

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?



Published weekly by the ROTARY CLUB of WINCHESTER, VIRGINIA

Visit The Rotary Club of Winchester website at www.winchesterrotary.com

Address Rotary correspondence to P.O. Box 412, Winchester, VA 22604

Chartered 1921

October 26, 2017

TONITE Board Meeting at WINCHESTER COUNTRY CLUB

- Nov 2 - Awards Night, GW Hotel, no noon meeting
- Nov 5 - Daylight Savings - "Fall Back"
- Nov 17 - Board Meeting
- Nov 23 - Thanksgiving, No Meeting
- Dec 14- Holiday Social at WCC, *no noon meeting (evening event)*
- Dec 21 Evans Home Christmas Party WCC (pizza lunch)
- Dec 22 - Board Meeting

TODAY

This week's meeting will feature **Sara Schoonover-Martin** speaking about the **Healthy Families** initiative in the NSV. Our club was instrumental in the origination of Healthy Families so it will be interesting to hear how far the organization has come.

AWARDS NIGHT - NEXT WEEK

Our Annual Awards Night is Thursday NEXT WEEK at the GW Hotel! **There will be no noon meeting** that day and this is an attendance event. Please see Nancy Davis to sign up.



COATS FOR KIDS

Radio personality Chris Mitchell stopped by to encourage corporate sponsorship for the Coats for Kids program. Chris acknowledged that our club members would not be seeking recognition for their giving but that those willing to be a sponsor will be mentioned during his weekday morning show.

DICTIONARY PROJECT

John Tyson and Bob Shriner gave an update on the Dictionary project. The books will be distributed to all 3rd graders in Winchester and Frederick County schools during national education week, November 11-17. The two co-chairs described their efforts to increase visibility for this worthy project and they complimented John Huddy and his staff at the Handley Library for their efforts.



Welcome New Rotarians!

President Julia introduced new members **Malinda Henkel** and **Richard Irvin** for the third time.

OUR LAST PROGRAM

Another element to the opioid crisis was discussed by Winchester Medical Center personnel during a presentation titled: **Drug Dependencies in Pregnancies with Focus on Treatment.**

Dr. Teresa Clawson created the Perinatal Substance Abuse Task Force at WMC in 2011. She recognized the need for these services well before the epidemic surfaced in our community.



Dr. Clawson explained the importance of understanding the biology of addiction and the fact that the mother's brain is "hijacked" by the drug causing her to become someone else. Protein changes create uncontrollable cravings and make recovery very challenging to achieve. She also described how drug use causes the interference with the biology of maternal attachment between the mother and child. Dr. Clawson revealed the chilling statistic that 400,000 infants or 10% of all births include fetal exposure to alcohol or drug abuse.

Maria Delalla is the Perinatal Nurse case manager at WMC. She said that Winchester Medical Center is on the cutting edge for treatment of pregnant mothers suffering from addiction. She commented that implementing universal drug screening for all pregnancies has eliminated stereotyping. She also discussed drug screening throughout the pregnancy including cord tissue to give the most accurate picture of the effect on the baby. Maria described the importance of her role collaborating with social services and the use of perinatal substance use disorder liaisons during the process.



Amanda Judd acts as a liaison at WMC and focuses on education. She said that she attempts to break down the shame associated with addiction and to ensure that the goal is to have a partnership between the mother and the hospital including a plan for care once the child is born.



The presentation gave our club yet another insight into this devastating crisis.

Addiction Awareness Week

The Interact Club of Handley High School will coordinate an "Addiction Awareness Week" **October 30 - November 3** at the school. The Coalition will provide posters and a video of recovering addicts telling their story of addiction and recovery. The Winchester Rotary Club will provide daily gift certificates to be placed in a basket and drawn by those answering questions on drug abuse. This is the 2nd year for this program. Thanks to Julia Kogut, Interact Sponsor, for her help.



Need to make-up an absence? Check out these area club meetings:

- Clarke County - Wednesday Lunch - Berryville Presbyterian Church - Noon
- Charles Town - Tuesday Lunch - Jefferson Hospital - 12:15 pm
- Frederick County - Tuesday Breakfast - Westminster Canterbury - 7:30 am
- Front Royal - Friday Lunch - Houlihan's - Noon
- Hagerstown - Wednesday Lunch - Venice Inn - 12:15 pm
- Leesburg - Thursday Evening - Rivercreek Country Club - 6:00 pm

- New Market - Wednesday Lunch - The Shenvalle - 12:10 pm
- Purcellville - Thursday - Bethany United Methodist Church - 7:00 am
- Strasburg - Tuesday Noon - Strasburg Moose Lodge - Noon
- Warren Co. (was Linden) - Wednesday Breakfast, Mom's Country Kitchen - 7:00 am
- Warrenton - Thursday Lunch - Stoneridge Events Center - 12:15 pm
- Woodstock - Wednesday Lunch - Woodstock Moose Lodge - 12:05 pm

