



THE LEXINGTON ROTARY CLUB BULLETIN

CHARTERED FEBRUARY 1, 1922

NUMBER 1062

92nd YEAR OF "SERVICE ABOVE SELF"

Web Site: <http://www.lexingtonvarotary.org>

September 03, 2014

Volume LXIX, Number 09

President Scott presided. Guests: none. Visiting Rotarians: none. Attendance: 22 members. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

1. President Scott thanked all members again for their assistance in staging our most successful Rockbridge Community Festival on August 23rd. He paid special tribute to overall Co-Chair Max Ivankov and Entertainment Chair Josie McElroy. He thought everything went smoothly; the entertainment was impressive.
2. Word has been received that the Lexington Kiwanis Club will disband at the end of this month. Our members were urged to contact Kiwanis acquaintances and sound them out about joining us. In accordance with Rotary by-laws, please inform President Scott if anyone expresses an interest so he can have our Board approve them by email BEFORE she/he is brought to a meeting as a prospect.
3. Don't forget to put on your calendar that the joint meeting of Area 6 Rotary Clubs with DG Vivian Crymble will take place on Monday, September 29, at the pavilion in Glen Maury Park in Buena Vista. You may wish to car pool to this event. An alternate site is being explored in case of bad weather. This meeting will take the place of our regular meeting scheduled for Wednesday, October 1st. More details later.
4. President Scott reminded us that he and Partner Barbara will host our Annual Steak Cookout at their abode on September 24th.
5. The Rockbridge Area Health Center announces its Grand Reopening on Tuesday, September 9th from 5:00 pm - 7:00 pm, at the new clinic at 25 Northridge Lane. Our club has supported this clinic generously and often, and at least one of our members faithfully volunteers there. Dress is business casual; heavy hors d'oeuvres will be served. Please RSVP to Katy Datz at 540-464-8700, ext 7118, or kdatz@rockahc.org if you plan to attend,
6. The final distribution of wheelchairs from the 2012-2013 wheelchair project will take place 8-13 October. A team will be going to the Yucatan Peninsula in Mexico to deliver 240 wheelchairs. Rotarians should be proud of their efforts. The lives of thousands of people have been changed. This final distribution will bring our total donations to over 1,600 wheelchairs. Personally delivering the wheelchairs has been a rewarding experience for PDG Woody Sadler and the Rotarians who have gone with him to the Caribbean, Colombia and Guatemala. He would like to invite any Rotarian who would like to participate in this final wheelchair distribution to Mexico to contact him at lorwood@embarqmail.com. Only 13 more spaces are available so please let him know as soon as possible.
7. President Scott welcomed Charlotte Sibold back to our club. She first joined in 2007 but had to resign in 2013 because of business pressures. She is currently Health Services Administrator at Kendal at Lexington.

Update on Condition of Nick Cuzzimano:

Nick is reportedly doing great in his recovery from a broken hip. He is progressing ahead of schedule, taking both physical and occupational therapy and is now getting around with a cane. No indication thus far on when he might return home. He is in Springtree Healthcare and Rehabilitation Center just off Orange Avenue, East of I-581 in Roanoke. The address and phone number is

3433 Springtree Drive, NE

Roanoke, VA 24012

(540) 981-2790 460-4552 (cell)

Program:

RoD Dick Minnix introduced Rae Carpenter who gave his "Veteran Member Profile." (Thanks to Scott for designating it veteran rather than old.) Rae was singled out for our first such presentation because he has more years of service than any other active club member.

Rae was born and raised in Salem, VA, where his father was Professor of Mathematics, Department Head, and Registrar at Roanoke College. His grandfather and father were both members of the Roanoke Rotary Club. Following family tradition, Rae has devoted his entire career to education.

After earning a BS from Roanoke, an MS from Cornell, and a PhD from UVa, all in physics, he joined the faculty at VMI where he taught for the next 41 years before retiring in 1992. There he served as department head (5 years), Director of Research (18 years), and was selected for VMI's highest awards for distinguished teaching and distinguished service.

Rae met his wife of 61 years in Lexington where she was teaching at Lexington High School. Regrettably, she passed away in 2013. They have three very successful children, now adults of course, who presently live with their families in FL, TN, and WA states.

He has served as President of the Virginia Academy of Science and Chair of the Board of Trustees of the Science Museum of Virginia when it was being organized. And has been recognized with teaching awards by the American Association of Physics Teachers, the American Physical Society, and Vanderbilt University.

Rae concentrated his remarks on his Rotary service. He was invited to join the Lexington Rotary Club in 1959 by Pete Brewbaker, longtime member of this club and legendary coach and athletic director at Lexington High School. So he has been a member of this club for 55 years, all with perfect attendance.

His wide-ranging service includes: Club President (1966-67); District Conference Chair for PDG Tate Alexander (1980); District Directory Editor (1997-2006); DG's Representative to Organize Lexington Sunrise Rotary (1994); District Governor (1997-1998); GSE Team Leader to Australia (1995); and Club Extension (1998-2008, during which 13 new clubs were chartered). He has served on numerous district committees and several RI committees.

Rae is a Sustainer and multiple Paul Harris Fellow. His RI awards include: Citation for Meritorious Service, Four Avenues of Service, and Service Above Self. He concluded his remarks by recounting how he earned the Foot-in-Mouth Award: In speaking to a District meeting about the merits of women in Rotary, he concluded by saying, "Don't forget to take advantage of women." It brought the house down.

RoD Dick reminded the club that, in earlier years, Ralph Daves had been known as Mr. Rotary in Lexington; he was followed by PDG Tate Alexander. With the outstanding record summarized above, Dick said Rae had earned the title.

Happy Bucks:

- Mary Sayre was happy to have Charlotte back into the fold.
- Charlotte Sibold was happy to be back.
- George Piegari was happy to note that his parents would have celebrated their 75th anniversary earlier this month; regrettably, his father is deceased but when he called Mom to congratulate her, she had to hang up because she was busy cooking egg plant.
- Emily Higgins was happy to recognize Rae as the "super star" of the District and feels we're lucky to have him.
- Bill Stearns was happy to note that Rae had quadruple by-pass surgery earlier but was still able to maintain his perfect attendance record.
- Kent McMichael was happy to report on his attendance at the Scottish Games held at The Meadows in The Plains; his very difficult job is to be in charge of the bar; he was amazed at how much exercise was required by patrons because they had to make multiple trips with the 9 ounce cups employed until they learned to use multiple cups; he also was amused to see his cadet's

reaction to a very attractive lass whom he later learned was nationally-ranked in the 35-pound stone throw and watched her throw it about 25 yards.

- Rae Carpenter was happy to recognize Marian Minnix's upcoming birthday; and was happy to commend Dick for taking on his part-time teaching for 6 weeks while he led a GSE Team to Australia in 1995.
- Ed Jeffries wasn't sure Happy Bucks was the proper venue but related his experience with set-up for an exhibitor at the recent RCF: a jewelry vendor was nasty and arrogant to those trying to help him set up for the RCF; he parked his car and stacked his empty plastic cases in the lane reserved for emergency vehicles and ignored repeated requests to move them; later, a pick-up truck pulling a trailer came down the lane and crushed the plastic cases; Ed said he felt a little bad because he didn't warn the vendor and watched, but "it made my day." Skip Ravenhorst suggested that Ed lead us in the Four Way Test at the conclusion of our meeting!
- Bill Lowe was happy to recognize all those who contributed to the success of the RCF because he was out of town and missed it; he was late arriving tonight because he took a grandson to Safari Park and had to return home to shower off the camel/lama slobber; and finally, was proud to have been a member of the scout troop in Auburn, AL, sponsored by the Auburn Rotary Club.
- Josie McElroy was happy to recognize the contributions of members to the success of the RCF and, especially, our own Skip Ravenhorst who played the keyboard beautifully as a member of Loose Gravel; for the successful season of Lime Kiln where all summer concerts were sold out – a free thank-you concert was scheduled for Friday evening; and she also remarked that she felt very positive to be in the same room with Rae.
- Scott Risser was happy to thank Rae for sharing his profile with us and hopes it will be the first of many from our veterans; and he commended AG Emily for her "live wire" district performance so far.
- Linda Krantz was happy to say that Rae's profile reminded her of a former Rotarian she very much admired, Tate Alexander, who often commented that the international part of Rotary is the sizzle on the Rotary steak.

Pot:

PP Julia Van de Water won the drawing but not the big pot of \$74.50.

