

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

March 23, 2017

TONIGHT! - 6 PM Board Meeting, Café del Sol SATURDAY - Kaleidoscope

- April 6-9 - President Elect Training Seminar at Hotel Roanoke
- April 28 - 6 PM Board Meeting, location TBA
- May 4 - Civic Club Queen's Dinner
- May 11 - Little Theater Night
- May 19 - An International Affair
- May 25 - 6 PM Board Meeting, GW Hotel
- June 1 - Shrimp Feed

OUR PROGRAM TODAY

Our program this week will be presented by Travis Nesselrodt of Phelps Funeral & Cremation who will provide insight on options and planning for end of life arrangements.

District Conference

Rotary District Conference was last weekend at the Homestead. We will get an update today from Scott on all the fun and educational activities.



Kaleidoscope - March 25th - SATURDAY!

Get your tickets today for a chance at that \$25,000... not to mention ALL the wonderful SILENT AUCTION items! (check out the brochure on your table). Don't miss out, see Jenny Baker, Irv Shendow or Dick Wiltshire TODAY for your ticket! Tickets can be paid by check, cash or credit card.

The beneficiary this year is The Free Medical Clinic. They plan on building a larger pharmacy with the proceeds.



WELCOME NEW MEMBERS!



Debbie Parrish was introduced for the third & last time. Stop and take a minute to welcome our two newest members: Debbie and Larry Weiss.



OUR DRAWING

Neile Martin won \$24 in the weekly drawing. The Ace is still in the pack, so the jackpot will start at \$136 today.

OUR PROGRAM LAST WEEK...

NEW MEMBER TALKS



Bill Bennett set the stage for his talk by declaring that honesty brings us closer to God. Sharing the question, "Why am I here?" he stated his value of altruism (which Rotary provides endless ways to fulfill) and of networking while he is building on his property in Middletown. His career began with purchasing at St. Mary's Hospital in Rochester, NY, then at Baush & Lomb, at Rubbermaid's RCP division, and at Ansell Healthcare, where he retired as Associate Director.

He has traveled extensively and gained skill with materials recovery. In 1996, he obtained his MBA at Shenandoah University. With a partner, he created a design engineering firm.

What defines Bill? He describes his likes, loves and beliefs. He likes ice cream, biking, good challenges and good movies; he loves his wife, Casey (who will become the new Rotary secretary), his two dogs, working with his hands, and sunset/sunrises. He believes in the power of good and the importance of community.



Darcus Breneman spells her name differently from "Dorcus" of Acts 9 in the Bible. The biblical Dorcus was a seamstress that Peter brought back to life. Darcus, however, was born in Harrisonburg and moved to a Stephens City farmhouse in 1968 (now the site of the Bowman Library.)

Always a hard worker, upon graduation from James Wood High School, she received a Presidential Scholarship to Lord Fairfax Community College. Later, with an economic and management degree from James Madison University, Darcus began her career at First Virginia Bank. At age 28 she met the "man of her dreams," who happened also to be from the Broadway area of Harrisonburg – low and behold their great, great grandfathers were brothers!

Her career has taken her to Farmers and Merchants in Sterling, F&M Investments in Winchester, Randolph Macon Academy and now The Winchester Group. She has always been involved with nonprofits, including Valley Business Women, Lord Fairfax Education Foundation, and most recently the Community Foundation of the Northern Shenandoah Valley.

Darcus joined Rotary at 25 and will soon be eligible for the Rule of 85 Club! She believes she can do anything she puts her mind to and has hiked to the bottom of the Grand Canyon—and back!

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: 3-16-2017

William Aikens	Dick Helm
Jeff Barbour	Brian Hester
Kerri Burkhardt	Sven Hlywiak
Paul Burkholder	Don Karolyi
Linda Coffman	David Kelly
John Copenhaver	David Kent
Nancy Davis	Gerri Kiefer
Dana Evans	Pat Kofalt
Callie Fitzwater	Jim Laidlaw
Wilson Gilbert	Alan McKay
Phillip Griffin, II	Kit Molden
Jenny Grooms	Adrian O'Connor
	Ron Price

Mary Riley
Jeannie Shiley
David Smith
Jonathan Snowden
David Sovine
Jennifer Stanford
Karey Starnes
Michelle Thomas
Diana Thorne
Ajay Virmani
Stuart Williams
Ryan Zelaski

