

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

April 4, 2019

- 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*
- Apr 25* - **Board Meeting conducted via email due to Keg Party**

TODAY

We'll hear from Sonja Carlborg about the Appalachian Trail.

CLUB SHOWCASE - NEXT THURSDAY NIGHT

There will be no noon meeting next week. Instead, that evening we will showcase our club to the community and prospective members. The event is 6 to 8 PM at Winchester Country Club. Bring a neighbor, a friend, a co-worker and we will share with them how Rotary is doing Good in the World.



KALEIDOSCOPE... a good time was had by ALL!

William Aikens reported that this year's event was a success. He thanked everyone who helped make it happen, with special acknowledgement to Kit Molden and Don Butler who donated the \$10,000 in proceeds from their winning tickets to the Kaleidoscope beneficiary The Kids Clubs of Northern Shenandoah Valley. A full report on the results of Kaleidoscope will be coming soon.



Rotary Rummage Sale - Keep those treasures coming!

Dave Kent reminded us that this year's rummage sale will again be a two-day event, June 8th & 9th. In past years we have had access to the facility a month in advance. This year we only have access two weeks before the sale. We have a lot to in a short time.



Dave and his committee are seeking suggestions for the beneficiary of this year's Rummage Sale.

Our Program Last Week

Emily Hahn is originally from Savannah, Georgia. Her mother was a dietician and her father a pathologist, which meant she grew up hearing what to eat and not to, and to wear plenty of sunscreen.



Emily's first experience with Rotary was through participation in the youth leadership conference in Savannah. This inspired her to start a reading club in a nearby town. She still has the T-shirt from the leadership conference!

She went on to graduate from Wellesley College in Boston, where she was inspired by their slogan which translates to "Not to be served, but to serve". Emily sees a natural connection between that and Rotary's Service Above Self. Emily began her professional life as an accountant but soon discovered that she didn't love spreadsheets. She then returned to school and became a dentist. She is a periodontist and loves the fact that she gets to help people with their smiles.

Krista Gibbs was born in Wilmington, DE. She moved to North Carolina to attend Duke University, where she majored in psychology. It was there that she discovered her love of basketball, and met her future husband. She later moved to Philadelphia and earned a masters degree in social work from Bryn Mawr. Krista also lived in Oklahoma City, and Nashville, before moving to Winchester 20 years ago.



Krista's professional life has been based on counseling, but she has also worked in the medical field. She began by working in the ER and ICU units of an acute care hospital, and then moved into counseling at a rehabilitation hospital where she helped people with brain and spinal injuries. She now has her own counseling practice based at Selma Medical Associates. Her practice includes grief counseling, helping people adjust to disabilities, and working with PTSD cases such as fire fighters, first responders and veterans. She is also on site at Westminster Canterbury one day per week.

Before joining Rotary last May, Krista served as a Girl Scout leader for 17 years. She still stays in touch with many of the girls and enjoys hearing how their adult lives are going.

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 3-28

Debbie Aldridge
Scott Arthur
Jenny Baker
Loir Bales
Jean Barch
Jackie Bates
Ken Blackwell
Kerri Burkhardt
Don Butler
Tom T. Byrd
Tom W. Byrd
David Chandler
Cary Claytor
Nancy Davis

Bruce Downing
Dana Evans
Carolyn Fitzwater
Melissa Fortner
Rob Frogale
Wilson Gilbert
Jenny Grooms
Dick Helm
Heather Hovermale
James Imoh
Dwight Kemp
Geraldine Kiefer
John Lamanna
Chris Lewis
Dan Martin

Neile Martin
Chris Merchant
Kent Mull
Adrian O'Connor
Ron Price
Earl Riddick
Laurie Ann Roby
Ben Rothermel
Sue Scarborough
Karen Schultz
Roy Schwarz
Jeannie Shiley
Terry Sinclair
Dave Smith
Jimmy Stafford

Jenny Stanford
Bob Stieg
Martin Tabaka
Brandan Thomas
Michelle Thomas
Lupe Vea
Ajay Virmani
Shane Wagoner
Ben Weber
Larry Weiss
Daniel Whitacre
Stuart Williams
Ryan Zelaski

Make-ups* (Date & Function Attended)

Scott Arthur – 3/15 – Kaleidoscope Meeting
Jenny Baker – 3/6 – International Affair Meeting
Kimberly Blosser – 3/18 – Rotary of Luray
Chris Lewis – 3/26 – Frederick County Rotary
Larry Weiss – 3/20 – 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.

NEXT BOARD MEETING
Apr 25* conducted via email due to Keg Party

Did you know?

There are more than 1.2 Million Rotarians all over the world in more than 33,000 Rotary Clubs in more than 200 countries in all geographic areas.

Newest Rotarians

If you haven't done so yet, be sure to introduce yourself to our newest Rotarians, **Kim Blosser** and **Kevin McKinnon**.

Queens Dinner

Dee Dee Barbour reminded us that the Village At Orchard Ridge Queens Dinner is Thursday, May 2nd. Attending this event counts as a make-up. See Dee Dee for information on tickets.



Little Theatre Night

Marie DiLorenzo announced that the play for this year's Winchester Little Theatre night will be a female version of **The Odd Couple**. The event will be May 9th.

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.



HANDS AGAINST HUNGER COLLECTION

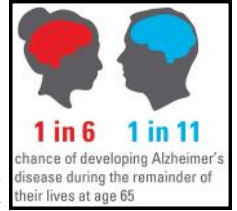
Today we will pass the official hat for donations in support of Dan Martin's **Hands Against Hunger** event which will be held on April 20th at 9 AM at Sherando High School.

HEALTH REPORT

Libba reported that Brandon Thomas' 3 year old son is ill.

LIBBA'S HEALTH TIP

As follow up to last week's speaker, and in keeping with Rotary's increasing focus on Alzheimer's, Libba shared some early warning signs. They are spotty recollection of recent important events, difficulty in dealing with finances, getting lost while driving a familiar route, loss of interest in hobbies, trouble planning ahead, and difficulty sleeping.



Last Week's Drawing

Dick Kent drew the 5 of spades, pocketing a cool \$6. Don't spend it all in one place Dick! The jackpot comes in today at \$127.



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 rehashing yours and others' past history. Learn from it and move on.....

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!

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: _____

President Paul Magness
President-Elect Cary Claytor
Secretary Dick Kent
Treasurer 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