

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

August 22, 2019

TONIGHT - Board Meeting - 6 pm - Winchester Country Club

August 27 - District Governor Visit
 September 21-22 - Apple Harvest Arts & Crafts Festival
 September 26 - Member & Guest Shrimp Feed,
 Isaak Walton Park (No Noon Meeting)

TODAY

Today our guest speaker is Jay Foreman. He is a local children's author and motivational speaker.

FAMILY PICNIC

A huge thank you to our Family Picnic team for a fun evening and a delicious meal last Thursday evening. We had over 180 in attendance and all ages were represented!

District Governor's Visit - Did you register?

NEXT WEEK TUESDAY! Aug. 27th at The George Washington Hotel. Social reception and drinks are at 5:30 pm with dinner following. Those attending are asked to bring non-perishable items to be donated to regional food pantry.

APPLE HARVEST FESTIVAL

Darla reminded us that Apple Harvest is just a few short weeks away and she will be circulating work sign-up sheets this week...*there's a job for everyone!*



Also for Apple Harvest, Darcus asked for Bingo prize donations...gift cards are always a hit...or check your closets for unused items you can re-gift.

TRAVELODGE AWARD

Karey Starnes who does so much work behind the scenes was awarded this prestigious recognition. Congratulations Karey!!

NOTE: Clarke County Rotary Club usually meets at Noon on Wednesdays at the Presbyterian Church in Berryville...but they will not be holding meetings on 8/28 and 9/4.

Did you know?

Your weekly Cog Wheel newsletters are online at the Winchester Rotary website...and you don't need to log-in to read them. **AND THEY'RE IN COLOR!**

Our Last Program

Professor Fritz Polite of Shenandoah University spoke to us on his work in sports marketing and leadership. Professor Polite has a long resume of sports marketing including 3 Super Bowls, 2 Kentucky Derbies, 2 Olympics and one upcoming, multiple NHL All Star games and has helped teams such as the NY Giants and the Harlem Globe Trotters. What a great job!



Fritz feels his work is a Godly calling in that it helps develop young people into leaders. Leaders exhibit some commonly held values such as discipline, integrity, vision, accountability and service. Think Rotarian. To this point he is striving to make Shenandoah University the premier college in Virginia for developing leaders. He does this in several way including putting students in situations where they both witness leadership and have the opportunity to lead.

He also has developed a program called **LAMP** (Leadership And Mentoring Program). In this program his students are paired with local leaders such as our own John Tyson so that they can witness leadership in action. Fritz very much would like to attract more of our members to be mentors. The program is rewarding to both parties and if you are interested speak with John Tyson about how you can become involved.

Foundation Minute - CHANGE for a Cure

The CART fund (Coins for Alzheimer's Research Trust) is now a part of our club's effort to help fight Alzheimer's disease. Watch for our small blue CART bucket which will be placed in an obvious location so that you can throw your pocket change in to help end this horribly debilitating disease.



"Wine is constant proof that God loves us and loves to see us happy."

Benjamin Franklin

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

Clarke County - Wednesday Lunch - Presbyterian Church, Berryville - Noon
 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 8-15

William Aikens	Anthony Crosen	Dwight Kemp	David Sovine
Lori Bales	Nancy Davis	Geraldine Kiefer	Jimmy Stafford
DeeDee Barbour	Bruce Downing	Pat Kofalt	Karey Starnes
Jean Barch	Dana Evans	Chris Lewis	Patty Taylor
Robbie Barch	Carolyn Fitzwater	Neile Martin	Michelle Thomas
Jackie Bates	Rob Frogale	Chris Merchant	Lupe Vea
Erik Beatley	Jenny Grooms	Kent Mull	Shane Wagoner
Ken Blackwell	Robert Hall	Chuck Peterson	Ben Weber
Kim Blosser	Dick Helm	Ron Price	Michael Williams
Mary Braun	Sven Hlywiak	Tootie Rinker	Stuart Williams
Kerri Burkhardt	Sherry Hudson	Sue Scarborough	Stuart Williams
Robin Cardillo	Alex Iden	Karen Schultz	Ryan Zelaski
David Chandler	Marc Jaccard	Dave Smith	
	David Kelly	Jay Smith	