Future Programs & Activities:

- Sep 10: Military Officers' Association of America by Col(Ret) Patrick Webb; RoD Scott Risser**
- Sep 17: Rotary's CART Program by PDG Woody Sadler; RoD Scott Risser**
- Sep 24: Annual Steak Cookout at Risser Abode; RoD Scott Risser**
- Sep 29: Joint Meeting of Area 6 Clubs with DG Vivian Crymble at Glen Maury Park Pavilion; RoD Scott Risser**
- Oct 01: NO MEETING**
- Oct 08: Club Assembly; RoD Scott Risser**
- Oct 15: Rockbridge Health Center by Katy Datz; RoD Jim Slack**
- Oct 24: World Polio Day**

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September 10, 2014

Volume LXIX, Number 10

President Scott presided. Guests: our speaker, Colonel Patrick Webb. Visiting Rotarians: none. Attendance: 18 members and 1 guest for a total attendance of 19. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

1. President Scott again thanked overall Co-Chair Max Ivankov and Entertainment Chair Josie McElroy for their fine work on behalf of the Rockbridge Community Festival, an "outstanding event." They represented us and the community well.
2. Word has been received that the Lexington Kiwanis Club will disband at the end of this month. Our members were urged to contact Kiwanis acquaintances and sound them out about joining us. In accordance with Rotary by-laws, please inform President Scott if anyone expresses an interest so he can have our Board approve them by email BEFORE she/he is brought to a meeting as a prospect.
3. Don't forget to put on your calendar that the joint meeting of Area 6 Rotary Clubs with DG Vivian Crymble will take place on Monday, September 29, at the pavilion in Glen Maury Park in Buena Vista. A time of fellowship starts at 5:30 pm with the meal starting at 6:00 pm. Members are invited to bring partners and/or guests; the dress is casual. The catered meal will consist of two meats, vegetables, salads, desserts and drinks; cost is \$17 per person. You may wish to car pool to this event. Parry McCleure High School has been obtained as an alternate site in case of bad weather. This meeting will take the place of our regular meeting scheduled for Wednesday, October 1st. Please RSVP President Scott not later than Wednesday, September 17 either by e-mail, or using the sign-up sheets on the tables at our Wednesday evening meeting so he can relay an accurate count to the BV Club.
4. President Scott reminded us that he and Partner Barbara will host our Annual Steak Cookout at their abode on September 24th. As usual, our Club will provide the steaks and members and Partners bring pot luck for a delicious meal. Details are included in a message Scott sent to all members on September 11th. Most also bring a bottle of wine or some beer to share. Please plan to sign up next week or notify President Scott so he can order the correct number of steaks. Note also that directions to the Risser home was included as an attachment to that message.
5. The final distribution of wheelchairs from the 2012-2013 wheelchair project will take place 8-13 October. A team will be going to the Yucatan Peninsula in Mexico to deliver 240 wheelchairs. Rotarians should be proud of their efforts. The lives of thousands of people have been changed. This final distribution will bring our total donations to over 1,600 wheelchairs. Personally delivering the wheelchairs has been a rewarding experience for PDG Woody Sadler and the Rotarians who have gone with him to the Caribbean, Colombia and Guatemala. He would like to invite any Rotarian who would like to participate in this final wheelchair distribution to Mexico to contact him at lorwood@embarqmail.com. Only 13 more spaces are available so please let him know as soon as possible.
6. The Boxerwood Annual Fall Family Festival will be held at Boxerwood Gardens located at 963 Ross Road outside Lexington, on Saturday, September 27th, from 1:00 to 4:00 pm. Children of all ages will enjoy this special fall festival filled with kids' activities, apple cider pressing, and costumed story telling! Our Club has been asked to assist by directing the parking of cars. Contact PP Jim Slack to volunteer.
7. Our Board of Directors held their monthly meeting following our regular meeting. Details will be reported next week.

Update on Condition of Nick Cuzzimano:

Fellow Rotarian Nick Cuzzimano suffered two health setbacks recently - in July, he suffered at least one stroke, then in August he fell from a horse and broke his hip. Nick's currently undergoing rehabilitation at the Springtree Health and Rehabilitation Center, 3433 Springtree Drive NE, Roanoke VA 24012; the telephone number there is 540-981-2790, plus Nick has his cell phone with him 460-4552.

Nick's wife Nancy is trying to do all the farm chores Nick usually did plus her own, plus driving an hour each way to visit Nick. As you can imagine, she's burning the candle at both ends and is quite tired. Even when Nick returns home from rehab, it'll take him some time to get back to normal. Club members so inclined are urged to contact Nancy at 540-258-2710, or by e-mail at nncuzz@gmail.com, to offer your services helping around the farm, or to prepare and drop off meals she can freeze and reheat later. You are also encouraged to contact Nick and/or visit him at Springtree. He would surely appreciate the company, and the chance to tell you some of his signature jokes.

Scott thanks you for your service to our club and to our community, especially for anything you might feel led to do to support and encourage our brother Nick and his bride.

Update on Youth Exchange:

An e-mail message has been received from Deva Lillaheart, a 17 year-old junior at RCHS, who left in August to spend a year studying in Japan. She went to Hamamatsu, a city of almost 800K population, located Southeast of Tokyo. She chose Japan because of the culture of the nation and also because of the influence of an excellent middle school teacher who had also spent some time in Japan. Her goals are to 'develop her character and acquire self confidence.'

Deva has found her fellow students to be just like those at RCHS. Her school is highly rated although she says they have 'the ugliest uniforms in Japan.' Even though the school building is old (built in 2008!) and dirty, she is having fun and promises to write more later.

Program:

RoD Scott introduced Patrick Webb who spoke to us about the Military Officers Association of America (MOAA).

Patrick Webb retired from the US Army as a colonel following a career of 30 years. In that time, he served in both staff and command positions. Since retiring from the military, he served in several development positions. He was the Director of Information Services for the Office of Advancement at Ohio University. He subsequently was the Vice President for Annual and Reunion Giving with the VMI Foundation until he retired for the second time in 2013. Pat serves as a trustee on the Virginia Department of Veterans Services Foundation. He is president of the George C. Marshall Chapter of MOAA in Lexington. Pat is a volunteer with the *Ride with Pride*, therapeutic riding program in Staunton. He is a graduate of Texas A&M University and the Florida Institute of Technology and lives with his wife in Staunton.

MOAA at a glance: 4th largest Veterans Association; their expertise is in supporting personnel; have 10 registered lobbyists, largest of any military/veterans association; and serves as Co-chair of The Military Coalition of Organizations.

The MOAA vision is: to be the most respected, influential, and responsive professional military association; protect and defend rights of all who serve(d); continue to serve retirees; better engage Currently Serving & Families; and develop partnerships with other organizations.

What's important to MOAA: member's needs; advocacy of legislation to benefit military personnel – not just officers; membership; and support to the community.

How does MOAA serve the entire military family: educational assistance; retiree appreciation days; seminars; benefits updates; financial education seminars; and spouse outreach events.

MOAA has 62K members in 416 chapters. The role of the local chapter is: cornerstone for 'grass roots' support of national legislative goals; ambassadors for community involvement in support of

JROTC, ROTC, veteran's issues, and supporting our troops; and basis for helping members maintain relationships with fellow veterans.

Lexington's George C. Marshall Chapter was chartered in 2006. It has 123 members, primarily in Rockbridge County. It has received the highest national five-star award every year since chartered and is rated as one of the top 3 organizations in the Commonwealth. Through two tournaments, sporting clays and golf, they have raised almost \$90K for the Wounded Warrior Project. Support is also provided for the Care Box Project, Habitat for Humanity, Rockbridge Area Hospice, and Toys for Tots.

Happy Bucks:

- John Tucker was happy on several counts: he has successfully filed an e-return (tax return) with the IRS for our club; and he has just become a great-grandfather by way of the recent delivery of a son to the daughter of his son Jack - the grandson's arrival broke the spell on Jack who has 4 daughters.
- President Scott was happy for all the members present; and for our speaker, Patrick.

From Out of the Past:

These great questions and answers are from the days when Hollywood Squares' game show responses were spontaneous.

Q. If you're going to make a parachute jump, at least how high should you be?

A. Charley Weaver: Three days of steady drinking should do it.

Q. True or False, a pea can last as long as 5,000 years...

A. George Gobel: Boy, it sure seems that way sometimes.

Q. Which of your five senses tends to diminish as you get older?

A. Charley Weaver: My sense of decency..

Q. Paul, why do Hell's Angels wear leather?

A. Paul Lynde: Because chiffon wrinkles too easily.

Q. According to Ann Landers, is there anything wrong with getting into the habit of kissing a lot of people?

A. Charley Weaver: It got me out of the army.

Q. According to Ann Landers, what are two things you should never do in bed?

A. Paul Lynde: Point and laugh

WE DON'T STOP LAUGHING BECAUSE WE GROW OLD, WE GROW OLD BECAUSE WE STOP LAUGHING.

Pot:

No sale tonight.

