

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
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Chartered 1921

Distinct 7570, Area 1, Club 5781

January 23, 2020

TONIGHT - Board Meeting at Winchester Country Club

TONIGHT - **Boy Scouts Dinner** at the George Washington

March 10-13 - GSE Team from Turkey in Winchester

March 12-14 District 7570 Conference at The Homestead Resort, Hot Springs, VA

March 12 - Rotary Club Social Recruiting Event (No Noon Meeting)

March 28 - Kaleidoscope

TODAY

We'll hear from the **Directors of Elementary Instructional Services, Jeri Swogger** with Frederick County Schools and **Jake Boula** with Winchester City Schools.

BOY SCOUTS ANNUAL DINNER - TONIGHT

The keynote speaker, **Todd Huston**, is an amputee, author, world record holder, and Distinguished Eagle Scout whose life is committed to inspiring others to be their best. With his journey of pain, determination and adventure; including his expedition to the highest peaks in all 50 United States; he has encouraged others to overcome their own challenges. His story helps everyone realize they too can reach new heights of well-being, success, and happiness. While at the dinner, you will be given the opportunity to make a financial gift to support our local Scouting programs.

Our Rotary Club usually hosts two tables at this event. Please let Don Louque know if you are interested in attending..... there's still time.

ROTARY GROUP STUDY EXCHANGE (GSE)

We will host a Group Study Exchange (GSE) Team from Turkey - **March 11-13**. There will be five team members, one male leader and four female team members. If you are able to help by hosting a member, please reach out to **Darcus Breneman**.

KALEIDOSCOPE

The date for this year's Kaleidoscope is **March 28th** the event will benefit **Our Health**. Help is needed on the various committees. Call or email Dan Whitacre or Kit Molden if you can help.

GOLF CHECK PRESENTATION



Don Louque presented a check for \$10,000 to the Child Safe Center. It represented the proceeds from our annual golf tournament and the hard efforts and generosity of many people. The money will be used to solidify a play therapy program for children ages 5 and under at the center.

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Our Last Program

Cary Dunston, CEO and Board President of American Woodmark, joined us to share his insights on emotional intelligence and the power of emotions in our decision-making process. This is a subject that has fascinated Cary for years and constitutes the bulk of his new employee orientation at American Woodmark.



According to Cary, successful businesses are made up of people, not employees. The secret to motivating them is to understand their emotional state – and to care about it. Cary asks new hires to list the five priorities in their lives, then he asks how they balance the time they put into each of those. Given that many of them are coming to American Woodmark as a promotion, they will probably be expected to spend more time at work. He wants to make sure they are not deluding themselves when it comes to how the other five priorities will be impacted.

American Woodmark is one of the area's largest manufacturers and produces 41,000 cabinets per day around the world and has 10,000 employees. Cary credits those 10,000 people as the secret of his company's success.

ROTARY 2020 DISTRICT CONFERENCE AT THE HOMESTEAD - March 13-15

The 2020 District Conference may be the best one yet! Rapid-fire presentations, excellent speakers, informative workshops.



This year the registration fee includes the Friday night dinner and the Saturday lunch – no extra fees!

It's a fun event, a great way to learn about Rotary and the Homestead in a special place to visit. Register at:

<https://www.rotary7570conference.com/registration>

Only 29 days left to capture the low Early Bird price!

The website gives all the information you need to know – schedule, activities, and Homestead room booking at reduced rates. When you click on the yellow REGISTER FOR DISTRICT 7570 CONFERENCE button, you are taken to the District website (DACdb) to enter your email and password. If you don't have a password yet, it is usually your RI Member ID. If you don't know it, find it above your name on your Rotary magazine, or ask your Club Secretary for your Member ID..... or click **Login HELP**.

For a smile, check out the video invitation to come to this District Conference. https://youtu.be/Y1p45_GPJyY

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 Jan 16	Dana Evans	Deborah Langfitt	Sue Scarborough
William Aikens	Rob Frogale	Chris Lewis	Karen Schultz
DeeDee Barbour	Wilson Gilbert	Rick Mabe	Irv Shendow
Jackie Bates	Phil Glaize	Neile Martin	Terry Sinclair
Ken Blackwell	Dick Helm	Chris Merchant	Jonathan Snowden
Paul Burkholder	Brian Hester	David Miles	David Sovine
Robin Cardillo	Sven Hlywiak	Robert Mitchell	Martin Tabaka
Linda Coffman	Sherry Hudson	Kent Mull	Ridge White
Julia Connell	Richard Irvin	Ron Price	Michael Williams
Anthony Crosen	Dwight Kemp	Jon Reimer	Stuart Williams
			Ryan Zelaski

