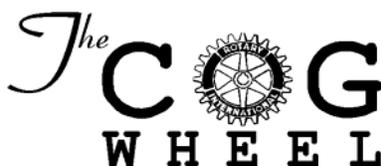


ROTARY 4-WAY TEST

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 29, 2019

September 21-22 - Apple Harvest Arts & Crafts Festival

September 26 - Member & Guest Shrimp Feed,
Isaak Walton Park (No Noon Meeting)

October 7 - Annual Golf Tournament

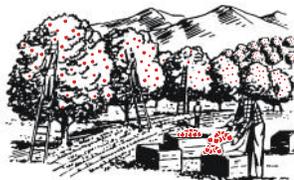
October 24 - Club Elections Begin

TODAY

Today our guest speaker is Jason Wright a New York Times, Wall Street Journal and USA Today bestselling author.

APPLE HARVEST FESTIVAL

Apple Harvest is just a few short weeks away and work sign-up sheets are circulating...*there's a job for everyone...and it counts as a floating make-up!*



Also...Darcus is still looking for neat Bingo prize donations...gift cards are always a hit...or check your closets for unused items you can re-gift.

Foundation Donation

Our club made a donation of \$500 to help promote peace in Lebanon and \$3,500 towards teaching trainers to teach CPR.

Need a Make-up!?

"Area Wonders" - A new regional area Rotary Club is meeting Thursday, Sept. 5th from 6-7pm at **Paladin Bar and Grill** in Stephens City (181-A Warrior Drive) - Plus, if you want to stay after the meeting, you can enjoy live music!

The "Area Wonders" club is now active but they do not have a permanent meeting place. They meet the first & third Thursdays of each month in different fun locations. If you want to attend a meeting, locations can be found on our District website.

ALSO, Clarke County Rotary Club usually meets at Noon on Wednesdays at the Presbyterian Church in Berryville...but they will not be holding meetings next week - September 4th.

"A bank is a place that will lend you money if you can prove that you don't need it."

- Bob Hope



Our Last Program

Jay Foreman who is a local motivational speaker/coach and author provided an entertaining speech on the on the value of not wasting time. He came to this conclusion in college where he flunked his statistics class because of a semester of partying and wasting time. He and a friend

decided the cure for their poor grades was to pull an all-nighter where they would learn all that was needed to pass the exam and class. The problem they had was taking the first step towards actual study. They went out for food because of course who can study on an empty stomach, they drank beer and then coffee and in the end decided to sleep until 5:00 AM when they would actually study. That moment never came because they over slept and barely made it to class to take the exam. Not surprising he scored a 17 on the exam and flunked the class. His advice is to make that first step towards achieving your goals no matter how small that first step is and just keep taking steps. If you do this eventually your steps will become more meaningful and you will achieve your goals.

Jay closed out his talk on a note of admiration and encouragement for all the work our Rotary club does. He learned the lesson of service in college when he was forced to serve because of an on campus infraction. Once he completed his service task he returned to his fraternity only to find his friends asleep in the exact position that he had left them. In other words they had wasted hours while he had performed a community service that made him feel self worth. That moment crystallized the notion of not wasting time and serving others.

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.



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 8-22

William Aikens
Lori Bales
Jackie Bates
Erik Beatley
Ken Blackwell
Kim Blosser
Mary Braun
Don Butler
Anthony Crosen
Nancy Davis
Bruce Downing

Carl Esterhay
Dana Evans
Carolyn Fitzwater
Melissa Fortner
Rob Frogale
Krista Gibbs
Wilson Gilbert
Jenny Grooms
Emily Hahn
John Huddy
Sherry Hudson

Alex Iden
Richard Irvin
Doug Joyner
Dwight Kemp
David Kent
Steven Kent
Geraldine Kiefer
Pat Kofalt
Alexis LaPorte
Kit Molden
Kent Mull

Ron Price
Irv Shendow
Terry Sinclair
Jay Smith
Brandan Thomas
Michelle Thomas
Lupe Vea
Dan Whitacre
Michael Williams
Stuart Williams
Ryan Zelask

Make-ups* (Date & Function Attended)

Kim Blosser – 8/15 – eClub One
Nancy Davis – 7/25 – Board Meeting
Terry Sinclair
Carl Esterhay – 8/8 – Family Picnic Crew
Wilson Gilbert – 6/12 – Rummage Sale
David Kent – 6/12/ – Rummage Sale
Geraldine Kiefer – 8/15 – Rotary of Northampton
Cuyahoga Valley, Ohio
Pat Kofalt – 6/15 – Rummage Sale
Kit Molden – 8/8 – Golf Committee Meeting (2)
Irv Shendow – 8/13 – Frederick County Rotary
Ben Weber – 8/15 – Golf Committee Meeting

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 Last Meeting

Malcolm Van De Reit visiting from Frederick Co. Rotary
David Brown, guest of Rabbi Brown
Christa Taggart, guest of Karen Schultz
Justin Wisenall, guest of Ernie Bliss
Kim Wine, guest of Cary Claytor

NEXT BOARD MEETING
October 24th 6pm
Winchester Country Club
All are welcome & it counts as a Make-up!

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

HEALTH TIP

August can be a stressful month because of schools starting back and etc. To fight stress address it straight on by doing some of these things. Listen to cheerful music, surround yourself with upbeat and even funny people, be grateful, have a glass of wine, kiss a person that you love, get enough sleep and if you are a shopper go out and shop.



August is also eye awareness month so be sure to treat your eyes with respect by wearing protective glasses when needed, getting a checkup every 5 years or less and after age 65 see the eye doctor every two years.

OUR LAST DRAWING

Dick Kent was our raffle winner last week, but missed the jackpot..congratulations Dick. This week the jackpot is \$402!



You are the Missing Piece . . .

Invite a friend or colleague to Rotary . . . on us!

Our club is only as strong as its members, and we always need a few more of them! Look for our "Missing Piece" cards at the Sergeant-at-Arms table. . . and bring a friend or business associate to lunch.



FAR, FAR AWAY MAKE-UP

Ben Rothemel presented President Cary a Rotary flag from Alaska. That's a ways to go for a Rotary meeting!

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, Malinda Henkel, Don Karolyi, Tom Macubbinn, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight, Larry Weiss

Photos: Malinda Henkel

Reporter: Paul Burkholder