Absentees: 10-12-17

William Aiken
Lori Bales
Jean Barch
Jackie Bates
Ken Blackwell
Linda Coffman
Bruce Downing
Dana Evans

Rob Frogale
Jenny Grooms
Dick Helm
John Huddy
Don Karolyi
David Kelly
Dwight Kemp
Geraldine Kiefer
Todd Lilley

Bob Mitchell
Chuck Peterson
Ron Price
Susan Rich
Tom Rockwood
Jeannie Shiley
Dave Smith
David Sovine
Jennifer Stanford

Steve Straight
Michelle Thomas
Diana Thorne
Ajay Virmani
Ben Weber
Michael Williams
Kelly Wolfe
Ryan Zeleski

Make-ups* (Date & Function Attended)

Jean Barch – 9/28 – Shrimp Feed
Cary Claytor – 9/15 – Apple Harvest Festival
Melissa Fortner – 9/17 – Apple Harvest Festival
John Huddy – 10/2 – Golf Tournament
Roy Schwarz – 9/5, 9/26, 10/3 – Frederick Co Rotary
Dave Smith – 9/16 – Apple Harvest Festival
Patricia Taylor – 9/26 – Frederick Co Rotary
Larry Weiss – 10/5 – Rotary of Ashburn
Larry Weiss – 9/16 (2) – Apple Harvest
Dick Wiltshire – 9/16 – Apple Harvest

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. Make-ups can also be submitted online at winchesterrotary.com under Member Login.

Visitors & Guests Last Meeting

Katie Childress, club guest
Laurie Ruby, club guest
Dr. Rich Fieo, guest of Don Butler
Gary Luttrell, guest of Darla McCrary
Chris Mitchell, guest of Eric Beatley

FOUNDATION MINUTE

John Elrick shared the statistic that there have been 11 cases of polio world-wide in 2017. October 24th marked the fifth annual world polio day with the Rotary Foundation announcing \$49.5 million in grants to eradicate polio which will be matched by the Gates foundation to bring the total to \$150 million.

DUELING PIANOS

The Front Royal Rotary Club will hold its annual **Dueling Pianos Party** on November 4 at Bowling Green Country Club. Tickets are available at a cost of \$150 each (to be included in the \$10,000 drawing) or \$75 each as a guest. Both tickets include food, entertainment and an open bar. The entertainment will be provided by Cutting Edge Pianos, Baltimore, MD.



If you are interested and/or want to purchase tickets, please contact Cory Michael at cory@cbmmortgage.com or Bret Hrbek at bret.hrbek@edwardjones.com.

OUR LAST DRAWING

Jim Laidlaw won \$23 in the weekly drawing but he didn't find the Ace of Spades so the pot continues to grow. Begins at \$271 today.

Fun Facts About Pumpkins:

- > Pumpkins are a fruit that originated in Central America.
- > 90% of the pumpkin is made up of water.
- > Illinois grows more pumpkins than any other state in the country. It harvests nearly 12,300 acres of fruit.
- > Using pumpkins as lanterns at Halloween is based on an ancient Celtic custom brought to America by European immigrants.



Halloween's origins come from a Celtic festival for the dead called "Samhain." Celts believed the ghosts of the dead roamed Earth on this holiday, so people would dress in costumes and leave "treats" out on their front doors to appease the roaming spirits. Granted, the Celts were not solely based in Ireland when these customs started taking shape around the first century B.C., but, the Irish Celts were the ones who invented the jack-o'-lantern.



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	Julia Connell
President-Elect	Paul Magness
Secretary	Cary Claytor
Treasurer	Dick Kent

BOARD OF DIRECTORS

2016-2019	Jenny Baker, Jamie Karalis, Kent Mull, Jonathan Snowden
2015-2018	Jean Barch, Tom W. Byrd, Roy Schwartz, Ed White
2017-2020	Paul Frank, John Lamanna, Libba Pendleton, Dave Smith

IMMEDIATE PAST PRESIDENT - Scott Arthur

Cog Wheel Staff: Jenny Baker, Belinda Barbour, Mary Braun, Paul Burkholder, Tom W. Byrd, Sharen Gromling, Don Karolyi, Tom Maccubbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight

Photos: Paul Burkholder

Reporter: Tom Byrd

Next Board Meeting

TONIGHT! 6 PM
WINCHESTER COUNTRY CLUB

Attitude Adjustment 5:30 pm
All are welcome! & it counts as a Make-up!

WELCOME BACK

President Julia welcomed back Bob DeMott after his recent heart surgery. Bob was all smiles during the ovation he received and said "don't take your body for granted."

HEALTH TIP

Jennifer Stanford pinch-hit for Libba and offered her top ten tips for a healthy fall:

1. Go apple picking
2. Eat pumpkins but think beyond the pie
3. Get your flu shot
4. Stay away from the common cold
5. Go for a walk
6. Rake leaves or engage in other yard work
7. Moderate your candy intake
8. Eat like an athlete while watching football
9. Buy vegetables in season
10. Give back to those in need