trailer is on the left side of Arbor Court across from the Frogale administrative offices where the trailer used to be housed. It's at the end of the row. Look for the Rotary sign on the steps.

**Did you know?**

Your weekly Cog Wheel newsletters are online at the Winchester Rotary website...and you don't need to login to read them. **AND THEY'RE IN COLOR!**

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, Jaime 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, Malinda Henkel, Don Karolyi, Tom Maccubbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight

Photos: Melinda Henkel

Reporter: Mary Braun