

### 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](http://www.rotaryclubofwinchester.org)  
 Address Rotary correspondence to P.O. Box 2686, Winchester, VA 22604

Chartered 1921

November 21, 2019

### TODAY & TOMMORROW - Dictionary Project

#### TONIGHT! - Board Meeting 6 pm

November 28 - Thanksgiving Day (No Noon Meeting)

December 5 - Club Elections

### TODAY

Today, **Ken Falke**, the chairman and founder of **Boulder Crest Retreat** will speak to us.

### DICTIONARY PROJECT

This week our club is distributing dictionaries to area 3rd graders. This is a fun experience and one of our hands-on service projects. Please see **John Tyson** if you are interested in helping this week or even next year.

### THE KIDS CLUB

**Heather Foreman**, Executive Director of **The Kids Clubs of Northern Shenandoah Valley**, thanked us for our generous donation from 2019 Kaleidoscope which helped equip their kitchen.



She told us that their breakfast feeding program has served over 6000 meals to date. They recently began serving kids dinners as well. The program allows families to spend more time together and saves them money. With help from local restaurants, civic organizations, companies, and churches, they are extending the meals program to Family Dinner Nights on Fridays.

To help raise funds for meals, they will be publishing a cookbook, featuring recipes from local restaurants. The theme will be **"affordable" recipes**, all costing less than \$10. If you are interested in providing a recipe, or you would like to help serve meals, contact Heather Foreman at 540-723-6665.

Their wish list now includes buying a commercial dishwasher and hiring a cook/chef for 10 to 15 hours a week. Currently, Sara Warren, the organization's director of marketing and development, has been cooking the meals.

### ANNUAL EVANS HOME CHRISTMAS COLLECTION

We will be passing the hat today and Dec. 5th for donations toward gifts for the **Evans Home Kids**, who will visit us on **December 19th**. Thanks to the shoppers who take time each year to shop for items from each child's wish list, it will be a joyous day not only for the kids but for all of us.



**SHOPPERS NEEDED - SEE TRISH OR PRESIDENT CARY**

### Our Program Last Week

**Laurie Menzel**, the Major Gifts Officer with the Rotary Foundation, told about the Foundation and how your contributions help do good in the world. The Rotary Foundation's mission is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty. It is one of the most effective and well-managed charitable organizations in the world, with 12 consecutive four-star ratings from Charity Navigator, and an A-Plus rating from Charity Watch.



There are three funds; Polio Plus, the Annual fund, and the Endowment fund. **Bill and Melinda Gates are doing a 2:1 match for Polio Plus**. When you give \$100, they will match it with \$200, resulting in a \$300 total donation. A Polio vaccine dose costs 60 cents. \$300 will vaccinate 500 children! While Polio type-2 and type-3 have been eradicated, the focus now is on beating type-1.

The **Annual Fund** has six areas of focus: Peacebuilding and Conflict Resolution; Disease Prevention and Treatment; Water, Sanitation and Hygiene; Maternal and Child Health; Basic Education and Literacy; Community Economic Development. All six of these affect Polio.

The **Endowment Fund** strives to increase the value of your gift by preserving and investing your initial contribution and spending only a portion of the earnings. It will become a permanent line item with your name on it forever. Lauri Menzel showed us a chart illustrating how your gift can grow and continue giving far into the future.

### COATS FOR KIDS

**Chris Mitchell**, host of the **Q102 Morning Show**, presented club members with the opportunity to be a sponsor of one of the upcoming Coats for Kids fundraising appearances. Your contribution of \$1000 will serve as the matching funds on one of the four fundraising days. Chris explained that people respond much better to fundraising requests when they know their contributions are being matched. Thank you to **Lori Fountain Bales**, for signing up to be a sponsor. **Today is the last day to sign up for this match promo.**



See **Chuck Peterson** if you are interested . . . call him at 540-327-5138, or email [chuckpeterson@iheartmedia.com](mailto:chuckpeterson@iheartmedia.com) **100% of your donation will go to Coats for Kids.**

**BUT**, any donation amount is welcome.....checks to help out can be sent to our club marked "Coats for Kids."

### 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

<b>Absentees 11-14</b>	Paul Frank	Dwight Kemp	Mike Richardson
William Aikens	Rob Frogale	Steven Kent	Tootie Rinker
Jackie Bates	Krista Gibbs	Geraldine Kiefer	Tom Rockwood
Ken Blackwell	Phil Glaize	Don Louque	Sue Scarborough
Mary Braun	Dick Helm	Darla McCrary	David Smith
Paul Burkholder	Brian Hester	Chris Merchant	Michelle Thomas
David Chandler	Sven Hlywiak	David Miles	Diana Thorne
Eric Chrisman	Sherry Hudson	Rober Mitchell	Ben Weber
Anthony Crosen	Alex Iden	Kit Molden	Michael Williams
Nancy Davis	James Imoh	Kent Mull	Stuart Williams
Dana Evans	Richard Irvin	Ron Price	Ryan Zelaski

