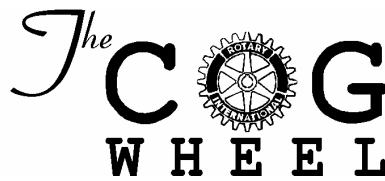


#### ROTARY 4-WAY TEST

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?

#### Last Meeting

0 ZOOM 30 in person



Chartered 1921

Distinct 7570, Area 1, Club

October 19, 2023

## OUR PROGRAM THURSDAY

*Julia Kogat and the HHS Interact Club officers will be joining us. Aoi Sakurai, the foreign exchange student our club sponsors and her sponsoring parent, Nadine J-Hamm, will also join us. Aoi, a member of the Interact Club, will be our speaker*

### WHAT'S COMING UP...

26-Oct Krista Wilson - Program Co-ordinator for Winchester/Frederick County Behavioral Health Docket NWCS

### MEMBERSHIP

The Board has approved a new "Family Membership" option. A full member can apply to add a second member of the family to their membership. The second family member would have a reduced dues structure, \$65/quarter and \$20 per meal when they attend lunch meetings at the Winchester Country Club.

### TREX BENCH FOR THE JOHN HANDLEY HIGH SCHOOL PEACE GARDEN

Pat Koffalt said we're up to 170 lbs at last count and he still has 4 bags in his car, which should put us close to halfway to our 500 lb. goal. The bags will be transformed by TREX into a park bench that we can put at Handley High School.



We will be collecting the bags for the Trex bench project until February. Qualified items include store, produce, bread, Ziplock, dry cleaning & ice bags, cereal box liners, case overwrap, plastic e-Commerce mailers and bubble wrap. **Do not include frozen food bags, candy wrappers, six-pack rings, pet food, chip, or net/mesh fruit bags.** If in doubt, then leave it out. The opportunity is to work with our Interact partners to recycle plastic and in the process enhance our environment. Plastic recycling is a great way to protect our environment and is a Rotary Positive Peace Goal. There's a collection box at our Rotary Meetings so start saving your qualifying stretchable plastic now and bring them in.

### RIDES TO ROTARY!

The Transportation Committee offers rides to Rotary meetings and events for anyone needing a lift. Just contact Bob Hall at: [rhalldds@comcast.net](mailto:rhalldds@comcast.net) or call/text him at 540-336-5479 to make arrangements.



### LAST WEEK - SHRIMP FEED!!!!

Thanks to Dave, Dan, Kip, Bernie, and the whole cooking crew, we had another wonderful shrimp feed at Isaac Walton. The libations poured, the shrimp satisfied, and the corn was to die for. Congratulations to Gary, Trish's husband HB, and all the other prize winners. And no, those are not 50/50 winnings that Linda and Ridge are holding it's dinner income! **See you next time.**





#### Absentees Oct. 12

Marc Abrams  
William Aikens  
Stanley Augustine  
Jenny Baker  
Lori Bales  
Cyril Barch  
Jean Barch  
Jackie Bates  
Erik Beatley  
Kim Blosser  
Jan Bresch  
Kerri Burkhardt  
Paul Burkholder  
Tom W. Byrd  
Kevin Callanan  
Robin Cardillo  
Eric Chrisman

Michelle Cody  
Julia Connell  
Andrea Cosans  
Anthony Crosan  
Nancy Davis  
Rosalee Delcampo  
Marie DiLorenzo  
John Elrick  
Dale Ervin  
Dana Evans  
Sharon Farinholt  
Ann Fox  
John Fox  
Paul Frank  
Cheryl Fried  
Rob Frogale  
Robert Garrett  
Krista Gibbs

Phil Glaze  
Jenny Grooms  
Kim Herbstritt  
Brian Hester  
John Huddy  
Sherry Hudson  
George Hummer  
Alex Iden  
James Imoh  
Doug Joyner  
Jaime Karalis  
Don Karolyi  
David Kent  
Trey Kern  
Alexis LaPorte  
Chris Lewis  
Paul Magness  
Neile Martin

Katrina McClure  
Darla McCray  
Chris Merchant  
David Miles  
Guss Morrison  
Kent Mull  
Cary Nelson  
Donna Parrish  
Steve Parrish  
Chuck Peterson  
Fritz Polite  
Debra Purrington  
Jon Reimer  
Amy Rice  
Sue Rich  
Mary Riley  
Tootie Rinker  
Madelyn Rodriguez

