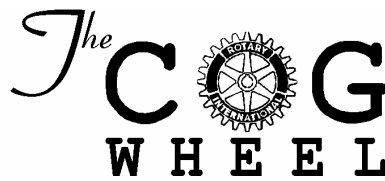


#### ROTARY 4-WAY TEST

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

14 ZOOM 50 in person



Chartered 1921

Distinct 7570, Area 1, Club

November 2, 2023

## OUR PROGRAM THURSDAY

Sandra Webster - Family Promise NSV  
[sandi@familypromisensv.org](mailto:sandi@familypromisensv.org)

### WHAT'S COMING UP...

**Next Board Meeting - November 30 6 PM**  
**Winchester Country Club**

9 Nov Ridge White Veterans Recognition/Celebration  
16 Nov Winter Brooks  
23 Nov Thanksgiving - No meeting  
30 Nov Gary Chrisman Explanation of Rotary Foundation

### PINTS FOR POLIO - WERE YOU THERE?

Our first "Pints for Polio" fundraiser was held at Vibrissa last Friday evening. The weather was amazing, the company was stimulating and fun, drinks and food were shared among friends, and money was raised for a great cause. Overall, a wonderful evening. If you didn't make it, you missed a great time - just ask those that were there! The total amount raised isn't known yet, but we'll keep you posted. Be sure to thank Vibrissa the next time you're there for hosting us and donating to Polio Plus.



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

Pat Koffalt reported we now have 307 lbs. of plastic bags as of last week and should hit our goal of 500 lbs. by Christmas. The bags will be transformed by TREX into a park bench that we can put at Handley High School.

We'll be collecting the bags until February.



### DICTIONARY PROJECT

Larry Weiss is coordinating this year's distribution of roughly 400 dictionaries to 3rd grade students in Winchester and independent city schools. We need hearty volunteers to help prepare the distribution at Handley High School and to hand them out. See Larry for more information.



### OUR PROGRAM LAST WEEK

Krista Wilson, Program Coordinator for the Winchester-Frederick County Behavioral Health Docket at Northwestern Community Services Board, spoke about her agency's efforts to reduce recidivism among those with mental health issues in our community.



A mental health docket substitutes a problem-solving model for traditional court processing. This helps reduce the number of inmates with mental illness. Between 2018 and 2022, the percentage of mentally ill inmates increased from 17% to 25% in men and from 34% to 44% in women. Those inmates require a lot of resources, both financial and staffing.

The key players are NWCSB, Old Dominion Court Services, the Commonwealth Attorney's office, and the public defender's office. The local police and sheriff's offices also participate, as well as Winchester Rescue Mission and Valley Health.

The goals of the program are to use prevention to reduce recidivism among clients, increase treatment engagement by participants, and improve quality of life for those individuals. Outcomes have been increased public safety, reduced costs, and more effective use of local resources. Eligibility includes having only misdemeanors, no violent crime, a medium to high criminogenic risk, a diagnosis of a serious mental illness, and not drug addiction as the sole diagnosis. (Although the program is modeled after drug court, it is not a replacement and is intended for mental health patients.) Candidates for the program are oriented to the process and must agree to participate in the program.

The phases of the program are orientation, stabilization, maintenance and community reintegration, and transition/graduation.



### NEW MEMBER INDUCTIONS

**WELCOME!** JD Blevins, Bob De May, and Lauren Clouse were drummed in to the club.

**Absentees Oct. 26**

William Aikens  
Stanley Augustine  
Lori Bales  
Jackie Bates  
Erik Beatley  
Jan Bresch  
Byron Brill  
Kerri Burkhardt  
Paul Burkholder  
Robin Cardillo  
Gary Chrisman

Julia Connell  
Anthony Crosan  
Nancy Davis  
Marie DiLorenzo  
John Elrick  
Dale Ervin  
Dana Evans  
Rob Frogale  
Robert Garrett  
Krista Gibbs  
Phil Glaize  
Bob Hall

Malinda Henkel  
Kim Herbstritt  
Brian Hester  
John Huddy  
Sherry Hudson  
George Hummer  
Alex Iden  
James Imoh  
Doug Joyner  
David Kent  
Dick Kent  
Trey Kern