Visitors & Guests Last Week

Tim Carter visiting from Woodstock Rotary
 Brian Barbour visiting from Warren Co. Rotary
 Cyril Barch, guest of Jean Barch
 Caroline Ruggio, guest of Cary Nelson
 Katrina McClure, guest of Trish Simpson

Susie Griffin, guest of Phil Griffin
 Kathy Nerangis, guest of Nick Nerangis
 Kelly Bober, guest of Don Louque
 Jan Poresch, guest of Dave Smith

FOUNDATION MINUTE

District Governor

Carter and his handy sidekick, Brian, were in attendance to present Nick Nerangis with a certificate welcoming him to the Paul Harris Society. Nick is a long-time supporter of our community and the Rotary International Foundation. He and his wife, Kathy, are easily recognized local dignitaries and have made Winchester and the surrounding area a better place to live.



DISTRICE CONFERENCE NOTES

District Governor Carter also invited Rotarians to attend the district conference on March 10 - 13 at the homestead. ***It will be the last year that the event is held in this prestigious location, so don't miss it.*** For those on a tight schedule, there is a special offer this year called ***"9-5 for \$95"*** where you can join the fun for the day on Saturday for the low price of \$95. ***Scholarships are also available for first-time Rotarians and their guest.***

THE INTERNATIONAL AFFAIR

The International Affair Committee invites you to become an active member of a great group of Rotarians who plan and bring about a wonderful event to benefit a non-profit organization in our community. The International Affair of Food and Wine is a tasting event pairing International wines and foods from premier local restaurants. In the past 5 years it has raised \$15,000 each year for a local charity. Plus it's a really fun group of Rotarians!!! ***Learn more,*** see **Linda Coffman** or **Tootie Rinker** or just join us on Tuesday, January 28 at 5:30 at Cafe del Sol. ***See you there.***

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)

Make-ups* (Date & Function Attended)
 DeeDee Barbour – 1/13 – Membership Committee Mtg
 Kimberly Blosser – 12/2 – Rotary Club of Luray
 Linda Coffman – 11/21 – Board Meeting
 Anthony Crosen – 1/14 – Kaleidoscope Meeting
 Sven Hlywiak – 1/8 – Kuenzelsau-Oehringer, Germany
 Rick Mabe – 1/9 – Peace Builder Meeting
 Benjamin Rothermel – 1/9 – Rotary Club of Providencials
 Kip Rutherford – 1/14 – Frederick County Rotary
 Irv Shendow – 1/14 – Frederick County Rotary
 Martin Tabaka – 12/13 – Coats for Kids
 Fernando Tobares – 1/14 – Kaleidoscope Meeting
 Ridge White – 12/7 – Salvation Army Bell Ringing

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! 6PM
 at the Winchester Country Club.
All are welcome & it

HEALTH REPORT

We welcomed back Libba, who told us that Earl Riddick and Dick Wiltshire were both present and accounted for at the meeting and doing well. Rabbi Brown is reportedly home again and William Aikens could use our condolences over the death of his grandfather.

HEALTH TIP

Libba mentioned that the past week saw the observance of both ***Ditch Your Resolution Day*** and ***World Popcorn Day***. She said that while it's not a crime to ditch your New Year's resolutions, you should at least keep the spirit of the alive – and remember to be extra kind this year.



As for popcorn, it can be prepared as a healthy snack using your stovetop, a preheated pan, and a few drops of water (instead of oil) then season with herbs. *(What, no butter???)* But really, what's the point?



OUR LAST DRAWING



Nick Nerangis won a modest purse of \$14 but missed the giant jackpot when he drew the seven of diamonds. Today's jackpot stands at \$181.

COG WHEEL REPORTERS ROCK...

Reporters & photographers needed! You don't have to be Clark Kent, Lois Lane or Jimmy Olsen to help out! Really, it's not that hard! No after hour meetings involved . . . Cog-Wheel reporters & photographers take one month turns and even get a makeup! If you would like to help, see Sue Rich (reporters) or Malinda Henkel (photographers). Cell phones work great for our meeting photos. Join the team and sign up with Sue Rich or Malinda Henkel.

President	Cary (Claytor) Nelson
President-Elect	Dick Kent
Secretary	John Elrick
Treasurer	Jaime Karalis

BOARD OF DIRECTORS

2019-2022 Jean Barch, Marie DiLorenzo, David Kelly, David Kent
 2018-2021 Linda Coffman, 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 Maccubbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight, Larry Weiss

Photos: Malinda Henkel

Reporter: Dave Smith