Future Programs & Activities:

Sep 17: Rotary's CART Program by PDG Woody Sadler; RoD Scott Risser

Sep 24: Annual Steak Cookout at Risser Abode; RoD Scott Risser

Sep 29: Joint Meeting of Area 6 Clubs with DG Vivian Crymble at Glen Maury Park Pavilion; RoD Scott Risser

Oct 01: NO MEETING

Oct 08: Club Assembly; RoD Scott Risser

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September 17, 2014

Volume LXIX, Number 11

President Scott presided. Guests: None. Visiting Rotarians: PDG Woody Sadler and his Partner, Lori, both members of the Lexington Sunrise Rotary Club. Attendance: 23 members and 2 visiting Rotarians for a total attendance of 25. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

1. Word has been received that the Lexington Kiwanis Club will disband at the end of this month. Our members were urged to contact Kiwanis acquaintances and sound them out about joining us. In accordance with Rotary by-laws, please inform President Scott if anyone expresses an interest so he can have our Board approve them by email BEFORE she/he is brought to a meeting as a prospect. Haven't heard any feedback on this topic – what's happening?
2. Don't forget to put on your calendar that the joint meeting of Area 6 Rotary Clubs with DG Vivian Crymble will take place on Monday, September 29, at the pavilion in Glen Maury Park in Buena Vista. A time of fellowship starts at 5:30 pm with the meal starting at 6:00 pm. Members are invited to bring partners and/or guests; the dress is casual. The catered meal will consist of two meats, vegetables, salads, desserts and drinks; cost is \$17 per person. You may wish to car pool to this event. Parry McCleure High School has been obtained as an alternate site in case of bad weather. This meeting will take the place of our regular meeting scheduled for Wednesday, October 1st. Please contact President Scott by e-mail if you were not present at our last meeting and signed up to attend. He may be able to add you to the list to attend.
3. President Scott reminded us that he and Partner Barbara will host our Annual Steak Cookout at their abode next Wednesday, September 24th. As usual, our Club will provide the steaks and members and Partners bring pot luck for a delicious meal. Details are included in a message Scott sent to all members on September 11th. It is difficult to eat a steak with plastic fork and knife so you may wish to bring your own utensils. Most also bring a bottle of wine or some beer to share. Please contact Scott directly if you wish to attend and have not signed up. Note also that directions to the Risser home were included as an attachment to his September 11 message.
4. The final distribution of wheelchairs from the 2012-2013 wheelchair project will take place 8-13 October. A team will be going to the Yucatan Peninsula in Mexico to deliver 240 wheelchairs. Rotarians should be proud of their efforts. The lives of thousands of people have been changed. This final distribution will bring our total donations to over 1600 wheelchairs. Personally delivering the wheelchairs has been a rewarding experience for PDG Woody Sadler and the Rotarians who have gone with him to the Caribbean, Colombia and Guatemala. He would like to invite any Rotarian who would like to participate in this final wheelchair distribution to Mexico to contact him at lorwood@embarqmail.com. Only a few more spaces are available so please let him know as soon as possible.
5. The Annual Fall Family Festival will be held at Boxerwood Gardens located at 963 Ross Road outside Lexington, on Saturday, September 27th, from 1:00 to 4:00 pm. Children of all ages will enjoy this special fall festival filled with kids' activities, apple cider pressing, and costumed story telling! Our Club has been asked to provide about 5-6 persons to assist by directing the parking of cars. Some folks signed up on Wednesday evening but more are needed. Contact PP Emily by e-mail if you can help. Don't forget to wear your Rotary caps if you help.

Summary of Monthly Board Meeting:

1. Nomination process for next year's club leadership and directors should be completed by mid-October to allow club membership to vote on a slate of officers before the end of December.

2. Nominating committee should also present a slate of recommended awardees for our annual awards dinner by mid-October; club membership is urged to suggest nominations for club awards.
3. Our club hasn't submitted anything to the District newsletter; good topics are Deva Lillaheart's YSE trip to Japan, cleaning and reset of veterans' headstones at Evergreen Cemetery, and the RCF. Our club needs to tell our story to the public and/or the District.
4. Approved a leave of absence requested by Jacki Bellairs, who heads our publicity team; Charlotte Sibold will be asked to replace her on publicity.
5. No estimate yet on anticipated proceeds from the Rockbridge Community Festival (RCF). Will arrange meeting with the Jaycees to discuss how to divide RCF responsibilities as we move forward without Kiwanis.
6. Joe Pagnam has posted a master calendar with the help of Julie Goyette to our club web page.
7. Jim Slack continues working to request 501(c)3 tax exempt status for our Rotary Foundation fund. Until we receive such designation, we may not benefit from the Kroger card program. The club itself already has a 501(c)4 tax exempt status, which our more learned members assure meets club requirements.
8. Board discussed Nick Cuzzimano's health, and the best way for our club to help him and Nancy. President Scott will coordinate club members' response.
9. Three prospective new members were approved by the board. Their names will be published in the Bulletin for approval.
10. PP Emily Higgins drafted two suggestions - one for eMembership and the other for an alternative meeting schedule - for board consideration. These will be discussed at the Board's October meeting.

Program:

RoD Scott introduced PDG Woody Sadler who had prepared a power point presentation. Unfortunately, he had technical difficulties and had to wing his presentation. Woody discussed three ongoing programs in Rotary.

First, he briefly described the Wheelchair Project. From the beginning he decided to keep the benefits of this project in this hemisphere. He was able to work directly with the DGs in the areas that received the chairs. These include: Columbia, the Southern Caribbean, Guatemala, and Guyana. It will conclude in two weeks when a contingent journeys to Mexico to deliver 240 chairs. Local agencies have identified those in need. Lori described these trips as mini-GSE visits because contingents stayed with Rotarians and learned about the local culture.

Next, he talked about Coins for Alzheimer Research Trust, CART. He spent some time telling us what alzheimers is and how extensive it is among the American people. Then he concentrated on what CART is. All funds raised through our placing pocket change in the blue Buckets on our tables each week goes strictly for research. There are 19 Districts in SE US who are part of the CART program. These funds provide seed money for researchers. Five grants totaling about \$500K were awarded this year. He urged us to continue to contribute to this project.

Finally, he urged us to participate in the Legacy Program of the Rotary Foundation through bequests to the endowment program. Undesignated gifts provide support through the World Fund for Foundation programs with the greatest need. Alternately, our Rotary district may help direct a portion of the spending from your bequest's earnings if you select the SHARE designation. And Rotary is pleased to confer Benefactor status on those who commit any amount in their estate plan to the Endowment Fund. As Woody concluded, "Where there is a will, Rotary wants to be in it!"

President Scott thanked Woody for his presentation and presented him a check for \$292.60 raised by our club for CART.

Happy Bucks:

- Woody Sadler was happy to be back with his original club (he joined us 22 years ago).
- Skip Ravenhorst was happy his son finally took action on his long term engagement and eloped several weeks ago.
- Allan Somerville Brown was (un)happy not to be able to vote in the Scottish referendum tomorrow but hopes they vote to stay in the UK.

- Emily Higgins was happy on multiple counts: just back from a fabulous CA vacation where she saw three cultures: corporate splendor, a back packer's dream hotel, and well-known Venice Beach; her bathroom renovation is almost complete - hung a chandelier(?) over the tub today; and apologized to Lori because she would not be able to talk with her for two hours in the parking lot after the meeting.
- Mary Sayre was happy to be surprised by a card from a 12-year-old thanking her for a gift of baby clothing for her made to her mother 10 years ago that she thought was so sweet; her Mom used to work for Mary.
- Linda Krantz was happy to share a joke: you missed a doozie if you weren't present, so don't be absent again.
- Charlotte Sibold was happy to be celebrating her 14th wedding anniversary today.
- Scott Risser was happy to donate three dollars in support of the three Rotary programs discussed by our speaker.

Pot:

Bill Stearns won the raffle but not the big pot that now totals \$94.50.

Future Programs & Activities:

Sep 24: Annual Steak Cookout at Risser Abode; RoD Scott Risser

Sep 29: Joint Meeting of Area 6 Clubs with DG Vivian Crymble at Glen Maury Park Pavilion; RoD Scott Risser

Oct 01: NO MEETING

Oct 08: Bruce Bytnar, Managing Director of Boxerwood; RoD Emily Higgins

Oct 15: Katy Datz, Rockbridge Health Center; RoD Jim Slack

Oct 22: Rusty Capps, Counterintelligence Expert; RoD Josie McElroy

Oct 24: World Polio Day

Oct 29: TBA

Dec 5-7: RYLA, Blacksburg

END



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September 24, 2014

Volume LXIX, Number 12

This was our Annual Steak Cookout held at the Risser Abode located in Cherry Ridge Estates in Rockbridge County, north of Lexington. Our club provided the steaks and members and Partners brought pot luck for a delicious meal. Most also brought a bottle of wine or some beer to share that increased our enjoyment. Attendance: 17 members, and 6 Partners for a total attendance of 23.

Announcements and Business:

1. Joint meeting of Area 6 Rotary Clubs with DG Vivian Crymble on Monday, September 29, at the pavilion in Glen Maury Park in Buena Vista. A time of fellowship starts at 5:30 pm with the meal starting at 6:00 pm. Members are invited to bring partners and/or guests; the dress is casual. The catered meal will consist of two meats, vegetables, salads, desserts and drinks; cost is \$17 per person. You may wish to car pool to this event. If no one is at the pavilion when you arrive, proceed immediately to Parry McCleure High School which has been obtained as an alternate site in case of bad weather. This meeting will take the place of our regular meeting scheduled for Wednesday, October 1st.
2. The final distribution of wheelchairs from the 2012-2013 wheelchair project will take place 8-13 October. A team will be going to the Yucatan Peninsula in Mexico to deliver 240 wheelchairs. Rotarians should be proud of their efforts. The lives of thousands of people have been changed. This final distribution will bring our total donations to over 1600 wheelchairs. Personally delivering the wheelchairs has been a rewarding experience for PDG Woody Sadler and the Rotarians who have gone with him to the Caribbean, Colombia and Guatemala. He would like to invite any Rotarian who would like to participate in this final wheelchair distribution to Mexico to contact him at lorwood@embarqmail.com. Only a few more spaces are available so please let him know as soon as possible.
3. Congratulations to the Lexington Sunrise Rotary Club on having their photos and a brief review of their Rotary Day on page 63 in the October 2014 issue of *the Rotarian* magazine. Rotary Day is an initiative that RI President Gary Huang has asked each Rotary Club to hold. The Rotary Day concept is a simple one: hold a fun, informal event in your community for the non-Rotary public and use it as an opportunity to introduce them to Rotary. This can help clubs drive up interest in membership, strengthen your clubs relationship with local institutions and community members and improve Rotary's image in your community.