Visitors & Guests Last Meeting

Susie Griffin, guest of Phil Griffin
 Nicholas Ward, guest of Ridge White
 Abigail Nyre, guest of Debbie Langfit

JAMAICAN ME WANT TO SERVE

Our fall mission trip to Jamaica is 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 Byron or Kathy Brill at 540-664-1834 or email: kkanter8@gmail.com

**Make-ups* (Date & Function Attended)**

DeeDee Barbour – 7/29,30 – Rotary of Myrtle Beach
 Jeffrey Barbour – 8/8 – Family Picnic Crew
 Jean Barch – 8/8 – Family Picnic Crew
 Kim Blosser – 8/8 – Family Picnic Crew
 Robin Cardillo – 7/15 – International Affair Meeting
 Nancy Davis – 8/8 – Family Picnic Crew
 Robert Hall – 8/8 – Family Picnic Crew
 John Huddy – 8/8 – Family Picnic Crew
 Marc Jaccard – 8/8 – Family Picnic Crew
 Don Karolyi – 8/8 – Family Picnic Crew
 David Kelly – 7/15 – International Affair Meeting
 Geraldine Kiefer – 8/13 – Rotary Club of Akron, Ohio
 Pat Kofalt – 8/8 – Family Picnic Crew
 Chris Lewis – 8/15 – Camp Fantastic
 Darla McCrary – 8/8 – Family Picnic Crew
 Kevin McKannan – 8/8 – Golf Committee Meeting
 Tootie Rinker – 8/8 – Family Picnic Crew
 Roy Schwarz – 8/13 – Frederick County Rotary
 David Smith – 8/8 – Family Picnic Crew
 David Sovine – 6/12 – Rummage Sale
 Jimmy Stafford – 8/8 – Family Picnic Crew
 Karey Starnes – 8/8 – Family Picnic Crew
 Bob Stieg – 8/8 – Family Picnic Crew
 Patty Taylor – 6/12 – Rummage Sale
 Diana Thorne – 8/8 – Family Picnic Crew
 John Tyson – 8/8 – Family Picnic Crew
 Ben Weber – 8/8 – Family Picnic Crew
 Daniel Whitacre – 8/8 – Family Picnic Crew

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

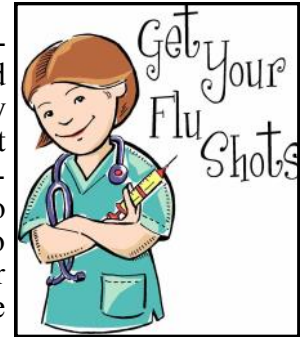
TONITE - 6pm
Winchester Country Club
All are welcome & it counts as a Make-up!

**“Teamwork:
 Simply stated, it is less
 me and more we.”**

Anonymous

HEALTH TIP

August is National immunization month. With this in mind there are several vaccines that truly should be utilized. The flu shot particularly for seniors is very important and should be taken prior to the end of October. There are two types, a nasal spray for those under age 50 and the shot which can be used by all. The shingles vaccine.



The newest of these is a two part application (two shots) and is highly advised for anyone who had Chicken Pox as this gives you a 1 in 3 chance of getting shingles which is very painful to endure and you can get shingles more than once! Lastly everyone should have their tetanus shot updated every ten years. Lock jaw is no fun and this shot will prevent that.

**Our Last Drawing**

Bernie Schwartzman was our big raffle winner of \$7, congratulations Bernie! The jackpot continues to grow...today you could win \$386 if you find the Ace of Spades!

10 Lessons I Want to Instill in My Kids

- If you made a mistake, apologize.
- If you're thankful, show it.
- If you're confused, ask questions.
- If you learn something, teach others.
- If you're stuck, ask for help.
- If you're wrong, fess up.
- If you love someone, tell them.
- If you trip, get back up.
- If someone needs help, help them.
- If you see wrong, take a stand.

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 Macubbinn, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight

Photos: Malinda Henkel

Reporter: Paul Burkholder