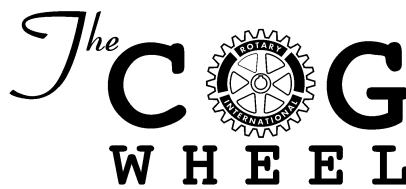


- ROTARY 4-WAY TEST**
1. Is it the TRUTH?
 2. Is it FAIR to all concerned?
 3. Will it build GOOD WILL and BETTER FRIENDSHIPS?
 4. Will it be BENEFICIAL to all concerned?

June 27th Meeting
12 ZOOM 49 in person



Chartered 1921

Distinct 7570, Area 1, Club

July 18, 2024

THIS WEEK IN THE PARK:

New Members Talks

WHAT'S COMING UP...

July 11 - 25 - Rotary Meetings in the park for lunch

July 25 - Board Meeting

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

>> Reminder: our July meetings will all be at The Rotary Shelter in the park. The August 1st outing is our family picnic, which will be a dinner in place of our weekly lunch.

>> Jay Smith was recognized for his four years of board service. He was absent two weeks ago when the rest of the outgoing board were recognized.

>> 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.

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!**

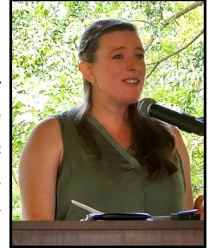
CHECK PRESENTATION

Dan Able and Paul Frank were pleased to present a check to Rich Petro of VFW 2123 for \$19,000, which represents 70% of the proceeds from our Healing Field of Honor. Rich thank us for the gift and highlighted some of the good that the VFW will do with the funds, including community support for scouts, teachers, and veterans, as well as financial support through their essay contests for high schoolers and art contests for elementary school kids. The local VFW is celebrating its 93rd birthday this year and VFWs nationwide are celebrating 125 years as a national charity.



OUR PROGRAM LAST WEEK

Our speaker was Dr Carrie Walston, who runs the Winchester Acupuncture Clinic in Kernstown. She spoke about the health benefits of acupuncture and its long history. (And by long we're talking since 2500 BCE).



Western medicine has been slower to adopt acupuncture, but it is seeing a surge in popularity, especially among professional athletes and those trying to prevent and manage illness and long-term pain.

Acupuncture was recognized by the National Institutes of Health in 1997 as a legitimate treatment for post-surgical and chronic pain, and it is currently used on the battlefield to prevent addiction.

Acupuncture was historically used on the battlefield to control pain and improve healing and has since been used in martial arts to target pressure points. One of the benefits of acupuncture is that it cultivates an overall sense of health, which leads to the prevention of illness and chronic pain as users pay more attention to their own bodies.

Acupuncture and acupressure both take advantage of ancient Chinese principles surrounding the meridians, or centers, of the body's organs and tissue. By mapping and making use of these meridians, the body's life energy, known as Chi, can be controlled and directed. Carrie compared the body's Chi mapping to the DC Metro - if you want to control pain in different parts of the body, you have to understand the route that pain takes through the body.



Dr. Walston concluded her talk by demonstrating several acupressure points on the body and techniques for taking advantage of them, one of which was Gua Sha, also known as spooning. Attendees took home a complimentary spoon and two micro needle patches to try out acupuncture at home.

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

Absentees July 11

William Aikens
Cyril Barch
Jean Barch
Jackie Bates
Darcus Breneman
Jan Bresch
Byron Brill
Larry Cain
Kevin Callanan
Robin Cardillo
Eric Chrisman
Gary Chrisman
Lauren Clouse

Julia Connell
Anthony Crosan
Nancy Davis
Rosalee Delcampo
Robert DeMay
Rebekah DesMarais
Marie DiLorenzo
John Elrick
Dale Ervin
Dana Evans
Ann Fox
Rob Frogale
Krista Gibbs

Phil Glaize
Jenny Grooms
Kim Herbstritt
Sven Hlywiak
Sherry Hudson
George Hummer
James Imoh
Donna Jenkins
Doug Joyner
Jaime Karalis
Don Karolyi
David Kelly
David Kent

Trey Kern
Alexis LaPorte
Chris Lewis
Don Louque
Rick Mabe
Paul Magness
Neile Martin
Kent Mull
Cary Nelson
Steve Parrish
Grady Phillips
Fritz Polite
Chris Redmer

Tootie Rinker
Madelyn Rodriguez
Ben Rothermel
Kit Rutherford
Roy Schwarz
Nancy Silva
Jimmy Stafford
Kathy Tagnesi
Brandan Thomas
Michelle Thomas
Les Veach
Shane Wagoner
Elyus Wallace
Ben Weber

Make-ups* (Date & Function Attended)

Darcus Breneman – 5/27 – HFOF Event
Dale Ervin – Golf Committee Meeting
David Kelly – 6/27 – Golf Committee Meeting
Don Louque – 6/13 – Golf Committee Meeting
Les Veach – 5/7 – HFOH Committee Meeting
Shane Wagoner – 5/18 – HFOH Committee Meeting
Ben Weber – 6/27 – Golf 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.

NEW PARK PLAYGROUND



Dave Miles and Heather Hovermale announced the completion of the new playground next to our shelter at Jim Barnett Park. Heather's 5-year-old daughter recently tried it out and loved it, so it's child approved. (She also starting picking up the trash around it – the benefit of feeling like it's "your playground." We should all take ownership so seriously.) Want your family to try it out? Our family picnic on August 1st is a prime opportunity!

HEALTH TIP

Libba's Health tip was all about eating (and drinking). Try eating Brazil nuts to reduce anxiety. They contain selenium which is also helpful for depression.



If stress has you down, eating bell peppers will help.

If it's agitation causing you stress, drink some tart cherry juice and the melatonin it contains will do the trick! No mention of wine in her update, but it no doubt also helps with what's ailing you.



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.

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

EVENT MAKE-UP SLIP

The Rotary Club of Winchester

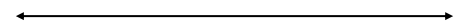
Print Your Name: _____

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: Dave Smith