

- 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

December 5, 2019

TODAY - Club Elections

SATURDAY - Salvation Army Bell Ringing

December TBA - Coats for Kids

December 6-8 - RYLA at Virginia Tech

December 7 - Foundation Banquet at Skelton Conference Center, Blacksburg, VA

December 12 - Christmas Social 6 PM at Winchester Country Club (No Noon Meeting)

December 19 - Evans Home Christmas Program

December 26 - No Noon Meeting & Happy New Year!

TODAY

Today our speaker will be **Christine Kriz** from the **Small Business Development Center at Lord Fairfax Community College**. Christine holds an MBA and has been Executive Director of the LFCC SBDC Office since 2016.

SALVATION ARMY BELL RINGING - SATURDAY

Don Butler reported that all the slots are filled for ringing the bell on December 7th, at Apple Blossom Mall. BUT, the more the merrier, so you're invited to join in even if you don't already have an official time slot. (In case you forgot, the bell ringing schedule is on your table and on the Rotary website.) It's a great way to get to know your fellow Rotarians and help raise money for an organization that does so much for those in need.



ANNUAL EVANS HOME CHRISTMAS COLLECTION

Trish Simpson says today is the last day to contribute to the fund to buy gifts for the 13 Evans Home kids. Please give generously using the envelope sitting on your table. Shoppers are needed, see Trish for details. 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.



ELECTION TIME - VOTING TODAY!

The slate of officers for term 2020-21 is:

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



Vote for 4 Board of Directors:

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

Our Last Program

We heard from **Ken Falke**, chairman and founder of **Boulder Crest**, an organization committed to improving the physical, emotional, spiritual and economic wellbeing of our combat veterans, first responders and their families. Ken is a veteran of the Navy Explosive Ordnance Disposal community. He did over 1000 parachute jumps, and thousands of missions disarming mines, ordinance and Improvised Explosive Devices (IEDs). He is the author of **'Struggle Well'**, a book whose message is that by embracing struggle, rather than fighting it, you can stop surviving and start thriving.



Ken's passion is taking care of fellow combat veterans, and the long-term care of returning personnel and their families. While deaths due to cancer and other diseases are declining, the suicide rate is increasing. This is most pronounced among combat veterans, who account for 20 of the reported 125 suicides that happen every day in the United States. The high suicide rate among vets is attributable to the trauma of combat. Boulder Crest focuses on Post Traumatic Growth.

The basic premise of **"Struggle Well"** and Boulder Crest's approach is a focus on healthy behaviors, rather than mitigating unhealthy behaviors. For example, self-regulate through activities like yoga, running, golf, walking, etc., rather than self-medicate. Ken showed a chart with the stairsteps of the **"Struggle Well"** concept. The highest level is service to others. Another key to post-trauma growth was illustrated with the 'wellness triangle'. The top of the triangle is the mind. The bottom two corners are the body, and financial. A healthy body and healthy finances are important to having a healthy mind. At the center of the triangle is Spirituality. All of these in combination lead to a balanced life which is essential to preventing suicide.

Ken spoke to our club several years ago when he was starting Boulder Crest. Our second International Affair was a fundraiser for the project. Since Boulder Crest Virginia opened it has hosted over 5000 guests. Now there is also a Boulder Crest in Arizona, which has hosted over 2000 guests.

CHRISTMAS SOCIAL - December 12th

Our club **Holiday Social** will be here at Winchester Country Club at 6 PM December 12th. **There will be no noon meeting that day!**



DICTIONARY PROJECT

Our club recently distributed 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 out next year.

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 11-21	Wilson Gilbert	John Lamanna	Karen Schultz
William Aikens	Dick Helm	Alexis LaPorte	David Sovine
Jenny Baker	Brian Hester	Darla McCrary	Bob Stieg
Jackie Bates	Sven Hlywiak	Rober Mitchell	Martin Tabaka
Ken Blackwell	Sherry Hudson	Kit Molden	Diana Thorne
Mary Braun	Alex Iden	Kent Mull	John Tyson
Kerri Burkhardt	James Imoh	Ron Price	Ben Weber
Robin Cardillo	Richard Irvin	Mike Richardson	Ryan Zelaski
David Chandler	Dwight Kemp	Earl Riddick	
Dana Evans	Steven Kent	Diane Ruckman	
Rob Frogale	Geraldine Kiefer	Sue Scarborough	

Visitors & Guests 11-21-19

Bill North visiting from Frederick County Rotary
 Charles Asah visiting from Toledo, Ohio Rotary
 Debby Callison visiting from Stanton-Augusta Rotary
 Tom Vanderhout visiting from Windward Rotary, Oahu, Hawaii
 Katrina McClure, guest of Trish Simpson
 Greg Vossler, guest of Fernando Tobaras
 Chad Bales, guest of Lori Bales
 Cyril Barch, guest of Jean Barch
 Patricia Bliss, guest of Ernie Bliss

SHORT NOTICES

>> **CONGRATULATIONS** to President Cary on her recent marriage!

>> **Gary Chrisman** reminded us that the club is offering up to a \$500 match toward your Paul Harris fellowship. Check with him to see how much more you need for a Paul Harris Fellowship. Then, take advantage of the match!

>> **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. If you would like to safely recycle your old yearbook you can drop it off at the table too.

CAN YOU HELP???
COGWHEEL REPORTERS & PHOTOGRAPHERS NEEDED!
 Our club has recently lost two member reporters and photographers....we desperately need to replace them.

Really, it's not that hard! CogWheel reporters & photographers take one month turns and even get a makeup! Cell phones work great for our meeting photos. If you can help us, photographers see Malinda Henkel (malinda.henkel@bankwithunited.com)...for reporters, see Sue Rich (cc-mail@earthlink.net). *You don't have to be Clark Kent, Lois Lane or Jimmy Olsen to help us out!*

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)
 Wilson Gilbert - 10/14 - Golf Tournament
 Robert Hall - 11/15 - Jamaica Dental Clinic
 John Huddy - 11/19 - Dictionary Project
 Marc Jaccard - 11/19 - Dictionary Project
 Pat Kofalt - 11/21 - Dictionary Project
 John Lamanna - 10/24 - Board Meeting
 Deborah Langfitt - 9/21 - Apple Harvest Festival
 Kit Molden - 11/20 - Kaleidoscope Meeting
 Martin Tabaka - 11/19 - Dictionary Project
 Michelle Thomas - 11/18 - Dictionary Project
 John Tyson - 11/18 - Dictionary Project
 Larry Weiss - 11/19 - Dictionary Project
 Ridge White - 11/19 - Dictionary Project

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 - DEC. 19 6PM
 in the meeting room to the left at the George Washington Hotel
All are welcome & it counts as a Make-up!

HEALTH REPORT

Rabbi Brown recently suffered a stroke and is now in Evergreen Health & Rehab center. At our last meeting a card was passed around for everyone to sign. Rabbi Brown has always enjoyed attending Rotary meetings, so the card will mean a lot to him as would a short visit.

Earl Riddick missed our last meeting due to a health problem. Libba did not have details at the time but may have an update today.

HEALTH TIP

With so much eating surrounding Thanksgiving and the holiday season, Libba recommends that you move around as much as possible. Enjoy the food, and especially the people that mean so much to you. Whether you see them in person or connect through a phone call or a card, let them know how much they mean to you.



OUR LAST DRAWING

Pat Koffalt won \$17 in the raffle, which he then handed back as a donation to The Evans Home kids Christmas presents. Thanks Pat! Sadly, he drew the King of Hearts for the growing jackpot which is \$123 today.



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.*

President Cary Claytor
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 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