Ben Rothermel  
Karen Schultz  
Roy Schwarz  
Nancy Silva  
Jay Smith  
Jonathan Snowdon  
Jimmy Stafford  
Karey Starnes  
David Sweeney  
Brandon Thomas  
Michelle Thomas  
John Tyson  
Ajay Virmani  
Shane Wagoner  
Elyus Wallace  
Ben Weber  
Jim Youngblood  
Ed White

#### Make-ups\* (Date & Function Attended)

Paul Frank – 9/17 – Apple Harvest Festival  
David Kelly – 10/5 – Awards Night  
Darla McCray – 9/17 – Apple Harvest Festival  
Shane Wagoner – 9/17 – Apple Harvest Festival

#### 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.

## FROTHY FRIDAYS

### *Come on by!*

**Join the FUN!** Frothy Fridays continue weekly at Vibrissa from 5-7 pm and club members are welcome to join the fellowship. Vibrissa is located at 10 North Kent St., Winchester.



## ANNOUNCEMENTS

### APPLE HARVEST FESTIVAL

Darla McCrary and Paul Frank announced that this year's Apple Harvest Festival was record breaking. A perfect day of sunshine produced our all-time best Saturday for the event while wet weather produced our slowest Sunday ever. The NET result was an Apple Harvest Festival total of \$26,000.

### CHECK YOUR YEARBOOK INFO

**We are working on the New Rotary Yearbook. Please check your information and let Jean Barch or Sue Rich know if there are any changes. NOW is the time to fix it.....not after it's printed!!!!**

**AND if you want an updated photo please email it to Sue at:**

[ClearChoicePrinting@gmail.com](mailto:ClearChoicePrinting@gmail.com)

**Need to change your email or billing address for Rotary correspondence?**  
**Please contact Casey Bennett anytime to do so:**  
**[Casey1332b@gmail.com](mailto:Casey1332b@gmail.com)**  
**or 732 546 7650.**

## OPPORTUNITIES TO HELP

### A/V HELP NEEDED

The A/V committee needs help with their weekly meeting set-up & take-down. Contact Dave Miles if you can help out. [dave@drdavemiles.com](mailto:dave@drdavemiles.com)

### NEWSLETTER

**Make-up Opportunities!!** We could use a few volunteer reporters to take notes each week for the Cog Wheel. Also, someone to take a few photos at our meetings & events. Please contact Sue Rich [ClearChoicePrinting@gmail.com](mailto:ClearChoicePrinting@gmail.com) or President Jenny if you can help.

### HEALTH UPDATE

Libba's Health Update was really more of a celebration: Nick Nerangis's grandson, Alex Limoges, who has been playing hockey since he was 3 years old, is now part of the Washington Capitals organization and made his debut that night versus the Columbus Blue Jackets!

### HEALTH TIP

October is breast cancer awareness month and it doesn't just apply to women, since men can get it, too. The prevalence of breast cancer in women is 1-in-8, for men it's 1-in-833. About 300,000 cases of invasive breast cancer will be diagnosed this year and 56,000 non-invasive cases. There are 4 million survivors worldwide, but 44,000 women will die. Libba advised us to reduce our risk by doing annual mammograms and monthly self-exams. The risk of getting breast cancer is higher if you have other members of your family with breast cancer.



## The Four Way Test

of the things we think, say and do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

**NEXT BOARD MEETING**  
**THURSDAY, OCTOBER 26 6:00 PM**  
**Winchester Country Club**

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

President - Jenny Baker      Secretary - Paul Frank  
President-Elect - John Lamana      Treasurer - Bob Hall

#### BOARD OF DIRECTORS

2023-2026 Gary Chrisman, John Elrick, Darcus Breneman, Rick Mabe  
2022-2025 Wilson Gilbert, Darla McCrary, Chuck Peterson, Jennifer Stanford  
2021-2024 Dave Miles, Jay Smith, Dave Sweeney, Heather Hovermale

**IMMEDIATE PAST PRESIDENT - Jaime Karalis**

Editor: Sue Rich

Reporter: David Smith