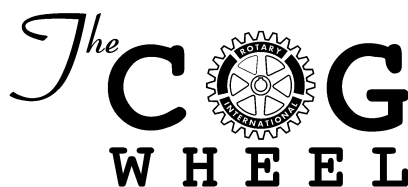


- ROTARY 4-WAY TEST**
1. Is it the TRUTH?
 2. Is it FAIR to all concerned?
 3. Will it build GOOD WILL and BETTER FRIENDSHIPS?
 4. Will it be BENEFICIAL to all concerned?

June 27th Meeting
13 ZOOM 51 in person



Chartered 1921

Distinct 7570, Area 1, Club

July 11, 2024

THIS WEEK IN THE PARK:

**Dr. Carrie Walston, Doctor of Acupuncture
 Winchester Acupuncture**

WHAT'S COMING UP...

July 11 - 25 - Rotary Meetings in the park for lunch

July 17 - New Members Talks

Aug. 1 - Our Family Picnic, Rotary Shelter, Jim Barnett Park 5:30 pm

Aug. 8 - Rotary Day at Camp Fantastic, the 4 H Center in Front Royal

July 25 - Board Meeting

GENERAL ANNOUNCEMENTS

At our last meeting President John announced that our July lunch meetings will be held at the Rotary Pavilion at Jim Barnett Park from the 11th to 25th. **Our Annual Family Picnic in the park will be held on August 1.**

>> He also thanked Cary Nelson for hosting our exchange student from Japan this past semester.

>> The club will be making two \$250 donations to the Rotary Foundation in memory of Bernie Schwartzman and Dick Wiltshire.

>> John noted that the next board meeting will be held on July 25.

>> The board has decided to raise the quarterly dues for all membership categories by \$7, which will allow the club to have a revenue positive budget.

ANNUAL FAMILY PICNIC - AUG. 1st 5:30 PM NO NOON MEETING

Save the date! Come to the park for a great time with your family as a last hurrah to your summer. The fun starts at 5:30, dinner is served at 6:30 and things wind down about 8 pm. There will be our famous BBQ chicken, corn, salad, mac & cheese, tomatoes, baked potatoes, fresh peaches, cupcakes and our special peach ice cream. Mark your calendars now and come out to play, rain or shine. Questions? Contact Dan Martin or Jean Barch. Come enjoy the new playground that's been installed next to our pavilion. Anyone interested in helping, contact Dan Martin (danmartin1961@yahoo.com) or Jean Barch (barchfam@comcast.net).

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

All are welcome & it counts as a Make-up!

July Service Volunteer Opportunities:

To help our Club members make a personal difference in our community, the Impact Committee is offering some smaller-scale volunteer opportunities in the community for you to consider donating your time and talents to. Why not team up with a Rotary buddy and double the fun!

JULY IS NATIONAL ANTI-BOREDOM MONTH

July was selected because after the 4th of July, there's not much going on and it's the hotter part of the summer break. We often associate being bored with having nothing to do, but that's not always the case. Many times, we have plenty to do or are even doing it, but the task at hand does not stimulate our minds. It may be repetitive or not challenging enough. When this happens, we can become irritable, tired, or begin to not care about how well we do a task. We may also seek out stimulation to relieve our boredom. Depending on what we seek, it may be good or bad for us; We can form good habits or bad addictions. Finding creative and healthy ways to beat boredom will improve our everyday lives. By volunteering and helping someone who needs something more than you often makes us reassess why we were bored in the first place.

- Why not visit someone who is dealing with a serious health condition, an elderly neighbor, or someone who is struggling with life's challenges.

WINCHESTER FIRE & RESCUE

- Consider volunteering in an administrative or auxiliary position with **Winchester Fire & Rescue**. Positions are available in human resources, community outreach, life safety education, and many other areas.
- To volunteer go to <https://www.winchesterva.gov/Contact-Us> or for more information, contact them at (540) 667-1815.

RESCUE MISSION DINNER SERVICE

- **First Thursday of each month.**
- Details: Rotarians who would like to serve report to the **Winchester Rescue Mission (WRM)** at 5pm to prepare, with dinner service from 5:30-6:30. The WRM does ask those volunteering to come to the side door and sign in. The WRM provides hair nets (or you can bring a ball cap – recommended) and gloves for serving. Residents of the WRM are responsible for all clean up as part of their sweat equity. The WRM is located at 435 North Cameron Street in Winchester.
- To volunteer, contact Jay Smith: 540-539-6324

PEACE GARDEN AT HANDLEY HIGH SCHOOL

- Date: Anytime
- Details: Weed and tidy the Rotary Peace Garden at Handley High School and/or clean the bird droppings off the Peace Pole using a non-bleach cleaner, e.g., Fantastic, and paper towels.
- **NOTE:** When school is in session, the Interact Club will also work to keep the garden and Peace Pole clean.
- To volunteer, contact Karen Schultz at kschultz@su.edu or Pat Kofalt at pat.kofalt@gmail.com

Absentees June 27

William Aikens
Scott Arthur
Jenny Baker
Jackie Bates
John Blevins
Kim Blosser
Keri Burkhardt
Eric Chrisman
Julia Connell
Andrea Cosans
Nancy Davis
Rosalee Delcampo