Program:

None, just good food, fun, and fellowship. In your editor's opinion, this event continues to be the highlight of our Rotary year. Scott got a great buy on steaks and Chip and Mary did a great job with them on the grill. The food fairy made sure we had a variety of delectable pot luck without assigning responsibility for salads and veggies. And a few bottles of wine and beer and other spirits did not hurt.

The turnout was not as good as hoped – only 17 members attended but several members called in sick. We need to improve our attendance, not only for this event, but at our regular meetings.

Special thanks to our gracious hosts - Barbara and Scott Risser – Barbara even baked apple pie and chocolate cake for our dessert. And let's not forget our chefs, Mary and Chip, and all others who helped out. The Risser "Estate" just north of Lexington was perfect for the event – the view was magnificent even with overcast skies. Scott promises only a slight charge for those who wish to come out later and enjoy it.

Approval of Prospects for Membership:

Our Board of Directors have approved the following as prospective new members:

Rusty Capps. Classification: Counterintelligence. Former FBI Agent and currently one of the country's leading instructors and advocates for counter terrorism, counterintelligence and security awareness education. Full biography may be found at <https://www.nstii.com/content/rusty-capps>. Sponsor: Josie McElroy.

Cindy Capps. Classification: Counterintelligence. Also a former FBI agent and still involved in counterintelligence training. Sponsor: Josie McElroy.

Bruce Bytnar. Classification: Wildlife Education. Currently Director of Boxerwood Nature Center and Woodland Gardens. Retired after 32 years of service as a National Park Ranger. Last post was as District Manager of the Blue Ridge Parkway. Author of "A Park Ranger's Life: True Stories from Thirty Two Years Protecting Our National Parks." Sponsor: Emily Higgins.

Members have seven days from receipt of this Bulletin to submit in writing to Secretary John any objections to offering membership to any of these prospects.

The Philosophy of Ambiguity:

1. One tequila, two tequila, three tequila....floor.
2. If man evolved from monkeys and apes, why do we still have monkeys and apes?
3. What if there were no hypothetical questions?
4. If a deaf child signs swear words, does his mother wash his hands with soap?
5. Is there another word for synonym?
6. If a parsley farmer is sued, can they garnish his wages?
7. Why do they lock gas station bathrooms? Are they afraid someone will break in and clean them?
8. Can vegetarians eat animal crackers?
9. If the police arrest a deaf mute, do they tell him he has the right to remain silent?
10. How do they get deer to cross the road only at those yellow road signs?
11. What was the best thing before sliced bread?
12. One nice thing about egotists: they don't talk about other people.
13. Does the Little Mermaid wear an ALGEBRA? (This one took me a minute.)

Pot:

No raffle sales and drawing tonight, so the BIG pot remains at \$94.50.

Future Programs & Activities:

- Sep 29: Joint Meeting of Area 6 Clubs with DG Vivian Crymble at Glen Maury Park Pavilion; RoD Scott Risser**
- Oct 01: NO MEETING**
- Oct 08: Bruce Bytnar, Managing Director of Boxerwood; RoD Emily Higgins**
- Oct 15: Katy Datz, Rockbridge Health Center; RoD Jim Slack**
- Oct 22: Rusty Capps, Counterintelligence Expert; RoD Josie McElroy**
- Oct 24: World Polio Day**
- Oct 29: TBA**
- Dec 5-7: RYLA, Blacksburg**

END



THE LEXINGTON ROTARY CLUB BULLETIN

CHARTERED FEBRUARY 1, 1922

NUMBER 1062

89th YEAR OF "SERVICE ABOVE SELF"

Web Site: <http://www.lexingtonvarotary.org>

September 29, 2014

Volume LXVIII, Number 13

All clubs in Area 6 (Buchanan, Buena Vista, Covington-Hot Springs, Lexington, and Lexington Sunrise) met with District Governor (DG) Vivian Crymble at the double-decker pavilion in Glen Maury Park in Buena Vista on Monday, September 29th.

A very nice buffet meal was served: fried chicken, Texas-style chili, green beans, baked potatoes, macaroni and cheese, tossed salad, homemade rolls, German chocolate cake, apple pie, banana pudding, iced tea and pink lemonade. Aren't you sorry you missed it?

Representing our club were 18 members, and 6 Rotary Partners: Susan Barger, Shirley Claiborn, Dot Fogo, Nancy Lowe, Anne Tucker, and Mary Ellena Ward. And several large appetites.

Area 6 Meeting with District Governor:

The meeting began with a welcome and Pledge of Allegiance by BV President Andrew Wolfe, followed with grace by George Chapman, pastor of the BV Presbyterian Church and a member of the BV Rotary Club. All then partook of the delicious buffet. Members and Partners from four of the 5 area clubs attended. After dinner, Andrew introduced DG Vivian for her remarks.

DG Vivian lives in Kingsport, TN, and was a charter member of the Tri-Cities Rotary Club at Bristol Motor Speedway, organized in 1988. She received her B. S. In Sociology and Psychology from East Tennessee State University. She has served three times as her club's President, and also as Treasurer, Secretary, and on the Board of Directors. On the district level, she has served as Assistant Governor and Chair of the District Training Committee. Partner AI is also a member of the Kingsport Club.

Governor Vivian thanked the Buena Vista Club for making the arrangements for this meeting, especially the delicious food, and providing the wonderful site for our meeting and the delightful weather. (The view from the Pavilion is always breathtaking.) She thanked all for attending and recognized club presidents present: Joe Obenshain (Buchanan); Andrew Wolfe (Buena Vista); Scott Risser (Lexington); and James Cook (Lexington Sunrise). Mac Campbell (Covington-Hot Springs) was unable to attend. She also recognized PDGs and Presidents-Elect.

DG Vivian will focus on the following areas during her tenure: (1) PolioPlus - We are close to eradication; three countries are still resisting the program: Afghanistan, Nigeria, and Pakistan; her theme will be Racing to End Polio; she hopes each member will contribute \$25 to PolioPlus; (2) Annual Fund Share Program - Whatever you donate now will come back to the District in three years so be generous, be a Sustainer; (3) Membership - Membership is declining - every member needs to recruit a new member for his/her club; her goal is for every club to net one member this year; (4) Vocational Training Team - a Team is forming to journey to Kenya and assist with medical needs; (5) respond to RI President Huang to Light Up Rotary with a local Rotary Day; and (6) Annual District Conference - Exciting things are planned for next March as we celebrate 100 years as a District.

Governor Vivian pointed out that Rotarians around the world are just like you and me. But we need to work on our public image: wear our Rotary pin; display the static cling Rotary emblem on our vehicles; and conduct a Rotary Day.

She concluded with the following: "Never doubt that a small group of thoughtful people can change the world!"

Birthdays and Anniversaries in October:

Happy Birthday to: Mary Sayre and George Piegari on the 1st; Joe Milo on the 4th; David Krantz on the 7th; Marian Minnix on the 11th; Derrick Carter on the 17th; Donna Pagnam on the 20th; and Jim Slack on the 28th.

Happy Anniversary to Debbie and Paul Barron on the 8th.

Forrest Gump Goes To Heaven:

The day finally arrived. Forrest Gump dies and goes to Heaven. He is at the Pearly Gates, met by St. Peter himself. However, the gates are closed, and Forrest approaches the gatekeeper. St. Peter said, "Well, Forrest, it is certainly good to see you. We have heard a lot about you. I must tell you, though, that the place is filling up fast, and we have been administering an entrance examination for everyone. The test is short, but you have to pass it before you can get into Heaven." Forrest responds, "It sure is good to be here, St. Peter, sir. But nobody ever told me about any entrance exam. I sure hope that the test ain't too hard. Life was a big enough test as it was."

St. Peter continued, "Yes, I know, Forrest, but the test is only three questions. First: What two days of the week begin with the letter T? Second: How many seconds are there in a year? Third: What is God's first name?"

