

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

October 24, 2019

TONIGHT! - Board Meeting 6 PM

- October 24 - Club Elections Begin
- November 3 - FALL BACK...Change your clocks
- November 7 Awards Banquet at GW Hotel (No Noon Meeting)

TODAY

Today Wayne Murphy will speak about the Rotary Action Group for Peace. This is a very exciting time for our club as we move forward to become a Rotary Peace Builder Club and I encourage you to attend. Wayne will also be presenting at our Board meeting tonight.

SAVE THE DATE - NOV. 7th - NO NOON MEETING

YOU'RE INVITED! Nancy Davis spotlighted the upcoming club Awards Night on November 7. There will be no noon meeting that day. Sign-ups will be taken beginning this week. The Awards Banquet will be at the George Washington Hotel.

2019
Fall Social and Awards Night

The Rotary Club of Winchester cordially invites you to join us to honor our Paul Harris Fellows and for an evening of fellowship and excellent food.

Thursday, November 7th
 Cocktails 5:30 Dinner 6:30 pm
 at the
 George Washington Hotel

Black Tie Optional.

This is an attendance meeting, there is no charge for Active Winchester Rotarians. Rule of 85 Members are \$15.00 and guests are \$40.00 per person.

Seating is limited. Must sign up by Thursday, October 31st. Special dietary requirements must be requested by October 31st.

2019-2020 YEARBOOKS - Updated Winchester Rotary directories are ready. Stop on your way out and pick yours up.

JAMAICAN ME WANT TO SERVE

There are nine volunteers signed up to go to Jamaica the first two weeks of November and space for more. If you are interested see Byron Brill. The board is providing funding to help purchase dictionaries to distribute and dental equipment to use during their mission. Byron's goal is to have two trips to the island each year.

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.

The travel date is NEXT WEEK—October 31st 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



Our Last Program

Barbara Hinline from **Fresco Kitchen** in Old Town Winchester spoke about the health benefits of fresh whole foods. Mrs. Hinline received a \$12,000 grant from Rotary that included a \$4,000 district grant with our club providing the balance. This grant will allow Fresco Kitchen to provide daily meals to the Adult Day Care Center in Winchester and a once per month **"Caregiver meal"** to allow caregivers a night off. Currently Fresco Kitchen is preparing 30 meals daily for the Adult Day Care Center. Barbara noted that she has a personal 30-year relationship with Rotary.



Fresco Kitchen provides a personal chef service that can work with any dietary restrictions. Her talk highlighted the connection between our own health and the foods we eat. As she quoted, **"Food can cure you or food can kill you."**



That choice is up to us as individuals. Meals prepared at Fresco Kitchen are made with locally sourced ingredients, with no processing or additives, including sugar. She emphasized that a healthy diet is a low carb diet based on plant based foods and lean proteins. Passionate about food, Barbara ended by advising members that all one needs to do is eat clean, whole, food.

ANNUAL GOLF TOURNAMENT

Kevin reported that 11 teams teed off Monday under perfect skies. Everybody had a great time. He thanked all who participated and noted that the Old Duffers sponsored multiple holes. President Cary noted hers was the winning team. Final numbers on the tournament will be available soon.



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

- | | |
|--|---|
| 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 10-17	Tiffany Cadoree	Dwight Kemp	Mary Riley
William Aikens	Julia Connell	Steve Kent	Ben Rothermel
Jennie Baker	Anthony Crosen	Geraldine Kiefer	Sue Scarborough
Lori Bales	Marie DiLorenzo	John Lamanna	Karen Schultz
Dee Dee Barbour	Dana Evans	Deborah Langfitt	Karey Starnes
Jackie Bates	Rob Frogale	Alexis LaPorte	Brandan Thomas
Ken Blackwell	Robert Hall	Paul Magness	Diana Thorne
Ernie Bliss	Brian Hester	Neile Martin	Ajay Virmani
Kim Blosser	Sven Hlywiwalk	Kent Mull	Ben Weber
Mary Braun	Sherry Hudson	Ron Price	Ridge White
Paul Burkholder	Richard Irvin	Mike Richardson	Stuart Williams
Tom W Byrd	Marc Jaccard	Earl Riddick	Ryan Zelaski

Visitors & Guests Last Meeting

Bill North visiting from Frederick County Rotary
Debbie Callison visiting from Staunton/Augusta Rotary

Club Guests: Rick Mabe, Eric Chrisman, Fernando Tobares & Kim Wine

SHORT NOTICES

>> **Erik Beatley** noted that the colder weather made his announcement timely. The club has purchased 900 coats for this year's upcoming "Coats for Kids" initiative. The cost is \$20 per coat so the club will be looking to raise at least \$1,800. Checks can be sent to the club marked "Coats for Kids."