Robert DeMay
Rebekah DesMarais
John Elrick
Dana Evans
Pat Finn
Ann Fox
Rob Frogale
Robert Garrett
Krista Gibbs
Phil Glaize
Kim Herbstritt
Sven Hlywiak
Sherry Hudson

George Hummer
Alex Iden
Doug Joyner
Jaime Karalis
David Kent
Dick Kent
Alexis LaPorte
Chris Lewis
Rick Mabe
Paul Magness
Dan Martin
Darla McCrary

Chris Merchant
David Miles
Gus Morrison
Kent Mull
Cary Nelson
Steve Parrish
Chuck Peterson
Fritz Polite
Debra Purrington
Chris Redmer
Amy Rice
Madelyn Rodriguez

Kit Rutherford
Irv Shendow
Nancy Silva
Jay Smith
Jimmy Stafford
Martin Tabaka
Kathy Tagnesi
Brandon Thomas
Michelle Thomas
Elyus Wallace
Ed White
James Youngblood

Make-ups* (Date & Function Attended)

Ben Weber - 6/13 - Golf Committee Meeting
Scott Arthur - 5/20 - Area One Meeting
Darla McCrary - 5/7 - HFOH Committee Meeting
David Miles - 4/16 - HFOH Committee Meeting
Chuck Peterson - 5/30 - Board Meeting
Jay Smith - 4/2 - 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



HEALTH REPORT

Libba began her presentation with a shout out to our new President, John Lamanna, who was named Interim Superintendent of Clarke County Public Schools, for his willingness to once again serve our community in this important role.

She thanked Club members who reached out to the Schwartzman family with condolences after Bernie's recent passing.

She also thanked Tricia Simpson, for filling in for her last week, and Les Veach for suggesting this week's health tip.

HEALTH TIP

Libba encouraged us to eat pomegranates, or alternatively, pomegranate seeds or oil. There are numerous health benefits from this amazing fruit. Recent studies have determined that eating these products can improve memory and cognition, provide anxiety and stress relief, and most importantly, they have antioxidants which can help fight inflammation and repair damaged cells. Libba noted that pomegranates can be eaten as part of a salad, or with yogurt or oatmeal.



JUNE SERVICE PROJECT UPDATE

Last month our Club collected shelf stable food supplies for the Salvation Army. They provide not only daily meals to those that show up at their door, but also send boxes of food home with people who are facing food insecurity. Here is what our Club's own JB Blevins of the SA says: *"It's been hard to keep food on the shelves due to demand. Lately, we've been purchasing food from the Blue Ridge Area Foodbank at least twice a month to try to keep up. ... (Your) food donations help us greatly and we are so grateful to the club for its help in filling the gap."*

Our Club continues to make a meaningful impact in our community thanks to your generosity. *Well done!*



Giving Hope Today

NEW CLUB DIRECTORY COMING SOON!

Has your information in the current Rotary Directory changed? Do you have a more current (or more flattering) picture of yourself that you'd like to use? Please send any changes to Sue Rich (clearchoiceprinting@gmail.com) or Jean Barch (barchfam@comcast.net) immediately. **The cut-off for changes is July 15th. Don't hesitate, don't wait - do it now!**

ROTARY GOLF

The club is seeking a nonprofit organization to be the beneficiary of this year's event. We will be using the Community Foundation to organize the application process. It is anticipated that about \$10-15,000 will be raised. Nonprofit organizations can access the application process through the CFSNV.org website. The deadline for applications is July 18.



GRANT UPDATE

Dave Sweeney reported that the club has applied for and will receive two district grants.

>> One grant is to support the "Sleep in Heavenly Peace" program initiated by Kathy Kanter and the Strasburg Club.

>> At the suggestion of Tootie Rinker we will also be supporting the **Knights of Columbus Food Pantry** with a district grant. This food pantry supports other local feeding programs including CCAP and the Highland Food Pantry.

Dave mentioned that there will be more information coming on this project, which will include some hands on opportunities for club members to use some of their own power tools, so stay tuned for more information

CAMP FANTASTIC ROTARY DAY

This year's **Rotary Day at Camp Fantastic** will be **Thursday, August 8**, at the 4 H Center in Front Royal. Winchester Rotarians have traditionally served dinner to the campers annually during the camp's summer session. The late Tom Baker, a long-time club member and supporter of the camp, began this tradition. This year a new terrace at the 4 H Center, named in Tom's honor, will be dedicated at 11:00 am on June 15th. If you would like to help with Rotary Day....contact Dave Smith.

EVENT MAKE-UP SLIP

The Rotary Club of Winchester

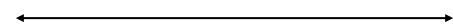
Print Your Name: _____

Event Attended: _____

Date of Event: _____
Committee, Board, Community Event

Date of Missed Meeting: _____

President - John Lamanna Secretary - Bob Hall
President-Elect - Paul Frank Treasurer - Darcus Breneman



BOARD OF DIRECTORS

2024-2027 Cyril Barch, Dan Abel, Diane Ruckman, David Kelly
2023-2026 Gary Chrisman, John Elrick, Darcus Breneman, Rick Mabe
2022-2025 Wilson Gilbert, Darla McCrary, Chuck Peterson, Ridge White

IMMEDIATE PAST PRESIDENT - Jenny Baker

Newsletter Editor: Sue Rich

Reporter: Larry Weiss