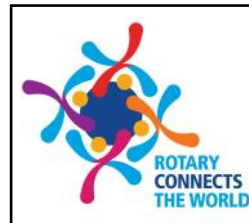


ROTARY 4-WAY TEST

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 2686, Winchester, VA 22604

Chartered 1921

July 25, 2019

TONIGHT - Board Meeting - 6 PM Winc. Country Club
 August 1 - Meeting in Jim Barnett Park
 August 8 - Family Picnic, Jim Barnett Park (No Noon Meeting)
 August 15 - Camp Fantastic Barbeque

TODAY

Today we'll hear from Dr. Joey Gawrysiak an Associate Professor of Esports and Sports Management at Shenandoah University.

JAMAICAN ME WANT TO SERVE

Byron Brill announced an upcoming mission trip to Jamaica in November. We will be working with the Negril Rotary Club while there providing help in the form of everything from soup kitchen service to painting and child care. Cost should be little more than \$1,000 and entertainment is cheap, so check with him for details.



The travel date is October 31, 2019 returning on November 14, 2019. If you have any interest or need additional information, please call Kathy at 540-664-1834 or email: kkanter8@gmail.com

WELCOME NEW MEMBERS!



New Rotarian - Ernie Bliss was drummed in as our newest Rotarian, but he's no rookie Rotarian, having been a prior member of the Swanton, OH, club and a member-at-large in Europe for 10 years. He has participated in a Rotary project that builds an average of 2-3 schools per year in Honduras. Now that's service above self!



Second-Newest Member: We welcomed **David Miles** for the second time as a new member. Say howdy do - to both new members!

*If at first you don't succeed,
 skydiving may not be for you.*

Our Program Last Week

Jennifer Burghoffer, Manager of Education at the **Blue Ridge Wildlife Center**, spoke to us about her organization's work with area wildlife. Jennifer is a graduate of The Ohio State University, where she studied Zoology. She and her colleagues provide wildlife veterinary care, answering 10-15,000 calls per year.



Jennifer brought two "orphans," or critters who were deemed unfit to fend for themselves in the wilderness:



Tugboat is an eastern box turtle who got run over by a car, cracking his shell and ruining his back left leg. Since turtles need to be able to swim quickly to evade predators, Tugboat would have a tough time of it. Then there's **Dopey**, an eastern red screech owl, who was found abandoned by his parents - possibly because he couldn't fly or hunt for himself. The pair are quite the ambassadors, however, and will make their contributions in the dozens of educational presentations that Jennifer makes to the public.

The BRWC is currently engaged in a tick study, as well as the One Health initiative, which shows the interconnectedness of the environment and wildlife health and how that impacts human health.

District Governor's Visit - August 27th

Location: The George Washington Hotel

Request: Participants are asked to bring non-perishable items to be donated to local/regional food pantry

Cost: \$35.00 with a cash bar!!!

Social Hour: 6:00 PM - 7:00 PM

Cash Bar: Open from 6:00 PM - 7:15 PM

Dinner: 7:00 PM (estimated start)

Menu Italian Buffet

- 1) Garden salad with two dressings
- 2) Italian Bread
- 3) Lasagna
- 4) Chicken Parmesan (gluten free)
- 5) Pasta Primavera with vegetables
- 6) Cappuccino Chocolate Mousse
- 7) Dinner Drinks: Coffee and Tea

Registration will be on the Dacdb

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

Clarke County - Wednesday Lunch - Presbyterian Church, Berryville - 12:15
 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 - 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 Moose Lodge - 12:10 pm

Absentees 7-18

William Aikens	Marie DiLorenzo	Doug Joyner	Sue Scarborough
Debbie Aldridge	Bruce Downing	Dwight Kemp	Karen Schultz
Jenny Baker	Dana Evans	Steven Kent	Irv Shendow
DeeDee Barbour	Carolyn Fitzwater	Geraldine Kiefer	Jay Smith
Jeff Barbour	Rob Frogale	John Lamanna	Jonathan Snowden
Jackie Bates	Krista Gibbs	Deborah Langfitt	Bob Stieg
Erik Beatley	Wilson Gilbert	Chris Lewis	Steve Straight
Ken Blackwell	Phil Griffin	Neile Martin	Brandon Thomas
Mary Braun	Jenny Grooms	Chris Merchant	Lupe Vea
Paul Burkholder	Dick Helm	Bob Mitchell	Ajay Virmani
Robin Cardillo	Brian Hester	Kent Mull	Ed White
David Chandler	Sven Hlywiak	Ron Price	Michael Williams
Julia Connell	John Huddy	Earl Riddick	Dick Wiltshire
Anthony Crosen	Sherry Hudson	Tom Rockwood	Jim Youngblood
	Alex Iden	Kip Rutherford	Ryan Zelaski