Make-ups* (Date & Function Attended)
 Cary Claytor - 3/18 - District Conference
 John Elrick - 3/9 - PR Committee Mtg.
 Darla McCrary - 2/9 - International Affair Prep
 Darla McCrary - 3/15 - SVAH Mtg.
 Darla McCrary - 3/16 - District Conference
 Kit Molden - 3/7 - Kaleidoscope Mtg.
 Maria Montgomery - 3/4 - Hands Against Hunger
 Jonathan Snowden - 9/18 - SVAH Event
 Kelly Wolfe - 2/22 - Kaleidoscope Mtg.

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 Week

Pia Crandel from Frederick County Rotary
Ernie Carnavale visiting from Leesburg Rotary
Dave Lowrance visiting from the Hollis Hill Rotary, NH
Margaret Lowrance...Dave's wife
Vicki Tierney, guest of her husband Terry
Allison Lowry, guest of Kelly Wolf

Foundation Points

Gary Chrisman reminds us of Conrad's offer to share several thousand points. His goal is to encourage others to be Rotary sustainers.

Little Theater Night - MAY 11th

Irv Shendow announced that this year's party prior to the Little Theater event will be held at the home of Lori Bales.

IT'S RUMMAGE TIME . . .

TIME TO SORT YOUR STUFF!

Dan Martin reminded the club that the trailer is open for business at Frogale Lumber. Drop off your rummage at your convenience. If you need help delivering your contributions give Dan a call. Jean Barch and David Kent will co-chair this year's event.



MAKE-UPS = \$\$\$

You have more reasons than ever to do your makeups - you'll not only get credit for attendance, you'll get actual credit in the form of a \$10 reduction in your quarterly bill!

DID YOU KNOW....There are app's 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

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 TONIGHT! - 6 pm

Café del Sol (50 Featherbed Lane)

All are welcome, and it counts as a make-up!

Area One ACT Committee - Don Butler reports:

Heroin deaths are increasing in 2017..to date, 12 which includes 5 in Warren County. Non-fatal overdoses also on the rise..56 this year. This could be due to a bad batch of heroin mixed with fentanyl in Warren County. Lauren Cummings will attend Rotary District Conference and address the Pres.-Elects. Plus, she will also be available for meetings.

John Lamanna attended the Warren Coalition meeting at LFCC on March 17, 2017.

We're sorry to see Chief Sanzenbacher retire...he was really helpful to the Coalition.

Some Good News: The Coalition hired Tiffany Cadoree who will take over oversight of the Drug Court participants from Lauren .

HEALTH REPORT

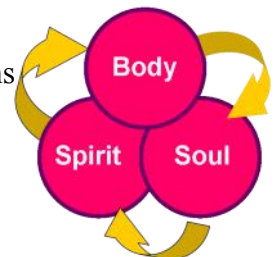
Tom Baker and Nadine Pottinga returned to join us at lunch. *Welcome back!*

Conrad is feeling terrible as his best friend died unexpectedly.

LIBBA'S HEALTH TIP for the body and soul . . .

Based on 5, 4, 3, 2, 1 + 8 follow this healthy protocol daily:

- 5 servings of fruit & vegetables
- 4 intakes of eight ounces of water
- 3 enjoyable moments / good laughs
- 2 hours or less in front of a screen
- 1 hour of physical activity
- + 8 hours of sleep!



President	Scott Arthur
President-Elect	Julia Connell
Secretary	Paul Magness
Treasurer	Cary Claytor

BOARD OF DIRECTORS

2014-17: Dee Dee Barbour, John Elrick, Conrad Koneczny, Karey Starnes
2015-18: Jean Barch, Tom Byrd, Roy Schwarz, Ed White
2016-2019: Jenny Baker, Jaime Karalis, Dick Kent, Kent Mull,

IMMEDIATE PAST PRESIDENT - Tootie Rinker

Cog Wheel Staff: Jenny Baker, Mary Braun, Paul Burkholder,

Tom W. Byrd, Sharen Gromling, Don Karolyi
Tom Maccubbin, Chuck Peterson, Sue Rich, Gene Schultz, Dave Smith, Steve Straight

Photos: Steve Straight

Reporter: Mary Braun