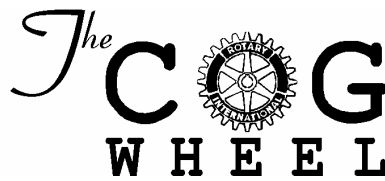


ROTARY 4-WAY TEST

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

8 ZOOM 60 in person

Chartered 1921

Distinct 7570, Area 1, Club

November 30, 2023

OUR PROGRAM THIS WEEK**Gary Chrisman****Explanation of The Rotary Foundation*****WHAT'S COMING UP...*****Next Board Meeting - Thursday Night****Nov. 30 6 PM****Winchester Country Club**

7 Dec Andy Gail Literacy Volunteer Winchester Area

ROTARY YEARBOOKS are ready!
Pick up yours at the Sgt. of Arms Desk.

PLEASE shred your old yearbook....
or turn it in to the Sgt. of Arms Desk and
we will have it shredded.

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 to reserve your seat (36 total tickets reserved). <https://usarmyband.ticketleap.com/2023-american-holiday-festival--Sun-3pm/>

Special thanks to Linda for organizing!

TREX BENCH FOR THE JOHN HANDLEY
HIGH SCHOOL PEACE GARDEN

Pat Koffalt reported we now have 400 pounds toward our goal of 500 pounds!

We have until Valentine's Day (Feb. 14) to reach this goal. But at the rate our members have been collecting and delivering stretchable plastic, we should reach the goal before Christmas 2023!

**OUR LAST PROGRAM**

Winter Brooks of the American Foundation for Suicide Prevention (AFSP) spoke to us as part of their effort to educate the public on recognizing the signs of suicidal behavior and how to combat it. Suicide knows no boundaries in that it affects every class, gender, region, religion and person in the country.

Winter Brooks lost her son, Steven, to suicide shortly before his 26th birthday. Through a show of hands we saw how many Rotarians have been affected by suicide. A brother, a friend, a parent or perhaps a workmate have affected us by their suicide. Suicide is the 12th leading cause of death in America and while any death is sad, suicide is both tragic and preventable.

AFSP advocates for better awareness and resources by lobbying at both the state and federal level and maintains easy to use communication for those in suicidal crisis or those of us trying to help a person in crisis. AFSP maintains both a national text line and live chats at their website so that when there is a crisis support is available. Locally AFSP supports our Crisis Hotline. For more information Google **American Foundation for Suicide Prevention**.

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?fund_id=1051

Absentees Nov. 16	Kerri Burkhart Daniel Abel William Aikens Stanley Augustine Lori Bales Jackie Bates Erik Beatley John Bleivins Kim Blosser Darcus Breneman Jan Bresch Byron Brill	Cheryl Fried Rob Frogale Robert Garrett Krista Gibbs Phil Glazie Kim Herbstritt Brian Hester John Huddy Sherry Hudson George Hummer Alex Iden Doug Joyner	David Kent Dick Kent Alexis LaPorte Chris Lewis Neile Martin Kent Mull Cary Nelson Steve Parrish Chuck Peterson Amy Rice Tootie Rinker Madelyn Rodriguez	Irv Shendow Nancy Silva Jimmy Stafford Karey Starnes Martin Tabaka Kathy Tagnesi Brandan Thomas Michelle Thomas Elyus Wallace Ridge White James Youngblood
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Make-ups* (Date & Function Attended)
 Dan Abel – 9/17 – Apple Harvest Festival
 Darcus Breneman – 10/19 – District Finance Meeting
 Ridge White – 9/17 – Apple Harvest Festival
 Shane Wagoner – 9/19 – 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

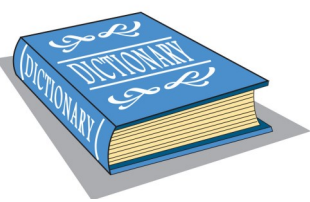
Because of the holidays Frothy Fridays are discontinued until January. We will notify you when they resume.

SERVICE PROJECTS NEWSLETTER

Every month a Service Projects Newsletter is sent out to all our Winchester Rotary Club members to make them aware of possible service opportunities here in our community. If you 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) or Dave Miles: (dave@drdavemiles.com)

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.



HEALTH REPORT

Libba reported that sadly Doc Madigan who has been a Rotary member for 55 years passed away at age 85. Doc was a pharmacist well known in the community for many things including employing Patsy Cline. Doc was a member of more civic organizations than you could imagine and took leadership positions in many. An example of Doc's generosity was he, late in life, gave many of his rental units to the very people who rented them. *God Bless Doc Madigan.*

HEALTH TIP

Thanksgiving was first celebrated with the Native People and Pilgrims of Massachusetts in 1620. That year 49 of the 100 Pilgrims had died so being alive and sharing a meal was an event in itself. Although it has been celebrated every year since, Thanksgiving was not made a National Holiday until 1863 when Abraham Lincoln signed it into law. We know that holidays are meant to be recognized and enjoyed but they can offer mental health challenges as well. With that in mind we should make time for exercise, some alone time and that you keep as normal a schedule as possible. Breathing exercises help as does stretching and walking the dog whether you have one or not. So enjoy this season of holidays while being mindful to keep your mind and body healthy/happy.

ROTARY BOARD NOMINEES Voting Dec. 7

Treasurer: Darcus Breneman

Board of Directors Candidates for 2024-2027

- | | |
|----------------|---------------|
| Dan Abel | John Huddy |
| Cyril Barch | Dave Kelly |
| Robin Cardillo | Fritz Polite |
| Melinda Henkle | Diane Ruckman |



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)

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 Hovemale

IMMEDIATE PAST PRESIDENT - Jaime Karalis
 Editor: Sue Rich Reporter: Paul Burkholder