

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?



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 Visit The Rotary Club of Winchester website at www.rotaryclubofwinchester.org
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Chartered 1921

June 6, 2019

THIS WEEKEND! - Our 8th Annual Rummage Sale

June 13 - **Shrimp Feed**, Izaak Walton Park (No Noon Meeting)

June 16 - **Father's Day**

June 27 - **International Affair of Food & Wine**

June 27 - Installation of New Officers and Board Members

June 28 - Joint Board Meeting at Cary's Home

TODAY

Today we will honor a very special club Rotarian!

NEXT WEEK - SHRIMP FEED at the Izaak Walton Park - -No Noon Meeting.

Rotary Rummage Sale - THIS WEEKEND!

The Rummage Sale set-up is in full swing as we organize and price everything. *Please come and help out.* It takes the entire club to make this happen – and it's a lot of fun at the same time. It is also a great way to meet new club members and volunteers from our beneficiary, **Bright Futures.**

Location: Old Armory Building, next to the Business School on the SU campus, across from Sheetz on Millwood Ave.



PLEASE:

Reach out to Jean Barch and sign up to help this weekend, barchfam@comcast.net We are in extreme need of volunteers.

We need bags! Bring in your stash of plastic or paper grocery bags for the sale or better yet, take them over to the armory and help out in the evening this week.

This is an all hands on deck event this weekend so again, please reach out to Jean or sign up on the clipboard today.

CAN YOU HELP???

COGWHEEL REPORTERS & PHOTOGRAPHERS NEEDED!

Our club has recently lost two member reporters and photographers....we desperately need to replace them.

Really, it's not that hard! CogWheel reporters & photographers take one month turns and even get a makeup! Cell phones work great for our meeting photos. If you can help us, photographers see Malinda Henkel (malinda.henkel@bankwithunited.com)....for reporters, see Sue Rich (cc-mail@earthlink.net)

Our Last Program

Knox Singleton who recently retired as CEO from INOVA Hospital and has retired here having married Tracey Fitzsimmons of Shenandoah University. Together they have 7 children and he expressed a great fondness for our community and admiration for the Rotary Club's service to the community.



Knox spoke to us on the changing approach to medicine as we have known it for the past 60 years or so. What was true then and now is the need for human and humane treatment for everyone. However our medical care has changed from one where we used to treat problems topically using natural herbs etc., then we evolved to invasive forms of treatment such as surgery to one where we now treat germs with antibiotics and other problems with medicines.

Our current revolution revolves around knowing a person's human genome or genetics. The human genome is the road map of a person's body and makeup. This is important because knowing a person's road map allows us to understand what medicines can work for a person and allow us to target a problem area using just the right amount of medications.

What has also changed is the demographics of our population. Today the fastest growing demographic is age 65 and older compare this to when 65 was considered life expectancy. This is problematic on several levels most of all the needs and costs associated with an elderly population. It is also true that the USA is by far the largest developer of new drugs and treatments baring the preponderance of costs associated with that. Meanwhile the rest of the world gets the benefits.

Typically costs and payments are allocated amongst an antiquated Insurance industry including Medicare and this has created a gap between the haves and the have nots with the have nots failing to receive proper and consistent healthcare. Life expectancy, which we all want to increase, has just magnified the demand for geriatric care making it fast growth industry for a non-employed population utilizing Medicare for their insurance needs vs. private insurance.

Once you consider these demands it is easy to see that the next frontier of medicine must include cost containment and preventive care. Genetics might provide the answer as we will be able to predict medical problems long before they become a reality. Knox expressed confidence that in the next ten years we will master the genetic code approach to predicting and treating diseases and other medical issues and this should help with cost containment not to mention quality of life.

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

Clarke County - Wednesday Lunch - EPIC Buffet/Hollywood Casino - 12:15
 Charles Town - Tuesday Lunch - Jefferson Hospital - 12:15 pm
 Frederick County - Tuesday Breakfast - Westminster Canterbury - 7:30 am
 Front Royal - Friday Lunch - Houlihan's @ Holiday Inn - Noon
 Hagerstown - Wednesday Lunch - Fountain Head Country Club - 12:15 pm
 Leesburg - Thursday Evening - River Creek Country Club - 6:30 pm

New Market - Wednesday Lunch - The Shenvalee Golf Resort - Noon
 Purcellville - Thursday - Loudoun Golf & Country Club - 7:30 am
 Strasburg - Tuesday Noon - Strasburg Moose Lodge - Noon
 Warren Co. - Wednesday Breakfast - Front Royal Golf Club - 7:00 am
 Warrenton - Thursday Lunch - Fauquier Springs Country Club - 12:15 pm
 Woodstock - Wednesday Lunch - Woodstock Country Club - 12:10 pm

