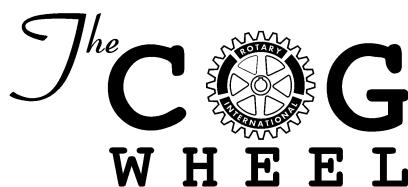


- ROTARY 4-WAY TEST**
1. Is it the TRUTH?
 2. Is it FAIR to all concerned?
 3. Will it build GOOD WILL and BETTER FRIENDSHIPS?
 4. Will it be BENEFICIAL to all concerned?

June 27th Meeting
13 ZOOM 51 in person



Chartered 1921

Distinct 7570, Area 1, Club

July 04, 2024

THIS WEEK:
No Meeting - Happy 4th of July!
WHAT'S COMING UP...

- July 11 - 25 - Rotary Meetings in the park for lunch
- July 11 - Dr. Carrie Walston, Doctor of Acupuncture, Winchester Acupuncture
- July 17 - New Members Talks
- Aug. 1 - Our Family Picnic, Rotary Shelter, Jim Barnett Park 5:30 pm
- Aug. 8 - Rotary Day at Camp Fantastic, the 4 H Center in Front Royal

GENERAL ANNOUNCEMENTS

President John announced that our lunch meetings will be held at the Rotary Pavilion at Jim Barnett Park beginning July 11 to 25. **Our annual family picnic in the park will be held on August 1.**

>> He also thanked Cary Nelson for hosting our exchange student from Japan this past semester.

>> The club will be making two \$250 donations to the Rotary Foundation in memory of Bernie Schwartzman and Dick Wiltshire.

>> John noted that the next board meeting will be held on July 25.

>> The board has decided to raise the quarterly dues for all membership categories by \$7, which will allow the club to have a revenue positive budget.

ANNUAL FAMILY PICNIC - AUG. 1st 5:30 PM

Put our annual **Family Picnic** on your calendar now for **Thursday, Aug. 1st, 5:30 PM**. Come enjoy the new playground that's been installed next to our pavilion. Anyone interested in helping, contact Dan Martin (danmartin1961@yahoo.com) or Jean Barch (barchfam@comcast.net).



HEALING FIELD OF HONOR

Dan Abel provided a detailed recap of this year's **4th Annual Healing Field of Honor** event, complete with beautiful photos detailing all aspects of this year's festivities.

Dan thanked **Les Veach** and **Dick Kent** for their assistance and guidance. He also commended **Chuck Peterson** for his incredible work setting up the publicity in the paper, on the radio, and in our social media.

This year's event raised \$36,400, and \$27,400 of this amount will be distributed to our local VFW post and local law enforcement foundations. *Thank you all!*

OUR PROGRAM LAST WEEK

Last week's meeting was highlighted by two new member talks:



Skip Phillips noted that this was his 37th anniversary, and he invited his wife Kathy to listen in via cellphone. Skip grew up in the northeast Georgia mountains and was taught at a young age about service and making a difference in one's community.

His family, including his grandfather, always placed a high value on community service, which helped guide him into a 35-year career in health care and related fields. This was his fifth new member talk - as he has previously been a member of four other Rotary Clubs. Skip also considered a career in the ministry, and he noted that working in health care is its own kind of ministry. The most important part of his career is the opportunity to work with other people.



John Jewell moved to this area 28 years ago from Prince George's County, MD looking for a good place he and his wife could raise their family. John worked on Capital Hill for 40 years, beginning as a messenger in the print shop, and he retired as the Information Officer, Sergeant at

Arms, for the U.S. Senate.

John remarked that he had many mentors in his career, the most notable mentor being his mother-in-law. She, along with his wife, have been guiding stars in his life. John commented that when he joined the club he did not know much about Rotary, but he did know about half of our members through associations with community events and community service. John looks forward to continuing to serve the community alongside other club members.

NEW MEMBER

John introduced and inducted our newest member, **Donna Jenkins**, who was sponsored by Heather Hoverdale and Jean Barch. *Take a moment to welcome her!*



NEXT BOARD MEETING
THURSDAY, JULY 25 6:00 PM
Winchester Country Club
All are welcome & it counts as a Make-up!

