

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

Distinct 7570, Area 1, Club 5781

February 6, 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)

TODAY

Today **James Imoh & Tiffany Cadoree** will give their new member talks.

NEXT WEEK

Next week we will have **Chuck Ashby, Project Search Instructor**, tell us about an exciting program between Valley Health, Winchester & Frederick County Schools called "**Project Search**". This program identifies special needs students between the ages of 18-21 and teaches them life skills and work skills to prepare them to be placed in employment.

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 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**.

Our Last Program

Last week **Ruth Truman** spoke to us about her passion in helping design a happy and functional living space for children 18 and under who are facing grave medical issues. The charity is named **Savvy Giving By Design** and is a registered 501c3 charity operating in 17 states throughout the USA. Ruth started the chapter in Winchester and has a special connection because her own young son went thru several years of treatments in his fight against cancer. The mission revolves around the fact that many very sick kids spend most of their time either in the hospital or in their rooms at home. The goal is to make "**Go to your room**" a good thing by making it a cheerful place that functions for their needs. Wider doors for wheel chair access, appropriate lighting and the like are typical needs. Because siblings often bare hardship and feel out of place the program re-decorates their bedrooms as well. This helps make siblings feel relevant and a part of the family. Ruth is an interior decorator by profession who along with other volunteers donate their time so that 100% of donations go into the room makeovers. They rely on donations of time, money or products to make it all happen and she asks that we consider making a donation and/or telling others about their program. They can be found on Facebook at **Savvy Giving by Design Virginia** or on their web page at:

www.savvygivingbydesign.org



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 is 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	New Market - Wednesday Lunch - The Shenvallee 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 30	David Chandler	Sherry Hudson	Ben Rothermel
William Aikens	Nancy Davis	Alex Iden	Sue Scarborough
Scott Arthur	Dana Evans	Richard Irvin	Karen Schultz
Lori Bales	Paul Frank	Dick Kent	Irv Shendow
Jackie Bates	Rob Frogale	Alexis LaPorte	Martin Tabaka
Erik Beatley	Phil Glaize	Darla McCrary	Brandan Thomas
Ken Blackwell	Phillip Griffin	David Miles	Fernando Tobares
Kim Blosser	Dick Helm	Kent Mull	Ajay Virmani
Darcus Breneman	Brian Hester	Chuck Peterson	Ed White
Tiffany Cadoree	Sven Hlywiak	Ron Price	Michael Williams
			Ryan Zelaski

Visitors & Guests Last Week

Susie Griffin, guest of Phil Griffin
 Katrina McClure, guest of Tricia Simpson
 Cyril Barch, guest of Jean Barch
 Jennie Morro, guest of Speaker Ruth Truman

DISTRICT CONFERENCE NOTES

Want to go? *It will be the last year that the event is held at the Homestead, 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.* Please act today to get the Early Bird discount by Feb. 14, and to get Homestead rooms at the low Rotary discount of \$129 per night before the room block is gone!

SILENT AUCTION - Each club in the district is asked to donate several items to make this a successful fundraiser. This is a great way to participate in the District Conference even if you are not able to attend. Our club's coordinator for the Silent Auction is Linda Coffman. If you are interested in donating one or more items, please contact Linda via email at lindacoff@hotmail.com or at 540-759-8501. She will arrange to transport your donation. Thank you for your support.

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

Last week's drawing winner of \$18 was Dave Smith, congratulations Dave! Today's jackpot is \$198....will the Ace of Spades show up today? You have to play to win...AND it goes to a good cause!

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)

Darcus Breneman – 1/23 – Rummage Sale Meeting
 Anthony Crosen – 1/28 – Kaleidoscope Meeting
 Melissa Fortner – 1/9 – Kaleidoscope Meeting
 Marc Jaccard – 1/30 – Peace Builder Committee Meeting
 Dick Kent – 1/13 – Membership Committee Meeting
 Ben Weber – 1/30 – Kaleidoscope Meeting
 Jonathan Snowden – 1/8 – Rotary of Bonita Springs
 David Sovine – 1/23 – Rummage Sale Meeting
 Jimmy Stafford – 1/23 – Rummage Sale Meeting
 David Sweeney – 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!

Foundation Minute

Gary Chrisman announced our club has created an account to assist Australians in need as a result of the recent and horrific wild fires. The club will match up to \$1,000. You may donate by writing a check to WRCCS and in the memo note Australian wildfire relief. **The address is different than our general Rotary a mail box. It is Winchester Rotary Foundation, P.O. Box 228, Winchester 22604.**



HEALTH REPORT

Libba told us Dave Goff was scheduled for open heart surgery on February 2nd. She had a big card for us to sign for Dave. *Please keep him in your thoughts and prayers.*

HEALTH TIP

Practice the tips below and you will be happier for it!

- 1) Don't hit the snooze button** on your alarm clock. Once you've been woken up, the sleep after the alarm will not be restful.
- 2) Don't keep your phone by the bed** or check it first thing in the morning. Our cell phones while useful can be stressful.
- 3) Plan your day before going to bed** so that you don't wake up feeling stressed about your coming day.
- 4) Before you drink your morning coffee, drink 8 oz. of water.** Your body needs it as we dehydrate while sleeping.
- 5) Do enjoy your AM coffee** as it energizes us and helps us transition from sleep to being awake.
- 6) Eat a healthy breakfast.**
- 7) Rise early,** those who do tend to be more productive & happy.



8) Volunteer to be a CogWheel Reporter or Photographer! Doing so enhances your listening experience at meetings and you become more aware of what's happening in Rotary!

President
President-Elect
Secretary
Treasurer

Cary (Claytor) Nelson
Dick Kent
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

CogWheel Staff: Jenny Baker, Belinda Barbour, Paul Burkholder, Tom W. Byrd, Malinda Henkel, Don Karolyi, Tom Maccubbin, Chuck Peterson, Sue Rich, Dave Smith, Steve Straight, Larry Weiss

Photos: Malinda Henkel

Reporter: Paul Burkholder