**Visitors & Guests Last Week**

Jack Weeks visiting from Front Royal Rotary  
 Katrina McLure, guest of Trish Simpson  
 Heather Foreman, guest of Jenny Baker  
 Chris Mitchell, Q102, club guest

**ELECTION TIME**

The slate of officers for term 2020-21 is:

- President: Dick Kent
- President-Elect: John Elrick
- Secretary: Jaime Karalis
- Treasurer: Jenny Baker



**Board of Directors** candidates for 2020-2023 are: Darcus Breneman, Bob Hall, Malinda Henkle, Deborah Langfitt, Dianne Ruckman, Jennifer Stanford, Dan Whitacre, Ridge White.

**SHORT NOTICES**

>> **QUARLES DONATION**.....This week we provided funds to Quarles School for a field trip.



>> **Salvation Army Bell Ringing** - Our club's date for bell ringing this year is **December 7th**. We 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** has sign-up sheets circulating. Handley Interact Club will have the main entrance at Belks.



>> **Gary Chrisman** gave a short Foundation report. He announced that our Board has agreed to match any donations up to \$500, made between November first and the end of 2019, towards a Paul Harris Fellowship. See him if you would like to get more information on your own Paul Harris account status.

>> **On a Sad Note**...we're sorry to share that **Terry Tierney** passed away Tuesday, November 5th. Terry was a long time Rotarian. He was a member of the Elk Valley, PA and the Buffalo, NY Rotary Clubs starting in 1980 and joined our Club in 2003. He was a Multiple Paul Harris Fellow. *Please keep his family in your thoughts and prayers.*

**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)

- Krista Bednarski-Gibbs - 9/21 - Apple Harvest Festival
- Anthony Crosen - 11/5 - Kaleidoscope Meeting
- Nancy Davis - 9/21 - Apple Harvest Festival
- Paul Frank - 10/3 - Apple Harvest Meeting
- Geraldine Kiefer - 11/12 - Frederick County Rotary Club
- David Miles - 9/22 - Apple Harvest Festival
- Kit Molden - 11/5 - Kaleidoscope Meeting
- Kip Rutherford - 11/5 - Frederick County Rotary Club
- Martin Tabaka - 9/22 - Apple Harvest Festival
- Diana Thorne - 10/23 - Rotary of Granby, Colorado
- Daniel Whitacre - 10/29 - Kaleidoscope Meeting
- Ed White - 11/5 - Kaleidoscope 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 - TONIGHT!**

6 PM Winchester Country Club

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

**HEALTH REPORT**

Libba reported that Rabbi Brown is not doing well. He is currently at home. Cards would be appreciated.

**HEATH TIP**

Libba told us about the many benefits of eating Pomegranate seeds. In addition to be a dense source of nutrients, they also fight inflammation and are an anti-oxidant. Studies show they can improve your memory and even help prevent some types of cancer. In addition to the numerous health benefits of eating Pomegranate seeds, they are also a pretty color!



**OUR DRAWING LAST WEEK**

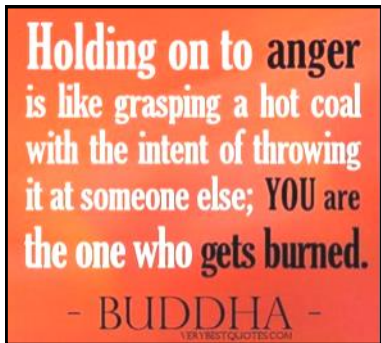
Tom Byrd, Jr., won last week's \$18 drawing, and the Jackpot is \$105 today.

**NEW POST OFFICE BOX - #2686**

Please remember...when mailing in your Rotary dues or other paperwork our new Post Office Box number is 2686.

**2019-2020 YEARBOOKS**

Did you pick up your new yearbook? If not, stop on your way out and pick it up at the Sergeant-At-Arms table.



<b>President</b>	<b>Cary Claytor</b>
<b>President-Elect</b>	<b>Dick Kent</b>
<b>Secretary</b>	<b>John Elrick</b>
<b>Treasurer</b>	<b>Jaime Karalis</b>

**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: Chuck Peterson