Absentees 5-30	Rob Frogale	John Lamanna	Jimmy Stafford
William Aikens	Krista Gibbs	Chris Lewis	Jenny Stanford
Debbie Aldridge	Jenny Grooms	Dan Martin	Bob Stieg
Jeff Barbour	Dick Helm	Guss Morrison	David Sweeney
Jackie Bates	Brian Hester	Kent Mull	Martin Tabaka
Mary Braun	John Huddy	Ron Price	Michelle Thomas
David Chandler	Alex Iden	Jon Reimer	Lupe Vea
Linda Coffman	Richard Irvin	Ben Rothenmel	Ajay Virmani
Anthony Crosen	Doug Joyner	Sue Scarborough	Shane Wagoner
Marie DiLorenzo	Jaime Karalis	Karen Schultz	Billy Whirley
Bruce Downing	Don Karolyi	Terry Sinclair	Ridge White
Carl Esterhay	Dwight Kemp	Dave Smith	Stuart Williams
Dana Evans	Steve Kent	Jonathan Snowden	Dick Wiltshire
Carolyn Fitzwater	Geraldine Kiefer	David Sovine	Ryan Zelaski

Make-ups* (Date & Function Attended)
 Scott Arthur – 5/30 – Kaleidoscope Meeting
 Jeffrey Barbour – 5/23 – Board Meeting
 Jean Barch – 4/18 – Committee Meeting
 Nancy Davis – 5/20 – Board Meeting
 Nancy Davis – 5/23 – International Affair Meeting
 Melissa Fortner – 5/2 – Queen’s Dinner
 Malinda Henkel – 5/23 – Board Meeting
 Geraldine Kiefer – 5/23 – Rotary Northampton/Cuyahoga Valley
 John Lamanna – 5/9 – Rummage Sale Meeting
 Jonathan Snowden – 5/23 – Board Meeting
 David Sovine – 5/9 – Rummage Sale Meeting
 Ridge White – 5/23 – Board Meeting
 Dick Wiltshire – 3/28 – Joint Civic Dinner

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 submit-

Visitors & Guests Last Week

Ernie Bliss visiting from Martinsburg Rotary
 Fernando Tobares, guest of David Kent
 Karen Herzog, guest of Malinda Henkel
 Skip Smith, guest of Bill Bayliss
 Tom Stamulis, guest of Kevin McKannan
 Rick Mabe, guest of Thomas Maccubbin
 Jill Peters, guest of Jean Barch

JOINT BOARD MEETING
 June 28th at Cary’s home.

HEALTH REPORT

Don Karolyi is still recovering from his hip surgery but he hopes to rejoin us at meetings very soon.
Alexis LaPorte fell from a ladder and is recuperating from that.

HEALTH TIP: June is Alzheimer’s Awareness Month

Causes and risk factors:

Experts haven’t determined a single cause of Alzheimer’s disease but they have identified certain risk factors, including:
Age: Most people who develop Alzheimer’s disease are 65 years of age or older.
Family History: If you have an immediate family member who has developed the condition, you’re more likely to get it.
Genetics: Certain genes have been linked to Alzheimer’s disease.
 Having one or more of these risk factors doesn’t mean that you’ll develop Alzheimer’s disease. It simply raises your risk level. To learn more about your personal risk of developing the condition, talk with your doctor.

CHECK YOUR YEARBOOK INFO

We are updating our Rotary Yearbook....please check your personal information and notify Karey Starnes if something needs changing/updating.
kstarnes1940@comcast

ALSO, if you would like a new/improved photo, you can email Karey a file or have Paul Burkholder or Jenny Baker take a new one at one of our meetings.



Rotary District Governor Installation

Tim Carter, our District Governor for 2019-2020, and his leadership team will be installed into office on **July 1, 2019 at the Woodstock Presbyterian Church in Woodstock, VA.** The ceremony starts at 11:30 with a catered luncheon followed by the installation program. All Rotarians in District 7570 are invited to attend the ceremony.

Please register for this important event on the District Calendar or by visiting:
<https://www.dacdb.com/index.cfm?EventID=77432043>
 The Registration deadline is June 24, 2019.

Last Week’s Drawing

Scott Arthur was our winner and congratulations to him. Remember you can’t win unless you play! This week’s jackpot is \$214.

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	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, Paul Burkholder, Tom W. Byrd, Sharen Gromling, Malinda Henkel, Don Karolyi, Tom Maccubbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight	
Photos: Dee Dee Barbour	Reporter: Paul Burkholder