

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 28, 2019

TOMORROW - Board Meeting 6 PM
 April 4-6 - PETS at Hotel Roanoke
 April 7 - 11 am – Our annual tree planting with the Interact Club of Handley High School.
 April 11 - Evening Social at Country Club... **No Noon Meeting**
 April 20 - Hands Against Hunger – 9 AM Sherando HS
 April 25 - Club Keg Party *to benefit Alzheimer...at Dick Kent's Home*

TODAY - NEW MEMBER TALKS
 We'll hear from two of our newest members and they'll share their story on what led them to Rotary.

KALEIDOSCOPE... a good time was had by ALL!
 Today we'll hear about the highlights of our Kaleidoscope event held last Friday evening. The Kids Clubs of Northern Shenandoah Valley is the beneficiary this year.



Our Program Last Week
 With Polio nearly eradicated, Rotary is turning its attention to Alzheimer's disease. Last week's speaker, **Susan Drew**, shared her experience dealing with her husband's descent into early onset dementia. He is suffering from Frontotemporal dementia, or FTD.



Early onset dementia is often missed by doctors. The behavior changes begin subtly and then become more extreme over time. People suffering from this form of dementia usually don't believe they have it. The typical age range for an FTD diagnosis is 40-60, and it is hitting younger, faster and harder.

Initial behaviors include lying about spending, increased alcohol consumption, and inappropriate social behavior. The condition eventually declines into inability to use the phone, to cook, bath, dress or eat. FTD is ultimately terminal.

Susan said that the past couple of years have been like living with a ghost. However, she occasionally sees "the wires connect" and can tell her husband is still there.

She said ways you can help a person suffering from dementia is to offer your support. Just saying "hi" and offering to shake their hand can make a difference.

Caregivers are under tremendous pressure which can lead to depression and exhaustion. **The Adult Day Care Center** provides much needed relief. Susan said they do an amazing job.

Online help groups are also especially valuable to people in rural areas where there are fewer support groups. If you know someone who is a caregiver, you can help simply by taking them out for coffee. **Don't just offer to help, actually do it!**

CLUB SHOWCASE
 On Thursday, April 11th, instead of a noon meeting 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.



Need to make-up an absence? Check out these area club meetings:

Clarke County - Wednesday Lunch - Berryville Presbyterian Church - Noon	New Market - Wednesday Lunch - The Shenvalle - 12:10 pm
Charles Town - Tuesday Lunch - Jefferson Hospital - 12:15 pm	Purcellville - Thursday - Bethany United Methodist Church - 7:00 am
Frederick County - Tuesday Breakfast - Westminster Canterbury - 7:30 am	Strasburg - Tuesday Noon - Strasburg Moose Lodge - Noon
Front Royal - Friday Lunch - Warren County Community Center - Noon	Warren Co. - Wednesday Breakfast - Front Royal Golf Club - 7:00 am
Hagerstown - Wednesday Lunch - Venice Inn - 12:15 pm	Warrenton - Thursday Lunch - Stoneridge Events Center - 12:15 pm
Leesburg - Thursday Evening - Rivercreek Country Club - 6:00 pm	Woodstock - Wednesday Lunch - Woodstock Moose Lodge - 12:05 pm

Absentees 3-21

William Aikens
Loir Bales
Jackie Bates
Ken Blackwell
Kim Blosser
Mary Braun
Don Butler
David Chandler
Anthony Crosen
Nancy Davis
Marie Di Lorenzo
Bruce Downing
Dana Evans

Carolyn Fitzwater
Paul Frank
Rob Frogale
Phil Griffin II
Jenny Grooms
Dick Helm
Brian Hester
Sven Hlywiak
Sherry Hudson
Marc Jaccard
Dwight Kemp
Steven Kent
Deborah Langfitt
Chris Lewis
Neile Martin

Darla McCrary
Chris Merchant
Bob Mitchell
Kit Molden
Kent Mull
Adrian O'Connor
Ron Price
Jonathan Reimer
Mary Riley
Laurie Ann Roby
Sue Scarborough
Jeannie Shiley
Jenny Stanford
Chris Starnes
Bob Stieg

David Sweeney
Patty Taylor
Diana Thorne
Lupe Vea
Ajay Virmani
Shane Wagoner
Ben Weber
Larry Weiss
Ridge White
Jim Youngblood
Ryan Zelaski
Williams
Ryan Zelaski

Make-ups* (Date & Function Attended)

Kerri Burkhart – 3/5,15 – Kaleidoscope Meetings
Anthony Crosen – 3/12 – Kaleidoscope Meeting
Paul Frank – 3/17 – District Conference
Dick Kent – 3/16 – District Conference
John Lamanna – 3/19 – Frederick County Rotary
Don Louque – 3/16 – District Conference
Darla McCrary – 3/17 – District Conference
Kit Molden – 3/14 – Kaleidoscope Meeting
Roy Schwarz – Frederick County Rotary
Patty Taylor – 3/17 – Frederick County Rotary
Billy Whirley – 3/21 – PR Committee Meeting
Ridge White – 2/28 – Board 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.

Visitors & Guests Last Week

Ernie Bliss, visiting from Martinsburg Rotary
James Imoh, guest of Tracey Crim
Judith Falu, guest of John Tyson
Robin Cardillo, guest of Jenny Baker
Lisa Mayfield, guest of Cary Claytor

Newest Rotarians

Stop and take a minute to welcome our newest members: **Kim Blosser & Kevin McKinnon.**

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 - Keep those treasures coming!

Dave Kent says there is now a 2nd trailer at Frogale Lumber ready to accept more rummage for the 2019 Rotary Rummage Sale. The trailers are on the left side of Arbor Court across from the Frogale administrative offices. They're to the left of Gate 7. 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.



HEALTH REPORT

Libba reported that for the second week in a row we are a healthy bunch! Keep up the great work.

LIBBA'S HEALTH TIP:



Your kidneys filter your blood, removing waste, drugs, and other toxins. Kidneys also release hormones and control red blood cells.

Kidney disease (CKD), is a condition that 1 in every 7 adults in the United States has. This number also includes people with end stage renal disease (ESRD) who need dialysis or a kidney transplant.

Diseases that can damage your kidneys are diabetes and high blood pressure. Symptoms include swelling of hands and feet. Fortunately, we are born with two kidneys. Since that's one extra for most of us, kidney transplants are the most common organ transplant.

Last Week's Drawing

Pat Kofalt held the winning ticket and donated his \$8 winnings to **The Adult Day Care Center.** The jackpot is up to \$121 today.

President's Point to Ponder

Paul reminded us to not only forgive but to judge not, lest we be judged... Rotary, like life, should be about learning from our mistakes. So refrain from re-hashing yours and others' past history. Learn from it and move on.....

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)

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

NEXT BOARD MEETING
TONIGHT - 6 pm
The meeting will be held at Winchester Country Club
All are welcome & it counts as a Make-up!