Alexis LaPorte  
Chris Lewis  
Paul Magness  
Dan Martin  
Chris Merchant  
Kent Mull  
Cary Nelson  
Donna Parrish  
Steve Parrish  
Chuck Peterson  
Mary Riley  
Madelyn Rodriguez

Ben Rothermel  
Kip Rutherford  
Karen Schultz  
Nancy Silva  
Jimmy Stafford  
Karey Starnes  
Martin Tabaka  
Kathy Tagnesi  
Michelle Thomas  
Les Veach  
Ajay Virmani  
Ben Weber

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

Scott Arthur - 10/16 - Area One Meeting  
Bob Hall - 8/24 - Family Picnic Crew  
Mary Riley - 10/12 - Scholarship Committee Meeting  
David Sweeney - 10/6 - Front Royal Rotary

**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.

**SPECIAL ROTARY EVENTS**

**MSV Gardens at Night - Thursday, Nov. 16:** Garden Lights at the MSV (7pm tour). We have reserved 50 tickets for the opening night of Garden Lights at the Museum of the Shenandoah Valley for the 7pm tour. Tickets are \$15 per adult, \$5 (ages 5-18), free to ages 4 & under. Limit 4 tickets per Rotarian. If you're interested, please write a check to the Rotary Club of Winchester and give to Bob Hall (this week, please give your check to John Lamanna while Bob is out of town) <https://www.themsv.org/garden-lights/>

**Sunday, Dec. 3: U.S. Army Band Holiday Festival at DAR Constitution Hall, 3-4:30 p.m.** Come join your U.S. Army Band for its festive kick-off to the holiday season at DAR Constitution Hall! All the joy and warmth of the holiday season in a 90 minute concert (no intermission) featuring the men and women of Pershing's Own. Come and immerse yourself in the holiday spirit as we gather together to share traditions and connection. (Free!) If interested, contact Linda Coffman at [lindacoff@hotmail.com](mailto:lindacoff@hotmail.com) to reserve your seat (36 total tickets reserved). <https://usarmyband.ticketleap.com/2023-american-holiday-festival--sun-3pm/> Special thanks to Linda for organizing!

**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)

**HEALTH UPDATE**

Libba complimented Heather Hovermale and her staff for a fine job prosecuting a first degree murder case. Unanimous guilty verdict. Libba wants to be a judge in a murder trial (she may have to give up on that dream).

**HEALTH TIP**

Halloween means carving pumpkins. The tradition of creating jack-o-lanterns began hundreds of years ago in Ireland when people carved faces into turnips (pumpkins were only found in the Americas) to ward off Stingy Jack. Through a botched "deal with the Devil," Jack was forced to carry a burning light and roam the Earth. Carved turnips were believed to keep him away.

When carving pumpkins, be sure to buy one whose innards you can cook and eat. Health benefits include vitamins, minerals, and fiber. One cup of pumpkin has only 130 calories but 200% of your daily Vitamin C requirements. It also has Vitamin D and potassium, can lower the risk of strokes and kidney stones, and improve bone health. The seeds are edible if you cook them, or you can use them to make crafts.

**MEMBERSHIP SURVEY**

**Heather Hovermale** gave a membership update and said that 94 club members participated in our recent survey. Most said they joined Rotary to serve the community, with some adding they also did so for networking and fellowship. More than 80% of respondents were satisfied with their club membership and more than 90% would join again. Some commented there were too many big fundraisers close together, so the Membership Committee is taking steps such as: 1) spacing out the all-hands-on-deck events, like the Rummage Sale, Field of Healing Honor, and Apple Harvest Festival; 2) making Rotary more accessible to parents of younger kids by hosting more family-friendly events with childcare provided; 3) adding more hands-on service opportunities. The Impact Committee is a great way to do that - see Jean Barch for more information and to join. 4) the lack of TV screens was also identified as an issue, so watch for a second (and maybe even a third) screen in the weeks ahead; 5) if you're looking for more informal networking, be sure to take part in Frothy Fridays!

**NEXT BOARD MEETING**  
**THURSDAY, NOVEMBER 30 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, Ridge White  
2021-2024 Dave Miles, Jay Smith, Dave Sweeney, Heather Hovermale

**IMMEDIATE PAST PRESIDENT - Jaime Karalis**

Editor: Sue Rich

Reporter: David Smith