

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

20 ZOOM

54 in person

Chartered 1921

Distinct 7570, Area 1, Club

March 21, 2024

OUR SPEAKER THIS WEEK:

Dr. Shields of Shenandoah University

WHAT'S COMING UP...

Family Chili Cook-Off, Postponed until FALL

- 28-Mar Interactive meeting Jean Barch/Membership Team
31 Mar Easter Sunday
4-Apr Chief Behans of Winchester Kayla Foreman
4-April Pre-Queen's Dinner Civic Club Appreciation Event
At 5 PM at The Village at Orchard Ridge Chapel
11-Apr Kaycee Childress/ George Hummer New Member Talk
18-Apr Cabell Angle New Eve Maternity Home
25-Apr Tim Youmans City Planning Dept. - Street Names
April 26-May 5 Shenandoah Apple Blossom Festival 2024

LAST WEEK'S PROGRAM

Updates from recent Rotary fundraiser beneficiaries:

Tracy Toth, Executive Director for Wheels for Wellness said that her organization used the \$18,000 raised during the 2023 International Affair for various operations including new office space on the Our Health campus and gas cards for their volunteer drivers.



Sharon Gromling, Executive Director for Our Health said that Kaleidoscope proceeds helped Our Health replace a very expensive piece of HVAC equipment for the campus. Sharon noted that our club has given Our Health nearly \$72,000 since the non-profit campus was created.



DISTRICT CONFERENCE 2024



A Good Time was had by all!



Elise Stine-Dolinar, Program Coordinator for Bright Futures told us that her organization was able to replace their fork lift with help from our club. Elise said that this tool is invaluable for them as they try to move 12,000 food items each week.

NEW MEMBER TALK:



Jenny Grooms gave a thoroughly enjoyable "new member talk" to the club. Jenny noted that this was her third (one in Front Royal, two in Winchester) "new member talk" as she rejoined our club after a hiatus during COVID. Jenny (not Jennifer) grew up in Southwest Virginia as a self-described "nerdy jock". Jenny was her class valedictorian and also played collegiate volleyball. Jenny's husband is Forrest and she said they started dating soon after the movie Forrest Gump premiered so they are quite used to comparisons with Forrest and Jenny from the big screen.

Jenny said that she learned to be resilient early on as an Army wife and moved into health care fundraising roles while stationed in Texas and Arizona. Jenny joined Valley Health in 2005 and now serves as the Executive Director for the Foundations of Valley Health, facilitating health philanthropy throughout the region at all six Valley Health hospitals. Jenny said that she has a passion for non-profit leadership and she feels that fundraising comes from a place of service by connecting resources with mission.

FAMILY CHILI COOK-OFF POSTPONED TILL FALL

BREAKING NEWS! - The Chili Cook-Off has been postponed until the Fall! Thanks to all those chefs who have entered. Keep that pot at the ready (but you might want to plan on getting new ingredients). More details to follow.

Absentees Mar. 14

Dan Abel
William Aikens
Scott Arthur
Lori Bales
Jackie Bates
Kerri Burkhardt
Robin Cardillo
Linda Coffman
Andrea Cosans
Anthony Crosen

Nancy Davis
Rosalee Delcampo
Marie DiLorenzo
Dana Evans
Sharon Farinholt
Ann Fox
Rob Frogale
Krista Gibbs
Phil Glaize
Jenny Grooms
Malinda Henkel

Kim Herbstritt
Sven Hlywiak
Sherry Hudson
Alex Iden
David Kelly
David Kent
Dick Kent
Trey Kern
Alexis LaPorte
Chris Lewis
Don Louque

Paul Magness
Dan Martin
Darla McCrary
Chris Merchant
Guss Morrison
Kent Mull
Steve Parrish
Debra Purrington
Jon Reimer
Madelyn Rodriguez
Karen Schultz

Andy Schwartzman
Roy Schwarz
Nancy Silva
Jimmy Stafford
Karey Starnes
Brandon Thomas
Michelle Thomas
Les Veach
Elyus Wallace
Ben Weber

Make-ups* (Date & Function Attended)

Dan Abel - 3/5 - HFOH Committee Meeting
Jenny Baker - 1/14 - Board Meeting
Kevin Callanan - 3/5 - HFOH Committee Meeting
Lauren Clouse - 3/5 - HFOH Committee Meeting
Paul Frank - 3/5 - HFOH Committee Meeting
David Kelly - 2/22 - Awards Night Meeting
Darla McCrary - 3/5 - HFOH Committee Meeting
Donna Parrish - 3/5 - HFOH Committee Meeting

Turning in a Make-up?

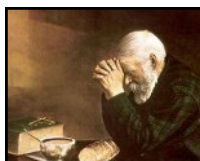
Please make sure to complete all information, including your name, the event or club attended, date attended and date making-up on all make-cards and slips submitted.

Health Report

Libba let us know that both Winston Lutz and Roy Schwarz continue to recover from recent falls and both members plan to be back at our Thursday meeting this week.

COME OUT FOR A SCREENING - MARCH 28th

"The Wooden Bowl," a film about Alzheimer's which stars our very own Nick Nerangis and a panel discussion on Alzheimers & caregiving.



>> **March 28, 7-8:30 p.m.** at Stimpson Auditorium, Shenandoah Univ.

>> \$10 donation to support Seniors First (organized by Shenandoah University)

>> Film time: 35 minutes; followed by a discussion panel featuring the Director, Connie Lamothe, Nick Nerangis, Jayne Seymore (local dementia caregiving expert) and Melissa Ochoa (local nurse practitioner AD expert) We'll send an email with the link to buy tickets soon.

APPLE BLOSSOM QUEEN'S DINNER

The Apple Blossom Queen's Dinner is coming on Thursday, May 2nd, according to Apple Blossom representative Jill Karalis. It will be emceed by Don Louque, III, and will include drinks! (A coincidence? We think not.)

AND, once again, the Rotary Club of Winchester Board has agreed to 'subsidize' the purchase of Queen's Dinner tickets to ensure our presence is felt at the event.



Don Louque encouraged members to take advantage of the two for one special offered by our board. \$50 will get you two seats to the dinner. Don said that there are 24 seats available but they are going fast. If you would like to 'reserve' a pair of tickets, please contact Don Louque at don_louque@hotmail.com

HEALING FIELDS FLAG INSPECTION

Pat Kofalt reported that **25-30 people are needed at the Winchester Rescue Mission on Valley Avenue on Saturday March 23rd from 9am to Noon** to inspect the 800+ flags that will be used in this year's Healing Field of Honor.

Health Tip

With the date of our meeting last week falling on March 14th Libba reminded us all that 3/14 is Pi Day. **Pi Day** celebrated by mathematicians, scientists and math lovers around the world to commemorate the mathematical sign pi expressed most simply by the decimals 3.14. But as most know the decimals for pi go on forever.

KALEIDOSCOPE

Kevin Callanan 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.

APPLE BLOSSOM FLOAT

Wilson Gilbert said that the 2024 Rotary Apple Blossom float will use our Healing Fields of Honor as a primary theme. Wilson said that they are still looking for a few young riders for our float, preferably ages 7-11.



"I alone cannot change the world, but I can cast a stone across the water to create ripples."

Mother Teresa

NEXT BOARD MEETING
THURSDAY, MARCH 28 6:00 PM
Winchester Country Club
All are welcome & it counts as a Make-up!

FROTHY FRIDAY IS MARCH 22 this month.

Since Frothy Friday this month falls on Good Friday, we are changing it to **THIS FRIDAY, March 22nd**. Everyone should come out and celebrate the first signs of Spring!



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: Tom Byrd