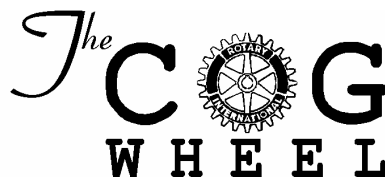


#### ROTARY 4-WAY TEST

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 6th Meeting

18 ZOOM 57 in person

Chartered 1921

Distinct 7570, Area 1, Club

June 13, 2024

## OUR PROGRAM THIS WEEK:

Amelia Stansell - Rotary Action Group Against Slavery

### WHAT'S COMING UP...

June 20 - Rotary - passing of the Gavel

June 27 - New Member Talks

July 13 - Aug 10 Rotary Meetings in the park for lunch

### BY-LAW CHANGES

Pres. Jenny asked that members make an effort to attend next week's meeting so a vote can be taken on the proposed bylaw changes which impact our membership application process.

### DONATION

President Jenny reported that the Board voted to make a \$10,000 contribution to the **HJH Libraries for All Foundation** to support their effort to renovate a library in Nicaragua.

### HEALING FLAG OF HONOR EVENT

Dan Abel thanked the club for the incredible effort to support the Healing Flag of Honor. A final report on the finances is forthcoming.

### SERVING AT THE RESCUE MISSION

Jay Smith reminded the club that additional hands are welcome when the club serves meals at the Rescue Mission. Contact him for more information.

### GOLF COMMITTEE

The Golf Committee will begin meeting next week to organize this fall's event. Club members who are interested in helping this committee should contact Don Loque or Les Veach.

### 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.

### OUR PROGRAM LAST WEEK

Our speakers were **Johnny Craig** and **Steven Deadwyler** from **TeensInc** and the **Timbrook Achievement Center**.

Mr. Craig is the Executive Director and Steven is a Mentor and Program Manager. Together, they provided background information on TeensInc and the Timbrook Achievement Center, which serve clients in Winchester and Frederick County.



**TeensInc** is a vocational agriculture (VoAg) non-profit organization that provides training for at risk youth and individuals with disabilities. The primary objective of the program is to prepare students to enter the workforce better equipped for obtaining and maintaining gainful employment. This unique training course in green industry jobs provides students with a well-rounded introductory education in agricultural and grounds maintenance. In addition, students learn other important job readiness concepts such as work ethics, employer expectations, job safety, and teamwork.

Some of the programs offered by TeensInc include mentoring programs, anger management training, teaching individual living skills and parent/caretaker education.

In addition to the vocational training and mentoring services, TeensInc promotes, models and engages participants through events, programs, and activities that facilitate a culture and mindset of "giving back" to our community. On-the-job training is provided as a component of the vocational training program, with many of the projects geared towards providing community service to other non-profit or community organizations, the elderly, and/or individuals with a disability. In addition to providing community service, TeensInc donates a portion of all harvested crops to local non-profits, soup kitchens, and homeless shelters.

The Timbrook Achievement Center operates an after-school program Monday through Thursday from 4:00 - 8:00 pm. Youth participate in two hours of academic instruction and two hours of organized programming. Both programs are in facilities located at 129 Youth Development Court in Winchester.

**NEXT BOARD MEETING**  
**THURSDAY, JUNE 20 6:00 PM**

**Winchester Country Club**

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

**Absentees June 6**

William Aikens	Eric Chrisman	Sven Hlywiak	Dan Martin	Irv Shendow
Scott Arthur	Anthony Crosen	Sherry Hudson	Darla McCrary	Nancy Silva
Lori Bales	Nancy Davis	George Hummer	Chris Merchant	Kathy Tagnesi
Jackie Bates	Rosalee Delcampo	David Kelly	Kent Mull	Brandon Thomas
Kim Blosser	Robert DeMay	Dick Kent	Cary Nelson	Michelle Thomas
Jan Bresch	Dana Evans	Trey Kern	Steve Parrish	Les Veach
Byron Brill	Rob Frogale	Pat Kofalt	Grady Philips	Elyus Wallace
Kerri Burkhardt	Krista Gibbs	Alexis LaPorte	Fritz Polite	Ben Weber
Kevin Callanan	Phil Glaize	Chris Lewis	Jon Reimer	Ed White
Robin Cardillo	Jenny Grooms	Rick Mabe	Madelyn Rodriguez	Ridge White
	Kim Herbstritt	Paul Magness	Karen Schultz	

**Make-ups\* (Date & Function Attended)**

Scott Arthur – 5/10 – Rotary Foundation Board Meeting  
 Kerri Burkhardt – 5/10 – Rotary Foundation Board Mtg.  
 Phil Griffin – 5/22 – Clarke County Rotary Club  
 Sven Hlywiak – 5/10 – Rotary Foundation Board Meeting  
 Dick Kent – 5/21 – HFOH Committee Meeting  
 Pat Kofalt – 5/7 – HFOH Committee Meeting  
 Rick Mabe – 5/18 – HFOH Event  
 Darla McCrary – 4/20 – HFOH Committee Meeting  
 Steve Parrish – 5/10 – HFOH Committee Meeting  
 Les Veach – 4/20 – 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 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](mailto:barchfam@comcast.net) or Dave Miles (757-334-3771) / [dave@drdavemiles.com](mailto:dave@drdavemiles.com). Please be generous with your contributions. Every item helps.**

**HEALTH TIP:**

Brown rice is a healthy favorite of many....but, Libba relayed instructions on how to make white rice or pasta more nutritious by cooking it one day ahead of time and refrigerating it overnight. This will allow the starch to become "resistant starch" which makes it hold its nutritional value, and helps lower cholesterol and blood sugar levels.

She credited her husband for finding this interesting information.

**HEALTH REPORT**

Libba reported that **Ridge White** was in the hospital, but he hopes to be home in a day.

Libba called the club's attention to the passing of Diane Ruckman's father, **Charles Orndoff, Sr.** She complimented the Winchester Star for publishing a lengthy obituary. Charles was a remarkable public servant, and his impact was signified when the Top of Virginia Chamber of Commerce awarded him their 2016 Lifetime Achievement Award.

According to Libba, Tootie Rinker will become a grandmother to two granddaughters in early November, thanks to her daughter Robin.

Libba congratulated club member **Jonathan Reimer** for his contributions to the daily comic strip "**Pluggers**" and she also noted, with pride, that the following businesses or organizations linked to Winchester Rotarians were mentioned as "Stars" in their category in the Winchester Star: Les Veach Insurance; Kern Motor Company; Shenandoah Valley Westminster Canterbury; Blue Ridge Hospice; Sinclair Health Clinic; Oakcrest ERA realty; Navy Federal Credit Union; Valley Health; the MSV; and White Properties.

**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 - 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