

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 30, 2020

- February TBA - Rise Against Hunger
- February TBA - Alzheimer Fundraiser TBD
- February 27 - Board Meeting, Winchester Country Club
- 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)

Our Last Program

Last week **Directors of Elementary Instructional Services Jeri Swogger with Frederick County and Jake Boula of the Winchester City Schools** spoke to us about the value of the Rotary Dictionary project. This project delivers a dictionary to every 3rd grader in Frederick County & Winchester.



For many children this is the first book they have ever owned and it opens them up to the world of words. Many would say why have a dictionary when you have the internet? This is a false pretense because many children, especially the poorer ones have no internet service. The dictionaries also have an almanac in the back which gives the children additional unthought-of information and fun visuals.

Every year, when Rotary members present the dictionaries, the children become excited and in the mood to explore their new resources. Our own **John Tyson** organizes the program and he always reports back the excitement and value of the gift. One of the uses that the children employ is using the dictionaries for public and private presentations. It helps them verbalize and better understand the very words they have been researching. With that in mind, Jake suggested that when looking for a program, our club members remember the children...they can provide excellent programs. If anyone is interested, contact John Tyson and he can forward your request..

TODAY

Our speaker will be **Ruth Truman**. She has nearly 20 years of experience in interior design and is the owner of **Ruth Truman Interiors** located right here in Winchester. In 2019, Ruth launched the Virginia Chapter of **Savvy Giving by Design**, a nonprofit with the mission to rebuild interior spaces for children and families facing a medical crisis.

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.

VOLUNTEER HOURS OVERVIEW

John Elrick gave us a quick preview of the volunteer hours survey he is conducting online for Rotary International. He encouraged all members to take a moment to participate in the survey.

As of January 23rd he reported these totals for 61 participating members:

Total Number of Volunteer Hours	2266
Value of those hours	\$57,624
Gross Amount Raised	\$209,334
Total Contributions to Community (hours + donations)	\$194,124
Largest Single Volunteer	228 hours
Largest Time Project (Rummage Sale)	890 hours / value \$22,633

Keep up the good work!

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:

- | | |
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| Clarke County - Wednesday Lunch - Presbyterian Church, Berryville - Noon | New Market - Wednesday Lunch - The Shenvalee Golf Resort - Noon |
| Charles Town - Tuesday Lunch - Jefferson Hospital - 12:15 pm | Purcellville - Thursday - Loudoun Golf & Country Club - 7:30 am |
| Frederick County - Tuesday Breakfast - Westminster Canterbury - 7:30 am | Strasburg - Tuesday Noon - Strasburg Moose Lodge - Noon |
| Front Royal - Friday Lunch - Warren County Community Center - Noon | Warren Co. - Wednesday Breakfast - Front Royal Golf Club - 7:00 am |
| Hagerstown - Wednesday Lunch - Fountain Head Country Club - 12:15 pm | Warrenton - Thursday Lunch - Fauquier Springs Country Club - 12:15 pm |
| Leesburg - Thursday Evening - River Creek Country Club - 6:30 pm | Woodstock - Wednesday Lunch - Woodstock Moose Lodge - 12:10 pm |

Absentees Jan 23	Tom W. Byrd	David Kelly	Earl Riddick
William Aikens	Julia Connell	Dwight Kemp	Martin Tabaka
Debbie Aldridge	Anthony Crosen	John Lamanna	Michelle Thomas
Lori Bales	Nancy Davis	Deborah Langfitt	Ajay Virmani
Robbie Barch	Dana Evans	Dan Martin	Ben Weber
Jackie Bates	Paul Frank	Neile Martin	Billy Whirley
Erik Beatley	Rob Frogale	Darla McCrary	Daniel Whitacre
Ken Blackwell	Phil Glaize	Kit Molden	Stuart Williams
Earnie Bliss	Alex Iden	Kent Mull	Kimberly Wine
Don Butler	Richard Irvin	Ron Price	Ryan Zelaski

Visitors & Guests Last Week

Rotarian Clyde Lamont
Diane Schnoor, guest of Rick Mabe

DISTRICT CONFERENCE NOTES

District Governor Carter invited Rotarians to attend the district conference on March 10 - 13 at the home-stead. *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!!! To help out see **Linda Coffman** or **Tootie Rinker**.

OUR LAST DRAWING

Irv Shendow was our drawing winner and remember you can only win if you participate! Today's jackpot stands at \$187.



Invite A Friend...Gain a Member

Here's a great way to invite potential club members to get to know us! Pick up a "Missing Piece" card at the check-in table and invite a friend or business associate to *join us for a complimentary lunch.*

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)

Kerri Burkhart - 1/23 - Rummage Sale Meeting
Robin Cardillo - 1/23 - Rummage Sale Meeting
Anthony Crosen - 1/23 - Kaleidoscope Prep Work
Wilson Gilbert - 1/23 - Rummage Sale Meeting
Sven Hlywiak - 1/23 - Rummage Sale Meeting
Heather Hovermale - 1/23 - Rummage Sale Meeting
James Imoh - 1/23 - Rummage Sale Meeting
John Lamanna - 12/10 - Frederick County Rotary
Chris Lewis - 1/23 - Rummage Sale Meeting
Kit Molden - 12/19 - eClub One
Chuck Peterson - 1/23 - Rummage Sale Meeting
Tootie Rinker - 1/23 - Rummage Sale Meeting
Ben Rothermel - 1/23 - Rummage Sale Meeting
Diane Ruckman - 1/23 - Rummage Sale Meeting
Karen Schultz - 1/23 - Rummage Sale 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.

NEXT BOARD MEETING
FEB 27th 6PM
at the Winchester Country Club.
All are welcome & it counts as a Make-up!

HEALTH REPORT

Dick Wilshire reports that he did not need to have a pacemaker and that he is feeling great. It was obvious because his humor was in full swing!

HEALTH TIP

For those of us who have made optimistic and perhaps too realistic New Year's resolutions, don't abandon the resolution but rather modify it. Modifying it will keep you motivated and since you have identified a need or issue, you should work on it.

Flu season is nearing its peak and Virginia has near epidemic levels of what is a very painful and long lasting flu. If you feel the flu coming on, see a doctor immediately for a shot of Tamiflu which will both lessen the effects and shorten the duration of most flu strains. If you haven't had a flu shot, get one although it will take 3 weeks to become effective and given the various strains of the flu it may not help at all. In the meantime wash your hands regularly to help stave off the effects of causal exposure to germs that cause the flu.

Together We Can Beat the Flu

6 Tips to Stay Healthy this Flu Season

- Avoid touching eyes, nose, mouth
- Wash your hands
- Cover your sneeze/cough
- Stay home if you're sick
- Avoid contact with sick people
- Get the Flu Vaccine: The flu vaccine is the first step in protecting yourself

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Cary (Claytor) Nelson
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John Elrick
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

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