Forrest leaves to think the questions over. He returns the next day and sees St. Peter, who waves him up, and says, "Now that you have had a chance to think the questions over, tell me your answers." Forrest replied, "Well, the first one -- which two days in the week begins with the letter "T"? Shucks, that one is easy. That would be Today and Tomorrow." The Saint's eyes opened wide and he exclaimed, "Forrest, that is not what I was thinking, but you do have a point, and I guess I did not specify, so I will give you credit for that answer. How about the next one?" asked St. Peter. "How many seconds in a year?" "Now that one is harder," replied Forrest, "but I think and think about that, and I guess the only answer can be twelve." Astounded, St. Peter said, "Twelve? Twelve? Forrest, how in Heaven's name could you come up with twelve seconds in a year?" Forrest replied, "Shucks, there's got to be twelve: January 2nd, February 2nd, March 2nd.." "Hold it," interrupts St. Peter. "I see where you are going with this, and I see your point, though that was not quite what I had in mind....but I will have to give you credit for that one, too. Let us go on with the third and final question. Can you tell me God's first name?" "Sure," Forrest replied, "it's Andy." "Andy?" exclaimed an exasperated and frustrated St Peter. "Ok, I can understand how you came up with your answers to my first two questions, but just how in the world did you come up with the name Andy as the first name of God?" "Shucks, that was the easiest one of all," Forrest replied. "I learnt it from the song, "ANDY WALKS WITH ME, ANDY TALKS WITH ME, ANDY TELLS ME I AM HIS OWN. . ."

St. Peter opened the Pearly Gates, and said: "Run Forrest, run."

Future Programs & Activities:

Oct 01: NO MEETING

Oct 08: Bruce Bytnar, Managing Director of Boxerwood; RoD Emily Higgins

Oct 15: Katy Datz, Rockbridge Health Center; RoD Jim Slack

Oct 22: Rusty Capps, Counterintelligence Expert; RoD Josie McElroy

Oct 24: World Polio Day

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Web Site: <http://www.lexingtonvarotary.org>

October 8, 2014

Volume LXIX, Number 14

President Scott presided. Guests: None. Visiting Rotarians: None. Attendance: 23 members and 2 guests for a total attendance of 25. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

1. The Quarterly Newsletter of the CODENI organization has been received. This is a non-profit organization established to educate the street children of Guadalajara, Mexico. The objective of street outreach is to contact and develop relationships of confidence with children and families who work on the streets of downtown Guadalajara, to diagnose their needs and accompany them in psychological, social, and pedagogical processes to improve their quality of life. All summer programs reflected on nonviolence. Over 50 children participated. Your support is urgently needed. For more information, go to www.codeni.org.mx.
2. The Fall Newsletter from SowHope has also been received. SowHope is an International, Charitable, Non-Profit Organization targeting impoverished women in the developing world. The mission of SowHope is: To inspire women around the world by promoting wellness, education, and economic opportunities. Their strategy is to partner with local leaders using local solutions to solve local problems. More information may be found at www.facebook.com/sowhope.
3. Larry and Dawn Wiese will host a reception on October 16 at 6:00 pm honoring KA alumnus Dr. Robin Havers and his family. He is the newly appointed President of the George C. Marshall Foundation. The reception will be held at KA's national administrative offices located on Mulberry Hill at 115 Liberty Hall Road. RSVP to ncampbell@ka-order.org.
4. **Roadside Clean-up:** Our next Roadside Clean-up has been scheduled for Saturday, October 18th. As usual, there will be two teams and they will start work at 9:00 am.
PAG Betty McMichael will lead Team North. They will pick up trash on all 4 ramps at the intersection of Route 11N and I-81 at Timber Ridge.
Skip Ravenhorst will lead Team South. They will pick up trash along Route 11S from the intersection of Route 11S and Possum Hollow Road back towards Lexington to a point about 1 mile from the end of the Lexington Bypass.
The event will be rescheduled if it is raining hard enough that you need to activate your windshield wipers. Remember to wear sturdy shoes and bring gloves.
Sign-up sheets will be circulated at our next meeting.
5. Jim Slack passed out ballots for the Peoples Choice Awards. Easiest way to vote is to go online to www.surveymonkey.com/s/YPMWCLY. Be sure to vote – one of our own is listed!
6. Chair Joe Milo is seeking a vendor coordinator for the Annual Bazaar scheduled for late February. Contact Joe if you are willing to serve. He announced that Heather Branstetter has agreed to handle publicity for the event.
7. Kent McMichael gave us a heads-up concerning Veteran's Day on November 11 and placing flags on veteran's graves.
8. President Scott announced that a TV station in New Hampshire is running a contest to choose the best school logo and the VMI spider is among the leading contenders.
9. Our Board of Directors held their monthly meeting following our regular meeting. Summary next week.

Minute for Rotary:

Kent McMichael spent some time in CA recently and discovered a unique Rotary Club in Idyllwild, an unincorporated municipality, located in the San Jacinto Mountains in Riverside County. According to Kent, the Rotary Club (~102 members) runs the city – officials are members of the club and municipal business is conducted at their meetings.

Program:

PP Emily Higgins introduced our speaker, Bruce Bytnar, Managing Director of Boxerwood Nature Center and Woodland Gardens, 13 acres located on the outskirts of Lexington. He is responsible for the financial stewardship of the Boxerwood Education Association and management of Boxerwood's facilities, including the buildings and gardens. He says he started as a volunteer and now "does everything no one else wants to do."

Prior to assuming his present position, Bruce worked more than 32 years as a National Park Ranger. Beginning as a seasonal interpreter conducting living history programs, he advanced through commissioned law enforcement ranger, naturalist, wild land firefighter, resource manager, search and rescue manager, and supervisor. He was Ridge District Ranger on the Blue Ridge Parkway for 25 years, responsible for management of a 106-mile section of the most visited National Park Service area in the country. He holds degrees in Parks and Recreation Management and Organizational Management and Development. He and his wife, Linda, a beloved teacher at Waddell Elementary School, have lived in Rockbridge County since 1985.

Robert S. Munger, MD (1911-1988), gave birth to Boxerwood Gardens in 1957 when he began landscaping the grounds surrounding his family's new home. Over the years, his landscaping hobby blossomed into a passion for collecting rare and unusual trees and shrubs, leading him to an in-depth study of horticulture. (Munger traveled all over the world with the Director of the National Arboretum gathering specimens.) Fifteen acres, naturalistically planted with over 7000 trees and shrubs, have aged into a horticultural treasure.

The woodland gardens are the heart of the Boxerwood Nature Center. These habitats furnish colorful and stimulating living classrooms for the environmental education programs that have been offered since 1999 by their non-profit branch – Boxerwood Education Association (BEA). Their teacher staff works in partnership with local schools to design environmental programs to help area schools meet Virginia Standards of Learning in life sciences. Their methods reflect their belief that students learn about nature better through hands-on experiences and close observation.

Preschools enjoy Boxerwood's Play Trail, an imaginative, whimsical nature playscape. Kids compost lunch leftovers and examine compost piles to see decomposers at work. Students investigate the health of nearby streams using biological and chemical tests. With Boxerwood partnerships, teachers carry on real-life investigations at their schools. Summer day camps also extend the experience.

(By the way, the name Boxerwood can be traced to Dr. Munger's fascination with Boxer dogs -- at one time he owned 12 – and not the familiar shrub.)

BEA is supported by private contributions, program fees, and grants. More information is available online at www.boxerwood.org.

Condition of PDG Ron Napier:

Ron had a heart attack and was admitted to ICU in Norfolk. He had been in Norfolk all last week for a judicial conference and late Thursday night had severe chest pains. He had the hotel call 911 and they took him immediately to Norfolk General Hospital. Partner Kathy was in Washington DC for a meeting and arrived around 3:30 am Friday morning. The heart attach was caused by a completely blocked major artery. A stent has opened the blockage. Ron continues to improve. Current plans are for Ron to be discharged on Monday of this week.

More info later as it becomes available.

Pot:

President Scott won the raffle but not the BIG pot which now totals \$111.50.

Happy Bucks:

- Julie Goyette was happy to be back.
- Joe Pagnam was happy to report that his long lost glasses had been found: they were wedged between the saddlebag and frame on his motorcycle, badly scratched and ruined, but at least the mystery was solved; he promised not to mention them again.
- Ed Claiborn was happy with football results last weekend: Boise State University beat Nevada and the USAF beat the USNA.
- Chip Honsinger was happy to wish the USNA success against VMI this coming Saturday,
- Bill Lowe was happy with the great football results last weekend: Alabama got beat, Auburn won, USAF won, and SCU almost won, losing in OT.
- Rae Carpenter was happy to note that Marian Minnix has a birthday this weekend but refused to disclose which one.
- Skip Ravenhorst was happy to contribute in honor of Mrs. Bytner: if it wasn't for her he wouldn't have three young adults with a wonderful education.
- Derek Carter was happy to contribute in honor of our speaker and his wife; and recommended we visit Boxerwood if we haven't already done so – it's awesome!
- Linda Krantz was happy to recommend a book to us: *The General's Son; Journey of an Israeli in Palestine*, by Miko Peled; a wonderful book by a Rotarian on a timely topic – very inspirational.
- Emily Higgins was happy to explain that the camaraderie and enthusiasm we had witnessed tonight was the reason she had gone to work at Boxerwood after retiring from public school teaching; and the speaker is her boss.
- Scott Risser was happy to note that the Sunrise Club will celebrate their 20th anniversary on October 23rd; all our members should have received an invitation – contact Emily if you didn't.
- Dick Minnix was happy to recommend the "Field of Lost Shoes" movie.
- Joe Milo was happy to praise our recent Annual Steak Cookout: the President's home; the steaks, the wonderful pot luck food, the desserts, and the camaraderie: kudos to Barbara and Scott for hosting us.

