

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

9 ZOOM 54 in person

Chartered 1921

Distinct 7570, Area 1, Club

January 18, 2024

OUR SPEAKER THIS WEEK:

Michael Diaz - Veterans Service

WHAT'S COMING UP...

25-Jan Andy Gyurisn Laurel Ridge Community College
25-Jan **BOARD MEETING 6 PM Winchester Country Club**
1-Feb Interact club presentation on the students experience at RYLA
8-Feb Scott Trinette Volunteerism Valley Health
15-Feb Michael Williams Early Actt
22-Feb Rusty Holland Concern Hotline
22-Feb **BOARD MEETING 6 PM Winchester Country Club**

WHAT'S COMING UP:

OUR AWARDS NIGHT will be held on **February 29th** at the George Washington hotel. Details on tickets to follow.

ROTARY DISTRICT CONFERENCE

The District Conference is being held **March 15** at Virginia Tech. The hotel hosting the event is already filled but there are two hotels across the street convenient to the event. As is the tradition of our club, we will pay for any member attending the conference for the first time.

KALEIDOSCOPE

Kevin Callahan reports that **KALEIDOSCOPE** is organizing now for this year. The event will be held **November 8th**. If you're interested in joining the committee please see Kevin.

BRIGHT FUTURES which our club has supported was able to deliver 1,250 holiday gifts to children in Winchester and Frederick County. Bright Futures feeds 1,500 families each weekend through the Food Pack Program.

Currently **Bright Futures** has been selected to receive **Martins ROUND UP Donations**. This is available in all local Martins. Please consider this when grocery shopping.



ROTARY ROAD TRIP

President Jenny announced that the club needs a member to organize our next Rotary Road Trip. Our last road trip was visiting a winery so perhaps something different this time but similar in distance and fun. Please see Jenny if you are interested.

**I know they say that money talks.
but all mine says is 'Goodbye.'**

LAST WEEK'S PROGRAM

Skip Phillips, President of NW Works (NWW)

provided an update on their mission and growth. Skip began his talk by giving a big thank you Rotarians who volunteer and donate already. Volunteers and \$\$\$\$ are always in demand. Just this year alone clients have grown by 80% from 100 to 180 people. NWW mission is to identify skills that clients can be taught and become proficient enough to be hired and have confidence that it will be a positive for both the Client and the employer. Job examples include cleanup, janitorial, services, cooking, waiting tables, working a cash register or working in a factory doing production work. Skills are identified by both the organization and the client where they can be taught and trained. There are many many different sorts of handicaps and there is a skill that can be taught to each person. The organization has relations with 51 businesses who help access client skills and provide employment.



NW Works has many other partners within the community who play key roles in interfacing with clients. These include families and guardians who help drive clients to church or events. There are also group homes and residences that need oversight and to be taught independent living skills. Further Clients need chaperones to take them to community activities. This all helps to socialize clients and helps them gain confidence and learn new experiences. During outings clients often will become interested in a work skill they've observed and take that challenge on. NWW often hears back from employers that the clients attitudes and work ethic is contagious and they are glad to have them. Clients are also provided with long term support making it much more likely their jobs will become a long-term situation.

If you'd like to help in anyway please contact Skip at NW Works.

NEW MEMBER INDUCTION

Our club welcomes by transfer Chris Kyser. Please be sure to introduce yourself to her and make her feel welcome.



Thank you Jean Borch for the meeting photos!

Absentees Jan. 11

William Aikens	Andrea Cosans	Brian Hester	Neile Martin	Jimmy Stafford
Stanley Augustine	Anthony Crosan	Sven Hlywiak	Chris Merchant	Karey Starnes
Lori Bales	Nancy Davis	Heather Hovermale	David Miles	Martin Tabaka
Jackie Bates	Rosalee Delcampo	John Huddy	Kent Mull	Kathy Tagnesi
Kim Blosser	Marie DiLorenzo	Sherry Hudson	Steve Parrish	Brandon Thomas
Jan Bresch	Dana Evans	Doug Joyner	Amy Rice	Michelle Thomas
Kerri Burkhart	Sharon Farinholt	David Kent	Mary Riley	John Tyson
Tom W. Byrd	John Fox	Trey Kern	Madelyn Rodriguez	Ajay Virmani
Eric Chrisman	Rob Frogale	Alexis LaPorte	Kip Rutherford	Elyus Wallace
Gary Chrisman	Robert Garrett	Chris Lewis	Andy Schwartzman	Ben Weber
Linda Coffman	Krista Gibbs	Don Louque	Roy Schwarz	James Youngblood
Julia Connell	Phil Glaize	Paul Magness	Irv Shendow	
	Kim Herbstritt	Dan Martin	Nancy Silva	

Make-ups* (Date & Function Attended)

Scott Arthur - 11/13 - Area One Meeting
 Bob Hall - 12/21 - Board Meeting
 Sue Rich - 01/04 - Cog Wheel Editor

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 TIP

Libba gave us a lesson on **Coffee vs Tea:**



Tea provides better hydration than coffee and tea gives you a much higher energy boost than coffee. Tea usually contains less caffeine than coffee. Coffee stains your teeth and promotes cavities while tea does not.

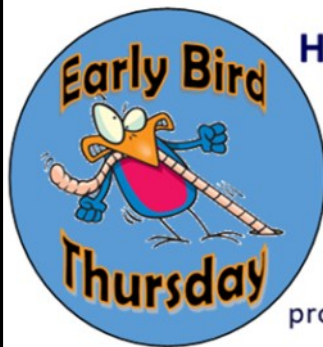
Because of its high caffeine content, coffee may give you a quicker burst of energy, but tea contains L-theanine, a chemical that, in combination with caffeine, can help you stay mentally alert for longer.

Tea also does a better job of raising your metabolism and it helps reduce stress. So the next time you go out for coffee, have a tea instead.

ROTARY LUNCH BUNCH!

President Jenny has asked us to once a month take out a fellow Rotarian for lunch, a glass of wine, coffee, or maybe tea. Also try to sit at a different table each meeting so that you can meet different members and get to know them better.

COFFEE	vs	TEA
		
Bean	Part of plant used	Leaf
80-185 mg/cup	Caffeine content	15 - 70 mg/cup
Drip Coffee, Espresso, Brewed, Instant, Decaf	Types of consumption	White, Green, Oolong, Black/Red, Post Fermented, Yellow, Kukicha
Sugar, Milk	Additions	Milk, Sugar, Spices, Ginger, Lemon juice
9th Century AD	Origin period	2737 BC
Ethiopia, Yemen	Place of origin	Yunnan (China), Assam (India), Northern Myanmar

**Hey Zoomers: Be a Last-Thursday Early Bird!**

Coming on the last Thursday of each month: log-in at noon to catch up on news, gossip, and more. Please be sure to turn on your video so we can see you!

If you just want to catch the meeting announcements and program, we'll see you at 12:20. But you won't get a worm...

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)

NEXT BOARD MEETING
THURSDAY, JANUARY 25 6:00 PM
Winchester Country Club

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: Paul Burkholder