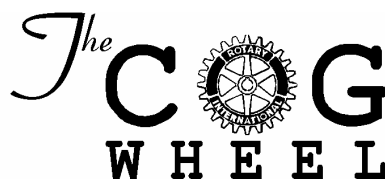


ROTARY 4-WAY TEST

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?



May 30th Meeting

15 ZOOM 53 in person

Chartered 1921

Distinct 7570, Area 1, Club

June 6, 2024

OUR PROGRAM THIS WEEK:

Steve Deadwyler Teensinc/Tac

WHAT'S COMING UP...

June 13 Amelia Stansell - Rotary Action Group Against Slavery

June 20 Rotary - passing of the Gavel

June 27 New Member Talks

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

HEALING FIELD OF HONOR

MAY 23-27, 2024

Thanks to all who were part of our Healing Field of Honor, including those who worked and those who purchased flags and tags. The event makes a big impact on the community and on those whose loved ones were honored. Final numbers are yet to come – stay tuned!



BY-LAW CHANGES

Pres. Jenny alerted the club to by-laws changes that will be voted on at the June 13th meeting; we will need a quorum (Zoom voting counts). Emails have gone out with details about the changes.

2025 DISTRICT CONFERENCE

Mark your calendar! President Jenny encouraged members to start planning for the 2025 District Conference which will be held at The Inn at Virginia Tech - April 4th-6th next year.

NEWEST MEMBER

Our newest member, Rebecca DesMairs, was sworn in last week. Her sponsors are Darcus Breneman and Dave Sweeney. Take a moment to welcome her!



Treat any friend or co-worker who may be a potential member to lunch on us!
Free lunch cards are available at the Sergeant-at-Arms table.

OUR PROGRAM LAST WEEK

Our speaker was Rosemary Green of the HJH (Hester J. Hodgdon) Libraries for All Foundation. Rosemary grew up in Blacksburg and now lives in Kerns-town. She was a librarian for 38 years and now serves as the secretary of the Executive Board of the HJHLAF. The non-profit supports a small public library and schools in rural Nicaragua, the second-poorest country in Latin America.



Jane Mirandette, a Paul Harris fellow, founded the HJHLA Foundation in 2003 and founded the San Juan del Sur Library in 2001, the first lending library in Nicaragua. Very few people in the country have access to books, which are very expensive. There was originally a fear that “a book loaned was a book lost,” but that has not turned out to be the case as book borrowers (even children) are diligent about returning them.

The HJHLA is in the process of renovating a new building to move the library. The Rotary Club of San Juan del Sur was founded in 2013 and does community and education projects, including public sanitation, school restoration and supplies, community wells, and medical equipment/supplies such as wheelchairs and mosquito netting. Rotary grants have helped fund many of the projects and have led to new computers for the library and other worthwhile projects. The library also has a meeting room that is used for health education and community meetings. The library even has a 3D printer – the first in Nicaragua! It has been used to replace hard to find parts and has also been used for vocational training.

The RACHEL project provides mobile internet access to remote areas of Nicaragua. Apps such as Zoom and WhatsApp are very handy in connecting Rotarians to their US counterparts.



Rosemary is returning to Nicaragua in August and would welcome any of our club members who would like to join her!

NEXT BOARD MEETING
THURSDAY, JUNE 20 6:00 PM
Winchester Country Club

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

Absentees May 30

Dan Abel	Andrea Cosans	Krista Gibbs	Rick Mabe	Kit Rutherford
Marc Abrams	Anthony Crosen	Phil Glaize	Paul Magness	Karen Schultz
William Aikens	Nancy Davis	Kim Herbstritt	Dan Martin	Irv Shendow
Lori Bales	Rosalee Delcampo	Sven Hlywyak	Neile Martin	Nancy Silva
Cyril Barch	Robert DeMay	Heather Hovermale	Darla McCrary	Martin Tabaka
Jackie Bates	Marie DiLorenzo	John Huddy	Chris Merchant	Kathy Tagnesi
Kerri Burkhart	John Elrick	Sherry Hudson	Kent Mull	Brandan Thomas
Kevin Callanan	Dana Evans	John Jewell	Steve Parrish	Michelle Thomas
Lauren Clouse	Ann Fox	Chris Kyser	Grady Phillips	John Tyson
Linda Coffman	Cheryl Fried	Alexis LaPorte	Christian Redmer	Elyus Wallace
Julia Connell	Rob Frogale	Chris Lewis	Tootie Rinker	Ridge White
	Robert Garrett		Madelyn Rodriguez	

Make-ups* (Date & Function Attended)

Dan Abel - 4/16 - HFOH Committee Meeting
 Scot Arthur - 5/20 - Area One Meeting
 Kevin Callanan - 5/14 - HFOH Committee Meeting
 Heather Hovermale - 5/20 - Board Meeting
 Rick Mabe - 5/14 - HFOH Committee Meeting
 Darla McCrary - 4/16 - HFOH Committee Meeting
 Ridge White - 3/28 - Board 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.

JUNE SERVICE PROJECT!

SALVATION ARMY FOOD DRIVE

The Salvation Army has a free pantry which provides people experiencing food insecurity with enough groceries to last 3-5 days. Currently, these food supplies are being purchased outright to keep their shelves stocked.

For some, food pantries are a source of emergency aid to solve a hunger crisis. For others, food pantries supplement low incomes with nutritious meals. At The Salvation Army, their food pantry provides a variety of healthy food and basic-need items for those seeking food assistance and helps them regain household food security. The pantry is open M-F, so food is given out each day. To help them replenish their supplies our Rotary Club is designating them our June Service Project. *The items they need most are:*

- Peanut Butter
- Canned Chicken, Tuna, or Pork
- Pasta Sauce
- Rice
- Beans
- Mac & Cheese
- Shelf Stable Milk
- Cereal



Giving
Hope
Today

Drop off your donations in the box by the Sgt-at-Arms desk marked "Salvation Army". **Questions? Contact the Impact Committee: Jean Barch (540-247-8402) / barchfam@comcast.net or Dave Miles (757- 334-3771) / dave@drdavemiles.com.** Please be generous with your contributions. Every item helps.

HEALTH REPORT

Our thoughts continue to be with Diane Ruckman, whose father passed recently.

HEALTH TIP:

May is **Stroke Awareness Month**. More than 800,000/year suffer a stroke - that's one every 39 seconds! Symptoms of a stroke can be remembered with the acronym **FAST**:

- >> **F**ace drooping or numb
- >> **A**rms and/or legs are weak
- >> **S**peech is impaired/slurred
- >> **T**ime to call 911 if any of these symptoms are present!

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**.

KALEIDOSCOPE

Kaleidoscope is planned for November 8th and there will be an organizational meeting in the near future please listen for club announcements.

10 Reasons to Drink more Water



1. Helps you burn fat and promotes weight loss
2. It is 75% of the brain
3. It flushes out toxins
4. It decreases fatigue
5. It regulates body temperature
6. It increases the production of new blood and muscle cells
7. It prevents constipation
8. It helps your organs better absorb nutrients
9. It helps prevent joint pain and arthritis
10. It treats and prevents cellulite

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 - 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: Dave Smith