Future Programs & Activities:

- Oct 15: Katy Datz, Rockbridge Health Center; RoD Jim Slack**
- Oct 22: Rusty Capps, Counterintelligence Expert; RoD Josie McElroy**
- Oct 24: World Polio Day**
- Oct 29: TBA**
- Dec 5-7: RYLA, Blacksburg**

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NUMBER 1062

92nd YEAR OF "SERVICE ABOVE SELF"

Web Site: <http://www.lexingtonvarotary.org>

October 15, 2014

Volume LXIX, Number 15

President Scott presided. Guests: None. Visiting Rotarians: Katy Datz, a member of the Lexington Sunrise Club and our speaker. Attendance: 22 members and 1 visiting Rotarian for a total attendance of 23. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

- Roadside Clean-up:** Our next Roadside Clean-up has been scheduled for Saturday, October 18th. As usual, there will be two teams and they will start work at 9:00 am.
PAG Betty McMichael will lead Team North. They will pick up trash on all 4 ramps at the intersection of Route 11N and I-81 at Timber Ridge.
Skip Ravenhorst will lead Team South. They will pick up trash along Route 11S from the intersection of Route 11S and Possum Hollow Road back towards Lexington to a point about 1 mile from the end of the Lexington Bypass.
The event will be rescheduled if it is raining hard enough that you need to activate your windshield wipers. Remember to wear sturdy shoes and bring gloves.
Sign-up sheets were circulated at our meeting but gathered little response. As an added bonus, Skip reminded us that it was "Finders, Keepers."
- Don't forget to vote on the Peoples Choice Awards. Easiest way to vote is to go online to www.surveymonkey.com/s/YPMWCLY. Be sure to vote – one of our own is listed!
- Chair Joe Milo is still seeking a vendor coordinator for the Annual Bazaar scheduled for late February. Contact Joe if you are willing to serve. He announced that Heather Branstetter has agreed to handle publicity for the event.
- Kent McMichael will ask for volunteers at our next meeting to assist in placing flags on veteran's graves in local cemeteries in observance of Veteran's Day on November 11.
- President Scott asked for member input on: program ideas; suggestions for officers for next year; and suggestions for awards, both Paul Harris Fellows and Skelton Awards.
- AG Emily sent a heads-up to those who volunteered to work on Christmas Baskets that the first (and last) meeting will be held on Monday, December 1, at a location TBA.
- Don't overlook the "Blue Buckets" on our table each week for pocket change contributions to the CART fund – Coins for Alzheimer Research Trust. These funds provide seed money for researchers. Five grants totaling about \$500K have already been awarded this year.
- Word has been received that PP Jim Slack had cataract surgery today. We wish him a speedy recovery and enhanced vision. Hurry back!

Minute for Rotary:

PP Betty McMichael continued the story of the unusual Rotary Club in Idyllwild, CA. On leaving Idyllwild at "0 dark 30," she noticed a sign that read, "This road is maintained by Idyllwild Rotarians and their Rotary Anns." (Before Rotary admitted women to membership, spouses were referred to as "Rotary Anns.") Betty regretted that following vehicles prevented her from getting a photo of the sign.

Program:

President Scot introduced Katy Datz, Director of Development for the RAHC. She spoke to us about the recent restructuring of the Rockbridge Area Free Clinic to become the RAHC.

"In the early 1990s a group of concerned citizens began working on the concept of a free clinic. They were able to marshal both interested medical and nonmedical community volunteers in a project that became the Rockbridge Area Free Clinic. The first clinic was held in the local public health

department on December 17, 1992. Since that first night, the clinic has continued to grow in both patients and services.

“The Rockbridge Area Free Clinic, recognizing the need to further develop a sustainable system of care for the medically underserved in the Rockbridge area, applied for and was awarded an \$80,000 Health Center Planning Grant by the United States Department of Health and Human Services. This grant was used to fund a 12-month project to broadly define and assess the health of our community and develop a community health improvement plan.

“Findings from the community health needs assessment include: Low-income residents of Buena Vista, Lexington, and Rockbridge County are designated a Medically Underserved Population and a Primary Care Health Professional Shortage Area. “Low-income” is defined by HRSA as an income at or below 200% of the Federal Poverty Level. In the Rockbridge area, 38% of residents are low-income.

“As a result of the community health needs assessment, the Rockbridge Area Free Clinic changed its name and expanded its services in order to help more people in the area that do not have health insurance. Now it is the sole point of medical service for many citizens of the area. In 2013 the Rockbridge Area Health Center (RAHC) was awarded a designation as a Community Health Center by the U.S. Department of Health and Human Services. As a Community Health Center, the Rockbridge Area Health Center provides comprehensive primary, preventive and enabling health services to people of all ages, providing for both the insured and uninsured while promoting access to care to medically underserved communities and vulnerable populations. The Rockbridge Area Health Center opened as a community health center on February 24, 2014.

“Along with primary medical care, RAHC will still provide extensive behavioral health care and dental care. Similar to the Free Clinic’s mission, a Community Health Center serves as a medical home for underserved people and strives to reduce the burden on hospital emergency rooms. An emphasis is placed on continuity and coordination of care, reduction of barriers to care, quality assurance practices and national health care accreditation standards. The services mentioned are all quantifiable. What is not quantifiable is the measure of hope and assurance of medical care that we are able to give to those less fortunate in our community. This is perhaps our most important service and truly our reason for existence.” (Taken from their website: www.rockahc.org.)

Katy, the Health Center’s Director of Development, assured us that RAHC continues to serve as many indigent clients as they did formerly. In response to a question, she stated that their biggest challenges were communicating their new mode of operation to the public and recruiting primary care providers.

John Germ Selected as 2016-17 RI President:

John F. Germ, a member of the Rotary Club of Chattanooga, Tennessee, USA, and Chair of the International PolioPlus Committee, is the selection of the Nominating Committee for President of RI in 2016-17. He will become the President-Nominee on 1 October if there are no challenging candidates.

Pot:

Julia Van de Water won the raffle and rolled a 7 to claim the BIG pot of \$132.50.

Happy Bucks:

1. Julie Goyette was happy to report that the school bus donated by Rockbridge County Schools has been delivered to the NC company that will perform the conversion so the Rockbridge Regional Library is looking forward to having a new bookmobile in service soon.
2. Chip Honsinger was happy to report that former member and PP Gordy Valentine was in Japan recently and had lunch with a Japanese family; the father turned out to be a Rotarian and PDG and sent us a banner from the Kanazawa Kahrinbo Rotary Club; Chip took one of our banners to Gordy to send to the Japanese club.
3. Skip Ravenhorst was happy to contribute in honor of our speaker, Katy.
4. Joe Milo was happy(?) to contribute if it would stop raining!!!!

Official Versions of the Pledge of Allegiance:

Changes are in bold red italics.

1892: "I pledge allegiance to my flag and the republic for which it stands: one nation indivisible with liberty and justice for all."

1892 to 1923: "I pledge allegiance to my flag and ***to*** the republic for which it stands: one nation indivisible with liberty and justice for all."

1923 to 1924: "I pledge allegiance to ***the flag of the United States*** and to the republic for which it stands: one nation indivisible with liberty and justice for all.

1924 to 1954: "I pledge allegiance to the flag of the United States ***of America***, and to the republic for which it stands; one nation indivisible with liberty and justice for all."

1954 to Present: "I pledge allegiance to the flag of the United States of America , and to the republic for which it stands, one nation ***under God***, indivisible, with liberty and justice for all."

Future Programs & Activities:

Oct 22: Rusty Capps, Counterintelligence Expert; RoD Josie McElroy

Oct 24: World Polio Day

Oct 29: TBA

Dec 5-7: RYLA, Blacksburg

END



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Web Site: <http://www.lexingtonvarotary.org>

October 22, 2014

Volume LXIX, Number 16

President Scott presided. Guest: Nancy Cuzzimano, Partner of Nick. Visiting Rotarians: None. Attendance: 24 members and 1 guest for a total attendance of 25. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

1. Don't forget to vote on the Peoples Choice Awards. Easiest way to vote is to go online to www.surveymonkey.com/s/YPMWCLY. Be sure to vote – one of our own is listed!
2. Chair Joe Milo is still seeking a vendor coordinator for the Annual Bazaar scheduled for late February. Contact Joe if you are willing to serve. He announced that Heather Branstetter has agreed to handle publicity for the event.
3. Kent McMichael will ask for volunteers at our next meeting to assist in placing flags on veteran's graves in local cemeteries in observance of Veteran's Day on November 11.
4. President Scott presented Julia a check for \$132.50 as her BIG Pot winnings from throwing the required '7' with the dice last week.
5. Linda Krantz called our attention to the Fall Concert of the Rockbridge Symphony at the Lexington Presbyterian Church on Saturday evening, October 25th, at 7:30 pm. Tickets are: \$10 Adult; \$5 Student; \$25 Family. A pre-concert talk will be presented at 6:45 pm. Remainder of the 2014-2015 season: Winter Concert, February 28, 2015; and Spring Concert, May 9, 2015.
6. President Scott welcomed Nick back from his health problems and the entire club applauded his return.
7. President Scott asked for member input on: program ideas – otherwise you will hear more veteran member profiles; suggestions for officers for next year; and suggestions for awards, both Paul Harris Fellows and Skelton Awards.
8. AG Emily sent a heads-up to those who volunteered to work on Christmas Baskets that the first (and last) meeting will be held on Monday, December 1, at a location TBA.
9. Don't overlook the "Blue Buckets" on our table each week for pocket change contributions to the CART fund – Coins for Alzheimer Research Trust. These funds provide seed money for researchers. Five grants totaling about \$500K have already been awarded this year.

