

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

November 30, 2017

TONIGHT! - Board Meeting, GW Hotel - 6pm

- Dec 14 - Holiday Social at WCC, *Evening Event, no noon meeting*
- Dec 21 Evans Home Christmas Party - WCC (pizza lunch)
- Dec 21 - Board Meeting, GW Hotel - 6pm
- Dec 28 - Holiday Break - no meeting
- March 16-18 - District 7570 Conference

TODAY

Our program will be presented by Mark Jordon, Foundation Chair for District 7570. He will update us on events happening at the district level and will answer any questions you have related to the Rotary Foundation.

NEW YEARBOOKS

If you haven't picked up your new yearbook yet, now is the time! Thank you to Karey Starnes & Sue Rich for editing & printing them. Be sure to either shred your old yearbook, or bring it to the next Rotary meeting and the yearbook committee will shred it for you.

SALVATION ARMY BELL RINGING!

Kent Mull is seeking Rotarians to help as bell ringers for the Salvation Army's Annual Kettle Drive. Please sign up for a 2 hour shift from 10 AM to 6 PM on **December 9th**. Our club will be at the main entrance near Penny's and the entrance near H&R Block. The Handley Interact Club will be at the Sears entrance.



The sign-up sheet is being passed around today. Any questions call Don Butler (539-0279) or email don@vpgwinchester.com

FOUNDATION MINUTE

John Elrick reminded us that we have until the end of this year to take advantage of the matching offer which allows you to get a Paul Harris Fellowship for \$500. That \$500 provides inoculation against polio for 150 children. Think about how this would allow the parents of those children to go to sleep at night with one less fear.

DID YOU KNOW....There are apps available to help you find a Club meeting when traveling. You can link to them all from the Rotary Website at: www.rotary.org/myrotary/en/manage/tools-templates/mobile-apps

OUR LAST PROGRAM

Our speaker on November 14th, was **Robin Owens**, who runs the **Gifted Independent Study Program** for Frederick County schools. The GIS program is now in its 13th year. The students focus on a different topic each semester. The topic for the current semester is "**choices**". Because the students in the GIS program are Juniors and Seniors in High School, their future career paths are the primary theme for their choices.



Six students enrolled in the GIS program spoke to us. Each described how their experience in the program, and how it is helping them choose their future careers. A key element in the GIS program is the involvement of a mentor, which the student must invite to participate. The mentor then introduces the student to the realities of their own career.

Anna Marie Kelly, a senior at Sherando, wanted to study the universe, so she convinced a professor of astrophysics at Shepard University to be her mentor. This gave her the opportunity to work with real data as part of a project to determine the age of the universe.

Eliza Grigsby is interested in neuroscience, and is being mentored by a local doctor who let her watch a stent procedure.

George Gibson, a junior at Sherando is learning about recovering from and preventing shoulder injuries through his mentor at a local performance and rehabilitation facility.

Adriana Sauntry, a junior at Millbrook, is being mentored by the head of the Neonatology unit at Winchester Medical Center, where she has learned that many babies born in the Winchester area are addicted to opioids.

Katie Level is a junior at James Wood. She is interested in orthopedic care, and the role of acupuncture.

Jack Youngblood, a senior at James Wood, is interested in physical therapy. He did functional movement studies using some of his friends as subjects, and determined what their treatment should be.

Each of the students commented on how the GIS program is helping them to make important decisions about their career choices.



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: 11-16-17

William Aiken
DeeDee Barbour
Jean Barch
Jackie Bates
Paul Burkholder
Don Butler
David Chandler
Anthony Crosen
Nancy Davis

Carl Esterhay
Dana Evans
Carolyn Fitzwater
Rob Frogale
Jenny Grooms
Brian Hester
John Huddy
Jaime Karalis
Dwight Kemp
David Kent

Steven Kent
John Lamanna
Deborah Langfitt
Chris Lewis
Neile Martin
Debbie Parrish
Nadine Pottinga
Ron Price
Tootie Rinker
Sue Scarborough

Karen Schultz
Dave Smith
David Sovine
Bob Stieg
Steve Straight
Michelle Thomas
Ajay Virmani
Stuart Williams
Kelly Wolfe
Ryan Zeleski

Make-ups* (Date & Function Attended)

Jenny Baker – 10/26 – Board Meeting
DeeDee Barbour – 9/17 – Apple Harvest Festival
Nancy David – 11/9 – eClub One
Malinda Henkel – 11/14 – Frederick Co Rotary
James Stafford – 9/27 – Rotary Club
Martin Tabaka – 11/14 – Dictionary Project
Shane Wagoner – 9/16 – 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. Make-ups can also be submitted online at winchester-rotary.com under Member Login.

Visitors & Guests Last Meeting

Stephanie Hosack visiting from Gainesville Rotary Club
Robin Owens and Students, guest speakers
Bernie Flaterty, guest of Bill Bennet
Billy Whirley, guest of Jeff Barbour
Ryan Oates, guest of Jeff Barbour
Victoria Keter, guest of Alison Lowry

Next Board Meeting
TONIGHT 6 PM G W Hotel
Attitude Adjustment 5:30 pm
All are welcome & it counts as a Make-up!

COATS FOR KIDS

820 coats have been ordered for area children. If you would like to help distribute or donate to this worthy cause, see Eric Beatley.



Ho, Ho, Ho!

It's that time of year when we all get to play Santa for the children of the Evans Home. For those new to the club, here's how it works...

Today and next week we'll collect donations to be used to purchase Christmas gifts for the Evans Home children. The Evans Home staff will give us a list of children who will be there for the holidays and their "wish list" of toys, clothing or other items they'd like Santa to bring.

Tricia (Stiles) Simpson is looking for volunteers to be "shoppers" for one of the children and she will then provide the wish list and \$200 (per child) to be used for buying gifts. If you are interested in shopping for one of the children, please let Tricia know.



On **Thursday, December 21** at our regular noon Rotary meeting, we will invite the Evans Home children and staff to join us for a

pizza lunch and holiday celebration. We'll sing carols (led by Johnathan Snowden, premier flutist and fellow Rotarian) and distribute our beautifully wrapped gifts to the Evans Home children.

NEW MEMBERS

Katie Childress and Laurie Ruby were introduced for the second time as our newest members. Welcome ladies!

OUR LAST DRAWING

Paul Frank drew the Ace of Hearts, narrowly missing the big jackpot, but pocketing a cool \$21. The jackpot will start at \$326 today.

HEALTH REPORT

Tom Baker is improving and will be going home soon. Now he needs plenty of rest and relaxation. Please send cards to his home address.

LIBBA'S HEALTH TIP

Did you take Libba's advice on how to eat healthily on Thanksgiving day? She advised eating breakfast so that you wouldn't be ravenous when the feast was served. The recommended serving of turkey is about the size of a deck of cards, about a golf ball size serving each of cranberries and gravy, about a half a baseball size serving each of potatoes and stuffing, and a shot of salad dressing. Have as many carrots and Brussel sprouts as you like. Where tight fitting clothes.

OR, did you wear your stretchy pants and eat as much as you wanted to?

Did you know?

Your weekly Cog Wheel newsletters are online at the Winchester Rotary website....and you don't need to login to read them.

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
President-Elect
Secretary
Treasurer

Julia Connell
Paul Magness
Cary Claytor
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: Don Karolyi

Reporter: Chuck Peterson