Absentees June 27

William Aikens
Scott Arthur
Jenny Baker
Jackie Bates
John Blevins
Kim Blosser
Keri Burkhardt
Eric Chrisman
Julia Connell
Andrea Cosans
Nancy Davis
Rosalee Delcampo

Robert DeMay
Rebekah DesMarais
John Elrick
Dana Evans
Pat Finn
Ann Fox
Rob Frogale
Robert Garrett
Krista Gibbs
Phil Glaize
Kim Herbstritt
Sven Hlywiak
Sherry Hudson

George Hummer
Alex Iden
Doug Joyner
Jaime Karalis
David Kent
Dick Kent
Alexis LaPorte
Chris Lewis
Rick Mabe
Paul Magness
Dan Martin
Darla McCrary

Chris Merchant
David Miles
Gus Morrison
Kent Mull
Cary Nelson
Steve Parrish
Chuck Peterson
Fritz Polite
Debra Purrington
Chris Redmer
Amy Rice
Madelyn Rodriguez

Kit Rutherford
Irv Shendow
Nancy Silva
Jay Smith
Jimmy Stafford
Martin Tabaka
Kathy Tagnesi
Brandon Thomas
Michelle Thomas
Elyus Wallace
Ed White
James Youngblood

Make-ups* (Date & Function Attended)

Ben Weber – 6/13 – Golf Committee Meeting
Scott Arthur – 5/20 – Area One Meeting
Darla McCrary – 5/7 – HFOH Committee Meeting
David Miles – 4/16 – HFOH Committee Meeting
Chuck Peterson – 5/30 – Board Meeting
Jay Smith – 4/2 – 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

HEALTH REPORT

Libba began her presentation with a shout out to our new President, John Lamanna, who was named Interim Superintendent of Clarke County Public Schools, for his willingness to once again serve our community in this important role.

She thanked Club members who reached out to the Schwartzman family with condolences after Bernie's recent passing.

She also thanked Tricia Simpson, for filling in for her last week, and Les Veach for suggesting this week's health tip.

HEALTH TIP

Libba encouraged us to eat pomegranates, or alternatively, pomegranate seeds or oil. There are numerous health benefits from this amazing fruit. Recent studies have determined that eating these products can improve memory and cognition, provide anxiety and stress relief, and most importantly, they have antioxidants which can help fight inflammation and repair damaged cells. Libba noted that pomegranates can be eaten as part of a salad, or with yogurt or oatmeal.



JUNE SERVICE PROJECT UPDATE

Last month our Club collected shelf stable food supplies for the Salvation Army. They provide not only daily meals to those that show up at their door, but also send boxes of food home with people who are facing food insecurity. Here is what our Club's own JB Blevins of the SA says: *"It's been hard to keep food on the shelves due to demand. Lately, we've been purchasing food from the Blue Ridge Area Foodbank at least twice a month to try to keep up. ... (Your) food donations help us greatly and we are so grateful to the club for its help in filling the gap."*

Our Club continues to make a meaningful impact in our community thanks to your generosity. *Well done!*



Giving Hope Today

NEW CLUB DIRECTORY COMING SOON!

Has your information in the current Rotary Directory changed? Do you have a more current (or more flattering) picture of yourself that you'd like to use? Please send any changes to Sue Rich (clearchoiceprinting@gmail.com) or Jean Barch (barchfam@comcast.net) immediately. **The cut-off for changes is July 15th. Don't hesitate, don't wait - do it now!**

ROTARY GOLF

The club is seeking a nonprofit organization to be the beneficiary of this year's event. We will be using the Community Foundation to organize the application process. It is anticipated that about \$10-15,000 will be raised. Nonprofit organizations can access the application process through the CFSNV.org website. The deadline for applications is July 18.



GRANT UPDATE

Dave Sweeney reported that the club has applied for and will receive two district grants.

>> One grant is to support the "Sleep in Heavenly Peace" program initiated by Kathy Kanter and the Strasburg Club.

>> At the suggestion of Tootie Rinker we will also be supporting the **Knights of Columbus Food Pantry** with a district grant. This food pantry supports other local feeding programs including CCAP and the Highland Food Pantry.

Dave mentioned that there will be more information coming on this project, which will include some hands on opportunities for club members to use some of their own power tools, so stay tuned for more information

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.

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 - John Lamanna Secretary - Bob Hall
President-Elect - Paul Frank Treasurer - Darcus Breneman

BOARD OF DIRECTORS

2024-2027 Cyril Barch, Dan Abel, Diane Ruckman, David Kelly
2023-2026 Gary Chrisman, John Elrick, Darcus Breneman, Rick Mabe
2022-2025 Wilson Gilbert, Darla McCrary, Chuck Peterson, Ridge White

IMMEDIATE PAST PRESIDENT - Jenny Baker

Newsletter Editor: Sue Rich

Reporter: Larry Weiss