

- 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 18, 2019

SATURDAY - 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**
 May 2 - Queen's Dinner (No Noon Meeting)
 May 9 - Winchester Little Theater Night
 June 8 & 9 - 8th Annual Rummage Sale
 June 13 - Shrimp Feed, Izaak Walton Park (**No Noon Meeting**)

TODAY

It's 2 for 1 Thursday - we'll hear from the James Wood Interact club and have time for a New Member talk.

HANDS AGAINST HUNGER

Don't forget this Saturday is **Hands Against Hunger** food packing event at Sherando High School. Dan Martin is looking for some willing volunteers to assist with the packaging...it only lasts a few hours. We'll pass the hat again today in support of this event so please give what you can. A little change and a bit of your time, can go a long way toward alleviating hunger in young people worldwide.



CLUB SHOWCASE - LAST WEEK

Thanks to everyone who helped showcase our club at last weeks evening meeting. Hopefully this will encourage some new members. Please follow up with your guests and invite them to future meeting.

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 do in a short time.

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



Our Last Program

Our speaker was **Sonja Carlborg**, a former Rotarian and Front Royal resident who works as a consultant for environmentally-conscious nonprofits. She spoke about the Appalachian Trail and how she hiked all 2200 miles of it at age 42.



The AT is part of the National Park Service and represents the oldest volunteer-managed conservation project in the U.S. The original plans for the AT were introduced in 1921 and the trail was completed in 1937. The original intent was to give residents of the 14 Eastern states that contain it a chance to escape the increasing urban sprawl of nearby cities. Of the thousands of people who register as thru-hikers every year, approximately one-in-five completes the trek within a 12-month period. Half of all AT hikers are local residents taking short day hikes or walking their pets.

Sonja's 8-month journey on the trail restored her faith in humanity as she met many generous people who were only too happy to assist her in her journey. The epic trek also proved to her that the Shenandoah Valley is one of the most beautiful landscapes in the world. Parts of the trail in the Shenandoah Valley are endangered, however, by overdevelopment. Like Libba's weekly health tip, Sonja encouraged more people to get out and walk, especially on the Appalachian Trail. She recommended a local 9-mile stretch between Bears Den (just off Rt. 7 at the top of Mount Weather) and Blackburn for anyone wanting a way to start.

Ever stop to think and forget to start again?

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 4-4

William Aikens
Jackie Bates
Erik Beatley
Mary Braun
Kerri Burkhart
Anthony Crosen
Marie DiLorenzo
Bruce Downing
Dana Evans
Carolyn Fitzwater
Rob Frogale

Wilson Gilbert
Phil Griffin
Jenny Grooms
Emily Hahn
Robert Hall
Dick Helm
Brian Hester
Sven Hlywiak
Alex Iden
Richard Irvin
Dwight Kemp
Steven Kent

John Lamanna
Chris Lewis
Darla McCrary
Bob Mitchell
Kit Molden
Kent Mull
Adrian O'Connor
Ron Price
Ken Rice
Earl Riddick
Tom Rockwood
Sue Scarborough

Roy Schwarz
Jeannie Shiley
David Sovine
Martin Tabaka
Patty Taylor
Diana Thorne
Lupe Vea
Ben Weber
Daniel Whitacre
Ridge White
Dick Wiltshire
Ryan Zelaski

Make-ups* (Date & Function Attended)

Jean Barch – 3/23 – Kaleidoscope
Anthony Crosen – 3/16 – Kaleidoscope
Phil Griffin – 3/27 – Frederick County Rotary
Phil Griffin II – 3/28 – Joint Civic Dinner
Alex Iden – 3/28 – Joint Civic Dinner
Chris Lewis – 4/2 – Frederick County Rotary
Diane Ruckman – 4/4 – Rummage Sale Meeting
Karey Starnes – 4/4 – Rummage Sale Meeting
David Sweeney – 3/28 – Joint Civic Dinner
Ridge White – 4/4 – Rummage Sale Meeting
Dick Wiltshire – 3/23 – Kaleidoscope Prep

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 April 4th

Tiffany Cadoree, guest of Don Butler
Anna Green, guest of David Kent
Dave Miles, guest of John Elrick
Robin Cardillo, guest of Jenny Baker
Lexis LaPorte, club guest

New Rotarian

We welcome our newest Rotarian! **Alexis LaPorte**, was inducted last week. Be sure and give her a hearty Rotarian welcome today!

AND, if you haven't done so yet, be sure to introduce yourself to our other new Rotarians, **Kim Blosser** and **Kevin McKinnon**.



Queens Dinner

The Village At Orchard Ridge Queens Dinner is Thursday, May 2nd. Attending this event counts as a make-up. Tickets are buy-one, get-one-free and cost \$35....see Don Louque or Dee Dee Barbour.



Apple Blossom Float

Wilson Gilbert is looking for more kids to ride the club's float in the Apple Blossom Festival Grand Feature Parade. He needs approximately 8-10 of the little critters, so talk with him or Gary Chrisman if you're interested.



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.



HEALTH REPORT

Brandon Thomas's three-year-old son is doing well after receiving medication for his illness. Earl Riddick's wife recently had surgery.

LIBBA'S HEALTH TIP

Libba mentioned that Friday, April 5th was National Walk to Work Day, so even if you can't make it all the way to work, try walking for 30 minutes a day. It will improve your mood, your health, and your relationships with people who need a break from you.....



Last Week's Drawing

John Copenhaver won a handy \$15 last week, but drew the king of hearts and thus was denied the big jackpot and an early retirement....it comes in today at \$142.



President's Point to Ponder

Paul cited a recent news clip he saw on prison reform and urged our membership to embrace the membership changes that are coming about this month. Most notably, the addition of two new membership classifications, Associate membership and Corporate membership. Stay tuned, and keep an open mind.....

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: _____

(Turn in at Sergeant at Arms Desk)

President
President-Elect
Secretary
Treasurer

Paul Magness
Cary Claytor
Dick Kent
John Elrick

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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: Dave Smith