Roadside Clean-up:

Team North led by PAG Betty McMichael had a good (but not great) turnout and was able to complete their task at the Interchange between I-81 and Route 11N.

It was a different story for Team South. They had only 3 people (Joe Pagnam, Scott Risser, and Captain Skip Ravenhorst) who worked a total of six person-hours, and gathered six bags of detritus. That's the good news – the bad news is they only covered half of their territory, so a make-up date of November 1 has been selected with all the usual conditions. **Please plan to join them and help out on Saturday morning, November 1, at 9:00 am.**

Holiday Party:

President Scott is seeking member feedback about a club holiday party to celebrate Christmas and Hanukkah this year, and to see if anyone wishes to serve the club by hosting our gathering at their home. We've enjoyed great fellowship celebrating with one another in the past.

Please send Scott your ideas for such a party (yea or nay, and do you prefer a pot-luck or other type gathering), and if you feel led to host us. We need your feedback not later than our meeting on November 5, so we can discuss this as needed at our board meeting that evening

Program:

AG Emily gave us a very good presentation this evening on the new District Youth Protection Program, using great examples of seemingly innocent and well-intentioned actions that could place club members and the club in a compromised position. Of course, its purpose is first and foremost to protect young people. We need to implement this policy now within our club, and volunteers are needed to help effect this.

Kent McMichael serves our Club and Rotary by leading our efforts with the Youth Study Exchange (YSE) program, and Heather Branstetter works with the local Rotaract and Interact groups, and as such deal most closely with the young people our policy seeks to protect. They may be the logical leaders of our Club's efforts to implement the District Youth Protection Policy, and to serve as needed as the Club's youth protection officials.

Any other member interested in helping with this program should contact President Scott.

Summary of Board meeting on October 8th:

Our Board of Directors met immediately following our regular weekly club meeting. The following topics were discussed:

1. President Scott asked Chuck Barger to ensure the nominating committee presents a slate of nominees for club leadership and directors not later than October 31.
2. President Scott also asked Chuck to ensure the nominating committee presents their recommendations for Paul Harris Fellowships and Skelton Awards in a timely manner to permit submission of these recommendations to the club membership for their affirmation.
3. For public relations purposes, Kent McMichael was requested to provide stories about our Youth Study Exchange student currently in Japan, and the project recently completed to reset and clean veterans' headstones in the Evergreen Cemetery.
4. Kent McMichael updated the board on informal discussion between our club and the Lexington Jaycees concerning the Rockbridge Community Festival (RCF). The demise of the Lexington Kiwanis club means a reallocation of responsibilities for this annual event. The board voted that Scott should thank the Lexington Sunrise Rotary Club for their kind offer to help run the Festival, but to tell them we and the Jaycees plan to bilaterally do this event.
5. Emily reviewed her proposed draft e-membership criteria. E-membership, a new membership designation, accommodates Rotarians who serve but whose schedules preclude their routine attendance of club meetings.
6. The Board discussed what YSE costs we should reimburse the family for. The Board agreed that insurance costs remain a family expense, and that the club reimburses the family for the YSE student's blazer. Emily agreed to query District about a \$400 fee they charged the YSE family this year; no board members experienced this fee before, and Kent said the District staff he queried knew little about it.
7. Approved our club's collaboration with the Lexington Sunrise and BV Rotary clubs to fund YMCA gift boxes for Manor House residents. The YMCA buys, wraps and distributes these gift boxes but lacks the funds to purchase the small gifts. Pro-rating the \$1,700 cost based on club membership means our club would pay \$630.
8. Derek will follow-up with Jim Slack, who is working to complete and submit paperwork seeking to make our Club's Foundation Fund a 501(c)3 entity for tax purposes. We already have tax-exempt status, but we need a 501(c)3 status to participate in the Kroger card program as a fund-raiser.
9. Passed a motion empowering Kent McMichael to explore the possibility of our club assuming ownership of the flag box in the Stonewall Jackson Cemetery; that box currently belongs to the now-defunct Kiwanis club. Kent will check the contents to determine if we face any expenses (i.e. major repairs, replacing flags, etc). Assuming that goes well, our club would then assume the former Kiwanis mission of placing national flags in the Stonewall Jackson Cemetery during federal holidays, which dovetails nicely with our ongoing mission of placing flags on veterans' graves on Memorial Day and Veterans' Day.

Happy Bucks:

- Betty McMichael was happy to recognize Skip for his long-time leadership of Team South on Roadside Clean-Up; and Mary and Chip Honsinger, Ed Claiborn, Julie Goyette, Zane (Julie's friend who came to help), and Kent McMichaels for coming to help the Clean-Up on the north end.
- Skip Ravenhorst was happy to donate in honor of Betty and Kent for always running an immaculate ship on the north end of Clean-Up; to Joe and Scott for helping him on the south end; and reminded members to keep an eye on the Bulletin for details of the November 1 make-up.
- Dick Minnix was happy to call October 24 – World Polio Day to our attention.
- Joe Milo was happy to see Nick back among us.
- Nick Cuzzimano was happy to be back and even said he missed us.
- Emily Higgins was happy with preparations for the upcoming RYLA conference on 5-7 December; that our club had nominated Sarah Hart for the Henderson Graham Award – recognizing a RYLA alumnus for continued caring and service after attendance; Sarah is now a guidance counselor at Greene County High School.
- Linda Krantz was happy to call the Rockbridge Symphony Concert at LexPres on Saturday evening to our attention and announced the schedule for the remainder of the year; and she told a joke that will be held for a later edition of this Bulletin when more space is available.
- Scott Risser was happy to commend Skip and Betty for their long-time commitment to Roadside Clean-Up; and for Joe Pagnam's dispatching the foot-long copperhead snake encountered on Clean-Up last Saturday.

Pot:

Joe Pagnam won the raffle but not the BIG pot of \$14.50, now rebuilding after Julia's win last week.

Future Programs & Activities:

Oct 24: World Polio Day

Oct 29: "Four Epidemics and One Pandemic for Your Dining Pleasure" by Jim Kvack, RoD Allan Somerville Brown

Dec 5-7: RYLA, Blacksburg

END



THE LEXINGTON ROTARY CLUB BULLETIN

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October 29, 2014

Volume LXIX, Number 17

President Scott presided. Guest: Nancy Cuzzimano, Partner of Nick; and our speaker Jim Kvach. Visiting Rotarians: None. Attendance: 25 members and 2 guests for a total attendance of 27. Meeting held at the Lexington Golf and Country Club.

Announcements and Business:

1. Don't forget to vote on the Peoples Choice Awards. Easiest way to vote is to go online to www.surveymonkey.com/s/7FCSKL2. Or you can go to www.lexrockchamber.com and scroll down the page to People's Choice Awards. Be sure to vote – one of our own is listed! Winners will be announced on November 5th.
2. Chair Joe Milo is still seeking a vendor coordinator for the Annual Bazaar scheduled for late February. Contact Joe if you are willing to serve. Heather Branstetter has agreed to handle publicity for the event.
3. Kent McMichael circulated sign-up sheets for placing flags on veteran's graves in local cemeteries in observance of Veteran's Day but few members signed up. **Please consult your calendars and come prepared to sign up next week and help out!**
4. President Scott congratulated the Lexington Sunrise Club on celebrating its 20th anniversary of founding last week. Several members attended the event and reported it a very nice affair.
5. Our monthly Board of Directors meeting will be held on November 12th next month.
6. Derek Carter reminded us that Jonas Salk was born 100 years ago yesterday. The developer of the polio vaccine was born in New York City on October 28, 1914.
7. President Scott announced that VMI was in the Coolest Logo Tournament finals against NC State University. Google Coolest Logo Tournament and vote for VMI. Contest runs until November 7th.
8. Ed Claiborn called to our attention the Veteran's Day celebration downtown on November 11.

Roadside Clean-up:

Team North cleaned the on/off ramps at the intersection of I-81 and Route 11N. They had 5 folks (Ed Claiborne, Mary & Chip Honsinger and Kent and Betty McMichael), worked 13.75 person-hours, and collected 11 bags of refuse. Good job, as usual.

