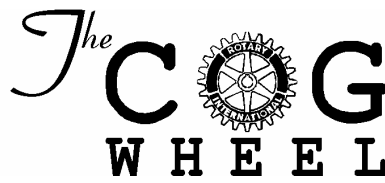


### ROTARY 4-WAY TEST

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

15 ZOOM      66 in person

Chartered 1921

Distinct 7570, Area 1, Club

November 9, 2023

## OUR PROGRAM THURSDAY

Ridge White      Veterans Recognition/Celebration

### WHAT'S COMING UP...

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

- 16 Nov Winter Brooks
- 23 Nov Thanksgiving - No meeting
- 30 Nov Gary Chrisman Explanation of Rotary Foundation
- 7 Dec Andy Gail Literacy Volunteer Winchester Area
- 7 Dec Rotary Board Elections

**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!](https://usarmyband.ticketleap.com/2023-american-holiday-festival--sun-3pm/Special%20thanks%20to%20Linda%20for%20organizing!)

### 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.

Keep up the good work....we'll be collecting the bags until February.



### OUR PROGRAM LAST WEEK

**Sandi Webster of Family Promise** spoke to us about childhood homelessness in Winchester/Frederick Co. and their work in relieving this urgent crisis. They currently assist 58 families and 108 children in Winchester alone. These families live on the edge and any financial surprise like a car breaking down can cause a spiral of negative events including eviction. Short term housing such as the motels can cost \$2,800 dollars a month and is sans kitchen. Their approach is to assist but have expectations. Clients are required to produce paystubs and evidence of any financial assistance being received. With this information they must attend personal finance classes. There are food deliveries by CCAP, Shenandoah University and several local churches. The Laurel Center is the only shelter for families in Winchester.

Currently Sandy as Director takes no wage. Their goal is to be able to pay their staff, have access to transportation & connect with landlords willing to take section 8 clients. Family Promise can also help with a rental deposit. Safe and qualified childcare can cost as much as college and is difficult to find. Affordable housing has become rare because developers are buying lower end properties and change to a more expensive profile.

Family Promise was established in August of 2022 so it has need for leadership and volunteers. Volunteering could be making cookies, driving or tutoring financial skills. If you'd like to help please Google Family Promise Winchester, Va.



### COATS FOR KIDS CAMPAIGN UNDERWAY

The arrival of colder weather means our Coats for Kids campaign is underway. This year our club will be working with Froggy's Closet, Bright Futures, Winchester Day Preschool, Fremont Street Nursery, CCAP, Frederick Douglas Center, and Timber Ridge School to keep approximately 900 kids warm this winter. Our "Coats for Kids" campaign is funded by YOUR contributions to the Winchester Rotary Coats for Kids Fund at the Community Foundation of the Northern Shenandoah Valley. Please help provide funds for the coats to be delivered in November and December. Contributions can be made with a check to the Winchester Rotary Coats for Kids Fund, mailed to: CFNSV, PO Box 1910, Winchester, VA 22604. You can also donate online at this link:



[https://cfnsv.fcsuite.com/erp/donate/create/fund?funit\\_id=1051](https://cfnsv.fcsuite.com/erp/donate/create/fund?funit_id=1051)

<b>Absentees Nov.</b>	Andrea Cosans	Krista Gibbs	Alexis LaPorte	Karen Schultz
William Aikens	Anthony Crosan	Phil Griffin	Chris Lewis	Nancy Silva
Stanley Augustine	Nancy Davis	Kim Herbstritt	Paul Magness	Jimmy Stafford
Jackie Bates	John Elrick	Brian Hester	Darla McCray	Karey Starnes
Erik Beatley	Dana Evans	Sherry Hudson	David Miles	Kathy Tagnesi
Kim Blosser	Sharon Farinholt	George Hummer	Kent Mull	Brandan Thomas
Byron Brill	Paul Frank	Doug Joyner	Steve Parrish	Michelle Thomas
Kerri Burkhardt	Rob Frogale	David Kelly	Chuck Peterson	Les Veach
Julia Connell	Robert Garrett	David Kent	Madelyn Rodriguez	Elyus Wallace
				Ben Weber

**Make-ups\*** (Date & Function Attended)  
 Jan Bresch - 11/1 - New Market Rotary  
 Paul Frank - 9/17 - Apple Harvest Festival  
 Phil Griffin - 8/31 - Apple Harvest Meeting  
 McCrary, Darla - 9/17 - Apple Harvest Festival  
 David Sweeney - 11/1 - Clarke Co Rotary Club

**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.



**HEALTH REPORT**

Karey Starnes suffered a traumatic leg injury several years ago and it changed her life greatly. Fortunately Keri's brother who lives in Texas is moving her there so that she will have family in her life and more help.

John Taylor reports he has Covid 19.

**HEALTH TIP**

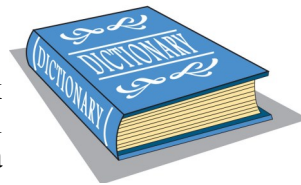
Sitting can be dangerous to your health. Sitting 8 hours without activity is the equivalent of being a heavy smoker or obese. Just standing at your desk, standing while you eat or cooking all count towards what should be 10 minutes of standing or walking for every 30 minutes of sitting.

**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!

**DICTIONARY PROJECT**

Once again this year our club, with support from the Frederick County club, celebrated National Education week by distributing a dictionary free to every third grade student in Frederick County. The Frederick County Rotary handles the Frederick County Schools, and our club covers Winchester Public Schools and the private schools located in the county. This project could not be completed without help from our Handley Rotaract club and the staff at Handley Library, who work together to process the books and add the Rotary 4 Way Test to each book.



President - Jenny Baker	Secretary - Paul Frank
President-Elect - John Lamana	Treasurer - Bob Hall
<b>BOARD OF DIRECTORS</b>	
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	
<b>IMMEDIATE PAST PRESIDENT - Jaime Karalis</b>	
Editor: Sue Rich	Reporter: David Smith

**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.



**SERVICE PROJECTS NEWSLETTER**

Every month this newsletter is sent out to all the Club members to make them aware of possible service opportunities here in our community. If you are know of a non-profit or you run a non-profit that has a need, please pass it on to us. The service to our community can be as simple as mowing the grass/raking leaves to helping man a table at a fundraiser. The newsletter goes out at the beginning of each month and an attempt is made to vary the non-profits featured. To submit a service opportunity for the newsletter, contact Jean Barch ([barchfam@comcast.net](mailto:barchfam@comcast.net)) or Dave Miles ([dave@drdavemiles.com](mailto:dave@drdavemiles.com)).

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**It's back!**  
**HELP MAKE ROTARY MORE VISIBLE!!!**  
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 Sign up now, pay later

**Questions? Contact Bob Shriner at 703-795-4355 or [bob@shriner.com](mailto:bob@shriner.com) or Dave Kelly at 540-535-2275 or [dfkelly28@gmail.com](mailto:dfkelly28@gmail.com)**