

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?



BE THE INSPIRATION

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 14, 2019

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

April 11 - Evening Social at Country Club...**No Noon Meeting**

TODAY

We'll hear from Mike Williams and his trip to Ghana.

104th ANNUAL DISTRICT CONFERENCE

LAST CHANCE...STARTS FRIDAY! 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.

After the paddling on Friday the Homestead is featuring dinner and a movie...if you haven't made dinner plans yet, head on down to Regency and have a fabulous buffet dinner and enjoy the movie **Breathe**. This film is a marvelous story about a Polio Hero. Dinner includes Prime Rib, Trout and other Homestead goodness. The cost is \$39.00 for Conference Attendees. That is \$10 off the regular price of \$49.00. Register and pay directly with the Homestead we are looking forward to seeing you.



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 looking for volunteers to help with Sergeant-at-Arms duties.

Our Program Last Week

Our speaker last week was **Cameron Varano**, a Research Assistant Professor in biomedical engineering at Penn State. Cameron holds a Ph.D., in structural biology. Her research focuses on how protein structure informs therapeutic design using cryo-electron microscopy.



Her working life began here in Winchester at the Handy Mart on Boscawen Street, serving up the 32 flavors of Baskin Robins. This may explain how she was able to make a complicated subject understandable to our group. Cameron is the daughter of Rotarian Paul Burkholder and his wife Ann.

Dr. Varano explained electron microscopy and how her team is using it to understand breast cancer at the atomic level. Focusing on cancer at the protein level allows treatment to be personalized and targeted, as opposed to the broader and more disruptive chemotherapy. This approach can also be used in the treatment of other cancers, such as pancreatic.

Looking to the future, Dr. Varano says that like diabetes, cancer will be managed rather than cured.

CLUB SHOWCASE

Instead of a noon meeting on **Thursday, April 11th**, we will be holding a social event here at Winchester Country Club, to showcase our club and introduce members of our community to Rotary. The event will be 6 to 8 PM. Please invite a friend or colleague to join us and learn more about how Rotary is doing good in Winchester and in the world.



KALEIDOSCOPE - MARCH 23rd

This is your last chance to purchase tickets. See Jenny Baker today if you haven't purchased yours yet. The Kids Clubs will be this year's Kaleidoscope beneficiary. The funds will be used to remodel their kitchen and install security cameras. We could still use donations for the Kaleidoscope auction.



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 3-7

William Aikens
Debbie Aldridge
Scott Arthur
Jackie Bates
Erik Beatley
Don Butler
Tom T. Byrd
David Chandler
Julia Connell
Anthony Crosen
Nancy Davis

Bruce Downing
Dana Evans
Carolyn Fitzwater
Rob Frogale
Phil Griffin, II
Jenny Grooms
Dick Helm
Brian Hester
Sven Hlywiak
Heather Hovermale
Jaime Karalis
David Kelly

David Kent
John Lamanna
Chris Lewis
Bob Mitchell
Kit Molden
Kent Mull
Ron Price
Jonathan Reimer
Laurie Ann Raoby
Tom Rockwood
Jeannie Shiley
Dave Smith

Jay Smith
Diana Thorne
Lupe Vea
Ajay Virmani
Ben Weber
Larry Weiss
Ed White
Michael Williams
Ryan Zelaski

Visitors & Guests Last Week

Ann Burkholder, guest of Paul Burkholder
Joe Dellisanti, guest of Paul Burkholder
Dallas Croft, guest of Paul Burkholder
Robin Cardillo, guest of Jenny Baker

Newest Rotarian

Congratulations and welcome to **Kim Blosser**, who was inducted into Rotary at last week's meeting. Her sponsors were Irv Shendow and Dick Wiltshire. Kim is the president of Lord Fairfax Community College.



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!



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.

Helping Hands Needed

President Paul is organizing a trip to help the New Bern, North Carolina Rotary Club tear down old buildings, do electrical and other construction work. The trip will be April 12th, 13th and 14th. See President Paul to find out more and sign up.

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)

Tom T Byrd - 2/26 - Clarke County Rotary
Linda Coffman - 3/5 - Frederick County Rotary
Julia Connell - 2/28 - Board Meeting
Anthony Crosen - 2/19 - Kaleidoscope Meeting
Nancy Davis - 3/6 - International Affair Meeting
Phil Griffin, II - 12/18 - Strasburg Rotary
Emily Hahn - 3/6 - International Affair Meeting
Dick Helm - 3/6 - International Affair Meeting
Sherry Hudson - 3/6 - International Affair Meeting
David Kelly - 3/6 - International Affair Meeting
Dwight Kemp - 2/28 - Board Meeting
David Kent - 2/13 - Rummage Sale Pick Up
Darla McCrary - 3/2 - GSE Meeting
Benjamin Rothermel - 2/28 - Board Meeting
Jimmy Stafford - 3/6 - Clarke County Rotary
Daniel Whitacre - 3/5 - Kaleidoscope Meeting
Ridge White - 3/6 - International Affair Meeting

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

MARCH 28 - 6 pm

The meeting will be held at Winchester Country Club

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

HEALTH REPORT

>> Welcome back **Gerry Keefer**.

>> Congratulations to **Diane Ruckman** on the birth of her granddaughter .

Health Tip

Libba informed us that March is **Peanut Month**. Peanuts are not really nuts, they are actually legumes. Along with beans and peas, they belong to the single plant family, Leguminosae. Legumes are edible seeds enclosed in pods.



Archaeological evidence shows that humans have been eating them for at least the past 8000 years. Peanuts are low in carbs and sugar and can help combat diabetes because they help stabilize blood sugar. They also may prevent gallstones and depression, improve memory, your skin and lower your chances of stroke and stomach cancer. Pregnant women can prevent allergies in their babies by eating peanuts during pregnancy. So, eat your peanuts!

Last Week's Drawing

Don Stewart won \$8 in our raffle. Today's jackpot is \$103.



Travel Lodge Award

Congratulations to Libba on winning the coveted Travel Lodge award for March!

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: Chuck Peterson