It was a different story for Team South. They began at the intersection of Possum Hollow Road and Route 11S but had only 3 people (Joe Pagnam, Scott Risser, and Captain Skip Ravenhorst). They worked a total of 6 person-hours and gathered six bags of detritus. That's the good news – the bad news is they only covered about half of their territory, so a make-up date of November 15 has been selected with all the usual conditions. **Note this change of date – Captain Skip chose to make the change from November 1st because of the poor weather forecast for this Saturday. Please plan to join him and help out on Saturday morning, November 15, at 9:00 am.**

Program:

RoD Allan Somerville Brown introduced Dr. James Kvach who spoke to us on "Four Epidemics and One Pandemic for Your Dining Pleasure."

A native of Ohio, Jim graduated from Ohio State University with a BS in microbiology. He also earned the MS and PhD in the same field from Miami University. After completing a post-doctoral fellowship at Johns Hopkins University (JHU), he taught for 8 years at JHU in their School of Hygiene and Public Health and at George Washington University in their School of Medicine and Health Sciences. For 3 years, he served as a senior scientific and technical analyst at the Defense Intelligence Agency's (DIA) headquarters in Washington, D.C., where he monitored worldwide developments in biotechnology, infectious diseases, and environmental health. He subsequently

held other advisory positions at DIA's Armed Forces Medical Intelligence Center until his retirement in 2006. He and Kathy moved to Lexington after his retirement. He has continued to be active in consulting on public health issues and as a scientific and technical consultant for the US intelligence community. Jim has been actively involved in the community almost since the day he came to town. Our club awarded him a Paul Harris Fellowship in 2013 in recognition of his community service.

An epidemic is the rapid spread of infectious disease to a large number of persons in a given population within a short period of time, usually two weeks or less. A pandemic is an epidemic of infectious disease that has spread through human populations across a large region; for instance multiple continents, or even worldwide. Jim briefly introduced 4 epidemics and a possible pandemic.

1. Enterovirus: Enteroviruses affect millions of people worldwide each year, and are often found in the respiratory secretions (e.g., saliva, sputum, or nasal mucus) and stool of an infected person. It infects the gastrointestinal tract and often spreads to other areas of the body, especially the nervous system.
2. Influenza A virus subtype H7N9: H7N9 is a bird flu strain of the species Influenza virus A (avian influenza virus or bird flu virus). Avian influenza A H7 viruses normally circulate amongst avian populations with some variants known to occasionally infect humans. An H7N9 virus was first reported to have infected humans in March 2013, in China. The World Health Organization (WHO) has identified H7N9 as "...an unusually dangerous virus for humans." Most of the cases resulted in severe respiratory illness, with a mortality rate of roughly 30 percent. Many of the human cases of H7N9 appear to have a link to live bird markets. There has been no evidence of sustained human-to-human transmission, however a study group reported that several instances of human-to-human infection are suspected.
3. Middle East Respiratory Syndrome (MERS): a viral respiratory illness first reported in Saudi Arabia in 2012. Most infected people develop severe acute respiratory illness. They have fever, cough, and shortness of breath. About 30% of people confirmed to have MERS-CoV infection have died. Two cases in the U.S. were confirmed in 2014 in travelers from Saudi Arabia; the two U.S. cases are not linked.
4. Chikungunya (pronunciation: chik-en-gun-ye) virus is transmitted to people by mosquitoes. The most common symptoms of chikungunya virus infection are fever and joint pain. Other symptoms may include headache, muscle pain, joint swelling, or rash. Outbreaks have occurred in countries in Africa, Asia, Europe, and the Indian and Pacific Oceans. In late 2013, chikungunya virus was found for the first time in the Americas on islands in the Caribbean. There is a risk that the virus will be imported to new areas by infected travelers. There is no vaccine to prevent or medicine to treat chikungunya virus infection.

The possible pandemic is Ebola virus disease (EVD; also Ebola hemorrhagic fever, or EHF), or simply Ebola, a disease of humans and other primates. Signs and symptoms typically start between two days and three weeks after contracting the virus as a fever, sore throat, muscle pain and headaches. Then, vomiting, diarrhea and rash usually follow, along with decreased function of the liver and kidneys. At this time some people begin to bleed both internally and externally. Death occurs in approximately 50% of cases, often due to low blood pressure from fluid loss, and typically follows six to sixteen days after symptoms appear. African fruit bats are believed to be the normal carrier in nature, able to spread the virus without being affected by it. Humans become infected by contact with the bats or with a living or dead animal that has been infected by bats. After human infection occurs, the disease may also spread between people.

Dr. Kvach cautioned us that there is precious little scientific evidence to support the dogma laid down by "authorities" as incontrovertible truth. Specifically, he said don't believe the 21 day incubation period, that Ebola can't be caught without bodily contact, and can only be caught from a person who is symptomatic. He says we need objectivity to combat the dogma being thrown around, to identify what needs to be done, and about 5K more medical personnel to implement treatment plans. Ebola won't be wished away or talked away. He expects 1.4 million cases in Africa by January.

A truly wonderful, timely program.

Birthdays and Anniversaries in November:

Happy Birthday to: Betty McMichael on the 2nd; Jacki Bellairs on the 6th; Mary Honsinger on the 15th; Allan Somerville Brown on the 22nd; Barbara Risser on the 25th; Nancy Cuzzimano on the 26th; and Maryann Fleming on the 27th.

Amazingly, there are no wedding anniversaries among members in November.

Happy Bucks:

- Linda Krantz was happy to recommend a program starting at 7:00 pm tonight at W&L: author Beth Macy will discuss her recent book *Factory Man: Navigating a Difficult Story Line* about Virginia furniture magnate John D. Bassett III in the Stackhouse Theater of Elrod Commons.
- Dick Minnix was happy to relate a story about “Doc” Carroll, a long-time teacher of biology at VMI who wasn’t a doc, saluted left-handed because of a saw mill accident resulting in loss of his left arm above the elbow, and always had a “chew” in his mouth with juice running out both corners: Two little elderly ladies were watching a Friday afternoon parade years ago and turned to “Doc” and asked “Colonel Carroll, how many students do you have here at VMI?” He stroked his chin, looked out over the Corps, and replied, “Oh I’d say 5 or 6!”
- Charlotte Sibold was happy to report that she attended her sisters OB appointment with her yesterday and observed her little nephew for the first time by way of ultrasound – an excited aunt-to-be!
- Chuck Barger was happy to put a buck in for our speaker on behalf of Julia who had to leave early.
- Mary Huger was happy to report that the Sunrise Club’s celebration of their 20th Anniversary was a happy and boisterous affair; she wondered what adjectives would describe our Club’s 100th Anniversary celebration in 2022 and recommended we think about what we want that description to be.
- Skip Ravenhorst was happy to pay a buck to suggest the adjective “old,” especially personally.

Who was the First President of the United States?

I suspect George Washington was your first guess. After all, who else comes to mind? But think back to your history books - The United States declared its independence in 1776, yet George Washington did not take office until April 30, 1789. So who was running the country during these initial years of our young country?

The new country was actually formed on March 1, 1781 with the adoption of The Articles of Confederation. This document was actually proposed on June 11, 1776, but not agreed upon by Congress until November 15, 1777. Maryland refused to sign this document until Virginia and New York ceded their western lands (Maryland was afraid that these states would gain too much power in the new government from such large amounts of land).

Once the signing took place in 1781, a President was needed to run the country. John Hanson was chosen unanimously by Congress (which included George Washington). In fact, all the other potential candidates refused to run against him, as he was a major player in the revolution and an extremely influential member of Congress.

The Articles of Confederation only allowed a President to serve a one year term during any three year period; seven other presidents were elected after him:

1. John Hanson
2. Elias Boudinot (1782-83),
3. Thomas Mifflin (1783-84),
4. Richard Henry Lee (1784-85),
5. John Hancock (1785-86),
6. Nathan Gorman (1786-87),
7. Arthur St. Clair (1787-88), and
8. Cyrus Griffin (1788-89).

So what happened? Why don't we hear about the first eight presidents? It's quite simple - The Articles of Confederation didn't work well. The individual states had too much power and nothing could be agreed upon. A new doctrine needed to be written - something we know as the Constitution.

Pot:

Skip Ravenhorst won the raffle but not the BIG pot of \$31.00, now rebuilding after Julia's win on October 15th.

Future Programs & Activities:

- Nov 05: "Meals for Shut-Ins" by Tom Williams, RoD Mary Honsinger**
- Nov 12: "The Islamic State/Terrorism" by Rusty Capps, RoD Josie McElroy**
- Nov 15: Finish Up Roadside Clean-Up on Route 11S, Captain Skip Ravenhorst**
- Nov 19: "Mysteries of the Far North – Part II" by Mary Ellena Ward, RoD Jim Slack**
- Nov 26: NO MEETING, THANKSGIVING HOLIDAY**
- Dec 03: TBA**
- Dec 5-7: RYLA, Blacksburg**
- Dec 10: TBA**
- Dec 17: Christmas Party, Sunnyside House at Kendal**
- Dec 24: NO MEETNG, CHRISTMAS EVE**
- Dec 31: NO MEETNG, NEW YEAR'S EVE**

END