>> **Salvation Army Bell Ringing** - Our club's date for bell ringing this year is **December 7th**. We will have two locations, both at Apple Blossom Mall...Belk's side entrance & H&R Block entrance. Our time is 10 AM to 6 PM in two hour shifts. **Don Butler** will have sign-up sheets at our Oct. 31st meeting. Handley Interact Club will have the main entrance at Belks.

>> **John Tyson** gave a heads up to the **Dictionary Committee** that delivery dates have been set for **November 18-22**. The books are now at Handley Library and Rotary 4-way Test stickers have been placed in each book thanks to the Interact Club. If you would like to assist this committee e-mail John.

>> **Libba** updated members that two long time committees, the **Youth Mentoring & Career Development Committees** that functioned from 2008-2014 are being re-formed as one new committee devoted to working to mentor area students on all aspects of job seeking and job seeking skills. These crucial skills include resume writing and interviewing for jobs.

>> **Bob Shriner** reminded members that their Rotary license plate holders are available at the sign-in table. He does have a few extra sets available. A set of two and hardware is \$25.



>> **Winchester Day Preschool** will be holding their **Cash Party** at the Eagles club on Baker Lane on **Saturday, October 26**. Tickets are available for \$35 per person. Your ticket includes dinner, dessert, drinks and a chance to win \$1,000.

>> **Sharon Gromling**, asked club members to remember **Doc Madagan** for his upcoming **80th birthday** on **Oct. 29th**. He would welcome a card from his friends at Rotary. His address is 142 Stuart Drive, Winchester, VA 22602

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)

Scott Arthur - 10/14 - Golf Tournament
Tom W Byrd - 9/21 - Cog Wheel Reporter
Carl Esterhay - 9/21 - Apple Harvest Festival
Wilson Gilbert - 10/3(2) - Golf Committee Meeting
John Lamanna - 10/3 - Apple Harvest Committee Mtg
Tootie Rinker - 10/17 - Community Svc Committee Mtg
Diane Ruckman - 9/21 - Apple Harvest Festival
David Sovine - 10/17 - Community Event
Dick Wiltshire - 7/30 - Frederick County Rotary Club

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

Winchester Country Club

All are welcome & it counts as a Make-up!

WELCOME

NEW MEMBERS!

Four new members were inducted into our club last week. Stop and take a minute to welcome Eric Chrisman, Rick Mabe, Fernando Tobares and Kimberly Wine.



HEALTH REPORT

Libba noted that Bruce Downing's son passed away.

HEATH TIP

Tuesday was Nut Day. Libba noted that nuts are very healthful to both people and animals. They taste good, are easily stored and they serve as a great source of protein and Vitamin E.



Consuming nuts can help weight loss and they are great at lowering cholesterol, blood sugar and inflammation. Almonds, Pistachios and Walnuts are the healthiest nuts and peanuts are the least healthy. However, this only applies to nuts that have been minimally processed and have no added ingredients (like salt or chocolate). Many processed nut products, such as peanut butter, often contain high amounts of salt or added sugar. As a result, it's best to buy nuts with nothing else added.

OUR LAST DRAWING

Lots of drawing tickets were purchased and the 50/50 raffle prize of \$72 was won by Gary Chrisman followed by the draw down to find the Ace of Spades for the \$500 Jackpot. After many, many numbers were called, Don Louque finally found that illusive Ace of Spades and was the big winner! Today's jackpot comes in at \$70.



President Cary thanked **John Elrick** and **Linda Kaufman** for attending the recent **Rotary Leadership Institute**.

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 Maccubbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight, Larry Weiss

Photos: Malinda Henkel

Reporter: Larry Weiss