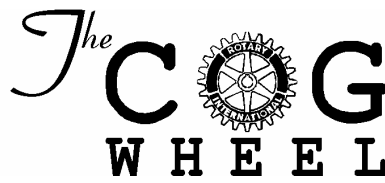


#### ROTARY 4-WAY TEST

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

13 ZOOM      53 in person

Chartered 1921

Distinct 7570, Area 1, Club

October 12, 2023

## THIS THURSDAY SHRIMP FEED - NO NOON MEETING

*October 12th is our Shrimp Feed – at Isaac Walton it's a casual event and starts at 5:30 with socializing with dinner at 6:00. We still need door prizes, so feel free to bring one along!*

### WHAT'S COMING UP . . .

- 19-Oct      HHS Interact Julie Kogart, Aoi Sakurai with our Rotary Youth Exchange Program will speak
- 26-Oct      Krista Wilson - Program Co-ordinator for Winchester/Frederick County Behavioral Health Docket NWCS
- 26-Oct      **Board Meeting - 6 PM - Winc. Country Club**
- 16-Nov      Gary Chrisman - Rotary Foundation

### 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.

### OUR PROGRAM LAST WEEK

Andrea Cosans, the director of CCAP for the past 3 years, provided an update on the organization. She has a long history of serving the homeless, the food-insecure people, and those with psychiatric needs. She has also worked as a case manager and counselor for first-time drug offenders and at-risk youth.

Andrea started off by thanking our club for attending their 3rd annual bicycling event, which raised \$24,000. That's almost twice as much as last year's result. Andrea said that CCAP is now a “homeless prevention” agency (as opposed to its former mission of focusing assistance on the homeless population. That is now the purview of organizations like the Men's Rescue Mission. CCAP's new website is at [www.ccapwinchester.org](http://www.ccapwinchester.org).

CCAP's assistance is particularly valuable toward the end of the month when people's expenses really start to outpace their income. Many folks with low-income jobs have financial stressors such as low credit and difficulty finding housing.

CCAP is helping with innovative solutions like the Community Freedge, an “open” refrigerator where people can take (or give) produce and other food that requires refrigeration. Andrea said, “The community has really stepped up” when it comes to stocking and using the Freedge. Produce is especially popular and goes quickly.

CCAP also started a mobile ministry in 2021 that serves hard-to-reach areas, as well as “The Clothing House,” which has served more than 1000 families with children over the age of 5. They also provided more than 50,000 diapers, 101 loads of firewood, and financial assistance totaling \$570,000 to 1638 households.

Andrea concluded by thanking CCAP's many volunteers, calling it “our lifeblood,” and thanked our club for its recent donation. A club member asked Andrea if CCAP was seeing more senior citizens as a result of Winchester becoming more of a “retirement destination,” with housing costs rising as a result.

Andrea said she's seen the most recent rises in the Afghani and Latino populations.

### SPECIAL PRESENTATION

Ann Burkholder, Winchester's Commissioner of the Revenue, made a donation to the Winchester Rescue Mission on behalf of the Commissioners of the Revenue Association, which met recently. Donations are made annual in lieu of speaker fees for their annual conference. She made the presentation to **Lauren Clouse, the newly named director of the Winchester Rescue Mission.**

**Absentees Oct. 5**

Marc Abrams	Linda Coffman	Malinda Henkel	Chris Lewis	Amy Rice
William Aikens	Nancy Davis	Brian Hester	Paul Magness	Irv Shendow
Scott Arthur	Rosalie Delcampo	Sven Hlywiak	Dan Martin	Nancy Silva
Stanley Augustine	Marie DiLorenzo	John Huddy	Neile Martin	Jimmy Stafford
Jenny Baker	John Elrick	Sherry Hudson	Katrina McClure	Karey Starnes
Lori Bales	Dana Evans	Alex Iden	Chris Merchant	Kathy Tagnesi
Jackie Bates	Ann Fox	Doug Joyner	Kent Mull	Brandon Thomas
Erik Beatley	Paul Frank	Kaime Karalis	Cary Nelson	Michelle Thomas
Kim Blosser	Rob Frogale	David Kelly	Donna Parrish	Shane Wagoner
Jan Bresch	Krista Gibbs	David Kent	Steve Parrish	Elyus Wallace
Kerri Burkhart	Phil Glaize	Trey Kern	Chuck Peterson	Ben Weber
	Jenny Grooms	Alexis LaPorte		

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

Paul Frank – 9/17 – Apple Harvest Festival  
 Donna Parrish – 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.

**INTERACT UPDATE**

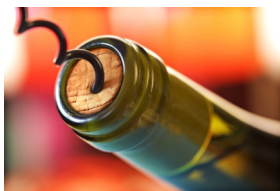
President Jenny recently visited the Handley HS Interact club and is excited to host them at our meeting on 10/19. We will also hear from Aoi Sakurai of the Rotary Youth Exchange Program.

**GOLF TOURNAMENT**

Les Veach gave an update on the golf tournament. Last week's event enjoyed beautiful weather and benefitted the Shenandoah Valley Discovery Museum. Les thanked all the golfers and sponsors and said we're still waiting on the final numbers once expenses are paid.

**WINERS**

Dick Kent reported that the next meeting of our club's "Winers" (aka wine lovers) will be on Oct. 18 th from 5-8 pm at James Charles Winery. See Dick for details.



**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.

**PRESIDENT'S SCHEDULE**

President Jenny let the club know that she will be away from club meetings until October 19th. President elect John Lamanna will fill in during Jenny's absence.

**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)

**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 Hovemale

IMMEDIATE PAST PRESIDENT - Jaime Karalis

Editor: Sue Rich

Reporter: David Smith