Make-ups* (Date & Function Attended)

DeeDee Barbour – 6/3 – International Affair Meeting
 Jeff Barbour – 6/28 – Board Meeting
 Robin Cardillo – 6/20 – Rummage Sale
 Julia Connell – 6/4 – Rummage Sale
 Wilson Gilbert – 6/12 – Rummage Sale
 Robert Hall – 7/16 – eClub One
 Geraldine Kiefer – 6/25 – Rotary of Akron, Ohio
 John Lamanna – 6/6 – Rummage Sale
 Irv Shendow – 7/16 – Frederick County Rotary

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 - TONIGHT!

July 25 - 6pm

Winchester Country Club

*All are welcome & it counts as a Make-up!***Visitors & Guests Last Meeting**

Laurie Menzel visiting from West Springfield Rotary
 Brian Barbour visiting from Warren County Rotary
 Ernie Bliss, club guest
 Rand Walton guest of Kevin McKannan
 Brandon Lorey, club guest
 Kimberley Wine, club guest
 Rick Mabe, guest of Tom Macubbin

HEALTH TIP - Did you celebrate?**NATIONAL JUNK FOOD DAY was Sunday, July 21st**

Jennifer notified us that Sunday July 21st would be National Junk Food Day. If she said anything else, it was drowned out by the cheers...

It's always on July 21st every year. For some of us, every day is Junk Food Day. For the rest of us, **National Junk Food Day** is an opportunity to guiltlessly eat tasty junk food. You get to eat anything you want. Eat any amounts that you want, too. Tomorrow, however, it's back to a healthy diet.

Dietitians will tell you that junk food is any food that contains little nutritional value. We also include foods that are high in salts, fats, and sugars. In other words, junk food is all that yummy stuff that the dietitians, & Mom, say is bad for us.

Origin of National Junk Food Day: Research tells us lots of information on what is and what isn't junk food. BUT, there's no information on the origin of this day. It was most likely created by a diet conscious individual or group who desired to eat junk food, without guilt, at least one day a year. Creating an official "National" day requires an Act of Congress. There seems to be no record of this.

**Foundation Minute**

Laurie Menzel, a visiting Rotarian and regional representative of the R.I. Foundation, thanked our club for its trend-setting support of R.I.

FAIR HELP NEEDED

We are looking for 2 more members to help at The Frederick County Fair on Wednesday, July 31st from 6-8pm. It will be considered a makeup and includes a chicken dinner! This fulfills our commitment to the Fair Association for the use of the Fairgrounds for Apple Harvest Festival. It's really a lot of fun. We just man the gate and sell admission tickets. Please email darla.mccrary1@gmail.com if you can help.

Our Last Drawing

Ridge White won the \$6 in the raffle...but again he missed the Ace of Spades for the jackpot. Today the jackpot is \$355.

**ADG Visit**

Brian Barber, our newest Assistant District Governor, visited from his home club in Front Royal to thank our club for our district-leading service. Our support of R.I. tops \$40K annually and we raised \$5900 toward PolioPlus last year. Brian personally recognized Gary Chrisman for his past 3 years of service as ADG and said he looks forward to working with us on the district's upcoming

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

Cary Claytor
Dick Kent
John Elrick
Jaime Karalis

BOARD OF DIRECTORS

2019-2022 Jean Barch, Marie DiLorenzo, David Kelly, David Kent
 2018-2021 Jeff Barbour, Nancy Davis, Dick Helm, Tricia Simpson
 2017-2020 Paul Frank, John Lamanna, Libba Pendleton, Dave Smith

IMMEDIATE PAST PRESIDENT - Paul Magness

Cog Wheel Staff: Jenny Baker, Belinda Barbour, Paul Burkholder, Tom W. Byrd, Sharen Gromling, Malinda Henkel, Don Karolyi, Tom Macubbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight

Photos: Malinda Henkel

Reporter: Dave Smith